

The Fellrunner



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Association
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DEADLINE FOR NEXT ISSUE:
Contributions – March 25th 2018

GENERAL CONTRIBUTIONS

The Fellrunner relies for its content on the generosity and talents of voluntary contributors of text and photos. For further information on contributions please contact the Editor (editor@fellrunner.org.uk), or Andy Watts, Tel: 01625 536896.

RACE RESULTS AND REPORTS

Please email race reports and results in correct format for the Reports and Results section to: resultsfra@aol.com. See the Race Reports and Results section at the end of this Fellrunner for information on format. These reports are compiled by Dave Weatherhead and Barbara Carney: 16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD. Tel: 01535 273508. Please send race photos direct to the Editor at editor@fellrunner.org.uk

COVER

Victoria Wilkinson (Bingley Harriers)
© Andy Holden.

ADVERTISING

For advertising rates and related matters, contact Chris Edis: chrisedis@gmail.com:

MEMBERSHIP AND SUBSCRIPTIONS

The Fellrunner is free to members of the FRA but not otherwise available. Members also receive the annual FRA Handbook including over 400 fixtures, race rules and safety requirements. Further information on membership is on the FRA website www.fellrunner.org.uk. Please email membership or subscription queries and changes of address to: Charmian, membership@fellrunner.org.uk

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EDITORS NOTE

We hope you will agree that there are some fantastic articles from some regular and new contributors in this edition. It's a good job, as there are now over 7000 FRA members to please. Hopefully all 7000 will be receiving this in plenty of time for their winter break. It's easily our biggest edition for a few years, so there should be something interesting, or even useful, inside for all. It should keep you occupied by the fire through December and may even help the long winter nights just fly by!

My e-mails and the radio have been telling me that I should go and buy stuff tomorrow because it is apparently 'Black Friday'. How does a day dedicated to shopping, of all things, become an actual event on the calendar? They say it will be followed up soon by 'Cyber Monday' which is just like 'Black Friday' just done on computers...and a slightly different day. The whole thing seems about as far away from the real and natural world of fell running as it is possible to get.

Our own special calendar will land on 7000 doormats very soon as well, which is obviously something worth getting excited about. Most of us have our favourite races that flag out our seasons. For many, The Tour of Pendle or Dunnerdale may signal the thinning out of races and the first dusting of snow on the tops. For me, an early race up Blake Fell in January is a clear sign of things getting going again. Surely most fell runners will take a couple of quiet, joyful hours over the break to pour through the handbook and highlight the red letter events that are truly worthy of having the full day named after them. Days like 'Stoop Sunday' or 'Anniversary Waltz Saturday'. The trick is then to get them in the family diary quickly and in **bold** before anyone else has chance to add something. (See 'Juggling' by Natalie Razetti)

There will be some new faces behind some of the big races on the calendar next year. One particular race organiser **may** continue putting on his race into a remarkable fifth decade. (See '40 Turnslacks' by Neil Shuttleworth). Those retiring typically don't want any 'fuss' or recognition, but it is impossible not to recognize and appreciate the impact their events have had on us annually and throughout our running lives. The races these organisers have provided have been nothing short of brilliant, and they have saved us from shopping!

D McCabe

Blake Fell getting ready for the new season



PHOTO © DAVID MCCABE

The Fellrunner

WINTER 2017

The Fellrunner is the membership magazine of The Fell Runners Association (FRA), and is published three times a year in Spring, Summer and Winter. FRA website: www.fellrunner.org.uk

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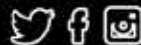
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PHOTO © TIM FISHER

CALENDAR UPDATE

ANDY BUTLER

At the time of writing, preparation of the race information in the FRA handbook is almost complete, and all organisers of 2017 races should have received information on how to apply for a 2018 race license. Please contact me immediately if you haven't.

Anyone wanting to register a new race should get in touch with me by email or by phone; contact details are on the Committee Members page of this magazine.

As usual the FRA website, www.fellrunner.org.uk, holds an up to date calendar including 2018 races. There are also links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and the Welsh FRA where information can be found about their races that are not in the FRA calendar.

Andy Butler

RACE INFORMATION

All of the following updates are for races in England that have been registered with and licensed through the FRA. They will be run in accordance with the FRA requirements and rules.

Please note that the updates are listed in the order the races will now take place.

SUN. DEC 10

LITTON CHRISTMAS CRACKER (FRA). BM. 11.00 a.m. 12.2km/360m

Updated race details, no entry on day.

Venue: Litton Village Hall, SK17 8QX. GR SK163752. £6.00, pre-entry, no entry on day. Full kit required. Teams. ER/LK/NS/PM. Over 18. Records: A Campbell, 48.21, 2016; f. O Walwyn, 59.05, 2015. Mix of fell, technical and fast terrain, rough ground. Details: Sue Jeff, Ridge View, Main Road, Flagg, SK17 9QU. Tel: 01298 605092. Email: hightops11@hotmail.co.uk.

SUN. DEC 10

SOB (STILE END-OUTERSIDE-BARROW), KONG WINTER SERIES 2 (FRA). AS. 11.00 a.m. 8km/500m

Venue: Coledale Inn, Braithwaite, Keswick, CA12 5TN. £5.00, on

day. Please park on the old road adjacent to the A66 and walk to the start. Teams. PM. Over 16. Records: J Heneghan, 41.30, 2016; f. J Zakrzewski, 53.12, 2016. 2nd race of 5 in the Kong Winter Series. Details: Paul Cornforth, Threlkeld Quarry, Threlkeld, Keswick, CA12 4TT. Tel: 07974 381128. Email: paul@climbingwall.co.uk. Website: www.kongadventure.com.

SUN. DEC 10

SHITTERN SANTA SAUNTER (FRA). BS. 11.00 a.m. 8km/350m
Venue: Howard Town Brewery, Glossop, SK13 7SS. GR SK04739481.

£8.00, on day. Entry includes hot food and a beer after the race. Money raised for Glossop Mountain Rescue Team. Teams Mixed team prize. Vet Cats depending on entries. ER/LK/PM. Over 18. Records: I Mills, 41.30, 2016; f. C Rice, 43.50, 2016. Please car share, train station nearby. Details: Steven Pepper, 15 King Street, Hollingworth, SK14 8JT. Tel: 07713 621604. Email: steven-pepper11@outlook.com.

SUN. DEC 10

VOCATION MYTHOLMROYD (FRA). BM. 11.00 a.m. 10km/411m

Change of date from 9th Dec; all other details unchanged.

WED. DEC 27

WANSFELL (FRA). AS. 12.00 p.m. 4km/405m

Venue: Ambleside Rugby Club. GR 377044. £5.00, on day. Start from bottom of Stock Ghyll Lane. Registration from 10am-11:40am at Ambleside Rugby Club. Please park elsewhere in the village. Entry includes post-race food. Over 14. on day. Records: K Stuart, 18.56, 1984; f. A Conway, 22.30, 2014. Toilets, refreshments and prize giving at Rugby Club. Expect to carry full kit. Details: Michelle Foxwell, Holly Rigg, Briarwood, Kendal, LA9 5DP. Tel: 07956 040211. Email: mcrowley@ghyllside.cumbria.sch.uk. Website: www.amblesideac.org.uk.

SUN. DEC 31

WORMSTONES (FRA). AS. 11.00 a.m. 6.4km/411m

Change of date from 6th June; all other details unchanged.



Since the Summer Edition of the Fell Runner, the Committee have been reappointed in the AGM, with a few changes, and the new committee met once at Marl Pits, Rossendale – in September, 2017.

Chair –

The chair thanked everyone for their input to the AGM which succeeded in attracting a reasonable number of members and a lively debate on Championship age categories; which the Championship sub have followed up on. Nicky Spinks and Chris Jones take on new Officer roles means we had one vacancy in the Member category. Fiona Glen was elected as a new Co-optee responsible for the RLO role.

We are fortunate that members are coming forward to help our work. New examples are Chris Edis, Commercial Manager, including advertising and help over sponsorship and Fliss Milner, Handbook Editor. We now have a list of five other names of volunteers. The chair will contact those who have volunteered to see where they might fit in.

A submission has been made to the UKA on the potential rule changes that we would support.

We can now turn our attention to our own rule changes and other guidance changes for 2018.

Commercial races – the chair reported that no further action is proposed on this issue but that we should not include commercial races as championship races.

On line entry systems – these are under review in conjunction with Chris Edis Commercial Manager. The idea is to provide Race Organisers with a number of low cost alternatives. The review is restricted to race registration, excluding race tracking and race results services.

Secretary's report –

AGM - Draft minutes to the 2017 AGM have been posted on the FRA web site, together with a summary of the discussion on FRA matters. Twenty-seven members of the FRA were present and proxy voting forms had been received from nine members. This is slightly down on 2016, when we had thirty members attend (and two proxy votes).

Data Protection Act - We have been made aware of changes to the DPA, which will impact the FRA. This will be reviewed after consultation with the UKA/EA.

Race Incidents – It was reported that the number of incidents since May is 3, bringing the total for the year to 9. This is comparable with 2016 in September, when 11 incidents were reported. Although it has been noted that UKA reported incidents are taking time

to filter through.

Disciplinary committee – There have been no new disciplinary cases since May. The total for the year is one.

Treasurer's Report –

Following formal approval at the AGM the 2016 accounts have been submitted to Companies House, and the 2016 tax return has been filed. The FRA finances are on track at present. We are not aware of any exceptional items which may arise during the rest of this year.

Liaison with external bodies –

The UKA rules revision will be a major topic for the Endurance Advisory Group EAG, which is the main channel by which we receive information and can respond.

UK Counties Athletics Union – the Inter Counties – Both the Senior (13 May) and Junior (10 June) Inter-Counties Fell Championships were well organised, well attended and successful events. The Senior event again formed part of the BA Mountain Running Challenge series. The UKCAU provided medals for both events this year, and the FRA paid a 50/50 share of the medal and engraving costs.

FRA Navigation and First Aid Courses –

Next FRA Navigation course on 22nd-24th Sept at Elterwater was reported as full.

Next wilderness First Aid course will be at the Woodhead Barn in the Peak on 11-12th November 2017.

The present First Aid course is full. The next will be in early spring and a waiting list is already been started, please contact Ian Winterburn if you are interested.

Championship sub-committee

2017 Championships - it was reported that concerns were expressed following the Long Mynd Valleys and Weets race regarding the lack of provision of first-aid or appropriately skilled support in the event of a competitor becoming unwell or injured. These concerns have been shared with the safety sub for further action.

2018 Championships - Next year's races have all been appointed now and are listed on the FRA website.

Eligibility of U23s. The eligibility date criteria for the U23 category is currently under review for both the English and British Championships.

Missing Trophies - Replacement trophies are being sought, with the help of Jon Broxap, from Kendal Trophies.

FRA Do 2017 - Organisation is by Helm Hill, and a race is being organised by HH for the afternoon.

FRA Do 2018 – we're delighted to confirm that Pudsey & Bramley have offered to host the do, which will be in Ilkley.

Senior Inter-Counties 2018 - The race has now been appointed with thanks to Glossopdale Harriers. This inter-counties race has been slotted into next year's calendar during mid-May.

Definition of meaningful competition – A recommendation followed discussion at the AGM, and is reported elsewhere with details being included in the FRA Handbook.

Review of women O60 & 65 participating in AL championship races - Wasdale race saw x1 VW60 and x2 VW65s complete. Castle Carr saw x2 VW60s and x1 VW65 complete. These are made of five different women and only two (one WO60 and one WV65) completed both races

Based on the formula for "meaningful competition", described in the FRA Handbook, there appears to be enough competition to mitigate AL races being counted for points for VW60's but insufficient numbers in the VW65s to enable them to count. This was confirmed after Castle Carr results.

For subsequent championships the VW60s must follow the same rules as the VM60s; 4 from 6, one for each category to count.

There is currently insufficient competition in this year's VW70 participation to trigger a category.

U23s and U21s - Participation of U23s during this year's senior championships has been very positive. There has been a significant increase in the numbers and a noticeable presence of this category in the AL races despite the fact that these do not count towards their championship points. This indicates that U23's might be keen to make their mark in the senior standings too.

ROs continue to respond well to awarding prizes to U23s in general racing and placing them higher up the pecking order at presentations i.e. not after the V70 category.

Participation in the U21 championships was disappointing this year.

The recommendation to disband the English U21 category and enable its very few participants to compete in the English U23 category was agreed.

International Report – Fuller reports are available in the body of the Fell Runner

Alec Duffield will take over as Chair of the MRAG committee at the end of September.

The following events were reported as completed at the September committee (results elsewhere in this edition):

England Athletics Mountain Running Championships, Skiddaw, 4 June (held in

conjunction with British Athletics Mountain Running Championships and European trial)

WMRA International Youth Cup 24 June – Gagliano del Capo, Italy (athletes born in 2000 and 2001)

U18 Men (5.3km, 340m ascent, 220m descent) Team: 3rd

U18 Women (3.85km, 250m ascent, 130m descent) Team: 7th

International Snowdon Race 15 July - Llanberis, Wales

Men Team: 1st England

Women Team: 2nd England

Senior Home International (incorporated into UKA trial for World Championships)

18 June – Sedbergh - England won the men's and women's team competitions and supplied the individual winners in Chris Smith and Katie Walshaw.

Forthcoming Events reported (now completed) –

U23 Training Camp (with Scotland and Wales) 1-3 September, Kirkby Stephen

This is the first year we will be running an U23 camp, with the aim of offering extra support to this age group.

Junior Home International 16 September – Peebles, Scotland

The trial for this event took place at Sedbergh on 27 August.

U23 Development Squad trip to Smarna Gora Mountain Race, Slovenia, 7 October

Great Britain & Northern Ireland Mountain Running (Teams selected by MRAG, chaired by Sarah Rowell, funded by UKA)

European Mountain Running Championships 8 July – Kamnik, Slovenia

The Senior Women and Junior Women's teams both won gold and Sarah Tunstall won an individual silver. The Senior Men's team was 5th, led by Andrew Douglas in 7th. The Junior Men's team was 6th, led by Joseph Dugdale in 8th.

World Mountain Running Championships, Premana, Italy, 30 July

Sarah Tunstall won an individual bronze. Team positions:

Senior Women: 5th

Senior Men: 5th

Junior Women: 4th

Junior Men: 7th

World Long Distance Mountain Running Championships, Premana, Italy, 6 August

Senior Women finished 4th team, led by Victoria Wilkinson in 5th. Senior Men finished 9th, led by Tom Owens in 16th.

Fixtures Secretary –

Handbook – It was announced that Fliss Milner is producing the 2018 handbook

2018 Race Registration - organisers were mailed in September inviting them to apply for 2018 race licenses. The process will be much the same as for 2017, using an online form.

Count of Races on FRA website –

	2017	2016	2015
FRA	531	518	522
English non-FRA	2	20	26
Northern Ireland	2	2	3
Scotland	9	15	21
Wales	61	57	65

Coaching Report –

Fell LiRF - All scheduled courses for 2017 have been completed with strong numbers.

Fell CiRF - The 2017 F CiRF is now underway with record numbers (25).

First weekends are done with the 2 2nd weekend options to be completed in Sept/Oct. Assessment days will take place in November.

2018 - The schedule for 2018 F LiRF courses is complete and are now awaiting venue confirmation.

One venue that is confirmed will be a new one, near Box Hill in Surrey (together with workshops) in May.

Junior Coordinator –

Junior English Championships for 2018 were announced at the committee meeting.

It was discussed and agreed that a simplified of checking eligibility criteria will be used in 2018.

English Schools Fell Running Championships (ESFRC) - Sedbergh School unfortunately could not host the in 2017. Giggleswick School stepped forward to stand in, and a very successful event took place with over 420 young competitors.

Facebook - a review of the Facebook page is currently underway.

Junior do – 15 July

This was another successful day with a presentation by Steve Birkinshaw, coaching groups and presentation of prizes and trophies. Views on races were sought and presented to the committee.

Thoughts and ideas were invited and the



more interesting ones are set out below:

- A junior relay was suggested – although this could exclude many runners where there are insufficient numbers in their club
- A downhill only race!
- 7 races with 6 to count to get the hoody
- Change races more often
- Bigger start lines

Access and the Environment –

A productive meeting was held with the National Trust, who are in the process of creating a framework for their staff for the issue of permits based on the size and impact of the event on the environment.

Communications –

Fellrunner Magazine deadlines and draft publishing dates for 2018 were submitted to the committee.

FR Advertising - Chris Edis has now taken over all matters relating to advertising and has made a fantastic start.

Facebook Page

Grey tick achieved – Page now shows up in Recommended Pages section

2,129 Likes (Members and non-Members).

Constant flow of new Likes.

The average post reaches 66% of our audience (1,423 people)

15 Messages received and responded to since May, ranging from FRA Do and Nav Course enquiries, through to non-

FRA matters which were referred to the Fellrunners UK Group.

Safety, Equipment and Rules –

The following items have all been discussed by the SER in the past and these notes are updates pending the next sub-committee meeting on 10 Sept.

- a. On line registration – item in the current FRA plan.
- b. Commercial race organisers.
- c. (c) Equipment and Equipment officer. Matt Bland that Jon Broxap have drafted a paper detailing tasks undertaken.
- d. (d) Guidance notes for marshals.
- e. (e) Training event for race organisers.
- f. (f) RLO activities. Of the 94 races selected to be assessed, 71 have now been run. To date, 41 are assessed as compliant. The remaining pending categories are either waiting for paperwork or yet to be run. Junior Championships are being compliance checked for the first time in 2017. All have now run with paperwork bar two – the remainder are compliant.

Membership Secretary –

Current Membership Situation

The status in September was as follows:

Number of members at the end of Apr 2017 - 6,865

Female membership has increased from 20.6% to 21.5% in 2017.

Life Members	623
Honorary Members	14
Family Members	1,198
Individual Senior Members	4,805
Individual Junior Members	225

The 2018 membership year opened on 1st October 2017 when any new members will get up to 15 months for the price of 12.

FRA presence at races - The new banner and feather flag have been on display at several championships races.

Family Memberships and exceptions - The new U/23 subscription rate of £12 will be introduced from October 2017 when the 2018 subscription year opens.

England Athletics Affiliation and eligibility to run for chosen clubs - As part of our consideration of proposed UKA rule changes a consultation with 20 clubs actively involved in the British and English Championships was conducted. The feedback was fed into the FRA submission.

Welfare officer –

No incidents have been reported to the Welfare Officer.

There has been a lot of positive feedback from the welfare article in the Fellrunner.

Thank you

FRA Secretary

Steve Cliff

secretary@fellrunner.org.uk

COACHING

GRAEME WOODWARD

Fell LiRF

An extra F LiRF was delivered on the 22nd October, 15 attended and 6 of these intend to progress to the higher CiRF level in 2018. Demand for further courses is still strong with 4 to 6 people contacting most weeks. The FRA has a regionalisation strategy in coach education and we are willing to respond to demand from clubs if we can so if you have a need then get in touch!

There have been issues with licence administration through British Athletics, principally around the processes leading to award of a DBS which is a prerequisite to licensing. If anybody who attended a Fell LiRF and hasn't yet got an email about, or a subsequent DBS from, England Athletics, please get in touch.

Strong numbers have meant that the coaching courses have run, again, at a financial surplus in 2017.

Fell CiRF

The 2017 Fell CiRF course has had record numbers this year with 24 due to be assessed in November. 2 courses have run in parallel giving flexibility for people

to attend which days suit them best. The regionalisation strategy is working with candidates from N Ireland, Surrey, Cornwall, Midlands, NE, even 2 from Chamonix and another 2 are Finns based in London!

2018

Fell LiRF courses will run in Longshaw (March), Mytholmroyd (April, October), Midlands (TBC) and Surrey (May). The obvious heartland area that is missing out here is the Lakes and we are looking at options for August/September. Workshops will run the Sunday after the Saturday Fell LiRF in Surrey and possibly in the Midlands.

Discussions are also underway looking to run Fell LiRF / Fell CiRF courses in Wales, Scotland and the Isle of Man. If anybody is interested in attending these, please get in touch so we can estimate demand.

There has been strong demand for an earlier Fell CiRF course running through spring and summer. Normally, these are delivered after most of the Fell LiRF courses have been delivered as a progression route. Dates are weekend 1 on February 24/25th and weekend 2 on April 28/29th with the

assessment day on June 3rd. The venue will be Mytholmroyd near Hebden Bridge.

We will also be looking at changing how courses are marketed, using FRA social media more so keep an eye out for developments here.

Anti Doping

Following the news that Petro Mamu tested positive for a banned substance at both the World Mountain Running Championships and World Long Distance Mountain Running Championships, I intend to write an in depth article on the facts and procedures around anti doping for the next edition of the Fellrunner in 2018. This is likely to include about when some substances are legal and illegal, what is a TUE, how do you get a TUE, what is a retrospective TUE, what UKAD does, who can be tested and when, what CleanAthletics is and where can authoritative sources of information be accessed.

But I also want the article to reflect what the fellrunning community want to know, so please email me your ideas on graemewoodward@hotmail.com.

Graeme Woodward

MEMBERSHIP MATTERS

CHARMIAN HEATON

It has been quite an exciting few months since publication of the Summer Fellrunner.

Since the 2018 membership year opened on 1st October we have had over 200 new members. We have reached the significant milestone of 7000 members and to mark the occasion decided to award Freda Summerfield from Gateshead Harriers complimentary membership for 2018 plus up to £100 to spend on entry fees for races. Freda told me that she entered Arnison Crag fell race in August and enjoyed it so much that she decided to join. We look forward to hearing all about her fell running journey in 2018

At the other end of the scale our longest serving member is Jim Smith from Todmorden Harriers who has been a member since 1980 and holds membership number 5. I am told that he still attends races and long may he enjoy our great sport.

Sadly it was reported in the Summer Fellrunner that we recently lost Monica Shone, an old friend and a lady who has contributed so much to fell running and athletics in general over the years. We are pleased that her husband Colin has agreed to continue with Monica's honorary membership so that he can keep up to date with his friends who he has met whilst supporting Monica over the years.

I was contacted in August by an old family friend, Dorothy Shirley Emerson, who won a silver medal at the Rome Olympics in 1960. She used to be a primary school teacher and one of her favourite pupils emigrated to Australia. She had googled Natalie Hawkrigg to learn that she is now a GP in Cumbria and a keen fell

runner. Through my FRA database I was able to contact Natalie who is a founder member of Northern Fells and learned that she was competing at the Castle Carr English Championship race. I contacted Dorothy and was delighted that she could come to the race and be reunited with Natalie after so many years.

My article in the Summer Fellrunner about the Frog Graham seems to have generated quite a lot of interest. I was also contacted by a member who had picked up on the fact that I had a new right hip just over two years ago. Having recently had the same operation he was pleased to learn that with the right frame of mind and some determination, it is possible to return to active enjoyment of the fells. Good luck with your rehabilitation Richard Unwin.

Housekeeping

Over the summer I have been inundated with requests to change addresses for members and I had a record number of Summer Fellrunners returned to me marked "addressee gone away". This leads to a lot more work and additional expense for the FRA to redirect magazines. Can I please ask any members who move house to update their details on SiEntries which will automatically update my FRA membership database. Just click on the Edit/Renew button on the Membership page of the FRA website.

In the meantime should anyone have any queries relating to membership then please do not hesitate to contact me on membership@fellrunner.org.uk and I will do my best to help you.

Charmian Heaton



Freda

FROM THE CHAIR

One of the great things about fell running is that, being a small sport, it is possible to know about and run with many of those involved; champions, long distance award winners and those who we run against. There are also names that come through because of what they put into the sport. Dave Parry, from the north east was one of the these being an inveterate race organiser before his untimely death.

Dave and Eileen Woodhead, aka the Woodentops, also come into that category as race organisers, photographers and Fell runner contributors. It would be true to say that their relationship with the Committee had, over the years, been 'interesting'. But

we will all miss their race organisation when they draw back at the end of 2017. Thanks to both of them and I am sure I will see you soon at a race, hiding in the long grass behind a camera.

Fell Running moves on. Next year:

- we will have our first downhill only race courtesy of my good friend and Todmorden Harriers Sec. Jonathan Wright.
- at least one race will bring with it a Natural England requirement to clean our fell shoes to prevent the invasion of alien species.
- Rules and checking of runner eligibility. Whilst fell races remain fairly simple to take part in eligibility to be a team

NICK HARRIS (CHAIR)

counter, particularly in junior and senior championships, requires compliance with UKA rules, as administered by England Athletics. A plea to membership secretaries and team captains. Please can you double check that you understand the relevant rules, UKA rules 21 S 3 in particular? With many hundreds of competitors in both junior and senior races this makes the job of the statisticians much easier.

The dark nights and colder days are upon us. Wrap up warm and take an extra layer when your out. Just in case...

A good friend fell and dislocated his shoulder on Lords rake, Scafell, recently. It was a long walk out to Cockley Beck.

Nick Harris, Chair.

BRITISH ATHLETICS – MOUNTAIN RUNNING ADVISORY GROUP

VACANCY

Members for sub-committee with responsibility for junior mountain running

The British Athletics (BA) Mountain Running Advisory Group (MRAG) has been established to provide advice and guidance to BA on matters regarding the international side of the sport. This includes, having as its focus the optimum development of, and support for, mountain running and mountain runners in the UK.

BA are now looking to recruit new members to join the sub-committee with responsibility for junior mountain running.

Key roles:

- have responsibility for making recommendations to the MRAG regarding the rules and regulations for junior mountain races and advising BA/MRAG of the impact of any proposed domestic rule changes
- liaising with and advising the Home Countries regarding matters related to junior mountain running
- advising the MRAG on matters relating to the development of junior mountain running
- have responsibility for making

recommendations to the MRAG regarding the organisation, location, format and profile of the Junior Home Countries International

Skills / Requirements

- Understanding of and interest in international mountain running
- Understanding of and interest in junior endurance running (U17 to U23)
- Used to working with committees

Time Commitment

Members are expected to be pro-active and contribute to the work of the group. It is expected that members will follow the results of domestic and international fell and mountain races and attend some of the races in person, as well as be involved in specific projects as required.

Anyone interested in the role and wanting to find out more can contact the Chair of the Mountain Running Advisory Group, Anne Buckley, (annembuckley@yahoo.com) for further information on the role.

Please note that the role is unpaid. It is envisaged that most of the work of this group will be done electronically but should any meetings be called expenses will be met.

Applications in the form of a short (no more than 1 page) summary statement outlining your interest and skills for the post should be sent to K Forbes - KForbes@britishathletics.org.uk by 10th January 2018



9-11th March 2018

**Kettlewell Hostel,
Wharfedale**

21-23 September 2018

**Elterwater Hostel,
Ambleside**

FRA Basic Navigation Courses

An introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills. Courses will consist of practical instruction sessions on the fells. Indoor theory sessions will cover the basic skills (Friday evening) and other relevant topics. There will also be low-key navigation events for you to test your improving skills.

Cost: £75 for FRA members, £95 for non-members. Instruction and full board all inclusive. For further details email navigation@fellrunner.org.uk or write with SAE to: Margaret Batley: 3 Hillside Close, Addingham, West Yorkshire LS29 0TB.

Championship races 2018

E	Don Morrison Edale skyline	AL	11th Mar
B	The Mourne Highline. N Ireland	AM	14th Apr
E	Clough Head . (new race)	AS	6th May
B	Tal y Mignedd. Wales	AS	9th Jun
B/E	Darren Holloway Memorial Buttermere Horseshoe	AL	23rd Jun
E	The Kate Burge Sea-To- Summit Fell Race (IOM))	AM	14th Jul
E	Turner Landscape	AM	11th Aug
B	Ben Nevis. Scotland*	AM	1st Sept
E	Cautley Horseshoe	AS	15th Sept
Inter-Counties	Lads Leap	AS	19th May

* Be aware. The entry system may differ from previous years. details to follow

E DON MORRISON EDALE SKYLINE

AM/ 34KM/1373M – MARCH 11, 2018

Back in the 1970s there were two major climbing and hiking shops in Sheffield, one owned by Tanky Stokes, the other by Don Morrison. Tanky inaugurated the Marsden-to-Edale race (since reborn as The Trigger) and Don responded by setting up The Edale Skyline. Both races had the reputation of being tough bog trots. The intervening decades have seen considerable changes, as the importance of these wetlands for storing trapped CO₂ and providing habitat for rare fauna and flora has been recognised. Stone flagstones have replaced large stretches of the previously boggy paths and bare peat is being replaced by verdant grass. These changes have altered the character of the races, but nonetheless they remain tough physical challenges, run in the winter months in usually poor weather conditions.

A particularly dramatic change has recently taken place on the Rushup Edge – Brown Knoll section of The Skyline. An arduous slog through sodden bog is now a rapid trot over slabs, however this section remains a potentially serious section, since it is very exposed and traditionally came in the second half of the race. Well, despite Topol's protestations, for 2018 Tradition is being eschewed and we're going to get this section out of the way early in the race. That's right we're going to run the race backwards. No I don't mean that you have to run backwards (now there's a thought), instead I mean that the race will proceed in an anticlockwise direction. The aim is to make the route less familiar and thus more of a challenge, as befits a Championship Race. It will require some careful briefing of our many traditionalist marshals. The posse at Coffin Rock have been there since the year dot and David Lewis has been stationed on Win Hill with his mum and dad for every year of his life.

Here are instructions for a stroll round the course, but please note that these are subject to change due to ongoing discussions with Natural England over our impact on the blanket bog of the Dark Peak SSSI (Site of Special Scientific Interest):

There's always a mad sprint up the first field to get onto the start of the zigzags up Ringing Roger, but the wily will bide their time – there's a long way to go. Enjoy the rocky scramble to the summit since this is the last opportunity to walk for many mile. Slant left to the head of Golden Clough and join the procession along the southern edge of Kinder and on round to the top of Grindslow Knoll. There will be a checkpoint at the head of Grindsbrook, so the oft-eyed direct route is off limits. About face from Grindslow Knoll will quickly bring you back onto the main southern edge path and to the head of the Crowden Clough. Hop across the stream and slant left to follow the boggy path through The Woolpacks. The sneaky route



PHOTO © RICHARD HAKES

Sally Fawcett winning ladies race 2017

round the back of Pym Chair will be off limits. Pass Noe Stool then down off Kinder via the rocky path to the checkpoint at the junction with the bridleway and the start of the track to Brown Knoll.

The running surface improves dramatically from here until Kinder is rejoined, so there's a big temptation to put the foot down, but be warned of blowing up! Even Jim Fulton can't get lost on the Brown Knoll section, provided he remembers to hop left over the stile rather than continuing straight on towards South Head (Jim famously led a group of runners as far as the northern edge of Kinder. Moral - don't trust a brown vest!) Whilst the navigation is easy this section will require full concentration as you hop along the guaranteed wet, possibly icy or snow-covered slabs. Follow the slabs to their end at the checkpoint on Chapel Gate. Left again along the greasy path over the top of Rushup Edge and down to Mam Nick for refreshments. You'll have supply your own tea and cakes, but we will supply water and maybe some jelly beans. Take care crossing the road and dodge your way courteously through the hikers to the top of Mam Tor. The finish is visible from here, but don't get too excited - you're only halfway! Into top gear along the ridge to Lose Hill, with only the short climb to Back Tor to interrupt the flow. Say hello to the marshals on Lose Hill then swoop down the spur and footpath (slippery when wet, i.e. slippery) to the second road crossing. Don't be tempted to turn right, even though it's only 400m to The Cheshire Cheese. Instead, turn left and carefully cross Townhead Bridge then immediately right past more refreshments and onto Fullwood Stile Lane. You will need to engage four wheel drive from the top of the lane since you are turning sharp right and heading straight up Hope Brink. This section will likely be flagged. At the top of the bank turn right and follow the track to Win Hill, waving cheerily to the runners returning from the summit. The summit knoll arrives quickly (or not) and a swift about face sends you back along the ridge, Kinder bound at last. At this point you may be unlucky to discover that there's a cold NW wind blowing, in which case prepare for an arduous battle



PHOTO COURTESY OF DARK PEAK

all the way to the finish! More fast running passed Hope Cross takes you to the path onto Kinder. This gruelling runnable climb brings you to Coffin Rock, then on round the southern edge path via the head of Jagers Clough to Ringing Roger. All that remains is the final descent down the zigzags (no cutting corners!) to the finishing field.

There will be a timed cut-offs at Mam Nick and Townhead Bridge, but the exact timings have yet to be decided - check website for details. Also note that the required kit list for this race exceeds the standard FRA list - everybody must be prepared to carry an extra thermal and minimum $\frac{3}{4}$ length leggings and at least two Mars Bars (other confectionary is available!). These requirements may be relaxed on the day. A bivy bag and mobile phone are also recommended.

Gavin Williams

B

THE MOURNE HIGHLINE

AM/15.3KM/1300M – APRIL 14, 2018

Start Time: 12noon

Introduction to race.

Roll up, roll up for the mystery tour

Roll up (We've got everything you need) roll up for the mystery tour

Roll up (Satisfaction guaranteed) roll up for the mystery tour

The magical mystery tour is hoping to take you away

Hoping to take you away

That's right folks. This year the Northern Ireland leg of the British Championship will be taking you on a magical mystery tour of the Kingdom of Mourne. We are pretty sure you will all be keen to make a reservation for a trip on our bus, which is dying to take you to the start of our point-to-point race.

The race in question is **The Mourne Highline**. It has been designed as a journey through some of the high places in our local mountain range. The course has something for everyone from grassy climbs, to rocky descents, to airy ridges we offer to you a real slice of adventure wrapped in this medium length race.

So roll up, roll up for the mystery tour!

ENTRIES.

Entry Fee. £18.00.

Pre-entry only. This event will have a **limited entry cap of 300.**

Entries will open on the **1st January 2018 at 8.00pm** and close on the **1st April 2018** or when entry limit is reached. Enter at www.nimra.org.uk. A list of race entries will be published on the web site.

Fee includes - Bus transport, light refreshments, showers, car parking, use of Sportident (Si) race management/results system. All Si cards are provided and pre-logged onto the system; no personal Si cards can be used. Substitutions are not allowed. Min. age 18. Teams free.

VENUE

Donard Park, Newcastle, Co. Down, Northern Ireland. Parking,

toilets and showers. GR373306.

RACE HQ.

Registration, refreshments and prize giving will be in **THE Newcastle Baptist Church Hall, 17, Bryansford Road Newcastle BT33 0HJ** (as for last years championship race) which is 400m from Donard Park.

There are plenty of B&Bs, guesthouses and self-catering cottages in the area with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well-appointed campsite at Tollymore Forest Park. Meelmore Lodge on the north side of the Mourne (GR305307) has a basic campsite, showers and a café. Other accommodation details are available from Tourist Information offices.

Newcastle Tourist Office,

Central Promenade, Newcastle Co. Down, BT33 0AA.

Tel: 028 4372 2222

E-mail newcastle@nitc.net

Tollymore Campsite 028 4372 2428

Meelmore Lodge 028 4372 6657

Newcastle YH 028 4372 2133

www.downdc.gov.uk.

COURSE

The bus drop off will be at **Spelga Dam** car park (Map ref 267274) from here you will be directed a few hundred meters to the **Start** (inside gate. Map ref 268274) After a short grassy climb to the summit of **Slievenamuck** and a quick descent to the road crossing at Map ref 281279 get ready for a leg sapping climb to the summit of **Slieve Meelbeg Checkpoint 1**. The route then follows the **Mourne Wall** in an clockwise direction, the roller coaster section of the course starts by first dropping down **Slieve Meelbeg** then straight up to **Slieve Meelmore Tower Checkpoint 2** crossing the **Mourne wall** using the stile. There then follows a steep rocky

technical descent before another steep climb to the Summit of **Slieve Bearnagh Checkpoint 3** and a long descent into the **Hare's Gap**. Climb the granite steps on route to **Slievenaglogh Summit Checkpoint 4** then continue over **Slieve Corragh** before beginning to climb **Slieve Commedaghs** steep grassy slopes. You should cross the **Mourne wall** once again using the stile next to the stone tower near the summit of **Slieve Commedagh** as **Checkpoint 5** is 150m North East of the tower across the flattish summit. All the climbing is over now. The route is then downhill all the way to the finish at sea level almost 2,200ft in 4km. First descending from the summit in a Northerly direction before swinging east over **Shan Slieve**. The next section to **Checkpoint 6** at the **stile** on the edge of the forest is a mixture of grass and short heather with stony patches becoming steeper with some rock when approaching the forest. Take care on the descent if conditions are misty you will need a **compass bearing** as the ridge is both **broad and deceptive**. From the stile a firebreak leads to a forest road and descends on small paths through **Donard Wood** to the finish in **Donard Park**. This section of the course from the stile at **Checkpoint 6** to the finish will be marked.

Note that **all** checkpoints **must be visited** in the following order: -

CHECKPOINTS

Start	Inside Gate.	Map ref. 268274
	Slievenamuck Summit.	Map ref. 275279
	Stile/Road crossing.	Map ref. 281279
CP1.	Slieve Meelbeg Summit.	Map ref. 301279
CP2.	Slieve Meelmore .(Tower)	Map ref. 306287
CP3.	Slieve Bearnagh (wall corner) Summit	Map ref. 313281
CP4.	Slievenaglogh. Summit Cairn.	Map ref. 327291
CP5.	Slieve Commedagh. Summit Cairn.	Map ref. 347288
CP6.	Stile/Fire Break.	Map ref. 362296
Finish.	Donard Park.	Map ref. 373306

Maps covering the area of the race route are The Mourne Country Outdoor Pursuits Map (LPS) and the Harvey Mourne Mountains Map 1:25,000

EQUIPMENT

Compulsory kit

All runners must carry, no matter what the weather conditions.

- A. Whistle.
- B. Compass.

- C. Map of the entire course. (Black and White photocopy not acceptable.)
- D. Waterproof garments affording complete body protection.
- E. Hat and gloves.

All runners' kit will be checked at registration before receiving your race number and spot-checked before the race can start. (So bring your kit with you to registration !!!)

As this is a challenging race you must be prepared for all eventualities especially if the weather is bad as your navigation will be tested. If you do have to pull out tell a marshal (if possible) and return by the safest direct route and report to the race organisers at the finish when you get back to Donard Park so that we know you are safely off the hills. **Hand back your Si card (dibber)**. For those who plan to carry a mobile phone the emergency contact number on the day will be 07803136002.

TRAVEL.

By air you can travel to Belfast City and Belfast International airports. Easy jet to Belfast International airport, BMI to Belfast City.

You can travel to Belfast and Larne by ferry from Cairnryan, also Dublin/ DunLaoghaire from Holyhead. Stena, P&O all operate services.

P&O: 0870 24 24 777. www.poirishsea.com.

Stena: 08705 70 70 70. www.stenaline.co.uk.

CONTACT

Ricky Cowan, (Race Organiser) 17,Cairnshill Green, Saintfield Road, BELFAST BT8 6RN. 028 90702291
rickygcowan@gmail.com.

FURTHER DETAILS

Can be found on our website: www.nimra.org.uk.

EVENT SCHEDULE

- 8.45am Registration opens.
- 10.25am Registration closes. (sharp)
- 10.30am Race briefing. (outside H.Q.)
- 11.00am Buses depart from Donard Park.
- 12noon Race start.
- 2.30pm Refreshments available at Race H.Q.
- 4.00pm Prize Giving. (approx.)
- 5.00pm Venue Closes.



Runner approaching the tower on Slieve Commedagh

PHOTO © RICHARD BELL

Keswick AC look forward to welcoming the fell running community on the 6th May for this one-off race designed specifically for the 2018 English Fell Running Championships. Starting from near the race HQ of Threlkeld Cricket Club, runners will traverse Threlkeld Common and pick their line to the first checkpoint of Threlkeld Knotts. From there, a punishing flagged climb up a rocky path leads you on to the Helvellyn Massif just below the Clough Head summit, CP2. The summit of Clough Head is not a checkpoint in itself, competitors will have a choice between heading over the summit or traversing round to CP3, White Pike. From there, a fast and furious descent brings you back to race HQ and the finish. 4.5 miles, 1800ft.

Those who have run the Helvellyn and the Dodds race will know

that this is a glorious venue, and on a sunny day the cricket club will offer brilliant views of the race. If you aren't racing, bring your binoculars to follow the action with a beer on the terrace.

All profits from the race will be donated to local charities and community groups

If you fancy a reccy, Kong Adventure will be running the same route (with a slightly different start/finish) on 14th January as part of their winter series. Details on the Fellrunner website.

Full details and pre-entries will open in the New Year. Updates will be posted on on keswickac.org.uk, and the club's Facebook page facebook.com/keswickac

Sam Stead

"The stunning Dyffryn Nantlle (Nantlle Valley) welcomes its first ever British championships to the farm of Tal y Mignedd on June 9th in 2018. One of the quieter and lesser known and certainly lesser developed valleys of Snowdonia, Nantlle is a gem with the Nantlle Ridge, Llyn Nantlle Uchf and the slate quarries of Dorothea being highlights.

The race itself is a classic short fell race, measuring in at just over 4miles with a good 1800feet of climb. This will be the sixth running of the race with the majority of the previous five being ran as one of the Joe Brown midweek / Tuesday evening series' co-ordinated by Mike Blake. Race records are held by Math Roberts who ran 33.58 in 2015, with Miranda Grant running 38.32 in 2017. The route for 2018 will be slightly longer to allow for the runners to be spaced out a tad prior to hitting the hill. In brief, the route is simple, starting with a lap of the farmers field, before hitting a fast track section which then zig-zags up the hill, out onto the mountain side before following the fence all the way to the summit and the giant obelisk - erected to commemorate

Queen Victoria's Diamond Jubilee in 1897. The race then returns following the fence on the descent before some slight route choice and rejoining the zig-zag track. A sprint back, a quick leap of the ford and a fast finish in the farmers field. The terrain can be described as a combo of fast track running with steep but fast grassy trods.

Race HQ will also be at the Tal y Mignedd farm and campsite where the farmers family welcomes anyone wishing to stay the night or weekend. Cakes, drinks and food will be sold on the day, made by the local families and all money raised (as well as car parking cost) will be donated to the local primary school, Ysgol Baladeulyn. The original school, famously destroyed by a descending boulder from the crags of Mynydd Mawr in the 1800's. There may well also be a mini bar on site selling local ales and if sufficient interest some evening entertainment.

The race will start at 1400hrs, if ladies entries are significant then they may run in a separate race. Online entries will open on the 1st of February at www.fabian4.co.uk."

TyMig summit



REGISTRATION & START:

Loweswater Village Hall (NY140211)

COST:

£15 (includes SiCard, parking & hot food at the end).

ENTRY

Entries will open on 1st March, we currently intend to use SiEntries. Full details will be on the CFR website nearer the time (www.c-f-r.org.uk)

KIT REQUIREMENTS

As an 'AL' the minimum kit requirements are;

Full taped waterproofs

Hat & Gloves

Map & Compass

Whistle

Emergency food

If it is unseasonably cold we may ask for an additional upper body layer.

Full kit check before registration

INTRODUCTION

The Darren Holloway Memorial Race is based on the natural horseshoe of the Buttermere fells. The Buttermere Horseshoe fell race was originally organised by Pete Nelson and a few others in 1983 and was won by Billy Bland in 4 hours 26 minutes! Fortunately for you it was a significantly longer route than now. The race continued with a few changes of checkpoints, until the numbers of runners fell so low that the race wasn't deemed viable. Fortunately with the increased interest in long races, and now with support from the Lakeland Classics, this race has been revived and received a small but very committed following as well as great support from CFR and Darren's club Pennine Fell Runners.

DARREN HOLLOWAY

Darren was a very popular member of the Pennine Fell Runners who was always willing to offer help and encouragement to others, he was also very active on the FRA Forum offering useful advice. Tragically Darren died whilst racing on leg 4 of the Ian Hodgson relays in 2012. Since starting up this race the Pennine Fell Runners and Darren's wife Amanda and family have been extremely supportive of this race attending every year, helping out with food, supplying cakes & spot prizes.

ROUTE

Starting at Loweswater Village hall the route is straight down the road and through the woods and onto the fell at Lanthwaite Green. It's then a big pull up onto **Whiteside** but take it easy, you've still a long way to go and remember to save something for the final pull onto Mellbreak. I love the ridge from Whiteside to **Hopegill Head** in good weather you can run along the ridge with views either side, but if the rocks are slippery then it is best to avoid them just down a little on the left. After Hopegill Head the route drops down to Coledale Hause and from here the route follows the "Teenager with Altitude" until Newlands Hause with checkpoints at **Grasmoor** and **Whiteless Pike**.

The first major route choice is from **Newlands to Dale Head**. I really don't know whether any routes are better than any others, it depends whether you like contouring, like it steep or want to keep the navigation easy – look at last year's Strava flybys to get a feel of the range of possible routes. A steep descent from Dale Head to **Honister** and then you know you're on your way back. Honister is definitely over half way, nearly 60% of the ascent but it'll take just as long to get back. Grit your teeth and carry on, don't be tempted by the café and Honister Rambler bus back to Lanthwaite Green – but that is your bail out option if you remembered to put a fiver in your

bumbag (warning it may have gone up in price so put a tenner in instead - you could buy a cake at the café as well then).

The next checkpoint is at **Innominate Tarn**, always a popular one with the marshals as well as the favourite place of Wainwright himself. It also brings familiarity for those who have done the Ennerdale, even if you are doing it backwards this time. So choose your preferred route around Haystacks and then the next big pull onto High crag and onto **High Stile**. Note that we use the western summit of High Stile as the checkpoint, it is one metre lower on the OS map, but is more in a direct line with the rest of the ridge. The intention was to reduce the likelihood of people going wrong in the mist but it didn't seem to help this year! Remember you aren't doing the Ennerdale so miss out Red Pike and descend down past Scale Force. The paths on the right (East) of the beck become very un-runnable, so cross over the river high up to some better running and the base of **Mellbreak**. You did remember to save something for this bit didn't you? Whether you did or you didn't, just grit your teeth and 'Dig In' as Darren would say - it's the last big pull.

Finally – you are at Mellbreak and you've cracked it! The navigation off should be simple enough, but there is a bit of route choice, but more on personal preference again – through the bracken & heather is the shortest route. The easiest navigation is to the col & down. If you know where to look there is a sneaky trod cutting across at a higher level with an easier angle all of the way down to the gate underneath the North summit.

Perhaps the cruellest finish of all races awaits, after all of that effort one last soul destroying climb on tarmac right pass the temptation of the Kirkstile Inn is a true test of resolve (and I know not everyone managed to ignore its temptations during this year's race). Once you've finished, collapse, have something hot to eat and then you can head out to the Kirkstile to cheer everyone else in – I'm sure the beer garden was designed for it!

PHOTO © DARREN PARKER



*The ridge
- Whiteside to
Hopegill Head*



PHOTO © ALAN BILLINGTON

CONTACT

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The 14th July 2018 will be the 4th Sea-to-Summit race and an English Championships counter. It is the first time an English Championships race has had a summit finish.

Kate moved to the Isle of Man from Stafford to work as a women's physiotherapist. She was killed whilst cycling home from work in August 2014. Her death left many aghast, she would have been embarrassed by the fuss it has led to.

Kate loved the personal discipline of working hard, loved sharing with people and was humbled by the beauty of the world she passed through. The Sea-to-Summit fell race hopes to capture some of these things, celebrating life and the spirit of those no longer with us.

In October 2017, Matt MacSevney, the Manx Fell Runner Treasurer, was also killed whilst cycling, both very experienced on a bicycle, both struck from behind. He leaves Becky and two young children.

The premise of the race is to link the lowest point possible on the Isle of Man to the highest. A metaphorical journey of growth, reframing grief to gratitude of time spent.

The Route 14km, 1200m ascent, 579m descent

The race starts on Laxey promenade and the first "waypoint" is the sea itself. Contestants put a hand (or more!) in the water, in order to truly claim the Sea-to-Summit.

PHOTO © ISLE OF MANN NEWSPAPERS



The route is obligatory up to the moorland, passing the harbour, the 'salmon' river and the grave of the Norse King Orry (died 1095).

The terrain progressively deteriorates: tarmac to track, track to grassy footpath, grassy footpath moorland. There are no pinch points until the footpath and stile about 2 km into the race. The route choice to Control Point 1, on the eastern edge of the summit plateau of Slieu Ouyr, is still disputed locally. The majority make a bee line to the skyline ridge and the path it bears following this NW to the Control Point.

West to the col, a short section of tack and a nice leg stretching descending traverse to Control Point 2, in the gully below Clagh Ouyr.

Control Point 3 is on the true summit of Clagh Ouyr, where the Championships route leaves the usual line; turning SSW to the disused mines. Laxey mines went deeper than Snaefell is high and produced one fifth of Britain's zinc, as well as copper, silver and lead. The path is descends, over a stile, past a small plantation, down to

PHOTO © ISLE OF MANN NEWSPAPERS



PHOTO © ISLE OF MANN NEWSPAPERS

Control Point 4 just east of the obvious confluence in streams below the ruined mine workings.

A short marked section will take you directly up and across the tram tracks, then onto Control Point 5, the summit cairn of Mullagh Ouyr. The Snaefell Mountain Railway (your means of transport back to Laxey) was built in 1895 and still uses the original Victorian rolling stock.

The famous TT course is crossed via the footbridge at Bungalow and from there the final push up to the summit of Snaefell.

The vistas grow with height gained until it's possible to see 7 Kingdoms; Scotland, England, Wales and Ireland, along with the heavenly Kingdom, the Kingdom of the Sea, and Eilan Vannin herself.

Race Mark	Description	Grid Reference
Start	Laxey Promenade	439 834
Control Point 1	Eastern edge of Slieu Ouyr summit	437 879
Control Point 2	Gully below Clagh Ouyr	419 883
Control Point 3	Clagh Ouyr summit	414 889
Control Point 4	50m downstream of confluence in streams	409 871
Control Point 5	Mullagh Ouyr summit	397 862
Road Crossing	Footbridge at Bungalow	396 866
Finish	Summit of Snaefell	397 880

Race Logistics

- There will separate men's and women's races, each limited to 250.
- Race start times to be announced.
- Entries and payment via Si Entries - link on website www.katesrace.co.uk
- Entries will open-----and close 2 weeks before the race.
- No entries on the day (sorry).
- Parking on Laxey Promenade.
- Race maps will be available. Route covered by OS 1:50000 'Isle of Man', Harvey Map 1:30000 'Isle of Man'.
- Registration in Laxey Sailing Club (opposite harbour) will open 90 minutes before race start.
- Price is £10. This includes transport back to Laxey (on the Snaefell Mountain Railway), and tea and cake.
- Prizes for top five in each race and category winners.

Evening Entertainment

Continuing the mood of revelry and bon homme, there will be an evening do with live music you'll struggle to stay still to, drinks and food. Look out for details on Facebook.

A chance to share tales of adventure and discovery, a chance to share your journey from Sea to Summit.

Updates and Contact information

Sean Mclachlan (race organiser) 07624 493253
 e-mail: info@katesrace.co.uk
 website: www.katesrace.co.uk
 Facebook: /katesrace
 Navigational top tips will be published on Facebook, as well as updates on the evening entertainments, transport deals and accommodation packages.

The Isle of Man (Ellan Vannin)

In the Irish Sea, equal distance from the shores of Scotland, Ireland and England, the Isle of Man measures just 32 miles long and 16 miles wide and has an ancient history and tradition. It is independent of the United Kingdom with its own Government, currency, stamps and language.

Perhaps it is most known for the Isle of Man TT motorcycle races, the renowned annual 37 ¾ mile road racing festival. But there is more to the island than motorcycles, kippers and cats with short tails.

As a perfect destination for families seeking a break, couples looking for a retreat or those looking to kick start some adrenaline, the Isle of Man is somewhat an all-rounder.

For those after a less energetic experience, the Isle of Man has 18 National Glens and, all of which are places of peace and tranquillity. The coastal glens lead to sandy beaches, while the mountain glens have rivers, streams, and waterfalls. Most have splendid woodland and lovely wildflowers - particularly so in spring.

Travel

Travelling to the Isle of Man is very simple with the option of a short flight from 11 airports in the UK and Ireland. Alternatively, regular ferry crossings provided by the Isle of Man Steam Packet Company offer visitors the option of travelling by car, campervan or as a foot passenger from Heysham Port all year round or from Liverpool during summer months.

While on the Island there are plenty of ways to get around. If bringing your own vehicle there are over 600 miles of road to explore despite the Island's relatively small size. Or you could hire a car and take to the open roads. All of the major car hire firms have a presence at Isle of Man Airport.

If you want to explore on your own accord, there's an extensive bus network - Bus Vannin - that serves the whole Island on a regular basis including Ronaldsway Airport, the Sea Terminal in Douglas and the race start in Laxey.

For a journey back in time, the Isle of Man's heritage railways are a fun way to explore the Island's impressive landscape and heritage sites in style.

The best way to get a great sightseeing experience on the Isle of Man is to purchase a **Go Explore card** which allows you to experience unlimited travel on scheduled services of the Steam Railway, Manx Electric Railway, Snaefell Mountain Railway, Douglas Horse Trams

and buses. These can be purchased at the Welcome Centre in Douglas Sea Terminal, the airport information desk, or online at <https://www.gov.im/categories/travel-traffic-and-motoring/bus-and-rail/go-cards/go-explore/>

Accommodation

Hotels and B&Bs can be found across the Island, with the majority based in Douglas, the Island's capital and home to a number of restaurants and nightlife.

Self-catered cottages, houses and apartments are also a popular option among guests, particularly families and groups looking to enjoy a visit at their own pace.

Campsites and yurts can also be found around the Island's countryside, with unique camping and glamping sites offering visitors idyllic, uninterrupted views of the surrounding coast and rolling hills.

Links to travel and accommodation packages via race website. Much more on tourist information site www.visitisleofman.com

Once on the Isle of Man, visitors can enjoy anything ranging from delicious local produce, nature, culture and history through to the Island's many events and active outdoor pursuits. The Island's size plays to its advantage for visitors looking to pack in as much as possible during their stay as you are never further than a half hour's drive from your next activity.



PHOTO © ISLE OF MAN NEWSPAPERS

E TURNER LANDSCAPE

AM/14KM/579M – AUGUST 11, 2018

The Turner Landscape Fell race (named after the view from Turner Hall Farm where the race starts and originates) is an 11 mile fell race run in the Duddon Valley in the West Lakes. It was devised by Spike Breslin, a keen fell runner at the time, as he gazed up at the skyline during a family camping trip!

It has a total of just less than 3000ft of ascent but after the climb up Grey Friar, it is predominately a ridge race around a horseshoe that also takes in Swirl How, Coniston Old Man, Dow Crag and White Pike before descending through old slate mines to the finish ('A lot of running' was a commonly heard phrase last year). There are stunning views throughout, should you have time or the inclination to check of both the central fells and the Furness peninsula and Morecambe Bay.

This year will be the 9th running of the race and the second time it has been included in the English Championship. The first race had a grand total of 12 runners but has built in numbers steadily across the years. The current race records are 1:22:53 for S. Bailey (M) and 1:38:52 for H. Fines (L).

The venue at Turner Hall Farm has a well maintained campsite for anyone wanting to stay before or after the race and full shower facilities and refreshment stall will be available. All proceeds will go to Alzheimer's Research UK who helped support the race last year.



PHOTO © ANDY BRESLIN

Up and down Britain's highest mountain – 4,406ft

RACE START

1:00pm

In 1895 when William Swan, a Fort William barber, set off on the first recorded timed ascent and descent of Britain's tallest mountain he could not have envisaged the modern day Ben Nevis Race which now has a field of 600 runners accepting a challenge which is not for the unfit or faint-hearted.

In the late 19th. and early 20th. centuries a number of races were organised on an ad hoc basis. However it was not until 1951 that the Ben Nevis Race Association was founded with the intention of formalising arrangements for an annual race. Since that first field of 21 runners, the race has grown beyond all recognition and it has been run every year since with the exception of 1980. That year the elements won and, with competitors on the start line, a last minute decision was made to cancel the race for the safety of the runners and officials on the mountain.

The modern day race starts in New Town Park, Fort William. A piped band leads competitors around the park before they line up on the start line. After the gun a lap of the field is completed before runners head out on the single track road for approximately 1 mile to Achintee House. Through the gate then onto the hill, the gradient is gentle on the lower slopes but steepens as runners ascend the mountain. The route follows the tourist path which hugs the steep side of Meall an t-Siudhe and around to Red Burn. After the burn runners leave the tourist path taking a sharp left and follow the line of the burn up the rough scree on the steep slopes of The Ben. The path flattens out near the summit and rejoins the tourist path. Runners hand in their band at the summit cairn then turn to make the descent.

The descent is the climb in reverse. Runners are no longer allowed to run down Grassy Bank, the steep grassy slopes below Red Burn. So

once down the steep scree sections, competitors rejoin the tourist path and follow their steps back to New Town Park, where they complete a lap of the field before finishing.

Be warned the tourist path will be extremely busy with walkers who do not step aside for runners. The lead runners will have to navigate around them but once the main field approaches walkers should be aware of the race. The path has undergone extensive repair work, with lots of steps and stone pitching in sections whilst other parts and can be very rough and uneven in places. There are few places where you can run 'off' the track, on grass. There are a few bridges across the burns which are slippery underfoot when it's wet.

The Ben has stricter entry rules than most other medium races. To enter you must have completed three category A races and be at least 18 years of age on 1st January 2018.

EQUIPMENT

Competitors must carry full waterproof body cover, including head covering and gloves, whistle and the runners card issued as confirmation of entry. Failure to carry the above will lead to disqualification.

The race procedure is slightly different from other fell races. Competitors must register in person where a plastic 'T' card and numbered wristband are issued. The 'T' card is handed in at the start and the wristband at the summit. If, for some reason, after registration you decide not to race you must inform the Race Secretary asap.

If the weather conditions are adverse the race will be cancelled, Ben Nevis can be a dangerous mountain in extreme weather conditions.

For entry details please see www.bennevisrace.co.uk

RECORDS

Kenny Stuart	1.25.34, 1984
Pauline Haworth	1.43.25, 1984

This gem of a race is finally getting championship status in 2018. With near 3000ft of climbing packed into a little over 4 miles it packs a real punch. I originally put this race on in place of Tebay as that was cancelled, so instead of the traditional route up to checkpoint 1 at Yarlside I went for the steep version which is similar to Bleasfell at Tebay. On summiting Yarlside it's a swift descent across Bowderdale Head and up over Cautley Spout which is England's highest waterfall above ground which falls a total of 650ft down a cliff face at the head of a wild and bleak glacial valley that comes down from a high plateau called the Calf. Checkpoint 2 is a famous sheepfold up Red Gill Beck then onto checkpoint 3, the summit of Great Dummacks, this can be tricky to find beware! On rounding the final checkpoint it's a lung busting descent with multiple route choices - this is where the race is won or lost. On reaching the valley floor you're left with a 600m flat sprint to the finish and a river to cool off in. Food and a hot drink are included in the entry fee, as is parking (please car share where possible).

Cautley Horseshoe is also the final counter of 5 races in the Howgill race series where £200 is up for grabs for the overall winner. Male and female prizes will be presented after the race. There is also a £50 prize for the male /female record. Last year Rob Jebb asked me



on the start line if I had the cash on me; 45 minutes later I didn't! The race will have an entry limit so keep an eye out for when the entry opens. I look forward to seeing all you hardy runners there. Paul Brittleton RO

Race entry information can be found at www.howgillharriers.co.uk.



2018 PODIUM 4 SPORT NIMRA CHAMPIONSHIP

The Northern Ireland Mountain Running Association (NIMRA) organises the nine race championship, with the best five races to count, with at least one race to be completed at each distance.

Short:	Glenariff	Saturday, 10th March
	Loughshannagh Hill & Dale race	Thursday, 7th June
	Slieve Bearnagh	Saturday, 28th July
Medium:	The Fallows	Saturday 24th March
	Flagstaff to Carlingford	Sunday, 17th June
	The Buzzards Roost	Saturday, 29th September
Long:	Annalong Horseshoe	Saturday, 5th May
	Spelga Skyline	Saturday, 30th June
	Seven Sevens	Saturday 4th August

To score points in the championship athletes must be members of NIMRA.



PHOTO © JAYNE HENRY

How to stop in a fell race Emmet McAlister takes a tumble at the finish line of the NIMRA Bearnagh race

► BY SAM HARTLEY HYDE VILLAGE STRIDERS RC & MARSDEN RACERS

A woman on the fells

My draft title for this piece was, "How condoms made me a better runner". I figured that'd get your attention! After a while, sense took hold and I remembered this is the Fell Runner, not a sensationalist weekly rag. Nevertheless, I hope you find it an intriguing tale that sparks thought and interest.

First; some disclaimers.... I am a scientist¹, but this is not a science article; just my experience. I am a fell runner, but cut me open and I don't bleed bog, scree and tussock. I'm a woman who enjoys a challenging run in the hills, and this article is mostly about that.

Now that's out of the way, let's get the story started. A few weeks ago, I stopped taking my contraceptive pill (stick with me, guys). Not with the hope of conceiving, but because I'd been wondering for a while whether my body and brain would be better off for not being constantly fed hormones. Like a lot of others, I had been doing this since I was in my late teens – so 14 years to be exact, with only a couple of brief breaks. I'd heard a piece on the radio with a few women talking about how they'd had real problems with their mental and physical health that they'd put down to the pill. During the weeks that followed, I mused on this. I'd had some pretty rough times over the years with my mental health and also with my weight and general attitude towards food and eating. I'd never put it down to the pill – there were lots of factors – but maybe that could be part of it...? Thankfully I am in a relationship that allows me to have frank conversations about this type of thing and once I'd decided I wanted to stop, it didn't take much to resolve.

That was 3 weeks ago. In that 3 weeks, I have noticed a few changes. The most obvious is that I've lost about half a stone, without trying. I just don't feel as constantly hungry and don't crave



PHOTO © HOLMFIRTH HARRIERS

Finish of Holme Moss Fell Race, which I thought was 11 miles long when I entered!

sweet things as much. My performance also seems to have improved- better placing in races, more Strava accolades, more energy at the end of my usual training runs. Of course, I've experienced improvements before (otherwise I'd still be dragging myself round a flat 3 miles) but gradually and never in this kind of 'step-up' fashion. I haven't altered my training. So it could be related to the pill. It might not, of course. Or it might be related in a different way- I was half expecting something to change so I had the motivation to make it change; a placebo effect. Food for thought though....

Others noticed the change to, without knowing I had instigated it or how. They commented on my improved fitness, speed and physique. It also went beyond performance; my flexibility improved and the morning 'tip-toe' effect of perpetually tight calf muscles seemed to vanish overnight. I shared my experience with a few people and a couple of them recounted similar stories. A quick Google search informed me that other running publications had touched on the issue. Moreover, there are scientific articles musing on the topic and reporting hard data. There's no absolute certainty in their conclusions, but you wouldn't expect that from good science. Whether I'm part of a

small group of anomalies, or whether countless others could see this effect too is up for debate. Either way, I have embraced the changes while ever so slightly rueing the lack of information or perceived choice for women in this regard. It's tended too much to be a given that women will use hormonal contraceptives and suffer the effects- whatever they may be- without question. Don't take my words as advice to change, please. But maybe do spend a few moments reflecting on your own circumstances, or that of your partner, and consider speaking to your GP or doing some research.

This experience, and recording it here in writing, got me thinking about other ways that my being female interacts with my running. I absolutely love running. It has uncovered in me a confidence, strength and balance that I've tended to grapple with prior to taking it up in earnest. In running I can achieve something in a day, as opposed to lots of my other goals that take months or years to inch towards. It combines both mental and physical challenges; how fit am I? How hard can I push? How long can I keep going? Running is the only time I feel comfortable not wearing make-up in public. How ridiculous is that?! I am intelligent, independent and skilled but I feel a weight of expectation to look a certain way in front of strangers. Not so when out in the hills or on the trails; I feel an overwhelming sense of acceptance from the running community that allows me to 'be myself' in all ways. Mud, sweat, tears, spit, spots, toe nails clinging on for dear life. And it's more than appearance; it's an acceptance of vulnerability. A quality that all too often is derided in the world. Running gives me the sense that weakness is strength when you face it. Tired and delirious after your marathon? Train for and complete an ultra. Get lost easily walking around town? Learn to navigate and try an unmarked fell run. The challenges all require a step outside the comfort zone, where we are vulnerable but where all the real learning about our own strength occurs.

Of course, there are downsides to being a fell-runner who's also female. Trying to cover up 'runners-feet' with skilfully-selected nail polish so you can wear the open-toe shoes the bride has selected for

her maids. Having to wear a sports bra that so often rubs a raw patch just above your ribs. The logistics and discomfort of a long run when it's the 'time of the month'. All minor quibbles though, I reckon, when there are so many rewards to reap in terms of self-esteem, health, enjoyment and having the sense of being on an equal footing.

If I were to get to the root of it, I would say that I have found the off-road running community to be one where my gender just doesn't matter as much. It's about having a go, getting it done. Rain, wind, hail, bogs, ridges, climbs and falls. There isn't the inclination or space for sexism, it seems. It's about all just getting out together. In fact, thinking about it, I can't recall a single instance of the pernicious everyday sexism while running in the hills. I have in most other areas of life: in the gym, at work, shopping, on a night out, walking down the street (and the national news regularly demonstrates that it's rife in lots of sectors). Not so in the hills. Maybe there just isn't time for it, while multi-tasking with legs, arms, breath and heart. Or maybe I run with some particularly nice folk (which I do). Or maybe, there's something about those that take to fell-running, or something that fell-running does to us, that promotes an acceptance of difference, a celebration of effort and a rebalancing of power.

Whatever the answers, I am proud and pleased as punch to run in the hills with you all, and I am quite sure I am an entirely better and healthier human for it.

¹ Of sorts- a psychologist to be exact.

The author at grin and bear it. Smiling on the inside



PHOTO © MARK HARRISON AND WOODHEAD MOUNTAIN RESCUE TEAM

FRA Awards Night and Race

The FRA Awards night is a great opportunity to catch up with people, enjoy an evening of food, drink and entertainment and, of course, celebrate the best individual and team performances of the year in our fantastic sport.

Helm Hill was delighted to be asked to host this year's event as it was a great opportunity to welcome the best runners in Britain to Kendal and what better way to start the day than a race around our regular summertime training venue. Helm Hill is a couple of miles outside the town and in fell running terms is modest hill which packs a punch. It has spectacular views across the Lakeland fells to the west, Morecambe Bay to the south and the Howgills to the East and is an inspirational place to be when the sun sets on a warm

summer evening.

The Tour de Helm was designed and organised by our very own President and multiple V60 Champion Billy Procter, so it was never going to be easy. An impressive 8 climbs and 1800' feet of ascent crammed into 4 miles of varied terrain. On a typically (?) sunny south Cumbrian day a small but fantastically well qualified group of elite runners, Award winners, FRA committee members and Helm Members thrashed their way around this challenging and interesting course.

What a treat for the marshals and organisers, many of whom were Helm Hill juniors, to see Carl Bell and others racing competitively around the same turf that they use for their weekly training runs.

After the presentation of prizes in the



Helm Hill's Josh Jardine with our generous awards sponsor Pete Bland

nearby Station Inn, the evening event was held at the Castle Green Hotel in Kendal. It was a great night of celebrating all that is best about our sport as we worked our way through two tables groaning under the weight of trophies, shields and medals. Behind every award there are epic tales of competition, rivalry, navigation successes and failures, route choices, injuries, challenges, epic ascents, terrifying descents and all the other things that fell running entails. The conversations in the evening suggested that 2018 will every bit as competitive as this year!!

Thanks to all those who helped to organise a fantastic evening.

Tim,
Chairman, Helm Hill

English Championships 2017 Individual Championship Medallists

MEN

Open

- 1 Sam Tosh (Rossendale)
- =2 Carl Bell (Keswick)
- =2 & Chris Arthur (Bowland Fell Runners)

U23

- 1 John Spill (Pudsey & Bramley)
- 2 Matthew Elkington (Dark Peak Fell Runners)
- 3 Tom Saville (Dark Peak Fell Runners)

Vets O40

- =1 Gavin Mullholland (Calder Valley Fell Runners)
- =1 Karl Gray (Calder Valley Fell Runners)
- 3 Rob Jebb (Bingley Harriers)

Vets O45

- 1 Gavin Mullholland (Calder Valley Fell Runners)
- 2 Karl Gray (Calder Valley Fell Runners)
- 3 Jim Davies (Borrowdale Fell Runners)

Vets O50

- 1 Jim Davies (Borrowdale Fell Runners)
- 2 Mark Roberts (Borrowdale Fell Runners)
- =3 Stephen Pyke (Dark Peak Fell Runners)
- =3 John Hunt (Dark Peak Fell Runners)

Vets O55

- 1 Mark Roberts (Borrowdale Fell Runners)
- 2 Philip Pearson (Northern Fells RC)
- =3 Paul Jeggo (Springfield Striders RC)
- =3 William Procter (Helm Hill Runners)

Vets O60

- 1 William Procter (Helm Hill Runners)
- 2 Stephen Morran (Bolton United Harriers & AC)
- 3 Bernard Grant (Harrogate Harriers & AC)

Vets O65

- 1 Bernard Grant (Harrogate Harriers & AC)
- 2 Jim Wheldon (Baildon Runners)
- 3 David Tait (Dark Peak Fell Runners)

Vets O70

- 1 Kieran Carr (Clayton-le-Moors Harriers)
- 2 David Tait (Dark Peak Fell Runners)
- 3 Barry Blyth (Macclesfield Harriers)

Vets O65

- 1 Wendy Dodds (Clayton-le-Moors Harriers)
- =2 Lesley Malarkey (Keswick AC)
- =2 Lou Lyness (Black Combe Runners)



PHOTO © DAVID WOODHEAD WWW.WOODTOPS.ORG.UK

WOMEN

Open

- 1 Victoria Wilkinson (Bingley Harriers)
- 2 Nichola Jackson (Unattached)
- 2 Lou Roberts (Ambleside AC)

U23

- 1 Hannah Russell (Helm Hill Runners)
- 2 Anna Hoogkamer (Dark Peak Fell Runners)
- 3 Ellie Crownshaw (Dark Peak Fell Runners)

Vets O40

- 1 Lou Roberts (Ambleside AC)
- 2 Judith Jepson (Dark Peak Fell Runners)
- 3 Helen Elmore (Dark Peak Fell Runners)

Vets O45

- 1 Lou Roberts (Ambleside AC)
- 2 Judith Jepson (Dark Peak Fell Runners)
- 3 Helen Elmore (Dark Peak Fell Runners)

Vets O50

- 1 Judith Jepson (Dark Peak Fell Runners)
- 2 Deborah Gowans (Accrington)
- 3 Anna Jane Meeks (Borrowdale Fell Runners)

Vets O55

- 1 Anna Jane Meeks (Borrowdale Fell Runners)
- 2 Rowena Browne (Bowland Fell Runners)
- 3 Ann-Marie Jones (Altrincham & District AC)

Vets O60

- 1 Ann-Marie Jones (Altrincham & District AC)
- 2 Pat Goodall (Totley AC)
- 3 Wendy Dodds (Clayton-le-Moors Harriers)

English Championships 2017 Team Medallists

MEN

Open

- 1 Keswick AC**
Carl Bell, Mark Lamb, Steven Hebblethwaite, Sam Stead, James Appleton, John Battrick (6)
- 2 Helm Hill Runners**
Tom Addison, Joshua Jardine, Mark Addison, Adam Perry, Michael Ainsworth, Tim Cowin, Ben Procter, Kieran Hodgson, Shane Ohly, Nigel Wood, Jim Mann, Rick Stuart (12)
- 3 Calder Valley Fell Runners**
Ben Mounsey, Andy Swift, Gavin Mulholland, Darren Kay, Mark Taylor, Karl Gray, Ian Symington, Stephen Edwards, Phil Scarf, Alex Whittem (10)

Vets O40

- 1 Calder Valley Fell Runners**
Gavin Mulholland, Darren Kay, Mark Taylor, Stephen Edwards, Jason Williams, Karl Gray, Shaun Godsman (7)
- 2 Helm Hill Runners**
Kieran Hodgson, Tim Cowin, Nigel Wood, Billy Proctor, Rick Stuart, Jonny Marchant, Shane Ohly, Jim Mann (8)
- 3 Ambleside**
Tom Gibbs, Simon Stainer, Mark Alan Rigby, John Hooson, Jon Rylance, John Atkinson, Neil Ashcroft, Edmond Jackson, Jon Deegan (9)

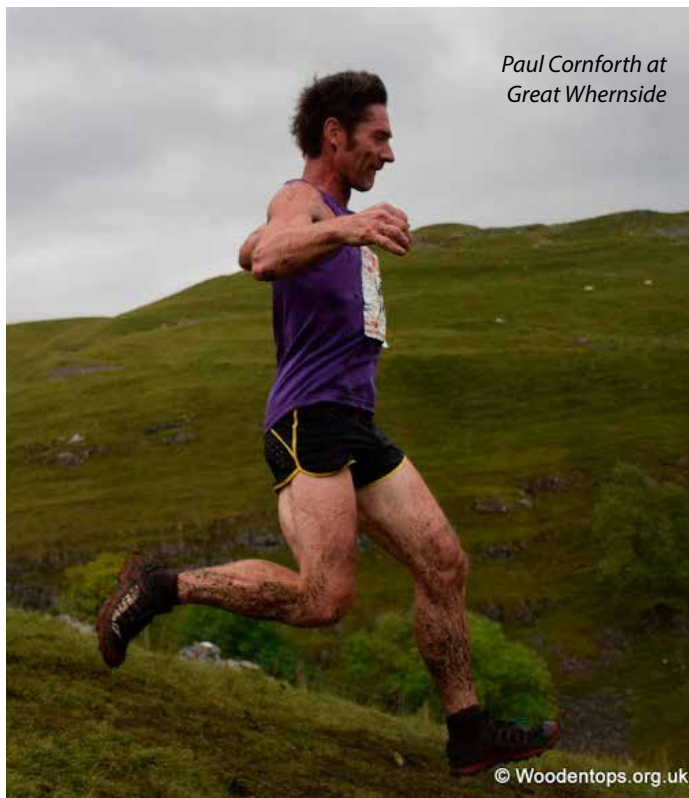
Vets O50

- 1 Borrowdale Fell Runners**
Mark Roberts, Barry Wilkinson, Jim Davies, Paul Cornforth (4)
- 2 Dark Peak Fell Runners**
David Taylor, John Hunt, Stephen Pyke, Andy Barnett (4)
- 3 Cheshire Hill Racers**
Malcolm Fowler, Ed Gamble, Tom McGaff, Richard Byers, Vincent Booth, David Keeling (6)



Helm Hill's Hannah Russel at Great Whernside

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Paul Cornforth at Great Whernside

PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK

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WOMEN

Open

- 1 Helm Hill Runners**
Sharon Taylor, Hannah Russell, Bianca Dyer, Catherine Niblock, Lucy Spain, Imogen Burrow (6)
- 2 Black Combe**
Lizzie Browne, Anna Lupton, Rebecca Rooke, Alice Forster (4)
- 3 Ambleside AC**
Lou Roberts, Sarah McCormack, Kelli Roberts, Astrid Gibbs, Jane Reedy, Michelle Foxwell, Eleanor Knowles (7)

Vets O40

- 1 Dark Peak Fell Runners**
Judith Jepson, Nicky Spinks, Kirsty Hewitson, Helen Elmore, Jenny Caddick (5)
- 2 Todmorden Harriers**
Rebecca Patrick, Melanie Blackhurst, Lucy Burnett, Claire Duffield, Lucy Hobbs, Kate Mansell (6)
- 3 Helm Hill Runners**
Alison Richards, Jayne Rigby, Marie Robson, Bianca Dyer, Kathleen Aubrey, Carrie Gibson, Jo Wilcox (7)

Three Generations

*Following in the footsteps - becoming a third generation
Bob Graham 24 hour club member*

As I stood at Moot Hall on Friday June 9th waiting for the stroke of midnight I was about to set off on one of this Country's greatest mountain challenges. But this was no ordinary attempt - I was following in the footsteps of my father Robert Green (member 972) and grandfather Leo Pollard (member 44), now 83 years old. Was I going to be the 3rd generation of my family to join the Bob Graham 24 hour club?

As a lifelong member of the Achille Ratti I've witnessed many great fell running achievements. I enjoyed junior fell racing I returned to fell running 4 years ago. I started with shorter races, but found I enjoyed the longer classics like Langdale Horseshoe and Three Shires. I did my first Jura race in 2014 and my first Old County Tops race (with Dave Makin) in 2015: this is a significant race for me as my grandad helped organize the first race in 1988 and my dad was the 1998 winner. As I enjoyed the longer stuff I also helped out on BGRs and Joss Naylor Challenges. It was after all that I decided to have a go at the Bob.

Aged 28 - was I too young? Had I done enough? The highlights of my training this year were completing all the Wainwright's Central Fells in one day - an Achille Ratti club event; finishing 8th in the Old County Tops Race (with Dave Jackson) and posting a time of 4 hours 13 min a week later at Jura. All with the encouragement of my partner Claire who at the time was expecting our first baby.



Me and Dad on Robinson

PHOTO © ROBERT GREEN

As I ran through the streets of Keswick there was no doubt in my mind I needed to be successful whatever the weather or my fitness. As it turned out the weather was horrendous: many experienced runners said they had never supported someone in weather so bad.

On each leg I was supported by some very experienced fell men and women. Special mention should also go out to our dedicated climbers on Broad Stand. I was also reliant on my change over support crew - I needed a complete change of dry clothes after each leg. Indeed on leg four I set off wearing a base layer, a down layer topped by a substantial waterproof coat - in June! The weather only gave me a break when the rain eventually stopping as we arrived at Honister. The shouts of encouragement as I came down the hill turned into the loudest roar, cheers and claps from at least 30 friends. I was so happy, what a lift; I couldn't speak. Grandad Pollard said, get on with it, just go! The last leg was easy, with only gale force winds on the tops, but at least we could see where we were being blown!

The grand finale was the sprint up the precinct to Moot Hall to an amazing jovial reception, everyone fully enjoying the moment. I legged up the stone steps and touched the door - finishing in 22 hours and 56 minutes. There was laughter and tears in the eyes of hard men as I was congratulated by the proudest dad and granddad. So I had done it - I'd become the 3rd generation of my family to become a BGR 24 hour man. What an achievement!



PHOTO © DIANE GREEN

Photo taken by a proud daughter, wife and mother

40 Turnslacks

– thanks, Kevan

ALL PHOTOS © NEIL SHUTTLEWORTH



Kev and the winner's shield

In 1978 Kevan Shand organised a fell race, and forty events later he is still in charge. Neil Shuttleworth tries to discover why he is still at the helm, and the highs and lows he's seen.

"Never again" is the familiar war cry of runners at the end of a gruelling race. The 'modern' Turnslack fell race is one such. Yet they seem to come back for more.

Kevan Shand's Turnslack 'baby' was 40 this year. Wow. The only person we are aware of who has organised one UK fell race for that long is Pete Bland and he handed over the reins for the Kentmere last year. Twenty or twenty one years seems a common stopping point that Bill Smith and I discovered in a joint exercise we did on long-serving UK race organisers. Heading the list of over three decades with one event we found B G Stokes at 37 "Tanky's Trogs" followed by Mr. Shand's Blackstone Edge at 35, then David B Smith with 33 Burnsall races (1951-1983) and Ken Jones who stopped organising the Snowdon race in 2006 after a mere 31 years.

Who is Mr. Shand? In Bill Smith's incomparable *Stud Marks on the Summits* he was described as a builder; today the 67 year old is still building, and also organising two very long-standing local races. Mostly on his own now. As a young man who was born and bred in Littleborough, he started out as a semi-professional footballer and in October 1976 had his Damascene moment

when he ran the Gale Fell race that had caused his game to be cancelled. He was hooked, joined Rochdale Harriers and the following season saw him become Bob Graham 24-hour Club member number 88. By 1992 his knees were causing him much pain and five operations later is a successful veteran cyclist yet still promotes two fell local races that are classics. In 1978 the Turnslack race began life, and five years later Blackstone Edge. The 25th Turnslack in 2002 was an Inter-Counties race, while the Blackstone Edge was twice an FRA championship race and in 1989 Colin Donnelly set the course record. Amazingly both races are still with us, mostly thanks to Kevan's persistence.

A hill, a clough and pool of water by the name of Turn Slack are in the hinterland of Littleborough, north of Rochdale. Initially the route took in Inchfield Moor, Hades Hill, and Rough Hill. The race saw the course records hover around 50 minutes or 1 hour for the ladies for this 8 miles of undulating moor involving 1,300 feet of ascent. After the Millennium a new, longer and tougher route with much more climbing arose because it was chosen for Championships.

In 1978 the race started from Calderbrook Playing Fields, opposite St. James Church. Kev recalls that: "I put the race on as part of the old Calderbrook Carnival, then that stopped but the race continued. As I needed water, I knocked on the back door of the



Kev Shand greets Paul Blakeney, the first Turnslack winner

middle cottage to ask for some water to fill my tubs. A very helpful lady called Mrs. Judith Hargreaves let us use her toilets and also let me put a tap on the outside wall for us to use each year. After a few years because she was involved with the Church she asked me if they could put a stall up on the field to sell refreshments to raise a little money towards the up-keep of the Church. And after 35 years the Church ladies are still baking their fantastic cakes. They must have raised thousands of pounds. Judith moved house years ago, and the field was fenced off so now it's all done in the Community Rooms at the Church.

In the early days the Turnslack had a B classification. "Pretty easy" says Kev, "More of a cross-country race. Ricky Wilde won it three years on the trot, 1979 to 1981, but the record was set in 1982 by the great John Wild. It has never been beaten." The inaugural race was won by Paul Blakeney,



After organising five FRA Dinners, Kevan Shand was the Guest of Honour at the 1992 FRA Dinner, and here presents the Champion's Trophy to Stephen Hawkins.

a Salford Harrier who in 1978 ran a 2:24 marathon, and was in his club's 12-man squad. Then teaching in Salford, he ran on the fells occasionally. *Stud Marks on the Summits* records some of his successes with a handful of races in the top three, when invariably defeated by Champions. The Turnslack is Paul's only win that Bill Smith records. Thanks to Kev's contacts in the social media Paul competed in the 2017 race, and remembers, "I was a teacher in Salford and 23. I do not remember any of the up hills. The middle bit is a blur. We went wrong. In the final mile I was with the leading group of six and in a burn-up I defeated the likes of John Calvert to win the race. I injured my back in 1983 and stopped running. This is my first race for 30 years. Today I still cycle, swim and go to the gym."

The route has changed over time and when it acquired Championships status Kev said that it had to have more climbing included. Keeping up with changes in the moors has been one of the positive notes. Kev had to build a gate in a farmer's fence to get the runners through, while one year he had to drag a dead sheep off the path which they were flagging. Another time he had to cut a path through the four-foot high bracken. A memorable recollection Kev has is in the 90s when flagging the route and set off in nice warm weather. Kev didn't have a cag. Then the weather changed and they got caught in a thunderstorm. Luckily Kev was bailed out by one of his helpers who had a spare one. "It was dark when we got in and I was freezing."

"For the first 14 years I used to flag the course on Friday night and run the race as well. How on Earth did I manage that? My best position was 8th in 1985 on the old course, and 8th on the new course. I last ran

TURNSLACK RACE RECORDS

MEN				
SENIOR	Danny Hope	(Pudsey & Bramley)	62:28	2007
O/40	Mark Horrocks	(Clayton-le-Moors)	66:10	2005
O/45	Andy Wrench	(Todmorden H)	68:31	2010
O/50	Steve Oldfield	(Bradford Airedale)	68:08	2006
O/55	Tony Hesketh	(Horwich RMI)	72:19	2005
O/60	Ken Taylor	(Rossendale H)	73:37	2007
O/65	Jack Holt	(Clayton-le-Moors)	83:07	2017
O/70	Ken Taylor	(Rossendale H)	86:16	2017

LADIES				
SENIOR	Anna Lupton	(Radcliffe AC)	77:32	2007
O/40	Anne Johnson	(Calder Valley)	83:13	2005
O/45	Kath Brierley	(Todmorden H)	84:21	2007
O/50	Maureen Laney	(Clayton-le-Moors)	77:25	2004
O/55	Lesley Fisher	(Burnden RR)	94:11	2016
O/60	Ann-Marie Jones	(Altrincham & D)	91:05	2016
O/65	Moyra Parfitt	(Todmorden H)	113:02	2011
O/70	Brenda Roberts	(Saddleworth R)	159:55	2017

the race in 1989, and was well down, then I retired as I wasn't back soon enough to do all my jobs."

He has kept the race going through thick and thin - the positives still outweigh the stress of organising even though much has become second nature. That he attracts the rank and file is a testimony to his ability to put on these events and send the runners home happy. Great Britain Internationals, Fell Champions, and World-beating athletes of all ages have run in Kev's races. Some years the numbers are low, most seem to hover around 100-120. The 2006 race saw only 47 run; the 1980s were consistently well over 200 finishers with a high of 249 in

1988. Those who are in the prize list and do not stay do not incur Kev's wrath; they only forfeit their prize as he has an unwritten rule: "Stay for the Prize Presentation and you are likely to get a prize. I won't send them on." The eclectic prize list and its post-race distribution are two of Kev's 'quirks' - "I've kept my prize giving the way they were when I started in the 70s. It's harder work, but a lot more fun. It's always a laugh when someone picks the (Andrex) bog-rolls or a bag of 360 Tetley Tea Bags. This year Ken Taylor chose the tea bags. I call it *Kev's pick and choose*."

Ken Taylor, one of the most consistent veteran runners over the decades, was 6th

The start which shows some setting their watches and Mr. Shand in baseball cap



ALL PHOTOS © NEIL SHUTTLEWORTH



The ever-present Calderbrook "Calendar Girls" under Brian's watchful eye

in the second race in 1979 and has regularly raced here since. Another regular is Tony Hesketh (Horwich RMI), a year younger than Ken, but the Turnslack honours are about even. In 2014 Ken was 6th overall again yet a pensioner, V65. Tony was 8th overall in 1999 and 1st V50. Four races later Tony was runner-up in what Kev called "The Pensioners' Outing" as the total age of the first three was 140. That year he admitted to the late Bill Smith "the task is getting harder now just to flag the race." And today 15 years later the show still goes on.

Kev hopes that the runners have decent weather so that enough turn up to make all the effort worthwhile. "I get into a routine on the day. Some help flagging the course would be appreciated though," he says. Although he is not now a Rochdale Harrier, several long-standing helpers turn out for this pragmatic and amiable organiser. The leading Harriers who help him every year are Brenda and Colin Robinson, two former internationals and Phil Roberts, the Club Chairman. Todmorden Harriers are also on Kev's contact list and many are willing to help him.

Some years ago when Kev turned to cycling and joined West Pennine CC he met John and Pete Hey. John too was a decent runner in the 80s and without his help he could never have flagged the course. "John is a huge help not only with flagging, but also registration and results on the day. Pete ran the Blackstone Edge a few times and did the registration for me," says Kev. Andy Maloney, a Harrier who has run the race many times in the 90s, comes to flag the course: "I drag him round now. He was a top runner with 6th, 3rd, 5th and 2nd from 1995



The finish funnel team: (l to r) Richard Stirzaker, Neil Barton, Phil Roberts, and Pete Hey



The varied selection of the many prizes on offer in Kev's pick and choose

to 1998. Now he just about makes it round like I do." This year Kev was appreciative of the help from the Bodells' – Alan, who is a fine runner and cyclist, manned the trig point for Kev, while his wife Nicky ensured that the registration desk ran smoothly. She distributed waterproof numbers thanks to the Dustolex Company. Kev is extremely grateful for this sponsorship from Sue and Stephen Shepherd whose Littleborough firm manufacture industrial dust and fume extraction systems.

As with all fell races it is a not-for-profit set-up and Kev wonders how some events can charge tens of pounds to enter. He was the first fell runner to publish his balance sheet, and tries to keep the entry fee as low as possible. "It all started off at 60 pence in 1978, and at £4 now, it's not bad." Kev does not cost in the stress an organiser has - like if he can muster enough people to marshal the event. In 2015 word went round that an Olympic gold medallist was manning the registration desk. A year later, Kev's daughter-in-law was unable to attend as she, Joanne Rowsell was cycling for GB in Rio. His son Daniel met her during his spell as a professional cyclist. Kev recalls the first time he helped with the race: "Daniel was

nine and we flagged it with Colin Robinson. That year he romped round and then he helped me with registration. Now he lives in Nantwich and finds it hard to fit me in."

GPS Race Maps is a useful site, I thought: The caption to Kev distributing the prizes opened this site:

The Right Irreverent Kev 'Shandy' Shand presenting the prizes at the 2011 race.

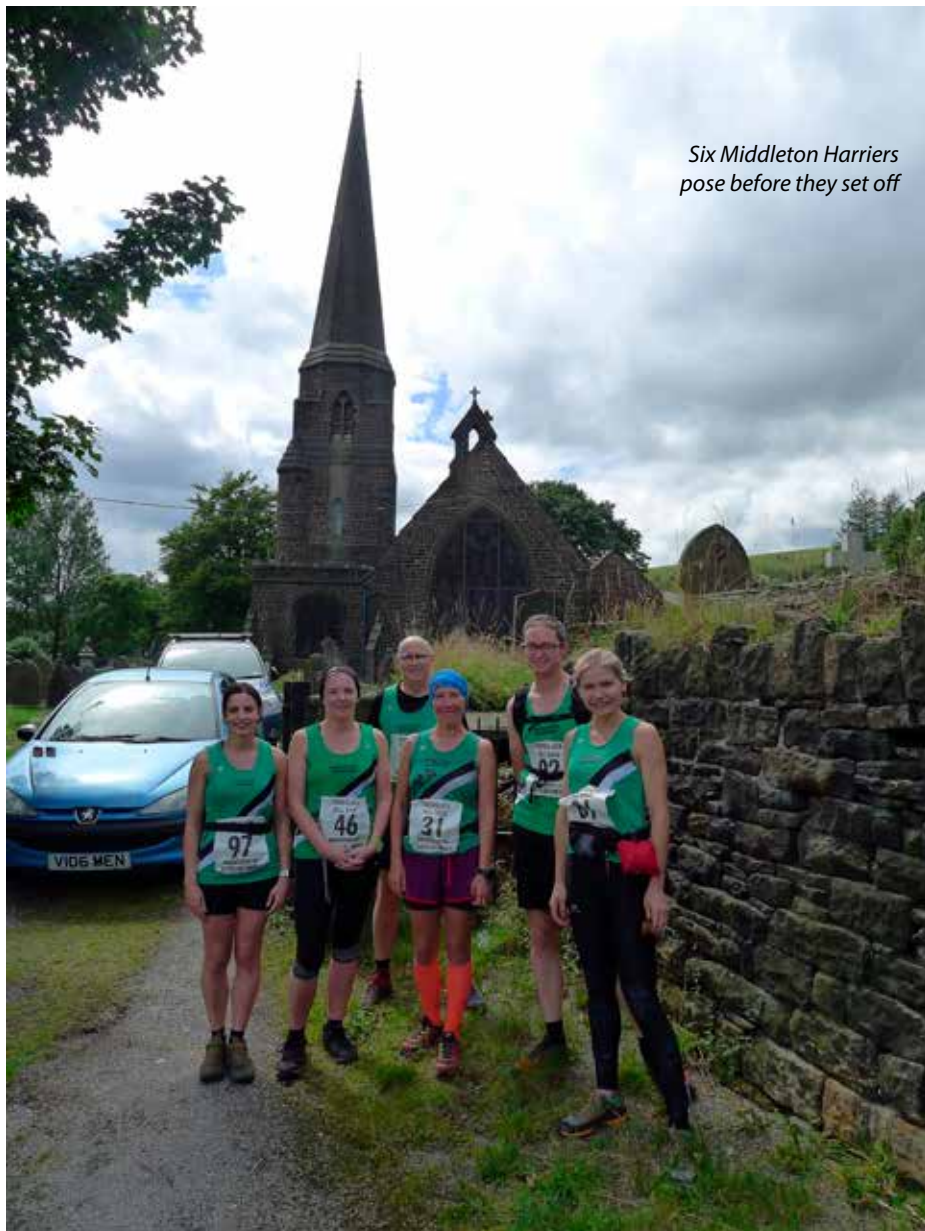
followed by: How many races can boast a venue like this and cakes by the lovely Calderbrook Church ladies?

This is a proper hard race. ... the course has something special about it.

The route is a hard. A slog up, some paths, many bogs, lots of moor, slippery descents and the infamous bottomless bog before the stream. A classic race.

Sheffield's Steel City Striders sent three runners in 2015 and found that webpage "outdated", but certainly knows how to market this race and agreed in proper Yorkshire-ese that "This is a proper hard race."

When asked before the race if a successor had been found, or if he was prepared to continue for a 41st, Kev said, "I'm not sure. Yes, it gets harder every year. I'm 67 now and after flagging I say 'that is



Six Middleton Harriers pose before they set off



A satisfied 5th-placed Darren Fishwick, about to contemplate some DIY



Nearing the end is Donna Cartwright (Radcliffe AC), still full of energy

the last one! I just can't keep up with the health and safety rules."

Personally I notice that Kev's races have a few quirks. Here are four I've seen: registration is in a Church porch; washing is with a bucket and sponge; drinks are from recycled Pot Noodle pots, and prizes are *Kev's pick and choose!* But it's all his own work: established in 1978. The divorced father of three has five grandchildren, and reflects "How time flies!" At the prize presentation Kev did not say "Never again" - he said "*there'll be a 41st next year.*" On behalf of us all thanks, Kev.

Turnslack Fell Race: First held 22 July 1978 - Seniors (9 miles) Paul Blakeney (Salford) 54:49; Jean Lochhead (Airedale) 66:22. Youths (4 miles) Peter Eves (Rochdale) 21:26; Ann Wilkinson (Rochdale) 31:24. Races for Juniors age 14 to 16 over 3 miles were replaced by "*Toddlers races on the field - weather permitting.*"

Record descent: 1979 Andy Styan (Holmfirth) 53:37; 1980 Rick Wilde (Manchester & DLCH) 51:08; 1981 Wilde 50:36; 1982 John Wild (RAF) 49:54. New course: 1989 Robin Bergstrand (Mandale) 59:13; 1992 Stephen Hawkins (Bingley)

53:43. The Inter-Counties in 2002 was a new route - 12.9 Km/8 miles and 610m/2,000ft: 2002 Rob Hope (Pudsey & Bramley/Yorks) 60:24. Yet again the course changed: 2004 Darren Kay (Horwich RMI) 67:08; and again a new 'modern' route: 2008 John Brown (Salford) 63:24; 2007 Danny Hope (Pudsey & Bramley) 62:28.

