

The **FELLRUNNER**



ISSUE 125 WINTER



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Members also receive the annual FRA Handbook including over 500 fixtures, race rules and safety requirements. Further information on membership is available on the FRA website www.fellrunner.org.uk

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CONTRIBUTOR GUIDE

We welcome all contributions for photos and illustrations, features, stories and interviews. The Fellrunner is a magazine for the fellrunning community by the fellrunning community and it is reliant on your talents, generosity and voluntary contributions.

If you have an idea for a story, would like guidance or support to develop your work then please email editor@fellrunner.org.uk. We regret that we cannot publish all submitted articles and images and there is no guarantee that your work will be published. We are happy to accept completed submissions up to 2,500 words. To avoid disappointment, please send an abstract or synopsis up to 100 words in advance to the editor. If you are submitting an article, please try to include a minimum of three images for publication with full credits.

We are always open to photos for cover images, features and possible photo features in future editions. For the main content of the magazine, the style of images we prefer place runners in the context of the landscape. We welcome race photos for the results and reports pages. If you're a photographer, drop the photo editor an email at photo@fellrunner.org.uk

If you are contributing photos or illustrations, we strongly recommend you send high resolution unedited images with full credits that are suitable for print publication. We reserve the right to edit articles and images prior to publication.

The views and opinions expressed in The Fellrunner are not necessarily those of The Fell Runners Association Ltd. Where a contribution is made for on behalf of the Association, this will be made clear.

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We accept submissions all year round.

EDITOR'S LETTER

Evenings up here on the North York Moors are dark, very dark, and cold. Every night I return home from work, put a few logs on the fire, put my feet up and continue to work through the last bumper issue of The Fellrunner, trying to find the motivation somewhere within the pages to get me out and go for a run. I've probably not seen another runner or walker up here at night for at least eight weeks, and it can be a very isolating experience in what is mostly a very sociable sport.

In preparation for my run, I contemplate the individual merits of certain head torches, and whether they are fully charged or if they have new or old batteries? What shoes to wear? Will the ground be frozen, or muddy down in some of the valleys? Do I wear two tops and a coat? Gloves or mitts? Bivvy bag or space blanket? This is before deciding on a route. I don't look forward to leaving the comfort of the fire (or The Fellrunner), kit choice never seems to be right and I procrastinate more as I think about making a cup of tea – going for a run seems to be like the least pleasurable thing I can possibly do, but I get myself out of the door and...ten minutes later – I'm loving it. And I think, there is no better place in the world to be in than right here right now.

This issue of The Fellrunner could easily have been another bumper issue, we've received so many brilliant stories and articles we could easily produce the magazine twice. Thank you to everyone who has contributed to this issue and helped in getting it to press. I'd like to welcome Victoria (Tory) Miller to the team as our new Art Director. Tory and the team have worked day and night to get this issue out in time for Christmas, so we really hope you enjoy it. However, we are sad to see Jon (Jonny Fellrunner) depart the team as outgoing Art Director. Jon was instrumental in updating the look of The Fellrunner. This was mostly conceived of in The Vale Inn, Bollington, Cheshire, where we'd meet for a run, a pie and a few pints. We'd bring our varied magazine collections from running and athletics journals, to surf and adventure mags, to old and classic copies of The Fellrunner. Somewhere between all these, we found the inspiration to take it forward, and Jon designed something very special. We think it's one of the best membership magazines out there (in fact we think it's one of the best magazines out there, period). We have had so many amazing comments, and hope that a recent surge in membership is due in part to the professional quality of the publication. I, and the rest of the team, would like to thank Jon for all his help and every success for the future.

So, if you've managed to get through the last issue yet and you're ready for more, we've got some fantastic interviews, articles, news, reports and results in the last issue for this decade of The Fellrunner.

Stay safe out there on the dark winter nights and have a very Merry Christmas and Happy New Year.

PAUL BOOTH, EDITOR OF THE FELLRUNNER

FRONT COVER:
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FELLRACER:
BRITISH FELL RELAYS
©TAMMANY BATTY



CHAIRMAN'S LETTER

As another year of fell running draws to a close, we can celebrate terrific performances by our newly crowned English and British Champions. It was a delight for me to witness the presentations at the annual "Do" hosted by my own club Black Combe Runners and the feedback has been exceptional - thank you.

As we move forward to 2020, we have a new Executive Committee and I would like to thank the outgoing committee members who have served tirelessly for a number of years and also welcome new members.

Graeme Woodward has been on the committee for ten years and will continue to deliver the Fell & Trail Coaching courses supported by Nigel Hetherington who was the first member of Black Combe to complete a Bob Graham Round in 1987. Nigel is a Level 4 coach and a national trainer for UK Anti-Doping and he will provide effective support for Graeme as we further develop the coaching courses with UKA going forward.

Jude Jepson and Helen Berry have worked hard to deliver the English Senior Championships and the Annual FRA "Do". They will be handing over to a new team headed up by Angela Brand-Barker who has been a multiple English and British champion and represented Wales at the World Mountain Running Trophy. Jude and Helen will continue to serve on the MRAG sub-committee for the British Championships.

Chris Jones has been on the committee for five years, first of all on Access and for the last three years as Junior Co-ordinator and as such has delivered great races for the future champions of our sport. Chris will be handing over to Helene (Diamantides) Whitaker who will bring a wealth of personal experience to the role. She is gathering a formidable team and Chris has agreed to help with the English Schools Champs.

Two roles are continuing in a non-executive form to allow Paul Booth (Editor) and Carlos Bedson (Statistician) to concentrate on what they do best in delivering the high quality Fellrunner magazine and super-efficient results service for the English Championships. Carlos will continue on the Championship sub-committee and we wish him well with his PhD on Mountain Hares.

It gives me great pleasure to welcome James Lowe (Dark Peak) and Cat Slater (Helm Hill) who will be joining us as membership representatives. They will lower the average age of the Committee significantly and I am looking forward to working with them.

The final addition to the Executive Committee is another athlete who need little introduction. Wendy Dodds is joining us as Liaison

Officer to Athletic Bodies which Andy Watts has been covering in addition to his significant roles of Treasurer and Chair of the SER sub-committee

2020 – THE 50TH ANNIVERSARY OF THE FRA

The FRA was formed on 4th April 1970 after the prizegiving for the Pendle race at the Whitehough Camp School, near Barley. To mark the anniversary, James Lowe (our new member rep) has devised a fun series of 50 races which I hope many of you will support. Details can be found elsewhere in this publication.

We are working towards the development of a new website and have commissioned the design of a new logo which will be suitable for use in a variety of applications in this digital age. I am very grateful to Ellen Longhorn who has cheerfully worked with us through 11 iterations to achieve what we believe is a unique, creative image which our membership will relate to for many years. New car stickers will be sent out with the 2020 Handbook and Fixtures Calendar. Many thanks to Dave and Christine Bowen who have invested many hours to ensure that the Handbook will be delivered before Christmas.

REGIONAL RACE ORGANISER ROAD SHOW

With lots of challenges to the future of some of our races, we thought it was high time we got organisers together to discuss subjects such as Access and best practice. All current active ROs should have received an invitation to attend one of several regional meetings to be held in January. I look forward to meeting many of you there.

My first year as FRA Chairman has been challenging and at times has led to sleepless nights but the kind and supportive words of encouragement I have received from many of you have helped me to keep a sense of perspective. Thank you from the bottom of my heart.

CHARMIAN HEATON, FRA CHAIRMAN



SECRETARY'S CORNER

Vogon poetry, according to the Hitchhiker's Guide to the Galaxy, is the third worst in the known universe, behind the Azgoths of Kria and Paula Nancy Millstone Jennings of Sussex. There is, however, no record of Ford Prefect (nor any other notable researcher for the Guide) having ever been a member of the FRA, so understandably he might have been unaware of Poetry Corner, a Fellrunner staple of yesteryear.

This treasure trove was just one of the unlikely delights I uncovered during perhaps the least expected job of my stint as Secretary so far – resurrecting, from the bowels of a long broken hard drive, the ashes of The Fellrunner magazines covering 2007-13. Page by page, PDF by corrupted PDF, these have been painstakingly recovered and spliced together. We're now working on converting the results to single files for the readership's convenience and hope that they will be uploaded to the website over the coming weeks, starting with the "40th anniversary" edition from 2010 (already available).