Females: 1979 Jean Lochhead (Airedale) 64:04; 1984 Sue Parkin (Holmfirth) 64:49; 1987 Carol Haigh (Holmfirth) 59:42; 1988 Vanessa Brindle (Clayton-le-Moors) 76:54; 1990 Sarah Rowell (Pudsey & Bramley) 65:20. The Inter-Counties in 2002 was a new route - 12.9 Km/8 miles and 610m/2,000ft: 2002 Louise Sharp (Keswick/Cumbria) 71:25. Yet again the course changed: 2004 Maureen Laney (Clayton-le-Moors) 77:25.

Organiser 1978-2017 Kev Shand.

Kevan Shand. Ex-fell runner; FRA Statistician, Dinner organiser & committee member (1979-89); one-time race organiser for the Gale and Hades fell races, and current organiser for Turnslack Fell Race (1978 to now) and Blackstone Edge Fell Race (1983 to now).

Contact details: kshand@hotmail.co.uk
turnslackfellrace.myfreesites.net



A Middleton Harrier poses as "Miss Pot Noodle"

WOODLAND CREATURES FELL RACE

(6.4 miles/10.3 km. 600 feet/183m ascent. 12 noon start. £2 EOD)

Poem: Tricky Lightfox
Illustrations: Jim Tyson

An odd bunch of creatures
In farmer's field have gathered
A fell race beckons one an' all
From near and far they've travelled.

Huddled all together
For one last rousing call
Nervous tails are wagging
Tap-tap of paw and claw.

And in the next valley over
We wait with eye on time
To see who'll come a'dashing
Down slope and up next climb.

Bounding down the hill in first
It's young quick fox, of course!
He knows the route through and through
And sets off through the gorse.

Next to follow: clever badger
Who descends a different line
His limbs don't flex like fox's do
But he knows there's plenty of time.

Close on tail of badger
Comes giddy youngster lamb
It's his first season on the fells
He competes whenever he can!



And standing by the beck we watch
Folk tumbling down the fell
They come from every rock and crag
Where next? You just can't tell!

Being a route that's tough and long
One needs to know one's pace
Poor buck and doe have gone too hard
Pain etched upon their face.

Time passes and the field thins out
It's great to see who's here
Weasel, stout and ferret,
They never miss a year!

Right at the tail of the field
And short of sight, it's mole
He wonders why he bothers
"I can't wait to return to my hole!"

And once they all have crossed the line
Landing in a heap
To the pub they all retire
To see what prize they'll keep.

Now the sun is setting
The creatures all must head
To dens, lairs, rivers, hedges
And rest tired limbs in bed.

And with a final parting
Before their ways they wend
They shake each paw and give a nod:
"I'll beat thee next weekend!"

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Billy Bland Challenge

Team Mountain Fuel's historic Billy Bland Challenge race sees six records smashed

PHOTO © COL MORLEY

L to R Andrew Slattery, Steve Angus, Scamp (the dog), Rupert Bonington and Kirsty Hall just before they set off from the Moot Hall in Keswick on leg 1.



On Sunday 25th June at 5am, Team Mountain Fuel made fell running history with the first competitive head-to-head race involving the Billy Bland Challenge and with that six records. The challenge is based on the famous Bob Graham round and is a 66 mile, 42 peak challenge with a 24hr time limit. It is considered one of the biggest challenges in English fell running, involving

a 27000 ft of ascent up Skiddaw and Blencathra, over the Helvellyn range, the Langdale pikes, Scafell, Wasdale and Great Gable, starting and finishing at the Moot Hall in Keswick.

Two mixed teams of men, women including vets and open runners raced against each other in an attempt to beat the mixed team record of 16hrs 49 minutes with

aspirations of also being one of the fastest times and getting close to legendary fell runner Billy Bland's time of 13hrs 53 minutes on the Bob Graham Round. Both teams consisted of 10 runners, with two runners each running one of the five legs together. The team was made up of a collective mix of ultra, trail and fell runners, including local Keswick AC runners (some of whom hold individual leg records and were part of the Keswick AC record breaking time of 12hrs 25 minutes) along with other Team Mountain Fuel runners from around the country, including some Team GB Mountain Running representatives.

Despite being a mixed team which also included vets they managed to record the second and third fastest times in the history of the Billy Bland Challenge being 12 hours and 51 minutes and 13 hours and 1 minute and on top of this records were broken records were broken on every leg of the round.

It was a damp, cloudy and windy start at 5am with leg 1 starting from the Moot Hall in Keswick, crossing three fells and finishing in Threlkeld. The first leg was a battle of the over 40 vets (closer to 50's for 3 of them) and saw co-owner of Mountain Fuel, Rupert Bonington run with Kirsty Hall a British Champion Fell runner versus local Bob Graham legends Andrew Slattery and Steve Angus. After slogging it out over 12 miles and 5500ft of ascent over fells, bogs and a river the race came to the final descent and around 1 ½ miles where both teams chose to race down the steepest slope of Blencathra, the route is aptly named by locals as the Parachute drop due to its steep nature. After running down rocky scree, sliding down steep grass and stumbling through heather and bracken then fording back and forth across steep mountain streams Rupert and Kirsty completed the leg in 2hours 40 mins to record the fastest time for a mixed pair. Unfortunately, due to a sprained ankle injury Steve and Andrew finished the leg a few minutes behind in 2 hours 43 minutes.

Leg 2 is seen as a leg with plenty of good running despite its steep climbs, once up top you run across the undulating Dodd fell tops to Helvellyn and finish with a couple of steep sharp climbs and descents to Dunmail Raise. The leg saw fell running champion Ben Mounsey and local top fell runner Calum Tinnion versus international

Calum Tinnion approaching the steep climb up Clough Head, the first peak of Leg 2



mountain trail runner Alex Pilcher and Ultra Runner Mārcis Gubāts. Ben and Calum's fell experience proved its worth as they were able to work together to navigate the leg at break neck speed knocking 7 minutes off the leg record finishing in 2 hours 20 mins some 40 minutes ahead of Alex and Marcis who unfortunately had navigation issues. This leg is around 13 miles and 6000ft of ascent and covers 12 fell tops.

Leg 3 is a tough one with every type of terrain that the Lake District can throw at you, including a climb if you choose to scramble up the nerve jangling Broad Stand (Thank you to Keswick AC ladies who had a handy rope set up for their record breaking attempt). This leg also includes England's highest peak, Scafell Pike. James Appleton and Mark Lamb had it all to do as their team was some 45 minutes behind the pairing of veteran Phil Winskill and Mark McGoldrick, however somehow they managed to close

the gap between the teams to 5 seconds by the time they sprinted into Wasdale in a record breaking time of 3 hours 2 minutes, this knocked 8 minutes of the previous record which James was also a part of and now also means that mark hold the fastest mens times for Leg 1 and Leg 3. This was a phenomenal feat having ran 15.5 miles with 7400ft of ascent while ascending and descending 15 fell tops. Phil and Mark completed the run in a fast 3 hours 45 mins.

Leg 4 climbs out of the Wasdale valley up the steep face of Yewbarrow and it was here that the chase was on. Having a 5 second lead meant that the teams ran head to head with the lead changing hands over and over again until Jacob Snochowski and England Mountain Runner Nichola Jackson managed to pull away between Kirk Fell and Great Gable. By this stage, Ultra Running veteran Dave Troman was struggling as he'd had to run so fast he'd not drank his energy fuel,



Phil Winskill and Mark McGoldrick ascending Steel Fell the first peak of Leg 3

his fell running partner Lee Newton, had managed to drink both his bottles and was still going strong so turned his attention to Dave and through sheer grit and determination they battled on scrambling up and over the rocky terrain. Jacob and Nichola were incredible beating the men's record by 19 minutes at 2 hours 36 minutes with Lee and Dave also coming in under the record in 2 hours 41 minutes. This time was an hour quicker than when Dave had last run it as part of the vets team and 29 minutes quicker for Lee in comparison to his time the previous year! The teams ran just over 11 miles with around 6200ft of ascent while ascending and descending 9 fell tops.

Leg 5, the finale. Ten minutes separated the teams and as the pace was so fast they were very nearly caught out as they'd been enjoying the views relaxing. No time for a warm up and the first team were off, Dan Page and Ste Lord, both experienced Ultra Runners, but by no means fell runners and they were up against veteran ladies and GB vest Mountain Runners Sally Fawcett and Julie Briscoe. The final leg consists of 3 fells and a 10k road section and while being marginally the shortest is equally brutal due to the transition from fell to road and the speeds you can travel. Dan and Ste ran an incredible leg based on their experience and were able to touch the Moot Hall door to stop the challenge in 1 hour 28 minutes having managed some sub 5 minute miles across the 11 miles and 2400ft of ascent. Sally and Julie were equally amazing creating a new fastest ladies time of 1 hour 35 minutes which included 6 minute miles on the road section back to the Moot Hall. The teams were roared home by everyone involved, from the team who were up on



PHOTO © PIC COL MORLEY



Lee Newton, Dave Troman, Jacob Snochowski and Nicola Jackson vying for position on the steep climb out of Wasdale up Yewbarrow

the fells filming and photographing to the friends who drove runners around the Lakes, this was a special moment for everyone. This is not a race where you win a medal or a t-shirt, there is in fact no official race. This is a challenge for clubs or teams to have a fantastic time on the fells and attempt to post their fastest times. Having it as a head to head race certainly helped the teams run faster and made it more of a spectacle for all involved and already the gauntlet has been laid down as co-owner of Mountain Fuel and Keswick AC club member challenged local rivals Helm Hill veterans team to a race the following year as they have recently recorded the fastest veterans time, taking the title from Keswick. This challenge has been accepted as we hope many other clubs and teams do so in years to come.



Dan Page and Ste Lord, from the winning team approaching the Moot Hall to complete the round in 12 hours 51 minutes



Julie Briscoe and Sally Fawcett completing Leg 5 in a new fastest Womens time of 1h 35mins

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The Etive Munros Round

1st/2nd September 2017

Glen Etive, just south of Glen Coe, is regarded by many (including myself) as one of the most beautiful glens in Scotland. If you've not been there you may have seen glimpses in films such as Skyfall. It's surrounded by fantastic hills on both sides, including 16 Munros, with the iconic Buachaille Etive Mor being the most renowned.

In 2014, I made an on sight, anticlockwise attempt but the weather was poor and, quite frankly, I had underestimated how tough some of the terrain and route finding was. This did not discourage me, if anything the challenge and the beauty of the area fuelled my determination. After several recies I concluded that a clockwise round (starting over Beinn Fhionnlaidh) would make the most sense for me so that the steeper, more chossy passages would be climbed rather than descended.

The route starts from the gate at the

entrance to the private road to Coileitir (NN137 468) at the S end of the Glen. On 1st September 2017, I timed my departure to arrive on the summit of Beinn Fhionnlaidh (#1; NN095498; 959m) around dawn. I was keen to see the descent to the River Creran in daylight, which is guarded by a set of crags with only one obvious way through at about 750m. I was fortunate with the weather, there being a light breeze, generally good visibility, and wisps of clouds on the tops.

I was soon over Sgor na h-Ulaidh (#2; 994m; NN111518) and beginning my traverse of the S side of Stob an Fhuarain. I forgot that I had to stay above c. 840m so had to climb a little to avoid the steep gullies as you approach the E ridge. The descent to Bealach Fhionnghaill is waymarked by old fence posts, which can be followed to navigate the way through the crags and terraces. There are a couple

of sections of down climbing, which require some care.

The sun was fully up, it was getting warm and I was joined by a couple of Golden Eagles as I crossed to Bidean. The ascent to the shallow slope south of Stob Coire nam Beith is steep and chossy and passes to the W of the crags above Gleann Fhaolain. There are occasional false trods but there's no path that I've been able to discern.

I was treated to stunning 360° views as I topped out on Bidean nam Bian (#3; 1150m; NN143542) and traversed the ridge to Stob Coire Sgreamhach (#4; 1072m; NN154536). It was around 9.30am and not another soul in sight! The descent to the col above the Lairig Elide is a lovely part of the round – very runnable with great views of the hills to come later.

The ascent to Stob Dubh (#5; 958m; NN179535) is also on steep, chossy, pathless ground. I suspect this is not a great place



to hang around because of all the fresh, loose lying rock. My objective was to quickly navigate a way through the various gullies onto the S flank without losing height. It's all worth it to be rewarded by the view down Glen Etive, one of the most spectacular in Scotland.

Stob Coire Raineach (#6; 925m, NN191548) is an out and back so worth leaving your sack at the foot of the climb if conditions permit.

To get on to the Buachaille Etive Mor ridge I climbed an obvious, direct and chossy gully, which brought me out roughly 100m SW of the Stob Coire Altruim summit (941m). I enjoyed another out and back to Stob na Broige (#7, 956m; NN190525) and then collected my sack before heading on to Stob Dearg (#8, 1021m; NN222542), the fabulous summit above Glen Coe. I stopped there for a while to admire the views across Rannoch Moor, to eat and to mentally fortify myself for the descent to Glen Etive and the 900m climb to Creise! For the descent, I retraced my steps to the cairn that marks the change in direction of the main path from SW to W towards the Coire na Tulaich col. From here I descended S on a faint and loose path/scree (care required) and then continued down further rough ground to my only food stash just N of the River Etive/ Allt Fionn Ghlinne junction (NN226524).

At this point the Etive is shallow to cross, never reaching more than knee deep in the few times that I have done it, even after quite high rainfall.

There are no two ways about it, the ascent to Creise is a steep, relentless plod, crossing numerous gullies and rough ground all the way. Higher up the terrain becomes more chossy with abundant loose scree between crags and it's a welcome sight when the



climb starts levelling out to arrive at the summit (#9; 1100m; NN238507). The out and back to Meall a' Bhuiridh (#10; 1108m; NN251503) feels a bit gratuitous with this being an "Etive Munros Round" as it barely has a foot in the Glen. However, it was always in my plan and is one of the smaller detours for a Munro, so I did it!

The weather started taking a turn for the worse as I made my way to Stob Ghabhar (#11, 1090m; NN230455) - the wind begun to increase, the skies greyed over and the clouds started rolling in. My compass was out as I skirted Sròn nan Giubhas, until I joined the path on the final climb to the summit. On my first attempt in 2014, I took in Stob a' Choire Odhair but it is not a trivial out and back. It's also definitely not in Glen

Etive so I felt justified (and slightly relieved) leaving it out this time. It's an optional extra for someone much fitter than me!

I departed Stobhar Ghabhar on a bearing but soon picked up the fence posts and the path heading towards Stob a' Bhruaich Leith (941m), where I stopped for more food and to survey the rest of the route, which was pretty much clear apart from some of the tops. From the col with Meall Odhar (890m) I contoured directly to the col at the foot of Meall nan Euan (#12; 928m; NN192449), negotiating a route through the crags. This section would be quite tricky in the dark.

I don't think I've ascended to the summit from the col above the Allt Dochard the same way twice! It's a matter of weaving your way up through the crags but I

found I was "encouraged" round to the W side before heading SE to the summit. I surprised some deer on the way and they vanished into the clag only to be met again on my way back from the summit towards Meall Tarsuinn (877m). I was keen to contour round the side of this obstacle but it only saved me 50m of ascent and is rough going negotiating the crags, so probably worth sticking to the path. With some relief I arrived in the light at the foot of the climb to the E ridge of Stob Coir' an Albannaich (#13; 1044m; NN169443). I was mildly concerned about this because it wasn't marked on my map, could be tricky to find in the dark and is surrounded by steep, craggy ground. As I ascended, the light faded to darkness at the summit. However, I knew descending on a bearing in the clag to the foot of Glas Bheinn Mhor would be straightforward and then I would be on paths the rest of the way.

I really enjoyed the climb to Glas Bheinn Mhor (#14; 997m; NN153429) even though I couldn't see anything beyond my torch beam. It was so peaceful at the summit that I sat on the cairn for a couple of minutes to put another layer on and text confirmation of my location. I was rewarded with a temporary thinning of the cloud, bright moonlight and the dark, imposing shape of Beinn nan Aighenan in the distance. The clag soon returned. Had there been better visibility I would have contoured on the S side of Meall na Tri Tighearnan (892m). However, I hadn't been there for a while, couldn't remember the terrain and in my tired state I didn't want to be negotiating a route through crags so opted to keep on the path to the col at 767m.

I am a bit purist when it comes to hill navigation and endeavour to only use map, compass and altimeter. However, I have a GPS watch for recording my routes and descending from MnTT the low battery warning beep prompted me to continue recording the route on my phone. I mention this because the route is broken into two tracks, which are available to view on Strava. The climb to Beinn na Aighenan (#15; 957m; NN148405) was a series of false summits but finally the top appeared, I touched the cairn briefly and retraced my steps to the bealach below Ben Starav.

It was a pity to be climbing the Stob Coire Dheirg ridge in the dark when the terrain is so spectacular. However, even the swirling clag couldn't prevent my head torch from picking out the striking white rock band in the coire to my right. I reached the arête that leads to the summit area and took extra care with my footing as a slip here would not have been healthy! The clag dissipated as I reached the summit cairn (#16; 1078m; NN125427). The moon had gone but the sky was filled with stars; it was beautiful. I stopped for more food, to send another text and even make short post on Facebook (the

PHOTO © DIGBY HARRIS





summit has 4G reception, unlike the Glen!). The disadvantage of saving the descent from Ben Starav until last is that it's very rough when you're tired, especially in the dark. I had to pick my way carefully through the summit boulder field and, even when you get through this, there are numerous rough path options designed to confuse and twist your ankles all the way to the bottom. I couldn't recall the correct river crossing point in the dark and there was enough water flowing to make me carry on downstream to the bridge. Finally, 23h and 20 mins, 73.2km (45.5 miles) and 7,600m (24,900ft) of climb after setting

off, I arrived back at the start, possibly for the first, non-stop completion of the Eive Munros Round?*

There's no doubt the terrain is much tougher going than the better known rounds. I made my attempt off the back of an already busy hill week (including a fairly hefty outing around Glen Affric two days before). I notice from my Strava traces that my actual moving time was quite a bit less than my elapsed time. So, with a bit more rest, discipline and less faffing, I reckon it should be pretty straightforward to complete the round in daylight in the summer.

**John Fleetwood completed a longer round in 2005 that took in the most of the same Munros plus other hills in the Glen Eive area (gofar.org.uk).*

		Grid Ref	Height above sea level	Split	Time	Cumulative Distance
	Gate at the entrance to the private road to Coileitir	NN137468	37m	0h 0m	4.00am	0km
1	Beinn Fhionnlaidh	NN095498	959m	1h 43m	5.43am	8.7km
2	Sgor na h-Ulaidh	NN111518	994m	1h 26m	7.09am	12.0km
3	Bidean nam Bian	NN143542	1150m	1h 52m	9.01am	17.3km
4	Stob Coire Sgreamhach	NN154536	1072m	0h 25m	9.26am	18.8km
5	Stob Dubh	NN179535	958m	1h 19m	10.45am	22.8km
6	Stob Coire Raineach	NN191548	925m	0h 27m	11.12am	24.8km
7	Stob na Broige	NN190525	956m	1h 17m	12.29pm	27.9km
8	Stob Dearg	NN222542	1021m	1h 18m	1.47pm	32.4km
	River Eive/Allt Fionn Ghlinne junction	NN226524	184m	0h 42m	2.29pm	34.9km
9	Creise	NN238507	1100m	1h 27m	3.56pm	37.4km
10	Meall a' Bhuiridh	NN251503	1108m	0h 33m	4.29pm	39.7km
11	Stob Ghabhar	NN230455	1090m	1h 55m	6.24pm	47.0km
12	Meall nan Euan	NN192449	928m	1h 33m	7.57pm	53.1km
13	Stob Coir' an Albannaich	NN169443	1044m	0h 58m	8.55pm	56.0km
14	Glas Bhein Mhor	NN153429	997m	1h 06m	10.01pm	58.6km
15	Beinn na Aighenan	NN148405	957m	1h 30m	11.31pm	63.0km
16	Ben Starav	NN125427	1078m	1h 32m	1.03am	67.1km
	Gate at the entrance to the private road to Coileitir	NN137468	37m	2h 17m	3.20am	73.2km

In profile: Dave Cannon

"A fully trained athlete is on the verge of illness all the time. Someone once said this when asked how much training you should do: "it is a bit like blowing up a balloon. You blow, you blow a bit more and then POP, back to square one".

These were the words of Dave Cannon, when trying to describe the situation that top class runners find themselves in when trying to balance hard training against possibly over-training and becoming ill. Cannon was a runner who trained hard, but unfortunately had illness issues that

curtailed his running career. He was arguably the best fell runner in the UK for a couple of years in the early 1970s. He was also one of four athletes who were interviewed in the very first typescript FRA newsletter in 1971. I met him earlier this year, when he was working as elite athlete coordinator for the London Marathon, and had a long and fascinating chat with him about his running, on the fells in particular.

Dave Cannon was born in Appleby in August 1950. He went to the local primary school and then on to Appleby Grammar

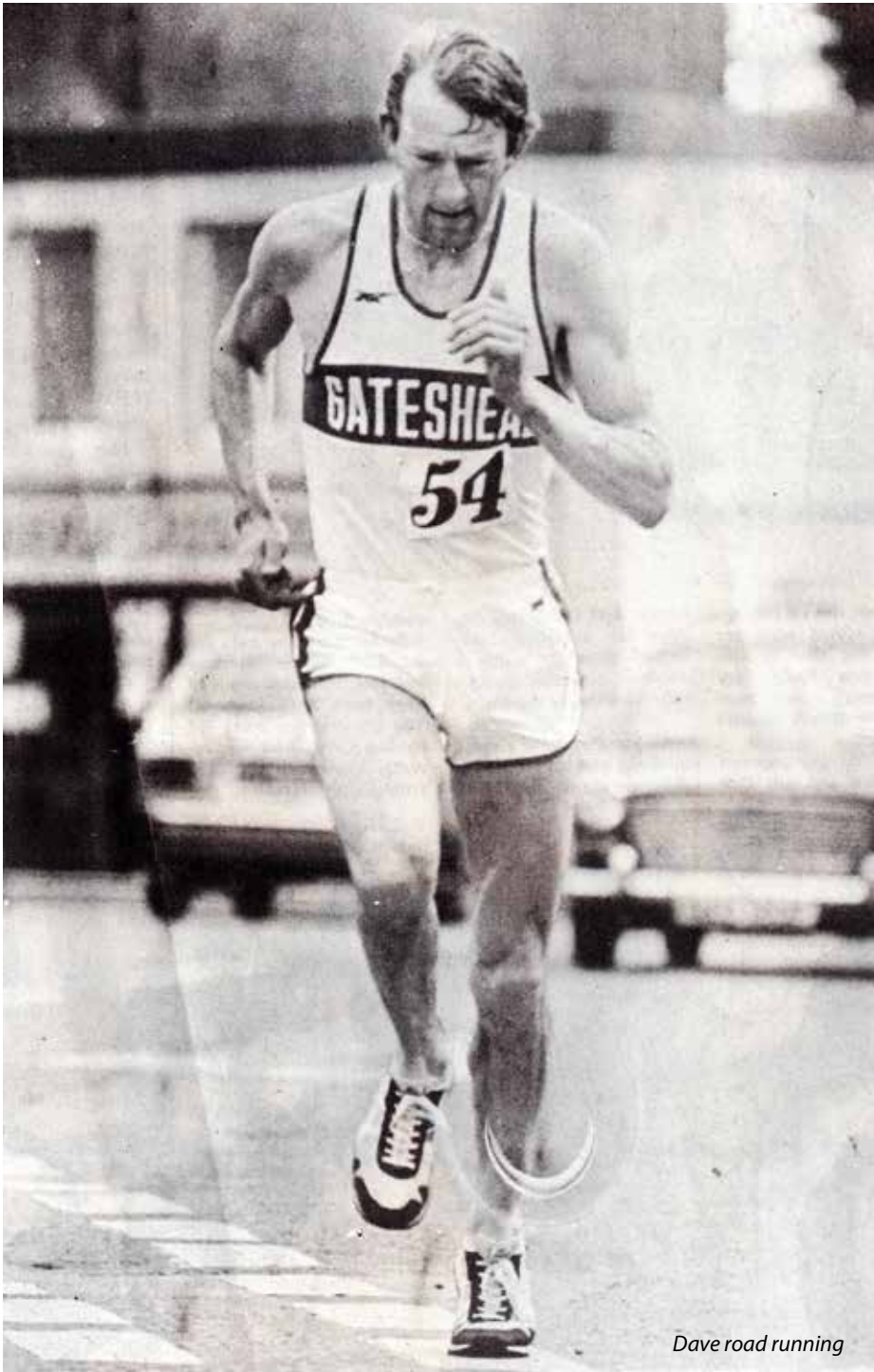
School. He remembers starting running there at the age of 12, saying, 'I became Westmorland Schools cross country champion, because it was Westmorland then, only becoming part of Cumbria later. I left school at 14 and went to work on a farm, as a farm labourer. I was living in at the farm.' That was in 1965, which was also the year his mother died, with his father already having died when he was 7 years old.

He explains: 'I had four brothers and a sister, so we all stuck together. Although I was working on the farm, the only thing I had going for me, if you know what I mean, was my running. That is what made me what I was. I carried on there for three and a half years and the job was fantastic. I had learnt the trade so to speak.' It was a hard life, from 6-30am in the morning till 6pm at night, with training to do after work. 'Sometimes I would try to do a little run of a lunchtime. The money was not very good so I took the chance to go and work in a steel bending plant at Shap. They were making reinforced steel for all the bridges on the M6. Stuck in a shed, after being outdoors on the farm, he says it just 'did his head in'. In 1970 he got a job at NORWEB, which was based in Appleby, as a trainee linesman (working up a pole). He is still there, after 47 years, now working part-time, which he says is better than stopping altogether.

Cannon had a forceful games master at school and he said he wanted him to run in the county schools race. Cannon said he wasn't sure, recalling, 'Saturday going in? Five days at school was enough for me.' He was persuaded though and he won the under 12s race. It just went on from there. At that race he met the Secretary of Kendal AC and he said they would like Dave to run for the club. 'I did and went up through the age groups.' But Kendal was predominantly a fell running club, so he started doing the Junior fell races, like Ingleborough, Whernside, and Latrigg. He had to make a decision about being pro or amateur at 16 years old. But he was ambitious from the start, explaining, 'it was run for 7/6d at Grasmere or a canteen of cutlery as an amateur. I wanted to run for GB, which I couldn't do if I had gone professional.'

Cannon's first fell race was the 1965 Dales Boys Fell Race at Burnsall in which he finished 4th, aged 14. The next year he won that race in a new record of 6-55. The Whernside Junior Race, going from the Hill Inn to the summit of Whernside and back, was instigated in 1969 and Cannon came 3rd in that race. He then won the race in 1970, and the following year set a new record of 36-23.

He was a contemporary of Tommy Sedgwick, who was the only one who could beat him on a steep descent in those



Dave road running



Dave Cannon & Kenny Stuart

days. In an article in the (now defunct) *Up and Down* magazine Cannon describes competing in the Whernside Junior race:

You have a wall to get over when descending. Well I was coming down so fast, I was not going to stop to climb it, so I took off a few yards from the wall, got one foot on top and over! There was a fell race follower watching the race at this point and he said to me afterwards that he had never seen anything like it before. I hadn't the heart to tell him it hadn't been intentional.

Cannon precociously won several senior amateur races while still a junior, including Ben Nevis in 1971. He had a considerable number of victories in shorter fell races, and despite his later marathon prowess never really encompassed the very long fell events. He was a daring, breakneck descender and specialized in shorter up-and-down races, claiming Burnsall and Thieveley Pike as two of his favourites. In the same interview he claimed:

The race my descending skills most helped me to win was the 1970 Burnsall. Harry Walker pushed me all the way to the summit, but even with two falls on the way down, I won by over a minute A few people remarked to me after the race that I must be crackers to come down that fast. As you know, they can see the whole course from the village green.

Cannon set a record of 13-29 that day, and then won in a new record of 13-20 two years later. His liking of Thieveley Pike was shown by his performances in racing there early in his career. In 1967 he had come 3rd, then in 1969 the course had been lengthened slightly and in 1970 Cannon beat Harry Walker with a time of 20-01, and came back in 1972 on a good running day with a new record of 19-55, which stood for 6 years.

As he progressed in fell racing he found he couldn't do the long races, as he couldn't handle the distance at that time. But he is convinced that eventually it was fell running that made him the endurance runner he became. 'When I left school I was 5ft and three quarters of an inch, and about 7 stone. I kept getting tonsillitis, and taking anti-biotics to get rid of it. This may well have the root cause of the fatigue problems I had later.' Eventually the doctor said the tonsils had to come out. So at 18 years old he had them out and grew six inches in 6 months. It was holding him back physically.

'The running went to crap. I was rubbish, because I was too weak. It took me a long time to be able to build back up again. I started working on my strength, but after 2 years I still looked about 15 and I still couldn't handle the distances. I tried. I tried Ennerdale and did finish, but I finished third and thought never again. I could hardly stand up at the end.'

He used to develop his descent speed and technique by doing downhill repetitions on Dufton Pike and Murton Pike. He used to train about 70-75 miles a week when fell racing, but did have some injury issues due to turning his ankle a couple of times. Despite having a slightly limited race range he was the first British Fell Running Champion in 1972. He is 6 feet tall and weighed 9 st 7 lbs when racing.

When asked early in his career about any particular targets, he said that they were 'to break all the fell race records and to run for England'. In the early 1970s Cannon had a purple patch, and he set course records in several classic races. I was recently discussing Dave Cannon with Jeff Norman, who noted that, 'in 1970 we were so closely matched, it was difficult to predict who would come out on top in each race. Dave was better than me on rough descents. The funny thing was that, despite me being totally devoid of raw speed, I always considered I had the edge on Dave on fast descents and on the flat. Funny that, because when he turned to marathons he was a much faster 10k runner than me.'

That 1970 season started badly for Cannon, as Jeff Norman explained. 'At the Fairfield Horseshoe race there is no doubt he should have won. It was the week after my first Three Peaks win and I'd been out on the town till 4-30am and had 6 pints, so struggled to keep with Dave on the climb. He broke away going up Greatrigg Man and was soon 100 yards up on me. I arrived at the finish to be told I had won and that Dave had failed to check in at the summit.'

Dave Cannon takes up the story. 'I think it was the first time I ran Fairfield, and we got up and it was so misty that I failed to go round the cairn at the top as I didn't see it and got disqualified, having won by over 2 minutes. Jeff Norman was second and I went home pissed off. Then through the post came the prize, and he said this is rightfully yours. That was a brilliant gesture. We became really good friends.'

That, and the following story about training together, shows the true spirit of fell runners.

Jeff Norman and Dave Cannon went on a training weekend together in the Lakes. Jeff Norman recalls that they, 'stayed with one of Dave's Kendal club mates, Alan Ladro. On the Saturday we went on a run over Ill Bell and stayed that night at Black Sail Youth Hostel, where another Kendal club mate, Jim Strickland, was warden. Then on Sunday morning we ran over to Wasdale and met up with Joss Naylor who took us up to Dore

Head and showed us how to run down scree.'

It is worth noting that 1972 was Cannon's first season as a Senior, and at Fairfield that year he literally ran away from the field to win by almost 4 minutes in a record of 1-08-30, a record which has been superseded by later course changes. In 1973 he beat Jeff Norman's Skiddaw course record, with a new best time of 1-02-30, which lasted until Kenny Stuart set the existing record of 1-02-18 in 1984, something Cannon is very proud of.

Cannon came second in the Ben Nevis race in 1970 before winning the race 5 times between 1971 and 1976, and setting the then record of 1-26-55 in that last year. Jeff Norman remembered that first race in 1970 well. 'It was a classic duel. Dave had forged a good lead by half way up, but while he took the direct route up from Red Burn, I got into a good rhythm on the zig zags and gradually pulled him back. By the summit I had a lead of about 60 yards, but descending the steep grassy bank he overtook me. I dug in and held him till we hit the road, then gradually forged ahead (the race finished in the town in those days).'

By the time Cannon set the record in 1976 he had virtually given up the fells for his move to road running. It was an ideal day for running, and he put on a great show for the crew filming the event for BBC TV. In later years Billy Bland came within 1 second of this time (in 1978), and Bob Whitfield was 2 seconds off in 1982, both seeming to not know how close they were to the record. John Wild brought the time down to 1-25-35 in 1983, and Kenny set the current best time of 1-25-34 (just 1 second faster) in 1984.

However, looking back at Cannon's career he never really realised his potential as a long distance fell runner. Actually, he only competed in three of the really long events. In 1972, the year he was British Champion, he retired in the Three Peaks, came third in the Chevy Chase, and also third at Ennerdale, having blown up in the latter stages.

Cannon noted that he, 'didn't win the fell champs again as by the next year (1973) I was sort of dabbling with the marathon. I ran the Huddersfield Marathon, finishing third in 2-21. But I was absolutely wrecked at the end.' He waited a while, and just picked carefully what races he did. 'So I went back for the Ben, Skiddaw and the Fairfield Horseshoe, which I won a few times.'

By then Jeff Norman was dabbling in marathons too. It came around to the trials for the Olympics in 1976. Cannon had run three marathons already and had always finished on his knees because he had tried to go with the leaders. 'I thought I would run the trial. I said to my coach I was going to set off and run within myself. I sort of sat back in the thirties, and then from about 18 miles I decided to push on to see where I could get. I got all the way up to 10th. The first three were selected of course, but I had finished

full of running and had run 2-21.'

Recently Cannon, in an interview with Alistair Aitkin (which is published on the Highgate Harriers website), rationalised his change of focus thus:

Because there were no international honours to be gained from fell running, I decided to take a new challenge and see if I could run for Great Britain and took up the marathon. In 1977 I became British Champion at the Marathon. It progressed from there.

He expanded on this to me. 'In them days fell running was fell running. There was no international honours to be gained from it. You couldn't go any further than every year: win the Ben, win Skiddaw, win whatever, and I was doing that, but I wanted to run for Great Britain if I could. There was Pike's Peak in America but no internationals really. I decided, with my coach, and my brother who had a big influence on my career that I should leave fell running alone. I actually gave up fell running in 1976 at the age of 26, having already won Ben Nevis five times. I was 20 when I first ran the Ben and finished second to Jeff Norman. But the following year I went back and won. On the third year my shoes came to pieces [laughs] and Harry Walker won it, and I finished third. But I went back for the next three years and won it. It was the highlight of the season for me. It was such a demanding race, but it suited us. I didn't like all the rocks though. There were a couple of times when a lad called Brian Finlayson was in front of me when we hit the road and I got him each time.'

He then aimed for the 1980 Olympics. Despite registering great performances, the selectors still made him run the Olympic trial race, but he was ill and finished fifth Brit, missing out on selection. In the Aitkin interview he takes up the story.

Then because I did not go to the Olympics they invited me to the Montréal International Marathon in 1980 and because a lot of countries had boycotted the Moscow Olympics the field in Montreal was exceptionally good. My best time of 2 hrs 13 mins 29 secs was only the thirteenth fastest in that field for that day but I managed to win it. A lot of determination for being left out of the Olympics and a natural progression and I ran 2 hrs 11 mins 21 secs. After that I ran another couple of 2-11s, one in Paris and one in Japan.

Cannon adds now that, 'the GB marathon lads that went to the Olympics didn't even finish, as it was quite hot. I was 13th fastest on paper at Montreal and I was thinking top 10 would be good. As the race progressed we got down to 5, then 4 and I started thinking I might win. Which I did in the end.' The race route came on to the F1 motor circuit, and Cannon had 2km to go and had a weird experience:

From the crowd came a distinctive Cumbrian voice: 'Go on Dave Cannon, you

can do it – use your experience of running up them fells! That was nearly 30 years ago and to this day I don't know who that man was – but I reckon he won me that race. I still wonder who he was and what a Cumbrian was doing there.

He says it lifted him no end, and gave him the best day of his racing life. 'They should have picked me for Moscow, but by the next Olympics in 1984 I had an injury to my ankle. That took so long to recover from after two operations to remove a piece of loose bone in my ankle. I had orthotics made and coming to the back end of 1985 I could run again.'

By February 1986 he had trained well so he entered a 5 mile race at Lancaster. He had been 2 years out of racing and he finished third. He adds, 'I built to a 10 miler and was doing well. I got another invite from Montreal Marathon having seen my results. It was in October so I said yes, and finished 5th in 2-21. I came home thinking, right another 6 months training, and I'll be back. This is where things started going wrong. I was 35 years old. I decided to jack it in and start coaching.'

Cannon was doing a build-up period of training when the illness hit. For Montreal he was probably up to what he used to do, around 70-80 mile a week, but maybe not with the full depth of training. He got ill at that stage though, and that was it. So, sadly Cannon had to cease racing in 1986 because of a serious illness that was later diagnosed as ME or Chronic Fatigue Syndrome (the full story of which is told in the Summer 2017 issue of *Fellrunner*).

Cannon had stopped training on the fells completely when he moved to marathon running. His rationale was that it was using different types of muscles. He also gave this as a reason he took so long to really make his mark as a marathon runner. Strangely for someone who was reckoned to be one of the sport's greatest ever descenders he eventually took to road racing remarkably well. He also found that the flat road stretch at the end of the Ben Nevis race, for instance, played into his hands when racing there. In fact he won Ben Nevis three times after he had virtually forsaken fell running for the roads.

He took to coaching with some considerable success, claiming to have five athletes faster than 1 hr 3 mins 30 secs for the half marathon at one stage. Significantly he guided Kenny Stuart in his transition from the fells to marathon running. Cannon commented, 'when Kenny Stuart decided to finish with fell running he asked me to coach him for the marathon. By then I had my career at marathon and was almost at the end of my running. I was coaching other lads too.' He may have first realised Stuart's road potential when he lost to him in the Derwentwater 10, a tough course that Stuart completed in just under 50 mins.



PHOTO © JEFF NORMAN

Rossendale Fell Race 1970

Ironically Stuart achieved a very similar marathon PB, travelled to North America to achieve it, and had to end his career in similar circumstances.

Cannon described the training setup and his philosophy. 'I had Paul Taylor, Kevin McCluskey and Kenny Stuart, then later Paul Dugdale and Martin Jones. This was the 1990s and was coaching about 10 athletes, all running really well. Other guys were doing 120 mile a week and I used to do about 70, and I used the same ideas with my athletes. I had a full time job as well. So we may not have trained as much as other people but we trained in a structured manor. We would sit down and say what is it you want to win, so you would pick races and work backwards, including heavy work and a slackening off period before the main event. Someone like Paul Dugdale could only run about 50 mile a week at best without getting injured.'

I ended by asking Dave Cannon a couple of questions, including what his favourite race on fells was. 'I always got a big buzz at Ben Nevis, because that was my highlight of the year', he replied.

Cannon also used to do plenty of cross country races for his club. 'The National cross used to be class. I think the best I ever finished was 24th at Parliament Hill, and we won the team gold, with me third Gateshead counter. My best road memory? I ran a 30km race in Japan and ran 1-31 which is basically 30 mins per 10km. I came 4th in the Northern's at Leeds once and realised I wasn't quite fast enough so went to the marathon.'

In conclusion, I asked whether he thought of himself as fell or marathon runner? 'I have got to say marathon runner. However, if I hadn't done marathons and stayed on the fells longer I think I could have set some more records.'

Cannon added that towards the latter part of his time of running marathons he was sponsored to wear ASICS shoes and that after he finished he then got a job as a talent scout for them bringing in good athletes, and did that till two years ago. So, another top runner who put back into the sport by coaching and helping athletes get sponsorship and good elite level support.

But most of all a precocious talent who always ran hard and who left a significant mark on the road and fell running scene.



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Juggling

My name is Natalie Hawkrigg, I am a V40 fell runner. I have 3 children Ruben aged 11, Elwood aged 10 and Jonty aged 5. I am often preoccupied with thinking about how I can find more time to train and improve my running, but at the same time keep the right balance with spending quality time with my family. I got to thinking that it would be interesting to ask a few other fell runners with children how they manage it all. How do they find the right balance juggling so many different balls – work, family, races, training, generally fitting it all in. Has their running changed in anyway since they had children? More importantly what do our children think of all the running we do!

With much thanks to Sharon Taylor, Rebecca Rooke, Paul Johnson, Trudy Beecham, Jim Tyson, and Christine Clarkson for their contributions.

SHARON TAYLOR – HELM HILL

Sharon is married to Rob Jebb, they have 3 children, Millie aged 8, Isla aged 6 and Jos aged 4. Sharon works full time and competes at the highest level of fell running.

I feel that my training has massively improved since having children. I now have a window to train in so do it, whereas before children I could go at anytime and usually talked myself out of it. I no longer do the long runs that I used to do. The children are only young once and I will never get the time back. My long run is now 1.5-2 hrs from home or maybe a run round Kentmere which is a 15 min drive away.

I now go running at a weekend before 8am (before children I was still in bed then!) I no longer warm up before a race, especially if myself and Rob are both running. My warm up is handing the children over to someone and dashing to the start line!

I think I am lucky enough to have the years of training behind me so that some of it is in the bank and I get away with less training than others that are new to the sport. As a family we are walking the Wainwrights so at a weekend we will often head out walking on the hills. Rob usually does a cycle of 2hrs to meet us there and I will run home. This way we have family time and both get our training in.

During the week we have a general routine. I tend to do all the after school activities while Rob trains straight after work and then I go while Rob is doing bedtime or just after they have gone to bed. My running now is more quality than quantity!

I think at this stage as I am almost a V40, I have probably missed my peak running performance in my early 30's but 3 gorgeous healthy children are worth that! Despite this I have finished in the top 3 of the English/British Fell Championships in the last few years and this year sacrificed this to represent England at the Snowdon International Race.

I probably compromise on my training/racing more than Rob but am happy to do that. Organisation and time management is the key with children to making sure you both fit the training in.

The children have always been with us

to races (both running & cycling) since they were born. The girls are now at an age where we have been to a couple of races where they have run and not us. It felt very strange and I was more nervous for them than when I race myself. The fell running community is a great one to be around so I hope positive. My little boy has an obsession with Carl Bell!

Fell running is a hobby and will always be there, children are a precious gift so I would say to other runners don't be put off having children. Having children doesn't have to impact your racing results, I think they just change the type of training you do, which isn't always a bad thing.

REBECCA ROOKE – BLACK COMBE

Rebecca Rooke is Captain of Black Combe runners. She has one child Hattie who is 20 months old.



Hattie running her first fell race

Lately I've been doing more fell races rather than orienteering (which was my main sport for many years) as fell races are generally easier to do with a small child - there are village halls to shelter in and often cafes/playgrounds nearby. Fell races are more exciting to watch if you are a child!

My partner is also a fell runner, but we are lucky that we also have other family around to help babysit and who are happy to come to races. It is easier for my husband to get out training in an evening when I'm putting Hattie to bed which can be frustrating sometimes but you have to learn to make yourself opportunities and put yourself first sometimes!

My running has improved because needing to run quickly to get back to Hattie when she was a baby helped me get fitter. The pain of racing doesn't seem so bad once you've given birth so I think I can push myself harder now.

Hattie likes to clap along at the finish of races and at prize giving's and she has Black Combe Runners clothing which she



Sharon Taylor with her three children at recent British Champs race looking for someone to babysit the kids race before the start of the race



Rebecca Rooke with Hattie, both wearing their Black Combe club colours

likes because it's the same as mummy and daddy's. Also she has done a 1 mile fun run which she loved. She definitely likes it. We taught her baby sign language and "running" was one of the first signs she did. Then when she started to speak "Black Combe" was in her first 10 words!

My advice to runners contemplating having children is not to let fell running get in the way of having a baby if you want one. You can do both.

PAUL JOHNSON – CUMBERLAND FELL RUNNERS

Paul Johnson from CFR, has 3 children, Isobel aged 7, James aged 5 years and Alice aged 12 months. He also works as a full time secondary school teacher. Paul completed the Bob Graham in 2015.

Pre-children I didn't really train much. I just went out for a run as and when I could. Post-children, and since joining a club, I have recognised the benefits of being a little more structured in training (this is the benefit of having joined a club and meeting others). Having children has forced me to find opportunities to run and go out whenever there is a spare moment.

My habits have changed with almost all of my training runs taking place early morning or late at night. I don't train anywhere near as much as I would like to. It's also hard to

train hard so early in the morning when tired. I get around 5-6 hrs sleep a night which I don't think is enough; I find myself asking 'what is better - sleep or exercise?'

The benefit of early morning runs and going out for early long weekend runs has aided my ability to run tired. I think this is something that helped on the BG and other similar challenges.

I don't tend to involve my children in my fell running. It's easier to go running and to races without them. They have occasionally gone to show races but the amount of faff getting them ready then the cost of bouncy castle etc, it's not worth it.

I'd like to think there is some inspiration from my running passed onto my children. James enjoys showing me how fast he can run and enjoys being timed. Isobel enjoys getting out and about on the fells. Also, I think having a general level of fitness means I am a more active father and can always be around and play with them rather than lying on the sofa all day watching TV.

My advice to other runner contemplating having children is that it is hard! It's difficult to have everything. Something has to give somewhere. Don't sacrifice children for running - they're only young once. Keep in the scene - join a club - enjoy running, don't stress about performance. There's plenty of time for that when the children are older and they are too embarrassed to be with you.

TRUDY BEECHAM – KESWICK AC
Trudy is a V40 Keswick AC runner, she has 2 children, Tom aged 8 and Harry aged 6. She is married to John Beecham who is also a fell runner with Keswick AC. Trudy also helps out with Keswick AC Juniors.



Trudy Beecham, Keswick AC working hard in Lords Seat Fell race 2017

I got straight back into fell running immediately after having my first child. It was easier to fit in training when the boys were really young but as they have got older and want to do more activities themselves (and go to bed later), it's harder to fit everything in.

For our long weekly runs, John and I take it in turns to get up early (6am) on Saturday and Sundays. We are lucky to have fells so close by, so we can run up to 10 miles with 3000ft of climbing, be finished by 9am and home and changed by 10am ready for the rest of the day!

It's easy to decide not to bother training or racing because of family demands but I think if you make a realistic goal, it is achievable and shouldn't need too much compromise. For example, I wouldn't run the Lake Classics series as it would involve too much travelling, receiving, and time away.

If I didn't have children I would spend far more time running and training, but who knows, if I'd been training harder for the last 8 years I might have picked up more injuries by now.

The boys run for Keswick juniors and they love running and competing. They enjoy coming to races and love being outside, climbing trees, messing about in rivers and generally getting muddy and playing with sticks. Getting a cake as well also helps!

Having a family is an amazing experience for those of us lucky enough to have one. But it's not the end of training and fell running by any means. It's quite harsh to say it but some non-fell-running folk, use having children as an excuse to stop exercising. It's more important than ever to keep fit and healthy for the benefit of your children and to set them a good example. Our children think fell-running is entirely normal!!!



Paul Johnson with his children Isobel, James and Alice at the Ennerdale Show 2017

PHOTO © STEVE RAZZETTI (WWW.RAZZETTI.COM)



*Christine Clarkson
enjoying Carrock Fell
race March 2016*

CHRISTINE CLARKSON – NORTHERN FELS RUNNING CLUB
Christine is a single parent she has 2 children, Lily aged 8 and Wilf aged 5, she works 3 days a week. Christine lost her husband Paul to cancer in 2016.

I've been running for about 8 years on and off now and got into fell running proper when we moved to Cumbria in 2014. My husband Paul would encourage me out onto the fells at any opportunity (I think he recognised fell running was good for my soul and made me easier to live with!) so I was maybe doing 4/5 runs a week. I saw my fitness and race times gradually improve and joined my local club Northern Fells in Jan 2016.

Paul died in June 2016 after a short but very brave and dignified battle with a rare cancer. Everything changed as I was suddenly sole parent and carer for our children, Lily, then 7 and Wilf, then 4, and we functioned on autopilot for the first few months as we tried



Christine Clarkson with her 2 children Lily and Wilf at Buttermere

to adjust to our new 'normal'.

Although I could no longer go out fell running at the drop of a hat, the runs I did manage to fit in became even more important to me. Fell running allows me to switch off for an hour or so from the sometimes overwhelming responsibility I feel towards the children as their only parent.

My fitness and speed have inevitably decreased and I've had to knock the Sunday club runs on the head for now. During school holidays I struggle to fit in running as I hate asking people to babysit. I do the odd race and it's hard to see my times going the wrong way but, whereas before I might train to race, now I see a race as a training opportunity and just concentrate on running as well as I can rather than my time.

I'm very aware that life can change in a heartbeat and so I appreciate being on the fells even more so now.

JIM TYSON – AMBLESIDE AC
Jim runs for Ambleside AC, he completed his BG in 2016, he juggles 3 jobs and has 2 sons, Joss aged 5 and Barnaby aged 4.

For the first year after having children it was definitely harder to get out, and often when I did I was too knackered to run well! It didn't last too long however.

After my Dad lost his battle with Parkinson's in October 2014, I decided to run at least 3 miles a day, every day in 2015 to raise money and awareness for Parkinson's UK. My boys were aged 1 and 3 when I started that challenge, so they saw going out for a run every day as normal.

Running every day took me away from my family a fair bit, especially when I started including longer races a bit further afield. Last year when training for my BG I would usually spend one long day a weekend out on the fells. Obviously this means you miss out on time with the family. On the plus side, holidays were planned around certain races such as Ben Nevis and in Northern Ireland, so we got to spend time as a family in some beautiful locations we may not have considered if I wasn't a fell runner!

My wife, Karen is not a fell runner but she does attend various exercise classes throughout the week. I like to think we encourage each other in pursuit of a healthy lifestyle but in reality I probably do spend the lion's share away from home in pursuit of my sport which I'm forever trying to balance.

I go running with Joss, my eldest. He has done half a Parkrun with me and of course he sees me run, race and then train with the juniors. He joined me for the final run in to the Moot Hall in Keswick when I completed my Bob Graham last year which was a wonderful moment I don't think either of us will forget.

I go running with Joss, my eldest. He has done half a Parkrun with me and of course he sees me run, race and then train with the juniors. He joined me for the final run in to the Moot Hall in Keswick when I completed my Bob Graham last year which was a wonderful moment I don't think either of us will forget.



Jim Tyson at the finish of his Bob Graham in 2016 with his son's Barnaby and Joss

So what do our children think of our fell running?

- Isobel (7) It's annoying because you're not here to help me get my breakfast ready.
- James (5): It's bad. (I think he was just copying Isobel)
- Ruben (11): I like it because I run myself. But I didn't see you as much when you were training for your BG.
- Elwood (10): Most of the time it's really good when you run, especially when you get us out with you.
- Jonty (5): You do millions of running Mummy!
- Tom (8) : It's good and keeps you fit. When questioned about races he said "we go to too many far away"!!!
- Barnaby (4) 'You really, really like running, Daddy!'
- Joss (5) "It's good" (Joss watched the London Marathon on TV recently and wondered why they were all running on roads!)
- Millie (8) It keeps you fit and you can go to different places and explore
- Isla (6) It is good because you sometimes win chocolates!
- Jos (4) I like going to races and camping

Tips for running training when you have kids:

1. Be organised.
2. Learn to put yourself first sometimes – happy person = happy parent.
3. Get up Early – run while your children are still in bed
4. Train smarter – Quality not Quantity.
5. Use children's outings to cross train – bike to the park, get dropped off, run home etc.
6. Use family members to babysit – they love it and your children love seeing them
7. Double Book slots
8. Training tired helps long distance run training
9. Join a club – keep in the scene
10. Don't stress about performance
11. Fell races are a safe welcoming place to hang out with kids – great people in scenic location and lot's of cakes!
12. Plan mini-holidays around fell races – it gets you to see different places further afield



Jonty and Elwood Enjoying cooling off their Mum Natalie Hawkrigg at the end of the Howtown Fell race 2016

Siabod Everest & Rumdoodle Challenges

JUNE 23RD & 24TH 2017

In May 2015 I attended a presentation by Leo Houlding at the Keswick Mountain Festival. Whilst the presentation was hugely enjoyable my overriding memory of it was the ending when Leo auctioned a variety of his personal belongings with all proceeds going to Doug Scott's charity Community Action Nepal (CAN). This was less than a month after the devastating Earthquake had hit Nepal, already one of the world's poorest countries. The combination of a beer or two & my own memories of its people during a life changing trek/climb in 2012 saw me leaving Keswick with a couple of Leo's momento's & thoughts of 'well what should I be doing to help Nepal?'

Together with my partner & her sister we run the Moel Siabod Cafe in Capel Curig in the heart of Snowdonia & for weeks conversations with customers had focused on Nepal & the plight of it's people, it was now time to take direct action. With

friends & associates we formed 'Reach Out for Nepal' & held a charity fund raising day in June 2015 which raised in excess of £6,000, the ball was rolling but how to get it to Nepal's coalface. The obvious answer was through Doug's charity CAN, we wanted a specific project & amongst many needy cases chose the highly regarded Melamchi School whose buildings & hostels were raised to the ground. With Doug's agreement our funds would go to CAN & be ring fenced for the School.

By the end of 2016 we had raised over £14,000 but still needed a further £10,500 to reach our target which would pay for the fitting out of the main school building, its science lab & all its hostels. You may by now be asking what has this got to do with Fell running? Well as part of the fund raising days in 2015 & 2016 I had done two charity runs totalling some 163 miles with over 28,000' of ascent/descent taking approx. 41 hours, what could I do in 2017?

The answer was twofold, I would try to run up & down 'our' mountain, Moel Siabod, 13 times to equate the height of Everest whilst other members of our running club, Eryri Harriers, would do a relay up & down Moel Siabod 18 times, the height of Rumdoodle (a fictitious mountain but a hilarious read). This would give me encouragement on the hill & create a camaraderie as the day progressed. The idea was simple however the complexities & anxieties of putting it into place were quiet stressful but finally at 9:44pm (sunset) on Friday 23rd June the challenges were on, there was no going back on the commitment we'd made.

Moel Siabod itself stands at 872 metres, the cafe at 179 so each climb would be circa 700 metres (with undulations) & cover 5.8 miles if we kept to the racing line. As an aside, I am the organiser of the Moel Siabod Fell Race which takes the same route & is well worth a try if you are ever near



23rd June - 21.41 hrs:
Paul & Becki preparing to set off

PHOTO © MARION WAINE



24th June - 04.47 hrs:
Now daylight!
Departing - Everest Leg 5

Snowdonia during the first weekend in July, apologies for the plug!

The weather did what it often does in Capel, rain with low cloud so Becki Law (1st relay leg) & I agreed to stick together & let the later relay guys try & catch up lost time once daylight returned. On the way up we took bamboo canes with marking tape & placed them across the summit plateau for the night-time legs to come, in truth we'd needed them on this first return from the summit. Almost safely off the mountain I stepped onto a rock I'd normally avoid, feet went from under me & both right buttock & arm seared in pain. Thankfully this slowly eased (although I would have black & blue memories for a couple of weeks) as I followed Becky back to the cafe, leg 1 completed.

From here the weather went downhill, leg 2 saw Steve Jones (O.60's British Fell Running Champ from the year before) & I struggling to find the summit trig in visibility of less than 20' & then struggling to find the descent markers, Steve said 'Paul, no one should be on their own up here on a night like tonight'. Leg 3 saw me & Brian Robbins supported by Peter Dirkin leave the summit ridge far too early on our descent & having to make a major correction costing 5 minutes or more, small things but time we could ill afford to lose. On this leg I fell 4 times including un-believably on the same rock as leg 1 this time hurting my RHS, I could feel Peter thinking how the hell is he going to still be running for another 20 hours!

Alwyn Oliver & I turned around from the summit on Leg 4 with a slight break in the clouds giving the first of dawn's early light, from here on the relays & I would split our separate ways & legs would simply have to come & go as Saturday drew on. A brief note of respect to Alwyn here who the year before & despite being in his 70's had accompanied me for more than 30 miles of that year's charity run despite taking a tumble of his own early during the night's darkest hours. Maggie, Alwyn's wife, was to also run a relay leg later in the day & had also accompanied me for more than 20 miles the previous year, what a couple, what support!

Things now became increasingly surreal, I can remember Emily Wood encouraging me at the end of Leg 5 but that another 8 felt a long way to go. The relay team had to re-organise as Phil Roberts failed to show but he later made up for this with two fast relay legs as well as accompanying me on



24th June - 19.50 hrs:
Paul with Dorina and
Rebecca set off on Leg 13
to achieve the height of
Everest in 24 hours!

one of mine. My 8th leg was particular hard but thankfully with Kean Rowlands & Phil giving my feet a lot of attention upon it's completion I recovered to have better legs 9 & 10 despite the weather deteriorating once again, but by leg 11 I was back in trouble & for the first time my ascent time had begun to trail off alarmingly.

Back at the cafe an increasing swell of supporters could see the pain, Steve Jones asked what he could do, it was a no brainer, 'Steve can you pace me on the next climb (leg 12)'. Despite him doing an excellent job & keeping me still ahead of schedule I knew when climbing over the mountain's top stile that I wouldn't be able to cross it for a 13th time. Steve didn't argue with my synopsis & simply offered wise words of encouragement 'Paul think, that means you are now climbing this final section for the last time'. However it wasn't ending there, earlier in the week I had done a recce to see how high I would have to go on my 13th ascent to break through the Everest barrier, it was well below this top stile, so plan B was activated, the 13th attempt was simply to get to the stile, turn around & get back to the cafe before the 24 hours expired.

My partner, Dorina, & Becky Roberts set off with me from the cafe for the 13th time, they were patient, encouraging, but I felt alone in my misery & pain (my quads had been screaming on the descents for many hours by now) despite knowing I was going to succeed. At 9:20 pm I ran into the cafe to a tremendous cheer from all the Reach Out for Nepal supporters, my day was at last done. The Eryri relay team had given it an unbelievable shot having made up a lot of the earlier lost time, achieving 17 summits they may have narrowly missed out on Rumdoodle but it was a wonderful collective effort given the conditions.

My overriding memory is how the mountain itself seemed to take on a different form as the day drew towards it's close. Its upper slopes seemed to expand

into an enormity bigger than it's true self with landmarks normally just minutes apart seeming to become major obstacles to tick off one by one, my mind had clearly been battling as hard as my body. It is the monotony of this challenge which is arguably the hardest part, you know what's coming, it keeps coming & unlike 2 years before where Phil & I did 10 summits together between sunrise & sunset this one felt a far lonelier battle despite the many friendly faces both on the hill & in the cafe.

During the 23 Hours & 26 Minutes I'd covered 73 Miles & ascended (& more importantly descended) 29,300', more than the height of Everest, not quite 13 summits but on reflection good enough. Prior to the run I had started to read Steve Birkinshaw's excellent book about his epic Wainwright run but had not yet got to his 'Aftermath' section, this would be a fascinating read soon afterwards. Of course my effort was not even close to his but it was several months before I finally felt recovered in the form of a decent time in the Snowdon Marathon, I think this year I found my own personal limit, at least for my current level of fitness.

As for the reason behind all of this, the great news is that we have hit this year's target bringing the total raised over the last two years or so to over £25,000 but the school will continue to grow & need ongoing support to do so. If you'd like to help us support Purna, the School's Headmaster, via the excellent work of CAN, there are some donation details to follow.

Obviously a huge debt of thanks to all the runners who took part, to the organisers of other events at the Cafe both on the day & in previous years & to all those who have given so kindly to Reach Out for Nepal.

If you would like to donate please see account details below.

Account name: Reach out for Nepal

Sort code: 40-16-02

Account number: 21822004

Navigation winter 2017

PHOTO © MARK HEMINGWAY PHOTOGRAPHY



Since we bought The Kettlewell Hostel in 2015 we have seen three FRA navigation courses come through here and, every year, despite it being held in March, we see it as the start of the year. The course in 2015 FRA was the first time that we ever served breakfast to a group, it was also the first time I made our now famous '8 Hour Beef Stew' for their evening meal on the Saturday night! It was also the first time that we had seen the building full to capacity and saw quite how much forty people can eat (who got up early for a run before breakfast, followed by a day of running, before they go out for a night-time navigation exercise), boy they get through a lot of food! Since then we have served thousands breakfasts and have honed our 8 Hour Beef Stew with

Proper Mash and Cabbage to perfection, (it now takes 12 hours to cook!).

The FRA navigation course is run by enthusiasts for enthusiasts, during that weekend every year we overhear some reassuringly straightforward map reading training; what contours are, how to work out distances and scale, that sort of thing. Not everyone that attends is just honing their expertise, many come just to learn, maybe runners who have done a bit of orienteering or adventure racing or just coming along to extend their range a little amongst like minded people, the weekend is filled with with a really good positive energy and everyone walks away a little better prepared for the world, it is really good to be around.

Throughout the rest of the year we get

bookings from people who first came here on the FRA course, some bring their families back to get their first taste of Hostelling, others bring their running clubs to get a taste of what they saw whilst they were here! We have even seen some come back with cycling groups (runners and cyclists do occasionally mix!) there are some amazing climbs around here (just take a look in *the 100 greatest climbs* book and have a look where Kettlewell is). If you have been on the FRA navigation weekend, you can take the opportunity share some of your knowledge of the area, if you haven't then, after a couple of days in the area will certainly see why they have been based here for so many years!

Each winter we spend our time renovating the building, the place was pretty tired when we got here and we have found that we are simply too busy during the summer to make any improvements, but in winter we can happily get stuck into a good long project! Hostels tend to encourage spending time in company with more emphasis on communal spaces rather than people spending time in their rooms, we have a lovely large, light dining room with nice furniture and an interesting secondhand book shop to browse, a really comfortable lounge with a wood-burning stove. Thought the year we often rent the whole building out to groups to use as a base for activities, which is great, or sometimes people use it as place for old friends to reconnect; playing games in the lounge on a snowy day with the fire lit is just bliss!

Cooking is caring for others, said nordic artist Olafur Eliasson and we care a lot. For us it has to be as we have to be as local as

PHOTO © MARK HEMINGWAY PHOTOGRAPHY



PHOTOS © MARK HEMINGWAY PHOTOGRAPHY



we can get, the meat has to be good quality with provenance. Food always tastes better when it is made with good intentions. We always have meat free meals that are every bit as hearty as the meaty options, as well as great vegan options and gluten free alternatives at all times, I have left too many restaurants disappointed and hungry after a token vegetarian option. Honestly, after a decent run, or even just spending time out on the hills you really need something hearty to get you ready for the next day!

One of the many pleasures of living and working here is that we get to share the place with folks doing what they love, there's something great about being around like minded people, you can relax a bit knowing that people around you are there because

they love what they are doing, it rarely feels like a holiday destination, more like a home from home, a great place to head out from,. There is a world of difference visiting a place and waking up there, knowing that you can just head out of the door and run up a hill and than spend the evening with a good meal followed by decent pint in a friendly country pub, life is pretty sweet.

I have found that people are often at their best when they are doing the things that they love to do, away from the pressure of work, or domestic life, they can properly relax and be their better selves for a while, although sometimes when the weather has been bad we have opened our door to some rather grumpy souls, but really, that is often nothing that some beef stew and a

beer can't fix! (and maybe some time in the drying room).

If you might be interested in coming to stay here, please give us a call on 01756 760232 or email kettlewell@yha.org.uk find us on Tripadvisor, Twitter, Instagram, Facebook @thekettlewell you can also book direct by phone or via the YHA website. If you are part of a running groups we offer group meal prices which have been popular, drop us an email and we will do what we can to help.

For further information about either the FRA spring Navigation Course or the Autumn Course which is held in Elterwater each year please send an email to navigation@fellrunner.org.uk

Strictly on a Knee-d to Know Basis

We have previously looked at potential causes of pain around the foot and ankle (Summer 2016) and the hip and pelvis (Winter 2016), but it is important as fellrunners that you understand the possible causes of pain around the knee joint.

According to a study I carried out in 2011, 24% of all the injuries in male fellrunners affected the knee and surrounding soft tissues – accounting for more injuries than any other area of the body. Research suggests that forces of up to 550% of total body weight are transmitted through the knees whilst running, so this combined with some of the joint positions whilst running over the fells explains why this area is at such risk.

Anatomy

The knee comprises of 2 joints –

1. The **tibio-femoral joint** between the femur (thigh bone) and tibia (shin bone),
2. The **patella-femoral joint** between the patella (kneecap) and femur (thigh bone).

The knee is classed as a hinge joint, but there is also a small amount of rotation which occurs when the joint is fully straightening, or bending from being fully straight.

It is also a **synovial joint** which means there is a capsule (sac) surrounding the joint. This contains the synovial fluid which nourishes the joint and also provides the joint with lubrication.

There are two types of cartilage which play a major role in the joint function. The **articular cartilage**, which is the shiny surface covering the bone ends, and the **menisci** which are special, extra layers of thick cartilage. There are 2 menisci in each joint and these help the joint move smoothly and act as buffers or shock absorbers between the bones. A 'cartilage tear' usually refers to damage to one of these menisci, rather than the cartilage covering the surface of the bone.

The main **muscles** which affect the joint are the: -

- Quadriceps – the four muscles which lie over the front of the thigh and the knee joint.
- Hamstrings – the three muscles which lie over the back of the thigh and go to either side of the back of the knee joint.
- Popliteus – the muscle which lies across the back of the knee and rotates the joint to unlock it when fully straight. It also prevents forwards movement of the femur on the tibia.
- Gluteals -the muscles in your buttock which help to position the femur and align the knee joint.

Providing stability to the joint and securing the bones together are four **ligaments**:

- The medial collateral ligament stabilising the inner aspect of the joint and restraining external rotation.
- The lateral collateral ligament stabilising the outer aspect of the joint and restraining internal rotation.
- The anterior cruciate ligament which lies within the knee joint and restrains the anterior movement of the tibia on the femur.
- The posterior cruciate ligament which also lies within the knee joint and restrains the posterior movement of the tibia on the femur.

Further stability is added to the outer aspect of the joint by the **iliotibial band**. This is a very strong band of fascia which arises from the gluteus maximus and tensor fascia lata muscles at the outer aspect of the hip and extends down the outside of the thigh to attach to several areas around the outer aspect of the knee.

The Cause of the Pain

Accurate diagnosis is essential to receive the correct treatment and advice. Most knee injuries can be resolved – but not when misdiagnosed. Some of the most important factors which help in the diagnosis are:

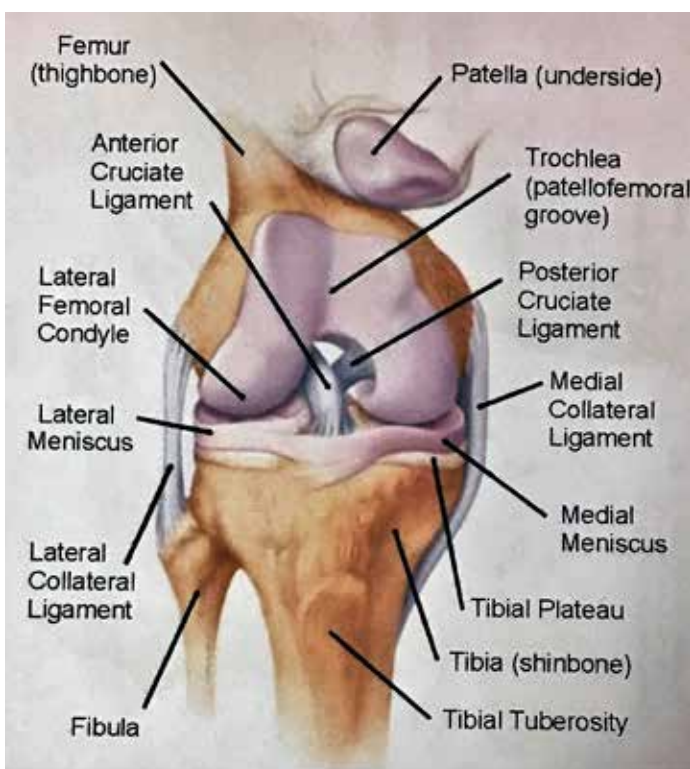
The site of the pain.

Look at anatomy pictures of the knee as these may help identify the structure causing the pain. If unsure, seek an assessment by a more medically qualified practitioner to avoid wasting time. Be aware that nerve impingement in the lower back can refer pain to the knee, and the hip joint can also refer pain to the knee joint as it is supplied by the same nerve.

It sounds obvious that the site of the pain suggests the possible cause, but it is surprising how many people are told they have osteoarthritis of the knee when the site of the pain doesn't even indicate it is joint pain.

What aggravates the pain?

Exercise or rest may aggravate symptoms, as may going up or down stairs, certain knee positions, or squatting or kneeling. Pain which eases after running for some time doesn't usually suggest joint damage as the pain would generally become worse with repetitive impact. If the pain eases with running, it tends to be as a result of soft tissues which are becoming more pliable and flexible with the exercise. Pain when descending at speed can put different soft tissues under strain – the popliteus muscle at the back of the knee or the quadriceps retinaculum at the front of the knee, and running on a camber or over rough terrain for an extended period of time can strain the ligaments at either side of the knee. It is very important to consider the aggravating factors as these often help indicate the source of the pain.



Swelling.

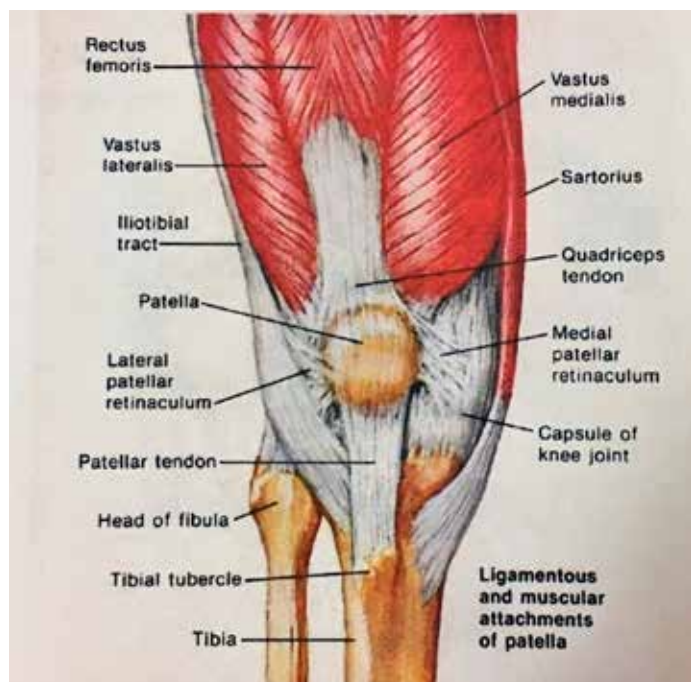
If the knee becomes swollen immediately after an injury, it often suggests there is damage to a structure inside the joint – such as the anterior cruciate ligament. If the swelling develops over several hours or days it is more likely to be a structure on the outside of the joint or damage to the meniscus. If the swelling is quite severe and there is no obvious reason, it could be due to gout or an inflammatory joint condition or infection so should be investigated further by your GP.

Movement.

The mobility of the joint can be affected for a number of reasons. When a structure is badly damaged, any movement which puts further strain on this structure will usually increase the pain. A medical practitioner will carry out a number of tests to determine which of these are painful. The tests are very important as an MRI scan may highlight other issues which aren't the cause of the symptoms, and are known not to identify up to 40% of soft tissue injuries.

If the joint 'locks' it is difficult to either straighten or bend the knee. This can be due to something blocking the movement such as a tear in the meniscus or a loose body (a tiny fragment of cartilage or bone) which has broken away from the joint surface, or it can be because the pain is so severe that it prevents movement of the joint. It is sometimes possible to 'unlock' the knee by manipulating the joint which dislodges whatever is blocking the movement.

Osteoarthritis often causes pain at the extremes of both bending and straightening the joint. If you can lock the knee fully straight and it doesn't reproduce the pain, it is unlikely that the cause is the degeneration of the joint surfaces as this is when the joint surfaces are in close proximity.



ligament and tendon attachments of patella

Instability.

Stability of the joint is provided by the ligaments, so if the joint feels unstable or that it may give way, a ligament may be damaged. If the anterior cruciate ligament is ruptured, the knee often feels to collapse forwards as the ligament is unable to restrain that movement.

Joint noises.

The knee can produce various sounds, but if these noises are not painful it is not usually a cause of concern. However, if they cause pain they should be investigated further.

A 'pop' often indicates a ligament snapping, 'clicks' may suggest a meniscus tear, and grinding or crunching may be heard – or felt –

when there is joint or cartilage damage. An experienced practitioner often recognises the noises which can help with the correct diagnosis.

SOME OF THE MORE COMMON FELLRUNNING INJURIES AROUND THE KNEE JOINT

'Fellrunner's Knee'

I refer to this condition as *fellrunner's knee* because it is the most common injury I see in fellrunners. It is caused by damage to the quadriceps retinaculum (also called the quadriceps expansion) at the lower end of the kneecap and is frequently misdiagnosed by people who do not understand the sport of fellrunning. Tim Noakes, author of the book *Lore of Running*, suggested damage to the quadriceps retinaculum was the most common injury associated with distance running back in 1990, but combine distance running with an undulating, rough terrain, and it explains why this structure is so frequently affected in fellrunning.

The pain is usually located at the lower inner or lower outer aspect of the patella (not the centre as this is the site of the infrapatellar tendon which, if damaged, is a different condition). The mobility of the joint is usually unaffected, although a full knee bend can sometimes be uncomfortable when it stretches the injured tissues. The moment of injury isn't usually memorable, but instead a discomfort or pain becomes more noticeable on longer or downhill runs. Walking downstairs or sitting for longer periods may aggravate the pain, as may kneeling or squatting.

Biopsies of the soft tissues around the patella of individuals experiencing this condition have confirmed damage to the quadriceps retinaculum (or quadriceps expansion), but it may not be visible on an MRI scan.

Complete rest may make the condition worse – despite this often being recommended. If treated appropriately with physiotherapy it can be completely resolved, but it is not a condition which can be treated by surgery.

Ligament Injuries

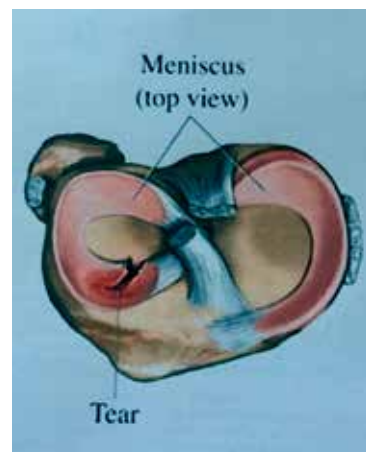
These usually occur when there is an excessive force or repetitive strain to one aspect of the knee which causes damage to the ligament stabilising the joint in that direction. If the ligament ruptures completely, there may be an audible 'pop', followed by immediate swelling. Minor ligament injuries can respond to self-treatment or physiotherapy, but if the ligament is completely ruptured or severely damaged, surgery may be necessary.

Muscle and Tendon Injuries

The quadriceps and hamstring muscles and their attachments can all be damaged around the knee and the site of the pain often indicates which structure is at fault. Tension of the quadriceps or pressure against trying to straighten the leg may reproduce pain at the site of a quadriceps injury, whilst resisted knee bend will indicate a hamstring problem. These injuries are not always visible on MRI scan, so are best diagnosed clinically by a medical expert if they are not resolving.

Meniscus Tears

Damage to the meniscus (the cartilage shock-absorber between the joint surfaces) may be due to a specific injury, or gradual fraying of the edges of the meniscus over a period of time. There is usually pain and swelling, and movement of the joint may be restricted. 'Clicks' may be heard when bending or straightening the leg, and the joint may feel to lock as the damaged meniscus prevents normal movement.



It might also be painful to do a full squat depending on the site of the damage.

If there is a suspected tear to the meniscus, the knee should be assessed by a medical practitioner to decide on the best course of action. Some tears repair without surgical intervention, but this depends on the site of the damage. It is now considered important to try to retain as much of the shock absorber as possible, so a small portion of the meniscus may be removed by arthroscopy rather than removal of the total meniscus as previous.

Patellar tendinopathy

The patellar tendon attaches the lower aspect of the kneecap to the tibia and is the main attachment for the quadriceps muscle. The condition is often referred to as 'jumper's knee' as the tendon becomes irritated and inflamed by the repetitive activities of jumping sports, but is experienced by fellrunners due to jumping over obstacles and steep descents. The repetitive action causes microscopic tears which then results in thickening of the tendon.

The pain is usually directly over the site of the tendon and the tendon may feel to 'creak' when the knee joint is moved, which is referred to as crepitus.

As with Achilles tendinopathy, the activity causing the problem needs to be avoided, but the tendon requires specific loading to encourage repair.

Some surgeons are now recommending PRP (platelet-rich plasma) injections for this condition as they are thought to stimulate tendon healing, but there is still a lack of evidence to support this treatment.

Iliotibial Band Syndrome

The iliotibial band (ITB) is the thick band of fibrous tissue which according to medical textbooks extends from just above the outer aspect of the hip joint to the outer side of the tibia just below the knee. In reality, the more superficial fibres of the band extend much further than that so may cause fascia-related symptoms above or below the hip and knee joint. Several muscles insert into the ITB which then all provide stability to the outer side of the knee. Tension within these muscles can have an adverse effect on the flexibility or tightness of the ITB.

If the ITB becomes irritated it can cause pain at the outer aspect of the knee, and there may be some localised swelling. It might also feel as though something is snapping or popping as the band crosses the structures on the outside of the knee.

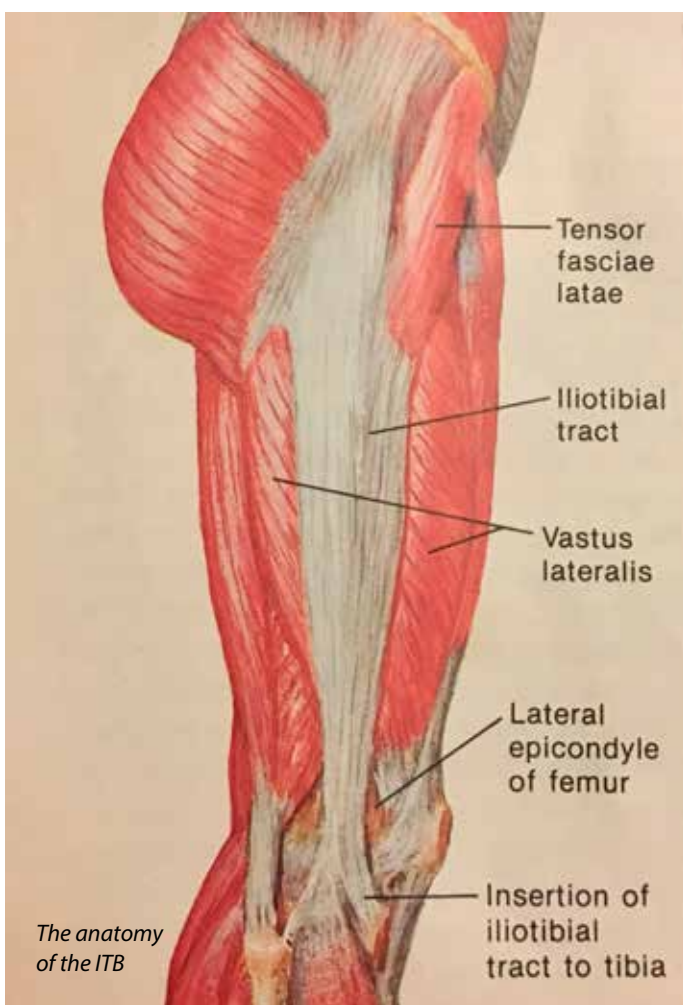
This condition is usually caused by an increase in mileage, so the initial treatment is to reduce the activity that aggravates the symptoms. Other activities may still be possible, so it doesn't require total rest – just a modification of activities. It might also be necessary to address the muscles which insert into the ITB, as tension in those areas could contribute to the problem. Strengthening exercises to these muscles may help with the biomechanics and position of the joint, as may checking your footwear in case that is affecting your knee joint position. Sensible rolling may help, but the fascia does not respond favourably to deep rolling so do not be tempted to think that the more painful you make it the better it is – this may prolong the inflammation and irritation.

Cortisone injections or surgery may be treatment options, but they are absolutely the last resort. I have never suggested that anyone requires either of these procedures.

Bursitis

A bursa is a thin sack filled with the body's own natural lubricating fluid and there are several of these around the knee joint. The bursa prevents friction occurring between different tissues such as muscles and tendons, but if they become irritated they can become swollen and inflamed which is then called bursitis. It can be caused by repetitive kneeling, but it may be due to a fall or sudden impact.

When there is a bursitis, there may be visible swelling of the bursa (not the actual knee joint), painful movement of the knee and possible redness of the skin overlying the inflamed bursa. Usually if



the activity causing the irritation is avoided the bursitis will resolve, and ice can be used to help reduce the inflammation. If this does not solve the problem, it may be necessary to have the fluid drained or a cortisone injected into the bursa to reduce the inflammation.

Baker's Cyst

These cysts were first described by the surgeon William Marrant Baker – so have nothing to do with the baking profession!

A Baker's cyst is when excess fluid produced by the knee joint pushes through the back of the joint capsule and forms a pocket of fluid at the back of the knee. They are often associated with osteoarthritis and rheumatoid arthritis, but may also be caused by other injuries which cause the knee to become swollen. It is important to differentiate between a Baker's cyst and a popliteus injury at the back of the knee as the treatments are very different. The treatment for a Baker's cyst would be to try to reduce the swelling, but the swelling will only reduce when the underlying cause is addressed. If a popliteus injury isn't diagnosed and treated appropriately, it will continue to cause pain at the back of the knee.

Cartilage Damage

This isn't damage to the meniscus as described above, but is damage to the cartilage which covers the joint surface of the bones. It may also be referred to as chondral damage or a chondral defect.

This kind of damage can affect a very localised area of the cartilage on the femur, the tibia or the patella. It can relate to a specific injury affecting a particular area of cartilage which may have encountered a severe impact or shearing force, or it can be due to continued aggravation eventually causing damage to the smooth cartilage surface exposing the bone below.

Chondral damage usually requires further investigation by an experienced medical practitioner. Several surgical options are now being explored to re-surface the damaged area successfully, as previously the only procedure available has been a knee replacement which is not the ideal solution for younger or more active individuals. Some of the surgical options now available or

being developed are: -

- micro-fracture of the bone. The damaged area has several tiny fractures induced into the exposed bone which results in localised trauma and causes the formation of a scab which re-covers the joint surface.
- Cartilage and stem cell grafts. Cartilage or stem cells are removed from the individual which are re-implanted at the site of damage a later date. These then slowly develop into a new cartilage surface.
- Implants and biological scaffolds are currently being developed to be put into the area of damage. It is hopeful that the person's own cartilage will then grow into the implant to provide a new covering to the exposed bone.

This is an exciting time in the development of treatments for chondral defects. It is hoped in the future that individuals will be able to have a treatment which will allow them to remain physically active without causing further damage to the joint, or wearing out a knee replacement which then needs to be re-replaced. I have been privileged to have worked with individuals who have had pioneering cartilage and stem cell grafts, and implant surgery, and whilst the rehabilitation process is still quite lengthy, most of the results have been very promising. However, teamwork is very important and the surgeon, the physiotherapist and the patient must work very closely together to achieve the optimum results.

Osteoarthritis

Osteoarthritis (OA) is a form of damage to the cartilage covering the ends of the bones. It is very common, but is only symptomatic in 10% of men and 13% of women over the age of 60. Whilst it may be visible on x-ray, it does not produce symptoms in up to 27% of over 45-year olds, so if an x-ray identifies OA, the symptoms need to match those of the condition.



OA is often graded as mild, moderate or severe, although it is sometimes graded 1-4 with 4 being the more worst form. It is important to remember that an ageing cartilage is not the same as an osteoarthritic cartilage, which is the result of progressive degeneration of the cartilage surface.

The most common symptoms of OA are:

- Pain in and around the joint
- Pain walking up or down stairs
- Stiffness and swelling of the joint
- Sharp pain after a sudden movement
- Warmth to the touch
- Increase in pain with any weight-bearing activity – not a pain that eases with running.

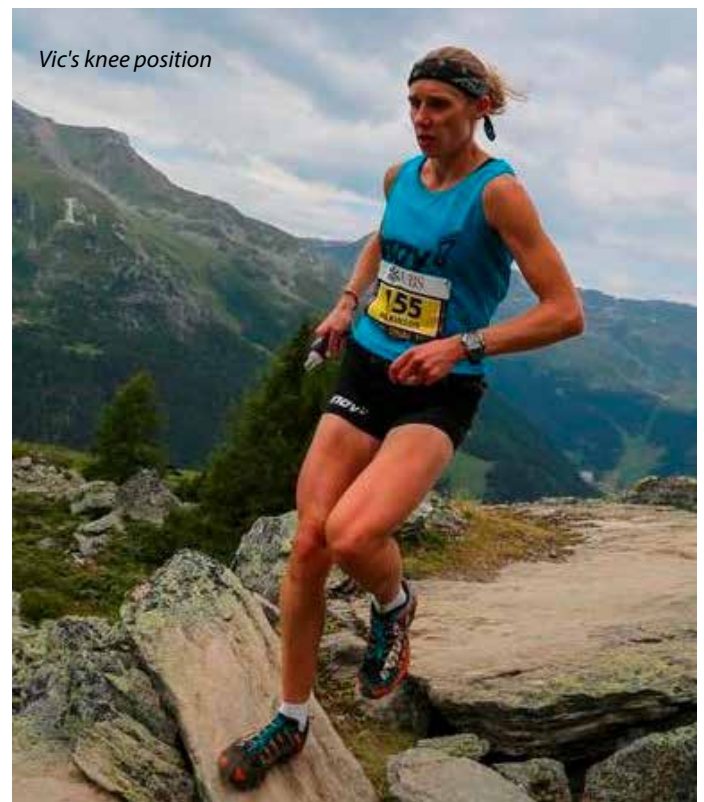
Some of the causes of OA in the knee are abnormal joint anatomy or alignment, previous injury to the joint, previous knee surgery, joint instability, or an above average body weight. If a runner has

any of these predisposing factors, it may explain the cartilage degeneration, but there is no evidence that running causes damage to the joint surfaces. Published studies have shown that:

1. individuals who carry out strengthening and endurance exercises and maintain the strength of the muscles, not only prevent damage to the articular surface, but also help to relieve symptoms if mild to moderate arthritis is already present. (Shrier, 2004; Fransen, McConnell, 2004; Thomas, 2002).
2. runners do not show a higher risk of developing arthritis in their lower extremities, and the frequency of OA is significantly higher in inactive and obese persons. (Frohnauer, 2006)
3. there is no association between frequency, pace or weekly training mileage and arthritis of the hip or knee (Hootman, 2003).
4. long distance running might actually have a protective effect **against** joint degeneration (Cymet, 2006)

'Running causes joint damage' is a statement often quoted by the non-running population but there is still no evidence to support this, or that an individual needs to stop running once diagnosed with mild to moderate OA.

Knee pain is such a widespread problem in fellrunning that it is important to diagnose the exact cause of the pain for the most appropriate advice and treatment. I still feel it is an area which is frequently mis-diagnosed, and the recommendation to stop running is the easy option. Hopefully this article will help you to make a provisional self-diagnosis and then seek out the most appropriate treatment.



Denise Park's physiotherapy practice is based in Clitheroe and offers four chartered physiotherapists specialising in sports-related injuries, and a sports masseur. For further information and contact details go to:- www.deniseparkphysio.co.uk

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Pikes of the Lakes

"I wonder how many fells there are with the word 'Pike' in?" asked Beth, my wife, whilst poring over maps one evening.

So began the conversation that would turn into my major challenge for 2017. Turns out the answer is a lot. Hmm, ok, but what if we raised the height bar, to 600m, say? This sort of thing is fairly easy these days with websites that list all fells, heights, etc. Still a lot! How about 700m?

And there it was... a stunning big horseshoe covering most of Lakeland, from Kentmere in the south east, up to the north behind Blencathra, and back down the western side.

After some further proper mapwork, tracing out the best route between summits, I had devised the full route – adding in a couple of Pikes that it would be rude to miss and a few more at the end that were local favourites. Some basic calculations put this at about 95 miles and somewhere in the region of 12,000m (40,000ft) of climb. I had never run this far, so worked out a rough schedule based on my Ramsay Round pace from the year before and we decided to set a 'reasonable' time limit of 36 hours.

A summer out and about in the fells gave me a chance to recce most of the bits I didn't know, and now I just needed to pull my finger out and get on with it!

The first weekend I decided on ended up being a wild one. I was still tempted just to get on with it, but the rattling windows in the house persuaded me to wait...

And so finally the first weekend in September rolled around, with a perfect

weather forecast and rested legs from a week of little running. Beth was brilliant and wanted to support me all the way round, meeting me at various road crossings. A few others had thought they might be able to join me for a run, but I was prepared to go it alone if needed.

The drive over Hardknott and Wrynose passes at sunrise was stunning, and whilst the night before I had felt a bit apprehensive about this challenge, on the morning I was simply keen to get on with it – and a little bit sleepy if I'm honest! On previous 24 hour challenges, I've always set a start time and been keen to stick to it, especially with a schedule in hand and any support times agreed. But this time, whilst we had aimed to start at 07:30, arriving a little late didn't really bother me – it felt more like just going out for a long run.

So at 07:45 I pulled on my pack, had a quick photo by the church in Kentmere, said "see you in a bit" to Beth, and set off on a steady trot out to Kentmere Pike.

It was a beautiful morning, and I had to try hard to slow myself down on this first bit. I met another early riser having breakfast on the first summit, and had a really enjoyable run out to Kidsty Pike, perched above Riggindale. Then it was back and onto the Hodgson Leg 2 relay route over to Stony Cove Pike and down to Kirkstone Pass.

I was feeling great in the morning sun at this point, and whilst not particularly hungry, I forced down a small pie and restocked for the next leg. I also realised my rudimentary schedule was quite slow – I was

At the start - still smiling



PHOTO © BETH RIPPER

already well over an hour ahead! Sadly this meant I missed Harvey who ran out to join me and seemingly spent a couple of hours running all over this area looking for me...

Pip and Mae, our two dogs, joined me for the next leg – a long one all the way to Threlkeld. After a steep climb up Red Screes to get the legs moving again, we had a largely uneventful but very pleasant run out over Fairfield, Cofa Pike and out to Gavel Pike, before returning and running the full length of the Helvellyn ridge. Despite forcing myself to take it steady, I was moving along well here and was still gaining time on my schedule. We skirted around a couple of the bumps on this ridge, and

PHOTO © TIM RIPPER



Perfect evening on Ullock Pike

visited Calfhow Pike just because it's on the route. Pip took a dislike to the paragliders on Clough Head, but he failed to scare them away; we dropped down the steep grassy face and trotted along the road to the cricket club in Threlkeld for a very early dinner.

Leg 3 started with the steep but thoroughly enjoyable climb up Halls Fell ridge onto Blencathra. I was feeling a bit over-fed on pasta and when I'm a bit full I always start to feel sleepy! So I stuck as much to the rocky crest of the ridge as I could in an aim to make it more interesting and wake myself up. Any clouds that had been around during the day had completely disappeared by now and it was a beautiful trot out to Atkinson Pike, then down towards Skiddaw House. I'd used the recent Old Crown Round race as a recce for this section, but got a much nicer line with the, um, slightly better weather this time around!

The climb up towards Lonscale Pike took me out of the gentle breeze for a bit, and a distinctly Scottish swarm of midges appeared from nowhere. Running for over 30 hours alone is one thing, but midges are a different game altogether! I put my head down and powered up to the ridge and back into the breeze. The rough contour round Skiddaw led to the brilliantly runnable ridge out to Ullock Pike. Another one that doesn't quite make the 700m mark, but given its position on the round, the stunning view from it, and very evocative name (meaning 'Peak where the Wolves play' in Old Norse), it felt right to include this one.

The descent from here was one section I hadn't recce'd, and I took a straight line through the heather for a while, cutting back down towards the track that then led me to the road.

I had planned to follow the marked footpath across the fields to reach Braithwaite, but came across a sign informing me that the bridge at Bog House was out of action. Oh. This wasn't in the plan, and it looked like a long way round, mostly on road. A quick study of the map showed a couple of other possible options, so I decided to go for it anyway – how deep could the river really be?! The path quickly petered out in a huge cow field, and with evening mist descending on the valley I took a quick bearing and trudged on across the boggy land. Eventually I found the bridge, which was indeed very out of order, and well barred off, preventing a quick swim. About 5 minutes later, whilst trotting along the track to the next bridge, my phone buzzed with a text – 'the bridge at Bog House is out!'

Braithwaite couldn't come soon enough – the sun had set by now and a chill had started to set in. The sight of Beth with a chair, warm jacket, food and hot coffee at



PHOTO © TIM RIPPER

the ready was very welcome.

I took my time at this stop, changing socks, eating well, re-packing my bag and giving my legs a quick massage. A couple of minutes before I was ready to leave, our friend Rhys turned up on his bike – he had sent the text earlier and had been cycling round the alternative route looking out for me. It was great to see a friendly face and to get the unexpected support. He pointed out that my route was almost exactly the same distance and climb as the UTMB, which was

also going on that weekend, but probably a few hundred pounds cheaper and certainly less crowded! I'll have to go there one day to compare the experiences...

The climb up Grisedale Pike is always a long one, as anyone who's raced the Coledale Horseshoe will tell you, but I quite enjoy this sort of climb. You get your head down, keep moving and if you give it a good 10 minutes before looking up you suddenly seem to have made a lot of progress. The evening view back over Keswick, with the



PHOTO © BETH RIPPER



moon rising, was genuinely stunning.

The rest of this leg passed in a steady plod really – it was dark and I had slowed down a little, and there was some mist coming in over the fells. The gentle scramble out to Ladyside Pike and back was fun, and I always

love the long fast descent off Whiteless Pike into Buttermere.

Beth was again here waiting, although the rest of the village was very quiet. I had a quick bite to eat but wanted to keep moving as it was definitely cold by now.

After 17 hours on the go and over 120 miles of driving, Beth was hit with a very helpfully timed bout of morning sickness (it was gone 11pm!). I was keen that she made it home safely soon as well and managed to get some sleep before meeting me in Wasdale the next morning.

From Buttermere was the roughest section of the route, and I would be doing it through the middle of the night. A relentlessly steep climb on the partly stone-flagged path led to the screes and finally the top of Red Pike, and with the clag firmly set in I took a bearing for the trackless descent into Ennerdale. I'd recce'd this part a few weeks before and was very happy to nail the line down to the gate, and then plodded up the track to the bridge over the River Liza. From here it was a very rough trod up through the forestry land, very unlike anything on the rest of the round. A sneaky animal trod I knew of took me directly up through the forest and back up to the high fell. I was beginning to feel very weary on the climb up White Pike, with questioning and doubting thoughts flying at me from all directions. It was also getting more windy and cold. But making it up to Pillar and back on to 'home turf' was a great morale booster and as the clouds cleared away I soaked in the night time silhouettes of the fells, with the bottomless black hole of Wasdale below. I hoped the single light I could see was Beth!