The last couple of months have been extremely busy from a secretarial viewpoint, with two Committee meetings, the AGM and a number of external meetings; the pertinent details of these are included opposite/below. I'm grateful that I was able to escape for a couple of evenings to the Kendal Mountain Festival, where the film about the Wicklow Round in Ireland particularly caught my attention. I'd especially like to thank Paul Scully, Jenny Rice, Jon Richardson and all the KMF team for partnering with the FRA and helping us to spread the word about everything the FRA does behind the scenes and why we strongly encourage all regular fell runners and racers to become members.

One of my most painful fell running experiences ever was in July 2015 when I foolishly entered the Langdale Gala fell race, a short blast up and down a flank of Silver Howe. The race took about 12 minutes; 20 minutes later I was still coughing on all fours by the finish line with my lungs on fire, and had to repeatedly gesture to the St John Ambulance staff that I was not quite as close to expiry as it seemed. But worse than the physical pain was the humiliation – I'd been beaten by a *schoolboy*! Truly chastened, I resolved firmly to stick to long races in future. In hindsight, losing narrowly to a 14-year-old Joseph Dugdale doesn't seem so bad a result (see below) – I should have asked for his autograph...

In October I visited Largs on the Scottish coast for the 52nd edition of the OMM. The terrain was tough: a mixture of boggy moorland, huge tussocks and tall wiry heather, and some of the hardest I've run over. This was perfect for me, whilst my running partner Luke, who prefers roads and trails, adapted amazingly. Our first day was strong, and though the second didn't quite happen we at least had the pleasure of experiencing one of the grimmest nights I've ever had on a mountain

marathon thanks to my not having taken enough tent pegs. I was going to write a race report, but since Luke has stage 4 cancer and next year will be cycling from Bristol to Beijing on a tandem I will instead recommend that you google 'Bristol2Beijing' (no spaces) for a story a thousand times more inspiring than anything I could ever write.

Finally, I would like to add my thanks to all departing Committee members and welcome our new ones. I am enjoying my time as Secretary (honest!) and feel we have a very strong team for 2020. Happy Christmas!

THE FELL RUNNERS ASSOCIATION – 2019 ANNUAL GENERAL MEETING

The FRA's AGM for 2019 took place in November, after the Tour of Pendle – an appropriate location, given the FRA was officially formed there in April 1970 after the Pendle Fell Race. Our guest speaker, Darren "Full Kit" Fishwick, kindly entertained the meeting with three race reports including glowing reviews of Burnley and Colne, and all less than 48 hours after tripping the light fantastic at the Kendal Mountain Festival – it's surely only a matter of time before fell running is represented on *Strictly*.

The meeting was attended by 21 members of the FRA plus one dog (a "family" member, I'm told, though the chair leg seemed to hold more interest than the votes). The Chairman's and Treasurer's reports were approved without comment, as were the 2018 accounts and the continuing appointment of Mike Welford as auditor, and the proposed minor amendments to the FRA's articles of association were accepted with just a single vote against.

As an official company we are obliged to abide by company law, and I want to thank the FRA's two honorary Committee members, Morgan Williams and Graham Breeze, for their enormous help in ensuring that this year's paperwork was compliant. The new Committee appointments are covered in the Chairman's letter so I will not repeat them here.

Finally, the AGM took place the day after the World Mountain Running Championships in Argentina. The Committee took the opportunity to congratulate all participating British teams but especially the Junior Men's team (team gold), Joseph Dugdale (individual Junior world champion), the Senior Women's team (team bronze) and Phillipa Williams (Senior bronze medallist). The FRA's Under-23 Co-ordinator, Sarah McCormack, finished in an impressive 12th place competing for Ireland – justification both for her agonising decision to miss the AGM to compete, and for Paul Tierney's claim that he's not even the best fell runner in his own house!

Neil and Luke (front right) at the 2019 OMM ©R&R >

OTHER COMMITTEE BUSINESS

After the AGM, the Committee established the compositions of its various sub-committees for 2019-2020. The sub-committees and other teams are crucial for helping the Committee to “spread the load” and are ideal for allowing people to get involved with the FRA and give something back to the sport without significant initial commitment. I would particularly like to highlight the advert in this edition for Race Liaison Officers (RLOs) – this growing team, co-ordinated by our RLO Lead, Stuart Ferguson (Durham Fell Runners), is critical both for supporting new and less experienced race organisers and also for ensuring that the FRA meets its legal, insurance-related and moral obligations with regard to facilitating best practices around safety and fair competition.

The other key decisions from the September and November Committee meetings are covered by the Chairman’s letter and elsewhere.

MOUNTAIN LIAISON GROUP

Earlier in November, Charmian and I attended a meeting of the Mountain Liaison Group (MLG), which includes representatives from bodies such as the National Trust (NT), Natural England, the British Mountaineering Council (BMC) and the John Muir Trust. One of the main topics discussed was that of “e-bikes” – electric bicycles with a motor which may be used up to 15mph. It might come as a surprise to some that these vehicles are considered equivalent to a pedal cycle in terms of road usage, meaning that e-bikes may be ridden on any bridleway; this includes, for example, the paths up Skiddaw and Helvellyn! Indeed, they are an increasingly common sight on the fells, with obvious implications for erosion (not to mention Strava records).

Another topic relevant to fell running was that of signs on the fells. NT’s current guidelines are that no signs should be placed above the “intake wall” (a limit which, we were told, had been raised in the last few years from “not above tarmac”). There was a consensus within the group that an increase in directional signage on the high fells was likely to be a misplaced attempt at diversification and should

be resisted; it was noted in particular that adding such signs would appear to “lower the bar” in terms of the requirement for walkers and runners to have navigational ability and experience, and could easily risk more incidents occurring rather than fewer. Great concern was also raised about walkers following GPS “breadcrumb trails” on their mobile phones or other devices to the exclusion of any self-navigation or situational awareness, and it was generally agreed that this was contrary to all good practice.

Biosecurity on the Frog Graham Round was also discussed, with the invasive *Crassula* species (New Zealand Pygmyweed) a particular concern. This has devastated wildlife in a number of Cumbria’s lakes, including Bassenthwaite and Derwentwater, though others (especially in the west) remain clear. Moreover, transferring just half a centimetre of the weed to another body of water is enough for it to take hold. It is therefore essential that anyone undertaking the Frog Graham Round undertakes a full wash-down at Beck Wythop (exit from Bassenthwaite Lake), to ensure that Crummock Water and Buttermere are not affected.

One of the functions of the MLG is to ensure that nesting birds and protected species are not adversely affected by climbers, with the BMC regularly communicating to its members those routes which are out of commission. The group is currently looking for volunteers to undertake two observations a year (probably around April and October) of known nesting sites on the high fells; these won’t take long (perhaps around an hour), although you’ll need to be able to tell a raven from a crow. If you’re interested in helping with this, please contact me and I will put you in touch with the relevant people.

Most other topics were less relevant to the FRA, but I did learn that “Borrowdale” is at most two syllables and possibly just one.

NEIL TALBOTT, FRA GENERAL SECRETARY

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ACCESS REPORT

By law, landowners have to apply to Natural England for permissions for activities on SSSI land and NE brought out a system in the Peak District in 2017 whereby the onus is on race organisers (ROs) to obtain the "Notices of proposal to carry out an operation on an SSSI" on the landowners' behalf. This system is going to be rolled out nationwide, with a central office being established in 2020 (although there is no specific timescale at time of publishing). I do have a set of Guidelines for ROs needing NE permission so please contact me if you would like a copy of the pack (see committee members section at front of this magazine).

Most landowners are complying with Natural England requirements; however, The National Trust send their own application to Natural England that does not give the ROs the "Notice of Proposal". The National Trust in the Peak District launched a new website in 2019 which gives clear instructions: <https://www.nationaltrust.org.uk/kinder-edale-and-the-dark-peak/features/organising-an-outdoor-event-how-to-guide->

The Peak Park have also updated their website in 2019 and would like Fell Race ROs to submit their race details so that it can be included on the calendar. The Peak Park do not, in any way, apply for permissions from any landowner. It is simply a record of events in the Peak Park. <https://www.peakdistrict.gov.uk/visiting/running-large-events>

NICKY SPINKS, FRA ACCESS OFFICER

MEMBERSHIP REPORT

It's been a busy couple of months with 2020 memberships opening. Welcome to the three hundred new members who have joined the FRA since the beginning of October, bringing membership to 7500, and thank you to existing members who have renewed in time for the handbook and fixtures calendar to be mailed directly from the printers - it saves me a significant amount of work.

Since taking on the role I have been surprised to learn that only around 50% of active participants in fell races are members of the FRA: please let your club mates know what they are missing! With next year's 50th anniversary since founding of the association being marked by the 50 @ 50 Race Series for members, could there be a better time to join?