It turns out it wasn't Beth – she had missed her alarm call leading to a frantic race up to Wasdale. Fortunately she made it with a few minutes to spare, and had she not told me this I would have assumed

Leg	Distance (km)	Distance (m)	Elevation (m)	Cum dist (m)	Cum elev (m)	Leg time (hrs)
1	20.18	12.54	1,434	12.5	1,434	5.02
2	27.5	17.09	2,030	29.6	3,464	6.84
3	24.7	15.35	1,829	45.0	5,293	6.14
4	12.63	7.85	1,300	52.8	6,593	3.14
5	16.7	10.38	1,721	63.2	8,314	4.15
6	39.5	24.54	3,614	87.7	11,928	9.82
						35.10

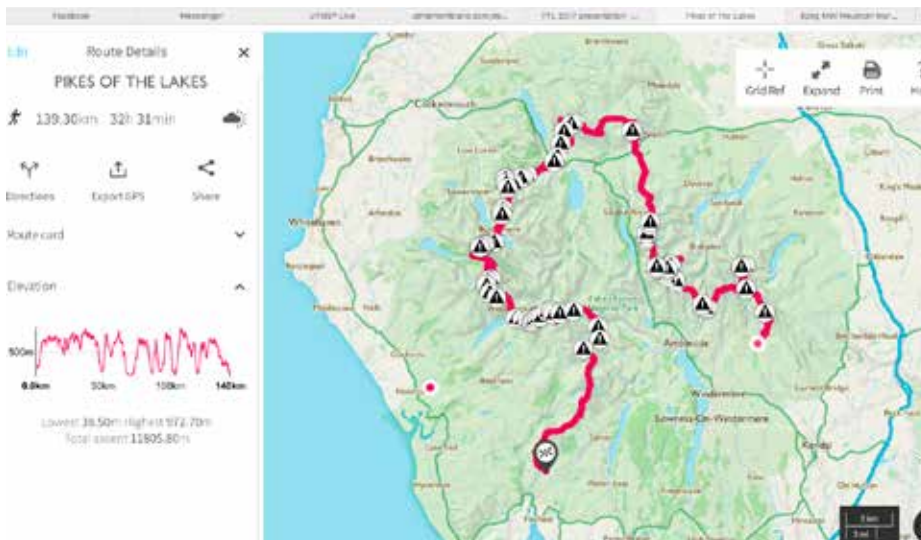




PHOTO © TIM RIPPER

Pip and Mae on the Fells

it was all under control – a perfect road support team!

The very welcome dawn was breaking as I neared the top of Scafell Pike, to also be greeted by a Three Peaker with the words “Two down one to go now mate!” Yep, something like that...

The sunrise brought my appetite back to life (I’d struggled to eat much over the last 6 or 7 hours), and whilst it helped that I was now on familiar ground, I was also starting to get sore feet. Flat running was fine, but any twisting on tussocks was starting to hurt more than it should – I still had a long way to go! It turns out that the red/black racing Walsh’s aren’t ideal for 100 miles...

I reversed much of the Bob Graham route out to Pike o’ Stickle, then descended the steep way directly into Langdale. The ODG pub was extremely tempting, but I resisted and managed a gentle run along the road until the start of the relentlessly steep climb up Pike of Blisco. It was late morning now, and despite being September it was HOT! Only four hours ago I’d been shivering in the early dawn, but now I was dripping and there was no breeze to be felt anywhere. I stopped for a cool down in the beck, then decided that sitting around wouldn’t get me anywhere so carried on and eventually, as is always the way, the top arrived. A direct line took me straight to the top of Cold Pike, and the tussocky line off certainly wasn’t comfortable, but over seven hours from Wasdale, I met Beth again at the Three Shires stone for some much needed lunch.

Beth offered me some plasters for the blisters that had ripped open, but I

mumbled something along the lines of “pain is pain, doesn’t matter if it has a plaster on it” and pulled my shoes back on ready to go. I was hoping the dogs would both join me to the finish, but Pip took one look at me setting off up the hill, looked back at Beth, and promptly jumped back in the car. He’s a wise dog! Mae is still young and hasn’t learnt yet, so she bounded excitedly up the fell in front of me.

From here the route was mostly on the Duddon fell race line, a favourite of mine and I knew it well. Whilst it was still a long

way to go, the terrain was more runnable again. I actually managed to pick up pace and surprised myself by running along all of the traverse round the side of Brim Fell, before struggling up to Dow Crag. The ridge route led me along to Buck Pike, the last of my 700m ‘pikes’.

I’d been told I might at this point regret my ‘additional pikes’ at the end, but I do genuinely love running the Dunnerdale fells and with the end almost in sight I had renewed enthusiasm on the run over White Pike. The traverse of Caw did seem to go on



Made it to the last Pike!

PHOTO © TIM RIPPER

PIKES OF THE LAKES		SCHEDULE	ACTUAL
LEG 1	Dep Kent' Church	7:30	7:42
Distance (km) 20.18	Kentmere Pike		8:33
Distance (m) 12.54	Kidsty Pike		9:33
Elevation (m) 1,434	Stony Cove Pike		10:25
Leg Time (hrs) 5.02	Arr Kirkstone Pass	12:30	10:52
LUNCH			
LEG 2	Dep Kirkstone Pass	12:45	11:04
Distance (km) 27.5	Cofa Pike		12:28
Distance (m) 17.09	Gavel Pike		12:54
Elevation (m) 2,030	Dollwaggon Pike		13:42
Leg Time (hrs) 6.84	Nethermost Pike		13:55
	Calfhow Pike		15:09
	Arr Threlkeld	19:30	15:51
DINNER			
LEG 3	Dep Threlkeld		16:09
Distance (km) 24.7	Atkinson Pike		17:05
Distance (m) 15.35	Lonscale Pike		18:01
Elevation (m) 1,829	Ullock Pike		18:51
Leg Time (hrs) 6.14	Arr Braithwaite	1:30	20:12
COFFEE			
LEG 4	Dep Braithwaite	1:40	20:32
Distance (km) 12.63	Grisedale Pike		21:28
Distance (m) 7.85	Ladyside Pike		21:59
Elevation (m) 1,300	Whiteless Pike		22:47
Leg Time (hrs) 3.14	Arr Buttermere	4:45	23:14
COFFEE			
LEG 5	Dep Buttermere	5:00	23:30
Distance (km) 16.7	Red Pike (Buttermere)		0:29
Distance (m) 10.38	White Pike		2:30
Elevation (m) 1,721	Red Pike (Wasdale)		3:21
Leg Time (hrs) 4.15	Arr Wasdale Head	9:00	4:19
BREAKFAST			
LEG 6	Dep Wasdale Head	9:15	4:42
Distance (km) 39.5	Scafell Pike		6:12
Distance (m) 24.54	Esk Pike		7:04
Elevation (m) 3,614	Pike de Bield		7:17
Leg Time (hrs) 9.82	Rossett Pike		7:47
	Pike of Stickle		8:48
	Pike of Blisco		10:45
	Cold Pike		11:18
	Arr Three Shires	14:00	11:41
	Dep Three Shires		12:01
	Hell Gill Pike		12:31
	Buck Pike		13:41
	Brown Pike		13:51
	White Pike		14:10
	Stickle Pike		15:37
	Arr Broughton Mills	18:30	16:10
FINISH			

forever, but eventually I reached Kiln Bank cross, where Beth was waiting to cheer me on. I didn't stop really, just shovelled in a handful of Pringles and headed on to struggle up the final climb of Stickle Pike. It was a clear afternoon and much of the route was visible from here so I took a moment to savour the views. Whilst I was keen to set a good time, this wasn't a race.

From Stickle it was the straightest line I could run down off the fells and through the fields to Broughton Mills. Anyone who's raced Dunnerdale will know the brutal uphill road at the end. But even after 108 miles (about 20 miles further than expected!), I was so keen to finish that I managed to find the energy to run all the way to the pub, and finally collapsed into a chair in the sunshine – 33 hours and 28 minutes after leaving Kentmere. Even better, after just as long driving around the fells supporting, Beth had even managed to get there first and have a pint waiting for me!

A simple thought that sparked an idea had finally led to a brilliant long run out in the fells. I really enjoyed doing something different – making my own route, linking the fells I know so well in some very different ways, and challenging myself to push on and keep moving through the tough bits. I ended up running it all solo (apart from a couple of bits the dogs joined me on) and one of the hardest but also best bits is spending so much time in your own thoughts!

Pikes of the Lakes wouldn't have existed without Beth first coming up with the idea, and the run certainly wouldn't have happened without her tireless support and encouragement – Thank You!

If anyone else likes the idea of this long tour round the Lakes, please let me know – I'll certainly meet you for a pint at the end, and may even join you for some of the running!



Complete!

PHOTO © BETH RIPPER

What's all the fuss about fruit and vegetables?



Fruit and vegetable consumption is a vital part of a healthy, balanced diet. This food group makes up approximately a third of the Eatwell Guide, which displays our national food guidelines. Different countries use different food models to display their food guidelines. Some use food pyramids, others use plates or guides. One of the aims of these models is to increase the daily consumption of fruit, vegetables and other whole, unprocessed foods. In the UK, 400g of fruit and vegetables per day is recommended, with each portion making up approximately 80g. The World Health Organization also recommends five portions of fruit and vegetables per day totalling 400g, but countries adopt different targets. France and Germany also recommend 5-a-day, whereas Denmark suggests 6-a-day. Japan recommends 17 portions per day, but the portion weight is 50g. An important note here however, is that in the UK, this number is the **minimum** number of portions per day. There have been discussions about increasing the UK recommendation, but 5-a-day still stands. Emphasis should really be aimed at the word minimum, as the more fruit and vegetables the better.



Why fruit and veg?

Fruit and vegetables are a dense source of vitamins, minerals, and phytonutrients (special substances found only in plant foods), and generally low in calories. This food group is a valuable source of antioxidants, which help to reduce damage to the cells in our bodies. Vitamins and minerals are essential nutrients. This means that our bodies have to obtain an adequate dietary supply of all of them, which can be achieved by eating a well-planned diet containing foods with different vitamin and mineral profiles. Wherever possible,

aim to get your vitamins and minerals from food rather than supplements. Fruit and vegetables are an excellent source of fibre, which helps to keep our gut healthy, and may assist in preventing digestive issues, including constipation. They also tend to be very low in fat, especially saturated fat. Different fruits and vegetables contain different combinations of nutrients, which is why you need to choose at least five different portions to meet the 5-a-day recommendation. Consuming a sufficient amount may also help to prevent the onset of some of the UK's biggest killers. Heart disease, stroke, and some forms of cancer are not an inevitable consequence of ageing. Your risk of being diagnosed with these conditions is affected by your lifestyle choices, including smoking, physical activity, and consumption of processed meat. Choosing not to smoke significantly reduces your chance of developing lung cancer. Choosing not to consume processed meat reduces your risk of developing bowel cancer. These are only two examples of the many lifestyle choices that are within our control. The majority of the power to be healthy is in our hands. There are some risk factors which are out of our control, and these include age, gender and genetics. If one of these factors puts you at higher risk of a condition, this makes it even more important to protect your health.

What counts towards 5-a-day?

Nearly all fruits and vegetables count towards your 5-a-day. Below are a few examples of what counts, and how much you need to eat:

White potatoes do not count towards your 5-a-day because they are considered to be one of the main sources of starch in our diets. They are, however, a



source of B vitamins, potassium and vitamin C, and also contain fibre (if eaten with their skins on).

But aren't fruit and vegetables expensive?

The simple answer is no, but it depends on what you buy, and where you shop. Spending money on this food group is essential for healthy eating, whereas spending money on high fat, high sugar foods or alcohol is optional, and reduces the nutritional value of your daily diet. Here are some tips on boosting your fruit and vegetable intake without breaking the bank:



1. Buy and cook in bulk, and chill or freeze the leftovers
2. Replace your chocolate bar or packet of crisps with a pear, banana or apple
3. Buy fruit and vegetables that are in season, as these will typically be cheaper (view the Love British Food website to find out what's in season)
4. Fruit and vegetables do not have to be bought fresh. Frozen, tinned, dried or pureed options are great too, and are usually cheaper (especially frozen)
5. Visit markets for the opportunity to buy cheaper fruits and vegetables
6. Plan ahead and have a shopping list ready, as this will reduce impulse buys
7. Swap your meat for beans, chickpeas or lentils

For more information on fruit and vegetables, please contact **Peter Antonio RNutr** (peterantonio@hotmail.co.uk)

SOURCE	APPROXIMATE SERVING SIZE	EXAMPLES	THINGS TO CONSIDER
Fruit and vegetables (fresh, frozen and tinned)	80g	1 medium apple 7 strawberries 2 spears of broccoli	Choose fruit tinned in juice and vegetables tinned in water with no added sugar or salt
Dried fruit	30g	3 dried apricots 3 dates 2 figs	Eat these with meals to reduce the impact on your teeth
Pure fruit / vegetable juice	150ml	Any pure, unsweetened fruit or vegetable juice	Only count as one of your 5-a-day. Again, consume with meals to reduce the impact on your teeth.
Beans, chickpeas and lentils	3 heaped tablespoons	Red kidney beans Butter beans	These only count as one of your 5-a-day, no matter how much you eat

Bill Smith, *Stud Marks* And A Sequel of Thoughts

Bill Smith, author of *Stud Marks on the Summits*, died in September 2011 in an accident on the Bowland Fells whilst walking towards the OS column on Totridge to watch, as avidly as ever, the Hodder Valley Show fell race. Until the day he died Bill, still lean and fit at 75, had been walking, marshalling, writing and photographing with a vigour and enthusiasm that all who appreciated his unique contribution to fell running expected to go on and on but, tragically, it didn't.

Recently a "cosmetically challenged" copy of his masterpiece was sold on ebay for £152 and whilst this is less than half the £325 + postage being asked (as I write) for a copy by an internet bookshop, it still

shows a remarkable financial return for a used book that cost £8.95 + postage when published in 1985.

What follows pays homage to the author of the classic book on fell running and considers some of the changes since its publication over 30 years ago.

Master and Masterpiece

In 2010 Bill generously made his book available to view on the FRA website, to complement the copy held in the FRA Library and now Tom Mills and Robert White have obtained his family's permission to prepare a reprint.

The text of Bill's magnificent book, described in *The Economist* as written with

"exacting care", concludes in 1981 (plus appendices of race results for 1982 and 1983) but publication had to wait until late 1985 because no publisher could be found for a 581-page book with a maximum potential sale of around 2000 copies – the then number of FRA members (Note 1). Eventually Bill, Peter Knott and Peter Gildersleve published the book privately as SKG Publications and printed 1800 copies for sale directly to runners (2).

And yet, despite the text being available on-line, the probability of a reprint on the horizon, a content several years out of date even on the day it was printed; this book, which effectively is now over 35 years old, is still the most precious possession in fell running such that whenever a copy of *Stud Marks* becomes available, whatever its condition, it still sells for a premium price. And until Bill's death there used to be regular pleas for Bill, or someone, to produce an updated "volume 2".

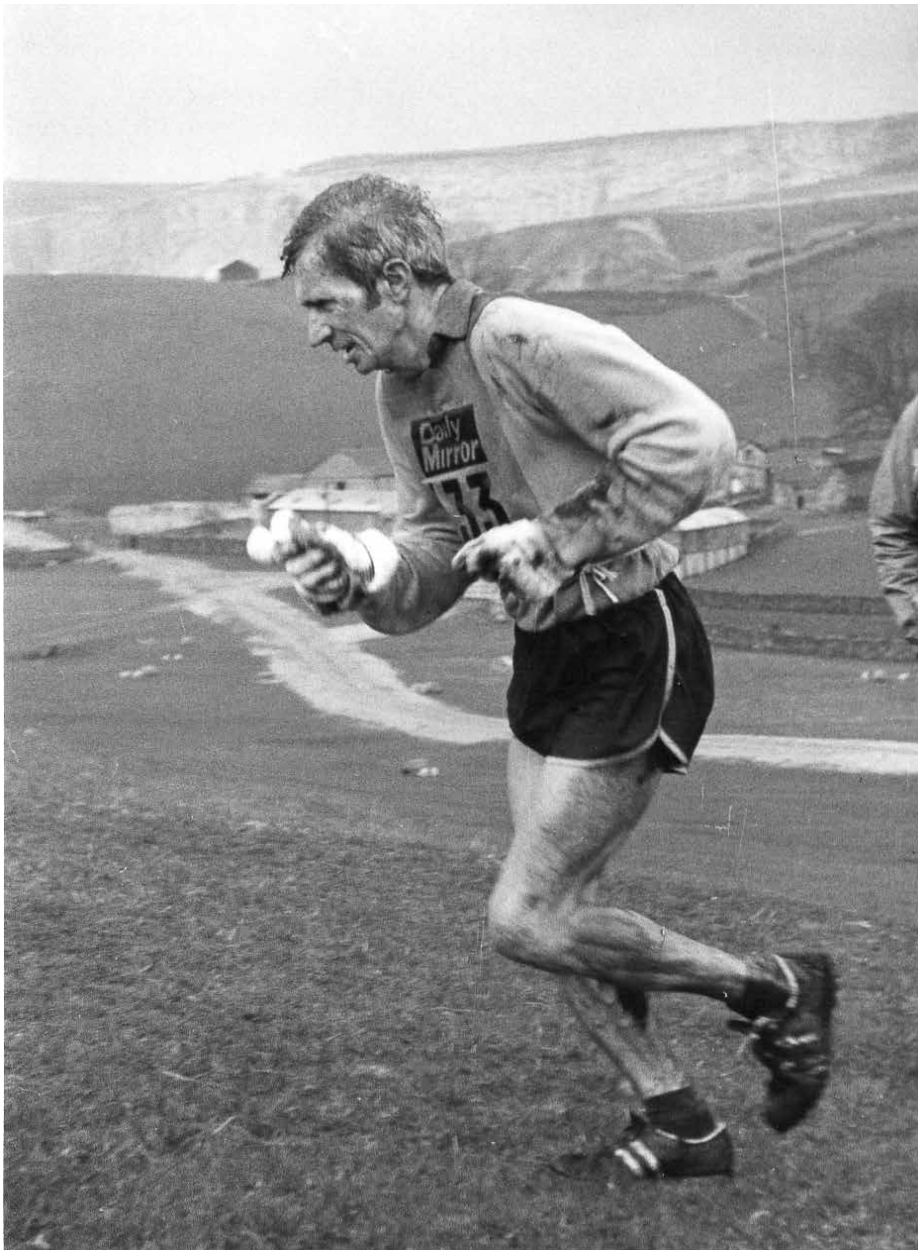
Bill, who epitomised modesty, never really understood the fuss made about *Stud Marks* and told me that one day when searching for something in his flat he was surprised to discover a padded envelope containing the last three unsold copies, some thirty years after publication. These precious copies he then freely gave away to the last three people who had asked him how to get hold of a copy. I know that one recipient was so grateful to receive this astonishing gift that, despite Bill's protestations, he insisted on sending Bill a generous cheque; which Bill immediately donated to charity (3).

Provenance

For the sale and purchase of works of art, provenance is all.

After publication *Stud Marks*, which did not have a Standard Book Number (now ISBN) for trade use, was sold directly to runners at races or through the post with some orders even being hand delivered by good people such as Ian Roberts (Bowland FR.). The first advert appeared in the January 1986 *Fellrunner* and by the Spring 1987 issue Peter Knott could report that 1400 of the 1800 copies printed had been sold and that the book was "in profit". All profits were eventually distributed to five organisations connected with fell running; Bill, of course, having eschewed any author royalty (2).

As noted above, the FRA had around 2000 members at that time and it is reasonable to assume that virtually all 1800 copies were either bought by or for fell runners, climbers or walkers. Some public libraries



obtained copies although Leeds City Library confirmed to me that its copy had been "lost" by a borrower, who was presumably delighted to only be asked to refund the original purchase price. Other public libraries may have found that their copies became "lost" as well.

Thirty years on it is interesting to reflect on how many of those 1800 copies are still with the original owners or now in other hands having been given away or purchased privately, in second-hand book shops or on ebay. Or even bought in New York, New York for a song - to the delight of one surprised English lady fell runner - or just no longer exist. Several copies have passed through my hands including the copy bought on ebay to deposit in the FRA Library and an autographed copy which had been donated to the FRA to be auctioned for charity.

A Noble Ambition

I have referred to the planned reprint and I know that Tom and Robert have been working on this project in their own time for several years as a labour of love to honour Bill's "steadfast, incorrigible Liverpoolian spirit" and keep the text for *Stud Marks* alive and available. From the outset they have had the support of Bill's sisters, Pauline and Irene, and because the reprint will not just be a facsimile of the original book a considerable amount of work has been involved in, for example, digitising and correcting the text, modernising the race maps and securing image permissions.

Their determination to complete this lengthy project has been sustained by the unreserved reverence of Bill held by all his friends and acquaintances whom they have encountered along the way.

However, despite the constant clamour for copies of the original no one really knows how many of the current 7000 FRA members will want to buy the reprint. What value do people place on a physical book - or its contents? A hardback of Shakespeare's



plays costs less than £10 but a First Folio, of which around 270 copies still exist, will cost something over £3 million - for the same words.

Tom and Robert believe that fell runners will want to own their own copy of *Stud Marks*, to hold and to read rather than just look at text on a glowing screen; and I share their belief.

In my view their noble ambition to ensure that Bill's masterpiece is available for future generations deserves the unqualified support of fell runners everywhere. The reprint will not arrive tomorrow but after a wait of over 30 years we should be patient for the new printing of a book that is timeless - and will be read for as long as people run on the fells.

Stud Marks on the Summits: Volume Two?

In his review of *Stud Marks* in *The Fellrunner* (Summer 1986) the Editor suggested that there would need to be a "volume 2" in a few years' time, although he recognised that this would be a "daunting task". In the Spring 1987 issue Peter Knott asked readers

to keep Bill provided with material for a further book but then in the following issue (Summer 1987) Bill, possibly overwhelmed by the kindness of others to find work for him, said that "he didn't want to receive anything just yet as he was still recovering from the first effort!"

Although Bill continued to collect hundreds of race results after he published *Stud Marks* there was no evidence in the papers found after his death that he ever seriously considered writing a "volume 2". What he did do was continue to write regularly for *The Fellrunner*, as he had since a letter of his was published in the second (Spring 1972) issue - although not without the occasional falling out between writer and editor - submitting articles, book reviews, race reports and obituaries. A majestic body of work (4) of which a fraction was later reprinted by the FRA in a unique supplement, including an introduction by Richard Askwith, to honour his memory (5).

A Dutch sociologist called Benjo Maso, who wrote possibly the finest book ever on cycling, *The Sweat of the Gods* - and therefore an equivalent to *Stud Marks* - suggested that the model for sports journalism is Homer: a Greek poet who could turn a fight between two bands of robbers over a slut into an immortal epic.

Well Bill was neither a poet nor Greek but his last piece, *The First Edale Skyline Race*, in the Autumn 2011 *Fellrunner*, written in his distinctive understated style - droll, factual and erudite - could have been written by no one else. Bill, like Homer, wrote with a unique voice.

Could Bill have produced a second volume of *Stud Marks*? Well, updated results for the races he had described in *Stud Marks* could have been included in a "volume 2", just as the 1982 and 1983 race results appeared as appendices in *Stud Marks*, but I believe such a tedious task of tabulation would have had no appeal to him as a writer. And pragmatically it is unlikely that many runners would have bought another



Buttermere Horseshoe from amongst the new Long A races: all part of the rich and changing tapestry of fell running.

40 Years of Calendar Changes - in 400 Words

The growth in new Long A races means the total available to runners is now higher than ever which, given that there is rather more to organising a Long A than a Short C race, is to be welcomed, particularly since this was not inevitable, even with a steady growth in the number of fell races.

The accompanying photograph lists *all* the 119 races listed in the 1981 Fixtures Calendar when it was a single-staple, 12-sided list. No races in January, and just two each in February and December. Not until 1986 did the number of races warrant booklet format, with two staples, the extra cost being borne by Reebok who provided sponsorship between 1986 and 1989. Perfect binding was finally introduced from 2004 when staples could no longer cope with the ever-fatter Calendar.

In the Introduction to the 1996 Calendar the then Editor (Dave Jones) claimed it was "easily the most colossal FRA Fixtures Calendar ever". It included 387 races. Two years later the 1998 total had reached 409 prompting discussion on whether the ever-increasing number of races was a good thing, by offering a broader choice of events and thereby alleviating overcrowding, or indicating that serious weeding-out of border line races should be instigated. Well some debates just run and run and after another two years the 2000 Calendar had 438 races and after a further two years in 2002 it had 463. A 20% increase on "the most colossal" in six years.

However, whilst the FRA Calendar has always listed almost every fell race in England, excepting some BOFRA events,



Bill Smith on Pillar. Ennerdale Horseshoe 1972

those included from, say, Scotland have varied. By way of illustrating this erraticism: a simple administrative initiative in 2006 by the then Calendar Editor (Margaret Chippendale) *doubled* the 2006 listing of Scottish races for 2007 to 107.

The peak year for the FRA Calendar was 2012 with over 600 races listed whereas the 2017 Calendar is merely something over 500 races with only a handful listed in Scotland.

So what points am I making in this numerical trawl? First that fell runners have more choice than ever in where they run off-road and particularly for Long A races, secondly that the FRA Calendar has never been a complete listing of the availability of all races, thirdly that the debate about the "purity" of Calendar entries has a long history and, in passing, that I doubt if Bill would approve of the inclusion of many races that now receive a Calendar listing.

It's Not Just About The Races

Much of the foregoing has been about races but *Stud Marks* also contains over 125 pages of runner profiles and, most precious, a superb history of the development of amateur fell racing - for the benefit of all and especially later writers on fell running. For my part whenever I have thought of writing my *magnum opus* on fell running I have gone into a dark room with my autographed copy of *Stud Marks on the Summits*, contemplated Bill's seven years of writing toil, realised that he neither overlooked nor omitted anything of importance; and have contentedly emerged into the sunshine clutching the only book about fell running that really matters.

Fell Runner and Historian

Although the inspiration for this essay was a remembrance of Bill and his book - and in the decades to come it will be *Stud Marks* for which he will be best remembered - every conversation between people who knew him is less about *Stud Marks* and more about the qualities of the man and the simplicity of his lifestyle. Despite attending

a huge number of races, he never owned a car and preferred to travel by public transport; despite his prodigious literary output he never owned a computer nor a typewriter; he communicated widely but by hand written letter because he didn't own a telephone: and above all he was a kind and generous man with a gentle grace.

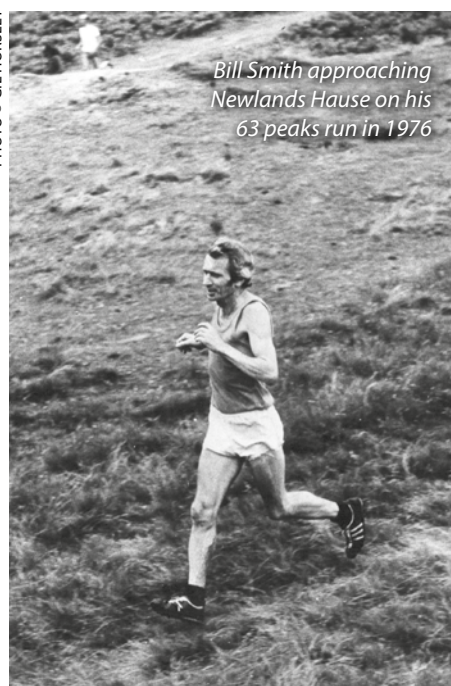
In an age of ephemeral, superficial and vacuous celebrity one of the astonishing but heartening aspects of Bill's death six years ago was the attention paid by the national broadsheet newspapers: *The Independent*, *The Guardian*, even *The Economist*... with the fullest, most thoughtful and eloquent obituary being printed by *The Times*. Despite the reverence in which he was held by fell runners Bill was a reserved and modest man and, as his sister Pauline said after he died, "he would go mad if he thought all this was going on about him now" (9).

Well almost certainly - including over this article - because Bill would have been more than content to just be remembered in the clear and simple words of *The Times*: Bill Smith, fell runner and historian.

With thanks to Andy Butler, Tom Mills, Ian Roberts, Yiannis Tridimas and Robert Wise.

Notes

1. *Fellrunner* January 1986 page 17. FRA membership on 30th September 1985: 2176.
2. *Fellrunner* Autumn 2015. *A Sense of Perspective* page 27.
3. Letter to author.
4. *Fellrunner* Spring 2012. *Bill Smith - Writings* pages 18/19.
5. *Writing by Bill Smith*. From *The Fellrunner* archives. Autumn 2012.
6. *Fellrunner* Autumn 2009 *The FRA Calendar. The First 40 Years*.
7. *Fellrunner* June 2006. *Turn Back The Hands Of Time, 35 Years Of The Fellrunner Magazine*.
8. *Celebration. 40 Years of the FRA*. February 2010.
9. *The Times* 15th October 2011.



Bill Smith approaching Newlands Hause on his 63 peaks run in 1976

PHOTO © GIL HORSLEY

PHOTO © TOMMY ORR

British and Irish Junior Home Countries International Mountain Running Championships 2017

Peebles, Scotland was the setting for this year's junior home international and my last race running for England as a junior. I knew the Scots were keen to prove themselves on home turf, and the England team this year was exceptionally strong with five team GB members from this year's European and World Champs. With so many quality athletes around it was very much the who's who of junior international mountain running would have been very easy to get carried away with whose done what and become completely awestruck by the level of competition. However this was not the case as the usual micky taking and chit chat kept everyone's feet firmly on the ground.

After a staple Scottish dinner of lasagne and chips, race day was fast approaching. England has always done well at this event and this year was no different. Our race was last, and as we waited in the school dining hall, encouraging reports came in of the England under 17 girls team winning with 2nd, 3rd, 4th and 5th. The under 17 boys won with a clean sweep of the medals with 1st, 2nd and 3rd. Nervously warming up out on the course I watched the under 20 girls finish with Scarlet Dale, GB mountain runner winning from GB

orienteer Fiona Bunn and my Helm Hill and Kendal AC team mate Imogen Burrow bring home their team gold. No pressure.

The gun went and for the first few meters I felt like a cartoon running at full speed but not actually moving anywhere in the mud. I knew that the 8 kilometre course would sort us out so I didn't panic on the initial fast climb and slotted in, and sure enough by half way the field was nicely strung out with Freddie the under 17 Scottish cross country champion out in front with my GB team mates Joe and Nathen in hot pursuit, battling for the medals with Rory who just missed out at the GB trials but smashed the England trial and was in great form. Coming into the finish I was happy that with my highest finishing position in my last England under 20 race and was super happy that we had bagged team gold with 2nd, 3rd, 4th and 5th. Standing on the podium with the rest of the England squad, I felt very proud to be among such talent in a sport that is rapidly developing with many upcoming starts. The event was incredibly well organised and I feel I owe a massive debt to all the team managers, organisers and volunteers that make such events possible. Thank you Peebeles.





JUNIOR HOME INTERNATIONAL 2017 RESULTS

U17 Females (born 2001 or 2002)

3.8km, 187m ascent/descent

Pos	Name	Country/Club	Finish time	Intl Points
1	Lynn McKenna	Scotland	0:17:21	1
2	Rosie Woodhams	England	0:17:54	2
3	Emily Field	England	0:18:00	3
4	Briony Holt	England	0:18:44	4
5	Charlotte McKenna	Scotland	0:18:55	5
6	Eve Crownshaw	England	0:19:04	6
7	Cliona McCheyne	Scotland	0:19:08	7
8	Beth Hobbs	Moorfoot R	0:19:14	
9	Zoe Nicholson	Unatt	0:19:18	
10	Nuala McCheyne	Scotland	0:19:24	8
11	Mia Easthope	England B	0:19:42	
12	Holly Love	England B	0:20:04	
13	Poppy Cooke	England B	0:20:22	
14	Emily Jones	England B	0:20:43	
15	Emily Hanlon	Wales	0:20:59	9
16	Gwyneth Parry	Wales	0:21:08	10
17	Lois Lee	Wales	0:21:09	11
18	Lucy Lawrence	Wales	0:22:03	12
19	Cassie Lagan	Ireland	0:22:56	13
20	Niamh James	Ireland	0:23:01	14
21	Jessica Brennan	Ireland	0:23:40	15

Teams

1	England	2+3+4	9
2	Scotland	1+5+7	13
3	Wales	9+10+11	30
4	Ireland	13+14+15	42

U17 Males (born 2001 or 2002)

5.8km, 321m ascent/descent

Pos	Name	Country/Club	Finish time	Intl Points
1	Matthew Mackay	England	00:24:54	1
2	Joe Hudson	England	00:25:16	2
3	Euan Brennan	England	00:25:47	3
4	Joseph Reardon	Wales	00:26:12	4
5	Robert Sparks	Scotland	00:26:36	5
6	Xavier O'Hare	England B	00:27:10	
7	Tom Barrett	England	00:27:16	6
8	William Tighe	England B	00:27:26	
9	Cai La Trobe Roberts	Wales B	00:27:31	
10	Max Dunford	Wales B	00:27:35	
11	Eden Potter	Wales	00:27:55	7
12	Reuben Mantle	England B	00:28:02	
13	Iain McWhinnie	Scotland	00:28:07	8
14	Ben Ryan	Ireland	00:28:11	9
15	Finnian Hutchinson	England B	00:28:13	
16	Conall McClean	N Ireland	00:28:23	10
17	Yousuf Khursheed	Scotland	00:28:34	11
18	Ifan Oldfield	Wales	00:28:45	12
19	Gavin McWhinnie	Fife AC	00:28:46	
20	Joshua Liddle	Eden R	00:28:47	
21	Tomos Land	Wales B	00:29:07	
22	Gethin Davies	Wales B	00:29:26	
23	Iestyn Williams	Wales	00:29:28	13
24	Jamie Anthony	N Ireland	00:30:21	14
25	Callum McCabe	N Ireland	00:30:28	15
26	Miceal McCaul	St Colmans	00:30:31	
27	Luke Maher	Ireland	00:31:21	16
28	Tony McCambridge	N Ireland	00:31:27	17
29	Matthew Gillon	Law & District	00:31:57	
30	Ryan Hogg	Ireland	00:32:16	18

Teams

1	England	1+2+3	6
2	Wales	4+7+12	23
3	Scotland	5+8+11	24
4	N Ireland	10+14+15	39
5	Ireland	9+16+18	43

U20 Females (born 1998, 1999 or 2000)

5.8km, 321m ascent/descent

Pos	Name	Country/Club	Finish time	Intl Points
1	Scarlet Dale	England	00:29:24	1
2	Fiona Bunn	England	00:29:47	2
3	Lauren Dickson	Scotland	00:29:53	3
4	Annabelle McQueen	Wales	00:30:13	4
5	Imogen Burrow	England	00:30:56	5
6	Laura Stark	Scotland	00:31:01	6
7	Anisha Badial	Scotland	00:31:03	7
8	Robyn Bennett	England	00:31:18	8
9	Lucy Haines	England B	00:31:57	
10	Grace Whelan	Scotland	00:32:07	9
11	Jemima Elgood	England B	00:32:15	
12	Lily Higgins	England B	00:32:35	
13	Helen Thornhill	England B	00:32:59	
14	Rhiannon Kamink	Wales	00:33:54	10
15	Mairi Wallace	Moorfoot R	00:34:25	
16	Leila Ponziani	N Ireland	00:34:27	11
17	Holly Roberts	Wales	00:34:28	12
18	Enya Haigney	Ireland	00:36:05	13
19	Grace Dervan	Ireland	00:36:11	14
20	Molly Brennan	N Ireland	00:36:14	15
21	Ellie Kiff	Wales	00:36:51	16
22	Caelainn McQuaid	Ireland	00:37:55	17

Teams

1	England	1+2+5	8
2	Scotland	3+6+7	16
3	Wales	4+10+12	26
4	Ireland	13+14+17	44
5	N Ireland	11+15	26



U20 Males (born 1998, 1999 or 2000)

8km, 435m ascent/descent

Pos	Name	Country/Club	Finish time	Intl Points
1	Freddie Carcas	Scotland	00:33:59	1
2	Joe Dugdale	England	00:34:59	2
3	Rory Domville	England	00:35:01	3
4	Nathan Smith	England	00:35:07	4
5	Chris Richards	England	00:35:39	5
6	Gavin Bryson	Scotland	00:35:48	6
7	Tyler Hutchinson	England B	00:36:19	
8	Rory Abernethy	Scotland	00:36:39	7
9	Paul O'Donnell	Ireland	00:36:53	8
10	Eddie Narbett	England B	00:36:55	
11	Ben Bergstrand	England B	00:37:28	
12	George Rees	Scotland	00:37:42	9
13	Mac O'Malley	England B	00:38:01	
14	Alex Hunter	Ireland	00:38:33	10
15	Thomas Jones	Wales	00:38:55	11
16	Joseph Crutchley	Wales	00:39:24	12
17	Ryan Cain	Wales	00:39:37	13
18	Cedol Dafydd	Wales	00:39:53	14
19	Cian McDonald	Ireland	00:39:58	15
20	Oisín Brennan	N Ireland	00:40:06	16
21	Jack Crownshaw	Dark Peak FR	00:40:32	
22	Iosac Coleman	Ireland	00:41:14	17
23	Cody Stevenson	Garscube H	00:43:18	
24	Ethan Dunn	N Ireland	00:44:58	18
25	Tom Magee	N Ireland	00:45:56	19
26	Euan Hood	Lasswade AC	00:48:14	

Teams

1	England	2+3+4	9
2	Scotland	1+6+7	14
3	Ireland	8+10+15	33
4	Wales	11+12+13	36
5	N Ireland	16+18+19	53





City of Edinburgh Trophy

Pos	Country	U17F	U17M	U20F	U20M	Total
1	England	1	1	1	1	4
2	Scotland	2	3	2	2	9
3	Wales	3	2	3	4	12
4	Ireland	4	5	4	3	16
5	N Ireland	5	4	5	5	19



Two wins for Scotland but England retain trophy

It finished Scotland 2 England 2 in terms of individual golds at the Home Countries Junior Hill Running International on Cademuir Hill on the south side of Peebles on Saturday but it was England who ran out overall winners of the event to retain the City of Edinburgh trophy.

Lynn McKenna (Giffnock North) got the home nation off to a fantastic start in the U17 Women's race which was over 3.8km with 187m of ascent. Second in this race last year, and setting off to the skirl of the pipes on Morning Hill, she made clear her intention to go one better by establishing a good advantage over the chasing pack on the very first climb and led at the turn by 20 seconds from England's Rosie Woodhams. At that point twin sister Charlotte was vying for third with Emily Field, also from England. Back into view down the final descent it was clear that Lynn was not to be caught and she crossed the line in 17.21, forty nine seconds quicker than her trial race win on the same course in August and thirty three seconds to the good over Woodhams who took the silver. Field finished fast to claim the bronze. With the third England counter sneaking in for fourth just ahead of Charlotte McKenna it was team gold for England with nine points to Scotland's

thirteen. Cliona McCheyne completed the Scots points in 7th. Not far behind her and 8th overall as an open championship entrant was Moorfoot Runner Beth Hobbs. She too was over forty seconds quicker than her trial race time, when she just missed out on Scotland selection, an excellent improvement given the rain softened course. She finished ahead of one of the Scotland team and all of the England B, Wales, Ireland and Northern Ireland runners. Beth will still be eligible in the same age-group next year whilst all four of this year's Scotland team will move up to the U20 age-group.

The U17 Men raced over 5.8km/321m and it was a clean sweep of the individual medals for England courtesy of Matthew Mackay, Joe Hudson and Euan Brennan. Robert Sparks (Fife) led the Scottish team home with his 5th place finish in a time well over a minute quicker than his trial win. Unfortunately the runner-up in the Scotland trial race Elliot Duff (Garscube) was hit by an asthma related issue and could not complete on this occasion. Ian McWhinnie (Fife) was 8th and Gala Harrier Yousuf Khursheed also improved on his trial time coming home 11th and third Scotland counter. Wales pipped Scotland to team

silver by one point.

In the U20 Women's race over the same course it was an England, Scotland, Wales 1-2-3 at the summit. Scarlet Dale, who already this season has been 7th in the World Championships and 6th in the European Championships in the GB vest, extended her lead on the descent to take the gold for England in 29.24. Lasswade's Lauren Dickson, second at the summit, was pressed hard on the final descent by a flying Fiona Bunn of England who just got ahead over the final stretch for the silver in 29.47 with Lauren home in 29.53, an excellent bronze medal given her inexperience on the hills. It was another team gold for England with eight points to Scotland's sixteen. Laura Stark (Kilbarchan) was returning from an injury lay-off and ran well for 6th, Anisha Badiel (Aberdeen) was just behind her in 7th and Grace Whelan (Moray) 9th. Moorfoot Runner Mairi Wallace is in her first year of three in the U20 age-group and ran well as an open entrant for 15th overall. She was another who was well over a minute faster than her trial race.

The U20 Men had the pleasure of running the steep climb to the summit of Cademuir from its south side a second time making for a race of 8km/433m. England looked to hold the strongest hand with three of this year's GB internationalists in their team. Through the high point of the course for the first time, three runners had opened a bit of a gap and were locked together, the England duo of Joe Dugdale and Rory Domville and the Scotland trial runner-up Freddie Carcas (EAC). But after a 2km loop and the second steep climb to the summit Carcas had established a near thirty second advantage which did nothing but grow from there. He crossed the line in 33.59, a full minute ahead of Dugdale who just held on to silver by two seconds from Domville. Next Scot home in 6th was Gavin Bryson (EAC) in 35.48, a time nineteen seconds quicker than his trial win over Carcas who improved on the day by an amazing margin of over three minutes. Rory Abernethy (Ochil) was 7th and George Rees (Fife) 9th.

England made it a clean sweep of team golds with nine points to Scotland's fourteen for silver, thus retaining the City of Edinburgh trophy as overall winners (4 points). Scotland finished runners-up (9) ahead of Wales (12), Ireland (16) and Northern Ireland (19).



Freddie Carcas (R) and Gav Bryson

U23 Training camp 2017

At the beginning of September twelve young mountain runners from around Britain headed to Kirkby Stephen for a training camp. Naturally as soon as everyone had arrived we went for a run on the many footpaths around Kirkby Stephen. Thanks to detailed directions we made our way back to the hostel without getting completely lost. After a delicious dinner we had the first of our talks/workshops, this one on motivation.

Saturday was crammed full of talks as well as a hill session in the form of a Moneghetti fartleg. This involved decreasing length of reps starting at 90 seconds long and finishing with some snappy 15 second reps with an easy jog uphill for recovery. Somehow a few hardy people had the energy to go for an easy run in the afternoon as well.

We were fortunate to have both Sarah Rowell, former GB international and now member of the WMRA council, and Tom Adams, a senior GB mountain runner, come and give us inspiring talks on their experiences and what they wished they had known when they were our age. The talks were rounded off with Neil Wilkinson, using



PHOTO © ALEC DUFFIELD

his experience as a physiotherapist, leading a group session on some key exercises that are often neglected by runners.

Along with every other runner in Britain we did a long run on Sunday morning although I'm sure ours was a lot more scenic than most. Being hill runners we headed for the hills and did a great 11 mile run up to Nine Standards Rigg, a group

of nine cairns just above Kirkby Stephen. After lunch and a final wrap up of the main themes of the weekend we all went our separate ways feeling tired but inspired to continue to try and improve and reach our goals. We are very thankful to Neil and Sarah Wilkinson for organising the camp and to Alec Duffield for helping out and taking great GoPro footage.



PHOTO © ALEC DUFFIELD

Question and Answers

with Euan Brennan, Joe Hudson and Matthew McKay



As 2017 draws to a close we reflect on the year with 3 successful juniors who have gained international caps and lit up the domestic FRA champs in a closely fought U17 series, competing in 15 races between them (Euan winning out with 2 race wins against 1 each for Joe and Matthew).

Q The 3 of you have had a great year. First off, tell us more about how you got into fell running?

Joe - My Dad did a lot of fell running when he was younger and he is a big influence. He also organises Malham Show Fell Race, so I wanted to take part in that race (especially running through the beck) as soon as I was old enough.

Euan - I joined Ilkley Harriers when I was 8 and was introduced to fell running by the club as I used to run on Ilkley Moor with the club on Saturdays. I started trying some fell races when I was 9, competing at some of the FRA and BOFRA races.

Matthew - Well I originally got into running at Rossendale Harriers as I knew a lot of friends who ran there. My Dad took me running around the local hills often so I

thought the best way to improve is to join a club and I first started running just as a social thing and then gradually I started competing in local fell and cross country races.

Q What do you like about it so much - I know you all run other than on the hills, do you prefer it over other disciplines and why?

Euan - I think it changes from season to season on what I enjoy, I tend to enjoy what I am doing at that time be it cross-country, fell or track. However, I always like to run up on the fells whenever I can especially, for my long runs and that's all through the year.

Matthew - The best thing by far about running has got to be the places you visit, for example Italy earlier this year for the youth cup and Scotland for the junior home internationals. Also cross country and road running has taken me all over the country - London in the mini marathon, cross country at Loughborough, Birmingham and Nottingham etc.

Joe - I really enjoy running on the fells and at the moment it is my favourite. I love the scenery and you never feel bored.

Descending is definitely my favourite bit, the steeper the better!

Q What's been your favourite race?

Matthew - my favourite race definitely has to be the youth cup mountain race in Puglia earlier this year. I enjoyed everything about the race in Italy from running in 35 degree heat to the cliff jumping into the warm sea. The race itself was an amazing experience representing England, running against other countries like USA and Turkey and the atmosphere along the course. The race itself though was dry, tough and very hot but all worth it in the end.

Joe - Coiners is always a favourite, the descent is brilliant. This year it was also the Junior Yorkshire Fell Championships and I finally became Yorkshire Champion after a few near misses in previous years.

Euan - I really enjoyed the International Youth Cup in Italy, that was a special race for me as it was my first race for England and it was a great experience being with a team abroad. I also had a good race and coming 5th was an amazing experience and a great way to start racing internationally.



Joe Hudson is 16 years old, lives in Skipton and is a member of Keighley and Craven Athletics Club who he has trained with for the last four years. He is currently studying for A Levels at Ermysteds Grammar School. Joe came 2nd in the U17 FRA Junior Championships this year and represented England in the European Youth Cup in Italy in the summer coming 14th overall and also being part of the Bronze medal winning England team. Joe also represented England at the Junior Home International in Peebles in September where he won a Silver Medal and helped England retain their title.

Euan Brennan is 16 years old and is doing his A levels at Giggleswick School. He is a member of Ilkley Harriers. This year he won the English Schools Fell Championship Year 12/13 race, is English FRA Fell Champion U17, and representing England, won the Bronze in the Junior Home International and came 5th at the International Youth Cup (Italy) leading the England team to Bronze. He also represented Yorkshire and Humber at the London Mini Marathon and came 11th in the English Schools National Cross Country Final.

Matthew Mackay is 16 years old and is in Year 11 at Alder Grange High School in Rossendale. He won the British and Irish Mountain Running championship and Junior Home International race at Peebles this year and finished 3rd place in the U17 FRA Junior championship. He came 7th at the European Mountain running trials at Skiddaw.

Matthew has competed in the English Schools cross country finals twice, represented Lancashire at the Inter Counties for the past two years and ran in the London mini marathon this year coming 13th. He was also unbeaten in the Red Rose Lancashire Cross Country last year winning that and the Mid Lincs Cross Country League. He's also a keen swimmer with Burnley Bobcats.

Q What's been the highlight of your year?

Euan – Competing in the International Youth Cup and winning the English Schools Fell Championships.

Matthew - My highlight this year has got to be winning the Junior Home Internationals and becoming British and Irish Mountain running champion in the u17 men, followed by first team with Joe, Euan and Tom. I went into this race having never ran in a Junior Home Internationals before and it being only my second time representing England, so I was very optimistic of the outcome especially after a disappointing trial race at Sedbergh.

Joe - It has to be representing England at the Youth Cup in Italy this year. We had a fantastic trip and came away with a team Bronze medal. It was quite an experience running in such high temperatures and taking part in the official opening, medal and closing ceremonies. We had a great time mixing with all the different teams.

Q You all run for different clubs with different set ups. Is there anything in particular you like about your club?

Joe - I do like my training group which is quite close knit. We have a good laugh (my younger brother is part of it!) as well as training hard.

Euan - Unfortunately in recent years I have been unable to train often with the club and train at Leeds instead. However during

the fell season I return to Ilkley Moor to train with the club and there is a really good atmosphere training with the seniors.

Matthew - At Rossendale Harriers, the best part about this club has got to be the location and all the surrounding fells giving a wide range of training runs. Along with the location the coaches that volunteer are very supportive, especially my coach of 8 years Graham Wright. Without him, I doubt I would be here, so a big thank you to him. The track at Rossendale Harriers isn't the best track but it doesn't stop the athletes who train there coming every week.

Q What advice would you give to anyone (child or adult!) looking into getting into fell running?

Euan - Firstly join a club then try doing the local races first, then have a go at some races in the FRA series as they are great competitive races to take part in. Also have a good jacket for when it rains!

Matthew - My advice for starting out running is to not put yourself under any pressure and just enjoy the sport for what it is and eventually as you get older and your ability increases you will learn to deal with nerves as you possibly start competing at bigger races.

Joe - try some of the local low key fell races first and try to just enjoy it. The quarry runs at Haworth that Dave and Eileen Woodhead have organised are a brilliant first event to try and you get a goody bag and chocolate, what's not to like. There is always a friendly atmosphere and it really doesn't matter where you come.

English Schools Fell Running Championships 2017

On a beautiful day in stunning Yorkshire Dales scenery, the 2017 English Schools Fell Running Championship took place on Sunday 24 September. Now in its 10th year, the champs were hosted by Giggleswick School for the first time, using North Ribblesdale Rugby Club's premises in Settle to access the hills on that side of the town, including parts of the course of the Settle Hills race.

Due to a late change of host school and venue the online entries opened only 2 weeks in advance, however there was still a terrific turnout as 424 runners took part in the 4 races – Year 7, Years 8 & 9, Years 10 & 11 and Years 12 & 13. There were strong contingents from schools from typical fell running territory as well from further afield, the furthest travelled probably being the six strong contingent from Wellingborough School in Northamptonshire. It was also great to see a number of schools taking part for the first time.

With the finish on the 1st XV pitch in front of the clubhouse, giving everyone a great view, the courses provided a fair test of ability across the age groups. The competition provides a great introduction to school children who have not tried running on the fells before and for the more established competitors a chance to close off the season in style in high level competition.

Famous local sportsman Roger Ingham was on mic duties for the afternoon and fell legend Victoria Wilkinson, resplendent in her GB kit, presented the prizes.

Some great racing took place with Ermysteds Grammar School winning the overall prize, Sedbergh School second and Dallam School third.

In the girls' competition, Sarah Smith (Kirkbie Kendal School) was the Year 7 winner; Alice Jones (Skipton Girls High School) won the Year 8/9; Rosie Woodhams (Dallam School) the year 10/11 and Robyn Bennett (Prudhoe Community High School) won the year 12/13 race.

In the boys' competitions, William Hall (Stonyhurst St Mary's Hall) was the Year 7 winner; Fraser Sproul (Sedbergh School) the year 9/10 race; Josh Dickinson from Hill House School, won year 10/11 and Euan Brennan of Giggleswick School won the year 12/13 race.

A big thank you to all competitors who came and took part and as well to the teachers, parents and others who put in entries, got them there and supported.

Fergus Ogilvie and his team from



ESFRC Y12/13 boys

PHOTO © GEOFF THOMPSON

Giggleswick School are to be congratulated and thanked for stepping up to the mark at very short notice to take the event on, putting the routes together and making the day flow without a hitch. Thanks due too, to Richard Lecky-Thompson for the website and Jim Godwin who worked tirelessly on the results on the day, as well as afterwards and especially to the volunteer marshals without whom the races could not have happened.



ESFRC Y7 boys and girls

PHOTO © GEOFF THOMPSON



ESFRC Ermysteds over all winners

PHOTO © GEOFF THOMPSON

World Mountain Running Championships 2017

PREMANA (ITA), 30.07.2017

End of an Era

It is two days after. I'm at home; in Mid Wales, heading out for an afternoon jog in the rain. My legs are like two blocks of wood that do not want to walk, let alone jog; but the DOMS will soon fade and disappear. On my finger nails; the badly painted Union Jacks are slowly beginning to chip off; one finger at a time. On my upper arms; the two British flag tattoos are steadily wearing away and soon only two rectangular patches of lighter coloured skin will remain; to remind me of what was once there.

Time will pass and these things will vanish; but the memories made over the past four years will surely live on.

You may wonder what I am talking about. This past weekend saw the end of an era for me; the last time competing for the junior Great Britain team at the World Mountain Running Championships.

I can still vividly remember the very first time I nervously pulled on my British vest as a 16 year old at the World Mountain Running Championships to race in the Marble Quarry of Casette di Massa in Italy back in 2014. Then to now fast forward to the present moment and the six other times I have proudly raced in the red, white and blue of Britain... it has been a totally incredible journey which I am so fortunate and grateful to have had the opportunity to experience. I still can't quite get my head around the fact that my junior career is all over. I still feel like I might wake up one morning and it's all been a dream.

Throughout the past four years, my feet have taken me up and down mountains in Italy, Madeira, Wales, Italy again, Bulgaria, Slovenia and to round it all off Italy for the final curtain call.

When I first represented Great Britain; I was thrown into the deep end, wide-eyed, not knowing what to expect. Little did I know how much I would fall in love with the sport of mountain running over the next few years and I had no idea of the incredible journey it would take me on. The passion, pain, determination, joy, motivation, love and ultimate happiness being a part of the mountain running family would give me.

Over the past four years, I've seen the sport quite literally grow in front of my eyes with more and more people gaining the infectious Italian fire-like enthusiasm and love for the sport. It's truly humbling to be a part of that journey.

The magnificent ups. Pulling on my Great Britain vest at a home World Championships in Wales and being part of the most successful GB mountain running team ever, with everyone going home with a medal...

feeling the goosebumps as we cheered and shouted the GB seniors to their own individual and team medals... feeling the elation of winning my own first international individual medal racing through the streets of Arco... standing on the top step of the podium twice with my GB team mates as the tune of God Save The Queen rang out.

There are ups and there are also downs as every journey in life should have. It is all part of the process of sport and life. I am immensely grateful for every single moment.

The smiles, the laughter, the team meetings, the team talks, the racing, the shouting and cheering, the cowbells, the flags, dai dai dai, allez allez allez, the delicious food, the sometimes questionable edible food, the parties, the friendships built across the world, the stories, the opening ceremonies, the closing ceremonies, the pain, the passion, the hopes and dreams....

Mountain running is more than just a sport to me. It has become like a second family and I am not ready to say goodbye... As the door on my junior career now closes, the door of the senior challenge now opens and I'm ready to accept that challenge.

To the people I have pulled on my GB vest beside over the years and to all of the GB team management; I cannot thank you enough for the experiences and for the amazing memories we have all made beside each other. I'm so grateful and thankful to have met every single one of you and to have shared these trips and experiences together and to have grown beside you all. This is extended to the whole of the mountain running family and to the many amazing friendships built and many memories made throughout the years. It is these people who make mountain running such a beautiful sport and this is why it is so hard to say goodbye to my junior days.

Thank you to my family, for always sticking by me through thick and thin and for always being there for me. Your unwavering support means the absolute world to me and I probably don't say that enough. This has been your journey just as much as it has been mine.

And finally last but not least. Thank you. Yes you. Whoever you are reading this. Thank you for becoming a part of and following me along this journey. I hope just maybe you've enjoyed the ride as much as I have.

Now I turn to you. Perhaps you are sat at home, a young teenager who's already caught the running bug? I urge you wholeheartedly to give mountain running a go. I can assure you; you will not regret it. Don't just take my word for it... next summer go and run the British Trial Races. Yes it will be hard; as your lungs and heart are screaming at you from inside your chest as you run as fast as you can up the gruelling climb of Skiddaw but you never know... this tremendous effort may mean you may just be selected to have the honour of racing abroad in the red, white and blue of Britain and being part of one of the strongest mountain running teams in the world. I've done my best to describe the world of mountain running to you, but it is only once you've experienced and lived this world for yourself that everything will turn magically real.

Yes, that's it for me. The end of an era. My junior career, over and out. Thanks for all the memories, it's been an absolute blast. I'm so full of love for the mountain family all over the world. New junior mountain runners, I welcome you into this family with open arms.

Keep on trusting in the process.

Read more of my adventures over on thepianorunner.blogspot.com



PHOTO © SPORTPICTURESCYMRU

The World Mountain Running Championships are what I believe to be the pinnacle of this sport. A chance to test yourself against the best mountain runners from around the globe and see how you stack up against them. The 2017 edition was held in Premana, in the Italian region of Lombardy, a beautiful small village perched on the side of a mountain above a large valley at about 950m elevation.

The Great Britain team arrived to our hotel, on the other side of the valley, on the Thursday before the race which was on the Sunday – so plenty of time to get familiar with the surroundings. The hotel we stayed in wasn't really a hotel; it was more of a school with dormitories sleeping all 4 of the junior men's team in one room. Meals times were always a highlight of the day as the catering staff put on a large buffet for every meal, every day for all the teams staying there to enjoy. The rest of the days leading up to the event were spent mainly in our room using the Wi-Fi.

On the Friday it was time to walk the course. A narrow and largely tree covered course offering much needed shade from the intense sun. This year the race was up and down over 6km, roughly 3km up then 3km straight down. The beginning of the race started in the village through the narrow streets, meaning a good start was vital if you were aiming for a high position. We then climbed our way up the edge of the mountain through small farms and settlements, meadows and woodland. The ground underfoot was a mix of stone paths and grassy slopes with the occasional step thrown in. The gradient was mainly runnable – until the final 200m where pretty much everyone was walking. The downhill section was largely the same as the uphill expect from the fact that the gradient had been reversed! Twisting, narrow, tree covered decent making the race very technical.

On Sunday morning at about 6:00am we woke up to eat our final meal before the race which started at 9:00 in the village – a 20minute bus ride away. I had brought my own porridge pots to have on the morning so fired up the kettle and enjoyed them with a banana. I feel it's always good to have familiar food before a race. Soon after we arrived it was time to set off for our warm up and this lead quickly onto getting to the call room before the start. Then before I knew it the gun had gone and we were off! From this point onwards the race was a blur, to be honest. I finished the race in 26th place, not quite what I was hoping for but I'll take it considering I still have 2 more years in the junior age group. The team overall did well with the other two finishers coming in, in the mid-teens, giving us enough points to come away with 7th in the team competition.

The overall experience was excellent, one of the best trips I've been on and it wouldn't have been anywhere near as good without a fantastic team.

RESULTS

Full results: www.wmra.ch/index.php/results/world-trophy-championships

Men individual (13.0 km/+/-860 m/105 participants)

Place	Name	Country	Time
1	KIPLANGAT Victor	UGA	52:31
2	AYEKO Joel	UGA	52:50
3	MUSOBO Fred	UGA	53:57
4	GRAY Joseph	USA	55:35
5	CHEVRIER Xavier	USA	55:47
6	DEMATTEIS Bernard	ITA	56:04
7	SMYTH Patrick	USA	57:19
8	DOUGLAS Andrew	GBR	57:32
22	SMITH Christopher	GBR	59:43
24	GRISTWOOD Graham	GBR	59:57
50	STEWART Joe	GBR	1:03:54

Team:

1	Uganda	6
2	Italy	22
3	USA	32
4	France	39
5	Great Britain & Northern Ireland	54

Women individual (13.0 km/+/-860 m/68 participants)

Place	Name	Country	Time
1	MURIGI Lucy Wambui	KEN	1:01:26
2	MAYR Andrea	AUT	1:02:44
3	TUNSTALL Sarah	GBR	1:04:16
4	MATHYS Maude	SUI	1:06:02
5	MCLAUGHLIN Allie	USA	1:06:06
6	ROCHE Adeline	FRA	1:06:13
7	GAGGI Alice	ITA	1:07:12
20	WALSHAW Katie	GBR	1:11:00
21	HILLAND Rebecca	GBR	1:11:18
32	ROBINSON Rebecca	GBR	1:15:41

Team:

1	USA	26
2	Italy	32
3	Czech Republic	41
4	France	42
5	Great Britain & Northern Ireland	44

Junior Men individual (6.5 km/+/-430 m/60 participants)

Place	Name	Country	Time
1	CHELIMO Oscar	UGA	26:46
2	PATTIS Daniel	ITA	27:42
3	HULL Talon	USA	28:01
14	BOYLE Joshua	GBR	29:28
16	RICHARDS Christopher	GBR	29:48
26	SMITH Nathan	GBR	30:23
DNF	EDIKER Alex	GBR	

Team:

1	Uganda	13
2	Romania	22
3	Italy	25
7	Great Britain & Northern Ireland	56

Junior Women individual (6.5 km/+/-430 m/56 participants)

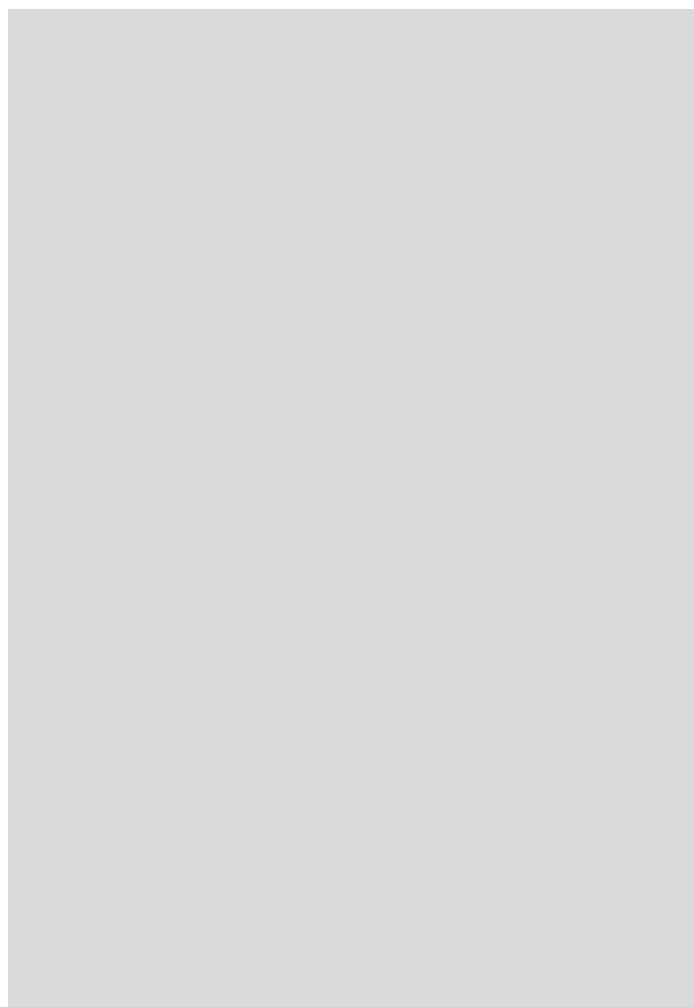
Place	Name	Country	Time
1	CHEBET Risper	UGA	31:46
2	ATALAY Bahar	TUR	33:02
3	GREGORY Lauren	USA	33:33
7	DALE Scarlet	GBR	34:46
8	DAVIES Heidi	GBR	34:48
19	MCQUEEN Annabella	GBR	36:39
21	WILLIAMS Bella	GBR	36:54

Team:

1	Romania	24
2	USA	30
3	Italy	33
4	Great Britain & Northern Ireland	34

European Mountain Running Championships 2017

KAMNIK (SLO), 08.07.2017



Women individual (8.5 km/+1035 m/-75 m/64 participants)

Place	Name	Country	Time
1	MATHYS Maude	SUI	49:30
2	TUNSTALL Sarah	GBR	50:51
3	MAYR Andrea	AUT	51:43
4	KYTE Karoline Holsen	NOR	53:16
5	WILKINSON Victoria	GBR	54:05
12	HILLAND Rebecca	GBR	55:49
28	WALSHAW Katie	GBR	59:23

Team:

1	Great Britain & Northern Ireland	19
2	Italy	33
3	Austria	40

Junior Men individual (8.5 km/+1035 m/-75 m/51 participants)

Place	Name	Country	Time
1	BULARDA Gabriel	ROU	47:07
2	PATTIS Daniel	ITA	47:30
3	PRANDI Andrea	ITA	48:22
8	DUGDALE Joseph	GBR	49:55
15	RICHARDS Chris	GBR	51:40
28	BOYLE Josh	GBR	55:12
31	MATIER Elliott	GBR	55:44

Team:

1	Italy	12
2	Turkey	24
3	France	27
6	Great Britain & Northern Ireland	51

Men individual (12.5 km/+1295 m/-75 m/68 participants)

Place	Name	Country	Time
1	CHEVRIER Xavier	ITA	1:02:51
2	SARAIVA Luís	POR	1:03:34
3	PUPPI Francesco	ITA	1:03:35
4	MEYSSAT Emmanuel	FRA	1:04:10
5	ZAGO Didier	FRA	1:04:30
6	BUGGE Johan	NOR	1:04:39
7	DOUGLAS Andrew	GBR	1:04:51
28	FARRELL Chris	GBR	1:09:47
29	ARTHUR Chris	GBR	1:09:49
42	SMITH Chris	GBR	1:13:02

Team:

1	France	17
2	Italy	17
3	Portugal	58
4	Switzerland	59
5	Great Britain & Northern Ireland	64

Junior Women individual (4.5 km/+430 m/-10 m/39 participants)

Place	Name	Country	Time
1	OED Lisa	GER	23:16
2	ATALAY Bahar	TUR	24:25
3	DOROFTEI Gabriela Andre	ROU	24:36
6	DALE Scarlet	GBR	25:48
7	MACFADYEN Anna	GBR	25:49
9	DAVIES Heidi	GBR	25:55
20	THORNHILL Helen	GBR	27:49

Team:

1	Great Britain & Northern Ireland	22
2	Romania	23
3	Turkey	25

Full results: www.wmra.ch/index.php/results/european-athletics-championships

World Long Distance MR Championships 2017

PREMANA (ITA), 06.08.2017

The selection for this year's World Long Distance Mountain Running Championships was the Three Peaks. There, after a heavy fall coming off Ingleborough ('Clawed by the mountain lion' in Dave Woodhead's words) I knew my chances of a podium had gone, but I didn't give up and fighting all the way to the finish managed to get in the team.

My preparation for the race went well. Between the Three Peaks and the race in August I balanced finishing my teacher training course (the name's Wood, Mr Wood...) with a consistent weekly mileage and some classic races - Welsh 1000m, Buttermere and Wasdale - to try to replicate the sort of climbs I'd be up against in Italy.

The team met at Manchester Airport. I felt nervous meeting up with the other GB athletes - legends such as Vic Wilkinson, Annie Conway and Murray Strain. Standing in my fresh GB kit I felt like an imposter... Come on man, you've earned your place on this team! We travelled to the hotel in hot and humid Northern Italy, and went for a short jog to stretch the legs.

The pre-race day passed slowly. We hung around the hotel and talked about the race. There are only so many times you can discuss how many gels you're carrying and when you're going to eat them. I just wanted the race to come. Experienced team members like Karl Gray and Tom Owens were relaxed and gave us advice for the race and we all enjoyed the mountains of pre-race food put on by the organisers.

In the evening I went to the opening ceremony and somehow ended up carrying the GB flag for part of the parade (that's me, honest).

Time to race came at last. It was a huge honour to put on the lightweight GB race kit and just like when I put on the Yorkshire vest, I wanted to do my best for my team.

A storm hung in the air; thankfully the tropical weather was breaking. We raced down through the streets of Premana and up the hill on the other side. Pretty soon I was reminded of the strength of the competition - men (and women) coming past. I knew it was a long race and I had to dig in. The atmosphere of the race was something special; Italians lined the race route with cow bells and shouts of Die Die Die! At the start of the second hill it was a shame to see Murray standing at the side of the track, his race over due to injury. On the third, Vic came running up behind me. I knew first hand that the women's race was close and I gave her some encouragement (she ended up a fantastic 5th). I kept battling to the top of the third and final climb and down the never-ending stepped descent.

I arrived back in Premana just inside the top 50 with a time close to 4 hours. I was happy I hadn't completely blown up in my first GB race but wished I'd done better. I had to reflect that I just wasn't as strong or fast as my international rivals on this tough course. We

had a meal and some drinks and watched numerous renditions of the Italian national anthem as their team collected various prizes. I imagined how cool it'd be on that podium with the British anthem playing, and pocketed that bit of inspiration for the cold, dark winter nights! Thanks to all coaches and staff involved in this trip!



Men individual (32,0 km/+/-2900 m/79 participants)

Place	Name	Country	Time
1	PUPPI Francesco	ITA	3:14:37
2	EGLI Pascal	SUI	3:18:13
3	POLLMAN Tayte	USA	3:24:46
15	OWENS Tom	GBR	3:26:23
29	GRAY Karl	GBR	3:44:54
32	HOLDSWORTH Christopher	GBR	3:47:30
39	WOOD Jack	GBR	3:59:39
DNF	STRAIN Murray	GBR	

Team:

1	Italy	11
2	USA	36
3	Czech Republic	50
9	Great Britain & Northern Ireland	76

Women individual (32,0 km/+/-2900 m/54 participants)

Place	Name	Country	Time
1	RAMPAZZO Silvia	ITA	3:56:45
2	ENMAN Kasie	USA	3:57:30
3	DRAGOMIR Denisa	ROU	3:59:34
4	TRATNIK Petra	SLO	4:01:15
5	WILKINSON Victoria	GBR	4:01:28
6	BRACY Addie		4:07:20
7	MORGAN Charlotte	GBR	4:08:06
31	CONWAY Annie	GBR	4:54:25
DNF	JACKSON Nichola	GBR	

Team:

1	Italy	22
2	USA	28
3	Romania	39
4	Great Britain & Northern Ireland	43

Full results here: www.wmra.ch/index.php/results/world-long-distance-challenge-championships



of guys stopped and helped me get my waterproofs, hat and gloves on. As it was my left shoulder that had dislocated, this presented a special challenge in returning to Esk Hause, as the ground slopes up to the left and so I was unable to steady myself on anything. One of the guys who had stopped to help me recognised this and I was able to put my weight on his shoulder with my good arm and descend down to the tourist path. Once I was on less technical ground I was able to make my way back towards the start finish reasonably well holding my left arm with my right.

It was heartening on the return that many of the walkers and runners I passed stopped to check I was OK and offer me extra clothing. Around half way down Rossett Gyll I met a GP who checked me over but was unwilling to relocate my shoulder in that environment. I carried on down the path and then moments later I tensed my whole body as I slipped on some wet rocks. This had the effect of relocating my shoulder into its socket. It was still incredibly painful but it meant I could progress with the rest of my journey without holding my left arm with my right.

I owe a huge thanks to Bob Johnston from Dark Peak who helped me down to the path and sacrificed his race. It is more than a little disappointing that there are those in our sport that will run past an injured runner in poor conditions."

Dan Wilkinson

The incident as seen from Bobs point a view.

"This year's Langdale Race was super greasy. They were conditions where you avoid rock if you can, as you know even on a shallow angle your studs will slip. Mid-way through, I was slipping and stumbling along the trod below Esk Pike, when I saw a bottle neck up ahead where folk were slow crossing a small slab several metres high. On a dry day, you could have crossed easily. That day, it looked treacherous. A runner in an Ilkley vest, Dan Wilkinson, was inching across and looking less than confident that his feet would hold. They didn't, and he began sliding down the slab. Somehow, having built up some velocity, Dan caught some handholds and arrested his fall. It looked like a skilful and lucky escape from a painful tumble down the slope. But when he stepped off onto the grass he was clearly in pain, holding his left arm.

I and another runner scrambled down and offered our help. Dan knew what he'd done: he'd dislocated his shoulder, wrenching it as he stopped his slide down the slab. The other runner and I helped Dan into his waterproofs, which quickly

proved how painful the injury was – even putting a glove on his left hand was agony. Dan thanked us and said he would make his way back to the marshals at Esk Hause. As he began tentatively down the slope, I decided to follow anyway and offer some company. I ended up acting as a human crutch on the steeper and more uneven ground. Dan slipped a few times onto his injured arm, crying out, and proving my ineptitude as a companion. We made it to the main path up to Esk Hause and Dan said he would be fine making his way to the nearby marshals.

Should I have stayed with Dan, at least as far as Esk Hause? In retrospect, yes. At the time, I reasoned he was back on good ground, in amongst the main field of other runners, and close to a checkpoint. So I trotted back the way we'd come, slowly lost the chill I'd built up, and re-joined the race, albeit at a more modest pace.

Bob Johnston

OUR SECOND REPORT IS FROM THIS YEAR'S BRITISH FELL RELAYS IN WALES..

Phil Robertson tells us his tale..

"Having left at 7am to make the registration in time, myself and the other members of the 3 Sale Harriers teams were looking forward to challenging ourselves on the tough Llanberris course that hosted this year's British fell relays. Despite predominantly being a road and cross country runner I was hopeful of a good performance as I set off up Moel Eilio with the rest of the leg 1 runners.

Despite suffering a bit towards the end of the long climb, I was well placed around the top 20 and hopeful of using my track speed to open up on the descent. It soon became apparent that the greasy, steep surface was going to stop this from being the case. After falling a couple of times and sliding down, third time was not lucky as my knee found a rock hidden in the grass. I've fallen and cut myself plenty of times on mountains and been able to carry on running, but one look at my knee and I knew this wasn't going to be one of those occasions. There was a very large gash in my leg with a lot of blood and panic soon started to set in. A number of runners that possibly didn't realise the seriousness of the situation went past before local runner, Aled, stopped to see how I was, closely followed by Dark Peak's Kieran. They talked to me very calmly, got me into my warm kit before bandaging my wound the best they could with buffs and started to get me going down the mountain.

Other runners had said they were going to go ahead and let the marshals know so all we had to do was get down



there. We were joined by a Calder valley supporter who had a field first aid kit in his bag and he dressed the injury. Once I had recovered from the initial shock and been fed a bit of sugar, Kieran and Aled with the help of a woman that had joined us managed to carry me down to the checkpoint. I was truly amazed by the willingness of Kieran and Aled to sacrifice their races in order to help me. One of the things I felt worst about was the fact that this meant that my team wouldn't be able to compete in the rest of the race so for them to voluntarily sacrifice their race was incredible and shows the fantastic spirit that exists between runners and especially fell runners. The fact that they saw it as nothing more than what they expected to do and almost seemed surprised by my thanks proved what a wonderful sport this is.

Having got me to the next check point Aled and Kieran left me in the hands of the marshals and a kind woman who was on the way to visit her mother that gave me a lift back to race HQ. I was met there by anxious team mates and parents who by Chinese whispers down the mountain had been told I'd hit my head so were quite relieved to see me shaken, but with just my leg injury to show.

After a brief once over by St Johns I was taken by my parents to Bangor A and E where I was seen very quickly and



PHOTO © STEPHEN WILSON GRANDDAYOUT

put back together with 6 stitches. I was even back in time to see Dark Peak clinch the title. The bus journey back was very painful, but once I got some paracetamol in me it eased off a little. I couldn't do much for the next few days and got plenty of comments hobbling around the office. Thankfully the swelling has now gone down a lot and today (24/10) I managed 12 minutes of fairly painfully slow running, but it felt very good to get out. Hopefully I'll be back running properly soon, but might be a while before I see a mountain again if Coach Norman Poole has anything to do with it!"

Aled Edwards view of the accident.

"I came across Phil lying on the ground descending off Moel Eilio. Kieran from DP was there, and Austin another DP runner was already there or stopped shortly after, and continued on to inform marshals of the injury.

Phil wasn't really with it and, to be honest, I thought initially that we would need extra Mountain Rescue assistance as he seemed to be struggling to stay conscious. Kieran and I acted to keep him warm, assess and deal with the wound on his leg, before seeing if we could get him up to walk. He tried, but went down again...after a little longer we got him up and started to help him down.

Someone came up with a small first aid

kit to deal with the wound a little better than the buff we had used. We then assisted him further down the mountain to the track and left him with marshals.

I work with groups in the mountains, so am quite happy looking after injured folks in that environment...but it was a bad day to take my wound dressing out of my kit! It's back in now.

I reckon 'full kit' should be part and parcel of running in the hills, for everyone. Glad that Kieran, Phil and I had stuff with us to help sort the problem. It would have been different if we had nothing!"

And Kieran Allansons view :
 " I'd just started on the descent of Moel Eilio, very slippery underfoot, just passed through a gate when I saw runner Phil Robertson (Sale Harriers) in a heap in front. I asked if he was alright expecting the usual reply of "yes I'm fine", just as you'd expect when someone's taken a fall whilst racing; normally it's just their pride that is damaged. However, it became apparent he wasn't in a good way. A quick look and I saw he had a pretty decent gash on his knee. Austin Frost of Dark Peak was the next person to stop and decided to run to the next checkpoint and inform a marshal. Aled Edwards from Eryri Harriers was not long after, together we put Phil's coat and hat on and gave him a bit of sugar for energy. We then picked him up to start the descent, however he became very

faint at the sight of the wound so we sat him back down, strapped the wound up with a buff and supported him down the mountain to the nearest road/checkpoint. It is worth mentioning that every single runner who passed offered their support. I think what I've learnt from this experience, and something we can all take away from it, is that no matter how minor an injury may be when you're out in fairly remote places such as the fells, there's always the potential for it to escalate fairly quickly into something much more serious."

Thanks to all the runners and marshals who helped these two injured runners. As can be seen from Aled's statement, we often underestimate the damage we do to ourselves in falls and rely on those around us to look after us when we can't do so ourselves.



It's easy to see how a small injury away from the main path can quickly develop into a major problem; knowing what to do and having the right kit could make all the difference.

There are plenty of wilderness first aid courses available (the FRA run two a year - although this is not a plug for them). The more runners we have with the knowledge and skills to assist in circumstances such as those described here, the safer we all will be.

Runfurther Ultra Championships 2017

Our season is now over and by the time you read this we will have had our AGM and annual presentation. It was another varied year with short fast races like the Northants Ultra and White Rose Ultra suiting some runners and others preferring the mountains of Lakes Mountain 42 or the longer distance of South Wales 100. Rather like the FRA champs we travelled the country from Jedburgh in the north to Northants in the south, from Cardiff in the west to Filey in the east. Over 30 runners completed four counting events and gained their reward- for first timers this was a Giraffe neck tube and for the others a technical T shirt. Many more runners completed 3 races and just needed one more to count. We have a number of runners who 'dip into' the series by doing one or two races and winning them. It would be wonderful if they entered four races and made the championship even more competitive. Special congratulations this year go to Nick Ham who completed a fourth Grand Slam of all 12 races – his previous ones being in 2009, 2011 and 2012 – and we had our first ever V70 Grand Slammer Bob Nash.

2018 CHAMPIONSHIP RACES

Another great season of races is already lined up for next year. Again, some are old favourites and some have not been in the series for a year or two. The Haworth Hobble has become our traditional start to the series and this race is always very well attended and competitive. The Calderdale Hike is another old favourite but as next year is their 40th anniversary we can expect not only a new route (it changes every 3 years) but also a few extra miles as they try to include all the best bits of the previous versions. The idea of extra miles must be catching as Pennine 39 is also promising a little extra. This is a wonderfully relaxed event with the stunning scenery of High Cup Nick, Cauldron Snout and Cross Fell plus superb catering. By popular demand we will return to the South Wales 50/100 for one of our long races; runners can chose either 50 or 100 miles at this event. The organising team and the race are fairly new but a very professional set up. It was a tough race and had some tricky navigation – some of us need to go back to nail the route! There are certainly four races or more for fell runners to select and therefore to participate in the series. Next year we will continue to be sponsored with Ultimate Direction and Injinji products from Beta Climbing Designs, mint cake from Romneys and hopefully with vouchers from Pete Bland Sports again. In addition for 2018 we will have prizes from Mountain Fuel.

	Men	Women
1	Ken Sutor	Karen Nash
2	Kevin Hoult	Debbie Cooper
3	Rory Harris	Sarah Smith
V50	Martin Terry	Karen Nash
V60	Chris Davies	Janet Hill
V70	Bob Nash	
Most points	Nick Ham	Karen Nash
Grand Slam	Nick Ham and Bob Nash	



PHOTO © NICK HAM

Lakes Mountain 42 – Climbing Grisedale



PHOTO © NICK HAM

Lakes Mountain 42

Date	Race	Cat	Miles	Area
Sat 10 March	Haworth Hobble	S	32	South Pennines
Sat 31 March	Lakes Mountain42	M	42	Lake District
Sat 14 April	Calderdale Hike	M	40	South Pennines
Sat 28 April	The Fellsman	L	61	Yorkshire Dales
Sun 6 May	Marlborough Downs Challenge	S	33	North Wiltshire
Sun 20 May	Northants Ultra	S	35	Northamptonshire
F/S 22/23 June	South Wales 50/100	L	50/100	South Wales
Sat 7 July	Pennine 39	M	39	North Pennines
Sat 11 Aug	Long Tour of Bradwell	S	33	Peak District
Sat 1 Sept	Grand Tour of Skiddaw	M	44	Lake District
Sat 15 Sept	Hardmoors 60	L	62	North Yorkshire
Sat 20 Oct	Round Rotherham	L	50	South Yorkshire

Up Helvellyn*SW50 Fan y Big*

Running Prostate Cancer Away

This is about my experience of prostate cancer as a runner, in particular preparing for and recovering from surgery (a radical prostatectomy) and returning to running. My contribution is less about the medical procedure and more about my experience as a keen runner discovering that I had prostate cancer. I've appreciated hearing about others' experiences while I've been going through this, and so I'm writing this primarily to support runners like me who are facing prostate cancer and are keen to remain active and fit.

There are obviously good reasons to be acutely aware of the dangers of prostate cancer: the notion that 'men tend to die with prostate cancer rather than from it' can be fatally misleading, and leads to complacency: prostate cancer is a killer especially if it develops in 'younger' men (I would include anyone in that category who considers that they still have active years yet to live). As Cancer Research point out: 'In males in the UK, prostate cancer is the second most common cause of cancer death, with around 11,300 deaths in 2014; equivalent to 31 deaths per day' www.cancerresearchuk.org/). The absence of obvious symptoms is another of the reasons it is so dangerous: as a 60 year old I was fit, running well enough to win my veteran's age category fairly frequently in local races, and celebrating the 20th anniversary of my successful 1997 Bob Graham Round with a run up Skiddaw only a few days before the surgery. The cancer had no affect whatsoever on my running performance and having to visit the bathroom at night was my only symptom. My father, despite also being fit and active, had presented late with prostate cancer that was found to have spread, and he had to undergo debilitating

surgery and hormone treatment, from which he only temporarily recovered. As a consequence of his experience I had been undergoing regular PSA tests since my late 50s, and I was determined to be vigilant rather than suffer his fate. I was diagnosed with cancer in February 2017, age 61, following a PSA test, an ultrasound scan and a biopsy, and I opted for a radical prostatectomy, the complete surgical removal of the prostate, an option suitable for me since all the cancer appeared to be contained within the prostate.

There were two consequences of radical prostatectomy surgery that troubled me the most: the first was the prospect of incontinence; the second the curtailment of my running for an extended period. In order to diminish the magnitude of either of these I decided to use the months prior to my operation to become as fit as I possibly could. My fitness constituted three dimensions: running as much as possible, Kegel exercises, and yoga. The running would be the main contributor to my aerobic fitness; the Kegel exercises were to strengthen my pelvic floor in order to increase my chances of regaining my continence post-op, and the yoga was for my flexibility and overall well-being – and to help me reconcile myself to my new and unwelcome condition.

The diagnosis had an odd effect on some of my friends and wider family when they first heard about my having cancer. I remember going to a restaurant for a relative's birthday celebration where one person hurried over and offered me a comfy chair, going to some trouble to see that I was comfortable, as if I might expire at any moment. I didn't have the heart to mention that I had been intensively training for several weeks and was racing in the Yorkshire Three Peaks Mountain Marathon the following morning! After that episode I tended to avoid the word cancer when other people asked about my health, and to simply say that I had to have some surgery; I found most people assumed it would be treatment for a running injury, unless they inquired further. Later I became more accustomed to the fact of having the cancer myself, and found it easier to talk about it and to reassure people – and also I realised that I had a responsibility to raise awareness, as others had done with me.

My 2017 running schedule featured four major events: the Yorkshire Three Peaks race at the end of April, the Excalibur mountain half marathon in May, and the Snowdon International Race in July. Being fit enough for each of these would entail a lot of running in any case. I had done each before, some of them several times, but this year I

decided that not only would I accomplish all of them, but that I would train sufficiently hard to run them all better than I had previously.

Since all of my milestones were hill races, I devoted as much time as I could in March and April to running in the mountains, using the Clwydian hills as my training ground. I walk these hills regularly with my partner, who was to provide the most unstinting support and love throughout the whole period. It was to be my great good fortune to have such unconditional support from her and our family, even when my obsession with running gets the better of me, which it did from time to time. I'm also fortunate to belong to a great local running club, Pensby Runners, who not only do regular training sessions but also have a hill running contingent who organise and support a fell running league. It's worth mentioning that the support and encouragement of the club was a very significant factor in enabling me to come to terms with my illness and to remain positive throughout. Other members of the club had experienced prostate cancer and its various treatments, and their advice and support was invaluable.

I entered as many races for the club as my work commitments would allow, and trained accordingly. Meanwhile I commenced my Kegel exercises daily: these are simply the repetitive clenching and releasing of the pelvic floor, which I didn't find easy to do at first. I have since read that many men find it very difficult even to identify the pelvic floor muscles. However, once I'd got the knack I started to do them regularly. I found it helpful to align the exercises to my daily routines; I would do them while I was driving, using speed restriction signs as markers, clenching between some while releasing between others. This became so ingrained that I continue to do so whenever I get in a car, even when I'm not driving. My yoga continued on a weekly basis. Whereas I tend to be a fairly decent runner for my age, I am inflexible and awkward when practising yoga. I have found unexpected benefits for my running arising from my yoga: the way of thinking that I have been taught has helped me deal with the anxiety and distress that follows a cancer diagnosis, and enhances the peace of mind that follows long runs.

The Yorkshire Three Peaks race was both a triumph and disaster. A triumph in that I completed it and my time was better than the previous year (4hrs 50min), but a disaster in that I fell over twice coming off Ingleborough, and the second time hard enough to injure my leg and chest. I managed to do enough to get round the



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Ras Y Moelwyn

Excalibur race three weeks later, but my time was worse than in previous years, and I wasn't in great shape at the finish. However, I recovered and regained form towards the middle of June, which was just as well considering that there were only a few weeks to go before the Snowdon race – and my operation.

During the month before the operation I found myself dwelling negatively about what might happen to me; I was pretty scared at the prospect, and it cast a shadow over the routines of my ordinary life. The Snowdon race was a great help in this respect, occurring as it did four days before the operation, as simply accomplishing the course, a relentless five mile uphill slog to the 3,560ft summit from Llanberis followed by an exhilarating but tricky descent, lifted my spirits and my confidence.

The night before my operation I went on a nine-mile club run, partly because I knew I wouldn't be able to run again for some time, and partly to subdue my terror. The following morning I presented myself at 7am at my local hospital, and promptly fainted within 10 minutes of arriving as a nonplussed nurse attempted to take a routine blood sample. I should explain that my resilience as a runner deserts me in hospitals, and I was probably exhausted too. Thankfully a merciful anaesthetist suggested that I should be put under general anaesthetic sooner rather than later,

as by this time I was feeling thoroughly wretched.

The next thing I was conscious of was waking up after my three and a half hour robot assisted-operation operation, although for me it only seemed as if a few minutes had elapsed. I had to stay in hospital one night for observation, and for most of the following day, which seemed like an age. I didn't sleep much, mainly because of anxiety and the effects of anaesthetic. In the morning I was

encouraged to get up and walk straight away. My belly was swollen due to the gas they pumped into me to make room for the robot to work, and this pained me especially when lying down. Nevertheless I showered and dressed, and at teatime I was ready to be collected and taken home. The care I received throughout was marvellous, and the nurses were very encouraging and thoughtful beyond the call of duty.

I had been fitted with a catheter, which I quickly learned to despise. More than



Excalibur half marathon

PHOTO © GWYNFOR JAMES WWW.SPORTSUNDAY.CO.UK

Snowdon



PHOTO © GWYNFOR JAMES WWW.SPORTSUNDAY.CO.UK

anything else, it was the catheter that felt uncomfortable and restricted my movement, on top of the sore swollen belly. I had to have my trousers and underwear creatively adapted (fortunately my partner is a textiles wizard) to accommodate a huge belly and to give easy access to the catheter bag. I was also constipated at first, which is an anticipated effect of the painkillers, and I discovered that frequent walks around the garden combined with lots of fruit, vegetables and liquid based

foods solved that problem; I those first days slow walking was actually more comfortable than sitting or lying down. At first I was wary of going away from the house, overtaken by waves of intense melancholic emotion, and rather embarrassed at my incapacities. I did eventually venture out, at first walking gingerly up the road with my partner and the dogs, and then gradually further afield. I started to enjoy going out, and everything in the world seemed to grow brighter as the first days passed by.

After a week I had the catheter removed. Despite hating the thing I'd been dreading having it out, since this would also be the moment when I discovered how bad my incontinence was going to be. My fears prove unfounded, however, and even by the end of the first day my system seemed to reset itself. I now realise that the combination of months of Kegel exercises and my overall fitness were paying off. Within twenty-four hours I was wearing normal clothes and underwear with light-use pads, and being teased about exchanging 'nappies' for 'big boy pants'. Once the catheter was gone I was also instantly more mobile. My first walks were slow due to fatigue and discomfort from the wounds in my abdomen, but the soreness gradually subsided, and I found that I could walk, sit and sleep in more comfort

Four weeks after the operation I only had to wear light pads for 'stress incontinence' (leakage through sudden movements or sneezing etc.) but still needed to get up in the night every three hours or so. Gradually

all this subsided: the night visits reduced, the pads were no longer necessary, and ordinary routines resumed. Walking became much stronger, and I even managed to walk slowly up our nearest fell, Moel Famau, which I'd run races over on many occasions. I was still too fragile to run, so I volunteered for marshalling at my local Parkruns, which proved to be a great idea, as it enabled me to do something useful at the same time as getting involved with running again.

After six weeks I began fast walks/slow jogs for short distances, and gradually transformed these into proper running. My first runs were slow, as expected, but I picked up speed surprisingly quickly, and it was wonderful to be out moving freely again, rediscovering the liberation of my running body. However, the exertion of running at a high pace proved too much in the early weeks, and there were setbacks: around week eight I was feeling invigorated and optimistic, and in one single day I harvested our apple trees, painted some doors and entered a local multi-terrain race in the evening. This was way too much too soon, and I was laid up suffering with alarming abdomen pains and fatigue for the following ten days.

I'm now at 16 weeks (November 2017) and I'm running fairly regularly, and have raced with the Pensby team for the Merseyside cross country race series, and even managed to join the team as a reserve for the Fell Relay Championship in Llanberis. I'm noticeably slower than before, but improving steadily. I managed a MV60

Coming round post op



first place in a local Parkrun recently, and I was as chuffed as if I'd won an Olympic medal! I'm still easily exhausted however, sleep a lot and have to be careful not to lift anything too heavy. There is an emotional legacy too, and there are times when I find myself overwhelmed when reflecting on the cancer experience, triggered by seemingly innocuous events such as hearing of others' suffering, or listening to melancholy music.

I've learned that the best way to overcome the feeling of helplessness that arises from the disease, and from being subjected to medical processes, is to emphasise the things that I have complete control over: my fitness and how to fill my days. Prior to the surgery I became as fit as I could possibly hope to be, and ensured that I spent as much time as I could doing the things that I find most rewarding: spending

time with my family and friends, upping my running, being in the hills, yoga, gardening, dog walking, drawing, reading, writing and playing music. In all these things I have agency, whereas I had none with cancer. Post-surgery I have continued to do these things where I can, and one by one reintroduced them as I've gained strength – in particular I've encouraged visitors or visited friends, and greatly appreciated their company. I have learned to do more about the things that I could, and tried to worry less about the things that I couldn't. I've had some encouraging role models in this respect, since there are others at the running club facing similar or more severe tests with cancer. Their determination to improve the quality of their lives through running and fitness has been a great source of inspiration to me.



PHOTO © JEFF ADAMS, PENSBY RUNNERS

SIGNIFICANT RUNNING EVENTS BEFORE AND AFTER PROSTATECTOMY

BEFORE PROSTATECTOMY		
Time before operation	Event	Result
January 2017	Prostate biopsy: cancer diagnosed	
6 months	Northern XC Championships	
5 months	Wepre 5K Parkrun:	1st MV60 and MV60 course record (22:36)
	Birkenhead Parkrun	1st MV60 (20:56)
4 months	Pipe Dream fell race	c. 4th MV60
	Wirral 5K Seaside run	1st MV60 (20:19)
	Llantysilio fell race	6th MV60 (1hr 15min)
3 months	Yorkshire Three Peaks	10th MV60 (4hrs 50 min)
	Chester Spring 5 Mile	4th MV60 (33.5 min)
8 weeks	Excalibur Mountain Half Marathon	2nd MV60 (2hrs 15min)
10 days	Keswick to Skiddaw summit run to mark BGR 20th anniversary	11.5 miles (84 min)
7 days	20th anniversary, Bob Graham Round	(23hrs 28min, July 1997, BGR no.1053)
4 days	Snowdon International Race	10th MV60 (1hr 55min)
12 hours before surgery	Pensby Running Club training run	9 miles (75 min)
July 19th 2017	Surgery: laparoscopic radical prostatectomy	3 hrs 30 min
AFTER PROSTATECTOMY		
Time after operation		
2 days	First walk outdoors	200 metres
7 days	Catheter removal	
2 weeks	Regular short off-road dog walks resume	1 mile
4 weeks	First hill walk to Moel Famau summit	4 miles, 2hrs
5 - 6 weeks	Marshalling at local Parkruns	
6 weeks	First attempts at short runs	300-400 metres
7 weeks	First slow distance run	4.5 miles (53min)
7.5 weeks	First running event: Birkenhead 5K Parkrun	26 min
8 weeks	First race: Thurstaston Multi-terrain	4.5 miles (38min)
10 weeks	Regular training runs resume (gently)	
12 weeks	Birkenhead 5k Parkrun	1st V60 (21:40)
3 months	Distances increased to 8 miles, offroad	
14 weeks	Clarke Gardens XC race	4.75 miles (41 min)

Martin Stone's Long Distance News Summary

November 2017

*Purple evening
heather descending
from Ullock Pike*

JIM MANN – 2017 FRA LONG DISTANCE AWARD

The Long Distance Award is awarded for the most outstanding long distance achievements in the mountains by a British runner. It has been presented since 1987 and a panel of 23, many of whom have won the award before, cast their votes. Last year Jasmin Paris won the award for her outstanding and ground-breaking records for the Big Three Rounds – Bob Graham, Ramsay's Round and Paddy Buckley Round. This year the Long Distance mountain scene has been dominated by one man – **Jim Mann**.