Finally, thanks to everybody for your continuing support and best wishes for a rewarding 2020 on the fells.

PAT MCIVER, FRA MEMBERSHIP SECRETARY



British Fell Relays ©Jamie Rutherford



FOLLOWING IN THE FOOTSTEPS OF PREVIOUS RECORD HOLDERS ALAN HEATON, JOSS NAYLOR AND STEVE BIRKINSHAW, PAUL TIERNEY SET OFF FROM THE MOOT HALL, KESWICK ON FRIDAY JUNE 14TH AT 8AM IN A BID TO BREAK STEVE'S 2014 WAINWRIGHTS RECORD OF SIX DAYS AND 13 HOURS.

SIX DAYS, SIX HOURS, 320 MILES AND 36,500M OF ASCENT LATER, FRA LONG DISTANCE CHAMPION OF 2019 PAUL TIERNEY ARRIVED BACK AT THE MOOT HALL, BREAKING THE PREVIOUS RECORD BY SEVEN HOURS.

PAUL TIERNEY TALKS IN DEPTH TO THE FELLRUNNER ABOUT HIS RECORD-BREAKING ROUND, FINDING FELL RUNNING AND FOLLOWING HIS PASSION FOR THE SPORT.

PAUL TIERNEY

THE WAINWRIGHT RECORD

I grew up in Blackrock, a suburb of Cork, Ireland. Growing up I was into hurling, not running. Then I started to dabble a bit in track when I was about 25. One day I went running with a friend in some local woods and that sparked it, that's why I'm here now. I started entering IMRA (Irish Mountain Running Association) races and reading about fell runners in the UK, their accomplishments and endurance. I was reading all these stories of the Pennine Way records, and Tan Hill to the Cat and Fiddle... Then I read Feet in the Clouds, it got me thinking that the Lake District is the place to be. I entered the Lakeland 100 and came 3rd in 2011. I loved it in the Lake District, and made the decision that I was going to move here. That was July 2011; by January 2013 I was living here.

WORDS PAUL BOOTH





@Pete Aylward

That was my intro, reading about all these guys. That book (Feet in the Clouds) is an amazing introduction to fell running; maybe some people might criticise certain parts of it, or how he (author Richard Askwith) made his Bob Graham Round sound like the hardest thing of all time, but it's still a really entertaining book and just brought all that history alive. This is what really appeals to me, although there are plenty of people fell running - or hill running and mountain running as it's known in Ireland - the same history isn't there. They didn't have guides races 100 years ago and there's no such thing as a fell running club in Ireland; you either run with a club that is a general running club or you run on your own unattached.

The dynamics are a bit different over here; Ambleside is a fell running club, there's no road section or anything like that. Same with Keswick and fell running clubs across the country. All that appealed to me, the history, the community. I would find it hard to leave here now. That was all evident in the amount of people who came to help me on my Wainwright record. I knew a lot of them, but plenty I didn't, and they were all willing to do that just so I could satisfy my own ego. I know people enjoy doing it, but still, for someone who's not from the area, to think back a few years to when I moved here and I didn't know anyone... I was working in a shop, and I was just generally quite miserable.

To be here now though, and be a part of it, that's amazing. The first few months were tough. I was on a career break from the police - where there was always something happening and your mind was occupied all the time. I'm not knocking working in a shop, but if I had some work colleagues maybe...but I was just sat there, working on my own. I did think, "have I made a big mistake here?". But having Sarah here (WMRA Champion 2019, Sarah McCormack) helped; we met here a few months before I moved

here. If she hadn't been here I guess it would have been really miserable. We met at an inov-8 conference and I'd jumped at the chance to attend as it was another opportunity to come over to the Lakes for a visit.

We moved in with Sarah's grandfather, I got a job in Ambleside and we were really happy living in Windermere. As soon as we became settled, quite quickly it just felt like home, with lots of friends. The running here in the Lakes is great, there is hardly anywhere you can't go. It makes it very different to Ireland as that's a bit more remote, but it's more difficult to access as you're not really sure where you're allowed to go. I remember going home two years ago for Christmas, up in Connemara, over the West of Ireland. There are some great hills, but you have to ask "how on earth do we get up to them?", it's often across farmer's fields. The scenery and the ground are similar, but it's the access and the amount of people doing it over here - it's the community that makes it. If I say to anyone in Cumbria I'm a fell runner they'll know what I mean. If I said it to anyone in Ireland, they'd say "you can run up those things can you, I didn't know you were allowed on them?". It's just not the same understanding. There is however a strong community in Ireland of people getting involved, and it's getting more popular all the time.

I initially lived here for a year, then went home for about 10 months. I got an extended career break then moved back to the Lakes and have been here ever since. When I moved over to the Lakes the second time, that was late 2014. Steve Birkinshaw had just completed his Wainwright record in June. I was massively impressed, but could never conceive of doing it myself, it just seemed too long, but I did wanted to give the Lakeland 100 another good crack (and won it in 2015).



Left to right: Steve Birkinshaw and Paul before setting out on the first leg; Paul and his partner Sarah McCormack at a support point ©Andy Jackson



©Andy Jackson

I'd done a Bob Graham Round and I had no plans to do that again. Tor des Geants in Italy was in my head at that time, but I sort of wanted to fell race really, and just wanted to be able to turn up to a fell race at the weekend and just do it. I can never decide what I prefer: short fell races or really long stuff? I don't really have a preference so I'm always changing my mind; I'm not the most decisive so I didn't have too many plans mapped out at this stage. It was more what appealed to me at the time.

I was going to try the Wainwrights in 2018, but I got into Tor des Geants in Italy for the second time. I'm glad I got in because it really did help get the knowledge and experience to know how I would feel three days in with no sleep. To do the Wainwrights without that experience and knowledge would have been very hard. I came 21st in the Tor and it took four days. To have not done that and instead do the Wainwrights off only experiencing 24 hour races, that would have been really mentally hard. I'm pleased I waited another year. The Wainwrights had occurred to me before Tor des Geants, but there are issues with doing it, all the logistics were worrying me: it is big and would take a lot of planning, a lot of time and output. And I knew, however physically capable I was, I still might not be able to do it as the weather could be terrible or I might not be able to get enough help or whatever. Therefore, I didn't gravitate toward it initially. However, at the end of Tor des Geants, when I realised I was still able to move, I thought "maybe?", it's just conceivable that I could do the Wainwrights - so I went and met Steve Birkinshaw. Steve took me out for a run

and showed me all the maps, he gave me whatever advice I needed and was really generous. That gave me a bit of confidence to give it a go...and then I put it off for another year. It wasn't until January of this year that I decided to do it. I was thinking about it over Christmas last year, whether I would do it or do something different that's less dependent on navigation and stuff. I was going to try the Ireland Way, a 620-mile trail that runs up along the West of Ireland from Cork, but my partner Sarah and a friend of mine, Neil McKenzie, both said that there's more reason to do the Wainwrights. It's an established record, there's a history, it's known to more people and it will provide more motivation - rather than just go for a potter on the Ireland Way. It's a very soft record, and it just wasn't as motivating. I asked myself, "am I taking the easy way out doing the Ireland Way?". I'll commit and do the Wainwrights. I knew what I was doing then.

“Steve took me out for a run and showed me all the maps, he gave me whatever advice I needed”

Neil McKenzie used to come out and do sections of it with me. We'd look at the route and secretly tweak what Steve had done. We thought we came up with a few ideas, but tried them and they didn't work, so in the end the route was very similar to what Steve did - in fact it was practically the same, apart from a couple of little bits. That was one of the things that made it easier for me: the route had been tested, Steve had done it, so we knew it worked. Steve didn't have that luxury, he thought he had a really great route, but nobody had done it.

My job was easier, as I had that confidence in the route and a sort of blueprint to follow. I was able to look at the route and what he had done and say "maybe he could have done this and that better?", and "maybe he let his feet get messed up a bit too early?". Not to say that was his own choice, but it left him on the back foot a little. So, we had this knowledge from his experiences and we were then very careful about how to deal with and look after my feet.

I went to speak to Jane Saul, who helped Steve with all the logistics. She was great, and I asked Steve if I could speak to her to get her advice and what she might have done differently. She told me stuff like we needed way more food; there were times when they thought Steve would eat a certain thing but wanted something different instead. They had to send people off to find more food. There were also things like trying to contact people in the Duddon Valley, as there's no signal there; so it was being savvy about things like that. Some really useful advice. It also occurred to me, after speaking to her and watching Steve's film, that it probably wasn't a one-person job for road support. I had six people across the week to help with support. The workload was shared, and it meant that supporters got some sleep and had some time of their own. Sarah supported, as did Charmian Heaton and Tory Miller. Having lots of support meant that Charmian could go to London to see Fleetwood Mac on the Tuesday night.

Steve's experiences allowed me to fine-tune. I'm more than aware that I'm not the most talented runner, but mentally I can deal with stuff and I don't tend to get injured too often. What I needed was someone like Steve to have done it. This is not just my record, it's his to a point and he deserves some credit for what I did. I wouldn't have even been able to attempt it without him laying those foundations. Also, if he was trying for the record that was Joss Naylor's, that was seven days and one hour, he only needed to beat that, so he set himself a target of six and a half days. If Joss's record had been six and half days, then maybe Steve would have tried for six days and maybe he'd have done it? I'd like to think if I had to do it in six days, I think I could. It's easy saying it, but my point is there is still a bit of scope to improve on the record. As

an example, on the last night, at Rannerdale car park, I probably stayed there for three and a half hours, or something like that. If I had been an hour down on schedule, or an hour off the record I would have just kept going. Okay, maybe I would have been really tired and slower than I was on that last day, but there was scope to make time. Steve was the same: he stopped for about six hours on the last night. If he had had to, he would have probably just cracked on. I'd hate for people to forget what he did, as it was incredibly impressive.

Steve was totally honest, he wanted to help me and was very encouraging, but he still wanted to keep the record. He said that in an interview in the film about it (premiered at Kendal Mountain Festival 2019). He liked having the record for five years, but he was very gracious and gave all his support and wanted to help me. He did all he could to help. I know someone else will come along and break my record, I know this will happen, I don't want it to happen, I'd be happy if nobody breaks it, but equally I'm going to help someone if they want my help, if they ask for it, because that's the way it works. I've already started paying back those that helped me in any way I can, supporting on rounds and a Paddy Buckley only a couple of weeks after. I couldn't look at myself in the mirror if I didn't, especially after all the help I got.

Although I do hope the record lasts a while, I'm realistic enough to know that others are trying it next year. A few people have already said they're going to try it. There's a guy from this area, I don't actually know him and he's not from the general fell running community per se, but he does look like a very good athlete, he trains hard. I don't know his background, but he could very well be capable of doing it.

“...there are people saying “if he can do it, then I can do it”. I’m not the biggest name in fell running by a long way”

Someone tried it over the summer of 2019, this was unsupported. With all due respect he wasn't prepared, in fact he said that himself after it. He realised very quickly he was in over his head a bit.

Have I thrown down the gauntlet? Has it opened the door for others to challenge? I'm smart enough to know that there are people saying "if he can do it, then I can do it". I'm not the biggest name in fell running by a long way, and that will probably give some people the confidence to have a go at it, but at the same time, if you don't live in the area then it's a much bigger task. You need to spend time and understand the route, and have a lot of people willing to help. You don't need to be the fastest, just resistant to injury, robust and mentally aware of the scale of the task. There are loads of people capable, I could name four or five people that I know. If the right person tries it, I've no doubt they'll do it. The trouble is it's not the most appealing, it's a week long.

Someone like Ricky Lightfoot, I'm guessing it's not on his radar, but he's incredibly talented, but would he want to do that to his body when he's gifted and really fast? I wasn't going to lose speed as I don't have any speed to begin with. But for him, and others like him, it's risky as it will result in loss of race performance. It's only going to appeal to a certain type of person.

And there's also the preparation, that takes a lot of time. I did lots of long reces on the route. As it got closer I tried to combine two or three long runs in a week. They were all quite slow though. I was checking different lines and trying to make sure I got the optimal line. I got quite worried actually; I thought maybe I'm not ready to do it as we got back after doing a recce on one section, and it took the same time as Steve did on the actual attempt.

©Andy Jackson





Paul on the summit of Blencathra ©Grand Day Out Photography

“I got about two hours of sleep a night... your head feels swollen and it’s difficult just to get words out.”

Looking back, I think mostly it was because we were messing about trying to recce it in bad weather. I did lots of long stuff, but I also pulled the plug on racing as it got closer. I did Old County Tops about three or four weeks before it, but apart from that I maybe raced only something like four or five times during training.

To make training more challenging, I took a heavier pack out on the hill and tried to condition my legs that way. There are only so many long runs you can do, so I just thought it would add a bit to the training with some weight. I did some intense stuff too, not too much as I stayed on the side of caution as I wanted to go in fresh. My peak mileage never went crazy; in the build up the peak week was about 90 miles, but then there was also about 10,000 metres of vertical included. Most weeks I’d average about 70-75 miles with 6,000m of ascent. It was mostly about time on feet, mostly about 14 to 20 hours of running, not ridiculous mileage, but enough to be relatively prepared to do well. I did a few hill rep sessions too, maybe one or two per week, but most training runs were hilly runs anyway; there was no flat running involved. I did lots of training on the actual route.

From the end of December 2018 to April 2019 it was 70-80 miles per week with lots of climb - then in April I just got loads of hay fever; the pollen was really high. I don’t usually get hay fever, but I was absolutely wrecked. That continued on and off until the day before the attempt. Where we live there is really high grass at the back of the house that was cut the Sunday before I started. That sent my allergies through the roof. The night before the attempt I honestly thought I wanted to postpone it. I couldn’t sleep I was that bad; I had a headache, I was just struggling with everything. In hindsight, I probably wouldn’t have thought it was so bad if I didn’t have this hanging over me, but the fact that I knew how

much Steve suffered - and he was feeling good before it - made me think “if I feel like this, I’m not even going to get through day 1”. So, I had one hour of sleep the night before I started. I just lay in bed fretting and felt wrecked when I got up. Once I started moving though it went away and I felt fine after that, but it was really nerve-wracking, particularly as inov-8 were involved. I was just worried about making a fool of myself.

I was confident I could break the record, but my confidence was knocked due to the allergies. I knew it was weather dependent and needed the right conditions, but I thought I was similar in ability to Steve. If you look, we’re probably both a bit bigger as runners, if you look at similar races and times we’re certainly similar; well, him in 2014 was similar to me this year. I thought there’s not too much difference physically. I thought I had a good chance of doing it, but I also thought there’s a good chance of not breaking it and maybe I should just focus on finishing it? Maybe this should be the aim? If the record attempt at any point had gone out of the window, I would have still continued to the finish. It’s not the type of thing you can say “right, I’ll do it again in a month”. It’s not an option really as it takes so much organization.

On the route, I was feeling pretty good all the way around, until the Sunday evening, when the weather got bad. I thought we might have to get off the hill. I must have had ten people start with me on that leg; by the end of it there were only three of us. People had become too cold and wet and were struggling to keep up. So, we sort of split up and the rest of the group made their way down to Ambleside. That could have gone really badly, if the weather had been any worse or the navigation had been a little bit off, then we would have been out longer in the cold... it shook my confidence a bit, I realised that so much could go wrong.

Within a week I was back jogging, but it was very slow and it was just to get my legs moving above anything else. It was a good month before I felt like I was running normally again. I thought by the end of the summer I'd be back to something near normal, but I did Three Shires as my first race, this was about three months after. I waited long enough. I didn't feel brilliant during that race, I wasn't terrible but it wasn't right. I still have a few niggles in my knees, if I sit for any length of time they start to ache, the way they started to ache when I tried to sleep in the van on the attempt. When I stand up, it goes, but it's there as a reminder. I hope I'm recovered, or on the road to recovery, but it was a year before Steve Birkinshaw realised he was still recovering. I'm just trying to be sensible with the recovery.

<https://www.justgiving.com/fundraising/paul-tierneywainwrights214>



What's next? Well, I realise how much I put Sarah through doing this; she was brilliant, she was there all week and she did a massive amount of stuff in the lead up to it. She was really, really supportive, she was the one who was telling me to do this rather than the Ireland Way. There's only so much you can put someone through, she doesn't enjoy watching me basically smash myself. I need to give her a little bit of time to recover as well, and then maybe... although I am doing Cape Wrath Ultra next year and I have a few ideas of stuff that's a bit longer than the Wainwrights.

TROFEO VANONI RELAYS



TWINNING IN MORE WAYS THAN ONE

WORDS BEN MOUNSEY

There is no denying that over the last few years, there has been a huge increase in the popularity and growth of trail and mountain running. As more people continue to hit the trails, the future of our sport looks extremely promising. This steep surge in participation has also risen significantly within the UK and Ireland, with an increased representation of our athletes in European mountain races. These are exciting times to be a mountain runner and I'm very proud to consider myself part of this growing movement.