- On 22nd January Jim set a new winter record for the Charlie Ramsay Round, completing it in **22hrs 23mins**. Conditions were not ideal. Jim celebrated his 40th birthday during what was his first completion of the round.
- He immediately set his sights on the Paddy Buckley Round which he completed in testing conditions with support from the same team three weeks later on 11th February in **21hrs 37mins**. This reduced Tom Phillips Winter record of 22hrs 49 which was set in February 2015 and was also Jim's first Paddy Buckley Round.
- The question on everyone's mind was whether Jim would recover well enough to sneak a Bob Graham round before the Winter season ended. Jim was already the Winter BG record holder with a time of 18hrs 18mins set on the 1st Dec 2013 but a clutch of Big 3 Winter Rounds completed in the same season would be a nice statistic! Ten days after his Paddy Buckley Round on the Monday 21st/22nd February Jim completed a Winter Bob Graham Round in some really grotty weather. His time was **20hrs 26mins**.

This means that Jim now holds the record for all the Big 3 Winter Rounds. He completed them over a period of 29 days,

one day longer than it took Adrian Belton to complete his Big 3 Summer Rounds in 1989. And just nine days after completing the Big 3 in Winter, Jim and his team won the 40 mile overnight High Peak Marathon by a decent margin.

But Jim is a Man for All Seasons and this Summer he turned his attention to the **Scottish Munros 24 Hour Record**. Early attempts at the Scottish record were based on Charlie Ramsay's Lochaber Round and in 1987 I climbed 26 Munros by extending Charlie's Round eastwards. Then out of the blue, Jonathan Broxap created a completely new record breaking round of 28 (now upgraded to 29) Munros in Kintail in 1988

and this has lasted until this year. Adrian Belton made a number of attempts in the late eighties to increase the total in the Lochaber area. Since then, a few folk such as Steve Pyke and Tim Laney have attempted to add peaks onto Jonathan's round but without success. At the beginning of this year, Jonathan made Jim aware of Mark Rigby's Big 1988 Round of Cairngorm Munros and Phil Clark's more recent ideas for a record breaking round based on Mark's round. On **8/9th July** Jim completed 30 Munros in the Cairngorms in 22hrs 5 minutes. He named the round the Phil Clark Round and broke Jonathan Broxap's record which has lasted for 29 years.



Well done **Jim Mann**, a very worthy recipient of the FRA Long Distance Award for 2017.

MICK JAMES/JAMIE THIN - ROUND OF THE PENTLANDS AND BORDER HILLS

On Saturday 17th June, in a "rare spirit of co-operation between 2 local rival running clubs", Mick James (Carnethy) and Jamie Thin (HBT) completed a 112km circuit of the hills to the south of Edinburgh in a time of 20hrs 14mins. The route has 5,573m of ascent and descent. It starts and finishes at The Steading pub and takes in all the hills from the northern tip of the Pentlands down to Trahenna and back.

Mick and Jamie had both done the Big 3 Rounds some years earlier and felt it was time to do something a bit closer to home. They created a challenge that takes people over the hills they train and race on all the time. It may also encourage folk to explore some of the more esoteric spots the Pentlands has to offer. They focused on trying to join some of their favourite races together to create a round that would be challenging but accessible, also as they both turned 50 this year they decided the route should cover 50 hills. It would be a great challenge to motivate and get them fit again.

Leg one of the route follows the outward Pentland Skyline but carries on south west from the Kips to West Linton. The second leg takes in the hills to the east of Romano Bridge with Stephenson Hill being thrown in to tempt Olly Stephenson to have a go sometime soon! Leg three heads back west towards the southernmost mid-point of the round, at Trahenna. Those who have struggled on the climb of Trahenna at the end of the Two Breweries may tackle this with a sense of trepidation. Leg four is a short one taking in The Mount (the hardest hill to work out how to ascend) and the masts at Broomy Law. Leg five is also short but climbs the magnificent Black Mount and less impressive White Hill. Leg six is a long one, starting at Dunsyre and charting the trackless heathery wastes of the southern Pentlands to Cock Rig where a final (wobbly) bog trot brings you back to the Drove Road. At that point with only the second half of the Pentlands Skyline to go what on earth could go wrong. Unfortunately Mick and Jamie missed closing time at The Steading by about 10 minutes! Their support crew or friends and club runners did a great job and helped to make the challenge possible.

DIGBY HARRIS – ETIVE MUNROS ROUND

On 1st/2nd September Digby completed what is probably the first completion of the 16 Etive Munros within 24 hours. This is a fabulous round that he first attempted (unsuccessfully) in 2014. His route began at Coileitir, which is at the south end of Glen Etive. The route crosses no roads and Digby completed it solo-unsupported. He tackled the Munros clockwise starting with Beinn

Fhionnlaidh and finishing with Ben Starav. Within 23hrs 20 mins he had completed 73.2km (45.5 miles) and 7,600m (24,900ft) of ascent. This is a great route for 24-hour mountain run aficionados to attempt. You can read a really nice article by Digby elsewhere in this magazine.

TIM RIPPER – PIKES OF THE LAKES

On 2nd/3rd September, Tim completed a linear traverse of all the peaks known as "Pikes" in the Lakes of 700m+ elevation. His route was a huge horseshoe starting at Kentmere and taking him via Kirkstone, Threlkeld, Braithwaite, Buttermere, Wasdale and finishing at Broughton Mills. It was a journey of 88 miles with 12,000M of ascent, so almost exactly 1½ Bob Graham's. Tim set himself a target of 35hrs and was delighted to record a time of 33hrs 28mins. You can read a great article by Tim elsewhere in this magazine.



Tim re-fueling at Threlkeld

JOHN PARKIN – DEADWATER WINNER

Although I don't usually report on races, Deadwater is a new 6 day ultra marathon in the mountains that starts on the Scottish Borders and finishes in Wales. It is a 235 mile self-supported race with 27,000 feet of climb from Deadwater Station near Kielder to Chester Castle. Day 4 is the longest at 69 miles with 9,000 feet of climb. The race was organised by Richard Weremiuk from Beyond Marathon and you can find out more details at <http://deadwater.run>.

John had already completed the Big 3 Rounds and was looking for a new ultra challenge to "fill the void". The race was clearly very tough as 60 applied, 45 met the criteria and only 18 made it to the start line. In the style of races like Shane Ohly's Dragons Back and Cape Wrath Ultra, the organising team setup camps at the end of each day. Runners looked after themselves during each day and the organisers followed the participants trackers online to ensure that the route was being completed correctly. After 6 very challenging days, John won the event in an aggregate time of 49hrs 40mins, some 5½ hours faster than the 2nd placed competitor.

BIG THREE UK ROUNDS – REGISTER OF COMPLETIONS

The Big Three are the Bob Graham in the Lakes, Paddy Buckley Round in Snowdonia and Ramsay's Round to the east of Fort William. After completing a Bob Graham, quite a number of folk are keen to tackle another big challenge and having completed their second Big Round, it is only natural to want to complete the Big Three. Most years, one or two people complete their third round and join a small group who have completed the Big Three Rounds, each round within 24 hours. In 2012 there were no completions of Ramsay's Round, so the Big Three "Club" is quite a select group that isn't growing at an exponential rate! We believe that about 40 folk have completed the Big Three Rounds but we don't have a definitive list. A provisional list is published on www.gofar.org.uk but if you have completed all 3 rounds within 24 hours or details on the website are incomplete, please email Tony Wimbush at info@gofar.org.uk to ensure that you are on the list and let him know the year you completed your third round. If you spot an error on the list, please let Tony know. With any luck we should have a clean and accurate list on display soon.

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the email address below so that others can be inspired to repeat or improve on your achievement.

The award year ends on **30th September** and in the first part of October, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award is chosen. If we are to consider solo running achievements, they need to be independently verifiable and a good way to do this is to record your track on a GPS watch or carry a tracker that you can obtain from www.opentracking.co.uk. As soon as possible after the run, please email the track to me and I will add it to the archive. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, EMAIL: martin.stone@sportident.co.uk*

WWW.GOFAR.ORG.UK

Tony Wimbush has an excellent website that documents long distance routes and records. If you have completed a new route or have something newsworthy about the long distance scene, please help Tony to keep the website up-to-date by also sending an email to info@gofar.org.uk.

The Joss Naylor Lakeland Challenge

This summer has seen a string of successful Crossings; in the M50 category Simon Ripon, Bill Williamson and Marcus Gates, in the M55 category Kevin Bray, Peter Ferris, Dave Bowen and Keith Wood, in the M60 category David Waide (repeat), Peter Crompton, George Critchley and Brian Horn and in the M65 category Jack King completed again. Congratulations to all of you and, in particular to David Waide who created a new M60 record, only 8 minutes slower than, his existing M55 record.

This summer also saw the passing of Monica Shone, aged 91, on 7th August. To begin to appreciate the scope of Monica's considerable sporting achievements please have a look at Linda Lord's article elsewhere in this edition of the Fellrunner or Linda's shorter obituary on the Clatyton-Le-Moors Harriers' website <http://www.clatytonlemoors.org.uk/2017/08/monica-shone/>. In addition to being the first woman

to complete the JNLC on 13 June 1992 Monica, at Joss's suggestion, became the first coordinator for the challenge and continued in the role for more than 20 years. In doing so she established many of the traditions associated with the Crossing including "Meeting & Greeting" contenders, on route, to cheer them on their way to Greendale Bridge. Monica's enthusiasm for and dedication to the JNLC was such that she would drive from her home on Angelsey to "meet & greet" contenders, often returning home the same day and I have very fond memories of Monica and Colin coming to meet me on my own attempts. I am sure I speak for many others when I say I benefited greatly from Monica's enthusiasm and encouragement on each occasion. The tradition continues to this day, with a small group of dedicated enthusiasts who endeavor to meet each contender somewhere between Pooley Bridge and

Greendale Bridge. Monica's experience and guidance was an enormous help when she retired as the coordinator - the foundations she built and the culture she established made it much easier to step into the role. Monica will be sadly missed by the fell running community, her husband Colin, family and friends.

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Peter Ferris leaving Kirkstone Pass on 5th August on his way to a successful completion

PHOTO © IAN CHARTERS

REPORTS & RESULTS



PHOTO © TIM FISHER

Submitting results and reports

Race reports and results for publication in The Fellrunner's Reports and Results section should be sent to David Weatherhead and Barbara Carney at resultsfra@aol.com as soon after the event as possible.

Please use the Reports and Results Template which is e-mailed to the FRA Fixtures race contact at around the time of the event. If this is not possible submissions should be in Word or Excel file format and identify the race title and date. The results must include the competitor's name, position, time, club and category. We do not download results and reports from other websites.

Race photos are welcome, especially unusual views and unfamiliar races – send files or links to the Editor - editor@fellrunner.org.uk.

Send results for the FRA website to Brett Weeden – brett@phluidity.co.uk

*The future of fellrunning
at Grasmere Sports*

EXE TO AXE

Devon

BL/32.4km/1219m 02.04.17

The Annual 'JP's Exe to Axe Race' is held on the first Sunday of April depending when Easter falls. It is a tough off road run along the beautiful Jurassic South West coastal path in Devon heading East from Exmouth to Seaton.

Competitors come from across the UK. As the runners prepared themselves for the 2017 race the discussion point was "is JP's Exe to Axe Race harder than the Grizzly?" Those who had completed both races already knew the answer.

2017 was the 14th year of the race with 275 competitors starting and 223 completing the whole course. Many elected to run the just the first half of the race to Sidmouth, which is when the "tough gets tougher".

At Sidmouth, the home of the host club, Sidmouth Running Club (SRC), some competitors, pausing at the water station were still undecided which race was the toughest.

Gavin Pavey, husband and coach of popular local, Jo Pavey MBE, set off at a blistering pace. He had clearly been training with Jo who, as well as being a World, European and Commonwealth medallist, is club ambassador to SRC. Unfortunately, when Gavin reached Peak Hill near Sidmouth, he developed an injury and had to retire from the race. It was clear from then that the race was on between Michael Robinson, a local runner, and Richard Roberts, to fight it out.

After Peak Hill the course goes up and up with the occasional down and back up again. The views of the Jurassic coast were spectacular and the day clear. The final 2 kilometres along the Seaton Esplanade allowed the assembled crowds to see the runners use their final ounces of energy to sprint to the end.

This year's winner was Michael Robinson in a new record time of 2:53:15, and the third time that he has won this race. Second was Richard Roberts, in 3:00:37. Richard took a wrong turning near the end putting him just over the 3 hours. Third was Graham Willis in 3:07:58.

First woman, Anna Bartlett, finished in 3:21:33 and also took the FV40 trophy.

First relay team was Matthew and Robert Salt of Dacorum and Tring in 3:32:59: First MV50 was Richard Everson in 3:20:15, first MV40 was Chris Perry in 3:28:19: First senior female, was Laura Swanton in 3:35:53, MU23 Jerome Borghgraef in 3:46:00, MV60 Christopher Kelsey in 3:47:40: First FV50 was Jayne Angilley in 3:57:19, first FV60 was Eleanor Wood in 4:05:30.

So, as the runners enjoyed their flapjacks, bananas and drinks the conclusion on which race was the hardest was unanimous - it was definitely "JP's Exe to Axe"!

Paul Mitchell

1. M. Robinson	...	Exmouth	2.53.15
2. R. Roberts	...	Eryri	3.00.37
3. G. Willis	...	Tiverton	3.07.58
4. C. Morris	...	ThamesHH	3.08.46
5. M. Evans	...	Unatt	3.11.57
6. M. Boatright	...	Unatt	3.16.18
7. M. Knapp	...	Unatt	3.16.47
8. N. Jaygodisinski	...	Unatt	3.17.02
9. R. Hicks	...	Unatt	3.17.14
10. M. List	...	AxeV	3.19.05

VETERANS O/40

1. (20) C. Perry	...	AxeV	3.28.19
2. (22) S. Clook	...	Unatt	3.31.47
3. (24) P. Dowling	...	Exmth	3.32.13

VETERANS O/50

1. (14) R. Everson	...	SWRR	3.20.15
2. (17) P.Thomas	...	SWRR	3.22.45
3. (21) N. Kenchington	...	Bournemouth	3.29.49

VETERANS O/60

1. (46) C. Kelsey	...	Wells	3.47.40
2. (163) L. Crownshaw	...	Killamarsh	5.02.08
3. (206) M. Davies	...	Torbay	5.43.37

WOMEN

1. (16) A. Bartlett O/40	...	Mercia	3.21.33
2. (29) C. Prosser O/40	...	Wells	3.33.51
3. (30) L. Swanton	...	Unatt	3.35.53
4. (44) L. Commander	...	SWRR	3.46.21
5. (50) S. Francis	...	NDevon	3.49.43
(59) J. Angilley O/50	...	Cornwall	3.57.19
(72) E. Wood O/60	...	AxeV	4.05.30
(76) S. Wade O/50	...	NDevon	4.10.00
(113) F. Anderson	...	EgdonH	4.32.35

223 finishers

TIGER'S TODGER

South Yorkshire

Originally BS/9.6km/259m but actually 8.75km/207m 03.05.17

As a result of the new requirement for our fell races to be licenced by Natural England, we had to negotiate with the Eastern Moors Partnership to agree on an acceptable route. One section of the route (the Ox Stones), which we have used for over 20 years, was deemed to be too environmentally sensitive, so we had to change the route. This resulted in the route being only 5.4 miles (8.75 km) long with 680 ft (207m) of ascent compared to the previous route - 5.7 miles (9.6 km) and 850 ft (259 m). So the overall winners automatically became record holders: Matthew Elkington (31:50) and Despina Berdeni (39:56). The record holders for the former, longer route were S.Bond (also 31:50) and J.McIver (37:24).

The days leading up to the race were dry and sunny but there was cloud and a cold north-easterly wind on the evening of the race. Conditions were good underfoot.

Race numbers were significantly up on previous years with 287 starters - compared with 184 in 2016. This was the first time runners could book and pay on-line and 117 did so.

41 members of Totley A.C. raced, along with 24 each from Dark Peak and Steel City

Striders. There were 286 finishers representing 44 clubs and 72 unaffiliated runners.

The race was won by Matthew Elkington (Dark Peak) in 31:50. Jake Lane (Totley AC), who was third in 2016, was a very close second (31:53), followed closely by Martin Dawson of North Derbyshire RC (31:59).

Despina Berdeni (Totley AC) was the first woman in 39:56. Claire Howard (also of Totley AC), who was third in 2016, came second in 40:15 and Lesley Latchem of Penistone Footpath Runners was third in 40:30.

The first three men's teams were from Dark Peak, Totley AC and Dark Peak, with the first women's teams from Totley AC, Dark Peak and Totley AC.

65% of the men were in the MV40 or above categories, compared to 48% of the women. 40% of the runners were under 40. It was good to have the new under 23 male and female categories even though there were only four men and one woman in that age range.

This was going to be my last time as Race Organiser but it turned out to be so enjoyable that I might have to give it another year!

Steve Terry

JACK BLOOR RACE

West Yorkshire

BS/8.4km/350m 09.05.17

Held on Ilkley Moor this classic 8.4 km navigational fell race was established in 1985 to commemorate the life of an acclaimed Yorkshire sportsman.

On a warm, dry evening, Jack Wood took the Jack Bloor Men's senior race title for a third consecutive year. Finishing in 38.57, Jack shaved an impressive 29 seconds off his previous winning time.

After ten years the elusive course record of 38.04 set by Greg Hull still stands. Second place went to Graham Pearce with Robert Little in third place.

First MV40 and sixth overall was Adam Osborne and Ralph Tench took the MV50 title. In an impressive time of 48:19 first MV60 was Ben Grant. Finishing just inside the hour was first MV70 Dave Tait.

Winner of the men's U23 Arthur Dolphin Trophy and tenth overall was local lad Jack Cummings of Langbar. Jack finished in 42:13 improving on his previous time by a very impressive 2.19.

Young talent was also reflected in the women's race where under-23s claimed all four top positions. Lucy Haines put in a very strong performance to win the overall Jack Bloor women's senior race title and the Pat Bloor women's U23 trophy in a time of 48:20. Club-mate Jemima Elgood took second place 37 seconds later. Last year's winner, Sarah Hodgson, and Annabel Mason came third and fourth respectively.

Carol Morgan again retained the Mike Rose Bowl for first FV40. Sally Houghton took the FV50 title whilst first FV60 was Sue Morley.

Senior prize-winners receive one of the coveted Jack Bloor Small Trophies. Hand-crafted by James Fonquernie of Leeds, these glazed clay figures portray a different rock carving found on Ilkley Moor. The 2017 Small Trophy shows the Nine Planets Rock.

Throughout the rest of the 228-strong field individual runners sought to improve on their personal best, battled with rivals or simply enjoyed the challenge and atmosphere of the race.

With three runners to count, Pudsey & Bramley took first place in the men's team competition with Ilkley Harriers second and Wharfedale Harriers third. In the women's category, the leading Ilkley Harriers team of Lucy, Jemima and Sarah Edwards took first place with Leeds University second and Harrogate Harriers third.

We are extremely grateful to our senior race sponsor, the Flying Duck Pub in Ilkley. Occupying one of the oldest buildings in Ilkley, this Church Street hostelry is home to the Wharfedale Brewery. A bottle of Wharfedale beer was presented to class and team winners whilst all runners were generously rewarded with a Flying Duck voucher.

Loyal sponsor and supporter of the Jack Bloor races and the Memorial Fund, Terry Lonergan of Complete Runner kindly provided the race numbers.

In addition to his own sporting accomplishments, Jack Bloor was renowned for encouraging young people to engage in outdoor sport. All monies raised from the annual races go to the Jack Bloor Fund that for 32 years has helped support young people to develop physical and technical skills in any recognised outdoor sport. During the last year the Fund made seventeen grants. Activities included orienteering, be it international competition or technical training, developing ski-mountaineering skills, undertaking the RYA Senior Instructor course and pre-season warm weather training for athletics. Applicants must be under-26, Yorkshire-based and a member of either a Yorkshire sports club or a national sport governing body. Applications are welcome at any time. Further details can be found at www.jackbloor.co.uk

Earlier in the evening, junior runners tackled courses of half a mile, one mile or 1.5 miles in one of five age-based classes (U9, U11, U13, U15, U19). Many were there simply to enjoy the occasion with several trying their first fell race. More experienced runners strived for a podium position giving rise to some very close and exciting contests in the last metres of the run-in.

Hugo Bishop won the U9 race in just 4.05, closely followed by William Boyle three seconds later. First girl was Bethan Buckley. Only two seconds separated first and second U11 girl with Maisey Bellwood just pipping Katie Buckley to second place. Ilkley Harriers took all podium positions in the boys U11 race with Jonathan Archer in first place 4 seconds ahead of club-mate Seth Toye.

Charlotte Rawstron won the U13 Girls' race whilst Henry Cesar de Sa used a tight four second lead to win the race overall. Jack Villiers won the U15 race whilst Bernadette Raven and Poppy Anderson led the U15 girls whilst coming second and third overall.

Overall junior numbers were down this year with all U19 runners assured of a podium position. Emily Elmes won whilst club-mates Emily Crossley and Simone Rigby took second and third respectively.

The Jack Bloor Junior Races are kindly sponsored by Ilkley's popular community café, Outside The Box, located at the junction of Church Street and Bridge Lane. Every junior runner was rewarded with a café voucher. The top three boys and girls in each category were presented with certificates together with elaborate handcrafted cookie-medals, designed, baked, decorated and presented by the team at Outside The Box Café.

As ever, thanks go to our sponsors and members of the Gritstone Club, Airienteers, Ilkley Harriers and all our other supporters who make this sporting and community event possible.

Rob King

1. J. Wood	Ilk	38.57
2. G. Pearce	P&B	39.30
3. R. Little	DkPk	39.44
4. M. Lockyer	P&B	40.07
5. S. Fisher	Howg	41.03
6. A. Osborne O/40	Leeds	41.32
7. A. Burns	Wharf	41.52
8. S. Watson	Wharf	42.10
9. N. Crampton	P&B	42.11
10. J. Cummings U/23	Ilk	42.12

VETERANS O/50

1. (38) R. Tench	Ilk	48.16
2. (43) S. Webb	VStr	48.30
3. (52) S. Vallance	VStr	48.59

VETERANS O/60

1. (39) B. Grant	Hgate	48.19
2. (86) M. Ayers	NLeeds	53.33
3. (94) D. Collins	Tod	54.08

VETERANS O/70

1. (144) D. Tait	DkPk	59.54
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WOMEN

1. (40) L. Haines U/23	Ilk	48.20
2. (49) J. Elgood U/23	Ilk	48.56
3. (65) S. Hodgson U/23	LeedsU	50.48
4. (69) A. Mason U/23	LeedsU	51.07
5. (75) C. Morgan O/40	NiddV	51.37
(88) S. Houghton O/50	Ripon	53.40
(100) H. Price O/40	Hgate	54.28
(108) S. Gill O/50	Hgate	55.08
(110) R. Carter O/40	Ilk	55.12
(159) S. Marshall O/50	Skipt	61.59
(194) S. Morley O/60	Knares	70.46

227 finishers

JUNIOR RACE

GIRLS U/19

1. E. Elmes	Ilk	17.23
2. E. Crossley	Settle	18.33
3. S. Rigby	Settle	20.02

BOYS U/13

1. H. Cesar de Sa	Skyrac	8.24
2. M. Ashelford	Ilk	8.28
3. A. Budding	Ilk	8.34
4. H. Oddie	Ilk	8.50

GIRLS U/13

1. C. Rawstron	Otley	9.04
2. M. Rigby	Settle	10.00
3. H. Bishop	Ilk	10.01

BOYS U/11

1. J. Archer	Ilk	3.30
2. S. Toye	Ilk	3.34
3. A. Wolfenden	Ilk	3.40
4. T. Hooper	Wharf	3.46

GIRLS U/11

1. M. Bellwood	Kghly	3.42
2. K. Buckley	Kghly	3.44
3. S. Foller	Otley	4.26

BOYS U/9

1. H. Bishop	Wharf	4.05
2. W. Boyle	Ilk	4.08
3. C. Sanderson	Settle	4.48

GIRLS U/9

1. B. Buckley	Kghly	4.19
2. P. Bennett	Kghly	4.37
3. B. McCredie	Barlick	5.06

GREAT WHERNSIDE UPHILL ONLY North Yorkshire AS/3.25km/475m 14.05.17

The senior "uphill only" race at Gt Whernside was run alongside the FRA Junior Championship races and followed the same course as the U19 race, allowing for some potential direct comparisons between parents and offspring!

Following the junior races, the sun continued to shine on Wharfedale for the senior race, bathing the eager runners in glorious Yorkshire Dales sunshine. The tail wind that had "aided" the juniors continued and, as might be expected, the wind speed increased with altitude, so that the higher you climbed the more welcome "help" you had to ascend!

The race set off from the field where Scabbate Gate Lane crosses Dowber Gill Beck and the initial steep ascent is on grass following a track and public footpath through two fields before diverging from the public footpath to avoid bottleneck gateways. At this point, the ascent becomes marginally gentler as runners battle their way towards the wedding venue and (allegedly haunted) Scout bunk barn cottage at Hag Dyke. The prolonged dry spell in the weeks preceding the race had ensured that the grazed pasture land was hard and fast underfoot. Runners now pass through the gates at Hag Dyke to reach the fell proper where the terrain changes dramatically. Competitors must first jump a stream and then negotiate the rocky scramble to reach a false summit and then a potentially deep peat bog. However, the legendary bog was dry and springy giving runners a welcome firm, flat, fast section before the final climbs.

Once the bog has been traversed, there is a steep, stepped, ascent over rocky ground before the steps end and the final, technical section to the cairn and welcome finish line on the plateau marking the summit.

The summit ridge of Great Whernside is the boundary between Nidderdale and



*Chris Richards wins
at Great Whernside
Uphill Only*

Wharfedale and gives excellent views of both. From the summit, The Three Peaks can clearly be seen along with Pendle Hill and Menwith Hill satellite listening station.

As concepts go, an uphill only race is an odd one in the mind of a fell runner, who usually "leaves something in the tank" for the descent. Often it is the descent that determines positions as first to the top is not always first to the finish.

On the day, the race was a battle between youth and experience in the forms of Simon Bailey, Chris Richards and Rory Stead. Youth won the day as Richards won, making it look easy, from Stead and Bailey. In the women's race, experience won the day as the very speedy Judy Howells won from the much younger Kate Archer and Helene Whitaker.

Su Thompson

1. C. Richards	HelmH	19.15
2. R. Stead	Aberdeen	19.20
3. S. Bailey	Mercia	19.28
4. S. Hebblethwaite	Kesw	19.35
5. M. Cayton	Horw	19.50
6. H. Holmes	P&B	19.58
7. J. Brown O/40	Amble	20.32
8. S. Franklin	Totley	20.58
9. T. Mason	Wharfe	21.10
10. D. Mills	Barlick	21.22

VETERANS O/40

1. (7) J. Brown	Amble	20.32
2. (12) M. Fanning	Holmf	21.47
3. (14) A. Brown	Bing	22.47

VETERANS O/50

1. (16) P. Targett	Unatt	23.13
2. (24) D. Soles	Penn	24.49
3. (26) C. Jones	Wharfe	25.07

VETERANS O/60

1. (23) G. King	Hgte	24.43
2. (44) K. Holmes	DkPk	27.41
3. (73) A. Cardinale	Otley	46.45

VETERANS O/70

1. (50) n. Bush	Ilk	28.29
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WOMEN

1. (31) J. Howells O/40	Wharfe	25.59
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2. (32) K. Archer	Ilk	26.27
3. (34) H. Whitaker O/50	Hgte	26.47
4. C. Singleton	Trawden	27.08
5. C. Gibson O/40	HelmH	27.23
6. H. Buchan	CaldV	27.54
7. (46) J. Powell O/40	Wharfe	28.09

WOMEN O/50

1. (34) H. Whitaker	Hgte	26.47
2. (52) L. Whitaker	Wharfe	29.04
3. (54) A. Paxton	Kghly	29.18

76 finishers

GREAT WHERNSIDE JUNIOR UPHILL CHAMPIONSHIP North Yorkshire

AS/3.25km.475m 14.05.17

After some early heavy downpours that did nothing to dampen either the ground or spirits, the sun came out so that Wharfedale was bathed in glorious May sunshine for this year's Junior Uphill Championship Race at Great Whernside, Kettlewell. The weather and the geography of these Yorkshire Dales valleys conspired to side with the runners and gave them a tail wind as they battled with the incline of this fell side.

All races started at the same point, in the field where Scabbate Gate Lane crosses Dowber Gill Beck, with the finish line for each race gradually moving up the fell side towards the summit. The initial ascent for all races is on grass following a track and path through the fields to the U9 finish. A prolonged period of dry weather had ensured that the grassy pastureland was dry and hard underfoot. Despite being on grass, this ascent had many descriptions on the day that amounted to the same thing – rather steep!

The U11s and U13s continue up and along marginally gentler grassy terrain to their finish lines towards the wedding venue and (allegedly haunted) Scout bunk barn cottage at Hag Dyke. The U15s and older

runners pass through the gates at Hag Dyke to reach the fell proper where the terrain changes dramatically. Competitors must first jump a stream and then negotiate the rocky scramble to reach the U15 finish. The U17s and U19s then pick their way through the potentially deep peat bog, with a final steep ascent over rocky ground to the U17 finish. This year, the legendary bog was dry and springy giving the older runners a welcome firm, flat section where they could pick their best line and run at speed before the final climbs.

The U19s progress up the final, more technical ascent to the cairn and welcome finish line on the plateau marking the summit.

The firm ground certainly aided the runners as some very fast ascents were observed on the day across all age groups.

Su Thompson

UNDER 19 BOYS

1. J. Dugdale	CFR	19.17
2. E. Matier	Border	20.08
3. B. Bergstrand	Middlesb	20.55

UNDER 19 GIRLS

1. (8) H. Thornhill	Buxt	24.14
2. (10) I. Burrow	HelmH	25.42
3. (11) S. Pickering	Ilk	25.54

UNDE 17 BOYS

1. M. Mackay	Ross	16.20
2. E. Brennan	Ilk	16.48
3. A. Ediker	Buxt	17.22

UNDER 17 GIRLS

1. (10) R. Woodhams	Dallam	19.03
2. (24) E. Field	Bing	21.12
3. (27) E. Crownshaw	DkPk	22.02

UNDER 15 BOYS

1. F. Sproul	Kend	11.29
2. L. Hudson	Kghly	11.47
3. E. Corden	Stockp	11.49

UNDER 15 GIRLS

1. (17) B. Raven	Ilk	13.14
2. (22) C. Rylance	Amble	13.42
3. (24) I. Richardson	Holmf	13.45

UNDER 13 BOYS

1. W. Hall	CaldV	08.37
2. J. Spark	Sale	09.04
3. D. Thompson	Bburn	09.28

UNDER 13 GIRLS

1. (7) E. Whitaker	Hgte	09.49
2. (14) L. Wilshaw	Buxt	10.07
3. (16) C. Rawstron	Otley	10.15

UNDER 11 BOYS

1. R. Ashworth	Amble	06.06
2. J. Reeday	Barlick	06.15
3. J. Archer	Ilk	06.23

UNDER 11 GIRLS

1. (5) M. Bellwood	Kghly	06.33
2. (15) K. Buckley	Kghly	06.59
3. (16) S. Quinn	EskV	07.05

UNDER 9 BOYS

1. T. Ashworth	Amble	04.11
2. J. Harrison	Rothwell	04.13
3. A. Sadler-Townsend	Kghly	04.30

UNDER 9 GIRLS

1. (6) C. McKee	CaldV	04.38
2. (7) B. Buckley	Kghly	04.40
3. (10) I. Wright	Wharfe	05.11

305 junior finishers

**BLACKSTONE EDGE
Lancashire**

AS/5.6km/366m 17.05.17

Well, another Blackstone Edge done with. Where have 35 yrs gone? I never thought for one minute I would still be involved in putting races on for this long! But as I've said many times, even though I don't run any more, I still enjoy putting them on and it's always good to see old faces. I suppose though if I hadn't been self-employed all my life, no way would it have lasted. Just having a van to transport all the stuff up to the start venue is a dream – toilets, tables crates, flags, gallons of water etc. is just part of it.

I'm always apprehensive leading up to the night though, as I never know what the farmer at the bottom of the Edge has in store for me! He's the awkward one, not my good friend Steve Shepperd at Knowl Farm who has let me use his facilities for at least 28 years. As for the farmer who left his cows on the course – a neighbour said they were bulls but thank goodness they weren't!

As for the race itself, it's a shame it rained a couple of days before as it would have been a fast night. Anyway, its going to take someone special to beat Colin Donnelly's 1989 record of 26.33, though good old (well not that old!) Danny Hope has tried on many occasions. His closest was 28.00 dead in 2005. His record now stands at eight wins, three seconds, one third and one tenth. That must outstrip the last runner to dominate the event, Gary Devine over 19 years. Gary won fifteen times, one second, four thirds. The last time Gary ran in 2005, Danny beat him into second.

Congratulations to all the runners who picked a prize up from my novelty prize giving. Dave Woodhead and me are holding the fort on the old ways!

Just a quick thanks again to all the helpers – I couldn't do it without you!

Kev Shand

1. D. Hope O/40	Horw	30.45
2. A. Worcester	Tod	30.55
3. B. Forrest U/17	Ross	32.00
4. J. Crossfield	Hfx	32.38
5. R. Cope	Ross	33.03
6. J. Wright O/40	Tod	33.19
7. N. Barber O/40	Tod	33.21
8. G. Brown O/40	Tod	33.39
9. I. Gee O/40	Tod	33.57
10. J. Titmus O/40	Unatt	33.58

VETERANS O/50

1. B. Johnson	CaldV	36.30
2. M. Warton	CaldV	37.18
3. A. Bodell	RoytonRR	38.02

VETERANS O/60

1. I. Smith	Bolt	46.51
2. F. Getz	Unatt	47.23
3. N. Harris	Ross	48.38

WOMEN

1. L. Oldfield	CaldV	40.12
2. A. Freeman	Darwen	41.46
3. J. Scarf O/50	CaldV	43.39
4. J. Butterworth O/40	Roch	43.49
5. C Harding O/40	P&B	44.08
6. K. Mansell O/40	Tod	44.17



7. J. Stevens	CaldV	45.25
8. C. Hardy	Darwen	45.45
9. L Lord O/60	Clay	49.23
10. C. Shimwell	CaldV	53.00

90 finishers

**TOTLEY MOOR
Derbyshire**

AS/8.3km/440m 23.05.17

The 6.3 mile Totley Moor race, located south west of Sheffield in South Yorkshire, is the third one of the annual Totley AC five race series and this year saw a field of 265 take to the hills on a new route with a little more distance and a little more climb. Once again dry and warm conditions made for perfect running and fast times.

A steep ascent over the first two miles separated the field early on in the race and it became clear that a closely fought battle was taking place between the lead runners, each keen to set a new course record. The moorland stretches were almost dry with only a couple of muddy patches to impede the progress of the runners. This helped to produce some excellent performances from runners of all abilities and even the infamous 'sting in the tail' - a thigh busting final climb before the finish - did not deter our competitors in their endeavors.

Checkpoints along the route were marshaled by cheery Totley AC volunteers and many competitors commented after the race on the level of support and encouragement dished out along the route. The new tougher route also generated some very positive comments after (but possibly not during) the race.

Steve Franklyn worked hard all the way to finish first, with runners from Dark Peak taking second and third places. Megan Wilson was first woman across the finish.

Marcus Adams

1. S. Franklin	Totley	42.50
2. M. Elkington	DkPk	42.55
3. J. Williams	DkPk	43.46
4. N. Lawson U/23	SheffUOC	43.52

5. B. Cartwright	Matlock	44.32
6. M. Dawson O/40	NDerby	45.27
7. M. Wainwright U/23	SheffUO	46.04
8. D. Mitchell	DkPk	46.06
9. B. Shaw	Totley	46.13
10. B. Rothery U/23	UOSMount	47.11

VETERANS O/40

1. (6) M. Dawson	NDerby	45.27
2. (15) P. Sorrell	Ripley	48.10
3. (16) N. Stabbs	YorkKnave	48.25

VETERANS O/50

1. (42) P. Stuart	SteelCStr	53.08
2. (55) W. Hayes	PortVPlod	54.03
3. (72) S. Adams	DkPk	55.48

VETERANS O/60

1. (52) a. Whitehouse	Totley	53.49
2. (103) S. Kemp	DkPk	60.25
3. (120) M. Moorhouse	Matlock	61.46

VETERANS O/70

1. (225) C. White	Totley	71.36
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WOMEN

1. (24) M. Wilson	DkPk	49.35
2. (S. Fawcett	DkPk	53.52
3. (67) J. Featherstone	Totley	55.16
4. (68) D. Berdeni	Totley	55.20
5. (73) T. Moran U/23	SheffUO	55.59

WOMEN O/40

1. (79) C. Howard	Totley	56.48
2. (102) P. Sadler	Totley	60.21
3. (105) A. Wainwright	DkPk	60.31

WOMEN O/50

1. (215) K. McAteer	Totley	56.48
2. (231) J. Davies	SteelCStr	72.43
3. (234) S. Smith	SheffTri	73.03

WOMEN O/60

1. (136) P. Goodall	Totley	63.07
2. (183) Y. Twelvetree	Totley	67.53

265 finishers

**LATTERBARROW LOOP
Cumbria**

AS/4.8km/250m 24.05.17

I arrived at the top of Cold Fell in thick mist & quickly decided compass and whistle were going to be compulsory for the first time in the six years I've organised this race. By 5:30 p.m., we could see Swarf Fell, the final summit

of the race. By 6 00 p.m., it was definitely clearing. By the time everyone set off we had beautiful blue skies (and no kit requirement – fortunately for some I believe).

After getting to the river first to claim the River Man trophy, George Crayston was overtaken by John Henighan, so it was John who we first saw come over Swarth fell, closely followed by George. However, George's great descending saw him fly past John to win by just 5 seconds. Thereafter followed another seven men all Under 40, with the only O40 in the top ten being V50 Craig Smith beating all the V40s home as well.

First woman over the river, and so this year's Riverbelle, is newcomer Rebecca Rennie. However, the prize for first woman home was an even closer battle than the men with Debbie Walker just keeping ahead of Jennie Chatterley by 2 seconds. Rebecca then followed home as third woman.

I was unaware, and delighted, to find out that Joss Naylor had been on top of Swarth Fell encouraging everyone to dig a little harder coming up the final slope. He then gladly gave out the prizes after extolling the virtues of these short races for sharpening up your racing instinct.

Thank you to Kong Adventure for the generous sponsorship of the prizes and a big thanks to all the marshals and other volunteers over not just this year but all six that I have organised, and to John Fletcher for taking over the organiser role so I can race again – but don't forget your kit, it might be needed next time!

P Jennings

1. G. Crayston	...	Borr	24.25
2. J. Heneghan	...	P&B	24.30
3. C. Tinnion	...	Ellenb	24.55
4. L. Amor	...	Ellenb	26.40
5. C. Lister	...	Ellenb	27.00
6. B. Hagan	...	Kesw	27.14
7. A. Tod	...	NFells	27.18
8. P. Archer	...	CFR	27.30
9. T. Irlam	...	CFR	27.36

10. C. Smith O/50	...	Kesw	27.55
VETERANS O/40			
1. (11) P. Johnson	...	CFR	28.01
2. (13) J. Millen	...	BICmb	28.23
VETERANS O/50			
1. (10) C. Smith	...	Kesw	27.55
2. (14) A. McGeen	...	Ellenb	28.40
3. (18) A. Bradley	...	CFR	29.27
VETERANS O/60			
1. (21) N. Lancaster	...	Derw	30.12
2. (23) A. Reid	...	Ellenb	30.46
3. (24) P. Crompton	...	CFR	31.11
WOMEN			
1. (29) D. Walker O/40	...	Derw	34.32
2. (30) J. Chatterley O/40	...	CFR	34.34
3. (32) R. Rennie	...	CFR	34.57
4. (35) K. Beaty O/50	...	CFR	35.57
5. (36) T. Park O/50	...	CFR	36.15
(49) K. Clark O/60	...	Kesw	41.45
(51) D. Patton O/60	...	CFR	43.33
54 finishers			

ISLE OF JURA AL/28km/2370m 27.05.17

Only one record this year. Hector Haines, who took Mark Rigby's 20-year record in 2014 was head to head with Finlay Wild – in record-breaking form. Finlay took another 1.16 off to set a new benchmark. These have been good years to be at the finish line. Only Billy Bland's insuperable (?) 1988 MV40 3.09.36 record looks safe, and only Hector, Finlay, Mark, Colin Donnelly and Rob Jebb have ever run faster. Ian Holmes' best time was 3.10.10. Kieran Carr's MV60 record of 4.12.57 will be ten years old next year.

This was Ian's 21st completion, every single one under 3.50.00. George Scott and Mark Shaw also completed their 21st race.

There was an interesting weather/route conundrum this year. The week had been dry and fairly sunny but all the forecasts were for a band of electric storms to move up the west coast and isles during the middle of the race. We had 14 MRT personnel deployed

and all hill marshals with their Raynet radio team were about to leave when we hatched and agreed a cunning plan. At the first sign of lightning or thunder, all marshals on the hilltop Controls 4 to 7 would immediately be called down to their corresponding "bad weather" alternative controls which entailed inventing a new CP6a to replace Corra Bheinn. The grid reference was supplied and all competitors informed at 9:45 that they might have to change course mid-race, so to be prepared. MRT split up and deployed at strategic points just in case. Visibility was excellent, which helped with the decision. We were lucky, and everyone was very pleased to run the full normal course – especially Finlay.

There was huge pressure on entries and many were disappointed in the ballot. The event really cannot take more than 250 starters but in a calculated gamble about 360 were accepted on to the list. About 75 withdrew before race week, and with no-shows, there were 256 starters on the day.

Jasmin Paris decided not to compete about an hour before the start leaving the spoils to "normal" very good athletes. Jill Stephen achieved an excellent win, with newcomer Diana Macdonald not far behind, followed in turn by evergreen Nicky Spinks. Together with Jenny Caddick, four women achieved a whisky tumbler. Nicky's time was almost exactly the same as last year, which had been only a few days after her double Bob Graham record.

Twenty two men achieved a tumbler, with Huw Davies (6 completions) getting his first one – with 53 seconds to spare. His dad was second MV60 – they used to finish together, but no longer. The only FV60 was the unstoppable Wendy Dodds in an excellent time. Despite valiant efforts, both MV70 runners were defeated by the cut-off times.

It was gratifying to see the John Dare Shield for an outstanding performance in the Scottish Islands Peaks Race the weekend before Jura, plus Jura, as judged by their peers, go to a partnership of two runners for the first time: Outi Kamarainen and Leyre Flores.

The success of this event on the day depended on the combined efforts and help of many brilliant and excellent people all pulling together. Huge thanks to all. There is so much goodwill behind this race that it has been a privilege to be part of it for the last seven years.

Graham Arthur

1. F. Wild	...	Lochab	3.05.14
2. H. Haines	...	HBT	3.10.32
3. D. Tullie	...	HBT	3.25.57
4. K. Gray O/40	...	CaldV	3.27.12
5. R. Findlay-Robinson	...	DkPk	3.30.47
6. T. Ferguson	...	Borr	3.34.33
7. J. Symonds	...	Shettle	3.36.59
8. S. Alexander	...	WCCC	3.39.26
9. I. Holmes O/50	...	Bing	3.42.11
10. R. Simpson	...	Shettle	3.43.05
VETERANS O/50			
1. (9) I. Holmes	...	Bing	3.42.11
2. (47) D. Crowe	...	Penic	4.21.23



3. (55) J. Knox	Anster	4.29.10
VETERANS O/60				
1. (70) M. Hoffe	Helm	4.42.52
2. (98) G. Davies	Mercia	5.03.44
3. (112) B. Horn	Borr	5.11.29
WOMEN				
1. (25) J. Stephen	HBT	4.05.18
2. (36) D. Macdonald	Hland	4.13.36
3. (61) N. Spinks	O/50	...	DkPk	4.32.55
4. (74) J. Caddick	O/40	...	DkPk	4.44.17
5. (76) L. Haines	Ilk	4.45.43
(81) S. Wingrove	O/40	...	Unatt	4.49.43
(135) M. Hetherington	O/50	WCCC		5.25.17
(156) W. Dodds	O/60	...	Clay	5.40.58

MYNYDD MYFYR
Shropshire
CS/6.5km/125m 28.05.17

With warm and sunny spring bank holiday weather, we had another successful event, with 76 runners tackling the 4 mile course.

The Mynydd Myfyr is a small bracken covered hill, 1,119 ft high, with beautiful views over the Welsh border hills beyond. It sits at the back of Trefonen village, where the race starts.

The fell race is part of the Trefonen Hill walking weekend, which raises funds for various charities. It is billed as a great introduction to off road racing and the event forms part of the Oswestry Olympians Fell Race series.

As a helper in the organisation of the race, the highlight for me is the ride on the quad bike to set up the course. This go-anywhere machine is captained by ex-Olympian, Phil Ellis, who is always willing to lend a hand. As always, Ian 'Doze' Watkins is the star of the show, being chief organiser, starter, director, prize giver, and so much more.

And so on to the race itself, this time won by Tom Heard, a relative newcomer to the Olympians. Second in came the ever improving Olympian, Simon Barkley, and third was David Alexander. Fourth was another newbie Olympian, Peter Jones.

First woman was Liz Such, followed by Laura Baynham-Hughes in second and Ellie Robinson in third.

First Olympian woman was Ellen Ashton, fourth, who put in a stunning performance, starting steady and then picking up the pace throughout the race. Ellen was followed by fellow Olympians Alice Walton (sixth) and Suzie Hancock (eighth).

Helsby Running Club put in another impressive turnout, with seven runners showing. This event forms part of their 2017 Fell Championship and Mini-Fell series.

The race finishes at the Barley Mow pub which is at the heart of the village weekend festivities, and has its own Offa's Dyke brewery.

Post race refreshments are provided in the village hall by the local women, who lay on tasty sandwiches, cakes and drinks for all the runners.

Special thanks go to all involved in the organisation and running of the race. We

hope for an even better turnout next year.

Richard Foggin

1. T. Heard	OswestO	22.42
2. S. Barkley	O/40	...	OswestO	22.52
3. D. Alexander	O/40	...	WChesh	22.54
4. P. Jones	OswestO	23.14
5. C. Thompson	Helsby	23.20
6. T. Tansley	O/40	...	OswestO	23.50
7. A. Gordon	O/40	...	Helsby	24.03
8. I. Lowe	O/40	...	OswestO	24.12
9. S. Turig	O/40	...	Shrews	25.00
10. M. Davies	O/40	...	WChesh	25.13
VETERANS O/50				
1. (12) M. Jones	Unatt	25.31
2. (17) H. Jones	Shrews	26.27
3. (22) T. Palmer	Helsby	27.30
VETERANS O/60				
1. (23) S. Roberts	OswestO	27.32
2. (31) M. Cortvriend	Denb	28.55
3. (37) P. Johnson	Mercia	29.28
WOMEN				
1. (18) L. Such	O/40	...	Unatt	26.30
2. (21) L. Baynham-Hughes	O/40	...	Helsby	27.28
3. (36) E. Robinson	O/40	...	WChesh	29.16
4. (38) E. Ashton	O/40	...	OswestO	29.37
5. (39) E. Dainty	Unatt	29.39
(44) S. Hancock	O/50	...	OswestO	30.12
(50) Y. Hill	O/50	...	OswestO	30.59
(73) V. Cortvriend	O/60	...	Denb	43.50
76 finishers				

CONISTON GULLIES - BOFRA
Cumbria
AS/1.5km/300m 28.05.17

The day started without promise for this year's Spring Bank race at Coniston Gullies as low cloud and mist clung to the fell tops, reminding us of the previous day's torrential downpours in the area. However, by the time the races set off, the sun had come out from its hiding place and shone gloriously for the rest of the day.

The race itself is one of the shortest in the calendar, being just over a mile long, but it is one of the most technical short fell races on offer, making it a definite "marmite" of a fell race – runners either love it or hate it!

The start line is on a relatively flat track but the race soon does a sharp right turn on to the fell proper. From the start, the going is steep, although the first part of the ascent is on Herdwick grazed grass. Do not be deceived; as the terrain soon changes to an extremely steep boulder and scree fell side. In many places it is hand over fist climbing and at all points it is a lung busting, thigh burning climb to the top of Yew Pike, so that reaching the summit is an achievement in itself.

Racers are then treated to a relatively flat wander across the fell top before the descent commences. Whilst it descends via a different route, the clue is in the name of this race – gullies – as runners must now negotiate their way down a narrow steep sided gully that offers a bit of everything underfoot. It starts with a jump from an outcrop and soon becomes a scree slope. Just as your feet get used to the unique form of fell skiing, grass

emerges to trip you up, requiring a change of technique. It continues in its technical, ever changing nature until racers again meet the track and the short sprint to the finish funnel.

65 senior and 92 juniors were not deterred by the terrain as they lined up to do battle with "The Gullies!"

Senior men's race winner was Jack Smith and women's race winner was Rachel Pilling.

Su Thompson				
1. J. Smith	Wharf	15.04
2. T. Cowin	O/40	...	HelmH	15.52
3. A. Livingstone	Annan	16.30
4. I. Gibbons	O/40	...	Ilk	16.42
5. M. Fretwell	Settle	16.50
6. P. Lambert	O/50	...	Settle	16.54
7. R. Carr	O/40	...	Wharf	17.04
8. J. Rylance	O/40	...	Amble	17.10
9. J. Roberts	O/40	...	Kghly	17.24
10. D. Bulmer	Wharf	17.39
VETERANS O/50				
1. (6) P. Lambert	Settle	16.54
2. (11) C. Smith	Kesw	17.43
3. (17) D. Hammond	CaldV	19.18
VETERANS O/60				
1. (15) B. Proctor	HelmH	19.06
2. (38) L. L'Anson	Borr	22.38
3. (49) B. Scholes	Settle	24.48
VETERANS O/70				
1. (65) D. Wood	Borr	36.32
WOMEN				
1. (23) R. Pilling	P&B	19.46
2. (28) J. Powell	O/40	...	Wharf	20.19
3. (32) S. Houghton	O/50	...	Ripon	21.09
4. (36) P. Barrett	Wharf	22.10
5. (39) K. Aubrey	O/50	...	HelmH	23.12
(46) J. Marshall	O/40	...	Settle	24.20
(48) L. Buck	O/50	...	CFR	24.44
(52) N. Rylance	O/40	...	Amble	25.42
157 finishers				

WELSH 1000M PEAKS
Cymru, North Wales
AS/32km/2440m 03.06.17

Organised by the Gorphwysfa Club, and generously sponsored by First Hydro, the Welsh 1000m long fell race (Aber to Snowdon) and short fell race (Ogwen to Snowdon) took place. This is a significant orienteering challenge over tough terrain.

This year we had some 300 entrants over four classes, two of them the fell races. The weather forecast looked very good but Snowdonia is a law unto itself and as well as sunshine, we had mist, rain and even hail – four seasons in one!

Most runners had a good race, with few retiring before the finish. We had record times this year in both races Jack Wood set a new course record in the long fell race of 04.02.38 and Andrea Rowlands (FV40) set a new female record of 04.38.34. Michael Corrales set a new course record in the short fell race of 01.48.07.

The oldest fell competitor this year was Paul Newby. (MV70) who completed the short race in just 03:11:22.

The new Long and Short Challenge races were very popular. Andrew Rowe completed

the Long Challenge in 5.24.26 and Guy Wealthall the Short Challenge in 2.40.46. The winners were in the Long Challenge pairs, 2nd Lt Johnny Simpkins and 2nd Lt Ben Robinson in 05.57.31 and the Short Challenge pairs, Wyn Roberts and Helen Ashworth in 02.47.31

Prizes were presented by Harvey Lloyd, the Race Organiser, at a well attended ceremony at the Llanberis Community Centre, where soup, tea and cake were much relished.

The Welsh 1000m event is complex and requires complex logistics and diligent supervision. It covers potentially dangerous terrain and the races are long. There are two starts and a finish on the top of Snowdon, still a walk to Race HQ for the runners. To map the location of competitors, we use sophisticated mobile technology control points supported by radio and mobile phone communications (where they work!).

A great comment from a competitor: "Excellent event this year. Always a tough course and every step a challenge over the most beautiful and rugged terrain in Wales. Great to see so many competitors and thanks to the organisers and marshals for making this happen."

Jean Hall

1. J. Wood	Ilk	4.02.38
2. P. Vale O/40	Mercia	4.06.17
3. M. Fortes O/40	Eryri	4.11.56
4. M. Pinker O/40	Unatt	4.14.15
5. R. Grantham O/40	Pensby	4.19.40
6. S. Skates	Prestat	4.22.31
7. D. Griffiths	Rhedwyr	4.24.21
8. J. Brown O/40	Buckley	4.37.13
9. A. Rowlands O/40	Eryri	4.38.34
10. T. Migliuolo	Chelten	4.43.45

VETERANS O/50

1. (27) D. Powell	Aberyst	5.22.55
2. (35) N. Jeff	Buxt	5.28.55
3. (36) A. Parsons	Unatt	5.31.18

VETERANS O/60

1. (45) I. Edgar	RhedE	5.36.59
2. (86) C. Edwards	Unatt	6.06.42

WOMEN

1. (9) A. Rowlands O/40	Eryri	4.38.34
2. (12) M. Price O/40	Mercia	4.45.46
3. (37) H. Brown O/40	MynDu	5.22.12
4. (44) R. Law	Eryri	5.35.50
5. (53) N. Albiston	Eryri	5.42.38
(72) E. Collins O/50	Denb	6.13.32
(73) A. Calvert O/50	Macc	6.19.24
(85) J. Davies O/60	Sadd	6.41.05

**PENYGHENT
North Yorkshire**

AS/9.5km/564m 03.06.17

A warm day, in a beautiful part of Yorkshire, what better fell run could you have - and 140 runners agreed.

With a slight change to the course because of erosion, we all wondered what difference it would make to the results. Thomas Corrigan swept around the course in an impressive style never really challenged from start to finish. Ted Mason with his momentous downhill running decreased the

gap but Tom still beat him by 30 seconds, entering the field as Ted was only just going over the bridge. Local runner Jimmy Craig, took third. The women's race was won by Rachel Pilling in just over the hour, five minutes ahead of the next woman.

It was great to see Craig Roberts back again and taking the MV50 race (10th), just behind Neil Armitage who took the MV40 in (9th). There were runners in all male and female categories up to V60 and five very competitive MV70s who put us all to shame.

When 140 runners leave the field, you always wonder if they will all return, will you miss someone crossing the line, will you call a woman called Sam a man on the results because it wasn't clear? Thankfully, all runners returned safely with the final runner leading the marshals in, in true fell race style, enjoying the free cakes afterwards, his challenge to clear all of them.

See you all next year, where records will be reset due to the changes. And don't forget free cake for all (just a donation to CRO if you have it).

Karen Allsopp

1. T. Corrigan	Barlick	48.44
2. T. Mason	Wharf	49.14
3. J. Craig	Barlick	49.36
4. M. Ainsworth	HelmH	49.44
5. D. Mills	Barlick	50.29
6. A. Burns	Unatt	50.44
7. J. Crossfield	Hfx	53.03
8. N. Crampton	P&B	53.33
9. N. Armitage O/40	P&B	53.50
10. C. Roberts O/50	Kend	54.06

VETERANS O/50

1. (10) C. Roberts	Kend	54.06
2. (27) N. Holding	Norwich	58.37
3. (37) S. Jones	Unatt	62.16

VETERANS O/60

1. (45) P. Harlowe	Wharf	63.36
2. (77) G. Bateson	Barns	70.29
3. (78) A. Quickfall	Newb	70.35

VETERANS O/70

1. (69) K. Carr	Clay	67.59
2. (80) N. Bush	Ilk	71.22

WOMEN

1. (33) R. Pilling	P&B	60.15
2. (52) R. Grey	HydeP	65.10
3. (54) S. Houghton O/50	Ripon	65.42
4. (67) A. Seims	VStr	67.33
5. (72) F. Hall O/40	Trawd	68.27
(73) J. Powell O/40	Wharf	69.00
(109) C. Addison O/50	Horsf	80.52
(113) L. Melvin O/50	RoseRR	82.31
(133) S. Tonge O/60	RoseRR	90.32

140 finishers

**PENDLE CLOUGHS
Lancashire**

AL.22.5km/1250m 04.06.17

Starting from the picturesque village of Downham, the challenging route is flagged across fields to the fell. Once on the open fell runners can choose their own route to the nine checkpoints. In doing so, they will run through seven of Pendle's Cloughs: Burst Clough, Mearley Clough, Ogden Clough,

Deep Clough, Churn Clough, Ashendean Clough and Boar Clough.

The route covers sections of Pendle Hill that are seldom visited. Runners need to use their skills to cover some of the high, rough and in places trackless moorland terrain, with steep ascents and descents, including loose stones, mud, peat, rough grass and dead bracken. The crossing of Deep Clough beyond CP4 involves a traverse of steep and loose shale which can be avoided by ascending directly up from CP4 and across the top of the clough by Deep Clough spring. After navigating round the hill for 12 miles the final two miles gives runners a chance to really 'let go' as it's all downhill to the finish! Overall, the position of the checkpoints offers some interesting route choices and certainly forms much of the discussion in the pub afterwards!

In its 10th year, this was my first year as Race Organiser. Having taken over at fairly short notice, it was not advertised in the FRA printed Fixture Calendar so I didn't expect many entries. On the day 30 runners set off in the rain, which soon dried up leading to a sunny afternoon. First back was Duncan Coombs in 2.23.02. Apparently he was on his way between Edinburgh and Sheffield visiting his relatives in Downham and decided to 'give it a go'. Not a bad effort considering he had seven minutes lead over second place Rob Allen. First woman back was Lindsey Oldfield (seventh place overall) in 2.49.09.

Many runners commented on the excellent route and surroundings the race provides and couldn't understand why so few ran. Was it because it was not in the FRA Fixture List and a clash with many other events on the same weekend? My aim is to ensure the race is a success in the future by increasing competitor numbers whilst working closely with the Downham Estate to ensure there is minimum impact on the village and surroundings. The date for 2018 is yet to be decided but likely to be in May and will be confirmed in the FRA Fixtures Calendar.

Finally, a big 'Thank You' to all the marshals and timekeepers (and to an excellent handover from Andy Hirst, the previous RO),



Pendle Cloughs: Winners Duncan Coombs (Hunters Bog Trotters) and Lindsay Oldfield (CVFR) receiving their trophies

PHOTO © ANDY HOLDEN

Pendle Cloughs: Lindsey Oldfield CVFR and 1st Lady receiving a bit of assistance from Stephen Whitaker (FRA) at CP8 Robin Hoods Well



false summit racers are allowed the luxury of a relatively flat though tussocky skyline trot, at the edge of Middlesmoor Pasture, before the sharp, varied and technical descent. The descent starts with a small cliff edge before competitors negotiate the scree at Gate Cote Scar. What follows are rocks and steep grass banking to test all skill levels before the flat run back along the track, sharp left turn over the gnarly loose rocks, and mad dash across the cricket field to the finish. The junior races follow the same outward route as far as the chimney summit, then turning at various points to return via the same route as the senior race. Only the very youngest of runners in the U9 race are denied the climb through the chimney and chance to launch themselves from the cliff edge!

The senior race got off to a good start as Jack Cummings led out, trailing the rest in his wake. However, by the time the skyline was reached, it had all changed as Jack Smith was now in the lead with Ted Mason, who had come second the previous day at Pen-y-Ghent, close behind him. Once they had rounded the turn cairn it all changed again as experience allowed Ted to steal the lead from Jack who headed off in the wrong direction. Capitalising on his advantage, Ted then ran for his life to keep Jack behind him all the way to the finish, glancing back periodically to make sure he wasn't gaining on him.

Following on from her clear win in the women's race at Coniston Gullies the previous week, Rachel Pilling ran a furious race to claim victory at Kettlewell.

The U17 race follows the same course as the seniors and was no less of an ever-changing scene as Sebastian Segger-Steveley and Logan Hargreaves-Madhas led the field to the chimney. The real change in fortunes occurred on the descent as Thomas Marshall launched himself down the cliff and scree to take the lead, and win the race.

The U14 race was led out by Alexander Thompson and Sam Smith with Joel Taylor and Henry Hunter on their shoulder. As the race progressed along their skyline, the four of them tussled for first place with Joel in the lead as they rounded their turn point. However, it was the cliff edge and scree that changed fortunes as Alexander launched himself in dramatic style from the cliff, skidded down the grass and bounced over the scree to gain the lead from Joel, and secure a race win. The girls' race was led out and won in fine style by Alice Jones, who skated elegantly down the scree and sprinted in to the finish.

Su Thompson

1. T. Mason	Wharf	11.47
2. J. Smith	Wharf	11.58
3. N. Treitl	Barlick	12.13
4. J. Cummings	Ilk	12.15
5. G. Pearce	P&B	12.29
6. A. Livingstone	Annan	12.57
7. D. Haygarth O/40	Wharf	13.03
8. D. Kirkham O/40	Wharf	13.09
9. I. Gibbons O/40	Ilk	13.17

who all made my job much easier than I expected. See you all next year.

Mark Nutter

1. D. Coombs	HBT	2.21.02
2. R. Allen	CaldV	2.28.08
3. A. Life O/50	Clay	2.41.24
4. D. Copping O/50	Kghly	2.43.14
5. R. Laycock O/50	Settle	2.44.35
6. S. Whitaker O/50	FRA	2.49.08
7. L. Oldfield	CaldV	2.49.09
8. C. Helliwell O/40	Clay	2.49.56
9. P. Stobbs O/50	Trawd	2.53.44
10. A. Priory O/40	Clay	2.53.46

VETERANS O/60

1. (17) R. Bellaries	Clay	3.07.27
2. (26) B. Jackson	Barlick	3.48.53

WOMEN

1. (7) L. Oldfield	CaldV	2.49.09
2. (12) M. Ralphson O/40	Trawd	2.54.15
3. (13) C. Haines	HBT	2.57.56
4. (25) C. Vincent	Clay	3.48.36

29 finishers

**KETTLEWELL - BOFRA
North Yorkshire
AS/2km/200m 04.06.17**

This year's BOFRA Kettlewell race started well as the sunshine and showers forecast only 24 hours earlier became sunshine all round, making for a great day at the races.

As in 2016, all races began and finished in the cricket field below the fell. Spectators were able to clearly view the 88 senior and 151 junior runners as they weaved their way over the varied terrain of this short, sharp race.

Soon after leaving the cricket field, all courses take a sharp right turn, over gnarly loose rocks, to enter the field at the fell base. Runners now race along a flat track before the steep grassy incline to "the chimney" and the first false summit. Once through the chimney the course flattens off before the second of three climbs. Once over the third

10. J. Aubrey	Helm	13.39
VETERANS O/50		
1. (11) P. Lambert	Settle	13.41
2. (12) C. Smale	Barlick	13.51
3. (24) D. Hammond	CaldV	15.00
VETERANS O/60		
1. (45) D. Allen	NMaster	16.51
2. (53) L. L'Anson	Borr	17.40
3. (66) B. Scholes	Settle	18.47
VETERANS O/70		
1. (88) D. Wood	Borr	27.28
WOMEN		
1. (29) R. Pilling	P&B	15.34
2. (40) P. Barrett	Wharf	16.27
3. (41) J. Powell O/40	Wharf	16.30
4. (44) S. Houghton O/50	Ripon	16.44
5. (50) K. Aubrey O/50	HelmH	17.09
6. (61) T. Hagendoorn O/40	HelmH	18.32
(64) J. Battersby O/40	Wharf	18.39
(71) L. Buck O/50	CFR	20.00
239 finishers		

YOMP MOUNTAIN CHALLENGE Cumbria BL/37km/1326m 04.06.17

As race day dawned, the weather looked promising for this year's Upper Eden Yomp Mountain Challenge. Fortunately, the weather was not as hot as in 2016 and not as cold, wet and windy as in some other years. In fact, for the fell athletes it was ideal conditions.

Carl Bell was back this year and broke his own course record for the full 23 mile course, finishing in a time of 2:36.20, improving on his previous time of 2:43:00 which was set in 2012. Heidi Dent came very close to beating the existing women's record for the full Yomp, this was set in 1994. Heidi just missed out by three minutes, 136 competitors completed the 23 mile course.

As mentioned above, Carl Bell was first home in 2:36:20 and took the Wild Boar Cup. The Swarth Fell Trophy for fastest local runner went to Patrick Hannah who came second in 3:10:56. Fastest woman home was Heidi Dent in 3:26:49, she took the Mallerstang Cup, Heidi also won the Nateby Trophy for the fastest local female. The winner of the Nine Standards Veterans O60s trophy was Mike McKenna in 3:36:40. The K Shoes Shield for fastest team went to Howgill Harriers, their team of three recording a combined time of 10:16:56 (Patrick Hannah, Heidi Dent and Brian Pennington). Second place went to Eden Runners.

The Upper Eden Yomp Mountain Challenge is organized by the Rotary Club of Upper Eden and starts and finishes in Kirkby Stephen, Cumbria. The event first took place in 1983 and has been held every year apart from the year that "Foot and Mouth" took its toll. The 23 mile course has a 4000 feet height gain and the route goes through and round the Mallerstang Valley in Cumbria, part of the course is now in the recently enlarged Yorkshire Dales National Park. It is fully waymarked and marshalled with timed checkpoints.

Over the years, the event has raised many thousands of pounds for nominated charities, this year it was Blood Bikes Cumbria.

The 2018 date for the Yomp is Sunday 3 June.

David Prince			
1. C. Bell	Kesw	2.36.20	
2. P. Hanna	Howg	3.10.56	
3. J. Eyre	Eden	3.21.55	
4. M. Sandamas	Unatt	3.24.43	
5. H. Dent	Howg	3.26.49	
6. A. Slattery	Kesw	3.28.14	
7. R. Ellwood	Unatt	3.32.13	
8. M. McKenna O/60	Unatt	3.36.40	
9. B. Pennington	Howg	3.38.28	
10. A. Pattinson	YorkK	3.49.35	
VETERANS O/60			
1. (8) M. McKenna	Unatt	3.36.40	
2. (13) J. Clapp	DFR	4.01.09	
3. (23) A. Leigh	Unatt	4.20.04	
WOMEN			
1. (5) H. Dent	Howg	3.26.49	
2. (18) D. Metcalfe	Derw	4.10.32	
3. (30) R. Slettery	Helm	4.28.06	
4. (31) M. Williams	NFR	4.28.52	
5. (33) L. Todhunter	Amble	4.33.59	
136 finishers			

CALVER PEAK Derbyshire BS/8km/275m 07.06.17

1. J. Lane	Totley	31.23
2. D. Haworth	Kesw	31.52
3. D. Coombs	Unatt	32.16
4. C. Perry	DkPk	32.16
5. N. Taylor	Unatt	32.21
6. B. Shaw	Totley	32.44
7. P. Fauset O/40	DkPk	33.05
8. S. Vas	Unatt	33.24
9. M. Bair	Mat	33.37
10. P. Sorrell O/40	Ripley	33.50
VETERANS O/50		
1. (18) T. Clayton	Ripley	35.01
2. (36) I. Shaw	FatB	37.10
3. (44) P. Stuart	Steel	37.57
VETERANS O/60		

1. (76) K. Holmes	DkPk	41.07
2. (85) S. Brister	Mat	41.35
3. (91) S. Kemp	DkPk	41.46

WOMEN

1. (41) C. Brock	Steel	37.26
2. (47) D. Berdeni	Totley	38.39
3. (51) C. Haines	DkPk	39.21
4. (81) C. Wilson	Beest	41.22
5. (84) J. Rogers	Unatt	41.30
6. (90) S. Burrell	PortV	41.45
(96) D. Hope O/40	StaffsM	41.59
(103) R. Burton O/40	NDerby	42.39
(111) A. Wainwright O/40	DkPk	43.00
(142) J. Crowson O/50	DkPk	44.44
(150) P. Goodall O/60	Totley	45.04
(176) F. Milner	DkPk	47.04
(219) L. Beck O/50	Derw	52.48
254 finishers		

LAKESIDE GUMMERS HOW Cumbria

AS/5km/260m (+ boat) 10.06.17

The wet weather stopped in time to leave very good rowing and running conditions for the 23rd staging of this historic fell race since it was re-started in 1994 after a 60 year gap.

The individual race began at 5.30 p.m. with Ian Holmes (Bingley Harriers), the current record holder, attempting to be on the podium yet again. The 400 metre run from the start, in the original field, to the lake shore at the 4 star Lakeside Hotel is always a mad dash to secure the nearest rowing boat and, as usual, the sight of fell runners attempting to row across Lake Windermere is a fascinating one.

Ian arrived back at the boats on the east shore, after reaching the cloud covered summit of Gummars How, three minutes ahead of Josh Jardine (Helm Hill). This gap remained on the return row to the finish on the lawn of the hotel where a winning time of 27.12 was recorded. Ian chose the first prize of £125 donated by the Lakeside Hotel. Josh Jardine was second in 31.03, Andy Blackett (Durham Fell Runners) third in 32.45 and Katy Moore (Keswick AC), the



Man eating nettles
at Calver Peak

Ennerdale



first woman to finish in seventh place, all received a hamper from Hawkshead Relish.

The team event began at 6.30 p.m. with the 13 teams already knowing which boat they were to use due to a pre-race draw. The spectators were treated to the sight of boats and oars clashing as their rowing skills, or rather a lack of, were severely tested. Once out of the boats on the east shore the runners ascended in close succession with 'Got the Runs' (Mark Addison, Rob Jebb, Tom Addison), last year's winners, reaching the summit first in their attempt to win again and break the record held since 2004 (25.51). Their rapid descent and a good return row saw them home first in a winning time of 26.35. Second were the 'The Sinkers' (Pete German, Adam Oliver, Ben Jackson)) in 32.11 and third were 'Bows Deep' (Sam Harrison, James Gray, Sandy Lockett) in 32.28. The first prize of £90 was donated by the organisers. Each member of the second and third teams and the first women's team in eighth place, 'Rowed Kill' (Jo Gillyon, Cat Evans, Lindsay Walker), received a hamper from Hawkshead Relish.

Many runners were competing in this unique event for the first time and based on their experience, I am sure many will be back!

We all look forward to the 24th event in 2018.

David Birch

Individual

1. I. Holmes	27.12
2. J. Jardine	31.03
3. A. Blackett	32.45

4. W. White	33.22
5. J. Donnelly	34.07
6. H. Lord	34.26
7. K. Moore (Woman) ...	39.39
8. P. McIver	40.34
9. L. Donnelly	40.46
10. R. Cannon	41.22
14 finishers	
Teams	
1. Got The Runs	26.35
2. The Sinkers	32.11
3. Bows Deep	32.28
4. On the Run	32.57
5. Proc it to 'Em	33.13
6. Blood, Sweat and Beers	34.00
7. Two out of Three Ain't Bad	36.57
8. Rowed Kill (Women) ...	37.13
9. Women at the Helm (Women)	38.51
10. Coalition of Chaos ...	39.08
13 finishing teams	

**ENNERDALE HORSESHOE
Cumbria**

AL/36.8km/2290m 10.06.17

Yet another Ennerdale race in poor weather with continuous heavy rain, thick cloud and winds of up to 40 mph. The race had the lowest turnout of the last 10 years with only 55 hardy souls starting.

The weather and runners being worried that the "dreaded short course" would be used are seen as the two main factors behind the low turn-out. The full course was run with the relatively high temperatures being

one of the key factors in going ahead. The 22 summit marshals look very windswept on their return but reported good, weather induced, banter with the runners.

Ben Abdelnoor came home the very clear winner by 30 minutes to collect the new trophy. Nicky Spinks and Kirsty Hewitson collected the new women's trophy jointly. Remarkably, 47 of the 55 completed the race to enjoy food, drink and a shower (the washing type) at the finish. The last runners returned at 8 00 p.m. due to an unplanned excursion into Wasdale.

Next year's race is the 50th anniversary of the Ennerdale race as my records show that the race was first run in 1968. I would be great to get a good turn-out for the race to celebrate this great event.

Colin Dulson

1. B. Abdelnoor	Amble	4.08.35
2. H. Lord	BlCmb	4.37.13
3. A. Schofield O/40	Borr	4.37.35
4. M. Reedy O/40	Amble	4.51.23
5. P. Davies	DkPk	5.04.30
6. M. Robinson O/40	DkPk	5.16.49
7. C. Smith O/50	Kesw	5.19.31
8. B. Wilkinson O/50	Borr	5.20.44
9. M. Perry	EskV	5.22.35
10. D. Lund	DkPk	5.22.44
(12) I. Ferguson O/50 ...	Bing	5.29.46
VETERANS O/60		
1. (34) P. Nelson	WCOG	5.28.19
2. (39) K. Holmes	DkPk	??
WOMEN		
1. (15) N. Spinks =O/50 ...	DkPk	5.32.53
2. (15) K. Hewitson O/40	DkPk	5.32.53
3. (18) K. Roberts	Amble	5.59.37

4. (24) L. Spain	...	HelmH	6.05.05
5. (29) H. Evans	...	Buckley	6.13.50
(43) L. Malarkey O/60	...	Kesw	7.34.38
47 finishers			

ROMAN WALL SHOW

Northumberland

BS/7.1km/189m 10.06.17

It is hard to imagine the weather being any worse. The rain was horizontal as the team met to mark out the course. As the brave marshals began to arrive, huddling in the back of a leaking farm trailer, the question on everyone's lips was "will anyone turn up to race?" "Is it worth sending the marshals out to some of the most exposed parts of Hadrian's wall?"

The course is acknowledged as one of the most scenic around, taking in a circuit of the most popular section of the wall including Sycamore Gap. On a fine day it is literally quite breathtaking but this year the mist was low, the wind gale force, and the rain horizontal. However, surprise surprise! A good number of brave souls turned up to claim their free entry.

(It needs to be made clear that the fell race is a part of the Roman Wall Show – basically a very prestigious farming sheep show – and only one of several attractions providing a great family day out.)

In the end a small field consisting of a group of Newcastle University students, an American family and local running club members braved the elements and attacked the near 5 mile course.

The weather improved as the runners gathered at the start. The course was marked, the marshals in position and off they went down a tricky starting hill.

In the end it became a battle for the first three with a closely fought victory for Colin Donnelly over Andy Green (both V50s).

The American family stuck together and were led home by the youngest daughter. The group of students found the conditions testing but finished strongly.

So, in the end all was well with enthusiastic finishers praising the marked course and the marshalling. All who ran loved the course and its scenic qualities. Next year the weather will be beautiful and we will have a record entry!

Come on! You can but dream.

PS There was a small junior run of 1.5 miles won by a young girl doing her first ever race (Rebecca Green) in atrocious conditions watched closely by her father. The future is bright.

David Hunter

1. C. Donnelly O/50	...	Unatt	31.26
2. A. Green O/50	...	Tynedale	31.45
3. A. Maxwell	...	Tynedale	31.59
4. M Hetherington	...	Heaton	32.09
5. Sam Myers U/18	...	Unatt	34.02
6. J. Travis	...	NUFOC	36.09
7. P. Turnbull	...	Unatt	36.57
8. K. Foster O/60	...	Unatt	37.17
9. G. Skinner Girl U/18	...	USA	38.00

10. K. Skinner O/50	...	USA	39.08
WOMEN			
1. (13) T. Robb	...	Low Fell	40.40
2. (17) A. Reay	...	NUFOC	43.50
3. (18) E. Peters	...	NUFOC	48.48
4. (20) R.Todhunter O/50	...	AllenV	53.4720

finishers

JUNIORS U/16

1. Jacob Barnes	
2. Finlay McDermott	
JUNIORS U/12	
1. Rachel Green	
2. Hannay Teasdale	
3. Erin Savage	
4. Angus Savage	

HAWKSWICK DASH - BOFRA

North Yorkshire

AS/2km/200m 11.06.17

It was all to play for at this year's Hawswick Dash fell race. Many of the familiar faces were either absent or had competed in fell or track races the previous day.

So, on a blustery Yorkshire summer Sunday an impressive 81 senior and 108 juniors toed the start line to enjoy this short, sharp, lung inverter of a race. The race starts with a dash from the start field and across the bridge before a seemingly endless drag up a track to the fell base. Then it is a sharp right turn to a steep, hand over fist, lung-busting climb to Hawswick Moor. Runners must then negotiate a couple of wall climbs and an undulating skyline run across tussocky heather before another sharp right turn to the steep descent and dash back across the bridge to the finish funnel.

Eventual race winner, Ben Mounsey, started as he meant to go on as he posed in his "Usain Bolt sprint start impression" while waiting for the starters gun. It seemed to work as by the time the race reached the bridge, he had a clear lead and never looked back as he romped home in first place.

In the women's race, it was a familiar face who won. Kirsty Hall stormed her way to a very clear win, finishing in the top 20 overall.

Su Thompson

1. B. Mounsey	...	CaldV	11.46
2. J. Woodley	...	Skyrac	12.01
3. J. Cummings	...	Ilk	12.04
4. G. Grayston	...	Borr	12.17
5. N. Treitl	...	Barlick	12.30
6. M. Fretwell	...	Settle	12.40
7. M. Fanning O/40	...	Holmf	12.53
8. J. Bradshaw	...	Wharf	12.58
9. I. Gibbons O/40	...	Ilk	13.11
10. J. Pemberton	...	DkPk	13.14

VETERANS O/50

1. (12) P. Lambert	...	Settle	13.50
2. (22) C. Jones	...	Wharf	14.52
3. (23) D. Hammond	...	CaldV	14.58

VETERANS O/60

1. (44) D. Allen	...	NthnMstr	16.55
2. (54) L. L'Anson	...	Borr	17.48
3. (65) B. Scholes	...	Settle	19.28

WOMEN

1. (19) K. Hall O/40	...	Wharf	14.36
2. (36) R. Pilling	...	P&B	16.04

3. (37) P. Barrett	...	Wharf	16.09
4. (38) S. Houghton O/50	...	Ripon	16.17
5. (41) J. Powell O/40	...	Wharf	16.28
6. (45) J. Howells O/40	...	Wharf	17.03
(47) A. Paxton O/50	...	Kghly	17.15
(63) L. Buck O/50	...	CFR	19.20
189 finishers			

BROWN WARDLE (AND A BIT MORE)

Lancashire

AS/5.3km/360m 14.06.17

Where to start? A Kev Shand rant I think - 38 runners turning out to take on the Brown Wardle race on a sunny June evening is a bit of a poor show. OK, there are plenty of races on at that time and calendar clashes are inevitable, but 38? Are fell runners becoming materialistic and only turning up if there are prizes in every category, vets, teams etc etc? There is a simple prize list. First three men, first three women with some adhoc vets prizes thrown in (apologies if there were any mistakes made on the night). What's wrong with turning up and racing against the clock or having the usual battle against teammates around a tough course with some tough climbs?

Many people said on the night why not swap to an alternative night or date? Problem is the race forms part of the Whitworth Sports Festival which runs from Saturday until the following Sunday with up to two other events taking place each night taking up marshals, so we are pretty much stuck with the day/date..... anyway rant over for now.....!

On to the race, two previous winners toed the line on the night, Chris Smale, who won the race in its shorter guise and Chris Jackson, who won last year. Both were shown a clean pair of heels by Gaz Pemberton winning his first race in 28:21, Chris Smale followed him in second place with Chris Jackson in third place. The women's race was won by Heather Dalgleish with Caroline Harding taking second place after a warm up run over the hill from Wardle. Third place was taken by Carol Life.

Interestingly, looking at the results, only eight were senior runners, everyone else were vets of 40+.

Many of the names in the results have done the race before – Steve Fish, Alan and Carol Life, Mark Ellithorn as well as Chris Smale and Gaz Pemberton. If you have any doubts about the race please ask any of these runners or have a read of Darren Fishwick's and Steve Fish's comments on the forum (thanks both for your comments).

Thanks to all the marshals on the night who helped out either on the moors or holding a gate open, and to Brown Owl – Ann Mundae for the use of the Scout hut, all proceeds from the race were donated to the 41st Whitworth Cubs & Scouts.

Andrew Lee

1. G. Pemberton	...	Wharf	28.21
2. C. Smale O/50	...	Barlick	28.51
3. C. Jackson	...	Penn	29.15

4. D. Fishwick O/40	Chorl	29.27
5. M. Barrett O/40... ..	Ross	31.33
6. A. Life O/50	Clay	32.22
7. R. Turner O/50	Ross	32.36
8. M. Elithorn O/50	Chorley	32.41
9. S. Smithies O/40	CaldV	33.08
10. J. Riley O/40	Tod	33.37

WOMEN

1. (23) H. Dagleish	Ross	38.15
2. (25) C. Harding O/40 ...	P&B	38.58
3. (34) C. Life O/50	Clay	46.18

38 finishers

PETER BRINSLEY BOSLEY FETE
Cheshire
BS/7.5km/250m 17.06.17

A baking hot day blessed the fete, leaving runners thirsty and hot. A great day out was had by all, with runners helping the crowds drink the bar dry (again!!!!). Won this year by local fastman Jack Ross after an absence of a few years. Jack came in comfortably a minute and a half in front of Julian Goodwin. Julian (also first MV40) ran last year, finishing well over a minute faster than last year's time, so clearly on fire this season. Third overall was David Bethell. First woman was Wendy Higginbottom, closely trailed by Emma Weston, both FV40, with Nicola Reece third woman.

First U23 was Robbie Peal finishing sixth overall. No U23 women entered sadly. First MV50 was Rob Owen who arrived early and was first to sign on. As an organizer, it's always a relief to get the entries arriving to boost confidence. In the MV60 class, it was

good to see evergreen Mick Moorhouse on form, Mick hasn't run Bosley for a few years but whenever he does he gets a good race. This time John Gorman was hard on his heels, just a few seconds adrift. Maggie Gorman had a great run and showed John how to win her FV60 class, also showing many younger women the way home too. First MV70 was Colin Ardron.

The junior race was won by James Doorbar again, this year improving his time by 33 seconds from last year with Jack Farrall second. These two have been finishing first and second for the last three years with James getting the better of Jack on two occasions. This year James further lowered his course record from last year in a time of 16.25. First junior woman was Clarissa Rigby (Boalloy).

Many thanks to the runners for taking part, please spread the word, it would be good to get a few more coming.

Sam Alston

1. J. Ross... ..	StaffsM	31.54
2. J. Goodwin O/40	Boall	33.23
3. D. Bethell	TRaid	33.56
4. A. Allan	Congle	34.13
5. J. Wood O/40	StaffsM	34.55
6. R. Peal U/23	Macc	35.12
7. A. Masidlover	Gatley	35.22
8. P. Goodfellow U/23 ...	Macc	35.34
9. R. Owen O/50	Totley	35.41
10. A. Harris	Macc	35.52

VETERANS O/50

1. (9) R. Owen	Totley	35.41
2. (16) A. Bethell	Eryri	38.38
3. (21) N. Hey	Macc	39.55

VETERANS O/60

1. (31) M. Moorhouse ...	Mat	43.02
2. (32) J. Gorman	NDerby	43.14
3. (42) I. Akers	StaffsM	46.24

VETERANS O/70

1. (57) C. Ardron	Wilms	53.29
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WOMEN

1. (18) W. Higginbottom O/40	Buxt	38.40
2. (19) E. Weston O/40 ...	Congle	39.37
3. (23) N. Reece	Unatt	41.02
4. (30) C. Wood	Congle	42.58
5. (51) C. Crossley... ..	Mac	52.14
(52) M. Gorman O/60 ...	NDerby	52.25

73 finishers

JUNIORS – 3km

Boys

1. J. Doorbar	Macc	16.25
2. J. Farrall	Boalloy	17.15
3. H. Bond	StaffsM	17.23
4. P. Goodfellow	Macc	17.47
5. F. Pettie	Macc	19.29

Girls

1. C. Rigby	Boalloy	19.04
2. L. Hackett	StaffsM	20.33
3. B. Owen	Totley	30.23
4. A. Brown	Unatt	31.27

15 finishers

PEDOL CWM PENNANT
Gwynedd
AL/24km/1700m 17.06.17

As the dust literally settles after the most traumatic of PCP's, here's a quick report.

Well the target of 30 runners was met, with a grand 31 starters - not bad considering 800 had signed up for Tebay and over 2000

PHOTO © TIM TOGGET

Peter Brinsley Bosley Fete



at TMW! The route was meant to be run clockwise, this plan stuck; what didn't stick was the superb, grassy descent off Hebog. An overly friendly visit from one of the local farmers minutes prior to the start meant the descent was off and a last minute route change was necessary. Thanks to some advice from local residents, Sioned and Gwen Owen, we decided the route would still climb Hebog, return the same way but head down Cwm Llefrith and back to the hostel. All runners sounded happy with the unavoidable change.

As the runners were led down the valley, turning off for Cwm Ciprwrth, I turned back and planned to head back to HQ. Unfortunately, on meeting Neil Crampton's partner driving up the valley, she managed to bank her car and get totally stuck...being a single lane road, we were all stuck! Cue a genuinely friendly farmer with a tractor - that's 99% of the valley's farmers!

Back to HQ and the race and a cracking battle up front between Matt Fortes, Jez Brown and Dylan Griffiths. Dylan was first to

the summit of Hebog but the Fortes reeled him in on the descent to win in 2.59.23, with Dylan just over two minutes back in 3.01.24 and Jez third in 3.02.39. Good to see Mark Davies back in action only a fortnight after the Dragon's Back - making full use of the race creche service - finishing second V40 in 3.11.50. 'Unfit' Noel Craine took the V50s in 3.20.57. Local lord of the land, Iwan Edgar took the V60s in 4.01.21 whilst Ali Thomas (4.18.01) and Emily Wood (4.35.47) took the gongs in the women in 20th and 24th respectively.

Whilst all this was going on it was clear a few were struggling en-route, with three going totally wrong off Tal y Mignedd. 'Thanks' to a weary Fred Smith, two were found in no time. Unfortunately, the final individual was not found until just before 6 o'clock - thanks to Martin Cliffe!...she had a nice four hour exploration of Beddgelert Forest though!

So there we go. 28 finishers. Mixed response regards whether clockwise was better - certainly harder.

Big thanks to the landowners/helpers/marshals/tea makers, etc - too many to mention, but particular thanks to the last minute helpers - Trefor Jones, Sioned and Gwen Owen, Colin the Policeman, Sue and daughter at the hostel and Rhian WT for helping with results.

Following the overly friendly interaction with the farmer, it was thought the future of the race could be in doubt. But hopefully all will be sorted for next year.

Roll on 2018!

Matthew Roberts

1. M. Fortes O/40	Eryri	2.59.23
2. D. Griffiths	Hebog	3.01.24
3. J. Brown O/40	Buckley	3.02.39
4. N. Crampton	P&B	3.07.22
5. M. Davies O/40	NWRR	3.11.30
6. M. Cliffe O/40	Eryri	3.12.16
7. N. Craine O/50	Eryri	3.20.57
8. M. Wainwright	Helsby	3.22.15
9. E. Owen O/40	Eryri	3.24.21
10. E. Harmer O/40	Eryri	3.27.36
VETERANS O/50		
1. (7) N. Craine	Eryri	3.20.57
2. (12) P. Agnew	Unatt	3.33.25
3. (16) J. Londesborough	HattoD	4.02.58
VETERANS O/60		
1. (16) I. Edgar	Eyri	4.01.21
WOMEN		
1. (20) A. Thomas O/50 ...	Eryri	4.18.01
2. (24) E. Wood O/50	Eryri	4.35.47
28 finishers		

TEBAY FELL RACE 2017

Cumbria

AM/13km/914m 17.06.17

2017 was the first time Tebay had been a British/English championship race and locals turned out in force to support. The race organised by Paul Brittleton and Gary Murphy, who both said that after months of planning all went smoothly.

Paul and Gary would like to thank all their helpers, including Hazel Pattinson, Judith Gilpin, Denise Satterthwaite, Adele Roche, Sue Zanzarella, Pauline Moffatt and Laura Smithson (registration), Terry Roche (timekeeping), Kevin Mooney and Les Whittaker (car parking), all checkpoint marshalls, Kevin Wharton, who did an excellent job as controller of the quad bikes which, among other things, were responsible for topping up five barrels of water three times on the course to keep runners hydrated, Kirkby Stephen Mountain Rescue team, Becky Wolstenholme (photography) and Tebay Club, which was used as race HQ. Pam Murphy would also like to thank Ann Mooney, Jean Whittaker, Sue Marsden and Anne Bryning for a fabulous job catering for the 457 runners.

It was amazing day, with wall to wall sunshine and a light breeze as the runners did battle over the fell. Overall race winner was Sam Tosh of Rossendale Harriers, in a time of 1hr 12min 51 sec — over three minutes outside the record, set in 2009 by Simon Bailey.



Pedol Cwm Pennant

Run of the day was by first lady home, Bingley Harrier Victoria Wilkinson, who smashed the record with a time of 1.21.55 (46th overall). The previous ladies record was 1.23.01, set by Keswick AC's Pippa Jackson in 2009. Victoria's efforts earned her £100, put up by race organiser Paul Brittleton. Victoria seems to be making it her mission to take money off Paul!!

Second man home was English championship leader Chris Arthur, of Bowland Fell Runners, in 1:13:06, and third was Lochaber AC's Finlay Wild in 1:14:06. Keswick AC's Carl Bell was sixth in 1:14:53 and Mark Lamb, also of Keswick, came home 11th in 1:16:27.

Borrowdale runners Martin Mikkelsen-Barron clocked 1:17:05 (15th) and Phil Davies came home in 1:18:00 (18th), whilst Keswick's Sam Stead was 17th in 1:17:58. First V40 runner was Robert Hope, of Pudsey and Bramley AC, who was 10th overall, and first under-23 was John Spill, of Oxford University CCC, who was fourth overall.

Keswick won the men's team event, with Ambleside AC taking the ladies' honours. This was the first time Keswick had won a British championship team event since 1988, showing how far the club has come in the last few years. The five who made up the team were Carl Bell, Mark Lamb, Sam Stead, Steve Hebblethwaite and James Appleton. First Keswick lady was Jenn Mattinson, who put in a solid performance to come home 13th.

Paul is now looking forward to his next championship race; Cautley Horseshoe on 15th September 2018.

GREAT LAKES 2017 Cumbria AL/21km/2130m 18.06.17

On a clear and rather warm day, 53 runners started the 9th Great Lakes fell race from Stool End Farm in Great Langdale. Despite clear views for miles around – the marshals could spot the Isle of Man in the distance – a couple of performances were hampered by rather creative route choices.

Among the completers was the in-form John Helme who finished in just under three hours (2.59.10), to take the win. In second place was Ted Ferguson. An impressive feat considering he sat down for a chat with the Blisco marshal, bonked in Great Moss, and took a swim to cool off in the beck before crossing the line. In third place was Tom Simpson. Todd Oates in fourth place guaranteed the team prize for the host club.

Nicky Spinks took home the women's trophy in just under four hours. She was followed by Nina Walkingshaw in second and Rose Pearson in third.

Other notable performances came from Florian Schuetz who, whilst on holiday from Germany took on Great Lakes as his first ever fell race and managed to finish in 9th place.

Many competitors cooled off in the crystal clear waters of Lingcove Beck and all enjoyed the challenging route. After the initial ascent up The Band to Bowfell, the route makes a high-level summit-hopping circuit of Upper Eskdale, including the two highest peaks in the Lakes: Scafell Pike and Scafell. There follows a crossing of what feels

like Middle Earth, forging a path from Slight Side to Blisco, with fast running over the trackless reaches south of Great Moss. The final descent from Blisco is notably steep if you choose to take it head-on.

The race would not have been possible without the generous support of many: Jean and Keith Rowand generously let us not only take over the farm for the day, but also provided two beautiful shepherd's sticks for prizes; eighteen hill marshals worked some very tough shifts, alongside three Raynet helpers, to keep count of competitors; four further helpers ensure smooth operations at registration and the finish; Paul Cornforth from Kong Adventure in Keswick generously donates prizes, as does Ian Bradley at Coniston Brewery - not forgetting the fifty-three intrepid participants!

The race raised £310 for North West Air Ambulance.

Britta Sendlhofer

1. J. Helme	...	Amble	2.59.10
2. T. Ferguson	...	Borr	3.35.15
3. T. Simpson	...	Amble	3.38.07
4. T. Oates	...	Amble	3.38.33
5. D. Harris O/40	...	Penn	3.39.13
6. D. Lund	...	DkPk	3.43.55
7. M. Hulley O/40	...	Penn	3.44.07
8. L. Warbourton O/50	...	Bowl	3.48.45
9. F. Shuetz	...	Obersd	3.50.01
10. N. Ray O/40	...	Ellenb	3.50.05
VETERANS O/50			
1. (8) L. Warbourton	...	Bowl	3.48.45
2. (11) N. Spinks	...	DkPk	3.59.28
3. (13) N. Jeff	...	Buxt	4.01.33
VETERANS O/60			

PHOTO © JAMES SMITH



Sam Tosh of Rossendale Harriers wins at Tebay

1. (16) B. Horn	Borr	4.09.46
2. (42) A. Hearle	Mercia	5.17.06
3. (44) S. Dixon	VStr	5.23.15

WOMEN

1. (11) N. Spinks O/50	DkPk	3.59.28
2. (18) N. Walkingshaw	Howg	4.18.12
3. (24) R. Pearson	Unatt	4.23.27
4. (47) L. Askew O/40	HelmH	5.36.17

49 finishers

HELM HILL - BOFRA

Cumbria

AS/3.3m/300m 18.06.17

Blistering heat added that extra dimension of competition to this year's BOFRA Helm Hill Fell race. Always a hot one, due to the tall bracken holding any heat and killing any available breeze, this year it was even tougher in extremely hot and windless conditions. However, these extreme conditions, coupled with Father's Day, did not deter 62 senior and 128 juniors from taking on the challenge.

Starting near the Station Hotel at Oxenholme, the race has a long, undulating, run out to the woods at the other end of The Helm, from where it winds in a web-like fashion up and down and around The Helm. As it progresses it takes in more woodland, tall bracken and a variety of wildlife that would be a pleasant distraction were it not a race. After visiting the trig for a third and final time, there is an undulating summit plateau run before a long downhill race to the finish back near the start line.

Both the senior men's and women's races were a battle of current fell running greats giving an exhilarating spectacle for those watching and supporting along the course. In the men's race Ben Mounsey, Simon Bailey and Jack Smith got off to a great start, battling all the way with many contenders and the heat. In the end it was Bailey who won the day from Mounsey and Smith.

In the women's race Kirsty Hall, Rachel Pilling and Catherine Wilblock locked horns and ran for their lives over this challenging course. Hall was the clear winner, finishing 14th overall.