Now don't get me wrong, we're certainly not the first runners from the UK and Ireland to venture into Europe in search of new and exciting races. Early pioneers, such as Billy Burns, Martin Cox, Anne Buckley and Angela Mudge, have been doing it for years and have enjoyed a huge amount of success.

But this is different. Different because I'm not just talking about a handful of athletes, now we're more like an army, invading Europe and entering races en masse. Inspired by the achievements of others, our ranks are swelling in size. Leading the line are the famous names of Robbie Simpson and Victoria Wilkinson, newly-crowned World Cup winners Andy Douglas and Sarah McCormack, Skyrunning champion Holly Page and European champions and medal winners Jacob Adkin, Sarah Tunstall, Emmie Collinge and Emma Moran: the list goes on. British and Irish mountain runners are flocking to the continent to compete and we're giving our European counterparts a real run for their money. The lure? Aside from the prizes, the chance to run in truly amazing places, compete against some of the best athletes in the world and most importantly, enjoy new and exciting experiences. There are literally hundreds of races out there and thousands of trails and mountains just waiting to be explored.

Take the Trofeo Vanoni relay, in Northern Italy, as one such example. In 2006, only one woman and one men's team from the UK and Ireland entered the race. This year, a staggering total of ten women and nine men's teams competed. It's a huge contrast, but it's also easy to see why this particular race has become so popular.

THE HISTORY

Held annually in the town of Morbegno, the Trofeo Vanoni relay is one of my favourite events of the year. One of the things that makes this race so special is that Morbegno is twinned with Llanberis, in North Wales. This partnership between the two countries is particularly strong and has been for many years – they are both connected and bound by a love of mountain running. Each year,

the Italians send a strong representative team to compete in the Snowdon International, held annually in July. In response, the Snowdon race sends a team of athletes to compete at Trofeo Vanoni every October, which usually consists of the best-placed athletes in the Snowdon race from the UK and Ireland. It's a tradition that has been upheld for decades, a celebration of unity between the two towns. I find it incredibly refreshing to see this kind of friendship, with shared values and respect between two very different cultures, still existing and continuing to thrive in today's modern society. It's such a shame that things like this don't happen more often in the world.

THE RACE AND THE RECORDS

The Trofeo Vanoni relay consists of three individual legs over the same 4 mile circuit. The route runs along the historic town centre and the ancient paths that lead to the tiny village of Arzo. Unfortunately, the women compete in a stand-alone race, on a slightly shorter 3 mile course, much to their disappointment. Perhaps in the future it might also be possible for women to compete in a relay style event - I certainly hope so.

To run a fast time* at Trofeo Vanoni, you have to be a complete runner, fast on the flat, super-strong on the climb and a demon descender - confident on every type of terrain and willing to push yourself harder than ever before. There is no respite, no time to take your foot off the gas and certainly no time to enjoy the views. It's eyeballs out and full-gas race from start to finish. Formula 1 pace is the only way to take your place on the podium.

The fastest team record at Trofeo Vanoni is 1hr28'55", set by the famous Italian 'Foresta' team, in 2007. A staggering achievement, but when you learn that Marco Rinaldi, Emanuele Manzi and the great Marco De Gasperi were in the team, it's easy to understand why. I have to say, it will take an unbelievably talented trio of athletes to ever break this long-standing record.

Great Britain's Emmie Collinge is the current women's race record holder, setting a time of 21'13" in 2015. She is one of only a handful of elite women to ever run under 22 minutes.

The men's individual leg record is held by Italian superstar, Alex Baldaccini, in a jaw-dropping time of 28'21" in 2012. He has dominated this race as an athlete for many years, posting three of the four fastest ever times, all well under 30 minutes. My best ever time is 30'21" in 2015, which pales in comparison. How anyone is able to run 2 minutes faster on that course is beyond my imagination, my lungs are still burning four years later.

Photo: The start of the men's race ©Giacomo Meneghello

Throughout Trofeo Vanoni history, only three men from the UK and Ireland have ever managed to run sub-30 minutes on this course. It's probably no surprise to learn that GB's Kenny Stuart, arguably our greatest ever fell runner, has the fastest time of these three athletes. He completed the course in 29'15", in 1985, currently the 11th fastest ever time in 62 years of this famous relay. It's worth mentioning that Kenny also has the 14th fastest time, clocking 29'21", in 1984. Joining Kenny on the all-time greatest list are John Lenihan (Ireland), 29'35" in 1986, and Mark Kinch (GB), 29'41" in 1997. Both outstanding achievements and quite rightly earning their place in the history books.

Aside from the overall finishing times, there are also two other greatest 'all-time' lists, one for the fastest climb and the other for the fastest descent. This helps to make Trofeo Vanoni one of the most exciting and unique events on the mountain running calendar, because these challenges have incorporated two extra races within the main race.

Unsurprisingly, the overall course record holder, Alex Baldaccini, has the fastest time for the climb, clocking 19'30", in 2012. Only 45 men have posted times below 21 minutes for the climb, since split-time records were first recorded in 2005. Robbie Simpson and Andi Jones are the only two athletes from the UK and Ireland to have done this, clocking 20'09" in 2017 and 20'32" in 2006 respectively.

When it comes to the descent, English fell running legend, Ian Holmes, is the reigning king of the downhill. He has the overall descent record of 8'37" in 2007. Since 2005, only 29 men have dipped under the magical 9 minutes. Perhaps my biggest claim to fame is that I am the only other athlete from the UK and Ireland to make this prestigious list, 8'56" in 2015, 19th place on the all-time list.

Alongside these notable performances, our home countries have actually enjoyed far more success in the women's race. In fact we've celebrated six different individual winners since 1984. Diane Ellerton (GB) was our first female victor in 1985, with a time of 24'08", briefly holding the record for a year. Then along came GB's Carol Haigh (now Greenwood) in 1986, and set an outstanding record of 21'48", which lasted for 31 years, until it was finally broken by the talented Czech athlete Anna Pirchtova in 2007 and now more recently by Emmie Collinge in 2015. Other winners from the UK and Ireland include Susan Dilnot (GB), 23'32" in 1988, Tricia Calder (Scotland), 23'54", in 1990, Anne Buckley (GB), 24'18" in 1991 and Carol Haigh (again!), 23'21" in 1993.

THE MAGIC OF MORBEGNO

For me, this race is special in many ways. It's a truly unique event, both amazing to race as an athlete and extremely exciting to watch as a spectator.

There are a number of key locations from which the action can be seen. It's possible to watch the runners at various points on both the climb and descent, despite it being a circular route, and the lead usually changes several times during the race. It's also the biggest annual athletic event in Morbegno; the whole town becomes completely immersed in the action. The local athletic club, CSI Morbegno, host the event and they do an amazing job in accommodating all of the teams, making sure everyone involved feels extremely welcome. The race organiser Cristina Speciale deserves a special mention for her efforts, always working tirelessly before, during and after the event.

When race day finally arrives, the atmosphere is absolutely electric. Hundreds of people gather in the streets to spectate and cheer for their favourite athletes and teams. Imagine busy sections of a Tour de France climb and you're somewhere close. As a competitor, you cannot ignore the waves of excitement and huge surges of adrenaline coursing through your body. It's an amazing feeling and what I really love most about Trofeo Vanoni. The crowd roaring your name, urging you to go faster and the deafening screams of "Dai, dai, dai!!!" ringing loudly in your ears.

The race route has a real mix of everything, including a huge variation in terrain, from tarmac to mud, grass, tracks, cobbles and rocks. It's full of twists and turns, steep climbs, sharp and technical descents, fast running, big jumps and plenty of challenge, all of which leaves you feeling like you've just completed an assault course by the finish. The organisers have certainly managed to pack a lot of excitement into such a short race. One of the hardest decisions is actually deciding what kind of footwear to wear! Some people prefer to compete in road shoes, others wear trail and some even choose fell shoes for increased grip. In my opinion, it depends entirely on the weather and October in Northern Italy can be very unpredictable. I usually travel with three pairs of racing shoes just to be on the safe side.

Aside from race records and most importantly, Trofeo Vanoni is a race that brings people together; athletes of all ages, disciplines, abilities and nationalities. You don't have to be an Alex Baldaccini or an Emmie Collinge to take part. It's a celebration of mountain running, one of the last big events on the mountain running calendar - a chance to run as part of a team, experience the wonderful Italian culture, make new friends and race against some of the finest athletes in the world.

**“The crowd roaring
your name, urging
you to go faster
...deafening screams
of “Dai, dai, dai!!!”**

Anyone can compete and everyone can enjoy the spectacle, as both an athlete and/or a spectator. It represents everything that is good about the sport and in my opinion it's the perfect advertisement for mountain running.

THE 62nd TROFEO VANONI, 2019

This year, the UK and Ireland almost celebrated our first female winner since Collinge in 2015. Irish superstar, Sarah McCormack, was only 7 seconds behind winner Lucy Murugi in an inspired performance, both women within a whisker of the record. Murugi clocked a time of 21'16", McCormack 2nd in 21'23" and Elise Poncet of France, 3rd in 21'28". Only 12 seconds separated the top 3 women. Also making the top ten were Scout Adkin, Scotland, 8th in 23'04" and Kelli Roberts, Snowdon Race Team, 10th in 23'19". I think it's only a matter of time before we celebrate another female winner from the UK or Ireland, and based on this performance, I'd put good money on McCormack achieving this goal in 2020. Perhaps Emmie Collinge will make a return, in a bid to break her own record? Or maybe even Victoria Wilkinson, Sarah Tunstall or Heidi Davies? All of these talented athletes certainly have the potential to win this race.

As for the men's race, unsurprisingly, it was once again dominated by the Italians. Team Valle Brembana took the victory from a strong Valle Bergamasche, both teams stacked full of Italian national athletes, including the record holder Baldaccini, who formed part of the winning trio. France, the previous winners in 2017 and 2018, could only manage third place, despite an outstanding team performance. The Snowdon race team were the first trio to cross the line from the UK and Ireland. They finished in 6th place, with a team consisting of Joe Baxter, Michael Cayton & Zak Hanna. They were closely followed by team inov-8 UK, which included Jack Wood, Tom Adams and me, finishing in 9th position and putting the high standard of competition in perspective.

There were also a handful of other teams from Wales, Scotland and Ireland, who all performed strongly.

LOOKING TO THE FUTURE

Only one team from the UK or Ireland has ever won this prestigious trophy - the Snowdon race team consisting of Ian Holmes, Lloyd Taggart and Will Levett, in 2005. A few others have come close, but will we ever celebrate another winning team?

One positive to take from this year's race is that we had more teams entered in 2019 than ever before, and if our participation in European mountain races continues to rise, then who knows? It will be a huge task to overcome the sheer strength and dominance of the Italian and French teams. Perhaps a Scottish dream team combining the super-powers of Simpson, Adkin and Douglas could finally give the Italians a run for their money? Let's wait and see what next year's edition of Trofeo Vanoni will bring. You might even see your own name and team on the start list for 2020. One thing is for certain, I can guarantee there'll be plenty of entries from the UK and Ireland.

Visit the website www.trofeovanoni.it for all other information, including results and entry details.

* Sub-30 minutes is a time generally considered to be worthy of making the 'all-time' greatest list for this event.



Ben Mounsey at Trofeo Vanoni ©Maurizio Torri



LESLEY MALARKEY

RUNNING

70

©Grand Day Out Photography



It is an odd thing to turn 70. I remember being at the Stybarrow Dodd race, on a very snowy day in early February this year, where the male V70 prize winner got the biggest cheer of the day. We all agreed he'd done amazingly well because he was 70 after all, wasn't he? Then, I realised, I would be that old too in just a few weeks.

It was also odd as I'd been in denial about how old I'd become all through my 60s, though we all know that there is no hiding place from age in the fell running world. As it happened, I decided just to go full out and celebrate being 70 for a whole year. I wanted to do new things, have a range of trips out with friends and run whenever and wherever I wanted to, just because I still could. I wanted to have a special year and that is exactly what I have been doing.

There was quite a lot of chat with the Keswick ladies about what running challenges I might undertake and a lot of BG pressure. I realised though, that I didn't want just one big challenge, I wanted a range of challenges to last over the racing season and I wanted it to be something where I had a good chance of success. I make no apology for that. So, my favourite Lake District Classic races were an inevitable choice as no V70 lady had ever run them. I had done the complete set of classics 3 times in my 60s and never thought I would do them again. Was it too ambitious for a latecomer to running like me to set a record on all of them? I also planned to do a few other races that I particularly enjoy because, believe me, enjoyment is what it is all about at this point of my life. In some ways, it could be argued, this was an easy challenge: just stay fit, turn up, run round usually unopposed and set a record. But those of you who know those races will know that the race is you against the course, whoever else is there doesn't really matter; just the state of the weather, the conditions underfoot and, for slow runners like me, the cut-offs.

I came out of the winter feeling fit. I had a happy day filling up my running diary with races throughout the summer.

WORDS LESLEY MALARKEY
PICTURES STEPHEN WILSON

April 6th Coledale Horseshoe: a gentle start and a wonderful run.
First record set. Great!

April 10th Loughrigg: Club champs race.

April 17th Grisedale Grind: love this one.

April 20th Teenager With Altitude: it was HOT! It is a long way so early in the season. I ran really well until High Spy. I just had to run back but what had happened to my energy levels? I slowed to a crawl. I made it but had to sit in the river for a long time before I could bike home.

May 1st Lord's Seat: I don't like this but it pairs up with the Grind!

May 4th Coniston: Another beautiful day and another satisfying run.

May 18th Fairfield: Poor route choice on the descent but another V70 win.

June 1st Duddon: Now it really starts. The cloud was very low, surely it would lift? Thank goodness I know the route reasonably well. It's a long run out but once over Harter Fell things get better, but not the weather. I was lucky, I stuck to what I knew and, with a few minor deviations, made it round safely. A V70 record set on classic number 1.

June 8th Ennerdale: Disaster struck! The day before the race I was totally unable to stand and had to see the doctor, definitely no running. End of that plan then!

June 15th Great Lakes: I am still definitely unwell but I'd discovered that if I stayed vertical and was out in the open I was reasonable. The Keswick girls advised against running: 'You look terrible' they said kindly. 'The weather is very poor' they said. I thought I'd give myself to Esk Hause. I felt fine after about a mile or so and just kept running. The sun finally came out as we headed behind the Crinkles and I was only a bit behind Wendy (Dodds). The best race result of the season. My time was within a minute of the best I've done on that course so I was absolutely delighted.

June 22nd Buttermere Skyline: Another week, another race and this one always a challenge in terms of length. Such a long run out but this time I'm not last to the fell and all goes well. Buttermere Moss a complete pain as always but after that it's just great: pushing yourself up and over yet another summit, a sprint down off Melbreak and then a wearisome run in. But another done!

June 29th Wainwright Day: A break from racing and I took part in the KAC Wainwright Day, when we put a runner on every Wainwright summit. I chose to go alone over Grey Knotts, Brandreth, Base

“Others cautiously went down the path as I shot down the grassy bank”

Brown, Allen Craggs, Rosthwaite Fell. Glorious sunny running with stops for dips. Don't get obsessed with racing, remember the sheer joy of it!

July 7th Skiddaw: A short race and I'm tired from dancing all night at Carl and Jenn's wedding, but another record set.

July 13th Wasdale: Always a hard one as the cut-offs are relatively tight. I was optimistic in my customary way but by no means certain that I could make them. By Pillar I'm on 5 minutes to spare, on and on round the back of Kirk Fell. Joss's words 'Stay strong for Gable lassie' go round and round in my head. There it is, looming above me. Never mind the others following the path, straight up over the grass, scramble over the scree, clamber over the rocks, push hard to the summit. Just in time! Hurry down trying not to fall, sit briefly in a small tarn and eat a honey sandwich. Then walk/run the familiar line to Scafell Pike and the wonderful descent into Wasdale. The other girls are waiting to see me in. I'd done it! The first lady over 70 to do it in 47 years. I was so proud!

July 20th Honisterfest: A break from serious racing! A new race going up and down Dale Head, through Honister mine, out on to Fleetwith Pike, over to Grey Knotts and back to Honister. Most people were not serious runners and didn't quite realise what they had entered, though it had been made very clear. I was 3rd lady and given a royal reception!

July 28th Kentmere: Again not a favourite with that long rubbly run out and endless lanes at the finish but fun in the middle, swooping over summits into the slippery dash of a descent.

August 3rd: Borrowdale, not a classic this year, but my local race. I was slow but all went well. I even got down the Scafell scree without falling over. By now I noticed my body was getting tired. Not surprising you might say!