The U17 race was also marked by the presence of some runners who are on fine form this season. At the end of a tough battle in the boys' race, Settle Harriers' Sebastian Segger-Staveley won while Dallam's Rosie Woodhams dominated the girls' race.

The U14 race was led out by Wharfedale's Alexander Thompson with club mate Sam Smith, Rossendale Harriers' Joel Taylor and Ambleside's Daniel Sanderson hot on his heels. However, Thompson maintained his lead and pulled away on the downhill stretch to finish first and setting a new, long course, record. Ilkley Harriers' Bernadette Raven got an early lead in the girls' race and romped home in first place.

The U12 race saw the now familiar faces of Calder Valley's William Hall and Leven Valley's Olesia Winder claimed victory in their respective races.

The U9 race might be populated by the youngest runners but don't let anyone try to tell you it isn't competitive! It is. They chomped at the bit to start and never let up in their battles to the end. Helm Hill's Simon Rigby won the battle and the boys' race in a sprint finish, and a determined Milly Timbers of Keighley and Craven won the girls' race.

Su Thompson

1. S. Bailey	Mercia	22.44
2. B. Mounsey	CaldV	23.26
3. J. Smith	Wharf	25.10
4. J. Aubrey	HelmH	26.08
5. C. Smale O/50	Barlick	26.23
6. I. Gibbons O/40	Ilk	27.10
7. R. Carr O/40	Wharf	27.40
8. D. Kirkham O/40	Wharf	27.42
9. P. Coates O/40	Clay	28.06
10. S. Nicholls	Wigan	28.35

VETERANS O/50

1. (5) C. Smale	Barlick	26.23
2. (12) P. Lambert	Settle	28.41
3. (19) M. Barnes	Unatt	30.39

VETERANS O/60

1. (18) B. Proctor	HelmH	29.59
2. (28) B. Thompson	HelmH	32.46
3. (33) L. L'Anson	Borr	34.07

WOMEN

1. (14) K. Hall O/40	Wharf	28.56
2. (17) R. Pilling	P&B	29.58
3. (22) C. Wilblock	HelmH	31.29
4. (29) K. Aubrey O/50	HelmH	32.52
5. (32) J. Powell O/40	Wharf	33.55
6. (34) J. Rigby O/40	HelmH	34.43
(36) L. Whittaker O/50	Wharf	35.57
(44) L. Buck O/50	CFR	38.25

200 finishers

WORLD MOUNTAIN RUNNING

CHAMPIONSHIP

Cumbria

Race 2 12/6km/866m 18.06.17

SENIORS

1. C. Smith	TVH	52.11
2. G. Gristwood	Ochil	52.25
3. J. Steward U/23	EChesh	53.03
4. C. Farrell	Horw	53.34
5. T. Adams	Ilk	54.01
6. C. Holdsworth	Clay	54.22
7. G. Priestley	Alf	54.56
8. T. Cornthwaite	NFR	56.51
9. R. Samuel	Eryri	57.05
10. J. McMullan	Thames	57.15

WOMEN

1. (20) K. Walshaw	Holmf	61.47
2. (22) R. Robinson	Kend	63.54
3. (24) C. Buchanan	Ochil	64.23
4. (25) R. Jones U/23	Salf	64.27
5. (26) N. Jackson	Prest	65.14
6. (27) N. Cockram	MMRT	66.04

JUNIORS Race 1 -U/20 6.3km/433m

1. C. Richards	HelmH	25.39
2. N. Smith	York	25.54
3. E. Matier	Border	25.56
4. J. Boyle	Cambus	26.06
5. A. Ediker	Buxt	26.08

WOMEN

1. (13) S. Dale	LancsM	30.12
2. (14) B. Williams	LincW	31.00

3. (15) A. Badial	Aberd	32.27
4. (17) M. Wallace	Moorf	42.41

CASTLE CANTER

West Yorkshire

BM/12km/466m 18.06.17

The race is held at the historic Dobroyd Castle in Todmorden, now used as a children's activity centre run by Robinwood. The castle dominates the view of the town and the race is a good opportunity for runners to see the place up close. The team at Robinwood Activity Centre are keen to help local charities so they funded the race, this meant every penny of entry fees, plus the takings from the cake stall all go straight to Calder Valley Search and Rescue Team. This year we raised £167 with only 24 finishers, so we're hoping we can build on this year's success and increase the turnout for next year.

The tweaks to the course and organisation from last year went down well with the runners. This year the bottom half of the course was completely flagged and was very easy to follow, and the top section was left as a navigation section with two checkpoints, the order of which was switched around from last year to make for a more interesting route and a nicer, softer descent from the top of Flower Scar.

The oppressive heat didn't seem to slow down Andy Worster, who won the race in a swift 1.02.00, which apparently included a chat at the road crossing. Darren Fishwick was second, six minutes adrift, with Darren Tweed close behind. It was the second race of the weekend for both top runners, who took part in the British and English counter at Tebay the day before.

The women's race was won by Emma Hottinger, with Louise Abdy and Hilary Farren making up the female podium.

This is a fantastic course, an unusual setting and a fundraiser for a great cause, so come and run in 2018.

Stephen Brock

CALTON CRAWL

Derbyshire

BS/8.5km/244m 20.06.17

A return to an earlier date in June brought ideal conditions and a small surge in numbers with good attendance from local clubs - Ashbourne, Cheadle and Staffordshire Moorlands (who also helped with officials and a sweeper).

Favourite Jack Ross, suffering from the after effects of a visit to the dentist, was beaten to the line by young local Max Wainwright fresh from speed training at University. His winning time was only four seconds outside the record time set by Jack last year.

Ashbourne RC men and women won the team prizes.

Virtually every household and farm in the village plays some part in putting on the race on, making it a major social occasion and

some even becoming so enthused as to take part in the race!

Runners attending prize-giving are treated to a wide selection of home-made cakes and local ale in the village hall. Proceeds go towards maintaining and improving the hall.

Rod Campbell

1. M. Wainwright U/23 ...	DkPk	30.48
2. J. Ross ...	SMAC	32.26
3. C. Patterson ...	Ashb	33.46
4. C. Brown ...	Unatt	36.12
5. T. Stoddart ...	Unatt	36.20
6. M. Lewis O/50 ...	Macc	36.23
7. J. Whilock O/50 ...	SMAC	36.48
8. P. Etherington ...	Unatt	36.55
9. P. Hudson ...	SChesh	37.04
10. G. Brookes O/40 ...	SChesh	37.13
(12) J. Brown O/50 ...	Macc	37.41
VETERANS O/60		
1. (41) I. Ankers ...	SMAC	45.35
2. (44) R. Cooper ...	MowCop	47.14
3. (49) S. Plant ...	SMAC	47.54
VETERANS O/70		
1. (65) B. Allsop ...	Buxt	52.48
WOMEN		
1. (25) A. Wainwright O/40	Unatt	40.59
2. (38) J. Miles O/50 ...	Macc	45.13
3. (39) E. Wetson ...	Ashb	45.18
4. (40) G. Evans O/40 ...	Congle	45.22
5. (42) G. Grocott ...	Ashb	46.44
(46) E. Sanders O/50 ...	Ashb	47.45
(70) J. Murray-Smith O/60	Ashb	62.03
71 finishers		

**BRIDESTONE
West Yorkshire
AS/7.5km/375m 20.06.17**

This was the fourth running of Bridestone fell race. The race was inaugurated by Tod Harrier, Dan Taylor, in 2014 to celebrate his upcoming wedding. This year his wife Andrea had fun keeping little boy Luis in check by the Bridestone. Luis also had a close call with some cows, having to be moved out of the way quickly as he hadn't seen them sneaking up on him.

Back to the race and dry conditions made for good fast running. Former winner and record holder, Alex Whittam, won by over three minutes to break his own record in a great time of 34.29. Second place went to the ever-improving Mark O'Connor with Iain Powell first V40. These three also took the team prize for Calder Valley. First Tod Harrier home was local cartographer Chris Goddard (I haven't managed to get him to draw me a fancy race map yet but will keep trying) in just under 40 minutes. Lindsey Oldfield was first woman for the third time. Next woman was FV60 Aileen Baldwin, who seems to be still improving each year. First Tod woman was Catherine Anderson, first local was Lee Shimwell (who lives 100 metres from registration!) with first local woman, Louise Abdy, who was also celebrating her birthday.

Big thanks to the Hare and Hounds pub, all the helpers, especially Reg who flagged and swept the race supremely. I have seven months off now till my first race of 2018

(Hoofstones), hope to get some races in now.
Dan Taylor

1. A. Whittam ...	CaldV	34.29
2. M. O'Connor ...	CaldV	37.34
3. R. Mills ...	Prestw	38.34
4. I. Powell O/40 ...	CaldV	39.38
5. C. Goddard ...	Tod	39.59
6. L. Shimwell ...	CaldV	40.11
7. R. Sustov ...	CaldV	41.17
8. W. Johnson ...	Unatt	41.19
9. C. Charnley O/40 ...	Chorl	41.26
10. S. Sladdin ...	Hfax	41.53
VETERANS O/50		
1. (15) S. Gelsthor ...	Hfax	44.03
2. (21) M. Toman ...	Ross	45.24
3. (23) P. Hodgson ...	Tod	47.19
VETERANS O/60		
1. (19) A. Davies ...	CaldV	45.17
2. (27) G. Barnes ...	Unatt	50.06
3. (30) A. Baldwin ...	Stain	51.27
VETERANS O/70		
1. (41) G. Breeze ...	Wharf	49.46
WOMEN		
1. (14) L. Oldfield ...	CaldV	43.53
2. (30) A. Baldwin O/60 ...	Stain	51.27
3. (32) S. Pascal O/40 ...	Unatt	51.56
4. (33) H. Barrett O/50 ...	Hfax	52.19
5. (36) C. Anderson ...	Tod	54.04
(42) H. Farrer O/50 ...	Ross	60.28
47 finishers		

**THE TREVOR MILNER RIBER RUN
Derbyshire
BS/6.8km/305m 20.06.17**

This year's race was held in memory of Trevor Milner who, together with his wife Fliss, organised the race for a number of years. Trevor finally gave up his long fight with cancer in March of this year.

Trev, who for many years was a climber and mountaineer, took up fell running in 2002, joining Dark Peak Fell Runners in 2004. He regularly competed in the Derbyshire village events, over the Haworth moors and a number of Lakes races.

1 January 2010 he was diagnosed with a brain tumour. Radio & Chemotherapy didn't however stop him competing in the shorter local events. Following treatment he continued racing, completing in at least 270 races over the years and even trying a couple of extreme triathlons – Helvelyn and Coniston – putting his fell running skills to good use in the third discipline!

He was always positive about his illness which Fliss believed helped him survive as long as he did. In early 2015 he started having problems with his leg, unknowingly due to the tumour regrowing, and in May that year he ran his last ever race, the Cressbrook Crawl, which was one his favourites-mostly due to the after event beer.

Trev continued to focus on getting back on the hills but sadly the tumour took hold. A sad loss to all who knew him, however, he will always be remembered by all for his positive outlook, mad sense of humour and that wry smile.



PHOTO © TREVOR MILNER

To show our appreciation, we gave Trevor a round applause in thanks for his friendship and contribution to fell running. The race was then officially started by our Carnival King and Queen and 131 competitors shot-off on the fast downhill start. It took less than 30 minutes for our winner to return and in doing so Harry Holmes set a new record time. Harry represents Pudsey and Bramley, but now lives locally and is busy making his mark at Derbyshire races. No other records were challenged but all who ran seemed to enjoy the race. It's a surprisingly tough little race at the upper end of B category, the uphill finish providing a sting in the tail.

Thanks to all who attended and the marshal volunteers, we raised £650 for the village carnival fund with all profit going to local charities.

Richard Bradbury

1. H. Holmes ...	P&B	29.56
2. B. Cartwright ...	Mat	30.29
3. R. Donald ...	Shelt	30.48
4. K. Allenson ...	DkPk	32.37
5. B. Cartwright ...	Mat	33.04
6. J. Pemberton ...	DkPk	33.33
7. D. Sleath ...	Unatt	34.00
8. J. Dakin U/23 ...	Belper	34.13
9. B. Stone O/40 ...	Mat	34.20
10. L. Manning ...	Ilkest	34.51
VETERANS O/50		
1. (21) A. Dickenson ...	DkPk	36.25
2. (22) K. Perry ...	LitEat	37.13
3. (25) D. Horton ...	Belper	38.16
VETERANS O/60		
1. (65) R. Cooper ...	Unatt	42.34
2. (59) M. Moorhouse ...	Mat	44.39
3. (81) T. Hulme ...	Chesh	45.04
VETERANS O/70		
1. (72) B. Warwick ...	Derw	46.12
2. (117) G. Young ...	Sinfin	56.01
WOMEN		
1. (11) B. Pasall ...	Unatt	34.54
2. (36) F. Alexander O/40	Ripley	40.40
3. (39) H. Gill O/40 ...	Mat	41.18
4. (49) C. Wilson ...	Beest	42.32
5. (52) C. Dyer O/40 ...	Belper	42.39
(63) S. Broadhurst O/50 ...	DkPk	45.01
(79) P. Collier O/50 ...	DkPk	47.14
(111) C. Hopkinson O/50	Unatt	54.40

(116) K. Mitchell O/60 ... Belper 55.43
127 finishers

BLACKA MOOR CHASE
South Yorkshire
BS/10km/440m 20.06.17

The Blacka Moor Chase has been going for well over 25 years and some of the original runners were back for another year. It is a beautiful local fell race on a summer's evening straight up from the Totley AC Pavilion onto the moors above South West Sheffield. It's also a friendly race with a welcoming atmosphere and plenty of pre-race mingling. This year we managed to reunite one runner with a lost £20 note and another runner, thankfully, with her car key!

This was the first year U23 prizes were awarded: Alice Rigby in 48:03 and fellow club runner Ben Stoker in 44:55.

Overall winner was Jake Lane in 39:10 with Sally Fawcett first woman home in 45:05.

Penistone Footpath Runners were impressive and their trio Majka Kunica, Sarah Jones-Morris and Jane Cockerton picking up the women's team prize whilst Jake Lane, Bart Shaw and Aidan Linskill of Totley AC ensured the men's prize stayed home.

Totley AC expects the weather to be good next year so if you have never done this race, please look on their website.

Harriet Eisner

1. J. Lane Totley 12.39.10
2. J. Street Clowne 12.40.53

3. A. Taylor DkPk 12.41.03
4. B. Shaw Totley 12.41.09
5. M. Kenyon Unatt 12.41.17
6. P. Davies DkPk 12.41.55
7. K. Shanahan... .. Unatt 12.42.00
8. A. Linskill... .. Totley 12.42.11
9. P. Morris Hands 12.42.20
10. M. Tonkins PortV 12.42.37

VETERANS O/40

1. (11) A. Frost DkPk 12.42.46
2. (15) M. Winter NDerby 12.43.32
3. (17) C. Osborne Totley 12.44.04

VETERANS O/50

1. (29) I. Shaw FatB 12.46.38
2. (55) N. Kirk DkPk 12.49.48
3. (64) R. Davies SteelC 12.51.06

VETERANS O/60

1. (90) C. Horsfall Hands 12.53.50
2. (109) S. Wickham EreV 12.55.42
3. (124) F. Getz... .. Unatt 12.57.41

VETERANS O/70

1. (157) C. White Totley 13.03.11

WOMEN

1. S. Fawcett DkPk 12.45.05
2. B. Gay SheffUni 12.47.31
3. A. Rigby U/23 ShUOC 12.48.03
4. T. Moran U/23 USMC 12.48.58
5. E. Lund LongEat 12.49.16
(78) J. Gardiner O/40... .. Smiley 12.52.29
(95) S. Jones-Morris P'stone 12.54.15
(108) P. Goodall O/60 ... Totley 12.55.32
(147) K. Mcateer O/50 ... Totley 13.00.23
(154) J. Davies O/50 SteelC 13.02.42
(168) C. Hartwright O/60 Totley 13.06.32

180 finishers

LANGSTRATH
Cumbria

AS/7.5km/430m 21.06.17

Another dry night (more or less) and with CFR, Eden Runners and Helm Hill all using the race as part of their club championships, we actually reached the race limit of 100 runners and sadly had to turn one away.

Once the race got started it was a close thing with final positions only being sorted out towards the finish. A fine run by Josh Jardine saw him take fourth place overall as an U23 – clearly a young man with a bright future. Next year we'll have U23 prizes!

In the women's race Catherine had a fairly comfortable lead over Heidi and Sophie.

Keswick AC (Lamb, Bell, Winskill) narrowly took the men's team prize ahead of Helm Hill whilst Eden runners (Hurton, Hamilton, Phillips) took the women's team with Helm Hill again in second.

The prize winners had to be dragged from the pub but at least the midges weren't as bad as usual!

Thanks again to Guy and his team at the pub for making us welcome, to Ralf at Borrowdale School for the parking field and to the following who do all the work; Andrew Schofield on parking, Len l'anson, Jim Davies and Judith Hind for registration and results, Brian Horn (Dock Tarn), Maresa Gough and Peter Hind (Watendlath) and Ann Bland (Rosthwaite for the 25th time!) who marshaled you all round the course

Langstrath



PHOTO © STEPHEN WILSON GRANDDAYOUT

1. M. Lamb	Kesw	38.28
2. C. Bell	Kesw	39.06
3. C. Tinnion	Ellenb	40.02
4. J. Jardine U/23	HelmH	40.42
5. D. Mills	Barlick	40.59
6. C. Lowther	Eden	42.00
7. A. Perry	HelmH	42.27
8. T. Cowin O/40	HelmH	42.30
9. J. Eyre	Eden	42.42
10. M. Yeomans	CFR	42.27
VETERANS O/50		
1. (26) C. Smith	Kesw	47.36
2. (35) N. Sidaway	CFR	48.57
VETERANS O/60		
1. (33) P. Crompton	CFR	48.42
2. (40) N. Lancaster	Derw	50.22
3. (63) B. Thompson	HelmH	55.30
VETERANS O/70		
1. (76) D. Reaves	EssexCas	61.08
WOMEN		
1. (24) C. Spurden	Kesw	47.01
2. (31) H. Dent	Howg	48.31
3. (37) S. Noon	Derw	49.43
4. (45) C. Hurton	Eden	51.18
5. (59) F. Hamilton	Eden	55.22
6. (62) C. Gibson O/40	HelmH	55.29
(66) N. Hawkrigg O/40	NthnFells	55.49
(70) K. Aubrey O/50	HelmH	58.07
(83) C. Musetti O/50	Amble	66.26
(88) L. Buck O/50	CFR	67.47
(96) D. Patton O/60	CFR	79.30
(98) J. Mottram O/60	CFR	83.21

BEAMSLEY BEACON

North Yorkshire

BS/8.8km/335m 22.06.17

The winner of last year's Beamsley Beacon Fell race, Ali Burns, returned to attempt a double and to find a better route home from the summit than he did last year.

The outward route is marked and commences outside the Crown Inn in Addingham, passing through Addingham before crossing the "wobbly bridge" to fields beyond. Runners can now enjoy a gentle incline across fields and woodland to reach the road at Langbar. A short road section ensues before runners leave the road and return to the off road terrain, where the incline quickly steepens as competitors fight gravity to make their way up the track to the fell base. Once on the fell, all must negotiate undulating ground covered by tall grass, and a stream, before turning right and following a well-worn but rough, rocky track to the summit of Beamsley Beacon with accompanying cairn and trig point.

From this point on racers are on their own as the race is "any route home." The only rule of return is that public footpaths must be used and local knowledge is at a premium to find the best route, with an easily missed sharp right and left turn, back to the wobbly bridge and eventual finish at The Crown. This best route is not without its hazards though, as it involves a narrow, nettle lined snicket before the freedom of open fields. Navigation fails are common and can lead to places being won and lost by those with

or without vital local knowledge. However, if runners prefer, they can take the longer outward route back to the finish line.

The hot and humid weather that has dogged races over the previous week had cooled somewhat but the humidity was still higher than ideal, making for a tough, though fast paced race. Despite this, a record 167 competitors blocked Bolton Rd waiting for the signal to set off.

For the outward route, Burns did indeed maintain his lead and looked like a winner. However, once the summit had been reached, his challenger, Chris Miller, overtook him and never looked back, romping home to win from Burns.

Rachel Pilling also returned in an attempt to repeat her 2016 women's win. Unlike Burns, she achieved her aim and returned the clear winner.

Lynda Hargreaves

1. C. Miller	Hgate	35.58
2. A. Burns	Wharf	36.12
3. S. Watson	Wharf	36.41
4. J. Hood	Barlick	37.27
5. N. Crampton	P&B	37.34
6. N. Martin	Wharf	37.38
7. N. Charlesworth O/50	Wharf	37.44
8. J. Pownall	VStr	37.44
9. M. Cox O/40	Ilk	38.26
10. O. Stapleton	Ilk	38.45

VETERANS O/50

1. (7) N. Charlesworth	Wharf	37.44
2. (24) J. Ryder	Ilk	40.45
3. (40) S. Vallance	VStr	42.32

VETERANS O/60

1. (33) B. Grant	Hgate	42.01
2. (106) B. Miller	Hgate	50.56
3. (113) R. Hamilton	Ilk	52.06

VETERANS O/70

1. (149) D. Seaman	NiddV	60.02
2. (150) G. Breeze	Wharf	60.25

WOMEN

1. (42) R. Pilling	P&B	42.55
2. (48) S. Martin	Wharf	44.19
3. (57) M. Padilla	Wharf	45.15
4. (58) L. Williamson	Ilk	45.20
5. (67) S. Gill O/50	Hgate	46.44
6. (76) K. Pickles O/40	P&B	47.29
(80) H. Price O/40	Hgate	47.49
(86) J. Howells O/40	Wharf	49.17
(67) S. Gill O/50	Hgate	46.44
(103) C. Ostler O/50	Hgate	50.48
(111) A. Weston		

167 finishers

AGGIES STAIRCASE

Lancashire

AS/6.4km/350m 22.06.17

On a sunny and warm evening, 153 runners took to the hills above Darwen to tackle the tough 4 mile Aggies Staircase fell race. Runners from 29 clubs took on the three increasingly steep and rugged climbs over Darwen Moor, passing close to Darwen Tower twice.

Ben Fish had an impressive run to win in a time of 28.20, 35 seconds clear of second place runner Nick Leigh. Nick was also first

MV40. Third place overall went to the first junior runner, Ben Forrest.

Talented Ruth Jones came in 14th with a superfast new women's record of 32.36, taking 50 seconds off the existing mark. Amy Freeman was second woman home, followed by Amie McAvoy in third.

Local runner Neil Holden now running for Horwich RMI, again claimed first MV50 honours in 19th place overall. In the other age categories Keith Thomas took first MV60, Pete McDermott first MV70, with his teammate George Arnold MV80, still completing the race in less than 60 minutes. The first FV40 was Dawn Tibbs, with Isaline Kneale taking first FV50, and Bernice Nixon FV60 honours.

Both team races were very close with just two points separating the first two men's teams, and four points the first three women's teams. The men's team race was won by Horwich RMI with Nick Leigh, Mark Walsh, Dan Gilbert, and Neil Holding, putting in great performances to take the prize with 43 points, ahead of Blackburn Harriers with 45 points. In the women's team race Burnden Roadrunners took to the fells with Isaline Kneane, Katy Thompson, and Emma Walker to win the women's team prize with 41 points, followed by Trawden on 42, and Darwen Running Group on 45.

My sincere thanks go to all the helpers and marshals who gave up their evening to ensure that the event went smoothly. Also thanks to Bolton Mountain Rescue Team and Darwen Leisure Centre for their support.

George Thompson

1. B. Fish	Bburn	28.20
2. N. Leigh O/40	Horw	28.55
3. B. Forrest U/16	Ross	29.09
4. M. Perry	Clay	30.07
5. M. Driver	Holc	30.29
6. O. Heaton	Prest	30.47
7. J. Waller	Ross	31.27
8. J. Horrocks	Bburn	31.29
9. M. Walsh O/40	Horw	31.40
10. P. Coates O/40	Clay	32.23

VETERANS O/50

1. (19) N. Holding	Horw	33.10
2. (28) M. Ellithorn	Chorl	35.02
3. (29) P. Mills	Bolt	35.04

VETERANS O/60

1. (41) K. Thomas	Burnd	36.33
2. (74) J. Maxfield	Newb	39.44
3. (85) D. Miller	Chorl	41.22

VETERANS O/70

1. (132) P. McDermott	Prest	49.49
VETERANS O/80		
1. (149) G. Arnold	Prest	59.28

WOMEN

1. (14) R. Jones	Salf	32.26
2. (61) A. Freeman	Darwen	38.18
3. (76) A. McAvoy	Garst	39.56
4. (88) K. Jones	Chorl	41.43
5. (92) D. Tibbs O/40	Trawd	41.49
(101) I. Kneale O/50	Burnd	43.07
(106) B. Nixon O/60	Pstone	44.09
(110) D. Dudgeon O/40	Unatt	44.50
(121) J. Rolfe O/50	Lytham	47.30
(131) H. Laycock O/50	Darwen	49.47

**TIDESWELL
Derbyshire**

BS/7.1km/260m 23.06.17

Tideswell Fell Race is a friendly annual race held during the village's Wakes Week at the end of June. The race has become a firm favourite in the fell racing calendar and attracts a strong field every year over its 4.6 miles. It attracts individual runners and club runners from local villages, Derbyshire and increasingly from many other areas of the country, meaning stiff competition. In spite of this it retains its charm and appeal to amateur runners and more determined serial fell race runners alike.

While relatively short, it is a gruelling and steep, though beautiful, route through a limestone gorge and up, up and over the Peak District hills.

The race was held on a dry evening though there had been showers earlier. It was windy and cooled down quite a lot over the evening. A couple of days earlier and it was a heatwave!

129 entered the race and all finished! This was a record for Tideswell Fell Race, previous maximum entrants had been 100 (2013 and 2011). I was pleased to say the IT support kept up with the crowds.

The race was won by Dan Howarth of Keswick AC (but from Fritchley, Derbyshire) in 26:05 (Male 17-39) - not a record but the fastest since 2008, and 25 seconds short of the course record (25:40).

First woman back was Eleanor Lunt (Long Eaton RC) with 34:25 (Female 17-39).

Male and Female Veteran winners (40 - 49) were Stuart Bond (Dark Peak Fell Runners) and Caroline Lloyd (Porter Valley Plodders) at 26:15 and 38:09 respectively.

Male and Female Super Vet (50+) winners came in at 31:48 (Ed Gamble, Cheshire Hill Racers) and 36:16 (Jo Bednall, Buxton).

Local winner was Chris Jones from Tideswell at 28:15.

Gerard Rogers

**ELDWICK GALA
West Yorkshire**

BS/4.8km/168m 24.06.17

1. T. Adams	Ilk	16.40
2. J. Baxter	P&B	17.21
3. A. Flaherty U/15	Bing	19.25
4. M. Richardson	SaltStr	19.33
5. D. Alcock O/40	P&B	19.46
6. J. Carnelly U/15	Bing	20.08
7. G. Lake O/40	Otley	20.12
8. S. Gott O/40	Unatt	20.20
9. J. Sutcliffe U/17	Bing	20.29
10. C. Lambert	Unatt	20.47

VETERANS O/50

1. (12) J. Taylor	Mercia	21.11
2. (14) P. Mitchell	Bing	21.24
3. (19) I. Ferguson	Bing	21.54

VETERANS O/60

1. (60) B. Myers	Baild	26.02
2. (77) P. Lewis	Ilk	28.53
3. (78) P. Hawkswell	Bing	29.02

VETERANS O/70

1. (59) P. Ellerton	Bing	26.01
WOMEN		
1. (10) C. Lambert	Unatt	20.47
2. (24) G. Dawson U/15 ...	Bing	22.08
3. (33) E. Findlay U/17 ...	Bing	23.24
4. (37) S. Stone O/40	Bing	23.47
5. (50) J. Thornton O/40 ...	Bing	24.49
(62) C. Hazel O/40	Unatt	26.18
(71) C. Fawcett O/50	Unatt	28.12

89 finishers

**JAMES BLAKELEY FELL RACE
Derbyshire**

BS/5km/3.1m 24.06.17

For the first time in the history of the race there was a gate for the runners to exit and enter the trials field at the beginning and end of the race. Rather than having to scale the wall the runners could head straight out onto the track. Sam Stead obviously had the 2007 course record of Ben Mounsey in sight as he set off closely followed by Joseph Crossfield and the winner for the last two years, Mike Fanning, now running for Holmfirth.

As they returned along the track and into the field it was Sam Stead with a comfortable lead over the rest, coming home in a new course record of 20:08, some 30 seconds inside the old record. How much difference does the gate make? Mike Fanning was third home and first V40.

Judy Howells was, once again, first woman followed by Debbie Hall.

Holmfirth took the men's team prize and the women, which I forgot to award (sorry Debbie, Diane and Jane).

Thanks to all those who helped and the trials committee for donating the prizes for this race.

Andy Shaw

1. S. Stead	Kesw	20.08
2. J. Crossfield	Hfax	20.56
3. M. Fanning O/40	Holmf	21.56
4. N. Crossfield O/50	Hfax	25.15
5. C. Beadle O/40	Holmf	25.34
6. D. Middlemass O/40 ...	Unatt	26.46
7. S. Barrens O/50	Holmf	27.08
8. A. Baker O/50	DkPk	27.13
9. J. Howells O/40	Wharf	27.39
10. S. Bennett O/50	Bowl	27.56

VETERANS O/60

1. (18) B. Nixon	Pstone	32.42
2. (19) R. Halstead	Holmf	34.42

VETERANS O/70

1. (20) R. Bradley	Holmf	35.20
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WOMEN

1. (9) J. Howells O/40 ...	Wharf	27.39
2. (13) D. Hall O/40	Holmf	28.50
3. (17) D. Lee O/40	Holmf	32.39
4. (18) B. Nixon O/60	Pstone	32.42
5. (22) J. Stirling O/40 ...	Holmf	38.10

22 finishers

**CHROME HILL
Derbyshire**

BS/6.4km/213m 24.06.17

Yet another year in the life of the Hollinsclough CE Academy passed quickly - last year the

Chrome Hill Fell Race took place under what could be best described as weather that verged on almost autumnal to winterish - however this year the rain held off and the sun attempted to make an appearance.

The event attracted only 32 runners, compared to 50 last year, 31 completed the course with 1 early retirement.

The overall winner was Simon Bailey, who completed the course in 29:33 - nearly 4 minutes covered the top ten and the first woman was Kate Davis in a time of 38.14 and 9th overall - well done.

A tremendous effort by Ellie Wilson (Junior) clocked a time of 43:06 and 20th overall - well done Ellie.

Clive Russell was this year's oldest runner, coming in first in the V70 category and 29th overall - well done Clive.

Many thanks to Peter Parker who marked the course and co-ordinating the running the event on the day - I hope it went well for everyone.

Many thanks to Buxton Water (Nestle) for providing the bottle water - I hope it was to everyone's liking at the end of the race.

Each year the Chrome Hill Fell Race forms part of the Hollinsclough School Summer Fete and the fell runners and their families make a welcome contribution to its proceeds - on that note, the pupils, staff and governors would like to thank all of those who took part in the 2017 fell race, or just came to watch, for their donations to school funds and for brightening the day in our idyllic surrounding in our part of the Staffordshire Peak District.

Next year the Chrome Hill Fell Race will take place on Saturday 30 June 2018 all being well - start line 2.00 p.m. - let's make it a good one!

Stephen Malbon

1. S. Bailey	Mercia	29.33
2. A. Frost O/40	DkPk	33.56
3. E. James	Belper	34.09
4. M. Fowler O/50	Chesh	35.01
5. T. Clayton O/50	Ripley	35.41
6. L. Beresford	Ripley	35.48
7. R. Taylor	Stone	36.51
8. E. Newey O/40	Mercia	37.37
9. K. Davies	Unatt	38.14
10 R. Wilkinson O/50 ...	LongE	38.24

VETERANS O/60

1. (17) M. Moorhouse ...	Mat	41.59
2. (24) R. Cooper	MowCop	46.42

VETERANS O/70

1. (29) C. Russell	Unatt	48.57
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WOMEN

1. (9) K. Davies	Unatt	38.14
2. (15) A. Wainwright O/40	DkPk	41.29
3. (20) E. Wilson	Mat	43.06
4. (23) T. Wilson O/50 ...	Buxt	45.14
5. (25) A. Round	Unatt	47.21

31 finishers

**DARREN HOLLOWAY MEMORIAL
RACE (BUTTERMERE HORSESHOE)
Cumbria**

AS/35.5km/2515m 24.06.17

After a last minute surge in the number of entries over the two weeks before the race

we had 61 runners set off on the long race this year. Within 400 yards Carl Bell had made his intention clear and was well ahead of the field even before they left the road at Scale Hill. By the time Carl was at Whiteside he was already one minute ahead and over each checkpoint the lead seemed to grow. The question back at base was had he gone out too hard? Was he going to blow up and the chasing pack, including Rob Jebb, John Helme and Ben Abdelnoor, catch him up? As he made his way back from Honister the doubts began to fade and the question that replaced it was whether he would break the record. Crouched over splits from previous years, we thought it would be close but after a phenomenal display of front running Carl smashed the record and is currently the only person to break the four hour barrier, returning home in 3:57:28. Cloudy conditions on the tops made navigation challenging in places and Rob, who had kept in striking distance of Carl, made some minor mistakes going up towards High Crag which put an end to any chance of reeling him in. However, Rob still managed to come in second in 4:12:00 which would have won the race in the past three years.

In the women's race, Sharon Taylor was clearly in front until she made a detour to Bleaberry Tarn having missed the High Stile checkpoint, which put an end to her run, having decided that there was already enough ascent in the race without adding a further 1,000 feet. Chasing behind, and so taking over the top position and the winning the race was Judith Jepson. Having been seven minutes behind Lucy Spain, Nicky Spinks caught up with Lucy at High Stile to finish in second place, which made a great one – two for the FV50s at the finish with Lucy coming in third (and first under 50!).

Team prize went to Borrowdale ahead of Dark Peak by just one point (thank you to Barry for correcting me!). Thank you to Amanda Holloway, her family and friends, other marshals and helpers. Also thank you to Innov8 and Pete Blands for sponsoring the Lakeland Classics which boosted the prizes awarded.

P. Jennings

1. C. Bell	Kesw	3.57.28
2. R. Jebb O/40	Bing	4.12.00
3. J. Helme	Amble	4.20.38
4. B. Abdelnoor	Amble	4.22.34
5. K. Rawlick	Carneth	4.23.56
6. C. Lowther	Eden	4.28.06
7. A. Schofield O/40	Borr	4.28.47
8. J. Wood	Ilk	4.41.07
9. H. Lord	BlkCmb	4.42.45
10. N. Barber	Penn	4.47.39

VETERANS O/50

1. (11) S. Pyke	DkPk	4.47.51
2. (12) J. Hunt	DkPk	4.48.04
3. (16) B. Wilkinson	Borr	4.56.17

VETERANS O/60

1. (40) K. Holmes	DkPk	6.02.37
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WOMEN

1. (25) J. Jepson O/50	DkPk	5.07.26
2. (33) N. Spinks O/50	DkPk	5.30.44

3. (35) L. Spain	HelmH	5.36.49
4. (37) S. Richmond	Penn	5.43.40
5. (39) J. Paris	Carneth	5.59.28
(50) A. McLean O/40	Sadd	6.44.23
(51) L. Malarkey O/60	Kesw	6.46.18
(54) W. Dodds O/60	Clay	7.02.05

DARREN HOLLOWAY MEMORIAL RACE SHORT Cumbria

AL/35.5km/2515m 24.06.17

Twenty-one starters (and finishers) set off on the 'little Daz' together with the full race. The short race pinches some of the best bits on the full route (Whiteside to Hopegill head), adds in the fantastic descent off Whiteless Pike to Buttermere (think Buttermere Sailbeck), before tackling the monster of Mellbreak to finish.

By setting off with the long race the runners feel part of a bigger event, with many runners to follow, until all of a sudden at Whiteless Pike most of the runners go a different way and it is difficult to know your position in the race. This was very evident when Tom Cubbon came in first, totally surprised to find he'd won! However, it was only due to finding a better line that the women's winner, Charlie Bradshaw, who was ahead at the bottom of Mellbreak but wandered off the best line to finish only 52 seconds behind Tom.

Team prize was won by Cumberland Fell Runners.

P. Jennings

1. T. Cubbon O/40	Bburn	2.57.15
2. C. Bradshaw	Penn	2.58.07
3. J. Slater O/40	WCOC	3.05.52
4. K. Walker O/60	Unatt	3.20.51
5. G. Stride	York	3.22.46
6. P. Marston O/40	Helm	3.25.34
7. J. Chatterley O/40	CFR	3.26.03
8. M. Bradley O/50	CFR	3.30.04
9. D. Tunstall O/50	DFR	3.32.18
10. R. Crellin	CFR	3.37.37

VETERANS O/60

1. (4) K. Walker	Unatt	3.20.51
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WOMEN

1. (2) . Bradshaw	Penn	2.58.07
2. (5) G. Stride	York	3.22.46
3. (7) J. Chatterley O/40	CFR	3.26.03
4. (8) M. Bradley O/50	CFR	3.30.04
5. (9) D. Tunstall O/50	DFR	3.32.18
(11) D. Roe O/40	Shelt	3.59.54
(19) J. Jennings O/50	CFR	4.16.01

21 finishers

NORTH DEVON AONB HALF MARATHON Devon

CL/22km/413m 25.06.17

The 8th edition of the North Devon AONB Marathon took place with 750 runners from across the UK and beyond descending on Woolacombe to take part in one of the country's most gruelling events.

The event raises money for North Devon

Hospice and is the brain-child of local runner Simon Oliver. It has sold out every year since its debut in 2010 and this year was no exception. He said. "The event is a real contrast between the beauty of the course and the difficulty of the terrain. Part of the appeal of this race is just how tough it is, with punishing hills and tricky conditions underfoot. It is a real challenge."

Starting and finishing in Woolacombe, the race takes on a mix of terrains and some daunting hills. Another unique part of the race comes at the end when all runners are treated to a proper Devonshire cream tea!

Shaun Whelan, winner of the men's half-marathon route in 1:29:02, said: "There were some tough parts, such as the steps. It was a beautiful course, although when you're running it's hard to fully appreciate it!"

Jane Faran won the women's half marathon, clocking 1:38:54. She said: "I've been training on some really hard fell routes. It's such a great race but I'm surprised to have won considering the competition!" she said.

Rob Weekes, winner of the men's full marathon in a time of 3:15:50, only entered on the day! "I used to live here so I know the area well. I didn't know what sort of shape I was in and only decided to enter on the day, so I'm pretty pleased with how it turned out!"

Mary Menon became a 4-times winner of the North Devon Marathon as she was yet again the first female home in a time of 3:33:12. Her family were confident of victory as they held a congratulations banner at the finish line. They needn't have worried though as Mary won in a course record time.

It is hoped the event will raise over £30,000 for North Devon Hospice. Kate Kilburn, from the hospice's fundraising team, said: "Thanks must go to all our sponsors, our army of volunteers, and of course Simon Oliver who has put so much into this event."

Kate Kilburn

1. S. Whelan O/50	LondFr	1.29.01
2. J. Gillanders	LondFr	1.29.29
3. W. Bray	Unatt	1.29.41
4. A. Kearney	Bidef	1.30.21
5. P. Thorne O/40	NDevon	1.31.35
6. J. Stanley	SMolt	1.32.32
7. J. Moscrop O/40	LondFr	1.32.51
8. C. Netherway	Unatt	1.32.57
9. J. Keenan O/40	LondFr	1.33.25
10. M. Tapp	SMolt	1.34.53

VETERANS O/50

1. (1) S. Whelan	LondFr	1.29.01
2. (26) S. Scotthorne	NDevon	1.42.51
3. (36) J. Yates	RLSing	1.45.35

VETERANS O/60

1. (63) G. Newton	AxeV	1.51.29
2. (128) J. Horton	Unatt	2.05.06
3. (149) D. Cottoingham	Unatt	2.10.59

VETERANS O/70

1. (268) T. Townsend	SMolt	2.26.56
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WOMEN

1. (16) J. Faram	Sville	1.38.54
2. (30) H. Walsh	Brist	1.43.43
3. (31) H. Wright	Ifrac	1.44.30
4. (56) A. Leal O/40	NDevon	1.50.10
5. (57) P. Goodman	Unatt	1.50.11

6. (61) O. Poole	LondFr	1.51.24
(66) L. Gaytten O/40	BlkCntry	1.52.08
(69) R. Woolston O/40	GirlsRun	1.52.17
(91) H. Smethurst O/50	Unatt	1.57.59
(114) T. Lovern O/60	Unatt	2.02.52
(117) P. Swingler O/50	Unatt	2.30.00
(177) J. Chanter O/50	Mineh	2.15.27
(308) A.Clinch O/60	NDevon	2.34.33

436 finishers

NORTH DEVON AONB MARATHON

Devon

CL/43.2km/1031m 25.06.17

1. R. Weekes	EHull	3.15.50
2. R. Spears O/40	NatEnt	3.26.44
3. J. Gordon	Unatt	3.30.43
4. A. Mark	LondFr	3.31.57
5. M. Menon	Ilfrac	3.33.11
6. J. Hall O/40	Unatt	3.40.12
7. D. Fishwick O/40	Chorl	3.40.57
8. T. Ertman... ..	Unatt	3.51.03
9. T. Broadhurst	Unatt	3.52.49
10. M. Rech	Unatt	3.53.00

VETERANS O/50

1. (11) P. Symons	Unatt	3.53.18
2. (23) M. Reep	Unatt	4.15.23
3. (36) P. Hampton	Unatt	4.30.48

VETERANS O/60

1. (47) B. Pentland	PortsT	4.37.59
2. (55) B. Edwards... ..	NDevon	4.46.01
3. (72) J. Day	Gilling	4.55.28

VETERANS O/70

1. (78) P. Lockett	Newq	5.02.03
2. (130) H. Mundy... ..	Unatt	6.22.14

WOMEN

1. (5) M. Menon	Ilfrac	3.33.12
2. (19) K. Hambleton... ..	Brack	4.12.42
3 (22) L. Binmore O/40	NDevon	4.15.08
4. (35) R. Beauvais O/40... ..	Unatt	4.28.46
5. (37) R. Mcgee O/50	Unatt	4.30.50
6. (41) J. Ebbrell O/40	Unatt	4.33.13
(61) D. Butt O/50	Unatt	4.48.41
(82) D. Parker O/60	Unatt	5.02.03
(115) S. Taylor O/60	Unatt	6.22.14
(139) P. Seabrook O/70	Finch	7.28.18

145 finishers

KINDER TROG

Derbyshire

BL/25.7km/1064m 25.06.17

1. A. Campbell	Buxt	1.48.15
2. T. Bush	Penn	2.07.48
3. B. McKenna	Buxt	2.07.50
4. C. Jackson	Penn	2.08.00
5. M. Darling O/40	Shelt	2.10.15
6. T. Robson	Penn	2.10.22
7. P. Rowley... ..	Penn	2.10.29
8. J. Morgan O/40... ..	DkPk	2.10.37
9. T. Rutter	DkPk	2.11.56
10. R. Winfield	Unatt	2.12.18

VETERANS O /50

1. (24) N. Jeff	Buxt	2.22.07
2. (45) T. Raffle	Altrinch	2.27.57
3. (48) A. McCarthey	Melth	2.33.48

VETERANS O/60

1. (13) C. Davies	Sadd	2.14.10
2. (18) S. Entwistle	Penn	2.20.56
3. (62) D. Bowen	Penn	2.39.45

VETERANS O/70

1. (152) R. Ashby	Penn	3.54.47
2. (155) B. Allsop	Buxt	3.54.50
3. (163) H. Thomas	KFR	4.13.21

WOMEN

1. (23) H. Elmore O/40	DkPk	2.21.59
4. (32) J. Wood... ..	Gloss	2.24.04
3. (43) M. Kunicka... ..	Pstone	2.26.37
4. (50) G. Lindsey O/40	Macc	2.34.47
5. (59) P. Payne O/40	ManchFr	2.38.36
(70) A. Keates O/60	FRA	2.40.25
(98) P. Goodall O/60	Totley	2.47.12
(115) M. Jeal O/50	Unatt	2.57.34
(128) C. Bowen O/50... ..	GoytV	3.17.07
(131) K. Turner O/60	Macc	3.18.05
(151) A. Hibbert O/50	HolmeP	3.54.46

167 finishers

LANGLEY FETE

Cheshire

BS/4.5km/198m 25.06.17

Thank you and very well done to all the runners who took part in the Langley Fete Fell Run.

I know there are lots of other races going on over this weekend and we really appreciate people coming along and taking part. Marshals, sweepers and helpers you know who you are - huge thanks for giving up your time!

A slightly chilly day meant quite pleasant running conditions for the 38 runners taking part, although they were probably pretty warm after the ascent up Tegg's Nose!

First male was Jack Ross in 20.07, with Rob Hasler close behind in 20.31. The third male was Tim Covatt in 21.02.

First woman was Saranya Hasler (Rob's wife!) in 27.30. Second Woman was Claire Harbottle in 27.37 and third woman was Julie Smith in 30.58.

We had a good field of five Junior runners this year (aged 12-18). Rob Rowson of came first Junior in 21.06 and with that great time meant he came 4th overall. Second Junior, George Safranauskas, was not far behind in fifth place overall in 21.57. Finally, third Junior was Harry Tomason (Unattached) in 28.05.

Thank you very much to Red Willow Brewery for donating the winners' beers and to Buxton Mountain Rescue for providing first aid cover.

See you all next year!

Sophie Kirk

1. J. Ross... ..	StaffsM	20.07
2. R. Halser	MaccH	20.31
3. T. Covatt	Unatt	21.02
4. R. Rowson Junior	MaccW	21.06
5. G. Safranauskas	Sale	21.57
6. M. Lewis O/50	MaccH	22.05
7. B. Parkinson... ..	Unatt	22.20
8. T. Bassoon O/40	DkPk	22.50
9. D. Safranauskas O/50... ..	Chesh	23.02
10. N. Hey O/50	MaccH	23.20

VETERANS O/60

1. (28) S. Smallwood	Unatt	29.32
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VETERANS O/70

1. (29) C. Ardron	MaccH	29.49
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WOMEN

1. (22) S. Hasler	Macc	27.30
2. (31) J. Smith O/50	Macc	30.58
3. (32) R. Gilliland O/40	Mac	31.36
4. (34) . Clowes	Unatt	33.28

38 finishers

ARNISON DASH

3km/300m 25.06.16

The Arnison Dash fell race is held as part of the Ullswater Country Fair. Like many fell races it is a friendly, low key race in a fantastic setting, overlooked by Arnison Crag and Birkhouse Moor.

The Arnison Dash combines all that's quintessential about fell running: lovely grassy slopes; some rocky sections; some steep bits where you get the opportunity to get mud under your finger nails; and a proper precipitous descent. And conditions were good underfoot as there had been no proper rain in the Lakes for weeks. And on the day the sun shone.

Thank you to everyone who took part.

This race attracts a lovely mix of fell runners; runners who have never done a fell race before and runners who support us just about every year. And this year, we had three overseas runners from the USA and Gran Canaria.

For 2017, the theme was "the last shall be first". Duncan Birtwhistle was the very last to register just as we were packing up and heading for the start line but he was first back over the start line in a time of 15.14 (over a minute faster than he was in 2016). Second man back, after a fabulous sprint tussle with Duncan, was Jonny Steele in 15.19, third finisher and first V40 was Tom Cowin in 15.36. First V50 was Craig Smith in 18.03. Our V60 winner was David Johnson in a time of 24.44 – first time he has ever won a prize!

There were only three woman runners but they all had their own story! A special mention for Catherine Spurdin who was first woman back in 18.55 and 11th place overall. Earlier that day she had run the second leg of Keswick women's Billy Bland Challenge with her running partner in a record time of 2.50.00. Well done to Keswick Women for setting a new women's record. Lindsay Buck from Cumberland Fell Runners was our only woman veteran and finished in a time of 24.26. She knows her way round the course as she runs the race virtually every year. Katy Scott was our third woman and one of two runners from Gran Canaria which is a first for the Arnison Dash.

We also had three junior runners. Tom Humphries finished in fifth place overall in a time of 16.34. Second junior was Alex Stourton from Newark Academy in the USA in a time of 19.24 and third junior – and also first (and only!) local – was Isaac Ravenhill in 20.49.

Finally, thank you to Vanessa Schaeppers, Rachael Moseley, Jane Saul, Pam Armstrong and Joy for helping with registration, finish line and results; to Phil Brown for being our "man at the top"; to Arnison Crag for

being such a big hearted little hill; and to Catstycam Outdoor Shop in Glenridding who sponsor the prizes.

See you next year!
Christine Kenyon

EDDIE'S REVENGE

Lancashire

AS/6.1km/323m 28.06.17

After many years of dry conditions the rain fell on Eddie's Revenge making the course a little more challenging than previous years. The constant rain interspersed with heavy showers during the day left the tops a little heavy underfoot and although the rain was reduced to a steady drizzle for the duration of the race, care was needed on the steep descent towards the end of the first loop.

This year saw another good turnout of 132 runners setting off over Crompton Moor in this short but challenging race of 3.8 miles and 1080ft of ascent.

Rob James won for the second year in succession in a faster time of 24:34, fending off Andy Fleet in second and Tim Campbell in third. The first woman home was Kay Welsby in a time of 31:21 ahead of Leah Williams 34:03 and Sally Newman 34:23.

As ever there was a good turnout in the club section, the men's team competition was won by Radcliffe (7,10,16,19) from Horwich (9,11,12,47) with Saddleworth coming third (13,18,24,26). The women's team competition was won by Radcliffe (4,5,18), from Saddleworth second (8,12,13) with Middleton third (6,15,25).

It goes without saying that these events only happen because a lot of people put in a lot of work in the background and our thanks go to all to St Saviours for allowing the use of their church for registration, Oldham Mountain Rescue Team, Mick Neild and Bob, his Mountain Rescue Dog for starting the race, and all the Middleton Harriers, friends and family who contributed their time and energy to make the event a great success. Proceeds from the race and raffle will be distributed to local charities and we look forward to seeing all the runners again next year.

A special thank you to our first aider who treated a woman for minor cuts to her hands after taking a tumble.

Craig Sutherland

1. R. James	Royton	24.34
2. A. Fleet	Holmf	25.24
3. T. Campbell O/40	AstTyld	26.55
4. B. Heywood	Unatt	26.59
5. A. Thornton	LoughU	27.11
6. D. Bennett O/40	Roch	27.26
7. D. McGrath	Rad	28.35
8. R. Johnson	AstTyld	28.47
9. D. Gilbert O/40	Horw	29.03
10. M. Emmerson	Rad	29.10
VETERANS O/50		
1. G. Chadderton	Horw	29.29
2. R. Turner	Ross	30.45
3. K. Jones	Sadd	32.02
VETERANS O/60		

1. T. Taylor	Ross	31.58
2. B. Greaves	Royt	32.22
3. J. Comyn-Platt	Sadd	35.05
VETERANS O/70		

1. G. Breeze	Ilk	40.17
2. P.Scanlon	Horsf	45.16
3. T. Greene	Sadd	46.26

WOMEN

1. K. Welsby	Roch	31.21
2. L. Williams	Lough	34.03
3. J. Butterworth O/40	Roch	34.23
4. F. Lynch O/40	Rad	34.59
5. K. Percival	Rad	35.30
A. McGilvray O/50	Unatt	38.42
H. Farren O/50	Ross	44.57
K. Conduit O/60	Roch	46.36
R. Hare O/60	Midd	50.07
B. Roberts O/70	Sadd	51.47

130 finishers

HOPE WAKES

Derbyshire

BS/9.5km/451m 28.06.17

This race turned into a race with a difference and not a situation that we had considered in our pre-race planning. After another very soggy day the evening brightened up and the temperature rose a few degrees. Although comments that this should have been the summer race and not the winter race were fairly common around the start line. The junior races were undertaken and being part of the Accelerate/Inov-8 Gritty series saw us having a few more runners than usual. The U10s did a couple of laps of the sports field whilst the U16s were sent off on a tour of the local fields around the base of Lose Hill. The comments from the runners wanting a harder race are duly noted we will work on achieving this for next summer.

So the senior race got underway with all 238 runners leaving the field and heading up Hope Brinks to the saddle with Win Hill. The race is then supposed to go down into the woods before heading back up onto Win Hill summit before the mad descent back through the village to the sports field. But there was confusion between runners and marshals and the first 34 runners made their way up the ridge line towards Win Hill summit. When the 35th runner came through the situation was sorted and the rest of the race carried on running the correct route. Out of the first 34 runners some carried on to Win Hill and then back to the finish, some decided to retrace their steps back to the correct route adding up to 1.5k to their final race.

We decided to void the race as a Gritstone race and awarded two sets of prizes – for the people who completed the shortened race and then we started the main race from position 35 as this was the first person who had completed the correct route. I would like to thank everyone for their understanding and taking the whole thing in very good spirits. The people who were awarded prizes where people who do not normally quite make it into the prize positions so were all

very happy.

Thanks also to all the helpers on the day and support from the village. All proceeds from this cracking little race go back into helping projects in the village and it is part of the Wakes festivities

Colin Papworth

1. D. Sykes O/40	DkPk	57.28
2. D. Harris O/40	Penn	58.05
3. J. Foxall	DkPk	58.22
4. C. Mathews U/23	FatB	58.25
5. J. Hobson	GoytV	58.29
6. P. Geeson O/40	Stilt	58.37
7. A. Grant O/40	GoytV	58.43
8. A. Hoogkamer U/23	DkPk	58.47
9. M. Kunicka	Pstone	58.50
10. J. Littler U/23	Unatt	59.13

VETERANS O/50

1. (58) S. Hughes	Unatt	60.06
2. (60) I. Warhurst	Penn	60.12
3. (68) D. Wass	Works	60.34

VETERANS O/60

1. (57) D. Holmes	DkPk	60.05
2. (62) K. Holmes	DkPk	60.16
3. (70) S. Kemp	DkPk	60.37

VETERANS O/70

1. (226) B. Allsop	Buxt	81.03
2. (233) T. Faulkner	Wilms	94.34

WOMEN

1. (42) A. Hoogkamer U/23	DkPk	58.46
2. (43) M. Kunicka	Pstone	58.50
3. (57) A. Rigby U/23	SHUOC	59.31
4. (54) J. Caddick O/40	DkPk	59.59
5. (61) W. Higginbottom O/40	Buxt	60.15
6. (74) Z. Proctor O/40	Penn	60.47
(79) J. Beadnell O/50	Buxt	61.00
(126) P. Goodall O/60	Totley	63.37

235 finishers

CRAGG VALE

West Yorkshire

BS/6.4km/244m 28.06.17

On a soggy, wet June evening, 83 runners raced up the hillside, splish-splashed around the edge of the moor and descended through the dark, damp woods. Nearly everyone came back with smiles and most preferred the new clockwise route [exactly the previous one in reverse, except for the start and finish]. A few deviated off the route [missing the flags in the gloom through the woods] but everyone enjoyed the copious refreshments back at Cragg Church: many thanks to Cragg Vale's Little Valley Brewery who support us every year with prizes and kegs of beer.

We had a massive Calder Valley turn out as it was a club championship race and I loved seeing so many new faces: it's a perfect beginners' race. Having said that, we had some mighty runners, with a superb win by Ben Mounsey, closely followed by another Calder runner, Alex Whittem, and Andrew Worster of Todmorden Harriers.

Under 18 Emily Field won the women's race comfortably, with Lindsey Oldfield coming in second. Star runner, George Arnold, is such an inspiration and regularly returns to

claim the V80 prize. Men's and women's team prizes went to Calder Valley which, given 36 members ran, was hardly surprising!

A big thanks to all the marshals, helpers and runners who helped to raise £630 towards the refurbishment of Cragg Vale Church. It has undergone a massive restructuring and now provides a great community space. Perfect for a fell race!

Jackie Scarf

1. B. Mounsey	...	CaldV	28.07
2. A. Whittem	...	CaldV	28.29
3. A. Worster	...	Tod	28.30
4. J. Crossfield	...	Hfax	29.14
5. R. Howie	...	Unatt	30.06
6. M. O'Conner	...	CaldV	30.21
7. R. Allen	...	CaldV	30.43
8. R. Sustovs	...	CaldV	32.43
9. I. Illstone	...	CaldV	32.44
10. E. Hassell	...	Wharf	32.56

VETERANS O/40

1. (15) A. Walker	...	Kghly	34.04
2. (18) P. Wells	...	CaldV	34.27
3. (22) T. Boland	...	Holc	34.58

VETERANS O/50

1. (27) J. Emberton	...	CaldV	35.49
2. (35) T. Shepherd	...	Wharf	39.18
3. (39) D. Donahue	...	Tod	39.28

VETERANS O/60

1. (43) J. Birchenough	...	Unatt	40.12
2. (47) A. Davies	...	CaldV	40.34
3. (54) A. Monk	...	Unatt	42.49

VETERANS O/70

1. (67) E. Talbor	...	Unatt	49.06
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VETERANS O/80

1. (83) G. Arnold	...	Prest	69.27
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WOMEN

1. (23) E. Field U/18	...	Bing	36.46
2. (3) L. Oldfield	...	CaldV	36.46
3. (34) R. Patrick O/40	...	Tod	37.14
4. (37) J. Powell O/40	...	Wharf	39.26
5. (46) C. Holden O/40	...	CaldV	40.33
(41) M. Blackhurst O/50	...	Tod	39.44
(52) C. Fryer O/50	...	CaldV	42.05
(55) A. Baldwin O/60	...	Stain	43.13
(63) C. Whitaker O/50	...	Tod	44.46

83 finishers

HARROCK HILL 2 Lancashire

BS/8.4km/275m 28.06.17

1. J. Toohey	...	LpoolRC	34.45
2. C. Sharpe	...	Time2	35.10
3. B. Hobson	...	Chorlt	35.29
4. J. Horrocks	...	B'burn	35.36
5. G. Norris U/23	...	Chorl	36.12
6. D. Fishwick O/40	...	Chorl	36.32
7. T. Harkin O/40	...	Unatt	36.50
8. J. Sutton O/40	...	Bburn	37.04
9. S. Nicholls	...	Wigan	37.10
10. C. Rayner O/40	...	Chorlt	37.24

VETERANS O/50

1. (18) N. Hayhurst	...	Unatt	39.53
2. (25) J. Dickinson	...	LpoolP	40.35
3. (28) M. Hitchmough	...	Newb	40.44

VETERANS O/60

1. (12) P. Muller	...	Horw	38.57
2. (31) K. Thomas	...	Burnd	40.48
3. (39) R. Wood	...	LpoolP	42.13

VETERANS O/70

1. (136) P. McDermott	...	Prest	56.06
2. (143) S. Stewart	...	Sthport	58.34
3. (144) P. Walsh	...	Bowl	58.38

WOMEN

1. (23) D. Campbell	...	LpoolP	40.20
2. (40) M. Ball	...	LpoolH	42.15
3. (43) A. Swift	...	Chorlt	42.34
4. (44) H. Thompson	...	Skelmer	42.40
5. (64) A. McAvoy	...	Garst	45.04
(87) B. Glaister O/40	...	Parb	47.40
(91) K. Towns O/40	...	Wigan	48.14
(96) L. Dermott O/40	...	Unatt	48.50
(97) S. Taylor O/50	...	Wigan	48.57
(108) C. James O/50	...	Sthport	53.42
(112) V. Hudson O/50	...	Sthport	54.07
(143) S. Stewart O/70	...	Sthport	58.34
(174) S. Charman O/60	...	Spect	76.27

175 finishers

WITTON PARK TRAIL RELAYS Lancashire

BS/3 x 3.65km/160m 29.06.17

Rossendale Harriers attended the event for the first time and Rossendale A went away with the men's team win. Robb Webb added to their haul with the fastest leg on Leg 1 and their Leg 3 runner Chris Fell also took the fastest Male Vet award with the fastest Leg 3 time overall. In between Grant Cunliffe was fastest on Leg 2. Barlick who are now regulars at the event, pushed them hard all the way with the Barlick Bad Boys and finished in a good second with Clayton A coming in third.

The women's award went to Barlick's Buns on the Run with Sarah Tipler running the fastest senior women's time on Leg 1 and Lorraine Slater the fastest vet woman on Leg 2. Rachel Villiers brought them home for the win with all three women running under 19 minutes. Chorley Women A were the second women's team home follow by the Atomic Kittens from Blackburn.

In the Junior Boys category the Upstarts from Blackburn took the award with Leg 3 runner Matt Ramsden also taking the fastest leg award after Jamie Teare and Leon Thomas on the first two legs. They finished just 13 seconds ahead of their club mates New Kids on the Block.

The Junior Girls team award was won by Clayton Junior Girls A with Briony Holt running the fastest leg. Briony's leg was the fastest of all the female athletes and she made up a staggering 20 places on Leg 3 to help Clayton to the category win and build on the good work of Ella Dorrington-Levy and Millie Stubbs. They were followed home by Blackburn Harriers trio Triple Danger.

The men's Vet team award went to Blackburn Harriers Fortyish & Fit team ahead of Clayton Vets A. Chris Davies, Matt Nuttall and Shaun Livesey made up the BBH team. Wesham Women A took the Women Vet team award. The trio of Helen Lawrenson, Sue Coulthurst and Carmel Sullivan finished just ahead of Trawden Walsh.

I'd like to thank everyone for the incredible

support for the event which just keeps growing in popularity. 142 teams pre-entered and 141 raced on the day. Next year I think the event will be pre-entry only and I'll consider if we can nudge the limit up to 150. The main concerns are the narrow descent where Leg 3 runners are lapping Leg 2 runners and also the pressure on the finish team, handling 20 odd runners a minute at peak flow is a lot for a small event.

£1000 is going to Rossendale and Pendle Mountain Rescue Team who do a great job for us at Blackburn supporting several events a year for us, as well as many of the clubs that took part. A further £100 has been sent to Bolton MRT.

Pete Bland Sports helped yet again with our race numbers so a big thank you to Matt and Jon. I also have to express my gratitude to the Blackburn Harriers officials and volunteers. Some of them are in attendance in support of over 25 events a year as well as filling other roles around the club and county.

Hopefully we will be on again next year, last Thursday of June.

Richard Taylor

1. Rossendale A	...	Ross	0.44.48
2. Barlick Bad Boys	...	Barlick	0.46.02
3. Clayton A	...	Clay	0.47.22
4. Trawden Dunlop	...	Trawden	0.48.00
5. Tight Butts & Sweaty Nuts	...	Barlick	0.48.10
6. Fortyish & Fit Vets	...	Bburn	0.48.19
7. The Upstarts Juniors	...	Bburn	0.49.36
8. The Fell Snails	...	Clay	0.49.48
9. New Kids on the Block Juniors	...	Bburn	0.49.49
10. Don't be S###!	...	Clay	0.49.59

VETERANS

1. (6) Fortyish & Fit	...	Bburn	0.48.19
2. (13) Clayton Vets A	...	Clay	0.50.40
3. (15) Will Run for Beer	...	Barlick	0.50.53

WOMEN

1. (33) Buns on the Run	...	Barlick	0.55.33
2. (48) Clayton Girls A Juniors	...	Clay	0.58.11
3. (51) Chorley Women A	...	Chor	0.58.41
4. (52) Triple Danger	...	Bburn	0.58.45
5. (53) Horwich RMI Girls Juniors	...	Horw	0.58.48
6. (56) The Atomic Kittens	...	Bburn	0.59.11

WOMEN VETERANS

1. (72) Wesham Women A	...	Wesham	1.01.49
2. (76) Trawden Walsh	...	Trawden	1.02.24
3. (86) Wesham Women B	...	Wesham	1.05.32

141 finishing teams

CHEVY CHASE Northumberland BL/32.2km/1219m 01.07.17

227 (of an expected 286) runners started the epic Chevy Chase fell race this year on a windy but warm day. The weather during the month prior to the race had been very warm with little rain fall - two days before the weekend we had 48 hours of rain so the underfoot conditions were back to being boggy and fairly spongy. You cannot do a race of this calibre without getting muddy

legs! The hills were clear of cloud making for good visibility and the runners certainly took on the challenging course with much enthusiasm and determination. On completing the 20 miles runners returned to the start point to be refreshed with mugs of tea, juice, sandwiches and cakes and also to get their well-earned T-shirts.

This year a new team took over the running of the race, kindly supported by the 'old gang' of Claire Bagness and Mary Logan - a hard act to follow certainly but the committee made up of Wooler Running Club Members and local outdoor pursuits company Reiver Guiding did a grand job and the day went smoothly thanks to the whole team.

As ever an event such as this cannot take place without the volunteers at the start/finish point, the marshals out and about on top of Cheviot and Hedgehope as well as at the furthest flung points on the course. Also the superb assistance of The Northumberland National Parks Search and Rescue Team and the landowners who allow us access to this amazing area. Prizes were donated by Gear for Girls - a great local shop in Wooler which provides specialist sport and outdoor clothing and Salomon. Without the generosity of the above we would not be able to put on such an event and we are incredibly grateful to them all.

John Butters repeated his win of last year in an incredible time of 2.57.00 - impressively dipping under three hours. Will Robson came in second in 3.12 closely followed by Graham Simpson in 3.17.00 Graham also won the prize for first local male home. The women also had a close fought battle with Katherine Davies winning in 3.50.00 and Karen Robertson 3.51.00 - neck and neck right to the last few metres. Shirley Cassidy came in just behind them in 4.02.00 and she also won the prize for first local female home.

The team prize for men went to Northumberland Fell Runners (John Butters, John Duff and Scott Gibson whilst the women's prize went to North Shields Poly (Katherine Davies, Lisa Henderson and Jenny Simpson) The Geordie Douglas Memorial Trophy presented to the oldest and boldest competitor went to Mike Gill and The Alan Gardener Trophy which celebrates the Spirit of the Chevy Chase was awarded to Glen McWilliams. Local Wooler resident, Glen has competed in 25 Chevys, he organises fell races and charity runs and has also created the McWilliams Round - a unique hill run starting and finishing in Wooler.

It is hoped that you all enjoyed this year's race and we very much look forward to seeing you all in 2018. Bring it on!

Caroline Armstrong

**DOLLAR
Clacmanaanshire
AM/15km/ 01.07.17**

At registration a large French contingent turned up, all running for Aperam, which certainly challenged the French speaking

ability of those helping out at registration. It had started out as a nice sunny day, but as soon as the race started the cloud dropped and the wind picked up making navigation a challenge.

The race was won by Steve Feltblower in 1:21:44 and the first woman home was Catriona Buchanan in sixth place overall in a time of 1:27:43.

It was about this time that we discovered about 15 of the runners had gone the wrong way on the way to the furthest hill. A bit if backtracking by one of the sweepers managed to find them and get them back on course. Everyone finished safely albeit some in more than twice the time of the winner.

Alex King

1. S. Feltblower...	Ochil	1.21.44
2. J. Hammond	Carneth	1.23.24
3. E. Sedman	RTC	1.23.48
4. J. Connaghan O/40	Shettle	1.26.05
5. M. Juillard O/40	Aperam	1.27.37
6. C. Buchanan Woman	Ochil	1.27.43
7. D. Crowe O/60	Penic	1.28.29
8. D. Godfree O/40	Ochil	1.28.41
9. D. Douglas	Unatt	1.28.56
10. L. Taylor	Ochil	1.29.14

VETERANS O/50

1. (7) D. Crowe O/60	Penic	1.28.29
2. (21) D. Fichet	Aperam	1.39.27
3. (27) I. Hawkins	Fife	1.44.15

VETERANS O/60

1. (37) D. Scott	Ochil	1.49.30
2. (42) P. Giordano	Aperam	1.52.49

WOMEN

1. (6) C. Buchanan	Ochil	1.27.43
2. (14) C. Morgan O/40	Carneth	1.32.24
3. (17) A. Darlington	Dund	1.36.39
4. (35) G. Lairns O/40	Penic	1.49.03
5. (44) K. Coombs	Unatt	1.53.22
(63) A. Buchanan O/50	Unatt	2.10.21
(68) C. Mallett O/50	Lomond	2.45.22
(71) A. Wilson O/40	Penic	2.49.23
(76) M. Vautrin	Aperam	3.04.43

79 finishers

**MIDDLETOWN SHOW HILL RACE –
BORDER RAID RECCE**

**Powys
AS/2.8km/440m 01.07.17**

The second Border Raid Recce, (Middletown Show Hill Race) took place on a short but very demanding course. A brake in the weather allowed perfect conditions and a cracking race.

23 runners set out of the start field onto the first climb with Billy and Joe Starling leading the field as they started the first climb. By the time the runners reached the Red Dragon at the summit, Dom Jones led Billy Starling, with Will Kay just a few seconds behind.

By the final summit places had all changed again with Will Kay now in a commanding lead from Dom Jones and Billy Starling, which is how it stayed to the finish. Will taking the final descent in 2.20 and just missing the course record by four seconds but setting a junior record which will be hard to beat.



Helen Brown set a new women's course record with 30.11.

Further down the field the race for places was a sprint between three juniors - Callum Morgan, Ollie Jones and Harvey Gill - so close that they were given the same time.

1. W. Kay	24.08
2. D. Jones	24.26
3. B. Starling	24.51
WOMEN	
1. H Brown	31.11

**SAUNDERS LAKELAND MOUNTAIN
MARATHON
Cumbria
MM 01.07.17**

The 39th Saunders Lakeland Mountain Marathon was held over the weekend of 1 and 2 July. The Event Centre was in the Ennerdale Showground, near Kirkland. All courses started on the western shore of Ennerdale Water and the overnight camp was near the Kirkstile Inn, Loweswater. (Out of Bounds!)

The two day event provided courses ranging from 47km down to 26km (straight line route)

Saturday's courses took competitors over typical Lakeland terrain on either side of Ennerdale, with rock, bogs and bracken to contend with, as well as sections of good grassy running. The courses provided some long legs and some interesting route choices. Sunday's courses, on the more rounded Loweswater Fells, offered head-to-head racing and finished with a tough climb up, and then a very enjoyable descent down Murton Fell.

The elite Klets class was won in 9.23.00, over two days, about 10% faster than predicted. The Bedafell class, for adult/junior teams, was won in 5.00.00, against a "design" time of seven hours. We've got some fast juniors here, although the parents said that the course was long enough!! The other courses were about the right length.

Some bright sunshine on Saturday provided terrific views. Rain on Saturday evening tested the camping equipment of all competitors and then a dry Sunday provided good running.

I wonder where we will be going next year? The first weekend in July, as usual.

**Roger Smith
KLETS CLASS**

1. M. Reedy	09.23.45
2. D. Alcock	09.50.57
3. M. Brown	09.51.46
4. B. Johnston	10.15.11

5. D. Harris Veteran	10.54.02
6. J. Powell Davies	11.03.28
(13) K. Hewitson Female	12.47.48
(15) K. Nash Female Veteran	13.47.01

PILLAR CLASS (Handicap applies)

1. J. Smallwood Veteran 09.02.01	08.52.59 (H)
2. H. Farnell Female	10.05.33 10.05.33 (H)
3. J. Emberton Veteran ...	10.18.04 08.14.28 (H)
4. P. Hodgson Veteran ...	10.34.40 07.34.50 (H)
5. R. Parkinson Veteran ...	10.45.22 07.53.16 (H)
(14) Y. Tridimas Veteran ...	14.52.52 07.56.11 (h)

BOWFELL CLASS

1. J. Jackson/P. Devine-Wright	09.03.30
2. H. Moulton/C. Jones Moxed	09.04.59
3. H. Davies/J. Lowe	09.07.58
4. M. Vokes/P. Vokes	09.42.35
5. E. Johnstone/J. R. Harris Mixed	10.09.16
6. M. Lawson/S. Caldwell Veteran	10.18.59
(17) S. Caldwell/C. Elphick Mixed Veterans	13.20.16
(18) D. Sykes/J. Swan Veterans	14.46.30

KIRKPELL CLASS

1. J. Turner/D. Taylor	08.27.41
2. M. Burley/M. Ponsford	08.32.52
3. D. Wilson/B. Wilson ...	08.47.34
4. J. Davies/N. Mason Mixed	08.48.58
5. L. Addison/P. Addison	08.52.30
6. T.Miles/P. Carpenter Veterans	08.56.54
(8). J Scarf/P. Scarf Mixed Veterans	09.15.54
(27) Ruth Metcalfe/Rachel Metcalfe Female	11.52.14
(29). M. Goth/R. Blackmore Female Veterans	12.17.08

CARROCK FELL CLASS

1. T. Moran/J. Cooper Mixed	07.27.47
2. D. Brown/I. Pledger Veterans	08.01.48
3. O. Wilson/A. Lewsley Veteran	08.16.54
4. R. Price/T. Elliott	08.19.56
5. S. Perry/R. Goodman ...	08.32.23
(9). A. Hearn/M. Hearn Mixed	08.51.18
(11). G. Briggs/S. Richmond Mixed Veterans	08.57.54
(13). H. Bradley/J. Bradley Female	09.06.12
(50) S. Booth/E. Bradley Female Veterans	10.07.50

HARTER FELL CLASS

1. A. Hall/M. Hall	06.23.59
2. S. Hunter/N. Hunter Mixed	07.05.17
3. M. Seddon/R. Seddon	07.18.10
4. E. Ames/H. Ames Mixed	07.33.18
5. A. Harding/B. Harding Female	07.44.19
(8). L. Thomas/J. Cleary Female Veterans	08.05.11
(9). John Taylor/Jo Taylor Mixed Veterans	08.11.14

WANSFELL CLASS

1. S. Tysome/D. Honeysett Veterans	06.49.10
2. S. Eastwood/J. Heald Mixed	06.53.29
3. I. Jones/D. Parkinson Mixed	06.57.02
4. K. O'Sullivan/D. Thomas Mixed	06.57.32
(10). S. Oxley/H. Moakes Mixed Veterans	07.50.01
(25). P. Horn/L. Wilcox Female Veterans	08.42.50
(34). J. Holborn/K.Simpson Female	09.18.51

BEDAFELL CLASS (Handicap applied)

1. A Forrest/J/ Forrest	04.24.2539 mins (H)
2. C. Chapman/A. Chapman	04.30.5129 mins (H)
3. A. Crane/B. Crane Mixed...	04.47.5535 mins (H)
4. K. Bryan-Jones/E. Patton Female	05.06.48

**WARSLOW BEER FESTIVAL
Derbyshire
AS/10km/533m 01.07.17**

The second ever running of the Warslow Beer Festival Fell Race saw the field swell from 43 runners last year, to 109, with many

entrants from the Nottinghamshire area. The weather this year was far more pleasant than the heavy rain of the inaugural 2016 race but was perhaps the reason why the winning time set by Dan Haworth was a tad over the record set last year by Billy Cartwright. The women's record was however comprehensively smashed by Helen Elmore FV40, who knocked over seven minutes off the previous best women's time.

Course route setter, Will Meredith, was able to run the race for the first time and finished a comfortable mid-packer. Judging by the number of finishing runners who were surprised by, and were also cursing, the tough gradients on some sections, Will should be congratulated for a job well done. Several runners were apparently disadvantaged by reliance on technology – as they were in disbelief/almost shock when live GPS data suggested the route HAD to be level with a mile or so to go – 550metres height already having been logged! Perhaps the actual total climb is nearer 640 metres? This proved a popular recorded finish line total.

As far as I know, the most eventful section of the race was the final descent off Ecton Hill. This initially follows the main path, but then cuts west down a steep undulating slope to the lane up to Nozzer's Folly. Here it was easy for runners to overshoot the flagged route and have to then backtrack on themselves. The distraction of a few bemused, but thankfully, docile cows perhaps added to the confusion at this late stage of the race.

Many thanks to all the marshals, Beer Festival organisers and landowners for their support for this new and growing fellrace event.

R. Houghton			
1. D. Howarth	Kesw	58.32	
2. N. Curtis O/40	Penn	60.23	
3. R. White O/40	Buxt	61.49	
4. B. Greenwood	Macc	61.52	
5. D. Croft O/50	Macc	62.06	
6. T. Robson	Penn	62.57	
7. D. Bethell	DkPk	63.11	
8. I. Botheroyd O/40	RugyN	64.44	
9. N. Kendall	Retf	65.33	
10. A. Hodges	CambC	66.09	
VETERANS O/50			
1. (5) D. Croft	Macc	62.06	
2. (14) N. Jeff	Buxt	67.13	
3. (15) I. Warhurst	Penn	67.39	
VETERANS O/60			
1. D. Bowen... ..	Penn	76.15	
2. R. Rees	Penn	78.11	
3. C. Bostock	LongEat	90.50	
WOMEN			
1. (19) H. Elmore O/40 ...	DkPk	68.31	
2. (31) C. Prosser	DkPk	74.23	
3. (33) C. Aspinall O/40 ...	Penn	74.32	
4. (38) J. Bednall O/50 ...	Buxt	76.39	
5. (41) R. Keeley	Belp	77.45	
(41) C. Griffin O/40	Macc	82.00	
(61) E. Fleuriot O/50	Penn	88.29	
(66) J. Gledhill	Manx	90.44	

**OAKWORTH HAUL
West Yorkshire
BS/9km/250m 02.07.17**

1. M. Sennett	Wharf	39.19
2. S. Shorrocks	Barlick	42.01
3. S. Walton O/40	Kghly	42.31
4. E. Hassell	Wharf	42.36
5. A. Walker O/40	Kghly	42.51
6. I. Willis O/40	Kghly	43.12
7. J. Atherton	Kghly	43.19
8. P. Crabtree O/40	Kghly	43.36
9. R. Harwood O/40	Kghly	44.14
10. G. Ward O/40	Kghly	44.31

VETERANS O/50

1. (14) C. Hitchins	Bing	46.02
2. (17) A. Kirton	KA	46.36
3. (18) D. Copping	Kghly	47.44

VETERANS O/60

1. (38) A. Cardinale	Otley	85.40
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VETERANS O/70

1. (35) G. Breeze	Wharf	60.47
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WOMEN

1. (15) C. Cooper	Kghly	46.13
2. (23) A. Hardaker O/40	Kghly	50.32
3. (27) C. Mercer O/50 ...	Kghly	54.21
4. (28) H. Thorn	Kghly	55.12
5. (29) E. Dooks O/50 ...	Kghly	55.19

38 finishers

**SKIDDAW
Cumbria
AM/14.5km/823m 02.07.17**

136 runners set off from Fitz Park to run up and down Skiddaw, in a true test of fitness on this simple out-and-back, path only course (9.6 miles/2700ft).

Although a bit windy and cloudy on top, the cool, dry conditions were excellent for running, and there were some impressive performances with Sam Stead taking his first Skiddaw win in 1.10.18. Catherine Spurden was the clear women's winner in 1.23.21.

There were many other Keswick runners, including Lesley Malarkey, who was first FV60, squeezing Skiddaw into a busy schedule of long Lakeland Classic races.

It was also fantastic to welcome seven inov-8 competition winners from several different countries, taking part in the historic Skiddaw Race as part of a week-long programme of talks, workshops, and running sessions, hosted by Kendal-based company, the trail and fell running brand inov-8. The night before the race, the inov-8 runners enjoyed a Q&A session at King Kong Adventure with Kenny Stuart, the famous Skiddaw Race record holder, whose time of 1.02.18, set in 1984, still stands today. What better preparation for the race?! The inov-8 team members all completed the race with broad smiles, and the local inov-8 representatives contributed to a really exciting atmosphere, with flags along the finishing straight, banners at the race HQ, and lots of support along the course.

Thank you to King Kong Adventure for providing prizes and race numbers, and to inov-8 for spot prizes, banners, and a great



atmosphere! A big thank you also to all the marshals and helpers, without whom the race could not have happened: the spread of cakes was particularly impressive!

Katy Moore

1. S. Stead	...	Kesw	1.10.18
2. M. Donnelly O/40	...	Borr	1.10.51
3. G. Greenhow	...	Amble	1.11.35
4. A. Perry	...	HelmH	1.11.54
5. M. McGoldrick	...	Wharf	1.12.44
6. J. Jardine U/23	...	HelmH	1.12.58
7. H. Coates	...	Wharf	1.13.21
8. K. Richmond O/40	...	Shettle	1.13.47
9. S. Ambery Smith	...	Ripon	1.15.14
10. B. Procter	...	HelmH	1.15.46

VETERANS O/50

1. (24) R. Stuart	...	HelmH	1.21.59
2. (47) B. Atkinson	...	YorkK	1.29.29
3. (58) M. Rush	...	Bath	1.31.35

VETERANS O/60

1. (49) B. Procter	...	HelmH	1.29.44
2. (52) B. Thompson	...	HelmH	1.30.25
3. (62) M. Mallen	...	Kesw	1.32.32

WOMEN

1. (27) C. Spurden	...	Kesw	1.23.21
2. (39) S. Non	...	Derw	1.27.18
3. (44) C. Slater	...	HelmH	1.28.28
4. (68) K. Cornforth O/40	...	Borr	1.33.38
5. (74) C. Gibson O/40	...	HelmH	1.36.16
(90) H. Stuart O/40	...	HelmH	1.43.03
(96) J. Wilcox O/50	...	HelmH	1.46.10
(105) L. Buck O/50	...	CFR	1.51.10
(110) C. Musetti O/50	...	Amble	1.52.04
(121) L. Malarkey O/60	...	Kesw	2.00.06

135 finishers

**BAMPTON SPORTS DAY
Cumbria
BS/8.8km/240m 02.07.17**

There was a good turnout of 40 runners for the Bampton fell race with excellent conditions for the race.

Jim Davies set a good pace and came home in 39:32 with Ben Jackson in second after a blistering descent of Knipe Scar that David Birch who was close behind just couldn't match. Ben Jackson came home in 40:55 with David Birch coming home in 41:27.

A reasonable turnout by the women saw Karen Bridge with a commanding lead coming home in 47:57 and Francesca Hamilton finishing second woman in 49:30.

Third woman was Nina Walkinshaw close behind in 49:49

Keith Hill

1. J. Davies O/50	...	Borr	39.32
2. B. Jackson	...	Unatt	40.55
3. D. Birch O/40	...	Kesw	41.27
4. D. Fishwick O/40	...	Chorl	42.31
5. T. Grimwood	...	Swale	42.48
6. C. Williamson	...	Unatt	43.06
7. J. Hosker	...	Howg	43.42
8. J. Williamson O/40	...	Cosmics	44.46
9. S. Robinson	...	Howg	44.56
10. M. Spooner	...	Howg	44.08

VETERANS O/50

1. (1) J. Davies	...	Borr	39.32
2. (11) R. Wilkinson	...	LEat	47.46
3. (14) R. Lendon	...	Unatt	49.15

VETERANS O/60

1. (29) W. Dodds	...	Clay	58.08
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2. (37) B. Higginson	...	Prest	70.52
3. (39) T. Metcalf	...	Wharf	76.53

VETERANS O/70

1. (40) D. Wood	...	Borr	84.39
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WOMEN

1. (12) K. Bridge O/40	...	Eden	47.57
2. (15) F. Hamilton	...	Eden	49.30
3. (17) N. Walkinshaw	...	Howg	49.49
4. (18) A. Keates O/50	...	FRA	50.05
5. (28) D. Tunstall O/50	...	DFR	57.37
(29) W. Dodds O/60	...	Clay	58.08

40 finishers

**LANGDALE GALA
Cumbria**

AS/1.9km/178m 02.07.17

The Langdale Gala is a little fell race with a big heart. Covering just 1.9 km with 178 metres of ascent, it is a real power test. Most of the ascent and descent is a 50% gradient on loose ground, with much of the course being viewable from the Gala field. Whilst the younger runners have shorter routes with less climb, the U15s and older all get to test their mettle on the full course.

As always, the Gala attracts a strong contingent of younger entries and we saw a total of 89 junior runners this year. Conditions were good on the day with a light breeze and dry going.

The standout performances amongst the juniors came from Tom and Rowan Ashworth, setting course records in the U9 boys' and U11 boys' categories respectively.

Their teammate Daniel Sanderson set a winning time of 11:22 in the U15 boys' race, a time that would have just missed out on second place in the senior race. The U13s was won by Ben Greenep and his teammate Thomas Marshall claimed victory amongst the U17s.

For the girls, Chloe Rylance, also from the host club, maintained her crown in the U15s' race. Her younger sister Sophie, beaten into second place by one second last year, secured a clear victory this time in the U13s' race. Alaana Coates grabbed first in the U9s, rounding off a good showing from the local juniors. Ella Martindale carried victory in the U11s and her teammate Katie Russell took home the U19s' trophy.

In the seniors, Jack Wright romped home to retain the senior men's trophy from last year in 11:05, 10 seconds off his time for 2016 and 16 seconds outside the course record set by Mark Addison in 2015. Chris Edis was second in 11:21 with Phil Craker, also of Ambleside, coming home third in 12:19. Amongst the women it was Judith Marshall who was victorious in 16:55, ahead of Keeley Smith in 17:28 and Claire Guest with a time of 17:45. The outright women's record remains with the junior runner Chloe Rylance, who set a blistering 13:06 in 2015.

Tod Coates.

1. J. Wright	Amble	11.05
2. C. Edis	Kesw	11.21
3. P. Craker O/40	Amble	12.19
4. C. Smith O/50	Kesw	12.47
5. J. Graham O/40	Amble	13.11
6. J. Edmondson O/40	Amble	13.31
7. M. Cropper O/40	HelmH	13.52
8. O. Benson O/40	Unatt	15.00
9. A. Bowness O/40	Kend	15.04
10. R. Smith	Helm	15.05

VETERANS O/50

1. (4) C. Smith	Kesw	12.47
2. (11) C. Schofield	HelmH	15.22
3. (12) D. Bedford	Unatt	15.46

VETERANS O/60

1. (20) D. Kershaw	Unatt	17.02
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WOMEN

1. (18) J. Marshall O/40	Settle	16.55
2. (21) K. Smith	Helm	17.28
3. (23) C. Guest	NFells	17.45
4. (24) S. Folks O/40	Amble	17.58
5. (26) C. Padmanabhan	Glas	19.19

29 finishers

JUNIORS

Boys U/9

1. T. Ashworth	Amble	4.35
2. B. Fleming	HoadH	4.48
3. H. Shaw	Amble	5.12
4. Z. Sumner	Amble	5.34

Girls U/9

1. A. Coates	Amble	5.41
2. E. Rann	HelmH	5.51
3. M. Jebb	HelmH	5.59

BOYS U/11

1. R. Ashworth	Amble	6.03
2. C. McVey	Amble	6.24
3. S. Rigby	HelmH	6.26
4. J. Sanderson	Settle	6.31

Girls U/11

1. E. Martindale	HelmH	7.11
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2. J. Edmondson	Amble	7.18
3. L. Bagot	Settle	7.35
BOYS U/13		
1. B. Greenep	Settle	7.27
2. C. Coates	Amble	7.45
3. J. Ligema	Amble	7.56
4. J. Rigby	HelmH	8.19
GIRLS U/13		
1. S. Rylance	Amble	8.21
2. R. Hamilton	Unatt	9.30
3. M. Evans	Amble	9.54
BOYS U/15		
1. D. Sanderson	Amble	11.22
2. H. Hunter	HelmH	12.37
3. D. Harris	HelmH	14.40
GIRLS U/15		
1. C. Rylance	Amble	13.23
2. M. Padmanabhan	Carsc	14.44
3. H. Dobson	Amble	14.45
BOYS U/17		
1. T. Marshall	Settle	11.24
2. B. Edmondson	Amble	12.12
3. L. Bowness	HelmH	13.14
GIRLS U/19		
1. K. Russell	HelmH	19.51

ALDERMAN'S ASCENT

Lancashire

AS/8.5km/402m 06.07.17

1. A. Fleet	Holmf	45.45
2. M. Fanning O/40	Holmf	46.03
3. H. Oldham	Hyde	46.54
4. M. Cooke	Stadium	47.53
5. D. Shaw	Holmf	48.40
6. C. Rice	RibbV	48.47
7. D. McManus	Salf	49.29
8. G. Callan	Bing	49.33
9. I. Illstone	CaldV	50.54
10. S. Crossman O/50	Gloss	51.16
VETERANS O/50		
1. (10) S. Crossman	Gloss	51.16
2. (11) I. Fraser	EChesh	51.17
3. (12) A. Parkin	Gloat	53.41
VETERANS O/60		
1. (17) B. Greaves	NVets	55.24
2. (48) A. Oldham	EChesh	64.58
3. (52) W. Murgatroyd	Unatt	67.46
VETERANS O/70		
1. (64) N. Field Berry	Holmf	101.41
WOMEN		
1. (6) . Rice	RibbV	48.47
2. (15) L. McGuinness U23	EChesh	54.54
3. (16) J. Howells O/40	Wharf	5.22
4. (32) K. Farquhar O/40	Holmf	59.29
5. (44) J. France O/50	Holmf	64.04
(48) A. Oldham O/60	EChesh	64.58

64 finishers

ALDERMAN'S JUNIORS

Boys U/9

1. S. Annison	CaldV	6.31
Girls U/9		
1. C. MKee	CaldV	6.22
Boys U/11		
1. C. Pickens	CaldV	11.07
2. T. McKee	CaldV	11.23
3. D. Levay	Holmf	11.43
4. L. Jagger	Sadd	12.33

Girls U/11

1. F. Hanson	CaldV	14.18
2. E. Mills	Sadd	21.08

Boys U/13			
1. W. Hall	CaldV	12.01	
2. T. Manton	Stockp	12.47	
3. J. Hobbs	CaldV	12.56	
4. A. Duffield	CaldV	13.00	
Girls U/13			
1. I. Wolff	Holmf	17.32	
2. A. Feetham	Holmf	19.37	
3. E. Illstone	CaldV	20.01	
Boys U/15			
1. E. Beesley	CaldV	18.51	
2. A. Delderfield	Sadd	20.56	
3. J. Callaghan	Sadd	21.59	
4. O. Delderfield	Sadd	22.57	
Girls U/15			
1. Z. Tyas	Holmf	22.04	
2. A. Stewart	Holmf	22.06	
3. M. Brunt	CaldV	23.20	
Boys U/17			
1. L. Greenwood	CaldV	24.23	
2. J. Howe	Sadd	25.49	
3. S. Matthews	Sadd	29.20	
4. E. Noble	Sadd	29.48	

TOCKHOLES

Lancashire

BS/9.3km/335m 06.07.17

Excellent weather and dry conditions underfoot greeted all the 99 runners who participated in this year's Tockholes Don Ashton Memorial Race. Having had to run some detours on the course for the past two years due to work needed on fixing Sunnyhurst Reservoir and the steep path at Stepback, the race returned to its original 2014 route over Darwen Moors.

The conditions particularly suited both the first and second females who both broke the previous course record by several minutes.

The men's team prize went to the Blackburn Harriers and the women's team prize was picked up by the local girls from Darwen Dashers.

Many thanks to everyone who donated prizes in memory of the former Darwen Dasher, Don Ashton who's family were present to start the race and present the prizes at the presentation.

Chris Cash

1. J. Hindle	Bburn	37.35
2. R. Cope	Ross	39.05
3. J. Horrocks	Bburn	39.43
4. D. Reilly O/40	Bburn	39.59
5. M. Walsh O/40	Horw	40.23
VETERANS O/50		
1. (8) N. Holding	Horw	41.00
2. (9) A. Lundberg-Bury	Ross	41.02
3. (12) D. Almond	Bburn	41.09
VETERANS O/60		
1. (51) T. Hesketh	Horw	51.02
2. (52) D. Miller	Chorl	51.12
3. (56) S. Breckell	Clay	53.27
VETERANS O/70		
1. (96) P. Martin	Bowl	71.21
WOMEN		
1. (27) K. Hall O/40	Wharf	45.19
2. (34) A. Freeman	Darw	47.11
4. (54) K. Klunder	Unatt	52.19
(55) C. Fryer O/50	CaldV	52.46
(69) E. Fitzpatrick O/40	Ross	57.52

(83) S. Lundberg-Bury O/50 Ross 63.13
 (84) K. Shackleton O/50... Darw 63.22
 99 finishers

**FAN Y BIG HORSESHOE
 Powys**

BM/16.5m.670m 08.07.17

For the first time the fell race was held alongside the Llanfrynach Village Fete, facilitated by a slightly different start and finish location to previous years. This was welcomed by the majority of runners as it shortened the formerly hideous road section at the end of the race and provided ready access to burgers, hot dogs, baps, and splendid cakes.

The race attracted an international field with runners from both England and Wales. The men's prize was won by Jim Webb of Team Bath AC with a commanding lead of nearly six minutes. The battle for second place was a much closer run thing with home club favourite Richie Johnson of Mynydd Du coming in just 15 seconds ahead of a fast descending Sam Ryhall of Pontypridd Roadenders.

Meanwhile, Helen Marshall of Aberystwyth AC maintained a lead of around 90 seconds over Dee Jolly of Sarn Helen from the summit to the finish to claim the women's prize, with Hayley Evans of Buckley Runners just another 27 seconds back.

A new category record was set by David Vaudin of Team Bath AC in a time of 1:31:36, taking over two and a half minutes off the previous MV60 best.

After the race those competitors with energy still left to burn were able to participate in a variety of exciting agricultural games. The Mynydd Du team were sadly lacking their 600 kg Welsh Champion (Ian Whistance of Grosmont) and performed poorly in the tug-of-war. However, a special mention should be made of Evan Ryan, who despite losing nearly a pint of blood from his nipples during the race managed to win the gate hanging contest in some style.

A superb race again, but the author hopes for a great deal more rain, mist and mud in future editions.

Emma Bayliss

TAY Y FAN

Conwy, North Wales

AM/12.8km/786m 08.07.17

The morning was warm, clear and fine, with a touch of breeze. At 2 00 p.m., 37 competitors lined up and Spiderman sounded the hooter for the start. Off the runners went, out through the car park and on to the road through the village of Rowen, before 300 metres later turning right and the start of the ascent, first on tarmac up to the youth hostel, before levelling out a bit up along the old roman road to Cae Coch, and then after climbing the stile, up the grassy bank and then the rocks to Tal y Fan summit. The runners then benefited from the recent

sunny weather, as the usually boggy bit was not too boggy, allowing for quick runs across the moors to the Penmaenmawr stone circle.

Along the North Wales coastal path for a stretch before another right turn and an uphill section (avoided by those running with heads down, who went left past the Old Llangelynyn Church and down to the scout camp) back towards Rowen Youth Hostel, (except for those who failed to turn left over the wall and did a detour back to Cae Coch before realising their navigational error), and it was then downhill all the way to the finish back at the Carnival.

Gavin Roberts, Paul Jones, Matt Lewis and Emlyn Owen had a close run race at the front of the field with Gavin pulling away after the bridge (CP5).

A big thanks to all our marshals and helpers, Mike Blake for sweeping up at the back and keeping the tail enders on the right track. Next year we may put up a few more arrows for the navigationally challenged.