August 18th Sedbergh Hills: It was VERY windy. This race has a lot of running in it and, again, cut-offs are a bit tight and heavily promoted. So, I just go in my usual way: as hard as I can. I slip through the checkpoints and turn for home. A never-ending slow uphill and straight into the gale. I enjoyed the wonderful grassy final descent and was rushed into the presentation as the first ever V70 lady!

August 24th: I'm resting so just did Arncliffe Crag.

September 7th Grisedale Horseshoe: I love this race with its ridiculous finish and enough route choice to make it fun.

September 15th Dale Head: Still need to rest so just doing a small one. Fell over towards the end so I made a spectacular finish covered in blood.

September 21st Three Shires: In spite of the long run out, this is a super race. Beautiful day. Win V60 and V70 so very pleased!

September 22nd Ilam: Not brilliant but I was there.

September 29th The Four Passes: I rarely do 'organised' events but this took my fancy, Borrowdale to Wasdale to Ennerdale to Buttermere and back. It's advertised as a trail race but it suits fell runners more, as was soon obvious. No stopping for cake and sandwiches at Wasdale, just the glory of Black Sail pass where fell running skills come in very useful. Others cautiously went down the path as I shot down the grassy bank. I finished 7th lady! That surprised the organisers. How old did I say I was?

October 12th Langdale Horseshoe: Always the 'end' of the season and the last classic. This year so wet, so slippery, so many people! My usual strong section up Stickle Ghyll was bottlenecked. It's a very rough course and the concentration level needed is so high that I didn't mind being a bit slow. I just pushed on as hard as I could whilst staying safe, watched in disbelief at the people going down the bad step as I whipped round the side and was delighted to get back, first V70 and second V60.

©Grand Day Out Photography



So, it's nearly all over, my season of being 70. Lots of records set and I did manage 6 of the 7 classics, just not the right six to win the coveted classic mug this time! And I have learned that it is not about the time but about where I come. I am always nearly last on to the fell but rarely so far back at the finish. And if I, as the oldest there, am not last, I am very pleased with that. I always remember that I never could run. I started fell running at 38 after having my children and did my first fell race at 62. It's all just been such fun and with such great people. But, best of all is that you don't feel 70, you just feel like a runner.

THE COVER STORY

WORDS STEVE CHILTON

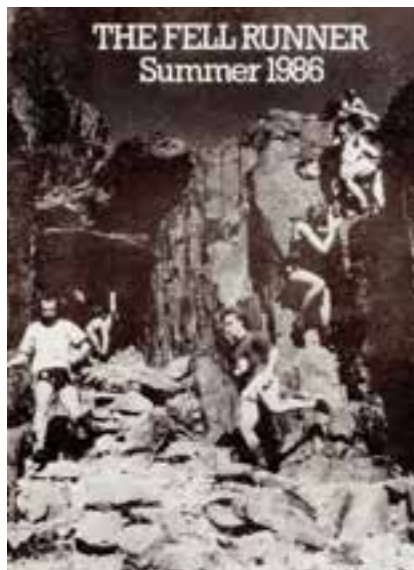
Is there a cachet to having appeared on the front cover of the *Fellrunner*? Do fell runners even think that way? I certainly have friends who think that to make the front cover of *Athletics Weekly* is an achievement to cherish.

I got to thinking about this in a fairly roundabout way. Sourcing photos for my fourth fell running book gave me cause to consider who were the photographers that might be able to help me in my quest. This led to a casual thought as to which of those might have had the most photos on the cover of the sport's magazine over the years. As we come to celebrating 50 years of the FRA I decided to find out. An Excel spreadsheet loaded, my own copies of the magazine on the floor around me and the FRA website fired up for the online copies and away I went.

This soon developed into thinking about how the cover style had developed over time, and as I started looking through the old copies I thought why not also see who has been on the cover, and what sort of range of races has been represented.

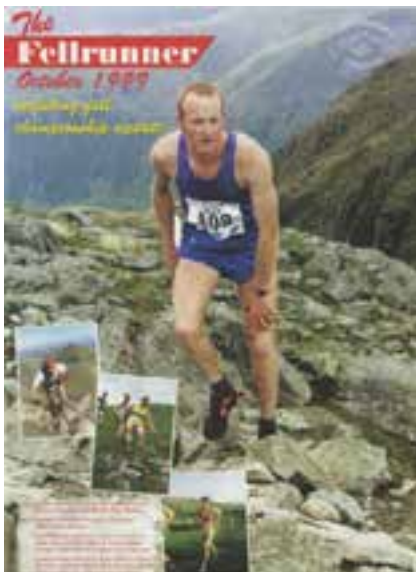
Some interesting data began to emerge. The first photographer to have a second photo on the cover was Tommy Orr; the first event to be shown

twice was Ennerdale; the first athlete to appear for second time was Mike Short; and the first female to feature was Carol Walkington (but not until January 1986). Posting this data on the Fell Runners UK Facebook page produced a modicum of interest and some good responses, so I carried on and analysed all 125 editions of the magazine.



But first, a look at the development of the cover. The first FRA magazine was just a typescript effort, with no specific cover. In it were listed the first 117 members for the FRA – all men. The second issue (Spring 1972) had a black and white drawing of three fell runners, which was uncredited. The third issue (Autumn 1972) had the same image and inside listed more members, with number 235 seeming to be the first female member (some names were listed with just their initials). The same runners appeared on the next issue and the first photo, a black and white one of Jeff Norman, appeared on the cover of the 1974 issue. By Spring 1976 the photos were getting more adventurous, with a cover shot that looks like it was taken way up the higher fells. Spring 1978 had the first woman on the cover, Ros Coates.

For the January 1980 issue the quality of printing had improved, giving better tones to the photos. In January 1981 a double photo was used for the first time, and this technique was used quite a few times in the 1980s. Some of the covers that I have particularly liked are used to illustrate this article. One such was one of the Black Lane Ends race, which was recently used as part of the publicity for that race's re-launch. The next issue (Summer 1986) had another early favourite, the Bad Step on the Langdale race route. Spring 1987 was the first of the A4-sized magazines, which was a major change from the previous A5 size. From this time on there was usually a full-size photo on the back cover too. The Summer 1987 issue had a great black and white one of Billy Bland on Whiteless Pike in the Buttermere Sailbeck race.



October 1991 had the first colour cover, showing two great photos of Zermatt and Ben Nevis. But it was not always in colour: a rough check seems to show that there was colour if there was an advert on the back cover. Perhaps the colour printing was offset by the revenue from the advert? A sort of sponsorship? By October 1995 it was normally in colour for every issue. It was nice to see that the October 1996 cover had a picture of three young athletes on it, the first time YAs had been specifically shown. A shame they weren't named though. From this period multiple pics was the norm, with the consequence that many people suddenly made the cover. But in October 1999 it had all got a bit too busy. The central picture of Gavin Bland would have stood on its own as a fabulous cover, and in my opinion the other images got in the way.

stark Foot and Mouth disease cover of June 2001. There was later an amazing image of Sharon Taylor taking a fall (I hope she was asked for approval for that one!), and two issues later a good montage of young and old (Alan Heaton and Danielle Walker), for October 2003. For June 2006 there was a single landscape image for the one and only time, and for the next issue an excellent image that included Blue Haywood – whatever happened to her?

A couple of things struck me as I reviewed the noughties. Two former covers were featured to celebrate 30 years, and then there was the

The covers then carried on showing some terrific images, highlighting both the famous and the not-so-famous, and also wildlife (in the bizarre Autumn 2015 sheep cover). I'd love to know the story behind that one – desperate for photos, favour for a mate, or just a perverse thought from the Editor? It was also good to see black and white being used to good effect, particularly for Autumn 2012, and in the stunning Summer 2018 image of 64 different fell runners.



So, here are some numbers from my analysis: on photographers, athletes, races. Bear in mind that there have sometimes been multiple photos on the cover, therefore photographer/athlete/race numbers will have been affected by that (i.e. there are more than 125 entries in all three columns of the spreadsheet).

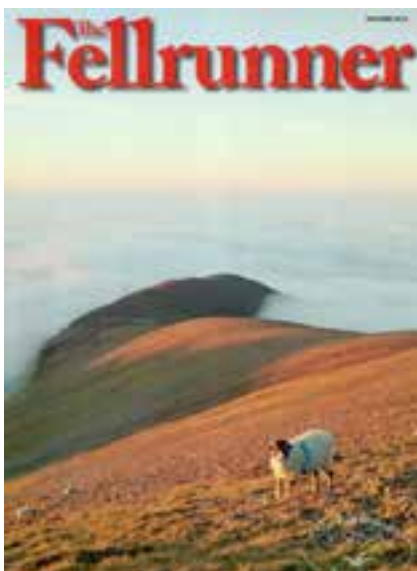
Photographers (2 or more): Pete Hartley 47, Steve Bateson 15, Dave Woodhead 9, Andy Holden 5, Tommy Orr 3, Allan Greenwood 3, Steve Harling 3, Gil Horsley 2, Neil Shuttleworth 2, John Offley 2, Dave Brett 2, Fellephant 2.