Helen and Doug Blair

1. G. Roberts	...	GOG	1.14.12
2. P. Jones O/40	...	Eryri	1.17.17
3. E. Owen O/40	...	Eryri	1.17.46
4. D. Gilbert O/40	...	Horw	1.20.12
5. R. Owen O/50	...	Eryri	1.20.40
6. A. Jones O/40	...	GOG	1.23.05
7. R. Alexander	...	Prest	1.23.28
8. G. Porter-Jones O/40	...	Eryri	1.24.43
9. M. Lewis O/50	...	Macc	1.25.40
10. S. Harley	...	Eryri	1.26.03
(16) E. Roberts O/50	...	Eryri	1.30.24

VETERANS O/60

1. (15) E. Evans	...	Unatt	1.28.49
2. (31) A. French	...	Wrex	1.48.46

WOMEN

1. (10) S. Harley	...	Eryri	1.26.03
2. (17) . Evans	...	Kesw	1.31.02
3. (28) L. Emery-Jones O/40	...	Eryri	1.43.03
4. (30) H. MacArthur O/40	...	GOG	1.44.55
5. (33) K. Lord	...	Helsby	1.55.08

37 finishers

**WASDALE
 Cumbria**

AL/34km/2750m 08.07.17

Conditions were near-perfect if a little warm in the valley. 286 set off, 233 finished.

The winner, Carl Bell, ran the fastest Wasdale for 27 years (since Mark Rigby led Colin Valentine in by a 23 minute margin in 1990), all the more commendable as Carl had a 1.5 minute disadvantage because of a slightly longer start leg. Carl led from the start and finished with a margin of over 10 minutes from second Karl Gray, in turn only 25 seconds before third placed Sam Tosh.

The winning woman was Anna Lupton, only two seconds ahead of second placed Nichola Jackson in turn about four minutes clear of third woman, Catherine Spurden.

The gents open team winners (5 to count) were Keswick, second Ambleside, third Helm Hill. Women's team winners were Dark Peak, second Keswick, third Ambleside. The gents' MV40 team winners (4 to count) were Helm Hill, second Ambleside, third Dark Peak. The gents' MV50 team winners (3 to count) were Dark Peak, second Helm Hill, third CFR.

The gents' junior U21 winner was John Spill who at 19yrs came in sixth in just over four hours with second Noah Hurton. The gents' U23 category was won by Helm Hill's Josh Jardine 11th overall, second Tom Simpson from Ambleside, third Dark Peak's Max Wainwright.

The winning woman U23 was Eleanor Johnstone.

Thanks go to Joss & Mary Naylor for manning the drinks station at Greendale, always a welcome sight for thirsty runners crossing the valley and looking up at Seatallan! Also to the checkpoint marshals, paramedic, and marvellous army catering chefs who did us so proud. Thanks also to the National Trust for granting us the race licence and for allowing us to cross their



ground and to Andrew Lopez for the use of the registration/car parking field.

Finishers' certificates, signed by Joss, were posted out with unawarded voucher and spot prizes.

Hope to see some of you next year.

Richard Eastman

1. C. Bell	Kesw	3.40.53
2. K. Gray O/40	CaldV	3.50.05
3. S. Tosh	Ross	3.50.30
4. S. Bailey	Mercia	3.52.09
5. R. Jebb O/40	Bing	3.52.52
6. J. Spill U/21	OxfUni	4.00.47
7. J. Wood	Ilk	4.05.37
8. S. Watson	Wharf	4.06.32
9. P. Vale O/40	Mercia	4.06.39
10. B. Abdelnoor	Amble	4.10.36
VETERANS O/50		
1. (31) D. Taylor	DkPk	4.33.41
2. (34) J. Hunt	DkPk	4.34.58
3. (40) G. Wilkinson	Clay	4.38.18
VETERANS O/60		
1. (90) B. Grant	Hgate	5.17.27
2. (108) P. Crompton	CFR	5.23.53
3. (122) S. Storey	Pstone	5.36.38
WOMEN		
1. (45) A. Lupton	BIComb	4.41.26
2. (46) N. Jackson	Prest	4.41.28
3. (50) C. Spurden	Kesw	4.45.12
4. (53) K. Roberts	Amble	4.47.07
5. (66) J. Jepson O/50	DkPk	4.57.20
6. (73) N. Spinks O/50	DkPk	5.00.37
(95) Z. Procter O/40	Penn	5.19.21
(106) N. Hawkrigg O/40	NFells	5.23.33
(132) T. Beetham O/40	Kesw	5.46.00
(136) D. Gowans O/50	Acc	5.47.25
(203) W. Dodds O/60	Clay	6.21.08
(214) L. Malarkey O/60	Kesw	6.28.13
233 finishers		

BAILDON CANTER West Yorkshire BS/5Km/152m 08.07.17

Well, this race just gets better and better; this year we started in sunshine and finished in sunshine. We had our biggest turn out yet with 78 finishing in the senior race, 42 in the juniors and a good selection of 2-6 year olds racing on the field. There were lots of fun and prizes for them.

I have to give a big thank you to all the marshals and helpers on the day, without your help we wouldn't be so successful and I can honestly say it was the least stressed I have been over the years.

We had a new course record this year with James Hall's amazing time of 18.18 but the star of the day has to go to Bernadette Raven who finished the mile junior race in 6.23 and then went on to be first woman home in the senior race in a respectable 22.58.

It was lovely to have Helen Glover from the Yorkshire Gold medallist team and England's international mountain runners team presenting our winners with their prizes.

Baildon Runners look forward to seeing you all next year and, who knows, with your support we could hit the one hundred entries mark.

Sue Coates

1. J. Hall	Wharfe	18.18
2. J. Tighe	NFR	18.49
3. M. Malyon	Baildon	19.45
4. B. Dickenson	Airent	20.37
5. M. Richardson	SaltStr	20.40
6. M. Vargas	HydeP	20.45
7. J. Lowe	DkPk	20.56
8. G. Hull O/40	Leeds	21.14
9. R. Nicholson	Ilk	21.24
10. J. Carnelly U?17	Bing	21.32
VETERANS O/50		
1. G. Hull	Leeds	21.14
2. N. Crossfield	Hfx	22.43
3. P. Davis	Baildon	23.20
VETERANS O/60		
1. J. Wheldon	Baildon	35.31
2. R. Myers	Baildon	27.13
3. C. Jones	HydeP	27.29
VETERANS O/70		
1. G. Breeze	Wharfe	30.55
2. J. Smithurst	Bing	36.24
3. H. Merriweather	Unatt	39.20
WOMEN		
1. (21) B. Raven U/17	Ilk	22.58
2. (22) M. Padilla	Wharfe	23.04
3. (25) R. Cesar de Sa O/40	Skyrac	23.25
4. (28) R. Carter O/40	Ilk	23.57
5. (33) L. Etchells	Manch	24.38
JUNIORS		
UNDER 16 GIRLS		
1. B. Raven	Ilk	06.23
2. H. Davey	Otley	06.45
UNDER 14 BOYS		
1. J. Thompson	Kghly	06.30
2. B. Grundy	Unatt	08.53
UNDER 14 GIRLS		
1. S. Toye	Ilk	08.15
2. L. Riddiough	Unatt	10.43
3. M. Whelan	Unatt	11.50
UNDER 12 BOYS		
1. A. Budding	Ilk	06.26
2. H. Cesar de Sa	Skyrac	06.29
3. S. Toye	Ilk	06.35
UNDER 12 GIRLS		
1. C. Rawstron	Otley	06.58
2. S. Bentham	Otley	07.08
3. L. Stoney	LBTA	07.13
UNDER 10 BOYS		
1. A. Wolfenden	Ilk	06.44
2. E. Cesar de Sa	Skyrac	07.17
3. L. McCredie	Barlick	07.47
UNDER 10 GIRLS		
1. A. O'Sullivan	Kghly	08.40
2. L. Davis	Unatt	08.47
3. S. Britton	Unatt	09.31

MANX MOUNTAIN MARATHON Isle of Man AL/51km/2500m 09.07.17

Glorious July sunshine greeted competitors in the Isle of Man's northern town of Ramsey as they lined up for the 50 kilometre Manx Mountain Marathon. The immediate challenge was to scale the Island's second tallest peak, North Barrule, which accounts for 565 metres of the total 2600 metres of climbing.

Local pair, Tom Cringle and Nick Colburn,

took an early lead with Tom edging ahead by the 18 mile point at St John's. The course took a forced diversion around Carnegie Farm with runners taking a dog legged road section up to the Northerly slope of South Barrule. It was here where the race started to change, with the leading pair both starting to suffer in the midday heat. Poised to take full advantage was ultra-distance specialist Ben Scott of Peel who edged past Colburn and Cringle on the approach to Cronk Ny Arrey Laa. Ben held on to extend his lead to take his first victory in the race over runner up Tom Cringle by a margin of six minutes. Previous winner, Rob Sellors, (MV50) paced his race superbly to take third and finishing just 30 seconds behind Cringle. Nick Colburn hung on gamely to take fourth ahead of the first local winner of this race, Ian Gale. The Clayton Le Moors pairing of Simon Halliday and Jean Brown broke the local monopoly of top 10 positions to finish sixth and seventh respectively. In doing so, Jean took the women's race in an excellent time of 6:23.00 and finished the race very strongly to extend the gap over her nearest rival, impressive debutant and local Keri Parry. Maggie Watkins of the host club had a solid run to finish as leading FV50 and 23rd overall. Regular visitor David Ashton (Manchester YMCA) took the honours in the MV60 class. The 2018 event will revert to its traditional date of Easter Sunday.

Nigel Maddocks

1. B. Scott O/40	Western	5.34.28
2. T. Cringle	Manx	5.40.12
3. R. Sellors O/50	Manx	5.40.41
4. N. Colburn	Manx	5.54.50
5. I. Gale O/50	Manx	5.59.08
6. S. Halliday O/40	Clay	6.00.23
7. J. Brown O/40	Clay	6.23.04
8. N. Maddocks	Manx	6.25.20
9. G. Rice O/40	Western	6.26.39
10. M. Murphy	Manx	6.29.09
(14) J. Norrey O/50	Manx	6.42.15
VETERANS O/60		
1. (36) D. Ashton	ManchH	8.19.30
2. (39) I. Callister	Manx	8.32.15
3. (51) P. Motley	IOMVAC	9.38.35
WOMEN		
1. (7) J. Brown O/40	Clay	6.23.04
2. (13) E. Miklos	Manx	6.42.10
3. (18) A. Barker	Unatt	7.17.24
4. (23) M. Watkins O/50	Manx	7.32.32
5. (28) C. Brogan	Manx	7.48.18
(31) J. Gledhill O/50	Manx	7.50.05
(35) C. Caren O/40	Manx	8.13.45
(45) S. Goodchild O/50	ManchH	9.06.50
52 finishers		

BRANSDALE North Yorkshire BM/12k/400m 11.07.17

After a rainy day, the sun just came out in time to welcome 55 runners to the scenic valley of Bransdale in the North York Moors.

Simon Collins led the field home in a time of 58:47 just ahead of Paul Whitaker. Caroline Warrington took the honours in the women's

race in 18th place overall in 1:08:17.

Gareth Wilson		
1. S. Collins	YorkK	58.47
2. P. Whitaker O/40	YorkA	59.03
3. R. Smith	Unatt	1.00.05
4. N. Stabbs O/40	YorkK	1.00.30
5. G. Hawking O/40	YorkK	1.00.58
6. P. Walker	YorkK	1.01.32
7. S. Fricke	YorkK	1.01.49
8. S. Rycroft O/40	Picker	1.02.02
9. M. Carricker O/40	YorkA	1.02.25
10. A. Hartley	Unatt	1.02.42
VETERANS O/50		
1. (20) A. Carruthers	Hales	1.09.50
2. (25) I. Smallwood	YorkA	1.12.15
3. (31) M. Holtby	EskV	1.15.13
VETERANS O/60		
1. (26) S. Mummery	YorkA	1.12.24
2. (42) R. Tarren	Unatt	1.22.16
3. (49) R. Lillie	EskV	1.28.56
VETERANS O/70		
1. (51) M. Hetherington	Picker	1.42.24
WOMEN		
1. (18) C. Warrington O/40	YorkK	1.08.17
2. (27) S. Attwood	YorkK	1.12.35
3. (32) C. Wilton O/40	Th&Sow	1.15.26
4. (36) R. Harper	Picker	1.19.24
5. (39) L. Humpleby	Picker	1.21.17
(41) H. Coventry O/50	Th&Sow	1.22.03
(46) H. Ashworth O/50	Th&Sow	1.24.38
(52) M. Medlar O/60	YorkK	1.44.30
55 finishers		

**BLACK ROCKS
Derbyshire
BS/9km/250m 12.07.17**

A fantastic turnout for this most southerly of northern English fell races had 205 entrants racing up from Cromford, past Black Rocks, turning at Bolehill trig point and chasing back down again through the woods.

The weather was warm but the mood was chilled, and the racing was fierce.

Congratulations to Harry Holmes on his win and to Lucy Taylor for her position ahead of all the other women.

One slight error of the evening affecting a group of four who may have secured a top 10 finish was the helpful gesture of some mountain bikers holding open a gate, at the same time as obscuring an arrow, sending them plunging into the woods too early and coming face to face with a disgruntled badger! Pathetic squeals were allegedly heard from within, none of which could be attributed to a growling badger, so please bear this in mind should anyone find themselves in a similar situation. Only appropriate noises for 'ard fell runners – we do have a reputation to uphold, you know.

Thanks to the Matlock AC members who organized it and to the rugby club for their hospitality.

Karl Webster		
1. H. Holmes	P&B	34.55
2. A. Campbell	Buxt	35.48
3. J. White	Norw	36.02
4. D. Haworth	Kesw	37.41
5. B. Cartwright	Mat	37.53

6. K. Davis	Erew	39.23
7. J. Fearn	Buxt	39.34
8. L. Beresford	Ripley	40.16
9. K. Malton	Shelt	40.47
10. S. Kozlowski	Unatt	41.06
VETERANS O/40		
1. (13) J. Evans	Beest	41.37
2. (19) M. Darling	Shelt	42.35
3. (20) B. Stone	Mat	42.41
VETERANS O/50		
1. (17) A. Dickenson	DkPk	42.21
2. (27) G. Baird	Sutt	44.12
3. (46) J. McMurty	Ashb	46.24
VETERANS O/60		
1. (40) C. Morrison	Sinfin	45.56
2. (49) G. McMahon	Redhill	46.56
3. (66) R. Cooper	Unatt	48.41
VETERANS O/70		
1. (181) J. Bush	Sinfin	62.33
2. (185) R. Hutchinson	Shelt	63.33
WOMEN		
1. (30) L. Taylor	Ripley	45.03
2. (39) R. Keeley	Belpor	45.53
3. (58) H. Gill O/40	Mat	47.54
4. (62) C. Wilson	Beest	48.18
5. (84) L. Oliphant	Eastb	50.14
(101) J. Grant O/40	Millt	51.02
(154) E. Sanders O/50	Ashb	56.40

**BEACON HILL
Northumberland
BS/10.6km/493m 13.07.17**

Ideal conditions welcomed runners for this midweek race.

20 year old William Robson was the victor closely followed by Matthew Hetherington.

17 year old Matthew Briggs had an excellent run finishing third.

Dawn Cooper brought the women home closely followed by Jane Briggs and Nina Cameron.

The drop down to the finish off Beacon Hill was diverted due to the ongoing footpath improvements and instead came down off Dove Crag. This added half a mile onto the route but the general opinion was that it was a better descent and will likely become the permanent route.

P. Appleby		
1. W. Robson U/23	NSP	56.42
2. M. Hetherington	Heat	57.01
3. M. Briggs U/23	NFR	59.04
4. R. Garland	NFR	1.00.24
5. G. Robson O/50	NSP	1.00.54
6. A. Wainwright O/40	Unatt	1.01.09
7. B. Crombie O/40	Unatt	1.01.19
8. C. Rowe O/40	NSP	1.01.40
9. C. Garrick	Unatt	1.04.42
10. J. Tollitt O/50	NFR	1.04.57
(11) T. McCall O/50	Norham	1.05.00
VETERANS O/60		
1. (31) L. Turnbull	Norham	1.14.39
2. (38) S. Clough	Norham	1.17.26
3. (45) A. Paul	NFR	1.27.16
WOMEN		
1. (39) D. Cooper	DerwV	1.18.30
2. (40) J. Briggs O/40	NFR	1.18.32
3. (41) N. Cameron O/40	NFR	1.18.39
4. (46) S. Richardson	DerwV	1.27.24

5. (47) H. Marchant O/40	DerwV	1.29.22
(53) T. Saint O/50	Saltw	1.35.27

**KERRIDGE CLIMB
Derbyshire
AS/95m/1.6km 15.07.07**

This is a small village fell race held at the annual Fete in the village of Rainow, on the Western edge of the Peak District. It is classified as an AS race – due to the 95 metres of ascent and descent in only 1.6 kilometres. This year the runners also had to contend with battling through hawthorn bushes on the way to the summit of Kerridge.

Spectators at the Fete were treated to a good display of downhill hurtling with Alistair Thornton and Jack Ross tumbling down the steep descent. Alistair made it to the finish line first in a time of 9.14.

Over half of the field (33/61) were juniors so great to see so many having a go at a fell race!

Trophies and medals were awarded to first in classes including local men and women as well as the U11 and the U16 age groups. Special thanks to Barbara Murray and her family for making this race run smoothly; her husband bashed hawthorn down; two of her sons did timing and her son-in-law with her baby grand-daughter, Emmeline, even completed the course as sweepers – and this year, after being race organiser for this event for around 25 years or so, Barbara herself was able to take part – finishing in 26th place!

Rachael Lawrance	
1. A. Thornton	9.14
2. J. Ross	9.27
3. M. Morton O/40	10.10
4. J. Stockdale O/40	10.15
5. J. Cain	11.00
6. J. Doorbar U/16	11.02
7. N. Pettie O/40	11.11
8. N. Hey O/40	11.56
9. T. Morton U/16	12.25
10. F. Pettie U/11	12.33
WOMEN	
1. (13) L. Williams	12.40
2. (19) B. Cantrell	13.27
3. (20) A. Stubbs U/16	13.35
4. (24) L. Dykins U/11	14.02
5. (26) B. Murray O/40	14.17
60 finishers	

**CRACOE – BOFRA
North Yorkshire
AS/4.2km/274m 16.07.17**

The Wharfedale Harriers' duo of Ted Mason and Kirsty Hall repeated their performances from Alva Hill race to notch up another double win at this year's Cracoe Fell Race. Having last won the race in 2012, Mason made this an impressive fifth win, more than anyone else in recent times.

Covering just over 2.5 miles and 900 feet of ascent, this race is described by young and old as "harder than it should be," perhaps due to the long, energy sapping, run out

over fields, bogs and wide land drains before the real climb up Cracoe Fell. There is then a sting as a false summit lulls runners into thinking they are at the top prematurely when in reality, the climb to the summit at Watt Crag, marked by a war memorial, merely becomes steeper and more technical.

Despite, or perhaps in spite of, all this the sun shone and the race attracted 86 senior and 140 junior runners to do battle with the fell and each other.

In the men's race, podium positions were hard fought as Mason, Jack Cummings and Craig Shearer were neck and neck all the way. The summit was where it all changed as Mason, in his own words, "went for it" on the descent to gain the lead from Cummings. Meanwhile, Shearer took a moment to sit and admire the view before commencing his descent. Consequently, Mason won from Cummings and Shearer. However, Mason's daily toil was not yet over as he and fellow runner and Cumbrian farmer, Ian Swarbrick, rebuilt a field wall that had fallen while they were out racing!

The women's race saw a familiar battle between Hall and Rachel Pilling. However, as on previous occasions, Hall gained the upper hand and romped home the winner from Pilling (27.51) and Pippa Barrett.

The U17 race takes in the full senior course and was won this year by Matthew Mackay in a time that would have put him in fourth place in the senior race!

The running machine that is Rosie Woodhams, won the girls' race in a time that would have won her the senior women's race by three seconds.

Su Thompson		
1. T. Mason	Wharfe	21.46
2. J. Cummings	Ilk	22.03
3. C. Shearer	Barlick	22.30
4. J. Bradshaw	Wharfe	23.43
5. M. Seddon	P&B	23.48
6. D. Kirkham O/40	Wharfe	23.51
7. H. Muir	Wharfe	23.55
8. M. Taylor O/40	CaldV	24.02
9. I. Gibbons O/40	Ilk	24.14
10. A. Livinstone	Annan	24.23
VETERANS O/50		
1. (16) p. Lambert	Settle	25.36
2. (25) M. Calvert	Howgill	27.57
3. (31) J. Boothman	Barlick	28.31
VETERANS O/60		
1. (37) D. Allen	NthnM	28.47
2. (51) L. L'Anson	Borr	30.42
3. (63) B. Scholes	Settle	33.47
WOMEN		
1. (22) K. Hall O/40	Wharfe	27.04
2. (24) R. Pilling	P&B	27.51
3. (34) P. Barrett	Wharfe	28.44
4. (39) J. Powell O/40	Wharfe	29.03
5. (40) S. Houghton O/50	Ripon	29.11
6. (45) B. Baquero	P&B	30.01
7. (54) K. Aubrey O/50	HelmH	30.55
8. (59) T. Hagendoorn O/40	HelmH	32.48
9. (62) S. Marshall O/50	Skip	33.32
10. (65) C. Harding O/40	P&B	34.47

226 finishers

JUNIORS

BOYS UNDER 9		
1. J. Sanderson	Settle	03.00
2. B. Fleming	HoadH	03.07
3. A. Sadler-Townsend	Kghly	03.09
GIRLS UNDER 9		
1. (7) M. Timbers	Kghly	03.20
2. (8) L. Bagot	Settle	03.20
3. (10) I. Wright	Wharfe	03.25
BOYS UNDER 12		
1. D. Thompson	Bburn	08.07
2. W. Hall	CaldV	08.10
3. J. Sadler-Townsend	Kghly	08.32
GIRLS UNDER 12		
1. (4) O. Winder	LevenV	08.35
2. (8) M. Bellwood	Kghly	09.01
3. (13) S. Smith	HelmH	09.28
BOYS UNDER 14		
1. J. Taylor	Ross	10.38
2. F. Sproul	Kend	11.06
3. A. Thompson	Wharfe	11.14
GIRLS UNDER 14		
1. (10) B. Raven	Ilk	12.52
2. (13) F. Mitchell	Wharfe	13.28
3. (14) E. Peel	Kghly	13.54
BOYS UNDER 17		
1. M. Mackay	Ross	23.32
2. R. Askew	HelmH	24.39
3. S. Segger-Staveley	Settle	25.09
GIRLS UNDER 17		
1. (6) R. Woodhams	Dallam	27.01
2. (9) B. Holt	Clay	27.30
3. (12) E. Field	Bing	28.01

UP THE NAB Derbyshire

AS/6.4km/365m 16.07.17

1. M. Burton O/40	Penn	29.05
2. A. Frost O/40	DkPk	29.19
3. B. McKenna	Buxt	30.34
4. S. Blanshard	CaldV	30.53
5. T. Robson	Penn	31.11
6. H. Thornhill U/23	Buxt	32.49
7. M. Harrison U/23	Gloss	33.03
8. J. Rees	GoytV	33.09
9. C. Moss O/40	Colling	33.53
10. B. Allen O/40	Unatt	33.56
VETERANS O/50		
1. (13) I. Warhurst	Penn	34.31
2. (14) A. Baker	DkPk	36.15
3. (16) A. Keates	FRA	36.38
VETERANS O/60		
1. (15) A. Bocking	Chesh	36.29
2. (18) A. Jones	Unatt	36.58
3. (20) F. Fielding	Penn	37.38
WOMEN		
1. (6) H. Thornhill U/23	Buxt	32.49
2. (16) A. Keates O/50	FRA	36.38
3. (18) A. Jones	Unatt	36.58
4. (22) E. Gerrard	Penn	38.24
5. (31) D. Brearton	Wigan	41.49
(33) M. Jeal O/50	Gloss	42.35
(39) C. Hill O/50	GoytV	45.56
(40) J. Ellison O/40	GoytV	47.12

47 finishers

BAMFORD CARNIVAL Derbyshire

BS/7.25km/305m 19.07.17

After a relatively dry July, the course was almost entirely mud free – in contrast to last year. Undergrowth had also been cleared by Peak Park leaving excellent conditions. However, the forecast on Wednesday morning predicted lightning in the evening and by 7 00 p.m. runners were warming up in drizzle with an ominous black cloud almost obscuring the top of Win Hill.

The number of entries was down a little from last year at 199, but given the weather, this is quite a good turnout for Bamford.

The drizzle eased in time for the start and, after being warned that if lightning arrived we would abandon the race, the runners were set off by Carnival Princess Fallon's blast on the air horn.

Thankfully, the lightning never appeared. Although conditions remained humid and even murky at the top, the runners all returned unscathed by electricity. Both last year's winners returned to improve their times and both won again. Both in fact being Under 23, the U23 prizes went to the second runners in that age group.

This was the second year for the new team organising the race and we were pleased to finalise the results give out prizes not long after the last runner came in, whilst there was still a really good crowd on Bamford Recreation Ground.

This year we offered a similar selection of prizes to last year, with £50 Outside vouchers to the overall winners and everyone else in the table choosing from local bottled beer, wine or home-made cakes.

Nick Baynes		
1. M. Elkington	DkPk	29.06
2. D. Coombs	HBT	29.55
3. J. Lane Totley		30.26
(5) P. Fauset O/40	DkPk	31.47
(22) J. Milton U/23	Manch	34.49
(24) P. Stuart O/50	Steel	35.29
(59) S. Storey O/60	Unatt	38.49
(164) R. Brown O/70	Pstone	51.35
WOMEN		
1. (25) H. Thornhill	Buxt	35.41
2. (41) . Brock	Steel	37.08
3. (50) M. Kunicka	Pstone	38.03
(65) N. Parkin O/40	DkPk	39.32
(73) E. Wainwright U/23	DurhamU	40.08
(103) P. Goodall O/60	Totley	41.58
(120) M. Jeal O/50	Gloss	43.54

LINGMELL DASH Cumbria

AS/7.2km/762m 22.07.17

This year's Wasdale Mountain Rescue Lingmell Dash saw a disappointingly small but experienced field of 13 set off down the valley by Jen Fraser, who founded the race in 2002 on her return from New Zealand on holiday.

A round trip of four and a half miles with

a 2,500 foot climb saw Yorkshire raider and England international Ben Mounsey lead from the start. Ben was never headed in the lung bursting climb up the nose to the summit before the drop to the finish at the Wasdale Head Inn in a time of 52:10. A close battle on the decent saw Mike Robinson taking a direct line to take second in 54:16 with Mario Yomans a clear third in 54:19.

For the women, Kirsty Hall FV40 (59:04) repeated her 2016 victory finishing in fifth place overall. Gosforth based Lindsay Buck FV55 (79:11) showed her strength on the climb and finished ahead of Kim Clark FV60 (91:34).

Other local runners who took up the challenge included the Gosforth based pair of Mark Fussell (62:50) and Dave Atkinson (MV50 - 68:23) with Chris Cripps of the Rescue Team (MV40 - 88:06).

The team prize went to the CFR team of Mario Yomans, Mark Fussell, Dave Atkinson and Lindsay Buck.

Many thanks to everyone who made the effort to support the Wasdale Mountain Rescue fund raiser especially Burnthwaite Farm, the crew at the Wasdale Head Inn and Tim Brooks at Lingmell House for donating the generous prizes and for all the runners who once again supported the race.

Jim Davies (for Tim Brooks RO)

1. B. Mounsey	...	CaldV	52.10
2. M. Robinson O/40	...	DkPk	54.16
3. M. Yomans	...	CFR	54.19
4. J. Yells	...	Lochab	54.44
5. K. Hall O/40	...	Wharf	59.04
6. M. Fussell	...	FR	62.50

7. M. Vogler O/40	...	BlkCmb	64.55
8. D. Atkinson O/50	...	CFR	68.23
9. K. Hagley O/50	...	SWRR	70.55
10. L. Buck O/50	...	CFR	79.11
VETERANS O/60			
1. (12) K. Clark	...	Kesw	91.34
2. (13) . Clark	...	Kesw	93.33
WOMEN			
1. (5) K. Hall O/40	...	Wharf	59.04
2. (10) L. Buck O/50	...	CFR	79.11
3. (12) K. Clark O/60	...	Kesw	91.34
13 finishers			

7. H. Lord	...	BlkCmb	4.42.00
8. T. Ripper	...	BlkCmb	4.42.00
9. P. Pearson O/50	...	NFells	4.43.00
10. N. Hawkrigg O/40	...	NFells	4.50.00
VETERANS O/50			
1. (9) P. Pearson	...	NFells	4.43.00
2. (13) S. Morley	...	Eden	5.12.00
3. (14) D. Hurton	...	Eden	5.13.00
VETERANS O/60			
1. (39) J. Clapp	...	DFR	6.03.00
2. (69) C. Roberts	...	Blkmb	8.17.00
WOMEN			
1. (10) N. Hawkrigg	...	NFR	4.50.00
2. (10) S. Brett	...	Unatt	4.50.00
3. (12) A. Lupton	...	BlkCmb	5.10.00
4. (22) K. Parker O/50	...	Unatt	5.39.00
5. (34) R. Browne O/50	...	Bowl	5.58.00
(43) M. Williams O/50	...	NFR	6.06.00
(44) J. Russell O/40	...	NFR	6.08.00
(56) E. Jennings O/40	...	Unatt	7.13.00
80 finishers			

OLD CROWN ROUND Cumbria AL/38km/2200m 22.07.17

A delayed start meant the race got underway at 9 05 a.m. from the Old Crown pub in Heskett Newmarket. The weather was appalling with heavy rain and low cloud creating challenging conditions underfoot and for navigation on the Northern Fells. Swollen rivers and streams added to the difficulty. 86 runners registered and started. Six retired and 80 finished. There were no incidents or accidents and a new course record of 3.47.00 was set by Alasdair McLeod, smashing the previous (2013) record of 4.14.00 set by Philip Pearson.

Pete Royall

1. A. McLeod	...	Shettle	3.47.00
2. C. Lowther	...	Eden	3.50.00
3. D. Coombs	...	HBT	3.57.00
4. N. Talbot	...	Unatt	3.58.00
5. J. Eyre	...	Eden	4.32.00
6. N. Hurton U/23	...	Eden	4.42.00

BINGLEY SHOW West Yorkshire BM/10.6km.304m 22.07.17

Despite torrential downpours in the previous 72 hours, 136 runners turned out and were rewarded with brilliant sunshine throughout the race and for the rest of the Show. Its popularity is growing, attracting visitors from as far away as Stoke, Dumfries, Edinburgh, Stockton, and this trail-cum-fell race is proving to be a stiffer test than some first imagined. Hope all agree a good challenge and extremely enjoyable – a little of everything thrown into the mix, followed

Kirsty Hall wins the Lingmell Dash



PHOTO © STEPHEN WILSON GRANDDAYOUT

by a day at one of Yorkshire's premier agricultural shows.

Having finished in third place last year, Michael Malyon went to the top of the class and was the clear winner in 42:33, over a minute ahead of his nearest challengers, Phil Livermore (43:53) and Andy Jebb (44:46).

Special thanks must go to all the marshals / helpers on the day, and our sponsors Twenty Twenty Films of Bradford, who made it such a trouble-free day.

Phil Hawkswell

1. M. Malyon	Baild	42.33
2. P. Livermore	NLFR	43.53
3. A. Jebb O/40	Bing	44.46
4. M. Richardson	Unatt	45.21
5. N. Martin	Wharf	45.56
6. M. Peace O/40	Bing	47.40
7. G. Pilling	P&B	47.57
8. I. Jackson O/40	Salf	48.12
9. R. Grand O/40	WolvBils	49.10
10. M. leigh	Unatt	49.30

VETERANS O/50

1. (15) M. Andrew	Carneth	50.28
2. (18) C. Hitchens	Bing	50.50
3. (20) D. Hammond	CaldV	50.58

VETERANS O/60

1. (48) B. Parkinson	Bing	55.40
2. (51) G. Spence	Idle	56.05
3. (61) P. Kelly	Unatt	56.58

VETERANS O/70

1. (72) P. Ellerton	Bing	58.45
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WOMEN

1. (12) R. Pilling	P&B	50.03
2. (16) M. Beever	Stain	50.32
3. (23) M. Padilla	Wharf	51.11
4. (28) J. Buckley O/40	Bing	52.11
5. (29) S. Martin	Wharf	52.30
(42) L. Hardaker O/40	Kghly	54.47
(43) L. Watson O/40	Bing	54.58
(71) B. Weight O/50	Bing	58.35
(91) C. Francis O/50	Bing	65.08
(92) R. Hammond O/50	Unatt	65.11
(128) S. Hopkinson O/60	Baild	93.58
(132) A. Lincoln O/6	Idle	138.50

132 finishers

**HOLME MOSS
Derbyshire**

AL/28.5km/1315m 23.07.17

The 30th running of the Holme Moss Fell Race saw 141 runners leave the start line on a day that promised sunshine and showers. The heavy rain over the previous night had softened the surface on the moors with many runners telling tales of going up to knees and even thighs in peat, although I suspect the more experienced will have spotted the bogs and avoided the worst.

As is often the case nine out of the first ten at Holme Moss checkpoint, on the way out, were still in the first ten at the finish. Only U23 Alistair Thornton had moved up from 29th at Holme Moss to 10th at the finish. The first three remained the same throughout with Peter Bray finishing in 2:34:08, almost 71/2 minutes clear of second Jake Lane, with third Richard Roberts another 11/2 minutes further back. Peter's time was just under a



Holme Moss

PHOTO © NORMAN BERRY

minute short of Karl Gray's 2013 record and he looked like he could have gone round again without too much trouble! First vet home was M50 Richard Pattinson in an excellent 2:50:36.

Of the 141 starters, 139 finished, 137 within the allotted time limit of 51/2 hours.

We may have to tighten up on cut off times in future years to keep the marshals, sweepers and finish officials happy! Over 50 members and friends of Holmfirth Harriers helped on the day starting about 7.30 a.m. and finishing clearing up about 8.00 p.m. - as always, without them there would be no race. A good selection of rolls, cakes etc. were provided for runners and helpers after the race while awaiting the prize giving.

The race was sponsored by Brooklands Nursery and Trespass Outdoor Clothing and thanks must be given to Yorkshire Water, United Utilities, English Nature, RSPB, BH Sporting and the tenant farmers for their help and co-operation in holding the event. Holme Valley Mountain Rescue Team, with the help of Oldham, provided the safety cover and the event (donation + raffle) raised £216 for their funds. Thanks to Gary and Debbie Devine of Pyrenees haven for providing the main prize of a holiday. Thanks finally to Cartworth Moor Cricket Club for the use of their club and grounds and we hope to see you all again another year.

Rob Kersey

1. P. Bray	Chorlt	2.34.08
2. J. Lane	Totley	2.41.37
3. R. Roberts	Eryri	2.45.50
4. B. Cartwright	Mat	2.46.23
5. R. Pattinson O/50	CaldV	2.50.36
6. M. Fanning O/40	Holmf	2.51.55
7. C. Perry	DkPk	2.53.47
8. M. Burton O/40	Penn	2.54.05
9. D. Lund	DkPk	2.55.22
10. A. Thornton U/23	LoughU	2.58.09

VETERANS O/50

1. (5) R. Pattinson	CaldV	2.50.36
2. (17) J. Morgan	DkPk	3.09.38
3. (20) J. Melia	Ross	3.14.31

VETERANS O/60

1. (74) C. Horsfall	Hands	4.03.07
2. (87) I. Johnson	Lochab	4.14.10
3. (100) M. Fowler	Unatt	4.25.30

WOMEN

1. (31) M. Kunicka	P'stone	3.27.08
2. (34) J. Mullinger	Holmf	3.30.37
3. (46) J. Howells O/40	Wharf	3.41.56
4. (47) J. Hawkins	Wirks	3.42.53
5. (48) J. Warboys-Hodgson O/40	DenbyD	3.43.08

(66) J. Scarf O/50	CaldV	3.56.45
(75) B. Hinchliffe O/60	Holmf	4.05.43
(81) S. Jones-Morrison O/40	P'stone	4.08.48
(121) B. Reuou Shaw O/50	Unatt	4.48.25
(125) G. Markham O/60	Melth	4.55.44
(131) J. Clayton O/50	Scarb	5.02.11

139 finishers

**THE GREEN GREEN GRASS OF HOME
Denbighshire, N Wales
AS/8km/457m 26.07.17**

A field of 89 runners set off on a dry summers evening for this 5 mile fell race overlooking the Vale of Clwyd. The runners wound their way up and down the Clwydian Hills following some rarely trodden sheep tracks and across open hill. The bracken was, in places, taller than some of the competitors but everyone emerged to make the final steep descent and dash to the finish.

Jez Brown brought the field home in 40.37 with Stephen Corbishley not far behind in 41.06. Third home was Tony Wood in 42.54.

Laura Riches set a new women's record for the route in 47.37 with Mary Gillie 48.00 and Gemma Moore 48.27 in close pursuit.

Many thanks to the race marshals who ensured the runners found their way around the course, to Colin and Helen at the Golden Lion for accommodating the race HQ and to all the runners who took part in this very enjoyable summer race.

Tony Benton

1. J. Brown O/40	Buck	40.37
2. S. Corbishley	Ross	41.06
3. T. Wood	Denb	42.54
4. A. Gordon O/40	Helsby	43.44

5. S. Edwards O/40	Buck	44.23
6. P. Taylor O/40	Tatt	45.07
7. R. Alexander	Prestat	45.24
8. M. Wainright	Helsby	45.31
9. B. Rothera O/40	Oswest	45.58
10. J. O'Hara	Helsby	46.28

VETERANS O/50

1. (22) P. Shannon	Tatt	49.15
2. (23) R. Borne	Myster	49.24
3. (26) A. Keates	FRA	49.57

VETERANS O/60

1. (24) M. Cortvriend	Denb	49.27
2. (35) A. Jones	WFRA	53.35
3. (55) E. Allcock	Unatt	58.06

VETERANS O/70

1. (56) J. Moris	Buck	58.13
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WOMEN

1. (16) L. Riches	Buck	47.37
2. (18) M. Gillie O/40	ClywdR	48.00
3. (20) G. Moore	NWRRC	48.27
4. (26) A. Keates O/50	FRA	49.57
5. (35) A. Jones O/60	WFRA	53.35
(40) C. Roach O/50	Helsby	55.29
(52) J. Robertson O/50	Helsby	57.48
(66) S. Woodward O/40	Helsby	61.57
(68) D. Read O/60	Helsby	62.20

89 finishers

SNAEFELL

Isle Of Man

AS/8km/550m 26.07.17

Lloyd Taggart returned to winning ways in the Snaefell Fell race with visiting runner Timothy Cowin pushing him hardest of the 66-strong field. Recent rainfall had made the 8 kilometre course soggy underfoot and a brutal hailstorm made conditions very demanding in the latter stages of the race.

Local lad Ben Corkill led for much of the race but suffered in the final stages to drop back to third just ahead of Orran Smith.

Alice Forster was quick enough to miss to most of the inclement weather and powered to 8th overall and first woman. Her nearest rival was recent Manx Mountain Marathon runner up, Keri Parry, who notched up a top 20 finish on her course debut.

In the veteran categories there were wins for Ian Gale (MV50), Debbie Walker (FV40), Maggie Watkins (FV50), Peter Cooper (MV60) and Rose Hooton (FV60). Alex Bell (U19B) was fastest junior in 29th position.

Lloyd Taggart

1. L. Taggart O/40	MFR	44.05
2. T. Cowin O/40	HelmH	46.31
3. B. Corkill	MFR	47.46
4. O. Smith	WAC	47.49
5. I. Gale O/50	MFR	50.11
6. N. Brogan	MFR	50.47
7. A. Watson O/40	Unatt	52.04
8. A. Forster	MFR	52.05
9. R. Sellors O/50	MFR	53.15
10. C. Whipp	MFR	54.09
(16) J. Norrey O/50	MFR	56.21

VETERANS O/60

1. (44) P. Cooper	IOMVAC	68.42
2. (52) I. Callister	MH	73.23
3. (55) R. Hooton	MFR	74.12

WOMEN

1. (8) A. Forster	MFR	52.05
2. (18) K. Parry	MFR	57.20
3. (27) S. Curphey	MFR	61.59
4. (33) H. Davies	MFR	64.50
5. (39) M. Watkins O/50	MFR	67.09
(41) D. Walker O/40	Derw	67.56
(43) C. Caren O/40	MFR	68.36
(48) W. Heap O/50	Unatt	72.39
(55) R. Hooton O/60	MFR	74.12

65 finishers

HARROCK HILL RACE 3

Lancashire

BS/8.4km/275m 26.07.17

1. J. Tighe	NFR	32.10
2. P. Bray	Chorlt	32.21
3. W. Rawson U/23	Leigh	33.51
4. B. Hobson	Chorlt	34.13
5. T. Blaney	Bburn	34.22
6. J. Toohey	LpoolR	34.52
7. L. Eccles	PennyL	34.56
8. A. Lloyd O/40	Horw	35.15
9. D. Fishwick O/40	Chorl	35.43
10. A. Ford	Horw	36.15

VETERANS O/50

1. (39) P. Boardman	Unatt	40.53
2. (55) M. Hitchmough	Newb	42.20
3. (57) P. Wareing	Chorl	42.24

VETERANS O/60

1. (31) S. Morran	Bolt	40.07
2. (54) R. Wood	LpoolP	42.19
3. (80) M. Laney	RRose	45.18

VETERANS O/70

1. (153) B. Hargreaves	SthportW	54.05
2. (176) N. Pratten	Pensby	57.12
3. (184) S. Stewart	SthportW	58.14

WOMEN

1. (20) N. Ronkainen	LpoolH	38.49
2. (44) M. Ball	LpoolH	41.27
3. (49) A. Swift	Chorlt	41.53
4. (51) I. Storm	Chorlt	42.07
5. (64) K. Johnson	PennyL	43.10
6. (66) H. Thompson	Skelm	43.29
(69) J. Lee O/40	Spect	44.06
(72) J. Taylor O/50	Wigan	44.14
(80) M. Laney O/60	RRose	45.18
(91) B. Glaister O/40	Parb	46.17
(96) K. Towns O/40	Wigan	46.50
(105) A. Ferguson O/50	Burnd	47.32
(123) F. Johnston O/50	Parb	49.13
(184) S. Stewart O/70	SthjportW	58.14
(221) S. Charman O/60	Spect	75.14

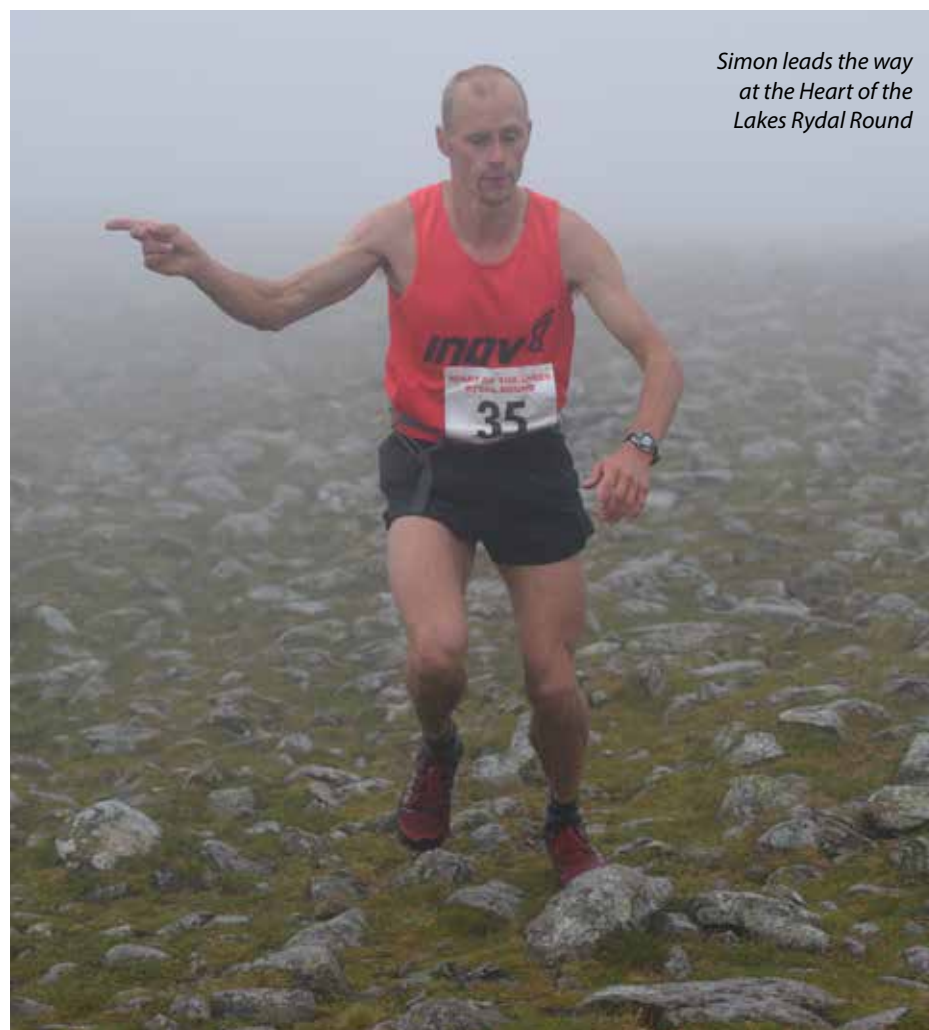
224 finishers

HEART OF THE LAKES RYDAL ROUND

Cumbria

AM/14.5km/915m 27.07.17

1. S. Bailey	Mercia	1.23.37
2. B. Abdelnoor	Amble	1.23.57
3. J. Mercer	Horw	1.24.03
4. G. Greenhow	Amble	1.24.11
5. P. Davies O/40	Borr	1.24.16
6. J. Smith	Wharf	1.24.28
7. J. Helme	Amble	1.26.01
8. S. Watson	Wharf	1.26.45
9. C. Lowther	Unatt	1.28.41



Simon leads the way at the Heart of the Lakes Rydal Round

PHOTO © STEPHEN WILSON GRANDDAYOUT

10. G. Foster	Amble	1.29.27
VETERANS O/50		
1. (25) C. Balderson	Bowl	1.40.58
2. (27) B. Wilkinson	Borr	1.42.05
3. (32) N. Holding	Horw	1.44.56
VETERANS O/60		
1. (53) G. Owens	NFR	1.54.43
2. (63) N. Hewitt	Bowl	1.57.32
3. (66) B. Thompson	HelmH	2.01.36
VETERANS O/70		
1. (84) D. Tait	DkPk	2.17.30
WOMEN		
1. (22) K. Roberts	Amble	1.40.09
2. (46) S. Hodgson	Leeds	1.50.22
3. (58) J. Reedy O/40	Amble	1.56.22
4. (71) R. Towe O/40	Unatt	2.03.31
5. (73) D. Oakley	Unatt	2.06.28
(75) D. Wright O/40	Bing	2.08.04
(77) J. Murdy O/50	SShield	2.09.28
(90) C. Musetti O/50	Amble	2.20.40
(92) J. Bellis O/50	Unatt	2.21.18
(111) K. Goodyear O/60	Unatt	2.52.40
114 finishers		

6. S. Edwards O/40	Buckley	49.56
7. J. O'Hara	Helsby	50.08
8. C. Callaghan	Buckley	50.11
9. A. Livesay	Unatt	50.22
10. D. Alexander O/40	WChesh	50.32
VETERANS O/50		
1. (2) C. Donnelley	Camber	46.44
2. (13) S. Toogood	Buckley	51.00
3. (19) V. Belshaw	Denb	55.10
VETERANS O/60		
1. (32) N. Hindle	WFRA	62.42
2. (33) D. Livesey	Unatt	65.49
VETERANS O/70		
1. (30) D. Evans	Card	61.55
2. (37) J. Morris	Buckley	66.45
WOMEN		
1. (4) M. Grant	Eryri	49.42
2. (20) S. Harley	Eryri	56.33
3. (21) G. Moore	NWRRC	56.47
4. (25) C. Belshaw	Denb	59.18
5. (27) E. Robinson O/40	WChesh	60.18
(38) A. Williams O/40	CRR	67.06
(41) M. Baugh O/50	Denb	75.19
(43) M. Oliver O/60	Eryri	87.45
44 finishers		

9. W. Sisson	Kend	41.31
10. A. Lupton	BICmb	41.48
VETERANS O/50		
1. (14) P. Targett	Unatt	44.05
2. (17) K. Murphy	Lons	44.36
3. (19) D. Griffin	Dallam	45.08
VETERANS O/60		
1. (23) D. Houldsworth	Unatt	45.59
2. (48) P. Singleton	Bpool	51.45
3. (59) P. Bates	Lons	56.03
VETERANS O/70		
1. (69) J. Hodgson	Dallam	57.42
2. (90) R. Massey	Bpool	70.57
3. (91) D. Waywell	Wesh	71.26
WOMEN		
1. (10) A. Lupton	BICmb	41.48
2. (29) C. Nance	Lons	46.22
3. (31) F. Silver	Lons	47.04
4. (40) A. Richards O/40	HelmH	50.44
5. (46) H. Lawrenson O/40	Wesh	51.30
(65) D. Priestley O/60	Kend	57.10
(70) K. Hoyer O/50	FRA	58.04
(72) J. Nowell O/50	Kend	58.22
(86) E. Hindle O/60	Dallam	63.10
(93) C. Matthews O/60	Unatt	76.48
(95) S. Vieforis O/50	Unatt	84.00
96 finishers		

PUSH UP THE PINCYN
Denbighshire, N. Wales
BS/10km/400m 29.07.17

The North Wales Fell Running Series graced Clawddnewydd for the annual Push Up The Pincyn race. Forty six of the region's finest fell runners set off in good cool running weather. There was a faller within the first mile from the start when Neil Dalleywater (Clwydian Range Runners) had negotiated the big bale but within yards badly twisted his ankle. Fourteen hours of waiting in A&E later, it was confirmed he had broken his ankle. Get well Neil!

The remainder of the pack negotiated some really boggy sections after torrential rain the previous night. This didn't deter many from giving some truly brilliant performances especially on the now very slippery climb to the Pincyn summit in the heart of Clocaenog forest.

But there was no catching the eventual winner Matthew Roberts, who managed to maintain a two minute lead over ever-fresh Colin Donnelly. Close on their heels was 18-year old Billy Swift for a well deserved third.

Fourth in and first woman was Miranda Grant, who tussled to the wire with club mate Emlyn Owen, but he did get first V40 for his efforts.

More great runs included Menai Baugh who looked suitably surprised to get first V50. Dick Evans had a worthwhile journey up from Cardiff AAC to take V70 from regular winner, John Morris. Coming in behind though was first local lad Oliver Bean, taking two minutes off last year's effort but the best result was for the very last runner Celia Free who still managed to secure third FV40!

Neil Coppack		
1. M. Roberts	CaldV	44.42
2. C. Donnelly O/50	Camber	46.44
3. B. Starling	Mercia	47.18
4. M. Grant	Eryri	49.42
5. E. Owen O/40	Eryri	49.46

BEN RINNES FIVE TOPS
Moray, Scotland

22.4km/1520m 29.07.17

1. A. Fallas	Carneth	2.00.40
2. J. Crowe	Central	2.02.34
3. J. Duncan O/40	Norway	2.06.11
4. L. Braby	Carneth	2.08.22
5. I. Manson	Aberd	2.11.49
6. S. Whitlie O/50	Carneth	2.13.25
7. D. Wallace O/40	Ochil	2.14.13
8. M. Stewart O/50	Keith	2.16.16
9. S. Wagner O/40	Aberd	2.17.25
10. F. Cabrera Valdes	Hland	2.18.52
(15) D. Crowe O/50	Penic	2.21.29
VETERANS O/60		
1. (37) P. Kammer	Cosmic	2.45.24
2. (49) G. McCaffrey	Wester	2.51.24
3. (74) J. Scott	Fife	3.08.02
WOMEN		
1. (16) J. Stephen	HBT	2.21.39
2. (23) C. Marwick	Inver	2.31.52
3. (24) H. Bonsor	Carneth	2.33.20
4. (29) V. Oldham O/50	Cosmic	2.39.29
5. (51) G. Cairns O/40	Peni	2.51.37
(63) H. Ritchie O/50	Fife	3.00.04
(70) M. Entwistle O/40	Dees	3.04.08
(74) J. Scott O/60	Fife	3.08.02
(89) E. Stewart O/60	Cosmic	3.29.00
(91) J. Oliver O/50	Dees	3.33.17
93 finishers		

BEETHAM SPORTS
Cumbria

BS/9.3km/283m 29.07.17

1. G. Booth O/40	Howg	39.10
2. H. Lord	BICmb	39.49
3. D. Love	Bowl	40.22
4. S. Ohly O/40	HelmH	40.43
5. M. Bonner O/40	BICmb	40.51
6. J. Addison	HelmH	41.07
7. P. Mather	Lonsd	41.16
8. L. Partington	Barlick	41.27

TURNSLACK
Lancashire

BM/12.9km/610m 29.07.17

It's 40 years since the first Turnslack race and I've organised every one. Initially, I was with Rochdale Harriers. Now I'm an individual who calls on favours from friends and family. Some of the friends are with the Harriers. I do it mostly through social media. I was able to get Paul Blakeney to return to the scene of his triumph in 1978 to compete. Paul was one of 122 who entered and all completed the race held on a fine breezy afternoon.

First back was Mike Fanning with a massive lead. As far as I know, Mike has run this race twice and won twice, 2015 was the previous year but this time he was 37 seconds faster. Last year's winner, young Marcus Preedy, could only manage fourth. Rossendale won the four man team prize and Middleton took the three women team prize. We even had a team from the flat lands of Astley and Tyldesley. Runners also came from Leicester, Keswick and Australia, such was the attraction of my multivarious prize table!

It was good to see some old faces and past winners – Sean Willis, who won in 1997, and Thornton Taylor 2003. We had regulars like Tony Hesketh and Ken Taylor, who easily won the MV70. It was nice to see old friends Colin Valentine and Harry Waterhouse, who was over from Australia.

Brenda Roberts set a new record as fastest FV70. Paul Blakeney, the inaugural winner is now 64 and despite a back problem, still cycles, swims and goes to the gym. This was his first fell race in 30 years as his back restricts him. He remembers that first Turnslack race as a burn-up at the end when he outran the likes of Andy Styan, Alan Spence, John Calvert and the legendary



Turnslack

Harry Walker, who I sit with when I watch the Clarets at Turf Moor.

Many thanks to all those who helped me on the day and for flagging the course, the Calderbrook (Calendar Girls) for their sandwiches, tea and cake (still dead cheap) and the 122 runners who enjoyed an excellent afternoon of sport. Lastly, I might have to pass the flagging on to someone else to help John in the future. If anybody's interested, let me know.

Despite rumours, I will push on to my 41st race.

Kev Shand

1. M. Fanning O/40 Holmf	1.10.52
2. M. Seddon P&B	1.12.32
3. M. O'Connor CaldV	1.12.48
4. M. Preedy U/23 Ross	1.13.04
5. D. Fishwick O/40 Chorley	1.13.08
6. J. Melia O/40 Ross	1.15.27
7. D. Bennett O/40 Roch	1.16.35
8. K. Walker Altrinch	1.16.42

9. N. Holding O/50 Horw	1.16.35
10. D. Aspinall Tod	1.16.42

VETERANS O/50

1. (9) N. Holding Horw	1.16.35
2. (13) J. Tinman Ross	1.17.28
3. (17) P. Hesketh Clay	1.19.58

VETERANS O/60

1. (24) T. Taylor Ross	1.22.21
2. (30) J. Holt Clay	1.23.07
3. (38) D. Collins Tod	1.25.32

VETERANS O/70

1. (41) K. Taylor Ross	1.26.16
2. (114) T. Greene Sadd	2.03.54
3. (120) B. Roberts Woman Sadd	2.39.55

WOMEN

1. (44) D. Cartwright O/40	Radc	1.27.11
2. (46) J. Butterworth	... Roch	1.28.12
3. (56) J. Howells O/40	... Wharfe	1.29.51
4. (62) J. Adamson O/40	Middle	1.32.23
5. (65) J. Boocock	... AchR	1.34.20
(81) H. Thorn U/23	... Kghly	1.39.00
(90) B. Nixon O/60	... Pstone	1.41.48

(111) H. Fabrem O/50	... Ross	1.58.29
(120) B. Roberts O/70	... Sadd	2.39.55

122 finishers

**CHUNAL FELL RACE
Derbyshire**

AS/4.8km/305m 30.07.17

1. J. Ross StaffsM	24.55
2. C. Jackson Penn	26.23
3. C. Rice RibbV	26.53
4. M. Fowler O/50 Chesh	28.02
5. M. Harrison Gloss	29.11
6. A. Barnett O/50 DkPk	30.51
7. P. Skuse O/40 Gloss	31.28
8. R. Taylor O/60 Penn	32.05
9. A. Keates O/50 FRA	32.31
10. F. Fielding O/60 Penn	34.17

WOMEN

1. (3) C. Rice RibbV	26.53
2. (9) A. Keates O/50 FRA	32.31
3. (11) A. Whelan U/23 Buxt	34.49

16 finishers

**SABDEN FELL RACE
Lancashire**

AS/8.5km/457m 30.07.17

1. G. Cunliffe Ross	40.50
2. D. Motley Clay	43.22
3. O. Heaton Prest	43.40
4. J. Horrocks B'burn	43.44
5. N. Gaskell O/40 RibbV	43.50
6. A. Berry Barlick	43.53
7. S. Hall O/40 RibbV	44.35
8. C. Snell Clay	46.19
9. K. Salter O/40 Trawd	46.37
10. D. Almond O/50 B'burn	47.59

VETERANS O/50

1. (10) D. Almond Bburn	47.59
2. (12) P. Targett Unatt	49.15
3. (13) A. Smith Barlick	50.19

VETERANS O/60

1. (11) G. Schofield Horw	48.59
2. (29) I. Smith Bolt	58.42
3. (34) J. Rawlinson Barlick	66.26

VETERANS O/70

1. (37) G. Breeze Wharf	70.11
2. (45) P. Martin Bowl	98.40

WOMEN

1. (20) D. Gowans Acc	52.28
2. (32) V. Peel Barlick	60.04
3. (34) J. Rawlinson O/60	Barlick	66.26
4. (35) J. Balchin O/50	... Ross	68.14
5. (39) H. Farren O/50	... Ross	74.13
(41) C. Harding O/40	... P&B	74.32

45 finishers

**JAMES HERRIOT RUN
North Yorkshire**

CM/14km/305m 30.07.17

For the first time ever, entries were approaching our stated maximum of 350 a few days before the race, so we posted warning of this on the website before closing entries a day early and declared there could be no entries on the day. Our main concern was parking space but we decided we could extend that to accommodate a few more cars,

James Herriot Run



so we ended up accepting 400 entries! A new system of parking seemed to work well, though there was the usual queue of cars half an hour before the start and everyone was through registration in time.

The weather was near perfect for running, being mild with a light breeze and only occasional light showers. One person sprained his ankle on the steep descent from Collier Gate but declined a lift and elected to walk back by a shortcut. Another had a grazed knee dressed by our doctor at the First Aid tent. There were no other casualties.

Whilst the race records were not broken, a special mention for Norman Bush aged 77 finishing in an impressive 75.45 and 119th overall!!

Harrogate Harriers brought a very strong team and won all three team trophies- the first time one club has managed this!

A big thank you to Geoff Kensett and the team from Swaledale Roadrunners who managed the finish and time-keeping in a very professional way, as usual - something we Rotarians could not have done ourselves.

Thank you to all the clubs and individuals who took part. We hope you enjoyed it and want to return! We will have raised around £4,000 for charities and local deserving causes.

Next year the race will again be run on the last Sunday of July - 29 July 2018.

Finally, thank you to our sponsors, The Walking Shop in Leyburn and, through them, CamelBak and Lowe Alpine for providing the prizes for the first three men overall and first three women overall.

1. T. Addison	...	HelmH	54.20
2. C. Miller	...	Hgate	54.55
3. P. Lowe	...	Darling	55.40
4. P. Allan	...	Darling	59.72
5. M. Forrest O/50	...	LondF	60.08
6. I. Bush	...	Unatt	60.23
7. G. Stevnh	...	SAfrica	61.40
8. M. Wilkinson	...	NiddV	61.45
9. D. Oldfield	...	Hgate	61.57
10. J. Cartwright O/40	...	Stain	61.85

VETERANS O/50			
1. (5) M. Forrest	...	LondF	60.08
2. (18) M. Lofthouse	...	NiddV	63.90
3. (24) A. Todd	...	NiddV	64.50
VETERANS O/60			
1. (20) B. Martin	...	Quak	64.04
2. (57) G. King	...	Hgate	69.55
VETERANS O/70			
1. (119) N. Bush	...	Unatt	75.45
2. (181) D. Seaman	...	NiddV	83.15
WOMEN			
1. (7) G. Stevn	...	SAfrica	61.40
2. (22) H. Tuffs	...	YorkA	64.26
3. (46) C. Morgan	...	NiddV	68.06
4. (47) S. Gill O/50	...	H'gate	68.17
5. (75) D. Richardson O/50	...	Quak	71.16
6. (93) H. Price O/50	...	Hgate	72.44
7. (95) A. Greenwood	...	Stadium	72.57
8. (101) C. Wilton O/40	...	Th/Sow	73.17
9. (103) E. Lavell-Wood	...	Kirkst	73.22
10. (105) Z. Mason O/40	...	Swale	73.46
(93) H. Price O/50	...	Hgate	72.44
(139) M. Hesketh O/60	...	Prest	78.40
(171) B. Hughes O/60	...	Stadium	81.42
(226) S. Oglesby O/70	...	EHull	88.49
(299) J. Greenwood O/70	...	Stain	102.00
349 finishers			

**CROW HILL REVERSE
West Yorkshire
BS/8km/305m 01.08.17**

This race starts at the "on your marks, get set, GO" nadir of a humped-back stone bridge crossing over the Rochdale canal in the Calder valley town of Mytholmroyd (mytholm = junction of rivers, royd = meadow clearing). Facing the runners are several historic grand country piles of yeoman clothiers... millionaires of the textile industrial age. Immediately behind, a steep slope pock-marked with the ancient oak trees of the Goldilocksery Redacre Wood. This is where the climbing starts, with only feeble respite all the way to the race's summit, Crow Hill, just beyond striking the lonely stone sentinel Churn Milk Joan.

Runners circle this low mound clockwise - which they all did this year - to start the helter-skelter back along the same paths used for the "out" route.

The prize giving saw first man Josh Boyle (and first MU18 so he merited two prizes) graciously accept his prize, diplomatically exchange the FU18 prize for the MU18 (apologies from Race Organiser, although Josh would have smelled so sweet!), then swap his top with our race time keeper (the very young Alex Duffield) so he could get his hands on the 2017 race t-shirt!

First women home was local runner Gemma Ford, chased home by her team mate Rebecca Patrick, so Tod Harriers scooped the women's team prize, third counter Claire Duffield.

Ruth Thompson and Dave O'Neil happily accepted flowers and bottled local beer for putting in the grit to finish this short toughie.

P.S. Seven runners went "off piste" but the RO let their finishing times stand (they gained NO advantage in the RO's opinion, and were NOT among the prize winners).

The vote of thanks - most fell runners realise races rely on deep seated goodwill from a raft of people, and we must recognise this: Jane Jackson, land owner and farmer.....it's her steep hill from Raw Lane up to Height's Road below the golf course; Steward of HB golf course for canvassing club members to support and permit the race; Carol, landwoman of Dusty Miller Pub, for welcoming us full stop; mobile "chippy" in the car park, which stayed open for the extra half hour; all nine race volunteers, particularly the finish team who had never done this before!; Ann, who was roped in by her neighbour, Alex who coolly recorded the finish times, and Reg with back-up timer i.e. did nuthin!

Runners might wonder what happened to the entry fees? Well.....roughly £120-£130 was spent on the prizes (the RO did not keep a precise account), all volunteers received a fish'n'chips voucher as a thanks for helping, £50ish, and RO keeps back £20 for sundry costs; race no.s, safety pins, string. Which leaves £200 near enough, which goes to ultra-charming local physiotherapist Ali Mills, who inaugurated this race, specifically to raise money for her favourite charity, so the race continues in that vein.

Reg Czudek

1. J. Boyle U/18	...	RibbV	31.52
2. M. Malyon	...	Baild	32.04
3. C. Holmes O/40	...	Wharf	32.33
4. G. Callan	...	Bing	33.47
5. C. Goddard	...	Tod	34.31
6. A. Holt O/40	...	Ross	34.35
7. I. Illstone	...	CaldV	34.41
8. R. Allen	...	CaldV	34.49
9. D. Aspinall	...	Tod	34.53
10. S. Ashton	...	CaldV	35.34
VETERANS O/50			
1. (15) M. Ellithorn	...	Chorl	38.23
2. (20) P. Rannigan	...	Tod	39.54
3. (22) A. Life	...	Clay	40.09
VETERANS O/60			



Crow Hill Reverse

gracefully accepted by the three gentlemen who were caught out by this (one who was let back in following a marshal's generous offer of a temporary shoe swap).

Given the rain in the day and the midsummer timing the numbers were down on normal – just 216 rather than the usual 350 or so. This made the registration process quicker though and the race got off on time – although many people still get confused about the location of the start. We usually have a few retirements but there were none this year, and no significant injuries, despite the slippiness of the route and the amount of hidden stones and roots under the bracken.

Burbage is a real team effort and my thanks go out to all the Dark Peakers and others that helped out.

That's all for now – back in 2018, possibly in May, with a revised bird-friendly route TBC.

Paul Fauset

1. J. Williams	...	DkPk	41.49
2. M. Kenyon	...	Unatt	42.21
3. B. Cartwright	...	Mat	42.31
4. B. Kelsey	...	Brist	43.07
5. A. Hichcliffe U/23	...	Vegan	44.29
6. W. Mycroft	...	EnfHar	44.34
7. J. Street	...	Clowne	44.36
8. B. Cartwright	...	Mat	44.41
9. D. Robinette	...	Alpkit	44.56
10. R. Skrimshire	...	DkPk	45.01

VETERANS O /40

1. (15) N. Stabbs	...	YorkK	46.27
2. (16) D. Fishwick	...	Chorl	46.36
3. (28) D. Kilpin	...	P'stone	47.30

VETERANS O/50

1. (25) I. Shaw	...	FatB	49.05
2. (34) J. Webber	...	DkPk	51.08
3. (53) P. Stuart	...	Steel	53.57

VETERANS O/60

1. (46) A. Whitehouse	...	Totley	53.03
2. (66) D. Holmes	...	DkPk	55.20
3. (79) K. Holmes	...	DkPk	57.17

VETERANS O/70

1. A. Horn	...	Sheff	73.03
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WOMEN

1. (32) C. Brook	...	Steel	50.47
2. (47) M. Kunicka	...	Pstone	53.17
3. (54) R. Lundgren	...	Gosf	53.58
4. (55) H. Herrmann	...	Traff	54.09
5. (69) C. Kay	...	Totley	55.49
(37) K. Baxter O/40	...	DkPk	51.44
(64) F. Kesteven O/40	...	Totley	55.09
(89) S. Jones-Morris O/40	...	Pstone	58.08
(98) P. Goodall O/60	...	Totley	59.04
(111) J. Nolan O/50	...	DkPk	60.12
(165) J. Davies O/50	...	Steel	70.11
(167) K. McAteer O/50	...	Totley	70.31
(208) E. McKay O/60	...	Unatt	82.39

216 finishers

**CRACKEN EDGE
Cheshire**

BM/11.3km/442m 02.08.17

Kinder Mountain Rescue Team was host to the annual Cracken Edge Fell Race, welcoming runners from across the region to an evening of mixed weather - we were watching the forecast change frequently

1. (41) N. Hindle	...	FRA	45.18
2. (45) R. Woodhead	...	Unatt	46.03
3. (49) M. Wardle	...	CaldV	46.48
VETERANS O/70			
1. (66) G. Breeze	...	Wharf	52.14
2. (72) P. Fhrharst	...	Tod	59.24
WOMEN			
1. (16) G. Ford	...	Tod	39.03
2. (19) R. Patrick O/40	...	Tod	39.26
3. (34) K. Forster O/50	...	CaldV	43.35
4. (35) C. Hodden O/40	...	CaldV	43.40
5. (37) C. Duffield O/40	...	Tod	43.52
(38) M. Blackhurst O/50	...	Tod	44.16
(44) C. Fryer O/50	...	CaldV	45.58
(64) S. Bladen O/60	...	CaldV	51.55

78 finishers

**PARWICH PANORAMIC FIVE
Derbyshire
CS/8.5km/200m 01.08.17**

The Parwich Panoramic 5 was very well supported with 95 runners taking part.

The heavy rain cleared to give a beautiful evening and despite slippery downhill a new course record was set with the first and second placed men pushing each other all the way round to a sprint finish.

Nia Linnell

1. H. Holmes	P&B	31.46
2. A. Campbell	Buxt	31.47
3. L. Beresford	Ripley	34.58
4. B. McKenna	Buxt	35.07
5. B. LightBuxton		35.23
6. J. Evans	Beest	37.03
7. J. Johnstone	Wirks	37.11
8. S. Margiotta	Ashb	37.38
9. K. Johnstone	Wirksw	39.29
10. M. Goodison O/50	Totley	39.44
VETERANS O/50		
1. (10) M. Goodison	Totley	39.44
2. (17) C. Morrison	Sinfin	41.14
3. (27) N. Bates	Derw	43.27
4. (28) N. Ellis	Ashb	43.30
5. (31) D. Thornsby-Smith	Ashb	44.10

WOMEN

1. (15) R. Keeley	Belp	41.01
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**BURBAGE SKYLINE
Derbyshire**

BS/9/3km/366m 01.08.17

This year's race had been postponed from early May to 1 August following heightened concerns with regard to the potential disturbance of nesting birds on certain parts of the course. As far as I am aware this is the first time that the race has been run at the height of summer and this made a significant impact on the race experience because of the sheer amount of vegetation. The paths and trods that form, in particular, the early sections of the route were very difficult to see. Having recced the route the day before, I managed to get a few flags in place so that marshals would be stationed at the gates to the best lines – although this still didn't prevent eventual race winner, Josh Williams and a number of followers, from taking a dodgy line at the first bend!

There was also the rain, which had been torrential during the day and with memories of this year's Trigger race still fairly fresh, a last minute route change was on the cards at one point. A quick pre-race reccy confirmed to my immense relief that the river was still easily crossable – although I'm glad we had some extra marshal assistance at the crossing points.

By the time of the race the weather was actually very good – cool, sunny intervals and just a light wind; but of course the ground was still extra boggy and a strict no-road shoes policy was applied – and was

between torrential rain and sunshine in the days leading up to the race. In the end, the weather was mostly kind during the race, with only a short squall about a third of the way through but marking the course earlier in the day proved to be a wet experience.

Consequently, the ground was wet, muddy and slippery; perfect fell racing conditions!

Once again, there was a great turnout of 192 runners and the event went almost without a hitch. Prize giving in the George Hotel was the usual crowded, slightly steamy, event.

A special prize was awarded to Holly Eadsforth who, in the opinion of the race organiser, was the muddiest at the end of the race. Good effort Holly!

Pennine retained the team prize with Mark Burton, Tom Bush and Andrew Holmes coming second, seventh and eighth.

The best women's team was Chorlton Runners, with Ingrid Storm, Alice Swift and Fiona Leslie coming 58th, 70th and 153rd.

The Mountain Rescue Team prize was retained by Glossop with Jonathan Penny, Julien Minshull and Jonathan Penny coming 17th, 35th and 190th.

Well done to all involved, see you next year.

Jim Harries

1. P. Bray	Chorlt	45.13	
2. M. Burton O/40	Penn	46.46	
3. B. Hobson	Chorlt	47.11	
4. B. McKenna	Buxt	48.22	
5. M. Nolan O/50	DkPk	49.07	
6. D. Croft O/50	Macc	49.25	
7. T. Bush Penn		49.42	
8. A. Holmes	Penn	49.47	
9. G. Briggs O/40	DkPk	49.50	
10. I. Ridgeway	Unatt	50.28	
(12) R. Houghton	Penn	50.42	
VETERANS O/60			
1. (75) F. Fielding	Penn	61.38	
2. (84) A. Jones	Unatt	62.04	
3. (92) R. Rees	Penn	63.42	
VETERANS O/70			
1. (158) J. Norman	Altrinch	75.50	
2. (183) C. Johnson	EChesh	84.53	
3. (184) R. Brown	Pstone	85.15	
WOMEN			
1. (25) C. Rice	RibbV	52.57	
2. (58) I. Storm	Chorlt	59.05	
3. (61) K. O'Donnell O/40	Macc	59.28	
4. (62) A. Keates O/50	FRA	59.41	
5. (70) A. Swift	Chorlt	60.39	
(80) A. Frost O/50	Macc	61.51	
(83) Z. Barton O/40	Gloss	62.03	
(84) A. Jones O/60	Unatt	62.04	
(99) J. Howells O/40	Wharf	64.13	
(106) A. Oldham O/60	EChesh	65.50	
(109) J. Mellor O/50	Penn	66.13	
(151) B. Nixon O/60	Pstone	73.45	
192 finishers			

ESHTON MOOR North Yorkshire CS/8.3km/172m 03.08.17

Eshton Moor race, formerly known as Gargrave Cross Country race, belies the tough nature of the course. At just under 5.5 miles

it crosses many a farmer's field and takes in part of the Pennine Way as it makes its way from fields adjacent to Mark Plantation out and over Eshton Moor itself, to the turn at Newfield Bridge, and back the same way.

Recent weather ensured that the going was soft and muddy underfoot while the free range cattle and sheep added their own mobile obstacles as well as a good Yorkshire dose of fresh manure to squelch along with the mud!

The rain held off for the races themselves but runners were cooled en-route by a stiff breeze.

The senior race was led from the start by Ted Mason but he had some stiff competition from Harry Coates and Michael Malyon. In the end, experience won the day as Mason romped home in first place from Malyon and Coates. The women's race was marked by a battle between two of Barlick's best women in the form of Rachel Villiers and Sarah Bell. Bell finished first from Villiers and Carol Morgan.

The U17 race starts with the seniors but is turned part way along the course to return the same way. At the turn point Eric Beaumont led the way with a trio of Wharfedale Harriers in his wake. However, navigation errors and livestock induced detours shuffled the order so that the race was won by Jack Muir from club mate William Thompson and Beaumont in third place.

The girls seemed to deal more easily with the obstacles and the turn point positions remained to the finish as Emily Field won from Emily Jones and Alana Willis.

The U14 race was won by Alexander Thompson from Sam Headley and Jack Villiers. First girl was Alice Jones who romped home in fourth place overall, from Bernadette Raven and Amelie Lane.

Su Thompson

1. T. Mason	Wharfe	33.03
2. M. Malyon	Baildon	33.25
3. H. Coates	Wharfe	33.58
4. J. Hood	Barlick	34.20
5. C. Holmes O/40	Wharfe	34.30
6. S. Hall O/40	RibbV	35.10
7. N. Gaskell O/40	RibbV	35.24
8. C. Barnes O/40	RibbV	35.50
9. T. Chadwick	Skip	36.20
10. H. Brook-Dobson	Unatt	37.18
VETERANS O/50		
1. (15) C. Jones	Wharfe	38.15
2. (20) G. Bird	Wharfe	39.48
3. (25) M. Barnes	Unatt	40.52
VETERANS O/60		
1. (38) B. Miller	Hgte	44.16
2. (68) A. Biddle	Ross	56.43
3. (76) A. Cardinale	Otle	72.41
VETERANS O/70		
1. (40) N. Bush	Ilk	44.49
2. (49) D. Tait	DkPk	48.01
WOMEN		
1. (22) S. Bell	Barlick	40.12
2. (26) R. Villiers	Barlick	40.56
3. C. Morgan O/40	NiddV	42.16
4. (39) K. Kirkham	Wharfe	44.47
5. (41) J. Powell O/40	Wharfe	44.57
6. (50) S. Marshall O/50	Skip	48.07

(71) A. Handley O/50 ... Wharfe 58.05

76 finishers

JUNIORS

UNDER 9 BOYS

1. J. Sanderson	Settle	03.49
2. O. Holt	Unatt	03.56
3. C. Ellison	Trawden	04.16

UNDER 9 GIRLS

1. E. Scott	Barlick	04.26
2. C. Boothman	Barlick	04.26
3. B. McCredie	Barlick	04.50

BOYS UNDER 12

1. J. Reeday	Barlick	08.32
2. T. Hooper	Wharfe	08.56
3. L. McCredie	Barlick	09.07

GIRLS UNDER 12

1. H. Robinson	Kghly	08.43
2. C. Rawstron	Otley	08.46
3. H. Bishop	Ilk	09.23

UNDER 14 BOYS

1. A. Thompson	Wharfe	09.59
2. S. Headley	Kghly	10.26
3. J. Villiers	Barlick	10.47

UNDER 14 GIRLS

1. A. Jones	Wharfe	10.52
2. B. Raven	Ilk	11.15
3. J. Boothman	Barlick	14.12

UNDER 17 BOYS

1. J. Muir	Wharfe	29.39
2. W. Thompson	Wharfe	29.54
3. E. Beaumont	Kghly	30.12

UNDER 17 GIRLS

1. E. Field	Bing	31.44
2. E. Jones	Wharfe	35.22
3. A. Willis	Wharfe	52.30

SALT CELLAR Derbyshire BM/10.9km/486m 04.08.17

A respectful minute applause took place before the race to mark the sad passing of a fellow strider and marshal of the Salt Cellar who passed away doing what we all love, running on the fells one week previously.

A record turnout this year of just over 200 runners was greeted with favorable weather conditions being warm and sunny. Once again, we were kindly sponsored by Accelerate and the race being included in the Gritstone series of races.

Starting under the famous dam wall at Fairholmes, it has not been uncommon for the runners to be greeted to an impromptu flyover but alas not this year.

The race starts with a climb up to Derwent Edge and then a fast section towards the famous Salt Cellar and then the fun really begins with a fern strewn descent accompanied with the most spectacular views of the Peak District.

As always, the course is marked out and marshalled at various positions on the course. (Some have been known to have a keg of refreshments awaiting thirsty folk, but this might just be a runner's rumour!)

The course has a little bit of everything in its itinerary: path, stone, mud, descent and maybe a few peat bogs, and it is becoming ever more popular among the fell running

community.

The winner of the prestigious event was Alasdair Campbell in 52:36 and the first woman was Kim Baxter in 1:02.46.

All proceeds of the race go to Edale Mountain Rescue and the British Heart Foundation.

In memory of Trevor Burton. One of our own.

Dean Young		
1. A. Campbell	Buxt	52.36
2. L. Beresford	Ripley	54.55
3. M. Nichols	Unatt	55.18
4. A. Taylor	DkPk	55.31
5. P. Sorrell O/40	Ripley	56.25
6. M. Johnson O/40	Stockp	56.38
7. J. Wade	DkPk	56.42
8. L. Wood	Steel	56.43
9. R. Simpson	DkPk	57.23
10. T. Rutter	DkPk	57.34
VETERANS O/50		
1. (12) M. Nolan	DkPk	58.14
2. (34) I. Shaw	FatB	63.56
3. (41) B. Foreman	Mat	65.27
VETERANS O/60		
1. (92) A. Brentnall	Penn	75.33
2. (94) S. Wickham	Erew	75.52
WOMEN		
1. (25) K. Baxter O/40	DkPk	62.46
2. (31) H. Farnell	Totley	63.28
3. (36) C. Brook	Steel	63.58
4. (44) R. Wallwyn	DkPk	66.05
5. (50) L. Taylor	Ripley	67.42
(59) A. Keates O/50	FRA	69.05
(80) J. Bednall O/50	Buxt	73.39
(82) P. Goodall O/60	Totley	74.00
(126) C. Ward O/40	PortV	81.58
(137) J. Davies O/50	Steel	85.45
(142) C. Spear O/40	Unatt	86.51

201 finishers

TEGG'S NOSE
Cheshire
BM/12.8km/525m 05.08.17

Run in conjunction with Macclesfield Sheep Dog trials, Tegg's Nose this year started in warm sunny conditions and within five minutes of the start on the trials field where the runners had just exited, the race organising crew experienced a biblical downpour for about ten minutes which the runners virtually escaped, (that must be a first) as they ran away from the thunderous torrent.

Tegg's Nose, for those who haven't experienced it, is a flat start and finish but a brutal 500+ metres of ascent middle section where you climb the local highest point (twice!!). Come and try it next year, its great training.

Although Simon Bailey (Mercia) argues it's too flat for him!, he was comfortably in control very quickly and over three minutes ahead of second placed Jack Ross (Staffs Moorlands) well before the first cresting of Teggs Nose hill. Jack himself finished a clear second place with time in hand on Mark Burton (Pennine) who was also first MV40.

Kathleen O'Donnell (Macclesfield harriers)

was first woman and also first FV40 with a big margin over Ann Marie Jones (second overall and first FV60). Third woman was Diane Bygrave (Wilmslow). First MV50 was Dan Croft (Macclesfield) and first MV60 was Tom McGaff (Wilmslow), Tom still dishing out a beating to many younger racers! Barry Blythe (Macclesfield), was first MV70, and Barry just refuses to slow down, "good on yer Barry!"

A big thank you to Macclesfield Harriers for organising and marshalling the race, especially to Simon Cartledge who ran the course at least two and a half times on Friday night and Saturday morning as race waymarkers had been moved!!!! I don't think anyone got lost and everyone got back safely. Numbers of runners has increased steadily since Macc Harriers took on the race from the sheep dog committee, but more runners are always welcome. If you are looking for an hour plus (unless you're very good on hills) hard racing, you'll get a warm welcome and the chance to see some very good sheep dogs in action, plus some great refreshments afterwards.

Sam Alston

ROUND HILL
North Yorkshire
CM/14.1km/335m 06.08.17

After several days of heavy showers the weather gods finally relented on the Friday and Saturday to allow the farm fields to dry up enough to allow for the use of one for parking, which was a big relief.

140 set off on a perfect morning for running. Chris Miller established an early lead on the climb to Round Hill and finished a couple of minutes clear. Next home was Liam Dunne and first V40, third was Richard Pattinson. Richard took the V50 record down to 58:43 - he now holds the fast ever time for the race, the V40 and V50 records.

Nik Tarrega repeated last year's win, having a great race running a couple of minutes quicker than 2016. She was pushed all the way by Monica Padilla, who finished just 17 seconds behind, both notable times being the fourth and fifth fastest women times since the first race in 2003. Alice Leake finished third, just less than two minutes later.

Nick Pearce was the first V60 in 1.10.02 and Dave Tait was first V70 in 1.20.29. Sarah Gill was first FV50 finishing fourth woman, Michaela Clark first FV40 and Sue Morley took the FV60 prize.

Andrew Robertshaw

1. C. Miller	Hgate	55.55
2. L. Dunne O/40	Otley	58.27
3. R. Pattinson O/50	CaldV	58.43
4. A. Brown O/40	Salt	59.28
5. B. Sheppard O/40	Ilk	59.52
6. J. Clark	PudseyP	60.30
7. M. Lomas	Ilk	62.35
8. M. Wilkinson	NiddV	62.51
9. J. Hemsley O40	Wharf	63.03
10. G. Green O/40	YorkK	63.30
VETERANS O/50		
1. (3) R. Pattinson	CaldV	58.43

2. (12) B. Atkinson	YorkK	64.25
3. (27) S. Gill	Hgate	69.02
VETERANS O/60		
1. (33) N. Pearce	Ilk	70.02
2. (50) B. Miller	Hgate	73.49
3. (51) A. Stone O/60	Dallam	73.50
VETERANS O/70		
1. (74) D. Tait	DkPk	80.29
2. (95) P. Covey	PudseyP	85.00
WOMEN		
1. (15) N. Tarrega	YorkK	65.29
2. (16) M. Padilla	Wharf	65.46
3. (22) A. Leake	Leeds	67.33
4. (27) S. Gill O/50	Hgate	69.02
5. (29) L. Irvine	Otley	69.09
6. (66) M. Clark O/40	Abbey	78.57
(70) S. Smith O/40	Unatt	79.52
(73) A. Pattinson O/50	Horsf	80.07
(92) C. Purdy O/40	NLeeds	84.02
(99) C. Clarke O/50	PudseyP	86.02
(124) S. Morley O/60	Knaresb	96.12

FARLETON KNOTT – BOFRA
Cumbria
AS/7.2km/457m 06.08.17

The 2017 Farleton Knott race will be remembered for the weather. Lots of weather. An omnipotent breeze was welcome and cooled runners of all ages as they raced. However, the weather changed from initial cloudy bright conditions during the junior races to one of torrential downpour for the majority of the senior race.

In spite of the ever-changing weather, 76 seniors and 101 juniors assembled to take on this brute of a race. The senior course is a gruelling climb around the back of the Knotts to the summit before an adrenaline soaked scree ride to the base of the fell. Well, it would have been an adrenaline soaked scree ride but for the fact that Mother Nature has conspired to grass over the bottom half of the steep scree slope. Consequently, this part of the rather steep descent was an unknown and often scary prospect for runners as they were not entirely sure how firm it was underfoot.

So, runners have now negotiated some difficult and technical terrain only to be confronted by a cruel half way sting in the form of a second, hand over fist, ascent back to the summit of the Knotts. What follows is a seemingly endless run across the summit plateau before returning the way they came to the very welcome finish funnel and rest.

James Hall toiled hard and led the race as far as half way up the second climb. However, club mate Ted Mason worked his way through the pack on the initial ascent and descent to challenge Hall and finally overtake him, proving that maturity and sheer brute strength often outweigh youth and vitality.

Mason never looked back as his lead over Hall simply lengthened as the race progressed, to win from Hall and fellow club mate Jonny Bradshaw.

As frequently occurs this season, Rachel Pilling dominated the women's race to win

from Jenny Rice and Sally Houghton.
Su Thompson

1. T. Mason	Wharfe	35.26
2. J. Hall	Wharfe	35.38
3. J. Bradshaw	Wharfe	38.51
4. S. Lockett	Bowland	39.06
5. D. Kirkham O/40	Wharfe	39.13
6. M. Taylor O/40	CaldV	39.32
7. J. Hartley	BlCombe	41.00
8. R. Carr O/40	Wharfe	41.17
9. P. Mather	Lonsd	41.33
10. S. Nicholls	Wigan	42.11

VETERANS O/50

1. (11) P. Lambert	Settle	42.48
2. (21) D. Hammond	CaldV	44.37
3. (29) M. Calvert	Howgill	46.36

VETERANS O/60

1. (24) G. Schofield	Horw	45.14
2. (45) L. L'Anson	Borr	49.50
3. (47) W. Bell	Howgill	50.30

WOMEN

1. (26) R. Pilling	P&B	46.08
2. (30) J. Rice	HelmH	46.41
3. (40) S. Houghton	Ripon	48.31
4. (41) J. Powell O/40	Wharfe	48.44
5. (53) K. Aubrey O/50	HelmH	53.16
6. (54) J. Rigby O/40	HelmH	54.05
7. (58) C. Harding O/40	P&B	55.20
(61) I. Buck	CFR	59.09

JUNIORS

BOYS UNDER 9

1. S. Rigby	HelmH	03.20
2. N. Wadsworth	HelmH	03.28
3. J. Sanderson	Settle	03.28

GIRLS UNDER 9

1. (7) L. Bagot	Settle	03.50
2. (9) M. Timbers	Kghly	03.54
3. (10) I. Wright	Wharfe	03.57

BOYS UNDER 12

1. W. Hall	CaldV	05.14
2. R. Ashworth	Amble	05.41
3. M. McAnaney	Unatt	05.42

GIRLS UNDER 12

1. O. Winder	LevenV	05.48
2. S. Smith	HelmH	06.17
3. C. Rawstron	Otley	06.26

BOYS UNDER 14

1. F. Sprout	Kend	09.40
2. D. Sanderson	Amble	09.50
3. S. Smith	Wharfe	09.53

GIRLS UNDER 14

1. (9) A. Jones	Wharfe	10.48
2. (16) B. Raven	Ilk	11.26
3. (18) E. Swarbrick	CFR	12.06

BOYS UNDER 17

1. M. Mackay	Ross	20.15
2. S. Segger-Steveley	Settle	21.25
3. L. Hargreaves-Madhas	Wharfe	21.46

GIRLS UNDER 17

1. (11) B. Holt	Clay	23.46
2. (14) E. Field	Bing	24.55
3. (17) L. Gregg	Ross	26.42

177 finishers (seniors & juniors)

**BRADWELL
Derbyshire**

BS/6km/230m 08.08.17

Light rain and grey skies proved the backdrop to the annual pilgrimage up

Bradwell Edge, passing three of the village Well Dressings en route. Despite the weather the turnout was good with 101 runners setting out, all returning within the hour.

A good mix of local and travelling runners seemed to enjoy themselves despite the steady drizzle which made conditions on the edge a little sticky.

There was a proper race at the sharp end with Alasdair Campbell running strongly to hold off Steve Franklin. The first VMV40 to finish was Darren Fishwick in 12th spot, two minutes ahead of first woman, Natalie Beadle. The evergreen Pat Goodall finished third woman overall, a FV60 leading all the femal vet categories home!

A great big thankyou to all the marshals, cake bakers, timers, first aiders and you runners. With better weather next year I'm sure you'll be knocking a bit off these times!

Greg Rimmer

1. A. Campbell	Buxt	25.16
2. S. Franklin	Totley	25.55
3. B. Cartwright	Mat	26.16
4. L. Kemp	Waver	26.24
5. C. Baker	Hallam	26.53
6. K. Allanson	DkPk	27.09
7. T. Grimes	ELond	27.28
8. R. Bateson	Unatt	27.34
9. M. Nichols	Unatt	27.45
10. T. Rutter	DkPk	28.08

VETERANS O/40

1. (12) D. Fishwick	Chorl	28.35
2. (18) S. Conroy	DkPk	30.28
3. (21) J. Boyle	DkPk	30.45

VETERANS O/50

1. (27) M. Archer	DkPk	31.42
2. (31) J. Nigh	Buxt	32.17
3. (39) P. Burnip	Unatt	33.39

VETERANS O/60

1. (33) T. Whitehouse	Totley	32.32
2. (55) P. Keen	DkPk	36.22
3. (62) D. Arundale	DkPk	37.39

VETERAN S O/70

1. (87) J. Brayshaw	Totley	43.22
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WOMEN

1. (19) N. Beadle	OxfU	30.35
2. (45) G. Cox	Unatt	34.39
3. (52) P. Goodall O/60	Totley	35.40
4. (58) M. Seymour O/40	Tides	36.41
5. (69) R. May	Steel	38.32
(70) R. Watson O/40	BelleV	38.58
(73) C. Hill O/50	GoytV	39.20
(80) C. Whittle O/40	GoytV	40.33
(81) J. Davies O/50	Steel	41.03
(85) H. Marsden O/50	Tides	42.55

101 finishers

**PILGRIMS CROSS
Lancashire**

BM/9.7km/ 09.08.17

What a change from the weather of the first two Rossendale Harriers Mid-Week Series races. It was a lovely sunny night but the rain over the last few weeks had made the ground very wet and boggy. Callum Davidson fought hard to come in a finishing time of 38.48, closely followed by Peter Bray and Joe Mercer.

The women's race was won by Sarah Bell in a time of 49:15, second place was last year's winner Deborah Gowans in a time of 51:58.

Thank you to all who came and raced and special thanks to the members of my family and Rossendale Harriers who came and helped to make the race a success again.

Thanks, Helen Yeomans

1. C. Davidson Harriers U/23 Ross	38.48
2. P. Bray	Chorlt 38.57
3. J. Mercer	Horw 39.12
4. G. Cunliffe	Ross 40.17
5. B. Coop	Bury 40.58
6. S. Godsman O/40	CaldV 41.13
(9) D. Bennett O/40	Roh 42.52
(10) J. Sutton O/40	Bburn 44.43

VETERANS O/50

1. (15) D. Almond	Bburn	46.20
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2. (16) A. Lundberg-Bury	Ross	46.22
3. (17) J. Tinman	Ross	46.37
VETERANS O/60		
1. (59) J. Maxfield	Newb	54.37
2. (61) A. Corbishley	Ross	55.00
3. (64) A. Quickfall	Newb	55.49
VETERANS O/70		
1. (147) N. Griffiths	Spect	79.53
2. (149) G. Arnold	Prest	95.03
WOMEN		
1. (29) S. Bell	Barlick	49.15
2. (40) D. Gowans O/50	Acc	51.58
3. (52) H. Thompson	Skelm	53.27
4. (55) A. Freeman	Darwen	54.03
5. (56) C. Derbyshire O/40	Acc	54.06
(85) C. Fryer O/50	CaldV	59.12
(89) C. Harding O/40	P&B	60.13
(107) N. Johnson O/40	Parb	64.24
J. Yates O/50	Rad	64.33
D. Williams O/60	Unatt	85.46
149 finishers		

BORDER RAID – MIDDLETOWN HILL
Powys
AS/5.6km/670m 10.08.17

Another quality race on the Breiddens.

Thirty runners set off onto Middletown Hill in cracking weather. Billy Starling, Nicholas Colborn (Manx FR) and Andy Watkin (Unattached) had an early lead on the first climb with William Kay just behind. Onto the summit of Middletown Hill, Nicholas Colburn had the lead. However, by the second time up Middletown Hill, it was William Kay at the front which he maintained to the finish producing a new course record of 37.28. Billy Starling came in just under a minute later and Tom Roo battled through the field to take third place from Nicholas Colburn.

Dave Farrow

1. W. Kay	Telf	37.37
2. B. Starling	Mercia	38.35
3. T. Roo	Mercia	39.46
WOMEN		
1. P. Linton	FRA	54.37

APPLEBY SHOW
Murton Pike
Cumbria
AS/10km/520m 10.08.17

1. T. Roberts	Merion	59.28
2. L. Procter	HelmH	60.14
3. D. Fishwick	Chorl	60.38
4. J. Blakett O/50	DkPk	61.54
5. T. Grimwood	Swale	65.37
6. R. Wilkinson O/50	LEaton	69.17
7. N. Walkingshaw	Howg	73.39
8. M. Corvriend O/60	Denb	73.46
9. D. Walker	Derw	76.08
10. J. Tomlinson	Pstone	80.51
(14) F. Wooff O/50	Chorlt	83.14
WOMEN		
1. (7) N. Walkingshaw	Howg	73.39
2. (9) D. Walker	Derw	76.08
3. (11) D. Raymond	Kingst	81.25
4. (13) D. Greaves	Howg	83.05
5. (15) S. Addison	Unatt	83.30
22 finishers		

RICKY'S RACE
Derbyshire

BS/7.3km/240m 10.08.17

This year was the 20th anniversary of Rickys Race. This is an annual event hosted for the local running community by Matlock AC on a course from Darley Bridge through Clough Wood, over Oker Hill and back to Darley Bridge.

A total of 151 runners took to the start line to be sent on their way by Ricky Wood himself, who took great pleasure in reminding everyone assembled that he is still very much alive and this has not yet become a memorial race! Local knowledge and navigational skill certainly played their part in the race after a mysterious episode in the woods which saw a section of tape re-distributed to take unwary runners on a more scenic route.

Ben Cartwright took first place after a strong showing on the tough seven kilometre course. Thomas Grimes took second place with Paul Sorrell taking third and the MV40 prize.

For the women, GB ultra distace team member and UK Ultra Trail Champioun, Beth Pascall, led the way, with Lucy Taylor and Ruth Keeley shortly behind in second and third respectively. Further prizes on the night went to Tim Clayton MV50, Gordon Cresswell MV60, Clive Russell MV70, Caroline Scott FV40 40 and Fliss Milner FV50.

Karl Webster

1. B. Cartwright	Mat	30.37
2. T. Grimes	ELond	31.03
3. P. Sorrell O/40	Ripley	31.07

4. J. Street	Clowne	31.13
5. K. Davis	EreV	32.03
6. C. Leach	NDerby	32.25
7. R. West	Ripley	32.35
8. S. Conroy O/40	DkPk	33.00
9. L. Beresford	Ripley	33.01
10. S. Martin	SuttAsh	33.02

VETERANS O/50

1. (13) T. Clayton	Ripley	33.18
2. (14) P. Butcher	Mansf	33.39
3. (25) G. Baird	SuttAsh	35.37

VETERANS O/60

1. (44) G. Cresswell	Mat	47.19
2. (45) S. Brister	Mat	48.55
3. (46) M. Seddon	Holmf	49.16

VETERANS O/70

1. (84) C. Russell	Mat	52.47
2. (98) G. Young	Sinfin	53.36

WOMEN

1. (17) B. Pascall	Unatt	34.03
2. (26) L. Taylor	Ripley	35.46
3. (28) R. Keeley	Belper	36.21
4. (35) F. Cummins	SteelC	37.49
5. (38) E. Lunt	LEaton	38.42
(57) C. Scott O/40	Sinfin	50.51
(63) F. Milner O/50	DkPk	51.05
(65) C. Griffin O/40	Macc	51.12
(86) A. Butlin O/40	Ripley	52.50
(119) T. Pickard O/50	Unatt	54.58
(124) L. Beck O/50	Derw	55.15

LONG TOUR OF BRADWELL
Derbyshire
BL/52.7km/2200m 12.08.17

On a day when red grouse are usually running scared, 115 Long Tour runners braved the shotguns and came along to take part in the race. The weather was kinder this year i.e. it wasn't 'crackin the flags', and the race



got under way under leaden skies with light drizzle. However, as the day progressed, the temperature rose and we were treated to clearing skies, sunshine and warmer weather.

As with the Half Tour, we had an approximate 50% increase in numbers this year and at 9:00 a.m., the race set off from the park. This prompted the marshals to speed off to up to Pin Dale and Castleton to set up the controls and, more importantly, cut the bananas in half and be ready to dish out peanuts and fig rolls.

We only had a handful of retired runners and the vast majority managed to navigate their way around the varied landscapes and make it through to the end.

The Long Tour was won this year by Lee Kemp (5:03:51), followed by Duncan Coombs (5:06:26), and Ken Sutor in third place with a time of 5:27:23. First female was Nicky Spinks with a time of 6:23:36. We have to give a special mention for Robert Nash (M70) who is attempting to complete all the 2017 Runfurther ultra races and managed to finish in a great time of 8:51:57. Well done Robert - an inspiration to us all.

I would like to thank all the landowners/farmers/Peak Park for their kind permission to run over their land. Thanks also to the Runfurther team for continuing to include our race in their Ultra-running series and to the Lancaster bomber guys for again flying over Womanbower. Although we can't take credit for the fly-by. I'd lastly like to thank all the Bradda Dads and partners (and children) for helping to make the event such a memorable occasion for all involved, and we very much look forward to welcoming you back in 2018.

S. Hughes

1. L. Kemp	Waverly	5.03.51
2. D. Coombs	HBT	5.06.26
3. K. Sutor O/40	CheshH	5.27.23
4. A. Worrallo	Bing	6.02.26
5. J. Pemberton	DkPk	6.05.32
6. A. Charlton	Unatt	6.11.49
7. P. Watson	EreV	6.14.14
8. J. Fisher	Bushf	6.14.18
9. P. Swindles O/40	Penn	6.21.59
10. S. Hoekstra	Unatt	6.22.39

VETERANS O/50

1. (11) A. Bethell	Razor	6.23.12
2. (13) N. Spinks	DkPk	6.23.36
3. (14) N. Jeff	Buxt	6.28.00

VETERANS O/60

1. (30) A. Nixon	TRA	7.06.52
2. (63) R. Beard	Bedf	8.12.59
3. (64) S. Allsop	WhtPk	8.13.33

VETERANS O/70

1. (79) R. Nash	Krypt	8.51.57
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WOMEN

1. (13) N. Spinks O/50	DkPk	6.23.36
2. (16) H. Farnell	Totley	6.34.57
3. (19) D. Berdeni	Totley	6.39.47
4. (24) A. Seims	VStr	6.52.19
5. (26) A. Kozłowska	A2000	6.56.31
(39) K. Nash O/50	Krypton	7.39.25
(40) N. Frow O/40	SmileyP	7.35.56
(46) L. Greenwood O/40	Tod	7.42.15

106 finishers

HALF TOUR OF BRADWELL Derbyshire BL/25km/970m 12.08.17

This year we had a great turnout with 142 runners for the Half Tour of Bradwell. The words 'Half' Tour may give the false impression that the race is relatively easy but many people would agree that 16 miles and approximately 3000 foot of ascent constitutes a 'good run out'. As it was the British mid-summer, we expected sunshine and light breezes but the Half Tour was run almost entirely under grey skies and drizzly-rain.

However, the weather didn't stop people coming along and we had an approximate 50% increase in numbers this year. Although registration was 'busy' (we also have the Long Tour runners registering at the same time), it seemed to go well and we managed to get all the runners up to the start, 200 metres away from registration along the main road. I'm sure some even had time for a play on the swings or the slide before setting off at 9:30 a.m.

Approximately two hours later (giving us just enough time to warm up the tomato soup), the first runners started to appear back at the sports field. The Sheffield based Totley AC had the Half Tour as part of their club championship and this was pretty evident in the very closely contested top three positions, all three places going to Totley AC runners. Bart Shaw romped home in first with a time of 2:04:24, followed 51 seconds later by Aiden Linskill (2:05:15), and third place went to team-mate Thomas Beaumont with a time of 2:06:54, just three seconds in front of Gareth Briggs. First female went to Tracy Dean with a time of 2:21:40, and first local (and M50) went to one of the Bradda Dads, Mick Archer. You may have seen Mick, once he had recovered, refilling the tea urns - a man of many talents!

Thanks to all the Bradda Dads and partners

(and children) for volunteering to marshal, helping out with catering (including baking tons of flapjacks), taking photographs and generally helping to give the event a friendly, family/community feel. Finally, very big congratulations and thanks to the runners. I hope you had a little time to enjoy the scenery and take in the beauty of the area. You will also be pleased to know that all the money raised will be used to fund Bradwell-based community projects.

Hope to see you again in 2018.

S. Hughes

1. B. Shaw	Totley	2.04.24
2. A. Linskill	Totley	2.05.15
3. T. Beaumont	Totley	2.06.54
4. G. Briggs O/40	DkPk	2.06.57
5. N. Stabbs O/40	YorkK	2.12.29
6. M. Burley	Mac	2.13.41
7. L. Rawson O/40	Kimber	2.14.39
8. I. Ellis	Freed	2.14.54
9. A. Fisher O/40	DkPk	2.17.47
10. D. Bethell	DkPk	2.18.56

VETERANS O/50

1. (13) M. Archer	DkPk	2.21.48
2. (27) S. Rhodes	HydeP	2.32.57
3. (32) A. Garrard	Unatt	2.36.23

VETERANS O/60

1. (35) A. Whitehouse	Totley	2.38.34
2. (45) P. Goodall	Totley	2.46.10
3. (71) D. Egan	Totley	3.02.28

VETERANS O/70

1. (113) J. Brayshaw	Totley	3.28.10
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WOMEN

1. (11) T. Dean O/40	Raid	2.21.40
2. (20) C. Haines	DkPk	2.30.26
3. (21) C. Kay	Totley	2.32.05
4. (22) C. West	VStr	2.32.06
5. (24) C. Simpson	Fulham	2.32.50
(40) D. Hope O/40	StaffsM	2.45.33
(45) P. Goodall O/60	Totley	2.46.10
(76) A. Hegarty O/50	Totley	3.07.55
(79) Y. Twelvetree O/60	Totley	3.08.26
(110) A. Morris O/50	Kimber	3.26.25



Half Tour of Bradwell

PHOTO © PETER TRAINOR

**RAS MAESGWYM/MAESGWYM
MUDDLE RACE**

**Gwynedd, North Wales
AM/14km/850m 12.08.17**

1. C. Bell	Kesw	1.26.47
2. C. Arthur	Bowl	1.28.16
3. M. Lamb	Kesw	1.29.02
4. S. Bailey	Mercia	1.29.07
5. R. Hope O/40	P&B	1.29.19
6. G. Hughes	Mercia	1.30.18
7. T. Addison	Helm	1.30.29
8. C. Tinnion	Ellenb	1.30.33
9. P. Davies O/40	Borr	1.30.38
10. A. Campbell	Buxt	1.30.58
VETERANS O/50		
1. (21) M. Roberts	Borr	1.38.42
2. (30) D. Taylor	DkPk	1.42.38
3. (41) R. Stuart	Helm	1.45.46
VETERANS O/60		
1. (73) S. Morran	BoltU	1.54.18
2. (85) C. Davies	Sadd	1.57.34
3. (98) J. Holt	Clay	2.00.20
VETERANS O/70		
1. (143) D. Tait	DkPk	2.21.19
2. (16) J. Morris	Buckley	2.27.25
3. (169) A. Dixon	Unatt	2.37.41
WOMEN		
1. (29) B. Jenkinson U/23	Eryri	1.42.31
2. (32) S. McCormack ...	Amble	1.44.20
3. (34) E. Gould	Mercia	1.44.49
4. (36) M. Grant	Eryri	1.45.01
5. (44) S. Willhoit	Mercia	1.46.55
(65) M. Price O/40	Mercia	1.51.57
(74) S. Robertson O/40 ...	Shettle	1.54.38
(92) Z. Procter O/40	Penn	1.59.33
(110) E. Batt O/50	DkPk	2.03.39
(139) S. Howarth O/50 ...	Mercia	2.20.29
(145) R. Davies O/50	MynDu	2.21.36
179 finishers		

**TURNER LANDSCAPE
Lancashire**

AM/17km/910m 12.08.17

Despite a decent weather report, it was a grim, damp morning as we turned into Turner Hall Farm on the morning of the race and things only got worse as the rain became heavier and the wind increased, the tops totally shrouded in grey cloud.

Most importantly though it didn't discourage a steady stream of runners arriving and trekking up the hill to registration from 10 00 a.m. onwards and eventually 80 participants lined up at the start tape.

The weather, as predicted, then took a turn for the better and by the time the lead runners were approaching the first checkpoint at Grey Friar, the summit could be seen and soon after the sun emerged and the sky cleared altogether.

This is great for spectators as being a ridge race for much of the route ('there's a lot of running in it' was heard a few times), a clear day means the runners can be followed for much run in.

The race turned into a three man race for first place between John Helme, Sam Watson

and Mark McGoldrick, who finally finished in that order.

Winning the women's race with a cracking top ten position was Charlotte Watson, followed by impressive runs from Rosie Watson and Monica Padilla, topping of a successful day for Wharfedale Harriers.

First V50 went to Bill Beckett. First FV50 went to Jo Taylor.

Special mention must go to the two O70 finishers, Martin Walsh (not saying he's still got the keenness but he was queuing for registration at 9:30 a.m. before it had opened!!) and Basil Baldwin, from a contingent of three from Team Australia (easily the furthest travelled) who at 77 was the oldest finisher.

This was the first year I have taken over the running of the race from my dad, Spike Breslin, and I hope everything went well enough for everyone to consider it again on their race calendar next year. I personally found it very rewarding and a great charity, Alzheimers Research UK benefited to the tune of £1,050.

Big thanks to those who gave up their time and baking skills for the event and particularly the athletes who took part, hope you enjoyed it.

Andrew Breslin

1. J. Helme	Amble	1.32.39
2. S. Watson	Wharf	1.33.55
3. M. McGoldrick	Wharf	1.35.22
4. I. Embrey	Bowl	1.39.02
5. J. Hartley	BICmb	1.40.27
6. Q. Harding O/50	Bowl	1.44.50
7. P. Archer	CFR	1.45.17
8. R. Stevens O/40	Amble	1.45.28
9. D. Wilson O/50	Bowl	1.45.58
10. C. Watson	Unatt	1.46.26
(20) L. Warburton	Bowl	1.56.18
VETERANS O/60		
1. (57) J. Taylor	Bowl	2.23.39
2. (73) R. Tait	Amble	2.43.40
VETERANS O/70		
1. (71) M. Walsh	Bowl	2.43.11
2. (75) B. Baldwin	Australia	2.47.48
WOMEN		
1. (10) C. Watson	Unatt	1.46.26
2. (24) R. Watson U/23 ...	CFR	2.01.45
3. (27) M. Padilla	Wharf	2.03.50
4. (38) K. Wright U/23 ...	Amble	2.09.49
5. (44) R. Findlay-Robinson	Kesw	2.15.07
(46) J. Quinn O/40	Australia	2.15.38
(47) R. Browne O/50	Bowl	2.16.32
(50) J. Chatterley O/40 ...	CFR	2.18.11
(52) J. Taylor O/50	Bowl	2.22.24
80 finishers		

**STICKLEPATH HORSESHOE
Devon**

BM/15.5km/519m 12.08.17

The 2017 Sticklepath Horseshoe fell race took place in dry, overcast weather. 45 runners started of whom 43 finished with Tim Lenton winning for the fourth time in a time of 1.17.22 22 secs. Paul Crease ran a huge personal best time of 1:18:05 to finish second. The fastest unattached runner was

Jacon Dobson in a time of 1:18:26.

We were pleased to welcome back many of our repeat runners including Rob Parkinson who, despite his best efforts and a PB for him for this race, did not quite match the record broken by Jaime, his son, last year.

Our claim to this potentially being known as The International Sticklepath Horseshoe Fell Race, grew with Gunter Knefel joining us from his home turf in Berlin. Our previous claim to international stardom was when we were joined by two Italian runners who just happened to be on holiday in the area and just happened to rock up and run the race in very credible times in appalling weather.

A huge thank you to the North Dartmoor Rescue Group who despite being out on the moor the night before on a rescue and not getting to their beds until 5 00 a.m., still managed to marshal on Steeperton and Little Hound Tors. Their help, together with that of all our marshals, is much appreciated and of course with the weather being dry this year, they really loved it. But frankly, even when the rain is bad, there is something in the psyche of our marshals that somehow the worse the weather, the more they love it. war stories for in the pub afterwards!

Thank you to Mrs Clark and to my fellow organisers. Dave managed to put the tents up this year without supervision so we missed an opportunity to "encourage" and from a corporate perspective we are working on our succession plan in that Ben and Jess Bowles really stepped up to the mark with all their help this year and thanks to Ben, we even now have a website.

Not only is this race now International we have embraced technology but the core simple pleasures of a run on Dartmoor with like minded folk followed by bananas, home made flapjack and bottle of cider to take home is what keeps this race special.

Wendy Manfield

1. T. Lenton O/40	AxeV	1.17.22
2. P. Crease O/40	Okeham	1.18.05
3. J. Dobson	Unatt	1.18.26
4. C. Turner	Okeham	1.25.49
5. A. Vallance	Okeham	1.25.49
6. J. Crewe O/40	DrakeH	1.29.00
7. P. Bradford O/40	Unatt	1.29.30
8. D. Turrell	DrakeH	1.30.15
9. R. Parkinson O/60	Dartm	1.31.03
10. P. Targett O/50	ULA	1.32.29
VETERANS O/50		
1. (10) P. Targett	ULA	1.32.29
2. (12) M. Barker	Okeham	1.35.40
3. (19) S. Pipe	HookN	1.42.00
VETERANS O/60		
1. (21) C. Massey	SWV	1.43.58
2. (22) G. Newton	AxeV	1.44.08
3. (23) M. Rice	Okeham	1.46.02
VETERANS O/70		
1. (35) R. Nosworthy	OffRoad	2.03.36
WOMEN		
1. (28) J. Sleep	Smolt	1.48.03
2. (33) L. Binmore O/40 ...	NDevon	2.02.11
3. (34) B. Funnell O/60 ...	OffRoad	2.03.05
4. (41) G. Spinney O/40 ...	Okeham	2.18.39
5. (43) J. Hill	Rothb	2.28.05

NOT ROUND LATRIGG 2017
Cumbria
BS/8.8km/244km 16.08.17

With the bridges on the Keswick to Threlkeld railway path still not replaced following Storm Desmond, Keswick AC were again forced to use a temporary out and back course instead of the traditional Round Latrigg route.

Although the threatened torrential rain did not materialise, the runners were nevertheless faced with a dull and drizzly evening, which put off enough of the race regulars to reduce the field to just 127 runners. Most of the Keswick men's team that have swept the board in this year's British and English Fell championships took a deserved night off, which left James Appleton and Dan Haworth to battle for top honours, with James pulling away in the latter stages for an easy win. Keswick would have had a 1-2-3, but for a superb run from 16 year old Jack White, on holiday from Norwich, who comfortably clinched third place. Phil Winskill won the V40 category from club-mate, Peter George. Dave Prosser took the V50 prize, Andy Stokes from Dallam was first V60 by a huge margin and the ever-green Steve Cromar won the V70 award. Keswick won the team race.

The women's race was another comfortable win for Catherine Spurdan. Her Keswick team mate, Jenn Mattinson, was second with unattached runner, Charlotte Watson,

in third. Veteran honours went to Kerry Cornforth (FV40), while Sue Haslam was an outstanding winner in the FV60 age group. Keswick were the team winners.

The miserable weather conditions were considerably more unpleasant for the marshals than for the runners. A huge thank you to all of them.

Clive Beauvais

1. J. Appleton	...	Kesw	35.18
2. D. Haworth	...	Kesw	36.04
3. J. White U/23	...	Norw	36.53
4. T. Windley	...	Kesw	37.59
5. J. Eyre	...	Eden	38.25
6. M. Preedy U/23	...	Ale	39.15
7. P. Winskill O/40	...	Kesw	39.28
8. D. Pettitt U/23	...	Ale	39.44
9. J. Addison	...	HelmH	39.57
10. P. George O/40	...	Kesw	39.58
VETERANS O/50			
1. (24) D. Prosser	...	Kesw	42.25
2. (42) M. Hopkins	...	TLake	44.39
3. (44) C. Smith	...	Kesw	44.52
VETERANS O/60			
1. (80) S. Haslam Woman	...	Scarb	50.25
2. (81) A. Stokes	...	Dallam	50.27
3. (105) D. Clarkson	...	NFells	55.39
VETERANS O/70			
1. (113) S. Cromar	...	DundH	60.09
WOMEN			
1. (21) C. Spurdan	...	Kesw	42.07
2. (29) J. Mattinson	...	Kesw	43.20
3. (32) C. Watson	...	Unatt	43.40
4. (36) S. Noon	...	Der	44.09
5. (45) R. Marshall	...	Scarb	45.24
(57) K. Cornforth O/40	...	Borr	46.51
(61) K. Bridge O/40	...	Eden	47.06

(77) N. Hawkrigg O/40	...	NFells	49.41
(80) S. Haslam O/60	...	Scarb	50.25
(119) L. Malarkey O/60	...	Kesw	62.50
(126) M. Quayle O/50	...	Unatt	68.56

GOLF BALL
Lancashire
BS/8.8KM/244M 16.08.17

The weather held out as 150 runners set off for this evening race. Conditions underfoot were very wet and muddy in places but they said they enjoyed it.

Callum Davidson was first back and had a comfortable lead of over two minutes over Shaun Godsman, second, followed by Ged Callen in third. First woman back was Sarah Bell followed by Deborah Gowans and Catherine Derbyshire.

There were some very impressive times in the other age categories too. I am always impressed by people of a certain age doing these fell races so I must mention Graham Breeze and Gerard Navan, both MV70s, and still going!

After the event, there was the prize giving in the CPA Club who had put on a pie & pea supper for the runners. Overall a good night for the club and we hope to see everybody again next year.

Jan Kempson

1. C. Davidson U/23	...	Ross	38.21
2. S. Godsman O/40	...	CaldV	40.42
3. G. Callen	...	Bing	41.02
4. D. Bennett O/40	...	Roch	42.28
5. J. Sutton O/40	...	Bburn	43.32
6. A. Holt O/40	...	Ross	43.36



(Not) Round Latrigg

PHOTO © STEPHEN WILSON GRANDDAYOUT

7. N. Emmerson	Radc	43.52
8. J. Melia O/40	Ross	43.59
9. I. Carruthers	Unatt	44.04
10. D. Gilbert O/40	Horw	44.44
VETERANS O/50		
1. (16) E. Gamble	CheshHR	45.08
2. (17) A. Lundberg-Bury	Ross	45.13
3. (23) J. Tinman	Ross	46.07
VETERANS O/60		
1. (74) A. Quickfall	NewbN	55.15
2. (79) N. Hindle	FRA	55.35
3. (87) G. Hand... ..	SpecStr	56.34
VETERANS O/70		
1. (130) G. Breeze	Wharfe	67.47
2. (150) G. Navan	Ross	79.18
WOMEN		
1. (33) S. Bell	Barlick	48.52
2. (37) D. Gowans O/50 ...	Acc	50.17
3. (58) C. DerbyshireO/40	Acc	52.47
4. (64) H. Dagleish	Ross	53.48
5. (77) R. Wickham U/23	Unatt	55.24
6. (80) L. Parker	Acc	55.38
(81) C. Fryer O/50	CaldV	55.50
(116) J. Needham O/50 ...	Roch	61.50
(123) C. Life O/50	Clay	64.54
150 finishers		

**BURNSALL CLASSIC
North Yorkshire**

AS/2.4km/274m 19.08.17

After a summer of constant showers it was no surprise that more were forecast for Burnsall Feast Sports Day. Thankfully, the rain had blown away by mid-afternoon leaving reasonable conditions for running, although underfoot it was wet and boggy leading up

on to the fell and then muddy and slippery in the deep washed out track to the cairn. 129 runners were set on their way from the village green by four times' previous winner, Mr Stephen Hawkins.

It was Sam Tosh who led them up the hill and around the cairn and then down the steep fell front into the fields and then finally back on to the road to the finishing line and crossed in a time of 14.28, 33 seconds in front of the second place Peter Hodgkinson in 15.01 with Joe Baxter third in 15.20.

A small field of women tackled the course and were led home in fine style by locally bred Victoria Wilkinson, who finished 9th overall in a time of 16.52. Jean Powell was second in 21.33 and Alison Weston was third in 25.37. Prior to the senior race, 93 juniors had a go at the lower fields that led up to the fell with the younger age groups being particularly well supported.

Many thanks for those who ran and all those who helped on the day with special thanks to the members of Upper Wharfedale Fell Rescue for their support and bringing the flag back down from the top of the fell!

Jim Stockdale

1. S. Tosh	Ross	14.28
2. P. Hodgkinson	HBT	15.01
3. J. Baxter	P&B	15.20
4. W. Gardener... ..	Amble	15.43
5. I. Holmes O/50	Bing	16.20
6. N. Treitl	Barlik	16.23
7. D. Kay O/40	CaldV	16.39
8. M. Malyon	Bing	16.45
9. V. Wilkinson	Bing	16.52
10. A. Peace O/40	Bing	16.53

VETERANS O/50		
1. (5) I. Holmes... ..	Bing	16.20
2. (28) J. Parsons	Unatt	19.48
3. (33) I. Ferguson... ..	Bing	20.04
VETERANS O/60		
1. (38) G. Gough	Clay	20.44
2. (89) H. Atkinson	Bing	24.56
3. (109) K. Walker	Unatt	28.13
VETERANS O/70		
1. (106) G. Breeze	Wharf	27.58
WOMEN		
1. (9) V. Wilkinson	Bing	16.52
2. (50) J. Powell O/40 ...	Wharf	21.33
3. (94) A. Weston	Ilk	25.37
4. (95) L. Taylor	Ripley	26.14
5. (97) K. Fisk	Horsf	26.17
6. (98) S. Cleal O/40	Qbury	26.22
7. (100) S. Marshall O/50	Skipt	26.37
(101) H. Hodgkinson O/40	Tod	26.49
(105) S. Morley O/50	YorkK	27.40
(107) C. Addison O/50 ...	Fellend	28.08

**PENDLE 3 PEAKS
Lancashire
AM/16km/870m 19.08.17**

115 runners lined up at the start to do the Pendle 3 Peak Fell Race. It looked like we could be in for a wet one. However, as the race started the sky cleared.

A fast start along the tarmac path saw Daniel Mills open up a small lead. It looked like it was going to be a close battle at the front with Ben Coop and Mark McGoldrick hot on his heels. The women's race was a different type of affair with the places chopping and changing before settling

PHOTO © MICK FRYER



Golf Ball



Pendle 3 Peaks

down near the last climbs.

Conditions underfoot were challenging (to say the least) and many runners said it was the wettest they had seen it for this time of year. Luckily, the rain stayed away even on the tops but a strong head wind greeted the runners on every climb.

Approaching the last climb it was still a battle for first but Daniel Mills hung on to first place 1:22:15 with Benjamin Coop just over three minutes behind taking second place. Mark McGoldrick came in third.

First woman to cross the line was Claire Vincent 1:56:46.

I would like to congratulate everyone who finished and say that they all showed great effort and determination and thanks given to our team of marshals who helped make the race possible.

J. Lloyd

1. D. Mills	Barlick	1.22.51
2. B. Coop	Bury	1.25.55
3. M. McGoldrick	Wharf	1.26.46
4. H. Coates	Wharf	1.29.13
5. P. Darwood O/40	Unatt	1.29.15
6. L. Eccles	PennyL	1.30.12
7. P. Davies	DkPk	1.30.30
8. M. Diaz-Rabago O/40	Unatt	1.31.16
9. D. Motley	Clay	1.32.16
10. A. Thornton U/23	LoughU	1.33.40
VETERANS O/50		
1. (17) B. Wilkinson	Borr	1.37.55
2. (21) J. Ryder	Ilk	1.40.39
3. (31) G. Goodwin	Acc	1.46.59
VETERANS O/60		
1. (30) J. Holt	Clay	1.45.36

2. (38) T. Taylor	Ross	1.49.39
3. (57) M. McLoughlin	Prest	2.00.03
VETERANS O/70		
1. (60) D. Tait	DkPk	2.02.21
2. (68) A. Appleby	Prest	2.06.44
WOMEN		
1. (55) C. Vincent	Clay	1.56.46
2. (56) N. Murphy O/50	Ross	1.57.39
3. (61) J. Foster O/40	Ilk	2.02.30
4. (67) L. Berends O/40	Prest	2.05.39
5. (73) R. Anderson O/40	Prest	2.08.31
(75) B. Savage O/50	Clay	2.10.34
(79) T. Ireland O/50	Ross	2.12.51
115 finishers		

**GARGRAVE SHOW
North Yorkshire
bs/5.6KM/274M 19.08.17**

Regular competitors to Gargrave Show fell race would be aware that whatever the weather they would undoubtedly have wet feet when they crossed the finish line. Eshton beck provides the first obstacle in each of the five races in the day's calendar, commencing with the Under 9s through to the seniors event. The overnight and early morning deluges on Saturday raised the water level to above average so measures were put in place to ensure safety was paramount. The river crossing was double roped and race marshals were in strategic positions. Why do youngsters generally hate having a bath but loved this scenario and would have run through it time and time again if they could? Despite six other major races taking place

in the North West area, there was a good turnout of over 100 athletes ranging from the novice to the experienced and from club runners to unattached. The local clubs of Wharfedale, Barlick Fell Runners, Settle, and Keighley and Craven provided many of the prize winners. The event was well supported by athletes from a wide area and there was a good turnout from the thriving Trawden AC, a club which was founded twenty years ago by local legend Gerry McCabe of Colne.

The Under 9s competitors were the first to test the conditions, which were soft to say the least, and they also provided the closest finish. The two front runners crossed the line in tandem with little to split the times but mere points of a second. Eight year old Toby Allerton just had the edge over fellow eight year old Freddie Ward. Lucy Bagot led the girls home.

Jacob Reeday was first home in the Under 12s race with an impressive finishing time. One of the younger competitors in this section, Jack Sanderson, was in second position. Charlotte Rawstron ran a strong race as first girl to finish and she was also in third place overall. Charlotte's family have a strong connection to Gargrave as her Great Grandma was brought up in the village and other family members still reside in the community. It was Madeline Moorhouse Smith who claimed the first local prize though, living only a short distance from the Show field on Eshton road.

A smaller field of runners tackled the Under 14s course. Jack Villiers took the

honours, followed by Donnabhan Rudden. Will Atkinson won the first local male prize with his fourth position finish. This was a rare fell outing for Will who has now chosen to concentrate on track events. First girl was Beth Roberts, who also won the first local girl award.

It was decided to let the Under 17 competitors start their race alongside the senior race and with a shorter course, they were able to finish comfortably before the seniors began to return. Sixteen year old Tom Barrett was an easy winner. Tom was hoping that the victory would stand him in good stead for the England trials the following week in the hills above Sedbergh. Betty Bergstrand was the women's winner with Katie Atkinson in second position. Katie, like her brother Will, is now concentrating on more track related events and was heading off the following Sunday to tackle a steeplechase course in Birmingham.

A good field of fifty six runners lined up for the senior race with a mere sixty years separating the youngest and the oldest competitors, 17-year old Benjamin Bergstrand of Middlesborough AC and 77-year old Norman Bush of Ilkley AC.

The weather had fortunately improved as runners gathered at the start and spectator vision was good. The runners quest was to navigate the river crossing and a winding climb through long meadow grass, rough pasture, negotiate a wet woodland track, culminating in a clay mud bath climbing further woodland onto open field and the shoulder of Sharpshaw to the summit with a final steep lung bursting climb before the descent back to the Eshon road showground. There were a number of likely contenders for top spot and many knew they had to push themselves hard as time was of the essence if they were hoping to make it up into Wharfedale for the Burnsall fell race held later in the afternoon, which some runners had planned to do.

Last year's runner up, 21-year old James Hall, went one place better than 2016 and claimed victory. He was followed closely by Jimmy Craig and third was Ali Burns. An excellent fourth position went to the young 17-year old from Middlesborough, Benjamin Bergstrand. First local was Gargrave resident, Gavin Smith, in 11th position, running in Skipton AC colours. The V50 veteran award was won by Dave Hammond. The top woman was 28-year old Jo Shelmerdine, who was visiting her mum in Grassington. Jo spent her early years in the village until university and work called her further afield. Alison Eagle was to take the treble, she was second woman, first veteran and first local, the latter award due to a relatively new residency for Alison at the nearby hamlet of Winterburn.

All fifty six competitors finished the course after enjoying excellent runs on the great multi-terrain course which threw up numerous things to tackle along the way. Favourite for the juniors was, of course, the

river crossing and for the seniors the shock of the clay mud bath!

Thanks to all landowners, and timekeepers for without them the sport and the enjoyment would not be possible.

Caroline Thompson			
1. J. Hall	Wharfe	23.05	
2. J. Craig	Barlick	23.25	
3. Al. Burns	Wharfe	24.34	
VETERANS O/50			
1. D. Hammond	CaldV	29.01	
WOMEN			
1. J. Shelmerdine	Unatt	34.04	
2. A. Eagle O/50	Ilk	35.24	
3. D. Tibbs	Trawden	36.12	
JUNIORS			
Boys Under 9			
1. T. Allerton	BaildE	6.22	
2. F. Ward	Unatt	6.22	
3. I. Reeday	Barlick	6.27	
Girls Under 9			
1. L. Bagot	Settle	6.25	
2. B. McCredie	Barlick	7.25	
3. F. Bagot	Settle	8.16	
Boys Under 12			
1. J. Reeday	Barlick	6.39	
2. J. Sanderson	Settle	7.07	
3. D. Carr	Ilk	7.20	
Girls Under 12			
1. C. Rawstron	Otley	7.11	
2. I. Welch	Stowmkt	7.23	
3. A. Black	Unatt	7.27	
Under 14 Boys			
1. J. Villiers	Barlick	9.46	
2. D. Rudden	Kghly	9.57	
3. L. Carr	Ilk	10.08	
Under 14 Girls			
1. B. Roberts	Kghly	10.29	
2. S. Metcalfe	Kghly	11.35	
3. H. Crook	Trawden	11.36	
Under 17 Boys			
1. T. Barrett	Kghly	13.01	
Under 17 Girls			
1. B. Bergstrand	Middlesb	15.33	

RUSLAND 5 Cumbria BS/7.8km/310m 19.08.17

Rusland Sports is part of the Rusland Show. It has five fell races along with track races and is a traditional lakeland sports show. The fell races which run from 12:30 p.m., are the 5 mile race, a short fell race up the Camels Hump (typical of most Lakeland shows) from 2 30 p.m. and four junior fell races. The weather on the day was good for running although the ground was still a bit soft and muddy after a few days of heavy rain.

Matthew Elkington won the 5 mile race breaking the course record held by Craig Roberts, he also won the short fell race and finished second in the 1600 metre race. Alice Forster also completed the fell race double.

Anthony Meanwell			
1. M. Elkington	DkPk	30.52	
2. B. Abdelnoor	Amble	31.52	
3. J. Mann	Amble	32.35	
4. J. Helme	Amble	33.14	
5. G. Booth O/40	Horw	33.40	

6. M. Tosh	Amble	33.50	
7. H. Lord	BICmb	34.17	
8. C. Roberts O/50	Kend	34.53	
9. C. Routledge O/40	Amble	36.24	
10. M. Dugdale	HelmH	37.16	
VETERANS O/50			
1. (8) C. Roberts	Kend	34.53	
2. (11) M. Johnson	Bowl	37.34	
3. (15) C. Smith	Kesw	38.42	
VETERANS O/60			
1. (34) C. Roberts	BICmb	46.12	
2. (37) E. Rybinski	DkPk	46.57	
3. (40) J. Armstrong	Amble	47.46	
WOMEN			
1. (16) A. Forster	BICmb	38.51	
2. (19) J. Huthinson	HelmH	39.31	
3. (20) K. Wright	Amble	39.53	
4. (21) R. Rooke	BICmb	40.12	
5. (23) S. Pike O/40	Unatt	40.40	
(29) K. Ball O/40	AckR	43.29	
(33) L. Bayles O/50	LOC	45.40	
(38) J. Taylor O/50	Bowl	47.10	
53 finishers			

LAKELAND COUNTRY FAIR Cumbria AS/9km/705m 20.08.17

The Country Fair was changed to a different location in Torver ten days before the day, so a new start to the route up the Old Man of Coniston was quickly worked out. This resulted in a course than was shorter by 2 kilometres and had lost its road section. It also had a steeper start and faster finish, which was good for the spectators.

In reasonable conditions Rob Jebb set the first record for the new course in 46.19. Jack Wright was second in 50.41, followed closely by Lee Proctor 16 seconds later. In eleventh place, Hannah Horsburgh was first woman with 57.07.

Apologies for the stray 'Finish' sign left over from the junior races, which meant some runners strolled the last few metres thinking they'd already finished. Never mind, it didn't affect places and they'll be an easy few seconds to pick up next year!

My thanks to marshals Katie Dawson, Heather Troughton, Janette and Mark Braithwaite, Jackie Coe, Allan Curtis and especially summit marshals, Britta Sendlhofer and Keith Montgomery. Thanks too to Sam Clarke for loan of equipment, and competitor David Sharp for bucking the trend of runners turning up without maps by bringing ten copies, which we gratefully added to those we were offering in exchange for a donation to mountain rescue. Next year's fair is on Sunday 19 August.

Nigel Coe			
1. R. Jebb O/40	HelmH	46.19	
2. J. Wright	Amble	50.41	
3. L. Proctor	Helm	50.57	
4. S. Halsall	Unatt	51.02	
5. C. Edis	Kesw	51.22	
6. T. Ripper	BICmb	52.42	
7. R. Skrimshire	DkPk	53.35	
8. P. Reilly O/40	HelmH	54.27	
9. M. Rooke	BICmb	55.56	

10. S. Angus O/40	Kesw	57.06
VETERANS O/50		
1. (16) A. Kay	DkPk	61.24
VETERANS O/60		
1. (21) G. Owens	NFR	63.10
WOMEN		
1. (11) H. Horsburgh	Kesw	57.07

HARROCK HILL RACE 4
Lanashire
BS/8.4km/275m 23.08.17

1. W. Rawson U/23	Leigh	33.15
2. L. Burtham U/23	Lpool	33.19
3. B. Hobson	Chorlt	34.11
4. J. Malky	Amble	34.39
5. J. Sutton O/40	Bburn	36.13
6. T. Harkin O/40	Unatt	36.29
7. P. Muller O/60	Horw	36.37
8. J. Laney	Unatt	36.39
9. J. Rutherford	Lpool	36.45
10. S. Worsley O/50	Inver	37.02
VETERANS O/50		
1. (10) S. Worsley	Inver	37.02
2. (14) E. Gamble	Chesh	38;06
3. (22) S. Woodruffe	RRose	39.34
VETERANS O/60		
1. (7) P. Muller	Horw	36.37
2. (18) S. Morran	Bolt	39.15
3. (63) M. Laney	RRose	45.13
VETERANS O/70		
1. (124) B. Hargreaves	SthportW	53.18
2. (143) G. Breeze	Wharf	56.29
3. (144) S. Stewart	SthportW	56.31
WOMEN		
1. (16) L. Brindle	Horw	38.33
2. (40) D. Campbell	LpoolP&S	42.32
3. (48) J. Taylor O/50	Wigan	43.29
4. (49) L. Whitfield	Spect	43.44
5. (54) A. Welch	Chorlt	44.23
6. (58) J. Lee O/40	Spect	44.40
(63) M. Laney O/60	RRose	45.13
(71) K. Forster O/50	Spect	45.56
(73) P. Gaterell O/40	ParbP	46.10
(77) A. Ferguson O/50	Burnd	46.38
(89) L. Dermott O/40	KaylF	48.03
(93) S. Staveley O/50	Burnd	48.45
(107) D. Read O/60	Helsby	50.27
(144) S. Stewart O/70	SthportW	56.31
(178) M. Beard O/60	Swint	62.23
(210) D. Lock O/70	Lytham	86.50

215 finishers

HARROCK HILL SERIES RESULTS

1. W. Rawson U/23	Leigh	5pts
2. B. Hobson	Chorlt	12pts
3. T. Harkin O/40	Unatt	31pts
4. J. Horrocks	Bburn	20pts
5. J. Sutton O/40	Bburn	43pts
6. C. Rayner O/40	Chorlt	41pts
7. G. Norris U/23	Chorley	28pts
8. P. Muller O/60	Horw	28pts
9. A. Rigby	Lpool	43pts
10. A. Foster	LpoolP&S	57pts
VETERANS O/50		
1. (15) N. Hayhurst	Unatt	78pts
2. (17) J. Dickinson O/50	LpoolP&S	84pts
3. (20) P. Boardman	Unatt	106pts
VETERANS O/60		
1. (8) P. Muller	Horw	28pts
2. (35) J. McGlynn	Wigan	220pts

3. (43) D. Miller	Chorley	365pts
VETERANS O/70		
1. (66) B. Hargreaves	SthporW	394pts
2. (74) S. Stewart O/70	SthportW	621pts
WOMEN		
1. (26) J. Taylor O/50	Wigan	169pts
2. (32) J. Lee O/40	Spect	196pts
3. (39) A. McAvoy	Garst	225pts
4. (41) B. Glaister O/40	ParbP	253pts
5. (42) A. Ferguson O/50	Burnd	253pts
6. (46) L. Dermott O/40	KaylF	386pts
(55) S. Taylor O/50	Wigan	324pts
(74) S. Stewart O/70	SthportW	621pts
(91) S. Carman O/60	Spect	589pts

CROOK PEAK CAKE RACE
Somerset

BS/4.8km/200m 23.08.17

1. C. McMillan	Weston	18.48
2. C. Green	Wells	19.44
3. K. Summers O/40	Weston	20.33
4. D. Nettlefield	SMolten	20.39
5. J. Harris O/40	Weston	22.01
6. A. Noble O/50	Weston	22.04
7. T. Watkins	BristW	22.06
8. J. Bertenshaw	Weston	22.13
9. A. Deamer O/50	Wells	22.17
10. R. Furlong	Weston	22.19
(24) L. Porter O/50	Bitton	24.53
VETERANS O/60		
1. (22) C. Kelsey	Wells	24.37
2. (23) G. Jennings	Sthville	24.45
3. (28) J. Mallone	Nails	25.15
VETERANS O/70		
1. (71) E. Green	Weston	33.13
2. (72) G. Constable	Cheddar	33.21
WOMEN		
1. (14) H. Walsh	BristW	23.49
2. (18) P. Richards O/40	Weston	24.28
3. (24) L. Porter O/50	Bitton	24.53
4. (40) M. Fryer	Weston	27.22
5. (43) E. Jarrett O/40	Unatt	27.41
(50) S. Neild O/50	Chedd	28.48
(68) J. Hallett O/60	Brist	31.59
(71) E. Green O/70	Weston	33.13
(72) G. Constable O/70	Chedd	33.21
(73) R. Stacey O/60	Weston	33.35

90 finishers

PILSLEY
Derbyshire

BS/9.8km/245m 24.08.17

Beautiful evening (statistically it was bound to happen one year!) Perfect conditions for the marshals (except for the midges). 255 entrants, 1 DNF.

The race started slightly uphill from the Devonshire Arms into fields where the cows were on the opposite side of the field being distracted by the farmers with food. Steep descent, over the 'dodgy bridge' with the dodgier re-entry onto terra firma and past the wet ditch with drain, over the road and slow ascent all the way up and over, through the sheep, to Handley Lane, and thereafter down the track towards Edensor. Then, through a tiny sheep pen, and up the second ascent across Chatsworth deer park,

down to Carlton Lees cattle grid, and back towards Chatsworth generally parallel-ish with the river Derwent until the breakaway third ascent to the east side of the golf course. A jaunt across the fairway and vault into the road crossing preceded the final ascent across Elysian fields towards the Pilsley rooftops over a deceptively gradual gradient belying uneven ankle-spraining cow-puddled terrain, but the home straight nevertheless.

In a Heath Robinson attempt to have two methods of counting back the runners, I requested that every runner sign him or herself back against their race number on a master sheet which I frantically wrote up during the first 20 minutes of the race. It seemed a simple exercise and might take off as an option, as only 28 of the 255 field did not sign. Fortunately, all were accounted for by the traditional method.

It's an end of an era for this Race Organiser (but I'll see you next year as a marshal). This year together we raised £1,080 for Pilsley School and rumour has it that next year's race would be a good source of funding to buy the village a defibrillator. Thank you, runners, for bringing a warm atmosphere and your tolerance for my bumbling prize giving – especially Peter Gorvett as I think I gave your prize to Barry Warwick, sorry! Marshaling has been a great exercise for my family aged 8 to 81.

Over and not quite out.

Zoe Wareham

1. H. Holmes	P&B	36.48
2. S. Franklin	Unatt	37.17
3. S. Bond O/40	DkPk	37.17
4. A. Campbell	Buxt	39.14
5. C. Baker	Hallam	40.37
6. B. Light	Buxt	40.44
7. A. Linskill	Totley	41.08
8. R. Bateson	Unatt	41.10
9. P. Sorrell O/40	Ripley	41.15
10. J. Street	Clowne	41.28
VETERANS O/50		
1. (19) J. Hunt	DkPk	42.47
2. (38) I. Shaw	FatB	45.09
3. (43) G. Baird	SuttAsh	46.01
VETERANS O/60		
1. (67) S. Storey	P'stone	48.42
2. (74) S. Brisier	Mat	50.01
3. (86) R. Cooper	Unatt	51.07
VETERANS O/70		
1. (104) P. Gorvett	DkPk	52.24
2. (165) B. Warwick	Derw	57.27
WOMEN		
1. (56) R. Keeley	Unatt	47.32
2. (58) H. Archer	Unatt	47.44
3. (81) H. Gill O/40	Mat	50.40
4. (99) J. Grant O/40	Millt	51.53
5. (108) E. Wainwright	Unatt	52.45
6. (117) E. Brealey	Derw	53.12
(119) C. Suett O/40	Sinfin	53.13
(134) P. Goodall O/60	Totley	53.48
(142) T. Wilson O/50	Buxt	54.25
(161) K. Scott O/50	Steel	57.08
(166) S. Mead O/50	Totley	57.30
213) M. Gorman	NDerby	62.44

**BELLINGHAM SHOW
Northumberland**

BS/6.4km/183m 26.08.17

Bellingham Show moved to a new showfield in 2017 which meant that, although most of the route remained the same, the race was slightly shortened and the run in to the finish had to be changed. In view of the changes it was decided to start afresh with record times.

Dunterley farm, on whose land race most of the race is run, has had reduced sheep and cattle stocking for a few years and this has resulted in longer grass and heather and heavier going, particularly on the main climb up to the television mast.

First back was Will Robson in a time of 34.52 closely followed by Patrick Wardle and Matthew Harris.

First woman was Karen Robinson who, interestingly, had held the record for the original route since 2002.

Bill Burlton

1. W. Robson	NShieldsP	34.52
2. P. Wardle	Skipt	35.05
3. M. Harris	Unatt	35.13
4. D. Minks	TyneB	35.45
5. F. Brown	Unatt	35.46
6. B. Heathcote	NFR	36.23
7. K. Robinson O/40	NFR	36.40
8. R. Kirby O/40	NFR	36.45
9. S. Schofield	RMTyne	36.50
10. N. Kivlahen O/50	NFR	37.24
VETERANS O/50		
1. (10) B. Kivlahen	NFR	37.24
2. (11) B. Robson	Unatt	37.33
3. (13) A. Calcott	DerwV	39.06
VETERANS O/60		
1. (19) A. Duncan	NFR	42.51
2. (24) D. Gilthorpe	Saltw	60.11
WOMEN		
1. (7) K. Robinson O/40	NFR	36.40
2. (23) A. Head O/40	WingS	53.50

**ARNISON CRAG HORSESHOE
Cumbria**

AS/5km/300m 26.08.17

The Arnison Crag Horseshoe is held as part of Patterdale Dog Day and takes place in between the sheep dog trials. Fortunately, dogs and runners know their place! It is a beautiful setting amongst wonderful scenery.

Arnison Crag Horseshoe is only a 3 mile/5 kilometre route but it punches above its weight/distance. It manages to combine grassy uphill running and muddy squelchy uphill running with a bit of flatish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippery and stoney in places – fabulous if you love downhill running. And this year, the sun shone on the day but conditions underfoot were wet and boggy in places.

This didn't stop four records being set. Lou Roberts smashed the record for the women and FV40s by taking nearly three minutes

off her 2015 time. Paul Carnforth set a new MV50 record and a new local record was set by junior runner, Bertie Tweed. It was also lovely to see a lot of our "regulars" and to welcome four runners who had never run a fell race before. They were still smiling by the time they reached the finish line.

47 runners were set off by Mike Beaty, who has just retired as Chairman of Patterdale Dog Day after umpteen years in the post. He and Dave Hodgson were instrumental in re-introducing the fell race to Patterdale Dog Day after a gap of many years.

First runner back was Martin Mikkelsen-Barron in a time of 23.27, followed by Ted Ferguson, in 24.04. Third home was the Show President, Charles Lowther, in 24.46. Matt Reedy finished fourth in a time of 25.39 to claim the first MV40 prize and Paul Cornforth was first MV50 in sixth place in a new record time of 26.35. First MV60 was Jonathan Haynes in 32.18.

Lou Roberts stormed round the course to finish ninth overall and set a new women's record of 27.03. This is also the FV40 record. Lou was 2.50 faster than in 2015! Second woman was Hazel Robinson in 30.22 and third woman was Jo Buckley in 32.50.

We also had three junior runners which is always good to see – and all were locals! First junior back was Bertie Tweed in a new locals' record of 28.01, followed by his brother, Archies Tweed in 32.16 and Isaac Ravenhill in 33.00. Bertie Tweed improved on his 2016 time by 6.23 - watch out in 2018!

Finally, a BIG thank you to Catstycam Outdoor Shop in Glenridding for sponsoring the prizes, to Vanessa Schaepeers, Sarah Moseley, Rachael Freedman and her young cousin, Phoebe, for helping with registration and the finish line; to Heather Jackson; to Simon Franklin and Carol Morgan for being our marshals at Trough Head; to Phil Brown for being our man at the top and making sure that everyone gets to the top of Arnison Crag... and to Arnison Crag for being such a fantastic fell.

Hope to see you all next year!

Christine Kenyon

1. M. Mikkelsen-Barron	Borr	23.27
2. T. Ferguson	Borr	24.04
3. C. Lowther	Eden	24.46
4. M. Reedy O/40	Amble	25.39
5. D. Hurton O/40	Eden	26.15
6. P. Cornforth O/50	Borr	26.35
7. M. Robinson O/40	DkPk	26.37
8. R. Green	AchRat	26.42
9. L. Roberts O/40	Amble	27.03
10. J. Simpson	HelmH	27.51
VETERANS O/50		
1. (6) P. Cornforth	Borr	26.35
2. (13) C. Smith	Kesw	28.02
3. (16) B. Wilkinson	Borr	28.40
VETERANS O/60		
1. (24) J. Haynes	BishStort	32.18
2. (42) D. Johnson	NShieldP	40.41
WOMEN		
1. (9) L. Roberts O/40	Amble	27.03
2. (18) H. Robinson O/40	Amble	30.22
3. (26) J. Buckley O/40	CaldV	32.50

4. (32) R. Findlay-Robinson	Kesw	34.13
5. (37) A. Edwards	Unatt	35.18

JUNIORS

1. (12) B. Tweed	StEd	28.01
2. (22) A. Tweed	StEd	32.16
3. (27) I. Ravenhill	Unatt	33.00

47 finishers

DUFTON SHOW

Cumbria

AS/8km/460m 26.08.17

1. K. Bell	Kesw	31.15
2. M. Donnelly O/40	Borr	31.45
3. P. Davies O/40	Borr	32.35
4. J. Eyre	Eden	34.22
5. L. Procter	HelmH	35.00
6. S. Green	HelmH	36.11
7. N. Orr	Border	36.15
8. G. Briggs O/40	DkPk	36.17
9. N. Wood O/40	HelmH	36.56
10. C. Upson O/50	Cambus	37.14

VETERANS O/50

1. (10) C. Upson	Cambus	37.14
2. (23) C. Valentine	Unatt	43.10
3. (24) P. Rigby	Unatt	43.20

VETERANS O/60

1. (28) M. Walsh	Unatt	44.06
2. (44) P. Reid	Unatt	53.43

WOMEN

1. (18) A. Graham	Unatt	42.38
2. (26) E. Arter	Carl	43.53
3. (29) E. Homewood O/40	Unatt	44.32
4. (31) F. Vuchan	Unatt	47.16
5. (34) J. Rigby O/40	HelmH	49.02
(37) D. Tunstall O/50	DFR	49.50

48 finishers

**CHIPPING SHOW
Lancashire**

BM/12.1km/ 26.08.17

Early morning dark, threatening and low-lying cloud slowly lifted and the day warmed up for the start of the race. 33 runners set off across the very wet flagged fields and approached the foot of the fells after about 1½ miles.

The ascent of the fells is steep before a more gentle runnable climb to the highest point at Fair Snape. There is then a steep descent down the Bleasdale side of the fell, leading to another flagged section through some fairly lush, tufty grass and bracken.

Another climb, up the west side of Parlick is followed by the long run down to the foot of the fell and back along the same route, to the Show Field in the village. The leaders enter the Show field to finish but later the runners are diverted to another finish behind the President's tent so that they don't get involved with the parade of the winning beasts.

First male was Mark McGoldrick in 1:06:20; first female was Ruth Jones in fifth position 1:15:44.

Winning men's team was Preston Harriers: Oliver Heaton, Mick McLoughlin, Alan Martin.

Joe Howard

1. M. McGoldrick	Wharf	1.06.20
2. T. Oates	Amble	1.08.38

Chipping show lady winner 2017



3. O. Heaton	Prest	1.08.51
4. N. Martin	Wharf	1.12.02
5. R. Jones	Salf	1.15.44
6. C. Bedson O/40	Chesh	1.19.36
7. T. Smith O/50	Bowl	1.19.37
8. A. Pritchard O/40	Buckley	1.19.38
9. R. Turner O/50	Ross	1.20.35
10. C. Halsall O/40	Bowl	1.20.39
(13) G. Lyons O/50	Garst	1.31.24

VETERANS O/60

1. (15) M. McLoughlin	Prest	1.32.25
2. (17) M. Garrod	Unatt	1.34.32
3. (21) I. Charters	Bowl	1.39.23

WOMEN

1. (5) R. Jones	Salf	1.15.44
2. (14) K. ickles O/40	P&B	1.32.17
3. (18) K. Bretherton O/40	Trawd	1.36.26
4. (20) C. Jones	Hgate	1.36.39
5. (22) H. Thom	Kghly	1.41.07

32 finishers

**OCHIL 2005
Perthshire**

AL/32.7km/1646m 26.08.17

The race was won by David Godfree and the first woman was Andrea Priestley.

Alex King

1. D. Godfree O/40	Ochil	3.23.25
2. M. Harris O/40	AnsterH	3.24.32
3. P. Mackie O/40	Shettle	3.27.56
4. J. Smith	BIPear	3.29.12
5. D. Kerr O/40	HighInd	3.31.32
6. S. Topalian	Westies	3.34.51
7. D. Riach O/50	Westies	3.36.14
8. N. McAlinden	WestCCC	3.36.22
9. F.J.C. Valdes	HighInd	3.40.24
10. D. Wallace O/40	Ochil	3.41.57

VETERANS O/50

1. (7) D. Riach	Westies	3.36.14
2. (19) J. Knox	AnsterH	3.56.13
3. (25) D. Ball	Penicuik	4.14.18

VETERANS O/60

1. (48) R. Toller	Dundee	5.16.56
2. (60) I. Thomson	Strathearn	5.41.19

WOMEN

1. (22) A. Priestley O/50	Ochil	4.04.05
2. (38) H. Ritchie O/50	Fife	4.52.33
3. (46) J. Scott O/60	Fife	5.12.34

61 finishers

**KONG MINI MM ROUND 3
Cumbria
MM 27.08.17**

1. J. Davies	Unatt	590pts
2. M. Driver	Holc	530pts
3. R. Kendall U/23	Unatt	487pts

VETERANS O/40

1. S. Birkenshaw	Borr	546pts
2. C. Routledge	Amble	510pts
3. M. Smith	ForthV	470pts

VETERANS O/50

1. A. Bradley	CFR	480pts
2. E. Sherstone	Dees	400pts
3. J. Faulkner	NAV4	376pts

VETERANS O/60

1. D. Fryer	Lland	330pts
2. M. Spendover??	WhtPk	?
3. P. Hodgson	Tod	291pts

WOMEN

1. M. Gillie	Clwyd	377pts
2. M. Higginbotham	Sadd	347pts
3. J. Hack	ImpC	270pts

WOMEN O/40

1. J. Nolan	DkPk	397pts
2. R. Vincent	Tyne	330pts
3. K. Charles	WCOC	260pts

WOMEN O/50

1. J. Cleary	Lland	385pts
2. R. Beadle	Lland	349pts
3. D. Pelly	Amble	280pts

WOMEN O/60

1. A. Darlington/H. Burrows	Eryri/LOC	200pts
2. A. Vencovska	Unatt	195pts
3. L. Hayles	CaldV	95pts

**GRASMERE SPORTS
Cumbria**

AS/2.5km/270m 27.08.17

1. S. Tosh	Ross	13.00
2. N. Swinburn	NFR	13.19
3. S. Bailey	Mercia	13.29
4. M. Lamb	Kesw	13.52
5. M. Elkington	DkPk	13.56
6. R. Hope O/40	P&B	14.09
7. M. Roberts	CaldV	14.21
8. M. Mikkelsen-Barron	Borr	14.25
9. C. Tinnion	Ellenb	14.26
10. T. Ferguson	Borr	14.46
(12) D. Kay O/40	CaldV	14.56
(22) R. Carr	Wharf	16.41

BOYS UNDER 9

1. J. Humphries		4.32
2. B. Fleming	Hoad	4.45
3. W. Brayshaw	Unatt	5.28
4. T. Stone	Unatt	5.45

GIRLS UNDER 9

1. L. Hethringto		5.28
2. M. Jebb	HelmH	5.37
3. B. Renison	Unatt	6.07
4. L. Usherwood	Unatt	6.27

BOYS UNDER 12

1. J. Humphrigrs		5.07
2. J. Dixon	Amble	5.09
3. T. Rewwick	Eden	5.33
4. W. McNally	LevensV	5.38
5. C. McVey	Amble	5.41

GIRLS UNDER 12

1. C. Rawstron	Otley	5.46
2. E. Malcolm	HelmH	6.07
3. S. Smith	HelmH	6.19
4. F. Bowness	CFR	6.21
5. J. Forrest	Altrinch	6.40

BOYS UNDER 14

1. F. Spool	Kend	6.33
2. S. Smith	Wharf	6.52
3. J. Bowen	Amble	7.00
4. O.Sanders	HelmH	7.15

GIRLS UNDER 14

1. E. Swarbrick	CFR	8.55
2. E. Beardwood	HelmH	9.37
3. A. Holmes	Bord	10.01
4. G. Kilner		13.13

BOYS UNDER 17

1. W. Kay	Telf	10.36
2. R. Askew	HelmH	10.48
3. L. Bowness	HelmH	11.51
4. J. Smith	Kend	12.42

GIRLS UNDER 17

1. B. Raven	Ilk	13.36
2. P. Lucas		16.19
3. A. Shelbourne	Holmf	16.39
4. L. Ferris		17.40

**NORLAND MOOR
West Yorkshire**

BM/10.1km/270m 27.08.17

The Halifax Harriers were blessed with a beautiful sunny Bank Holiday Sunday morning for the new longer redirected 800ft scenic trail race around Norland Moor, Halifax. The course had to be altered in order to go ahead due to flood damage following the 2015 Boxing Day floods, which caused the race to be cancelled



Grasmere Sports

in 2016.

The race should have been circa 7.4 miles long but due to removal of some of the race flags (by locals) along Norland moor, many of the runners completed a longer route of just over 8 miles. We apologise for this unforeseen situation and thank you all for being so positive.

The race was won by Jonathan Melia in 51.11 and first woman was the speedy Emma Raven in 56.35.

First vet home in the men's section was Simon Johnson (MV50) in 52.31 and first FV40 was Rachael Beaumont in 61.20.

The first male team was Calder Valley – Matt Ray, Simon Ashton and Dan Marsden and the first women's team was Halifax – April Caufield (4th woman), Rachael Beaumont and Hazel Berrett.

Sarah Cumber

1. J. Melia O/40	Ross	51.11
2. P. Sutcliffe O/40	Hfax	51.43
3. I. Jackson O/40	Salf	52.07
4. S. Johnson O/50	Hfax	52.31
5. S. Ashton	CaldV	52.36
6. S. Morton	Unatt	52.44
7. M. Flanagan O/40	Tod	53.00
8. M. Ray	CaldV	53.06
9. S. Ashton	CaldV	53.24
10. J. Raven	Unatt	53.31
VETERANS O/50		
1. (4) S. Johnson	Hfax	52.31
2. (22) C. Laycock	Voal	57.35
3. (27) N. Layhurst	Unatt	58.07
VETERANS O/60		
1. (14) T. Taylor	Ross	55.17
2. (15) S. Morran	Bolt	55.21
3. (37) C. Davies	Unatt	60.00
VETERANS O/70		
1. (40) K. Taylor	Ross	60.50
2. (61) D. Spendlove	CaldV	67.19
3. (107) G. Breeze	Wharf	80.03
WOMEN		
1. (17) E. Raven	Central	56.35
2. (19) A. Roberts U/23 ...	Tod	57.19
3. (30) L. Parker O/40 ...	Pstone	58.21
4. (33) A. Caufield	Hfax	59.01

5. (45) R. Beaumont O/40	Hfax	61.20
6. (49) L. Naylor O/40 ...	Stain	61.59
(53) R. Pickvance O/50 ...	BlkM	65.07
(57) H. Berrett O/50	Hfax	66.11
(66) A. Baldwin O/60	Stain	68.32
(74) H. Hudson O/50	Stain	69.55
(104) D. Bland O/60	Eccles	78.46
(126) J. Greenwood O/70	Stain	90.38
(132) M. Wells O/60	Tod	95.50
140 finishers		

**BARROW
Cumbria
AS/6.5m/435m 28.08.17**

It was unfortunate that the Keswick Show had to be cancelled again due to the waterlogged fields but the race was lucky with the weather on the day, although the ground was slippery underfoot. The race was won by Chris Arthur, who was three seconds slower than the record he set last year on the amended course. He had a steady run to the

top of Barrow but was then pushed to the finish by the fast improving James Appleton. James and Martin Mikkelsen-Barrow overhauled Jarlath McKenna on the descent, Jarlath competing in his first ever fell race.

The women's race was won by Louise Roberts in a new record of 37.58.

Both the men and women's team prizes were won by Keswick (James, Dan & Sam; Catherine, Cat and Jo).

Thanks as always to the army of volunteers from Keswick AC, the Keswick Show Committee, the landowners and farmers and Edwin Thompson for sponsorship.

Lyn Thompson

1. C. Arthur	Bowl	31.04
2. J. Appleton	Kesw	31.17
3. M. Mikkelsen-Barron ...	Borr	32.53
4. J. McKenna	BristW	33.18
5. C. Tinnion	Ellenb	34.37
6. D. Haworth	Kesw	34.47
7. J. Eyre	Eden	34.49
8. J. Mann	Amble	35.09
9. T. Ferguson U/23	Borr	35.27
10. L. Procter	HelmH	35.36
VETERANS O/40		
1. (14) L. Roberts	Amble	37.58
2. (16) H. Seal	Derw	38.34
3. (17) R. Crawford	Howg	38.51
VETERANS O/50		
1. (12) C. Knowles	Ellenb	37.52
2. (19) C. Smith	Kesw	39.09
2. (26) P. Bullen	Kesw	40.57
VETERANS O/60		
1. (43) D. Kershaw	Chorl	46.02
2. (53) M. Smillie	FRA	51.41
3. (58) L. Malarkey	Kesw	55.23
WOMEN		
1. (14) L. Roberts O/40 ...	Amble	37.58
2. (21) C. Spurden	Kesw	39.31
3. (34) C. Evans	Kesw	43.22
4. (35) K. Cornforth O/40	Borr	43.45
5. (39) N. Walkingshaw ...	Howg	45.07
(40) J. Gillyon O/40	Kesw	45.26
(58) L. Malarkey O/60 ...	Kesw	55.23
62 finishers		



Lou Roberts
winning at
Barrow

Black Combe
Country Fair



1. (14) R. Rooke	...	BICmb	1.28.58
2. (20) L. Murray O/409	...	BICmb	1.35.47
3. (25) L. Buck O/50	...	CFR	2.02.13
JUNIOR/NOVICE RACE			
1. S. Rees U/15	...	Unatt	33.27
2. R. Albion U/17	...	Brought	35.54
3. E. Wake U/15	...	Seaton	39.26
4. A. Lacey	...	VillR	39.31
WOMEN			
1. L. Albion U/17	...	Brought	42.42
2. J. West	...	VillR	44.31
3. R. Read	...	Bleng	45.10

**CILCAIN SHOW
MOEL FMAU
Clwyd, North Wales
28.08.17**

1. P. Robertson	...	Wirral	33.18
2. N. William	...	ValeR	36.28
3. C. Collins	...	Helsby	36.50
4. G. Williams O/40	...	ValeR	36.59
5. S. Toogood O/50	...	Buckley	37.08
6. T. Booth	...	WChesh	37.35
7. T. Froggett	...	Becken	37.44
8. D. Jones	...	Denb	37.59
9. R. Davis	...	Wrex	38.13
10. J. O'Hara	...	Helsby	38.18
VETERANS O/60			
1. (16) S. Jones	...	Eryri	38.56
VETERANS O/70			
1. (97) j. Morris	...	Buckley	50.07
WOMEN			
1. (26) L. Lamb	...	Unatt	40.24
2. (33) G. Moone	...	NWRCC	41.08
3. (34) E. Hayley	...	Buckley	41.20
4. (45) S. Fourie O/40	...	ChestTri	42.45
5. (47) C. Stamper-Clark	...	Unatt	42.50
(47) L. Lee U/18	...	SDC	45.20
(94) J. Robertson O/50	...	Heslby	49.30
(138) D. Read O/60	...	Heslby	60.35

146 finishers			
JUNIORS			
BOYS UNDER 8			
1. O. Skates	...		05.18
2. D. Hobson	...		05.36
3. J. Mawdsley	...		05.42
GIRLS UNDER 8			
1. F. Chapman	...		06.09
2. B. Gregohry	...		06.42
3. C. Finegan	...		06.48
BOYS UNDER 10			
1. O. Kearney	...		04.20
2. T. Molloy	...		04.30
3. Z. Chapman	...		04.42
GIRLS UNDER 10			
1. L. Roberts	...		04.38
2. J. Hurst	...		04.47
3. E. Davies	...		05.10
BOYS UNDER 12			
1. T. Carson	...		09.12
2. O. Winston	...		09.20
3. J. Lamb	...		09.28
GIRLS UNDER 12			
1. M. James	...		09.56
2. L. Bradbrook	...		10.37
3. P. Riley	...		12.10
BOYS UNDER 14			
1. T. Bolton	...		12.50
2. T. James	...		13.10

**HEBDEN OPEN
North Yorkshire**

AS/2.5km/120m 28.08.17

A good turnout for our local Hebden Fell Race. There were 40 runners in the Under 9 race, 31 Under 12s, 8 in the Under 14/17s and 42 in the senior event.

P. Hodgkins

1. T. Adams	...	Ilk	10.39
2. J. Hall	...	Wharf	11.06
3. T. Mason	...	Wharf	11.29
4. E. Narbett	...	TBath	11.52
5. D. Kay O/40	...	CaldV	12.04
6. M. Cox	...	Unatt	12.26
7. L. Beresford	...	Ripley	12.55
8. V. Wilkinson Woman	...	Bing	13.00
9. H. Muir	...	Wharf	13.18
10. C. Barnes O/40	...	RibbV	13.29

WOMEN

1. (8) V. Wilkinson	...	Bing	13.00
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**BLACK COMBE COUNTRY FAIR
Cumbria**

AM/12.5km/625m 28.08.17

1. D. Fishwick O/40	...	Chorl	1.14.19
2. T. Ripper	...	BICmb	1.15.27
3. M. Bonner O/40	...	BICmb	1.16.09
4. M. Ward	...	NFR	1.17.46
5. J. Fear	...	Unatt	1.18.33
6. J. Millen O/40	...	BICmb	1.19.07
7. C. Bedson O/40 O/40	...	Chesh	1.22.48
8. R. Winfield	...	Unatt	1.22.55
9. M. Arnold	...	Bleng	1.23.13
10. N. Jeff O/50	...	Buxt	1.23.45
VETERANS O/50			
1. (10) N. Jeff	...	Buxt	1.23.45
2. (11) N. Selby	...	BICmb	1.25.37
3. (17) S. Wathall	...	Retf	1.32.06
VETERANS O/60			
1. (23) C. Roberts	...	BICmb	1.44.17
WOMEN			

3. O. Jones	13.49
GIRLS UNDER 14	
1. C. Broadhurst	14.35
2. E. Heap	16.50
BOYS UNDER 16	
1. E. Woodhead	19.25
2. D. Davies	31.17
GIRLS UNDER 16	
1. B. Hughes	24.51

**BARRELL INN
Derbyshire
BM/10.4km/460m 29.08.17**

The Barrel Inn Fell Race 2017 was held on a pleasant, dry, but slightly cool, Tuesday evening at the end of August. It was perfect weather for it. The light did begin to fade a little as it got later and it was a little gloomy in the wooded section for the runners towards the end of the field.

The first back was Stuart Bond – just as he was last year and the year before. This year his time was 40:29 - about half a minute better than last year - and he was the lone finisher for over two minutes. Stuart is now in the MV40 category and was one of only two vets in the top ten.

Second, also in a great time of 42:57 was Bart Shaw and third was Kieran Davies in 44:10. Just 20 seconds behind, in fourth place, was Mike Nolan, who won the MV50 category. There was some excitement at the finish at this stage of the race with five finishers in a row having times of 44 minutes something.

Only two of this year's first ten runners were in the first ten last year, the winner Stuart Bond and Sam Mellor. Sam improved his time by half a minute.

The first woman to return was Caroline Brock in 48:43. Second woman was Zoe Procter in 50:53. Zoe was also second last year and the winner in 2015. This is her first season as a FV40. Catherine Wilson was third woman in 51:23.

This year we introduced extra category prizes for the two youngest adult age

groups, U23 and SEN. It was good to be able to recognise runners in the youngest age group. David Stewart from UOSAC was first in MU23 with a time of 48:07 and Ellie Crownshaw was first WU23 in 51:24. Ellie was fourth woman overall.

Large numbers of runners came from three local clubs – 24 from Totley; 23 from Dark Peak; 15 from Steel City Striders, but there were also visitors from clubs much further away such as York Knavesmire, Ivanhoe and Clwydian Rangerunners.

As always our marshals, finish officials and Carnival Royalty helped to make the fell race a very enjoyable event for the runners. I would like to thank them and the Barrel Inn and all our local businesses for their generosity with the prizes.

Archie Hartwright

1. S. Bond O/40	DkPk	40.29
2. B. Shaw	Totley	42.57
3. K. Davis	Unatt	44.10
4. M. Nolan O/50	DkPk	44.30
5. F. Davies	Unatt	44.30
6. J. Street	Clowne	44.45
7. S. Mellor	Totley	44.48
8. M. Nichols	Unatt	45.01
9. N. Stabbs O/40	YorkK	45.14
10. I. Ridgway	Buxt	45.17

VETERANS O/50

1. (4) M. Nolan	DkPk	44.30
2. (35) F. Milner	DkPk	49.57
3. (38) I. Shaw	FatB	50.38

VETERANS O/60

1. (60) R. Cooper	Unatt	54.12
2. (70) K. Holmes	DkPk	55.29
3. (79) S. Kemp	DkPk	56.47

VETERANS O/70

1. (135) M. West	DkPk	
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WOMEN

1. (29) C. Brock	Steel	48.43
2. (40) Z. Procter O/40	Penn	50.53
3. (45) C. Wilson	Beest	51.23
4. (46) E. Crownshaw U/23	DkPk	51.24
5. (52) C. Kay	Totley	52.34
(35) F. Milner O/50	DkPk	49.57
(55) M. Gillie O/40	Clwyd	53.11
(87) P. Goodall O/60	Totley	57.54

(108) A. Hegarty O/50 ...	Totley	61.15
(146) C. Hartwright O/60	Totley	73.09

154 finishers

**KILNSEY CRAG - BOFRA
North Yorkshire
AS/2km/124m 29.08.17**

It was a lad from the "Land of the broon ale" who scooped Kilnsey's "claret jug" as Northumberland's Nick Swinburn added to his burgeoning list of classic fell race conquests by winning the historic senior Crag race. This, the first time the coveted trophy had ever gone to the North East.

Twenty nine year old Swinburn, who first came to prominence as an England junior international, had been to the show before but this was the first occasion of him actually contesting the event, which attracted this year a record total one hundred and twenty competitors. Too many, it could well be argued in light of the rough and explosive nature of the race.

As always though, it was a fell-race spectacle to match any in the land. After the Malham Show winner, Jack Wood, had led the early charge up the shifting treadmill of scree, Swinburn made his move towards the top of the crag where a familiar huge crowd was also in attendance.

After rounding the three skyline flags, the near vertical descent from the top and into Kilnsey's notorious "chimney" is always a sight to behold. However, the man from the Cheviots hotly pursued at this juncture by the former thrice winner Simon Bailey, held his nerve and his balance superbly. After hurtling down the last steep embankment then over the wall and stream before the showfield, Swinburn finally sprinted up the home straight to a familiar tumultuous Kilnsey Show ovation, the winning time being a very speedy 08.03.

Eight times England champion, Bailey – a Cheshire sheep farmer – galloped on to finish a fine runner up in (08.10), and the willowy Wood from Silsden, Cheshire – and certainly a name to note for the future – hung on gamely to finish third in (08.15), just ahead of the ever popular defending champion, Ted Mason (08.19) from Appletreewick who clinched the top local award.

Fifth came the ten times previous Kilnsey winner and still going strong, Rob Hope (08.30) from Wheelton in Lancashire Pennines; sixth was Calder Valley's Mathew Roberts (08.33); seventh was the United Kingdom Inter-Counties fell champion, Ben Mounsey (08.42) now living at Threshfield, and eighth, a truly remarkable performance once more at 52 years young came arguably fell racing's greatest ever of this past thirty years, Ian Holmes (08.56).

Particularly high quality also abounded up front amid the battle for premier honours in the women's race, not least of all in the form of Upper Wharfedale's distinguished descendant and former World junior fell



Hawaiian Hayley Evans at Cilcain Mountain Race

PHOTO © MARK EDWARDS

– champion, Victoria Wilkinson, now of Sedbergh – who smashed the previous best time to triumph in a new record (09.39). Indeed, such was the high quality that the runner-up and former Five Nations junior champion, Helen Glover (10.37) from Keighley, also dipped under the previous best. Completing an international trio amongst the podium finishers, Threshfield's Kirsty Lowther-Hall (11.09) in third also collected the top local award.

This iconic event dating back to Victorian times was accorded an extra dash of aurora by the preceding introduction of a galaxy by former champions who were led out by 80-year old Reg Harrison, precisely sixty years on from when he first won and equalled the record of that era, and when this correspondent – as a thirteen year old schoolboy – had hitch-hiked up from Skipton to be captivated ever since.

The distinguished array of legends included other Lakeland stars namely Tommy Sedgwick, Fred Reeves – over from his new abode in the U.S.A and now forty years on since he broke the Burnsall fell-record which still stands today - and the former World champion, Kenny Stuart. Also of course the present day course record holder Mick Hawkins who, once more, performed a fine job as Kilnsey's chief sports steward.

Meanwhile amongst the junior event's winners it was records all the way, and most significantly through the achievement of

Skipton's Joe Hudson (08.14) – celebrating his England team call- up who broke the 39-year old course record in the Under 17 race (also held by Mick Hawkins), despite him conceding vital seconds as he sprinted up the home straight waving aloft a Yorkshire flag. Then, to compliment the Hudson family's celebrations, Joe's younger brother, Louis (08.50) finished runner-up, with Ilkley's Logan Hargreaves-Madhas(09.39) finishing third while sixth placed Adam Gibson (09.59) from Burnsall captured the local award.

The corresponding Under 17 Girls race saw Ilkley's Bernadette Raven (11.03) swoop to conquer, narrowly ahead of Teesside's Betty Bergstrand (11.08) with Rossendale's Lauren Gregg (11.13) also close at hand in third.

In the Under 14 event over the same course, Steeton's Alex Thompson (08.49) proved himself "Alexander the Great" as he triumphed at the main expense of Silsden's similarly impressive Sam Smith (09.08) with Menston's Alex Flaherty (09.08) in third, and fifth placed Sam Headley from Hebden (09.46) as first local.

The Girls Under 14 event resulted in victory once more for Alice Jones (10.28) from Lothersdale, who lowered her record figures of last year to finish decisively ahead of Gargrave's Beth Roberts (11.16) in second, with Beth Walmsley (15.25) from York, leading the distant trailers in third.

In the shorter Under 12 race William Hall (06.04) from Hebden Bridge won in style from first local namely Jacob Reeday from

Hetton, with James Duffy (06.41) from Hebden Bridge finishing third, while the corresponding age-groups Girls podium places were achieved by Rebecca Flaherty (07.26) from Menston, ahead of Ilkley's Hattie Bishop (07.45) and Eibhlis Price (08.12) from Skipton.

An appetising prelude to the crag-races was the track events where, following some competitive heats, the 100 meters final was won by Embsay's Peter Messenger who has shone in Craven football circles, ahead of Craven Schools sprint champion, Richard Done from Bradley, with Cowling veteran, Nick Oddy, - formerly figuring prominently at rugby, finishing third.

The One Mile Handicap also provided excitement, not least of all through the stirring effects of back marker, James Hall from Bingley – a former junior international fell-runner – who came right through the field but just failed to rein in the eventual winner Mick Malyon from Baildon, who himself managed to muster another late kick to stay ahead, while Steeton's Will Thompson also produced a fine run for third.

As always, the harness-racing provided a grand-finale to an exhilarating sporting show-piece inclusive of a victory in the novice event for the Wigglesworth Holgate family's Red Sovereign, trained and driven by Ian Holgate. Then a rip-roaring final of the principle event the One and a Quarter Miles Open Handicap resulted in victory amid a heads and necks finish for the Westmoreland



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Ennerdale Show

raider, Desert Cry, owned and trained by Jim Winter of Stoneriggs Appleby and driven by Mick Lord.

Lord.... what a wonderful show!
Roger Ingham

1. N. Swinburn.....	08.03
2. S. Bailey	08.10
3. J. Wood	08.15
4. T. Mason	08.19
5. R. Hope	08.30
VETERANSO/40	
1. R. Hope	08.30
VETERANS O/50	
1. I. Holmes.....	08.56
VETERANS O/60	
1. D. Allen	12.03
WOMEN	
1, V. Wilkinson	09.39
2. H. Glover	10.37
3. K. Hall O/40	11.09
4. L. Haines	11.32
5. R. Pilling	11.44
WOMEN O/50	
1. S. Houghton	12.49
JUNIORS	
BOYS UNDER 17- 2km	
1. J. Hudson	08.14
2. L. Hudson	08.49
3. L. Hargreaves-Madhas	09.39
GIRLS UNDER 17 – 2km	
1. B. Raven	11.03
2. B. Bergstrand	11.08
3. L. Gregg	11.13
BOYS UNDER 14 – 2km	
1. A. Thompson	08.49
2. S. Smith	09.08
3. A. Flaherty	09.35
GIRLS UNDER 14 – 2km	

1. A. Jones	10.28
2. B. Roberts	11.16
3. B. Walmsley	15.25
BOYS UNDER 12 – 1km	
1. W. Hall	06.04
2. J. Reeday.....	06.29
3. J. Duffy	06.41
4. P. Cassey	06.44
GIRLS UNDER 12 – 1km	
1. R. Flaherty	07.26
2. H. Bishop.....	07.45
3. E. Price	08.02
4. O. Aldham	08.50

**ENNERDALE SHOW
Cumbria**

AS/3km/200m 30.08.17

Perfect weather and dry ground promised fast running conditions and with previous winners notably absent, the field was wide open! On the start line was a record entry of 46 contenders.

Joe Richardson, local sheep farmer and former fell race champion, started the runners and presented the prizes.

17 year-old Joseph Dugdale set the pace. He flew up the steep initial climb and was first to attain Knock Murton summit. Some 4 places behind, Sam Stead was gradually reeling him in.

When Joseph's blue vest came back into view on the skyline above the show field, Sam was challenging him directly. It was clear to spectators and stopwatch that this would be a very fast finish.

Using the steep final descent to his advantage, Sam Stead overtook through

the heather/gorse to grasp the men's title by one second in a new record time (11:33). Both men finished inside the previous record (11:50), set in 2013 by Ricky Lightfoot over a slightly longer course.

The MV40 category had the most entrants overall (12) and was won by Mike Robinson. MV70 drew a competitive field of 4 and was won by David Fell.

The women's field, uncharacteristically small this year, was closely contested by the front-runners, with Alison Matthews winning one place ahead of Tiffany Penfold.

Junior courses, set by Neil Atkinson, proved popular with a throng of 26 in the U13 event. In true Ennerdale Show spirit, our youngest fell race competitor was aged 7 and our eldest, 77.

Thanks to the participants, helpers and supporters who together made the fell race a success. Also to the Ennerdale Show committee who do so much through the year to make this a great day out for all.

Eleanor Williamson

1. S. Stead	Kesw	11.33
2. J. Dugdale U/23	CFR	11.34
3. T. Ferguson U/23	Borr	12.09
4. M. Yeomans	CFR	12.49
5. M. Robinson O/40.....	DkPk	13.18
6. W. Ediker U/23	Unatt	13.22
7. D. Nettlefield	SMolton	13.28
8. T. Irlam	CFR	13.46
9. S. Wikes O/40	BishopS	13.49
10. P. Johnson O/40	CFR	13.55
VETERANS O/50		
1. (21) P. Jennings.....	CFR	15.40
2. (23) J. Fletcher	CFR	16.14
3. (26) I. Swarbrick	Unatt	16.56

VETERANS O/60		
1. (33) D. Downes	WCOC	18.55
2. (36) T. Jewell	CFR	19.50
3. (38) T. Lowden	CFR	19.59
VETERANS O/70		
1. (32) D. Fell	CFR	18.51
2. (35) P. Cottrill	FRA	19.18
3. (45) B. Johnson	CFR	25.27
WOMEN		
1. (17) A. Matthews	Darling	15.04
2. (18) T. Penfold U/23 ...	Cope	15.27
3. (24) J. Reedy O/40	Amble	16.23
4. (29) L. Buck O/50	FR	17.54
5. (39) T. Clark	Unatt	20.04
(44) J. Mottram O/60 ...	CFR	24.19
46 finishers		

ROSEBERRY TOPPING
North Yorkshire
AS/2.3km/217m 30.08.17

Impressive descending helped Aidan Rigby to a comfortable victory in the 2017 Roseberry Romp fell race. The youngster from New Marske Harriers finished almost a minute ahead of team mate Sam Garratt. Emma Clapton was the first female home for the second year in a row.

Gareth Wilson		
1. A. Rigby	NMske	11.36
2. S. Garrett U/23	NMske	12.29
3. P. Williams O/40	EskV	12.44
4. S. Ambrey Smith	Ripon	12.56
5. A. Blackett	DFR	13.23
6. M. Perry	EskV	13.26
7. S. McDougall U/23 ...	MiddC	13.32
8. G. Cooper	DFR	13.40
9. T. Hodgson	ManchU	13.44
10. R. Sillito	NFR	13.54

VETERANS O/50		
1. (14) J. Blackett	DkPk	14.25
2. (22) G. Mason	Kesw	15.40
3. (25) K. Neesam	NMske	15.48

VETERANS O/60		
1. (65) J. Robson	NYM	20.28
2. (67) E. Meehan	NYM	20.54
3. (84) G. Long	LowFell	27.15

WOMEN		
1. (21) E. Clapton	Scarb	15.30
2. (23) A. Rigby	NMske	15.41
3. (25) K. Neesam O/50 ...	NMske	15.48
4. (37) I. Nicholls U/14 ...	Scarb	17.25
5. (42) Tara S-Chintapatia U/18	Unatt	17.48
(57) F. Hutchinson O/40	Unatt	18.45
(58) K. Clapton O/40	Unatt	18.55
(73) A. Robson O/50	NYM	22.04
(77) S. Sowerby O/50 ...	Unatt	24.09
89 finishers		

GREAT LONGSTONE
Derbyshire
BS/7.7km/290m 01.09.17

Great Longstone is a small village in the Peak District and we have a lovely fell run on the first Friday of September. It is a great introductory run for novices and has a mix of track, road, woodland, moor and meadows. This year we had a beautiful weather and

158 runners turned out from 37 running clubs. Everyone was back in under an hour and the prizes were presented by Lord Roy Hattersley, a local resident. Local glass artist Jane Littlefield made the glass coasters awarded as prizes.

First prize was won by 16 year old Liam Garrett in 30.01 minutes. Hot on his heels was Luke Beresford in 30.08 and third place went to Jordan Street in 30.45. Caroline Brock won first women for the second year in 33.48 minutes. Ruth Keeley was second with a time of 35.28 and Fran Cummins was third woman in with a time of 36.21.

The race is organized by the Village Hall and we are grateful to all the support we get from the village and landowners. Money raised goes to the village hall and to Edale Mountain Rescue who are on hand to provide support for our race but who provide an essential rescue service in the Peak District.

We look forward to welcoming more runners next year on Friday September 6.30 pm.

Julia Morgans		
1. L. Garrett	LondHC	30.01
2. L. Beresford	Ripley	30.08
3. J. Street	Clowne	30.45
4. M. Nichols	Unatt	31.01
5. S. Conroy O/40	DkPk	31.26
6. J. Evans O/40	Beest	31.37
7. R. Sillito O/40	NFR	31.53
8. E. James	Belper	31.58
9. M. Jones O/40	Ripley	32.05
10. M. Burley	Macc	32.10
VETERANS O/50		
1. (19) K. McNally	Unatt	33.58
2. (20) P. Stuart	Steel	34.55
3. (221) R. Hyde	EreV	34.57
VETERANS O/60		
1. (32) R. Cooper	Unatt	36.29
2. (35) B. Dakin	Unatt	37.19
3. (40) K. Holmes	DkPk	37.26
VETERANS O/70		
1. (107) B. Hampton	NDerby	43.48
2. (140) G. Young	Sinfin	49.00
WOMEN		
1. (18) C. Brock	Steel	33.48
2. (24) R. Keeley	Belper	35.28
3. (30) F. Cummins	Steel	36.21
4. (38) K. Hateley O/40 ...	Stilton	37.24
5. (58) G. Cox	Unatt	38.29
6. (73) C. Scott O/40	Sinfin	39.51
(82) J. Havenhand O/40 ...	Unatt	40.54
(93) F. Milner O/50	DkPk	42.24
18 finishers		

DARTMOOR BEER AND BACON
Devon
BM/10.3km/300m 02.09.17

1. R. Waddy U/23	42.39
2. J. Lane	48.15
3. I. Littlewood	51.00
4. S. Waddy O/40	51.35
5. M. Rice O/60	56.15
6. J. Riley O/60	59.28
7. L. Sargeant O/60	59.39
8. A. Palmer O/40	64.03

9. L. Littlewood O/40 ...	64.14
10. S. Batley O/70	65.51
11. R. Cuningham O/50 ...	66.12
(13) A. Ruffin O/50	69.45
(19) P. Llamasa O/50	74.20

WOMEN	
1. (9) L. Littlewood O/40	64.14
2. (12) G. Spinney O/40 ...	66.30
3. (14) A. Waldron O/40 ...	69.54
4. (14) R. Davies O/40 ...	69.54
(23) D. Cunningham O/50	83.56
(24) S. Rice O/50	85.20
25 finishers	

GLADSTONE 9
Conwy, North Wales
AM/14.5km/855m 02.09.17

Well, after last year's wind, rain, mist and poor visibility across the 'bog of doom', weather conditions reverted to what we normally expect for this cracking race, so once again, we were graced with sunny, clear conditions and absolutely stunning views.

58 runners started and finished the race (as of course did Elsi, the best Diabetic Assistance Dog in the world – shame she doesn't have the treatment of her owner's cramp in her repertoire, as well as for low blood sugar). As always, the feedback has all been excellent, with many comments about our fantastic marshals, the post-race homemade flapjacks and soup and the amazing prizes. There was also great enthusiasm for Racetek, Fabian4's partner company, which provided the timing/tracking service. The results were on the computer screen at HQ as soon as the runners had passed over the line, as well as on the web for all to see. No hand-writing names and times on sheets of A4 paper or even filling in spread sheets this year – long may it last!

The race was won by Gavin Roberts in a time of 1:18:16, with Max Wainwright hot on his heels in 1:18:48 and Mark Davies third and MV40 in 1:21:04, only 3 seconds slower than his time last year. He's obviously fully recovered from his successful escapades on the Dragon's Back Race. There were two Eryri finishers in the top ten, with MV40 Johnny Moore finishing in fifth place in 1:25:01 and James McQueen tenth and first local in 1:31:05. Fourth overall and second MV40 was Simon Edwards in 1:24:14, first MV50 in 1:36:03 was Emlyn Roberts and first MV60 was back-on-form Eilir Evans, beating all the MV50s in a great time of 1:33:18. It's interesting that like last year and the year before, there were only six senior men in the first twenty finishers. Where are all the 'youngsters'?!
The first woman across the line nineteenth overall was Gemma Moore in 1:37:49. The next two women to finish, both Eryri FV40s, were Megan Hughes in 1:41:37 and Lesley Lawton in 1:44:53. There were three Eryri finishers in the top ten, the third being local Becki Law, in 1:51:27. The first FV50 in 1:55:27 was Janet Robertson. Mention must

be made of the most successful family of the day who scooped three prizes between them: fifth woman overall and second senior was Katy Baugh in 1:50:10, second MV50 in 1:37:59 was Dad - David Baugh, and second FV50 was Mum - Menai Baugh in 2:12:47.

My sincere thanks go to my co-organisers, Maggie Oliver and Alex Fletcher and to all the many marshals and helpers who, as always, gave their time willingly and without whom we would not have been able to safely organise the race. We are very grateful for the grant provided by Penmaenmawr Town Council which, as well contributing to the prize fund, enabled us to provide the runners with soup and a roll after the race and the marshals with a drink of their choice at the bar. The very-well received prizes comprised fresh produce bags, some of which was very generously provided FOC by Spar Penmaenmawr and the rest at a kindly reduced rate by Spar & Pen's Becws Alun, and apples and runner beans donated by friends. Fletcher & Poole Estate Agents kindly printed our maps and we were also very generously given a 'Breakfast for Two' voucher by Eryri's Paul Hodges, owner of Siabod Café, which was presented to Wirral AC's Anne Rosbottom – the 40th runner to arrive at Tal y Fan summit. This seemed an appropriate way to use the voucher with its being Eryri Harriers' 40th anniversary year. We also owe a huge vote of thanks, as always, to the staff of the Gladstone pub for their hospitality and cooperation and for providing a meal voucher as a prize for the first local runner.

A small financial contribution will be given to the WFRA and I'm pleased to announce that we will be able to donate £370 to the Snowdonia Society, which does such valuable work for which those of us who enjoy the mountains on a regular basis are most grateful.

Ellie Salisbury

1. G. Roberts	...	GOG	1.18.16
2. M. Wainwright	...	Helsby	1.18.48
3. M. Davies O/40	...	NWRRC	1.21.04
4. S. Edwards O/40	...	Bukley	1.24.14
5. J. Moore O/40	...	Eryri	1.25.01
6. A. Gordon O/40	...	Helsby	1.27.40
7. L. Ireland O/40	...	Unatt	1.28.25
8. J. O'Hara	...	Helpsyou	1.29.35
9. L. Davies O/40	...	NWRRC	1.30.10
10. J. MQueen O/40	...	Eryri	1.31.05

VETERANS O/50

1. (18) E. Roberts	...	Eryri	1.36.03
2. (20) D. Baugh	...	Denb	1.39.41
3. (22) R. Borne	...	Myster	1.40.10

VETERANS O/60

1. (14) E. Evans	...	Unatt	1.33.18
2. (15) I. Edgar	...	Eryri	1.34.29
3. (41) P. Jones	...	Unatt	1.54.02

WOMEN

1. (19) G. Moore	...	NWRRC	1.37.49
2. (24) M. Hughes	...	Eryri	1.42.16
3. (8) L. Lawson O/40	...	Eryri	1.45.12
4. (33) K. Lightfoot O/40	...	Tatten	1.50.00
5. (35) K. Baugh	...	Denb	1.50.20
(44) J. Robertson O/50	...	Helsby	1.56.52
(50) M. Baugh O/50	...	Denb	2.13.08

58 finishers

BLACKSHAW HEAD FETE West Yorkshire BS/8.9km/274m 02.09.17

With the Castle Carr English Champs race due to be held on the following day just a few miles away and after the monsoon conditions of 2016, I was afraid that numbers would be down. Thankfully the Blackshaw Head Fell Race attracts a loyal bunch of runners and 81 runners toed the starting line and returned home safely.

Conditions for running were excellent and first back home was Callum in a rapid 36:26, only 16 seconds outside the course record. Callum was followed by local favorite Shaun Godsman and young Watson Peel, who also claimed the U18 prize.

In the woman's race Kate Mansell led home the field. The Mansell household was in for a merry night with partner Graeme Brown second MV40 and fourth overall. There was a close battle for the remaining podium places in the woman's field where Aileen Baldwin pipped Hazel Berrett. It should be noted that Aileen in second place was also first FV60.

Perhaps the most notable performances were from a travelling band of Cambridge Harriers. Christian Poulton was first MV50 and fifth overall and showed no ill effects when he turned up the following day with club mates Clem Dixon and Mark Newall to contest the AL rated Championship race just one day later.

The team prizes were split across the valley's dominant clubs with Calder Valley taking home the men's prize and Todmorden Harriers claimed the women's. The RO was left red faced after incorrectly initially also awarding the women's prize to Calder Valley (sorry Tod women).

The Blackshaw Head Fete Fell Race is not the most brutal of fell races and there were a good handful of runners who were taking part in a fell race for the first time.

Ian Symington

1. C. Hanson	...	P&B	36.26
2. S. Godsman O/40	...	CaldV	37.01
3. W. Peel U/18	...	Hfx	37.44
4. G. Brown O/40	...	Tod	39.17
5. C. Poulton O/50	...	Camb	40.29
6. L. Barbour	...	Unatt	40.31
7. C. Barnes O/40	...	RibbV	40.57
8. I. Illstone	...	CaldV	41.28
9. M. Flanagan O/40	...	Tod	41.59
10. P. Mills O/50	...	Bolton	42.01

VETERAANS O/50

1. (5) C. Poulton	...	Camb	40.29
2. (10) P. Mills	...	Bolton	42.01
3. (17) I. Rowbotham	...	Hgte	45.15

VETERANS O/60

1. (16) T. Taylor	...	Ross	44.52
2. (30) J. Birchenough	...	Unatt	50.40
3. (35) R. Woodhead	...	Unatt	51.51

VETERANS O/70

1. (62) G. Breeze	...	Wharfe	60.28
2. (79) P. Martin	...	Bowland	77.51

WOMEN

1. (32) K. Mansell O/40	...	Tod	50.56
2. (38) A. Baldwin O/60	...	StainInd	53.06
3. (39) H. Barrett O/50	...	Hfx	53.08
4. (40) C. Turner	...	CaldV	53.21
5. (48) C. Whitaker O/50	...	Wharfe	54.04
6. (50) C. Anderson	...	Tod	55.13
7. (51) K. Hoyer O/50	...	FRA	56.14

81 finishers

EXTERMINATOR Derbyshire AL/25.7km/1290m 03.09.17

Steve Franklin put in a stunning performance to win the 2017 Exterminator in a new record sub two hour time of 1.59.32. Steve led from start to finish setting a pace that the rest of the field could not maintain. Knowing he was close to the record Steve sprinted hard at the end of the race to break the two hour barrier, a truly magnificent effort. Jake Lane finished a very strong second in 2.03.39. Michael Kenyon was third in a time of 2.16.51.

In cool conditions 153 runners from 20+ clubs set off. It was a very competitive race



PHOTO © RUTH CANTON

in all categories as runners were seeking top positions in the race in order to score extra points for the Totley Series prizes. In an excellent women's race Kim Baxter was first in a time of 2.34.09, Hazel Farnell of was second in 2.35.35 and Caz Kay was third in 2.44.53. Totley AC won both the men's and women's team prizes.

The Exterminator is the fifth and last race in the Totley AC Series. The route is approximately 17 miles long involving 1300 metres of ascent. There are nine check points which runners must navigate between. The route is mainly through open moorland but there are also varied tracks, woodland, and villages to negotiate and incorporates Stanage Edge and some stunning views of Derbyshire. The Race Organiser would like to thank the 60 members of Totley AC who volunteered and marshalled the route to ensure a safe and competitive race.

The final challenge for all runners was to eat their way through the mounds of cake and sandwiches provided by Totley AC members.

Kieran Hickey

1. S. Franklin	Totley	1.59.31
2. J. Lane	Totley	2.03.39
3. M. Kenyon	Unatt	2.16.51
4. S. Allin	YorkK	2.17.02
5. P. Morris	Hands	2.17.13
6. M. Dawson O/40	NDerby	2.20.54
7. K. Doyle O/40	Kimber	2.21.17
8. T. Beaumont	Totley	2.24.16
9. J. Street	Clowne	2.24.16
10. T. Rutter...	DkPk	2.24.31

VETERANS O/50

1. (29) O. Cook	LEat	2.45.39
2. (36) B. Foreman	Mat	2.51.57
3. (40) W. Hayes	PortV	2.52.30

VETERANS O/60

1. (42) R. Cooper	Unatt	2.53.10
2. (52) P. Keen	DkPk	2.57.00
3. (73) C. Horsfall	Hands	3.05.05

VETERANS O/70

1. (121) C. White	Totley	3.43.31
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WOMEN

1. (24) K. Baxter O/40	DkPk	2.34.09
2. (25) H. Farnell	Totley	2.35.35
3. (26) C. Kay	Totley	2.44.53
4. (31) S. Thorp	WEnd	2.50.11
5. (35) C. Wilson	Beest	2.51.03
(43) F. Kesteven O/40	Totley	2.54.51
(63) A. Barrett O/40	Steel	3.00.43
(114) M. Edgerton O/50	Penn	2.34.09
(118) J. Gorzeman O/50...	Unatt	3.42.38
(125) C. Hartwright O/60	Totley	3.38.37
(151) Y. Twelvetree O/60	Totley	3.42.38

151 finishers

CASTLE CARR West Yorkshire

AL/22.5km/1150m 03.09.17

Powered by the rhythms of the Hebden Bridge samba drummers, 221 runners set off on the second running of Castle Carr, the first championship race in Calder Valley for over 10 years. Over the next 15 miles many of the runners learnt two things: (a) there is more

good, fast running in this race than they were perhaps led to believe and (b) it was going to be a tough, testing day.

Thanks to 55 marshals/helpers, and support from the Hare & Hounds and landowners, everything went smoothly. It is always rewarding to get so much praise afterwards for the race and the friendliness of the marshals and makes the effort worthwhile - albeit the phrase "bloody tough" appeared in most of the feedback!

Sam Tosh, Simon Bailey and John Spill set the early pace, with Chris Holdsworth and Carl Bell in close contention and Jack Wood and Chris Arthur not far behind. By CP3 Bell had moved up to the leaders, then Spill took a spill leading into CP4 and unfortunately had to drop out.

On the 1,000 foot climb from there to CP5, Tosh moved clear. Arthur gained on those ahead to form a chasing group with Bailey and Bell, 30-40 seconds behind Tosh, with Holdsworth a similar distance back again. The runners are now about halfway through the race and concentration is required for the next few checkpoints not to stray from the race route.

By CP7, Bailey dropped off the pace. Despite Bell's attempts to reel him in, Tosh kept opening gaps on the climbs and ran to the finish the winner with Bell a minute behind. Arthur had not enjoyed the rougher parts of the route but finished an excellent third. Holdsworth was looking nailed-on for fourth place with a big gap on those behind him by the final checkpoint but inexplicably started out on a second loop of the course. He lost a lot of time getting back on track and dropped 20 places. Harry Holmes had moved steadily up through those ahead of him to take fourth place.

The winning times were fantastic. I was certain that no-one would get under two hours but both Sam Tosh and Carl Bell broke

that barrier - incredible runs from them.

The women's race was more cut-and-dried. Victoria Wilkinson was untouchable throughout the race and won in a time faster than Ben Mounsey's race-winning time from last year! Anna Lupton almost caught Lou Roberts on the descent to CP4 but Roberts restored her gap on the big climb that followed, and built a large margin for second place.

One of the stars of the race, though, was U23 Annie Roberts who started steady: 14th at CP1 and eighth two-thirds of the way into the race (CP7). She then moved up to fourth on the long crossing of the valley to CP8 and from there gained on Anna Lupton to take third place in a sprint-finish.

There were sprint finishes to decide the male vets places too - Karl Gray and Pete Vale came hurtling down the lane with Gray taking the MV40 win by three seconds. Mark Roberts had an anxious look over his shoulder as he narrowly stayed ahead of Jim Davies and Stephen Pyke for the MV50 win. Davies had led that category for all of the first half of the race.

Just eleven DNFs is not bad for a race of this distance. No-one was timed out at the cut-off point.

Hope to see some of you next year when it will be quieter without the English Championship race status.

Bill Johnson

1. S. Tosh	Ross	1.56.22
2. C. Bell	Kesw	1.57.29
3. C. Arthur	Bowl	2.00.44
4. H. Holmes	P&B	2.02.49
5. J. Wood	Ilk	2.03.54
6. W. Neill	Mercia	2.04.33
7. S. Stead	Kesw	2.04.45
8. K. Gray O/40	CaldV	2.04.49
9. P. Vale O/40	Mercia	2.04.52
10. S. Bailey	Mercia	2.04.54

VETERANS O/50



Castle Carr

PHOTO © MICK FRAYER

1. (22) M. Roberts	Borr	2.16.22
2. (23) J. Davies	Borr	2.16.55
3. (24) S. Pyke	DkPk	2.16.59
VETERANS O/60		
1. (71) W. Procter	HelmH	2.37.15
2. (74) S. Morran	BoltU	2.39.02
3. (94) C. Davies	Sadd	2.43.01
VETERANS O/70		
1. (170) D. Tait	DkPk	3.09.41
WOMEN		
1. (21) V. Wilkinson	Bing	2.16.12
2. (32) L. Roberts O/40 ...	Amble	2.21.35
3. (62) A. Roberts U/23 ...	Tod	2.36.27
4. (63) A. Lupton	BlkCmb	2.36.28
5. (82) R. Rooke	BlkCmb	2.40.22
6. (85) M. Kunicka	P'stone	2.40.36
(105) H. Elmore O/40 ...	DkPk	2.49.35
(111) N. Hawkrigg O/40	NFRC	2.50.22
(127) A. Meeks O/50	Borr	2.55.13
(129) M. Blackhurst O/50	Tod	2.55.23
(157) N. Murphy O/50 ...	Ross	3.04.50
(169) P. Goodall O/60 ...	Totley	3.09.37
(191) K. Thompson	Clay	3.53.23
210 finishers		

BRADLEY FELL RACE
North Yorkshire
BS/6km/230m 03.09.17

Runners and supporters were treated to near perfect conditions at Bradley Fell Race. Thanks to local farmers the fields were freshly mown and footing was particularly good along the whole 3.5 mile course.

75 runners competed in the senior race which included two previous winners; Craig Shearer and Chris Miller. However, it was James Hall who took the initiative on the downhill return section to take the win in 23:34, just 17 seconds outside the course record. Craig Shearer was second and Chris Miller third. Fourth place went to Dave Kirkham, who took the first MV40 place. First MV50 was Matty Barnes, with Harry Atkinson first MV60. First Local man was Shane Beggan of Craven Energy, who completed a local double with his son Finn, who won the trophy for first local U9 Boy.

In the women's race, Louisa Powell-Smith was dominant finishing first and in 11th place overall in 28:15. Second woman was Pippa Barrett ahead of Denise Wright, who was also first FV40 and first local woman; knocking over a minute off her previous record. Denise's daughter Isabella also won the trophy for first local U9 girl. Sue Marshall from Skipton was first FV50.

The under 17 race which turns just coupe of fields before the senior turn saw a strong performance from Sebastian Seggar-Steveley to take first prize in 23:17. In one of the best battles of the day, Logan Hargreaves-Madhas held off Jack Muir to secure second place by a metre. Bernadette Raven from Ilkley Harriers was first U17 girl in 25:46 with Bethany Reid in second.

The under 14s proved that a strong run in the good conditions could challenge the existing records and Sam Smith did just that, finishing in 10:26 beating the 9 year old



Bradley
Fell Race

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record set by senior race winner James Hall by 10 seconds. Clubmate Alex Thompson also put in a strong run to finish in second place just 15 seconds outside the old record, with Jack Villiers in third. Beth Roberts is the under 9 record holder at Bradley and had a comfortable win over Katie Handley, with Emily Reid from Chorley in third.

Thirty Six runners competed in the under 12s race with an exciting finish. Race winner was James Sadler-Townsend in 6:34. There was a battle for second place with Jonathan Archer out sprinting his brother Nicholas by just 7 seconds. First girl, Lucy Poole, was just four seconds behind. Second girl was Charlotte Rawstron in 7:09, with Helana White ten seconds behind. First local boy and girl finished just one second apart, with Daniel Ridehalgh just ahead of club mate, Emily Anderson.

The under 9s saw Alex Sadler-Thompson match his brothers win, finishing in 3:02. There was with a close battle for second place between Charlie Ellison, just edging ahead of James Rosser. First girl was Lucy Bagot in 3:14, closely followed by first local girl; Isabella Wright. Third girl was Bella McCredie and first local boy was Finn Beggan.

Thanks go to all of the land owners, marshals, helpers and competitors for making the event possible. For information, it is anticipated that Bradley Show will take place on the second Sunday of September from 2018.

Tim Done

1. J. Hall	Wharf	23.34
2. C. Shearer	Barlick	23.59
3. C. Miller	Hgate	25.01
4. D. Kirkham O/40	Wharf	25.45
5. F. Maier	Wharf	26.32
6. A. Berry	Barlick	26.38
7. S. Hunn	Wharf	27.09
8. B. Dickerson	Wharf	27.17
9. H. Muir	Wharf	27.29
10. C. Barnes	RibbV	27.37
VETERANS O/40		

1. (4) D. Kirkham	Wharf	25.45
2. (10) C. Barnes	RibbV	27.37
3. (14) J. Hemsley	Wharfe	28.27
VETERANS O/50		
1. (26) M. Barnes	Unatt	30.31
2. (32) S. Wright	Bing	31.32
3. (43) K. Bailey	Wharf	31.57
VETERANS O/60		
1. (42) H. Atkinson	Bing	35.13
2. (46) M. Smilie	FRA	36.16
3. (53) S. Fish	Clay	38.14
WOMEN		
1. (11) L. Powell-Smith ...	RibbV	28.15
2. (30) P. Barrett	Wharfe	31.21
3. (35) D. Wright O/40 ...	Bing	32.10
4. (36) S. O'Sullivan O/40	Kghly	32.22
5. (39) M. Gibbons	Ilk	34.18
(45) S. Marshall O/50 ...	Skip	36.03
(67) D. Varney O/50	Ilk	42.07
75 finishers		
JUNIORS		
UNDER 17s		
1. S. Segger-Steveley Boy	Settle	23.17
2. L. Hargreaves-Madhas Boy	Wharfe	24.15
3. J. Muir Boy	Wharfe	24.16
(10) B. Raven Girl	Ilk	25.46
((12) B. Wood Girl	Chorley	28.27
14 finishers		
UNDER 14s		
1. S. Smith Boy	Wharfe	10.26
2. A. Thompson Boy	Wharfe	10.51
3. J. Villiers Boy	Barlick	11.31
(8) B. Roberts Girl	Kghly	13.06
(11) K. Handley Girl	Wharfe	14.50
((12) E. Reid Girl	Chorley	15.13
14 finishers		
UNDER 12s		
1. J. Sadler-Townsend Boy	Kghly	06.34
2. J. Archer Boy	Ilk	06.42
3. N. Archer Boy	Ilk	06.49
4. L. Poole Girl	Chorley	06.53
(7) C. Rawstron Girl	Otley	07.09
(10) H. White Girl	Clay	07.19
36 finishers		
UNDERS 9s		
1. A. Sadler-Townsend Boy	Kghly	03.02

2. C. Ellison Boy	Trawden	03.11
3. J. Rosser Boy	Wharfe	03.12
4. L. Bagot Girl	Settle	03.14
5. I. Wright Girl... ..	Wharfe	03.18
(7) B. McCredie Girl	Barlick	03.25
19 finishers		

LOWESWATER SHOW

Cumbria

AS/4.2km/305m 03.09.17

Despite a month of poor summer weather that saw the cancellation of the Keswick show, Lowswater show went ahead with the constant threat of rain materialising only at the start of the race.

The field was led out by Mario Yeomans, who held onto that until the tricky rough fell climb and descent of Dodd and by the return to the fell gate, Mark Purkis (U23) took the lead to win in a time of 23.41, with Chris Eddis taking second place. The U23s took four of the top six places, which is great to see.

The women's race was won by in-form Cathrine Spurden, who finished 13th overall ahead of CFR Rosie Watson and Northern Fells Rose Singleton. The LV 40 prize was won by CFR Anita Barker, with Kath Aubury taking the FV50 category.

Special mention to Barry Johnson who, at 77 completed his second fell race within that week and has provided many years of support to the sport, and still got that competitive spirit.

Big thanks to the show sponsors for the cash prizes and helpers who without their support the race would not have been

possible.

Chris Knowles

1. M. Purkis U/23	HBT	23.41
2. C. Eddis	Kesw	23.53
3. Z. Audd U/23	Unatt	24.12
4. M. Yeomans	CFR	24.14
5. T. Humphries U/23 ...	Eden	24.47
6. J. Aubry U/23	HelmH	26.10
7. A. Schofield O/40 ...	Borr	26.19
8. H. Brassington	Cckmth	26.37
9. S. Netherway	Kesw	26.40
10. H. Seal O/40	CFR	27.16

VETERANS O/50

1. (19) L. Warburton ...	Bowland	30.00
2. (22) G. Mason	Kesw	30.51
3. (25) R. Welford	Unatt	32.48

VETERANS O/60

1. (38) T. Jewell O/60 ...	CFR	38.51
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VETERANS O/70

1. (30) D. Fell	CFR	35.03
2. (41) B. Johnson... ..	CFR	52.12

41 finishers

VIKING CHASE

North Yorkshire

BM/12.9km/457m 03.09.17

A cool morning with the sun making the odd appearance greeted the runners and a stiff breeze at the start line was guaranteed to be stronger over the top of the climbs.

There was a low turnout this year probably due to the Middlesbrough 10k taking place just a few miles away.

After the first climb, up to the old glider station and at the foot of the second climb up to Faulkner's seat Paul Williams had

opened up a short lead over Paul Lowe, followed closely by Martin Perry and Daniel Braun. At the finish line Paul Lowe had overtaken Paul Williams to win the race in a good time of 60:44 with Paul Williams finishing in a time of 62:29. Third place went to Martin Perry 67:04 and fourth place went to Nick Harper 70.06.

In the women's race, at the foot of the second climb up to the seat, Charlotte Wilson had a lead over Rachael Harper, with Sarah Tomlinson in third place. These positions remained to the end of the race with Charlotte finishing in a time of 81:30 with Rachael finishing in 89:06 and Sarah finishing in a time of 97:46.

In the men's team event Esk Valley Fell 'A' won from Darlington Harriers with Esk Valley 'B' also in third place.

In the women's team race only Esk Valley won as they were the only club with enough runners to make a team.

All monies raised are donated to Cleveland Mountain Rescue Team.

Sid Bollands

1. P. Lowe	Darling	60.44
2. P. Williams O/40	EskV	60.29
3. M. Pery	EskV	67.04
4. N. Harper O/40	Scarb	70.06
5. D. Braun	EskV	71.08
6. D. Gibson	EskV	72.45
7. M. Brown... ..	EskV	73.19
8. D. Walls O/40	Scarb	74.00
9. D. Bannister O/40	YorkAc	74.18
10. P. Riley O/50	MiddleCl	75.19
VETERANS O/50		
1. (10) P. Riley	MiddleCl	75.19



Loweswater Show

PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK

2. (23) M. Edwards	NYM	90.38
3. (29) I. Robinson	EskV	104.32
VETERANS O/60			
1. (22) P. Lyons	NYM	90.11
WOMEN			
1. (15) C. Wilson O/40	ThirsKS	81.30
2. (19) R. Harper	Pickering	89.06
3. (25) S. Tomlinson O/40	Darling	97.46
4. (27) H. Conlin O/50	Ripon	103.42
5. (31) G. Zuiderwijk O/40	EskV	123.29
6. (32) B. Eastwood O/50	EskV	123.33
32 finishers			

ILKLEY INCLINE
West Yorkshire
CS/1.6km/171m 06.09.17

The Ilkley Incline is an uphill-only race on to Ilkley Moor following a good track, so navigation and descending skills are not required here. 2017 saw a strong field including several bearers of British, English and Yorkshire mountain and fell running vests. Conditions were good this year, being too cool for the midges to be out in force but otherwise dry and not too windy.

For the organisers the fact that the race is point to point provides some difficulties in getting the timing right - what did people do before mobile phones without a line of sight?

There was a tough battle for the win this year between James Hall and Tom Adams giving the closest winning margin (1 second) for a number of years. Three more Ilkley Harriers rounded out the top 5 - Jack Wood, Rob Little and Jack Cummings.

The women had a close battle too this year with Jemima Elgood taking the win by six seconds from Sophie Martin, with Monica Padilla a further six seconds back. Lucy Haines was fourth and first FU23.

The over 60s had an excellent showing of 12 runners out of a total of 62 - keep at it! The generous prizes were not all taken because some of the winners had left before the prize giving - maybe there were a few midges back at the start by then!

Helen Waddington

1. J. Hall	Wharfe	07.12
2. T. Adams	Ilk	07.13
3. J. Wood	Ilk	07.29
4. R. Little	Ilk	07.31
5. J. Cummings U/23	Ilk	08.00
6. M. Lockyer	P&B	08.11
7. M. Cox O/40	Ilk	08.16
8. N. Martin	Wharfe	08.33
9. R. Pilling O/40	P&B	08.35
10. D. Hayes U/23	Ilk	08.36
VETERANS O/50			
1. (21) E. Walsh	Ilk	09.49
2. (31) M. Toman	Ross	10.31
3. (40) N. Fairburn	Baild	11.28
VETERANS O/60			
1. (38) C. Jones	HydeP	11.10
2. (51) P. Morley	Ross	12.44
3. (53) M.Pdd	Otley	13.05
VETERANS O/70			
1.(46) P. Covey	P&B	12.30
2. (54) G. Breeze	Wharfe	13.23
WOMEN			



Hades Hill

PHOTO © MICK FRYER

1. (18) J. Elgood U/23	Ilk	09.27
2. (19) S. Martin	Wharfe	09.33
3. (20) M. Padilla	Wharfe	09.39
4. (23) L. Haines U/23	Ilk	10.05
5. (29) L. King U/23	Ilk	10.25
6. (33) A. Seims	Unatt	10.49
(36) J. Smith O/40	Ilk	11.07
(42) A. Weston	Ilk	11.37
(49) P. Busterveld O/50	Ilk	12.36
(50) D. Bland O/60	EcclesRR	12.39
(56) H. Coulsey O/60	Ilk	13.34
(60) M. Wells O/70	Tod	16.41
62 finishers			

HADES HILL
Lancashire
BS/8km/360m 07.09.17

The 40th Hades Hill race took place on an awfully wet and dismal evening!

This did not dampen the spirits of the 108 finishers! Gavin Mulholland and Lindsey Oldfield headed the field.

George Arnold, at 83, was the oldest finisher. Somewhere about Middle Hill the clouds descended and the latter part of the field made the finish line in darkness.

Rossendale & Pendle MRT and the mMarshals did a sterling job to see that everyone got home safely.

£300.00 was donated to RPMRT, Empowered People and Thrum Hall Scouts. Andy O'Sullivan, MBE

1. G. Mullholland O/40	CaldV	34.02
2. A. Payne O/40	Unatt	37.42
3. D. Murphy O/50	Ross	37.43
4. N. Emmerson	Radc	38.18
5. M. Fowler O/50	Chesh	38.38
6. D. Gilbert O/40	Horw	38.47
7. R. Sustovs	CaldV	38.53
8. J. Hughes	Middle	38.55
9. J. Waller	Pstone	38.56
10. M. Barrett O/40	Ross	39.52
(11) P. Mills O/50	Bolt	41.43
VETERANS O/60			
1. (13) C. Davies	Sadd	42.19
2. (48) J. Bassinger	Stain	48.07
3. (49) A. Watts	Wilms	48.13

VETERANS O/70			
1. (63) T. Hulme	Wilms	50.17
2. (86) G. Breeze	Wharf	59.02
3. (101) J. Greenwood	Stain	73.59
WOMEN			
1. (18) L. Oldfield	CaldV	43.34
2. (25) D. Cartwright O/40	Radc	44.28
3. (35) J. Butterworth O/40	Roch	46.56
4. (37) L. Harrison O/40	Wilms	47.19
5. (40) J. Adamson O/40	Middle	47.40
(47) C. Fryer O/50	CaldV	48.05
(57) A. Baldwin O/60	Stain	49.48
(83) C. Marshall O/50	Wilms	58.28
(84) H. Armitage O/50	Stain	58.34
(101) J. Greenwood O/70	Stain	73.59
(102) K. Conduit O/60	Roch	74.02
108 finishers			

CASTLETON SHOW RUN
North Yorkshire
09.09.17

Thank you all for turning out and supporting not only the sixteenth Castleton Show Run (approx 10km) but also the Castleton Show - a good day weatherwise, apart from the cloudburst!

There were great runs by Scott Hargreaves in the men's race and by Natalie Cugenvin in the women's race. And there were great battles for second and third in both the men's and in the women's races. Well done to all prizewinners! Many apologies for running out of time to calculate the team prizes properly on the day - in the end the men's race was much closer than the women. Congratulations to the team from Darlington Harriers in taking the women's team prize and North York Moors AC the men's. I hope that you all enjoyed your runs on this undulating course - and your afternoon at the Show - please pass the word around, and bring along a friend next year!!

All being well, I will organise the run again next year, which will be on Show Day, second Saturday in September 2018 (which I make to be the 8th).

Finally, many thanks to Graham Hall (with

Diane) for acting as race official and to the marshals for their help - my wife Di as 'sweeper', Ellie Wright (registration and at the water station), Philip Cawood (at the crossroads), Dave Aspin, Rebecca Aspin and Livia Wright (cattlegrids and junctions), Paul Thornton and Peter Conner (other junctions), David Parke (start and finish) and Thomas Aspin (water at the end). An honourable mention too for Medics UK Ltd, without whom the run couldn't take place.

Well done to the kids who turned out for these races - quality fields if a little light on numbers. Their enthusiasm was infectious - I hope they continue and we'll see them back next year, with friends!

As last year, the races were registered with the Fell Runners Association, which means we have aligned the age categories to ensure we comply with their rules. We have also managed to align the races with the trophies on offer from the Show!

Thanks to Di and Ellie Wright and various parents who marshalled the course, in particular the road crossings, to the various helpers handing out the goodies at the finish (Haribos, Maoams and medals), and to various marshals and parents for collecting in the flags and arrows after the race.

The Castleton Show Trophy winners were: Lloyd Trophy (under 11) - Harry Cameron-Clarke, Castleton Show Cross Country Trophy (under 14) - Issy Nicholls, Michael Dee Trophy (first boy 14-18) - Toby Antcliff, Cynthia Dee Trophy (first girl 14-18) - No runner, not awarded.

I hope you all enjoyed your runs this year, and all being well, we'll do it all again next year!

Chris Wright

1. S. Hargreaves	...	Brid	37.47
2. S. Marshall	...	Darling	39.28
3. M. Perry	...	EskV	39.39
4. J. Hustwitt	...	NYM	40.23
5. P. McGough	...	NYM	40.53
6. G. Hindmarsh O/40	...	Darling	41.01
7. R. Williamson O/50	...	LoftW	41.35
8. C. Dale	...	Redcar	41.46
9. R. Atkins	...	NYM	41.47
10. N. Curgenvan	...	Darling	42.00
VETERANS O/50			
1. (7) R. Williamson	...	LoftW	41.35
2. (13) K. Neesam	...	NMske	42.43
3. (14) J. Miller	...	Darling	43.02
VETERANS O/60			
1. (20) S. Haslam	...	Scarb	45.58
2. (32) G. Struthers	...	NYM	49.42
3. (33) E. Meehan	...	NYM	50.38
VETERANS O/70			
1. (48) R. Sherwood	...	NMske	56.20
WOMEN			
1. (10) N. Curgenvan	...	Darling	42.00
2. (12) R. Marshall	...	Scarb	42.07
3. (13) K. Neesam O/50	...	NMske	42.43
4. (19) K. Aspin O/50	...	NMske	45.37
5. (20) S. Haslam O/60	...	Scarb	45.58
(27) K. Reeve O/40	...	Darling	48.39
(36) D. Jobson O/40	...	NYM	51.22
(49) A. Robson O/60	...	NYM	59.26
52 finishers			

HODDER VALLEY SHOW Lancashire AS/6.4km/470m 09.09.17

36 runners braved extreme mud and heavy showers to run the Hodder Valley Show race, this year held at Dunsop Bridge. Last year's winner, Phil Marsden, and Carl Bell reached the turn-around trig point on Totridge Fell, with its memorial plaque to fell running legend Bill Smith together, but Carl showed his downhill strength to win by over a minute. Jenn Mattison comfortably won the women's race. Local lad, Sean Grover, showed special grit to run as an U19. Clayton were the winning women's team and Bowland won the men's team prize.

All finishers received a bottle of Bowland Beer which appeared to be well received. Many favourable comments were received about the course, last run as an English championship race three years ago.

My thanks go to all the marshals from Bowland Fell Runners, to Bowland Mountain Rescue team, to Clayton-le-Moors Harriers who made the race a counter in their 2017 club championship and to the usual Race Organiser, Steve Cox, who did all the preparatory work.

Nick Hewitt

1. C. Bell	...	Kesw	40.38
2. P. Marsden	...	Horw	41.56
3. G. Mulholland O/40	...	CaldV	43.09
4. M. Chippendale O/40	...	Bowland	48.00
5. T. Livesey	...	Preston	50.43
6. T. Smith O/50	...	Bowland	51.41
7. J. Mattison Woman	...	Kesw	52.07
8. C. Jennings O/40	...	Garstng	52.08
9. R. Wilkinson	...	Clay	52.45
10. J. Singleton	...	Bowland	53.21
VETERANS O/50			
1. (12) M. Nutter	...	Clay	54.38
2. (20) I. Whigham	...	Clay	59.15
3. (24) J. Hickie	...	Clay	63.33
VETERANS O/60			
1. (13) J. Holt	...	Clay	55.05
2. (27) P. Dugdale	...	Clay	66.39
3. (28) D. Naylor	...	Clay	66.49
VETERANS O/70			
1. (35) P. Martin	...	Bowland	93.53
WOMEN			
1. (7) J. Mattison	...	Kesw	52.07
2. (16) T. Ross	...	LowF	58.01
3. (21) R. Howard	...	Settle	60.01
4. (23) H. Buchan	...	CaldV	62.09
(25) b. Savage O/50	...	Clay	65.14
(31) L. Lord O/60	...	Clay	67.59
(34) R. Beal O/40	...	Unatt	75.30

PADFIELD PUM Derbyshire BS/8.8km/320m 10.09.17

1. A. Campbell	...	Buxt	34.19
2. S. Pymm	...	Horw	38.01
3. B. McKenna	...	Buxt	39.12
4. N. Curtis O/40	...	Penn	39.32
5. C. Webb	...	Gloss	39.34
6. T. Rutter	...	DkPk	39.39
7. S. Soles U/23	...	Buxt	39.45

8. S. Knowles O/40	...	Penn	39.48
9. N. Winfield	...	Penn	39.53
10. J. Stockdale	...	Altrin	40.19
VETERANS O/50			
1. (16) E. Gamble	...	Chesh	41.19
2. (24) D. Soles	...	Penn	43.33
3. (29) S. Crossman	...	Gloss	45.02
VETERANS O/60			
1. (25) S. Entwistle	...	Penn	43.39
2. (51) F. Fielding	...	Gloss	49.33
3. (83) B. Nixon O/60	...	P'stone	57.13
VETERANS O/70			
1. (90) R. Brown	...	P'stone	65.43
2. (92) C. Johnson	...	EChesh	67.54
WOMEN			
1. (18) C. Rice	...	RibbV	41.47
2. (28) H. Elmore O/40	...	DkPk	44.52
3. (33) M. Kunicka	...	Penn	45.25
4. (46) S. Curtis O/40	...	Penn	48.35
5. (52) Z. Barton O/40	...	Gloss	49.43
(65) D. McCart O/50	...	Unatt	52.19
(67) G. Richardson O/50	...	Hyde	52.59
(83) B. Nixon O/60	...	P'stone	57.13
(84) J. Brack O/50	...	Gloss	59.06
95 finishers			

BLUEBELL FELL RACE 3 Derbyshire BS/6.5km/ 10.09.17

Rain in the lead up to the race left the course slippery in places but all of the field successfully negotiated the lap with Billy Cartwright winning easily. He had been in Nepal and neighbouring countries for over a year and looked refreshed by the adventure.

It was pleasing to see several complete newcomers in the much smaller than usual number of entrants. Let's hope that they will have picked up the very positive vibes surrounding most fell races and take up the sport seriously.

Thanks to official and marshals and the landlord of the 210-year old Bluebell Inn, who is always so cooperative.

David Denton

1. B. Cartwright	...	Mat	25.02
2. E. James	...	Belper	25.50
3. J. Dakin	...	Belper	26.58
4. D. Cross O/40	...	SuttAsh	27.20
5. S. Diamond	...	Buxt	28.50
6. N. Bates O/50	...	Belper	30.07
7. B. Warner O/40	...	Sinfin	30.14
8. M. Edwards O/40	...	Unatt	31.16
9. T. Hibbert O/40	...	Sinfin	31.27
10. J. Reynolds	...	Ilkest	31.33
VETERANS O/50			
1. (6) N. Bates	...	Belper	30.07
2. (20) L. Foulks	...	Wirksw	33.53
3. (31) D. Cowlshaw	...	LEat	37.29
VETERANS O/60			
1. (28) C. Bostock	...	LEaton	36.43
2. (44) D. Keegan	...	Shelt	44.22
3. (45) T. Gordon O/60	...	Unatt	44.23
VETERANS O/70			
1. (40) G. Young	...	Sinfin	40.44
WOMEN			
1. (12) C. Howard O/40	...	Mat	31.48
2. (19) C. Scott O/40	...	Sinfin	33.15
3. (22) N. Braisby	...	Ilkest	35.11

4. (24) E. Gordon	Unatt	35.20
5. (26) K. Berrisford O/40	Mat	36.06
(37) H. Ripley O/50	Sinfin	40.09
(41) L. Beck O/50	Derw	41.06

47 finishers

BURNSALL – BOFRA
North Yorkshire
AS/2km/350m 10.09.17

The Burnsall Fell Race might be short at around 1.5 miles and not the highest of climbs, at 900 feet, but it is by no means an easy race.

In many ways it starts as it means to continue with a deceptively steep climb from a recently cleared sheep field. Once temporarily out of sight, runners meet a road crossing, a sneaker snatching boggy section, and more fields before reaching the fell proper. Here is where it all changes and becomes a challenging, gnarly, rock strewn, heather coated steep path to the first of two cairns, marking the U17 turn. From here the seniors pick their way along the marked but still tricky route to their summit, marked by a trig point. From here, the race becomes a thrilling spectator event as competitors can take any route home. Local knowledge is key, as can be the knowledge of who to follow, to find the best route down the gnarly, steep sided fell. More experienced runners turn off their brain and brake and abandon fear of where their feet might land as they speed down through the heather and rocks.

To add to the fell running fun, this year's race was accompanied by rain prior to and during the race, making the bogs deeper, the grass and heather wetter and the rocks more treacherous than they would be on a dry day.

Despite the weather and challenging nature of this race, a season toughened 61 senior and 110 junior runners toed the line waiting for the starter's pistol to fire

This year, local legend in the form of Ted Mason was the man to follow. He knows several of the "best lines" across the fell and led most of the runners through this year's choice. While it might not be the most direct route, it was certainly the fastest, as witnessed by those runners who took the more direct route straight down the fell, to finish behind Mason!

Having flagged the course earlier in the day, Mason picked his unmarked return route and was rewarded as he romped home as winner from Andrew Livingstone and Matthew Fretwell.

Another local legend in the form of Kirsty Hall won the women's race from Rachel Pilling and Pippa Barrett.

Turning at the first cairn on the fell, the U17 race is also an "any route home" race. Here the vast majority of the runners choose the direct route, abandoning fear as they bounce down the heather coated rocky fell side. The finish of this year's race was a breath-taking spectacle as three

superb runners locked horns and charged down the finish field. A mere second separated them as Sebastian Segger-Steveley won from Logan Hargreaves-Madhas and homas Marshall. Second and third places could not be called until the final metre where Hargreaves-Madhas just pipped Marshall to place his toe on the finish line first.

The girls' race was won by Emily Jones who has shown her superior ability by qualifying for a place on the England team for the upcoming British and Irish Junior Mountain Running Championships in Peebles, Scotland. Second girl was club mate Alana Willis.

The U14 race goes as far as the wall at the fell base before returning by the same route. Fraser Sproul won from Alex Thompson and Daniel Sanderson. Thompson and Sanderson jockeyed for position throughout the race but Thompson gained his lead during the descent and was now determined not to lose his second place!

The girls' race was won in style by the very familiar form of Alice Jones making winning a truly family affair. Second and third girls were Bernadette Raven and Alexandra Whitaker.

Jacob Reeday romped home to win the U12 race from Rowan Ashworth and Patrick Casey. Super-fast Olesia Winder won the girls' race being second overall, just in front of Eve Whitaker, who was third overall, and Charlotte Rawstron.

The U9 race was won by Tom Ashworth ahead of Jack Sanderson and Alex Sadler-Townsend.

The girls' race was won by Milly Timbers from Lucy Bagot being chased all the way by Isabella Wright.

Su Thompson

1. T. Mason	Wharfe	15.03
2. A. Livingstone	Annan	15.52
3. M. Fretwell	Settle	15.58
4. I. Gibbons O/40	Ilk	16.23
5. R. Carr O/40	Wharfe	16.30
6. D. Kirkham O/40	Wharfe	17.01
7. J. Bradshaw	Wharfe	17.04
8. M. Taylor O/40	CaldV	17.08
9. F. Bosomworth	ClassOne	17.15
10. J. Aubrey	HelmH	17.45

VETERANS O/50

1. (17) P. Lambert	Settle	18.24
2. (30) M. Calvert	Howgill	20.06
3. (31) G. Bird	Wharfe	20.17

VETERANS O/60

1. (27) B. Proctor	HelmH	19.46
2. (41) B. Scholes	Settle	23.49
3. (51) G. Breeze	Wharfe	27.13

WOMEN

1. K. Hall O/40	Wharfe	19.10
2. (32) R. Pilling	P&B	20.32
3. (34) P. Barrett	Wharfe	20.43
4. (37) J. Powell O/40	Wharfe	21.34
5. (40) F. Swann O/40	Trawden	23.18
6. C. Harding O/40	P&B	24.34
(55) A. Handley O/50	Wharfe	29.17
(59) L. Hargreaves O/50	Wharfe	33.13

JUNORS

BOYS UNDER 9

1. T. Ashworth	Amble	03.26
2. J. Sanderson	Settle	03.31
3. A. Sadler-Townsend	Kghly	03.37

GIRLS UNDER 9

1. (6) M. Timbers	Kghly	03.49
2. (7) L. Bagot	Settle	03.52
3. (8) I. Wright	Wharfe	03.54

BOYS UNDER 12

1. (1) J. Reeday	Barlick	06.04
2. (4) R. Ashworth	Amble	06.26
3. (5) P. Casey	CaldV	06.30

GIRLS UNDER 12

1. (2) O. Winder	LevenV	06.09
2. (3) E. Whitaker	Hgte	06.18
3. (7) C. Rawstron	Otley	06.48

BOYS UNDER 14

1. F. Sproul	Kend	07.04
2. A. Thompson	Wharfe	07.20
3. D. Sanderson	Amble	07.23

GIRLS UNDER 14

1. (7) A. Jones	Wharfe	07.58
2. (13) B. Raven	Ilk	08.20
3. (15) A. Whitaker	Hgte	08.33

BOYS UNDER 17

1. S. Segger-Steveley	Settle	11.57
2. L. Hargreaves-Madhas	Wharfe	11.58
3. T. Marshall	Settle	11.58

GIRLS UNDER 17

1. (12) E. Jones	Wharfe	15.52
2. (14) A. Willis	Wharfe	24.27

171 senior & junior finishers

LA SPORTIVA LAKE DISTRICT
MOUNTAIN TRIAL
Cumbria
10.09.17

The 63rd Mountain Trial was run from Gatesgarth Farm, Buttermere. It is an excellent venue and we made good use of the enormous barn (as used in the 2008 OMM).

We had 246 entries, nearly 60 more than last year.

As the day progressed the wind picked up to 40-50 mph on the tops and there was persistent rain, heavy at times. This meant that conditions were testing for the less strong competitors and unpleasant for the control marshals. It was particularly severe for the Raynet relay station on the summit of Dale Head!

At 12.45 p.m. a decision was made to stop the Classic and Medium courses (at Controls 5 and 4 respectively) in view of the perceived risk to marshals and competitors given the prevailing weather. However, 10 runners on the Medium had already passed Control 4 and they successfully completed the whole course. A well-organised operation efficiently retrieved runners who had come down to Seathwaite.

The Short course was run as planned. By finishing the Short course, Joss Naylor recorded his 50th official Mountain Trial completion.

David & Miriam Rosen

CLASSIC COURSE – 16.4km/1900m

1. N. Barber	Penn	3.14.27
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2. D. Archer O/40	Durham	3.24.16
3. T. Morgan U/23	EdinbUni	3.26.38
4. S. Birkinshaw O/40	Borr	3.26.55
5. J. Hunt O/50	DkPk	3.29.27
6. M. Strain	HBT	3.29.46
7. N. Talbott	Amble	3.31.42
8. T. Gomersall	Bing	3.32.29
9. L. Eccles	PennyLane	3.36.47
10. A. Schofield O/40	Borr	3.39.01
VETERANS O/50		
1. (5) J. Hunt	DkPk	3.29.27
2. (15) Q. Harding	Bowland	3.54.07
3. (21) J. Tullie O/60	Teviot	4.08.28
4. (27) A. Bradley	CFR	4.27.51
VETERANS O/60		
1. (21) J. Tullie	Teviot	4.08.28
2. (41) P. Nelson	Unatt	5.07.58
WOMEN		
1. (30) J. Richardson	Unatt	4.32.29
2. (35) S. Richmond	Penn	4.44.02
3. (36) M. Gillie O/40	Clwyd	4.47.12
4. (42) E. Johnstone	Unatt	5.17.48
42 finishers		
MEDIUM COURSE – 20.3km/1600m		
1. C. Haines Woman	DkPk	5.21.33
2. K. Bryan-Jones Woman O/40	DkPk	5.38.15
3. C. McIntosh O/50	P&B	5.50.15
4. M. Smith O/50	ForthVO	5.50.39
5. D. Gilbert O/40	Horw	6.13.35
6. G. Bellamy	WlndsCCC	6.14.58
7. R. Dixon O/40	Penn	6.25.28
8. G. Briggs O/50	Penn	6.47.35
9. M. Garratt O/60	EskV	7.04.55
10. I. Bell O/50	DeesideO	7.46.30
10 finishers (15 more runners reached Control 4)		
SHORT COURSE – 14.5km/1350m		
1. J. Titmuss O/40	Unatt	2.51.17
2. M. Yeomans	CFR	3.08.15
3. L. Haines Woman U/21	Ilk	3.34.49
4. D. Ratcliffe O/60	Ross	3.38.06
5. P. Haines O/60	Ilk	3.40.46
6. D. Findlay-Robinson	Walton	3.41.51
7. E. Davies O/40	Sale	3.45.57
8. A. McMillan Woman	Baildon	3.45.59
9. S. Haines Woman O/50	Ilk	3.56.56
10. J. Scarf	LoughbUni	3.57.30
VETERANS O/70		
1. (33) C. Lates	BorLiners	5.03.05
2. (40) B. Johnson	CFR	5.36.01
3. C. McNeill Woman	LakelndO	6.10.57
WOMEN		
1. (3) I. Haines U/21	Ilk	3.34.49
2. (8) A. McMillan	Baildon	3.45.59
3. (9) S. Haines O/50	Ilk	3.56.56
4. (18) N. Carr	Scarb	4.11.44
5. (21) J. Taylor O/50	Bowland	4.23.32
6. (23) J. Morgan O/50	Hardley	4.27.35
(32) W. Dodds O/60	Clay	4.59.30
(41) C. McNeill O/70	LakelndO	6.10.57
PAIRS		
1. (14) S. Maddicot/P. Toaig	Borr	4.06.21
2. (15) M. Jagan/F. Reynolds Women	CravenEn	4.06.58
3. (16) S. Chaffey/D. Chaffey	DerwVO	4.07.50
4. (20) S. Russell/C. Fergsuon	Lpool	4.21.28
5. (24) B. Jones/C. Jons	Holcombe	4.29.35
(44) P. Ferris/J. Naylor	CFR	6.19.50
39 individual finishers & 8 pairs		

SCAFELL PIKE Cumbria

AS/7.2km/914m 16.09.17

The Scafell Pike was blessed once more with near-perfect conditions and the late forecasted rain never appeared. The course had been revised yet again, starting with a loop of the car parking field to thin out the runners before entering a path which narrowed considerably over the first few hundred metres (the descent route from the Wasdale).

104 runners set off, only one retired.

The winner Simon Booth (M45) was second behind John Yells at the summit but led John home by just over a minute, descending the Pike in just 15 minutes!!! Third counter was Harvey Lord.

The women's race was won in a very quick time by Bronwen Jenkinson, second was Belinda Baquero with third, Marie Robson. The winning gents' team (3) was Black Combe. Unfortunately, no women's team emerged this year. The King of the mountains trophy was won by Richard Macleod (6th), second John Yells, third Andrew Cox. This year's Queen was Marie Robson, second Fiona Hall, third Caroline Harding (68th). The fastest Jack and Jill couple were Paul and Bronwen Jenkinson, runners up Jim Ryder and Jo Foster and third Richard Tait and Karen Goodyear.

Thanks to all my helpers, marshals, paramedic, Joss Naylor for the prize giving, the National Trust and Andrew Lopez for allowing us to use the field.

Hope to see some of you again next year, flapjacks provided free of course! Cheers.

Richard Eastman

1. S. Booth O/40	Borr	0.58.05
2. J. Yells	Lochab	0.59.08
3. H. Lord	BICmb	0.59.53
4. A. Schofield O/40	Borr	1.00.34
5. T. Ripper	BICmb	1.03.08
6. R. Macleod	Lochab	1.03.42
7. B. Kent U/21	HelmH	1.03.50
8. A. Cox	Moorft	1.03.54
9. M. Robinson O/40	DkPk	1.04.23
10. P. Mackie O/40	Shettle	1.04.41
VETERANS O/50		
1. (13) J. Ryder	Ilk	1.07.34
2. (17) C. Moses	Wharfe	1.09.52
3. (24) B. Williamson	CFR	1.12.46
VETERANS O/60		
1. (17) T. Symonds	NthnF	1.27.45
2. (82=) R. Tait	Amble	1.43.54
3. (82=) K. Goodyear Woman	Unatt	1.43.54
VETERANS O/70		
1. (89) M. Walsh	Bowland	1.47.23
2. (91) P. Walsh	Bowland	1.52.41
WOMEN		
1. (15) B. Jenkinson U/21	Eryri	1.08.29
2. (46) B. Baquero	P&B	1.20.10
3. (53) M. Robson O/50	HelmH	1.21.09
4. (54) J. Foster O/40	Ilk	1.21.40
5. (55) L. Buck O/50	CFR	1.22.02
6. (57) R. Brown O/50	Bowland	1.24.16
(82=) K. Goodyear	Unatt	1.43.54
103 finishers		

LANTERN PIKE Derbyshire

BS/8km/320m 16.09.17

Another good day out mixing fell running with a wander around the Hayfield Show and Sheepdog Trials.

A couple of poignant moments marked the start of the senior race:

a) The award of the inaugural "Spirit of Charlie Craig" trophy to Caleb Winfield, who was deemed to be the local junior who best demonstrated Charlie's spirit of enjoyment, effort and talent. The trophy was awarded by Wade Cooper who finished ninth in the first running of the race in 1977 in a time faster than this year's winning time.

b) A moment's silence in memory of Alan Kirk - long-term, well-respected member of Pennine and a good friend to many local runners.

Simon Bailey powered home first to reclaim the trophy he last held in 2014 - no doubt inspired by the earlier success of offspring Oliver and Bley in the earlier junior races. Harry Holmes and Josh Williams followed close behind.

Under 18 runner, Lauren McNeil, dominated the women's race winning by some distance coming in 15th overall.

Local heroes deserving a special mention include:

Samuel Soles - Under 18, finishing in seventh place and leaving his ageing father five minutes behind! And Ron Rees, MV60 winner and as local as local can be!

Ron received his prize from Ricky Wilde, winner of the first race in 1977 in 29.12. A record that still stands today. We're looking forward to a cast of athletes in 2018 to break the oldest record in the FRA calendar.

Jim Trueman

1. S. Bailey	Mercia	32.11
2. H. Holmes	P&B	32.31
3. J. Williams	DkPk	34.37
4. M. Burton O/40	Penn	35.11
5. J. Ross	StaffsM	36.00
6. N. Winfield	Penn	36.12
7. S. Soles U/18	Buxt	36.33
8. C. Leigh O/40	Traff	36.52
9. I. Ridgeway	Buxt	37.28
10. J. Stockdale O/40	Altrinch	37.40
VETERANS O/50		
1. (13) E. Gamble	Chesh	38.05
2. (16) N. Holding	Horw	38.22
3. (31) D. Soles	Penn	41.27
VETERANS O/60		
1. (71) R. Rees	Penn	47.43
2. (76) G. Barnes	Unatt	48.12
3. (78) D. Bowen	Penn	48.21
VETERANS O/70		
1. (139) H. Thomas	KFR	65.06
2. (141) R. Ashby	Penn	65.47
WOMEN		
1. (15) L. McNeil U/18	Buxt	38.19
2. (43) A. Swift	Chorlt	43.09
3. (47) P. Linton O/50	FRA	43.26
4. (48) A. Keates O/50	FRA	44.07
5. (52) E. Wainwright U/23	Unatt	45.03
(54) J. Worboys-Hodgson O/40	DenbyD	

45.23			
(54) A. Jones O/60	FRA	45.45
(69) A. Wainwright O/40	DkPk	47.21
(70) J. Bednall O/50	Buxt	47.37
(110) J. Forrester O/60	Mat	53.24
147 finishers			

**DALE HEAD
Cumbria**

AS/7.3km/675m 17.09.17

The Dale Head fell race was held in conjunction with the Borrowdale Shepherds' Meet. A week earlier this show, which was cancelled in 2016 due to flood damage, threatened to be a wash-out again with the show field looking more like a swamp. However, a few days of well-timed dry weather provided dried the show field and provided good conditions for the spectators at this small local event.

A field of 61 runners made their way up through the steep rocky quarry and across the bog before the final ascent to Dalehead. A keen race developed between Ted Ferguson and Carl Bell (winners in 2016 and 2015 respectively). Ted was first to the summit and led for most of the descent but was finally overhauled by Carl near the base of the fell.

Keswick AC also won the women's race with Jo Gillyon leading from start to finish.

Sue Ashley

1. C. Bell	Kesw	46.38
2. T. Ferguson U/23	Borr	46.59
3. S. Booth O/40	Borr	50.04
4. T. Cowin O/40	HelmH	50.26
5. R. Findlay-Robinson	DkPk	51.24
6. T. Simpson U/23	Amble	51.37
7. A. Thomas U/23	Kesw	51.39
8. A. Schofield O/40	Borr	54.40
9. Z. Hudd U/23	Unatt	54.51
10. N. Wood O/40	HelmH	56.49

VETERANS O/50

1. (14) C. Smith	Kesw	58.14
2. (21) P. Bullen	Kesw	61.11
3. (27) P. Jennings	CFR	63.50

VETERANS O/60

1. (26) P. Crompton	CFR	62.14
2. (28) M. Mallen	Kesw	63.58
3. (30) L. Warburton	Bowl	64.07

VETERANS O/70

1. (51) D. Fell	CFR	78.37
2. (58) P. Cottrill	Unatt	106.04

WOMEN

1. (40) J. Gillyon O/40	Kesw	71.05
2. (44) J. Chatterley O/40	CFR	77.02
3. (46) M. Bradley O/50	CFR	77.22
4. (47) L. Buck O/50	CFR	77.52
5. (48) L. Malarkey O/60	Kesw	77.53
(50) A. Barker O/40	CFR	78.30
(53) N. Butler O/50	Kesw	85.23
(55) J. Jennings O/50	CFR	90.52
61 finishers			

**UTTERLEY BUTTERLEY
West Yorkshire**

BS/8km/260m 17.09.17

Big turnouts from Todmorden Harriers and Meltham AC dominated a lot of the prizes at Utterley Butterley.

Rob James was first back in 32.08 with Mark Borton in 32.42 second. They were a long way ahead of Daniel Greenwood in third and Andy Doig in fourth.

Holly Martin was the winning woman in 40.12.

Meltham swept the board in the men's and women's team prizes.

The race featured a different finish, which was parallel and above last year's finish on the track. The previous records still stand despite the change.

Martyn Hodgson

1. R. James	Royt	32.08
2. M. Borton O/40	Penn	32.42
3. D. Greenwood O/40	Melth	35.27
4. A. Doig O/50	PeakBog	36.47
5. J. Ridge	DenbyD	37.16
6. A. Storer	Unatt	37.19
7. A. McCarthy O/50	Melth	37.50
8. R. Butterwick O/40	Tod	37.59
9. A. Petroe O/40	Stadium	38.22
10. D. Stone	Roth	38.32
(14) D. Sexton O/50	HydeV	39.20
VETERANS O/60			

PHOTO © STEPHEN WILSON GRANDDAYOUT



Dale Head

1. (40) R. Kersey	Holmf	48.11
2. (56) G. Markham	Melth	50.52
3. (51) T. Wade	Kingst	52.52
VETERANS O/70		
1. (65) B. Hunter	Holmf	54.07
2. (74) P. Ehrhardt	Tod	60.24
WOMEN		
1. (18) H. Martin	Penn	40.12
2. (31) C. Fryer O/50	CaldV	43.44
3. (32) K. Sharp	DenbyD	44.12
4. (34) S. Brewer O/40 ...	Melth	44.37
5. (35) S. Hartley	HydeV	44.54
(38) G. Richardson O/50	HydeV	45.11
(54) R. Hutchison O/40 ...	Sadd	50.21
(55) R. Thomas O/50	Melth	50.40
(56) G. Markham O/60 ...	Melth	50.52
(58) H. Fretwell O/40	Unatt	50.55
(80) M. Wells O/60	Tod	67.22
82 finishers		

FAT BOYS STANAGE STRUGGLE Derbyshire BS/9.9km/355m 17.09.17

A fabulous field of 353 runners took part in the 20th edition of the Fat Boys Stanage Struggle. Conditions were good and stayed fair with one unforecasted but, thankfully, light shower. The leading times were good and only a few minutes off the record pace.

The Fat Boys pride themselves on the race being a good introduction to fell running as well as being sufficiently challenging for the seasoned athletes. As such, we were very pleased to see many old faces along with a few who were losing their fell running virginities to the club.

A great feature this year was the excellent prize list which had been donated by many local businesses including cheeses made at Cow Close Farm, through which the course runs.

We were very pleased to have Edale Mountain Rescue in attendance as usual although, thankfully, their skills were not required.

Matt Glossop

1. I. Phillips	Mat	40.37
2. L. Kemp	Waver	41.16
3. R. Donald O/40	Shelt	42.18
4. P. Winkskill	Kesw	42.48
5. F. Oulds	Chorlt	43.17
6. T. Rutter	DkPk	43.19
7. J. Street	Clowne	43.21
8. K. Shanahan	Unatt	43.25
9. M. James	PortV	43.32
10. R. Robinson	SuttAsh	43.39
VETERANS O/50		
1. (22) J. Mason	Dewsb	45.40
2. (25) J. Morgan	DkPk	46.05
3. (30) M. Fowler	Chesh	46.54
VETERANS O/60		
1. (61) T. Taylor	Ross	50.20
2. (95) S. Blackford	DenbyD	52.58
3. (109) K. Taylor	Ross	53.42
VETERANS O/70		
1. (109) K. Taylor	Ross	53.42
WOMEN		
1. (35) H. Elmore O/40 ...	DkPk	47.35
2. (36) A. Mason	Wfield	47.50

3. (43) H. Farnell	Totley	48.28
4. (57) A. Duncan	Clapham	49.49
5. (75) R. Keeley	Belper	51.47
(82) G. Lindsey O/40	Macc	52.26
(88) A. Virgin O/40	Hands	52.47
(107) A. Frost O/50	Mac	53.39
(148) J. Jonson O/50	Pstone	56.13
(152) J. Crowjon O/50 ...	DkPk	56.21

EMBSAY – BOFRA North Yorks AS/4.4km/244m 17.09.17

Yorkshire weather gods smiled graciously upon Embsay for the annual fell race over Embsay Crag, providing sunshine and a light breeze.

What starts as an apparent cross country race over lush fields soon leads to some boggy sections that runners can either squelch straight through or skirt round as their desire takes them. However runners cross this section, all paths lead to the gnarly and rocky terrain of the crag itself. Muddied or not, all runners must now clamber, hand over hand, to the summit of the crag before the "treat" of a skyline run over heather coated moorland to reach the route down. The race finishes as it started, over lush fields towards the very welcome finish line.

The bright and breezy weather drew the crowds as 80 seasoned senior runners and 158 eager juniors lined up to tackle this varied and challenging race.

The senior race was marked by the absence of some of this season's top runners. However, the presence of fine runners not familiar to the BOFRA series, ensured an interesting race from start to finish. Jack Cummings and Jack Wood tussled with each other and Gavin Mulholland for supremacy. However, by the time these three had reached the summit, Wood was in the lead trailing Mulholland and Cummings in his wake. This order was maintained to the finish as Wood increased his lead to win over a minute in front of Mulholland and Cummings.

The women's race was also marked by the presence of some unfamiliar but excellent runners making this race as interesting as the men's. However, a navigation error shuffled the order of the leading women on the descent so that Rachel Pilling won from Sarah Bell and Jean Powell.

The U17 race is separate to but follows the same course as the seniors allowing some interesting comparisons to be made. The boys' race was won for a second year running by Logan Hargreaves-Madhas in a time that would have again placed him seventh in the senior race! Second and third boys were Sebastian Segger-Staveley and Joe Carnelley. The girls' race was won by the familiar face of Lauryn Greg in a time that would have placed her second in the women's race. Second and third girls were Eliza Findlay and Isabelle Hartley.

Su Thompson		
1. J. Wood	Ilk	19.04

2. G. Mulholland O/40 ...	CaldV	20.25
3. J. Cummings	Ilk	20.43
4. J. Hood	Skipt	20.57
5. D. Kirkham O/40	Wharf	21.04
6. J. Bradshaw	Wharf	21.13
7. I. Gibbons O/40	Ilk	21.46
8. T. Chadwick	Skipt	21.52
9. J. Aubrey	HelmH	21.55
10. M. Taylor O/40	CaldV	22.03

VETERANS O/50		
1. (18) M. Barnes	Unatt	24.25
2. (19) M. Calvert	Howg	24.30
3. (20) D. Hammond	CaldV	24.34

VETERANS O/60		
1. (21) B. Procter	HelmH	24.36
2. (42) L. L'Anson	Borr	27.01
3. (58) C. Best	Otley	30.18

WOMEN		
1. (22) R. Pilling	P&B	24.47
2. (36) S. Bell	Barlick	26.19
3. (38) J. Powell O/40 ...	Wharf	26.22
4. (39) K. Whiteside O/40	Trawd	26.29
5. (51) S. Marshall O/50 ...	Skipt	29.19
(54) C. Harding O/40	P&B	29.45
(65) A. Milner O/50	Wharf	33.56
(72) A. Handley O/50 ...	Wharf	36.01

83 senior finishers		
JUNIORS		
Boys U/9		

1. T. Ashworth	Amble	4.26
2. J. Sanderson	Settle	4.33
3. E. Wilkinson	Kghly	4.36

Girls U/9		
1. K. Buckley	Kghly	4.37
2. B. Buckley	Kghly	4.43
3. L. Bagot	Settle	4.49

Boys U/12		
1. W. Hall	CaldV	8.58
2. J. Duffy	CaldV	9.23
3. R. Ashworth	Amble	9.25

Girls U/12		
1. O. Winder	Leven	9.30
2. S. Smith	Helm	10.00
3. C. Rawstron	Otley	10.20

Boys U/14		
1. S. Smith	Wharf	12.59
2. F. Sproul	Kend	13.08
3. A. Thompson	Wharf	13.11

Girls U/14		
1. B. Raven	Ilk	15.37
2. B. Roberts	Kghly	15.51
3. H. Crook	Trawd	16.07

Boys U/17		
1. L. Hargreaves-Madhas	Wharf	21.17
2. S. Segger-Staveley ...	Settle	22.01
3. J. Carnelley	Bing	22.35

Girls U/17		
1. L. Gregg	Ross	26.04
2. E. Findlay	Bing	29.16
3. I. Hartley	Trawd	34.09

158 junior finishers

GREAT WHERNSIDE North Yorkshire AS/6.5km/475m 23.09.17

Some of Yorkshire's finest fell runners amassed in Kettlewell to compete in the joint Yorkshire Fell Championship and the last of the season's Fell Runners Association

Championship races.

Hosted by local Fell Running Club, Wharfedale Harriers, the race is a 4 mile charge up and down Great Whenside.

From the "brutal" steep uphill start, the course follows the public footpath towards Hag Dyke, renowned as a wedding venue and Scout bunk barn. From here there is a short scramble up a rocky outcrop before the infamous negotiation of marshy terrain before the final climb to the summit. Wet weather over the previous few days ensured that the legendary dry route across the bog was non-existent, being replaced by a "less deep" marshy route. Legendary this route might be but unless it is clearly flagged, it can be difficult to find and many fail, even when it is flagged! As a result, many runners returned with a copious head to foot covering of fine Yorkshire mud! The 700 metre summit of the fell, and race, is marked by the trig point on the rocky outcrop summit that is often described as a moonscape. From here, contenders can take any route as far as Hag Dyke, hopefully traversing the bog by a better route than on the ascent. From Hag Dyke the descent is largely a grassy one but does include adverse camber and gates. However, many finishers described this exhilarating and fast descent as "awesome."

Being a joint Yorkshire and FRA championship race, both the women's and men's races were fiercely fought battles between seasoned top ranked runners for places and potential titles.

86 fell toughened women toed their start line eagerly awaiting the starter's pistol.

From the off, Katie Walshaw led the pack up the first incline, closely followed by Lizzie Brown. These leading women set a punishing pace leaving the rest of the field in their wake.

Walshaw maintained her lead to win the race. However, club mate Nichola Jackson improved her position during the race and chased Walshaw to the finish line to come a very close second, while Lizzie Brown finished third. Qualification for Yorkshire title is either by birth right or by permanent residence for the previous nine months. Being both first woman and first Yorkshire woman past the finish post, Walshaw also secured her title as Yorkshire Women Fell Running Champion. Second and thgird Yorkshire women were Annie Roberts and Sharon Taylor.

The men's race had 244 eager starters who immediately split into three arms of runners as they tackled the initial steep-banked climb. However, the line taken by Sam Tosh was clearly a good choice as when the long train of runners came back together, he was already leading the pack, being hotly pursued by Simon Bailey, Chris Holdsworth and Tom Adams.

Tosh maintained his lead throughout the challenging race and at the point of the final steep descent he had a very clear lead to win from Bailey and Chris Arthur. The hotly contested men's Yorkshire Fell Running title went to fourth placed Tom Adams. Second and third Yorkshire men were Jack Wood and Joe Baxter.

Su Thompson
1. S. Tosh Ross 29.25

2. S. Bailey	Meric	29.53
3. C. Arthur	Bowland	29.58
4. T. Adams	Ilk	30.02
5. C. Holdsworth	Clay	30.03
6. J. Spill U/21	P&B	30.14
7. J. Wood	Ilk	30.18
8. S. Hebblethwaite	Kesw	30.22
9. J. Baxter	P&B	30.47
10. B. Mounsey	CaldV	31.08
VETERANS O/40		
1. (14) G. Mulholland ...	CaldV	31.48
2. (16) D Kay	CaldV	31.51
3. (24) K. Gray	CaldV	32.27
VETERANS O/50		
1. (22) J. Davies	Borrr	32.22
2. (37) M. Roberts... ..	Borr	33.01
3. (45) M. Fanning	Holmf	33.50
VETERANS O/60		
1. (128) W. Proctor	HelmH	40.01
2. (136) G. Schofield	Horw	40.25
3. (141) P. Crompton	CFR	40.44
VETERANS O/70		
1. (199) D. Tait	DKPk	45.27
2. (202) B. Blyth... ..	Macc	45.44
3. (241) G. Jameson	LancsM	60.29
UNDER 21		
1. (6) J. Spill	P&B	30.14
2. (44) M. Preedy	Ross	33.42
3. (75) B. Kent	HelmH	36.21
UNDER 23		
1. (17) M. Elkingotn	DkPk	31.52
2. (18) T. Saville	DkPk	31.59
3. (40) A. Hinchcliffe	VeganR	33.13
244 male finishers		
WOMEN		
1. K. Walshaw	RibbV	36.19
2. N. Jackson	RibbV	36.21
3. L. Browne	BlCombe	36.33

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Great Whenside

4. L. Roberts O/40	Amble	37.13
5. H. Russell U/21	HelmH	37.37
6. A. Roberts U/23	Tod	37.43
7. K. Roberts	Amble	37.53
8. L. Powell-Smith	RibbV	37.57
WOMAN VETERANS O/40		
1. (4) L. Roberts	Amble	37.13
2. (13) K. Hall	RibbV	39.47
3. (19) H. Elmore	DkPk	41.12
WOMAN VETERANS O/50		
1. (23) D. Gowans	Accring	42.12
2. (26) N. Spinks	DkPk	42.31
3. (37) M. Blackhurst	Tod	44.04
WOMAN VETERANS O/60		
1. (42) A-M. Jones	Unatt	44.29
2. (53) P. Goodall	Totley	46.08
3. (64) W. Dodds	Clay	49.30
WOMEN U/21		
1. (5) H. Russell	HelmH	37.37
2. (16) I. Burrow	HelmH	40.16
3. (8) H. Newbold	Barlick	58.50
WOMEN U/23		
1. (6) A. Roberts	Tod	37.43
2. (15) A. Hookamer	DkPk	40.06
3. (30) K. Wright	Amble	43.30

NINE EDGES ENDURANCE Derbyshire

BL/32.8km/893m 23.09.17

The 2017 Edale Mountain Rescue Team Nine Edges Endurance Challenge was once again another successful event. While we didn't manage to avoid the usual host of midges at the registration desk we did somehow manage to avoid the rain we have been enjoying recently and had superb conditions for a leisurely day out on our gritstone edges.

Overall a brilliantly successful day from all angles, the competitors crossed the start and finish lines with smiles on their faces and while we always have a lot of returning challengers, we had plenty of new faces too and even a few Under 23s walking the course which was great to see. We welcome more youngsters getting involved next year.

We got some great results, congratulations to those who won awards. It was a quick day overall with all competitors finish well within the cut off time.

As always, a huge effort goes into setting up and running the event, all to raise money for Edale Mountain Rescue Team, who give their time and skills for free year in year out. So thanks to everyone involved with day, thanks to all our competitors for their support and for bringing their families out to enjoy celebrations at the finish line. Everyone was incredibly complimentary towards our marshals and friends helping us, which make for a great day out for us too. Keep supporting.

See you next year!

Laura Cooper

1. M. Tonkins	2.43.45
2. S. Conroy	2.45.06
3. S. Bayliss	2.50.56
VETERANS O/40	
1. S. Conroy	2.45.06

2. E. Cadogan	3.00.26
3. G. Polito	3.00.27
VETERANS O/50	
1. S. Bayliss	2.50.56
2. I. Shaw	2.51.29
2. N. Jeff	2.58.36
WOMEN	
1. C. Brock	2.52.06
2. M. Kunicka	3.00.48
3. R. Burton	3.04.17
WOMEN O/40	
1. R. Burton	3.04.17
2. C. Howard	3.23.56
3. J. Bembridge	3.32.55
WOMEN O/50	
1. J. Langham	3.43.07
2. A. Gordon	4.06.28
3. J. Davis	4.13.28

LOCKTON LIMPING

North Yorkshire

BM/11.2km/330m 24.09.17

The first counter in the Dave Parry/Northern Runner Winter Series started with another bright autumn day in Lockton. There were wins overall for Paul Butler, despite a penalty for missing a checkpoint and in the women's race for Scout Adkin.

Team victories for Pickering RC in the men's and Scarborough AC in the women's.

Chris Roberts

1. P. Butler O/50	LoftW	55.18
2. S. Pugh O/40	EskV	57.06
3. S. Jones O/40	Picker	57.21
4. T. Grimwood	Swale	58.08
5. S. Adkin	YorkK	58.30
6. R. Williamson O/50	LoftW	58.56
7. C. Williamson	LoftW	59.39
8. D. Fishwick O/40	Chorl	60.19
9. M. Machouki O/40	Unatt	61.08
10. R. Tarrega	YorkK	62.38
(15) J. Barwick O/50	NYM	65.45

VETERANS O/60

1. (19) R. Burn	ThSow	67.08
2. (41) I. Harmer	EskV	82.42
3. (46) D. Buffham	Otley	94.50

VETERANS O/70

1. (28) N. Scruton	Scarb	75.01
2. (34) M. Hetherington	Picker	80.35

WOMEN

1. (5) S. Adkin	YorkK	58.30
2. (7) C. Williamson	LoftW	59.39
3. (12) T. Marshall	Scarb	63.10
4. (14) E. Sharpe	Picker	65.10
5. (20) N. Carr	Scarb	67.16
(31) H. Coventry O/50	ThSow	77.48
(35) S. V D Westhuizen O/50	ThSow	77.48
(39) H. Ashworth O/50	ThSow	82.26

48 finishers

ROSSENDALE HARRIERS 50th ANNIVERSARY

**MMM & PFO's CAPRICORN
Lancashire
24.09.17**

The Harrier's have had a long tradition of mountain marathons but with the last club event 20 years ago another event seemed a

good idea for the Harriers 50th Anniversary.

Judith Wood and Cath Wilson, members of the Harriers and PFO, became course planners with the 2017 PFO Capricorn ** to be incorporated. Lee Quarry and the Community Greenhouses project centre/ café proved to be a perfect location.

PFO's George Crawford-Smith produced a double sided map: 1:7,500 O map for the park and quarry and a 1:20,000 OS map for the moorland. 710 points were to be available with competitors having three hours to pick up as many controls/points as they could, running solo or in pairs.

The FRA registered the event once we had agreed dates. PFO also had a low-key O events in the park and quarry.

Pre-registration went slowly but we had 65 entrants on the day, a dry one to the relief of some and disappointment of others. Runners went off at minute intervals from the quarries, picking up their map.

With competitors on the course we sat and waited; sorted out the differing age groups used in O and fell events and became worried by a competitor who was late back.

As runners finished there was the usual pouring over maps in the community café and discussions of routes used; issues around using two maps. Turks heads and bogs featured heavily,. No complaints about controls being in the wrong place.

The winners were members of both organizing clubs. Thanks to all the various helpers, particularly the large PFO team.

**Just after the 2017, Graham Wright, Club Chair and founder member, met up with Eddie Roberts, also an early member of both the Harriers and PFO. As a result, it came up that the 1989 two day Capricorn had been held locally with the overnight camp at Marl Pitts, the Harrier's base.

Nick Harris

CATEGORY WINNERS

MEN

M. Cole O/40	Ross	530pts
J. Trueman O/50	Penn	493pts
S. Drinkwater	Man	470pts
S. Wilson O/40	Ross	437pts
D. Fryer O/60		367pts
A. Hewitt O/50	Ross	300pts

WOMEN

S. Horrocks	PFO	380pts
D. Raidy/S. Lundberg O/50	Bury	289pts
K. Thompson O/60	Clay	260pts
M. Fuller O/40	Tod	240pts
C. Ogden O/40	Ross	225pts
J. Graham/L. Abdy O/50	Tod	179pts

THIEVELEY PIKE Lancashire

AS/7km/400m 30.09.17

1. A. Worster	Tod	36.33
2. P. Davies	DkPk	36.43
3. I. Conroy	Horw	37.15
4. J. Warburton	Knares	37.31
5. D. Fishwick O/40	Chorl	38.14
6. M. Howard U/19	CaldV	39.06
7. S. Turland O/40	Ilk	39.25

8. G. Pier U/21	Clay	39.26	(135) K. Goss O/60	Clay	70.20
9. T. Pape O/40	DkPk	39.39	JUNIORS		
10. R. Stirzaker	Roch	39.42	BOYS UNDER 9		
VETERANS O/50					
1. (15) G. Goodwin	Acc	39.58	1. C. Barnes	Clay	3.48
2. (16) M. Wharton	CaldV	39.59	2. J. Barrett	Ross	4.15
3. (21) D. Murphy	Ross	41.11	3. S. Haines	Unatt	4.28
VETERANS O/60					
1. (31) T. Taylor	Ross	43.25	GIRLS UNDER 9		
2. (81) D. Miller	Chorl	49.02	1. E. Downham	Chorl	3.52
3. (83) N. Hindle	FRA	49.07	2. V. Young	Ross	3.59
VETERANS O/70					
1. (121) G. Breeze	Wharf	56.07	3. J. Poole	Chorl	4.16
WOMEN					
1. (11) L. Brindle	Horw	39.46	BOYS UNDER 11		
2. (17) A. Roberts	Tod	40.03	1. R. Smedley	Clay	4.58
3. (39) D. Gowans O/50	Acc	44.25	2. H. Cole	Clay	5.10
4. (60) N. Murphy O/50	Ross	46.10	3. J. Lamb	Unatt	5.16
5. (64) J. Butterworth O/40	Roch	46.26	GIRLS UNDER 11		
(65) F. Swan O/40	Trawd	46.33	1. F. Hanson	CaldV	4.12
75) S. Pedder O/40	Trawd	48.09	2. H. White	Clay	5.32
(79) C. Fryer O/50	CaldV	48.44	3. L. Poole	Chorl	5.39
(110) L. Lord O/60	Clay	54.16	BOYS UNDER 13		
(120) S. Morley O/60	Knares	56.00	1. J. Villiers	Barlick	18.49
			2. P. Casey	CaldV	19.06
			3. W. Nicholls	Clay	21.40
			GIRLS UNDER 13		
			1. K. Matison	Chorl	21.32

2. H. Eccles	Trawd	24.10
3. E. Reid	Chorl	28.06
BOYS UNDER 15		
1. J. Hall	Clay	39.50
2. P. Stevens	Clay	42.47
3. T. Roberts	Chorl	43.44
GIRLS UNDER 15		
1. B. Reid	Chorl	48.39
2. S. Ashworth	Clay	52.30
BOYS UNDER 17		
1. B. Wilson	Chorl	45.08
GIRLS UNDER 17		
1. N. Moynihan	Hynd	53.22

FIRTH
North Yorkshire
BM/12.5km/436m 30.09.17

A cool misty morning greeted the 43 runners of the first Firth fell race in Upper Wharfedale. This was the second race hosted by the Yorkshire Dales National Trust team, with thanks to the tenant farmers.

The women's race was won by Kirsty Hall and the men's race by Tim Chadwick, who also won our first race earlier in the year Buckden Out Moor.

A big thank you to all the runners that supported the race hope to see you again next year.

Patrick Wardle

1. T. Chadwick	Skipt	1.02.05
2. R. Bibby	VStr	1.03.24
3. D. Clark	Unatt	1.03.39
4. D. McGuire O/40	Wharf	1.05.23
5. J. Baron O/40	HelmH	1.06.16
6. G. Smith	Skipt	1.07.05
7. J. Kenyon	Unatt	1.07.19
8. K. Hall O/40	RibbV	1.07.32
9. C. Bedson O/40	Chesh	1.08.52
10. C. O'Duffy O/50	Bowl	1.09.21
VETERANS O/50		
1. (10) D. D'Duffy	Bowl	1.09.21
2. (13) B. Kennedy	Settle	1.10.36
3. (16) J. Robson	HelmH	1.13.00
VETERANS O/60		
1. (15) L. Warburton	Bowl	1.11.16
2. (25) M. Walsh	Kend	1.19.58
3. (27) S. Dixon	VStr	1.20.13
VETERANS O/70		
1. (28) D. Tait	DkPk	1.22.33
WOMEN		
1. (8) K. Hall O/40	RibbV	1.07.32
2. (21) J. Collins	Barlick	1.18.43
3. (22) M. Robson O/50	HelmH	1.19.27
4. (29) C. Pollard O/50	Wharf	1.22.49
5. (33) S. Marshall O/50	Skipt	1.23.55
(37) E. Adams O/40	HelmH	1.32.59
(42) T. Barker O/40	FRA	1.45.36
43 finishers		

LANGDALE
21.1km/1450m 07.10.17

With overnight gusts of wind damaging a few of the organising club's tents, a saturated field to park in and a less than perfect conditions on the fell, the competitors in Langdale 2017 were definitely going to get their money's worth. A far cry from the

Thieveley Pike



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almost ideal championship race conditions the previous year, visibility looked like being a challenge and the wind and rain meant an extra top was required to be worn or carried.

368 hardy souls accepted the challenge and as the chatter of the farmyard and initial flat track gave way to huffing and puffing up Stickle Ghyll, a group including Carl Bell, Josh Jardine and Martin Mikkelsen Barron began to get away in the senior men's race.

As is often the case when the clag is down and runners are wary of becoming isolated, groups formed throughout the field; only the most confident being happy to brave the notorious navigationally nasty section from Esk Hause to Crinkle Crag alone.

When they emerged from the murk, Carl was out front and looked fairly fresh as he finished in a sedate 2.13.14 looking very much like he could go round again. Martin and Josh followed in second and third around 5 minutes adrift. Only three runners were home in under 2.20.00 which as much a testament to the greasy and sloppy conditions underfoot, as the wind, rain and clag on the summits. Robert Simpson and Sam Watson rounded off the top five men.

In the women's race Kelli Roberts, as happy as anyone on rough ground, stormed round out front and was a good way ahead of second placed Nicky Spinks, who turned in an excellent performance to take first FV40 and FV50 women's titles in great style. Sarah McCormack had been on registration duties from the crack of dawn but this did not stop her begging a last minute entry and getting third place for her efforts. In the FV60

women Lesley Malarkey held off Wendy Dodds for the win. Wendy has completed around 25 Langdale races and was returning from injury!

In the male V40 category Tim Cowin just held off fellrunning legend Ian Holmes for the win, with Ian taking the MV50 crown. The remarkable Leigh Warburton demolished the MV60 opposition in a great time of 2.48.01.

The men's team race saw Ambleside using their tried and tested 'intense mid field packing' strategy to take the honours, with Dark Peak triumphing in the women's team battle.

The real heroes on a day like this however were the summit marshals. To be out in those conditions for up to three hours to help account for those racing was something else. Several runners came back to report their concern for Jon Deegan's wellbeing, huddled up and shivering on Bowfell summit attempting to count runners through! And Jon was one of many. A huge thanks must also go to the large group of AAC helpers in the valley, without whom this race would not happen, St Johns Ambulance and the RAYNET lads.

Here's hoping for more clement weather next year. See you then.

Dan Duxbury

1. C. Bell	Kesw	2.13.14
2. M. Mikkelsen-Barron ...	Borr	2.17.25
3. J. Jardine U/23	HelmH	2.18.29
4. R. Simpson	Shettle	2.20.22
5. S. Watson	Wharf	2.20.30
6. T. Cowin O/40	HelmH	2.20.39

7. I. Holmes O/50	Bing	2.20.49
8. R. Findlay-Robinson ...	DkPk	2.21.42
9. B. Abdelnoor	Amble	2.22.15
10. J. Wood	Ilk	2.22.51

VETERANS O/50

1. I. Holmes	Bing	2.20.49
2. C. Balderson	Bowl	2.44.13
3. T. Edward	Clay	2.46.21

VETERANS O/60

1. L. Warburton	Bowl	2.48.01
2. J. Tulloe	Teviot	3.12.26
3. J. Holt	Clay	3.12.36

VETERANS O/70

1. K. Carr	Clay	3.29.05
2. D. Tait	DkPk	3.49.54

WOMEN

1. I. K. Roberts	Amble	2.44.09
2. N. Spinks O/50	DkPk	3.05.50
3. S. McCormack	Amble	3.06.45
4. Z. Procter O/40	Penn	3.06.55
5. M. Kunicka	Pstone	3.11.13
(6) K. Cornforth O/40 ...	Borr	3.21.09
(10) J. Lee O/40	NFR	3.29.02
B. Weight O/50	Bing	3.33.13
A. Thomas O/50	Eryri	3.34.45
L. Malarkey O/60	Kesw	3.49.19
W. Dodds O/60	Clay	3.59.02

CURBAR COMMOTION

Derbyshire

BM/14.4km/403m 07.10.10

The sun has shone on The Curbar Commotion for the past three years, giving perfect running conditions. Race organisers Luci Cooper and Lewis Lee knew we were due some rain and it was pretty soggy as



Curbar Commotion

the runners set off, making this year's race a muddy one!

There was a slight change to the route this year too, cutting across from Curbar Edge between sheep pens on the moor below White Edge. The new zigzag added a little to the distance, taking the race up to 10.1 miles. As usual, there were plenty of marshals on hand to direct runners through this new course and ensure the top of White Edge is preserved as a place of wild solitude as requested by Eastern Moors. The route then continued as in previous years, including what is now known as 'The Curbar Killer' - uphill through fields above Baslow village - a

notoriously arduous stretch before the final downhill for the finish.

Competitors were undeterred by the drizzle and 142 participants completed the race. Well done everyone.

Duncan Coombs was overall winner with a time of 01:05:58. First woman was Anna Hooghammer in 01:19:52.

Winners were awarded in the 40, 50 and 60+ mens and women's vets and for first locals and Curbar Primary School Parent runners.

The race is a major fundraising event for Curbar Primary School PTFA and was fully supported by local volunteer families who marshalled, registered, time-kept, baked and served refreshments. The presence of all ages - including children - helping out makes the event a friendly and positive experience, even on a wet day. Luci, Lewis and the PTFA team extend their thanks to all the runners and volunteers. See you next year!

The Curbar Commotion is part of the Accelerate Gritstone series and points are carried for overall winners.

Angie Cottle

1. D. Coombs	...	DkPk	1.05.58
2. J. Ross	...	StaffsM	1.07.07
3. R. Robinson	...	SuttAsh	1.09.10
4. L. Beresford	...	Ripley	1.09.29
5. K. Shanahan	...	Unatt	1.10.04
6. J. Street	...	Clowne	1.10.12
7. D. Greenwood	O/40	HolmeP	1.10.19
8. B. Cartwright	...	Mat	1.10.23
9. M. Anderson	...	Totley	1.10.34
VETERANS O/50			
1. (14) M. Nolan	...	DkPk	1.11.42

2. (29) J. Morgan	...	DkPk	1.16.27
3. (39) I. Shaw	...	FatB	1.19.07

VETERANS O/60

1. (72) A. Fox	...	Gloss	1.26.49
2. (82) R. Cooper	...	Unatt	1.28.25
3. (108) D. Bowen	...	Penn	1.32.20

WOMEN

1. (42) A. Hooghammer	...	DkPk	1.19.52
2. (43) C. Brock	...	Steel	1.19.58
3. (58) K. Davies	...	Unatt	1.24.04
4. (61) C. Haines	...	DkPk	1.24.22
5. (80) R. Walwyn	...	DkPk	1.28.23
(100) L. Broom	O/40	Steel	1.31.33
(101) J. Crowson	O/50	DkPk	1.31.46
(102) A. Jones	O/60	Macc	?
(123) P. Goodall	O/60	Totley	?
(148) A. Benson	O/50	Ripon	1.41.36
(153) A. Hilbert	O/50	HolmeP	1.42.22

242 finishers

WITHINS SKYLINE

West Yorkshire

BM/7m/1000ft 08.10.17

Over a very boggy course 26-year old

Harry Holmes became the third claret and gold vested male athlete to win the race, the others being John Heneghan in 2004 and Graham Patten in 1995. Harry is in fine form at the moment and crossed the finish line 49 seconds ahead of BOFRA champion Ted Mason with Jack Smith third. Marc Sennett in eighth anchored Wharfedale Harriers to the team prizes behind Ted and Jack.

"This was my third year running the Withins and for the second year saw me making the



Withins Skyline

trip up from Derbyshire. It has to be quite a race to pull me past all which the Peak District has to offer and luckily Withins has it in spades. Fast running, exciting descents, nice views, plus free tea and biscuits. On the day the weather was lovely up on Penistone Hill, unfortunately the underfoot conditions didn't quite follow suit. The race started off pretty fast with 18-year old birthday boy Matt Merrick setting the early pace through the quarry and across the road. By the time we reached the moor I had just managed to get ahead and managed to get a bit of a lead on my way up the Stoop. The rest of the race went by without too much drama, except a waste deep dip into a bog and a bloodied knee following a fall after Bronte Bridge. Ever since my first Woodentops race, Withins in 2015, I have wanted to win one, not least because of the prize giving. Being piled up with chocolate, beer, Halloween hat, inflatables and a pumpkin seems quite a good way to celebrate a win. Having actually won the race though the task, and inevitable barrage of abuse from Dave if I dropped anything, seemed a lot more daunting. I didn't want to let the Yorkshire side down. Dropping prizes is for Lancashire runners. Luckily I didn't buckle under the pressure/prizes. The prize giving ended with the famous chocolate throw out. This time I was on the chocolate throwing side, which is definitely much easier than attempting to catch flying confectionary" said a very happy Harry Holmes.

Graeme Brown won the MV40s finishing sixth overall, John Mason won the MV50s, Thornton Taylor the MV60s and his brother

Ken Taylor, the MV70s, smashing the old record by four minutes.

29-year old Emma Clayton returned to the race she won as a 21-year old to win the women's finishing 20th overall with Caitlin Rice in second and English Fells FU23 champion, 19 year old Hannah Russell third, and Yorkshire Fells senior and FU23 medallist, Annie Roberts, fourth.

"After a year of injuries, ill health and almost falling out of love with running, it was time to rekindle the love in the only way I know how....by hitting the hills. I'd been looking forward to Withins Skyline for weeks and woke up on the morning like it was Christmas morning, jumping out of bed and eager to get going. It had been a good few years since my last fell race and I hadn't raced Withins since 2009. Although I knew what to expect during the race, it was still going to be a little shock to the system. Apparently (according to my dad) I'm not a fell runner anymore and I've turned soft. He might be right in parts, as I was definitely happy to see the sun shining when we arrived up on the moor but I'm pretty sure everyone was. Nothing beats a sunny, crisp autumnal morning in Yorkshire. From the moment you arrive at one of the Woodhead's races, they're unmistakable. Turn up, pay your £4 and in return you are handed your number, some pins and a Curly Wurly. Dave was being the ever commanding showman. Despite being dressed head to toe as the Grim Reaper, you can't mistake his bellowing Yorkshire tones. Leaving the cricket clubhouse, there were hundreds of junior runners (not to mention the witches, wizards and skeletons) getting

ready for their race and watching them fly down the quarry actually had me wincing. I was in awe of some of their descending. I think when you're younger you have no fear and you literally throw yourself down the hill. Time to switch the brain off and get running. 350 fell runners congregating in the middle of the quarry, there's no better sight. You feel the community atmosphere, chat with old friends and make new ones. We were obviously waiting to start a few metres in front of Dave's preferred start line as all of a sudden, those bellowing Yorkshire tones were back, echoing around the quarry, as the Grim Reaper wanted us all to move back 10 metres as he meandered down the steep quarry wall. Once we were in his desired position and after a quick Happy 18th Birthday sing to the Merrick twins it was time to get going. Simple plan, run hard for the climb and then see if I can still descend. Managing to overtake a lot of the fast starting men, I worked hard on the climb and felt really good until we hit the mud and bogs higher up. Ankle deep in parts, I remembered what fell running was all about and I was loving every minute of it and I actually managed to push hard on the descent until we hit the tracks lower down when I could pick up the pace to chide a few more of the senior men. One small climb up across the fell to the car park and over the ridge to see Dave still in the same spot taking his photos as he was in 2009. It was lovely to chat to Caitlin Rice and U23 Fell Champ Hannah Russell afterwards. I remember talking with Hannah at the FRA end of season Junior Awards a few years ago and



it's been nice following her progress since. It was also nice to hear that she's now at Leeds University, so I'm sure I'll be able to take her on a few runs around Yorkshire to save her travelling back to the Lakes every weekend. None of Dave's races could end without his infamous prize giving ceremony and luckily no one was injured after my mountain of cakes, chocolates, biscuits, beers, cuddly toys and Halloween paraphernalia collapsed and hit the floor. Dave and Eileen epitomise fell running and the fell running community. It's nice to be back" said ever smiling Emma.

Jo Buckley won the FV40 and led Calder Valley to the women's team chocolate prizes with Lindsey Oldfield tenth and Trudi Entwistle 14th. Sarah Haines won the FV50 while Aileen Baldwin took the FV60 and Brenda Roberts won the FV70 again. BU15 Alex Thompson was the star of the junior races setting a new record of 5.46 beating Max Wharton's 2010 time by ten seconds with 202 juniors taking part in the various Quarry Rat Runs. Super star runners Samuel Annison and Clara McKee won the U9s' races with 59 runners taking part, with Clara finishing third overall and just two seconds behind Samuel, what a talent. In the older combined junior Quarry Rat Races, congratulations to winners BU11 Luke Carrington, GU11 Katie Buckley, BU13 William Hall, GU13 Eve Whitaker, BU15 Alex Thompson, GU15 Alice Jones, BU17 Logan Hargreaves Madhas and GU17 Emily Jones. A special thanks must go to Mike Ayers 'King Rat' of Precision Pest Management for their continued support in attracting juniors to the sport of fell running. Mike dressed as King Rat judged the numerous and scary fancy dress costumes some of the juniors competed in and started the races. Over twenty fancy dress prizes were awarded at the prize giving along with the other race running prizes before the cricket ground saw chocolate flying through the air in the finale that is the chocolate throw out.

The Woodentops

1. H. Holmes	P&B	42.40
2. T. Mason	Wharf	43.29
3. J. Smith	Wharf	44.19
4. C. Miller	Hgate	44.30
5. A. Worster	Tod	46.18
6. G. Brown O/40	Tod	46.59
7. M. Merrick	Bing	47.18
8. M. Sennett	Wharf	47.26
9. O. Heaton	Prest	47.43
10. D. Kirkham O/40	Wharf	47.46

VETERANS O/50

1. (37) J. Mason	Dewsb	51.16
2. (61) T. Smith	Bowl	53.22
3. (65) P. Crabtree	Kghly	53.37

VETERANS O/60

1. (69) T. Taylor	Ross	54.26
2. (73) P. Jackson	Barlick	54.52
3. (128) M. Ayers	NLeeds	59.26

VETERANS O/70

1. (117) K. Taylor	Ross	58.24
2. (258) P. Covey	PudseyP	70.43
3. (284) M. Coles	VStr	73.34

WOMEN

1. (20) E. Clayton	Leeds	49.01
2. (27) C. Rice	RibbV	50.02
3. (31) H. Russell	HelmH	50.34
4. (36) A. Roberts	Tod	51.11
5. (41) L. Brindle	Horw	51.40
6. (50) A. Mason	LeedsU	52.34
(74) J. Buckley O/40	CaldV	54.57
(79) N. Benson O/40	Unatt	55.04
(88) R. Patrick O/40	Tod	55.36
(203) S. Haines O/50	Ilk	64.47
(224) A. Baldwin O/60	Stain	67.13
(232) J. Hodgkinson O/50	Unatt	68.10
(244) S. Cheshworth O/50	Tod	69.40
(301) G. Markham O/60	Melth	74.50
(311) L. Hayles O/60	CaldV	75.49
(351) B. Roberts O/70	Sadd	92.23

357 finishers

CURLY WURLY RAT RUNS

BOYS UNDER 9 – 0.5m/100ft

1. S. Annison	CaldV	2.50
2. H. Bishop	Wharf	2.50
3. A. Sadler Townsend	Kghly	2.53
4. H. Cliff	CaldV	2.57
5. J. Thompson	Kghly	3.05

GIRLS UNDER 9 – 0.5m/100ft

1. C. McKee	CaldV	2.52
2. B. Buckley	Kghly	3.00
3. I. Wright	Wharf	3.06
4. P. Bennett	Kghly	3.14
5. E. Ranner	HelmH	3.25

BOYS UNDER 11- 1m/150ft

1. L. Carrington	EChesh	7.02
2. T. Hooper	Wharf	7.14
3. J. Sadler-Townsend	Kghly	7.16
4. A. Peaker	Kghly	7.17
5. C. Pickens	CaldV	7.19

GIRLS UNDER 11- 1m/150ft

1. K. Buckley	Kghly	7.44
2. E. Anderson	Wharf	8.09
3. M. Timbers	Kghly	8.15
4. O. Aldham	Wharf	8.18
5. F. Pell	VStr	8.32

BOYS UNDER 13 – 1m/150ft

1. W. Hall	CaldV	6.20
2. J. Duffy	CaldV	6.44
3. D. Rudden	Kghly	6.48
4. D. Cater	HelmH	7.06
5. P. Casey	CaldV	7.09

GIRLS UNDER 13 – 1m/150ft

1. E. Whitaker	Hgate	6.57
2. S. Smith	HelmH	7.30
3. E. Malcolm	HelmH	7.32
4. H. White	Clay	7.39
5. T. Brooks	Wharf	7.41

BOYS UNDER 15 – 1m/150ft

1. A. Thompson	Wharf	5.46
2. S. Smith	Wharf	6.09
3. T. Middleton	Horw	6.11
4. M. Stevens	Clay	6.38
5. H. Wills	Wharf	6.39

GIRLS UNDER 15 – 1m/150ft

1. A. Jones	Wharf	6.34
2. A. Whitaker	Hgate	7.01
3. B. Raven	Ilk	7.08
4. I. Palmer	H'fax	7.11
5. H. Davey	Otley	7.32

BOYS UNDER 17 – 2m/300ft

1. L. Hargreaves-Madhas	Wharf	12.06
2. W. Thompson	Wharf	12.38
3. S. Thom	Kghly	13.00

GIRLS UNDER 17 – 2m/300ft

1. E. Jones	Wharf	13.57
2. E. Findlay	Bing	14.13
3. S. Rigby	Settle	18.20

ANDREW HEYWOOD MEMORIAL WINGATHER Derbyshire

BL/21.7km/762m 15.10.17

Thanks to the 156 runners for coming along to this year's jaunt. Many thanks also to all the marshals, sweepers, timekeepers, tea and food section, Accelerate from Sheffield, and everyone else who supported us and helped the race run smoothly.

We managed a day of good weather and, despite the wet conditions underfoot, some excellent times, although quite a few runners found the course tougher than they thought it would be!

Local runner Alasdair Campbell, finished well over FIVE minutes ahead of Jack Ross, with Alex Hinchcliffe in third place. There was a much closer race in the women with Sarah Lilleman having just a minute lead over Kathleen O'Donnell by the finish, with Chris Howard a few minutes behind in third. Well over 60% of our runners were vets. Where have all the youngsters gone?

With your help well over £1000 has been raised for charities and good causes local and further afield; Buxton Rotary will let me know how much and where it's going.

Next year, we're hopeful of avoiding a clash with the FRA relays so we'd be very pleased to see you! Thanks again, cheers.

Julian Brown

1. A. Campbell	Buxt	1.36.31
2. J. Ross	StaffsM	1.42.24
3. A. Hinchcliffe	Vegan	1.43.53
4. J. Street	Clowne	1.46.18
5. K. Malton	Shelt	1.50.05
6. P. Morris	Hands	1.50.10
7. M. Johnson O/40	Stockp	1.50.33
8. I. Ridgeway	Buxt	1.50.57
9. C. Jeffery O/40	DkPk	1.53.57
10. P. Nield O/40	Macc	1.56.45

VETERANS O/50

1. (13) I. Shaw	FatB	1.58.33
2. (29) J. McMurtry	Ashb	2.06.53
3. (38) P. Geeson	Stilt	2.12.57

VETERANS O/60

1. (47) A. Bocking	Chesh	2.15.41
2. (52) K. Holmes	DkPk	2.18.00
3. (61) S. Kemp	DkPk	2.21.03

VETERANS O/70

1. (74) M. Cochrane	DkPk	2.22.35
2. (141) C. Johnson	EChesh	3.04.01

WOMEN

1. (49) S. Lilleman	Unatt	2.17.20
2. (55) K. O'Donnell O/40	Macc	2.18.20
3. (64) C. Howard O/40	Mat	2.21.44
4. (67) A. Barrett O/40	Steel	2.21.47
5. (70) K. Hateley O/40	GoytV	2.21.53
(82) P. Goodall O/60	Totley	2.24.46
(138) C. Purslow O/50	Shelt	3.03.10
(139) A. Andrews O/50	Shelt	3.03.10
(147) T. Pickard O/50	Unatt	3.07.54

152 finishers



Tim Fisher - Low res



Worn by British fell running champion, Finlay Wild



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