Athletes (2 or more): All at 3 times – Mike Short, Joss Naylor, Pete Irwin, Ian Holmes, Simon Bailey, Vicky Wilkinson, Rob Jebb. All at 2 times – Billy Bland, Pete Bland, Colin Donnelly, Andy Peace.

Races (3 or more): Three Peaks 9, Anniversary Waltz 6, Langdale 5, Wasdale 4, Wansfell 4, Coniston 4, Auld Lang Syne 4. All at 3 times – Ennerdale, Black Lane Ends, Grisedale, Buttermere Sailbeck, Hodgson Relay, Winberry Naze, Borrowdale.

A couple of comments on all three datasets above:

Photographers – a surprisingly high number of occurrences of one photographer. Acknowledging that Pete Hartley was great at his job, was he just more regularly submitting photos than others, or is that a reflection on his ability to be in the right place and to frame winning pictures?



Athletes – who has been on, who hasn't? It is good that there is a large range of athletes there (with many more on just once). Whilst those listed above are a fair selection of the best fell runners, there are some surprising omissions. For instance, of the males who have won the British Champs over the years there are eighteen who have never appeared on the cover – including Kenny Stuart, John Wild and the current champion. Whilst not wishing to get into gender politics there have certainly been disproportionately few women featured, with only Victoria Wilkinson appearing more than once. Leading athletes like Nicky Spinks and Pauline Stuart are just two who have not featured. There is also a similarly poor showing of young athletes, which is a shame. One of my initial reactions was that it is not often a performance-related picture that makes it onto the front cover. In Athletics Weekly, say, which admittedly has 52 covers per annum compared to 3 per annum for Fellrunner, the winner of a big event automatically is front cover material. Fellrunner is way more random in what makes it to the cover - which has its own charm.

Races – there seems to be something of a Lakes bias. I checked 'Lakeland Classics'. Of the seven Trophy races, five are listed above, and the other two have appeared twice each. Interestingly, two races I would consider to have classic status – Ben Nevis and Snowdon – have only featured once each. More surprisingly, the following races, that all started before 1980, are all among those not represented in cover photos: Rivington Pike, Burnsall, Skiddaw, Carnethy, Kentmere, and Dale Head. It is possible to speculate on why some are chosen, and some not – are some more natural, beautiful for photographing? I can't read the mind of the choosers, whom I presume have normally been the editors.

As I started the analysis, I posted a straw poll on Facebook, for a bit of fun, asking: "Is it a big deal to have appeared on the front cover of 'The Fellrunner' magazine?". To date the response rate has been 263 Yes to 32 No (roughly 8 to 1 - or 89% saying Yes), with quite a few interesting comments. One I particularly liked was, "A sprint finish with Emelie Forsberg at the 3 Peaks got me on the front cover. She must've been having an off day." (from Craig Stansfield).

Two comments were from/about top runners. Danny Hope posted, "Not sure it is a big deal, but it is quite cool. I'd been doing fell races for over 30 years before I got one, it was a nice thing to show my kids." Graham Breeze confirmed that the cover is quite clearly the prerogative of the Editor, and added this anecdote: "When I wrote

my Profile of Ian Holmes (the best fell runner of his era by far) he commented that he had never had a Fellrunner cover. He got one later, but had to wait a while."

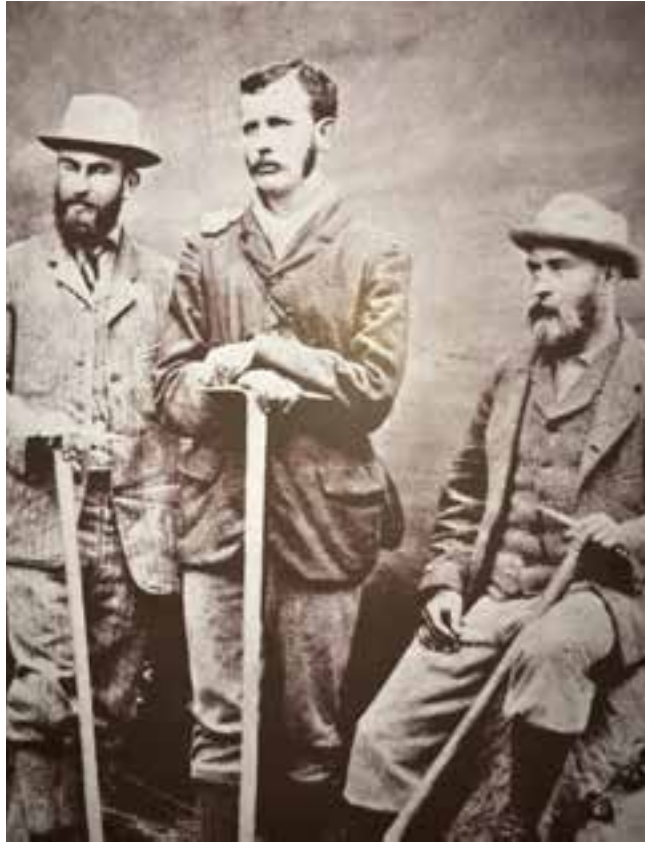
As I know the current Editor it seemed a good idea to ask his thoughts. He kindly came back with:

"We really look for something that showcases runners in the landscape. We want to see runners in action, but within the majesty of the fells to balance out amazing views and spectacular places, with runners as part of the landscape. We're not interested in close up shots that could be taken anywhere, we want to frame runners in context and what makes this sport unique and special. For some issues we will go with something different, such as Kelli for the last issue; this was very much an issue themed around the Champs. Also, in the next issue, we intend to feature Paul Tierney from his Wainwright's round as we will be featuring an interview with him, so we will often try to mix a big name as a cover star for each issue. However, mostly we struggle to get good cover images. Most images we receive are shot on an iPhone and the resolution is too low to publish as a cover as we need 300dpi. We also receive lots of good race images, but these are often close-ups and we look for a more panoramic double page spread now we cover the front and back covers."

That image from the last issue nicely makes Paul's point.

To answer my original questions: there does seem to be a cachet, and many fell runners DO think that way. So, in conclusion, to give yourself the best chance: be male, get yourself fit, choose the right races, and make sure there is a sound photographer there who likes to submit spectacular photos that showcase this brilliant sport. And photographers – get out there with your camera and frame some runners in their natural habitat.

Steve Chilton's fourth book on fell running will be published in 2020, and he blogs regularly at: <https://itsahill.wordpress.com/>



PIONEERS: THE MEN WHO FORGED THE LAKE DISTRICT 24-HOUR FELL RECORD

“**T**he aim of these walks is to ascend the greatest possible number of peaks above 2,000 feet, and to return to the starting point within 24 hours.”
- so wrote Arthur W. Wakefield.

While he did not know it then, Wakefield had codified the Lake District 24-Hour Fell Record. He was perfectly entitled to do so: he was the record holder.

Wakefield would go on to serve in the First World War and then act as medical officer on the 1922 Mount Everest expedition. But his role in Lakeland's classic record was cemented in 1905 when he bagged 22 summits in 22 hours and 7 minutes.

While this marked the start of the 20th-century charge to Mark Hartell's incredible 77 peaks, the story began well before Wakefield trotted out from Keswick. This article tells that tale. It is a brief and selective summary, drawing from a broader research project on the history of the record (please contact peterwmcdonald@gmail.com for further information).

WORDS PETER MCDONALD

FEATS OF PEDESTRIANISM

The earliest evidence I can source of a walk specifically and solely undertaken to demonstrate pure endurance is from 1832. In the summer of that year, Harrison Walker and Joseph Clark, both Keswick residents, took it upon themselves to summit Skiddaw, Helvellyn and Scafell. Ascending the three highest peaks in Lakeland (excluding Scafell Pike) was remarked by the Carlisle Journal as a “most arduous task”. Indeed, we might go further and call this the inaugural Lake District 24-Hour Fell Record – three mountains, around 46 miles and 12,500 feet of ascent in 18 hours.

I am sure important walks occurred over the next 30 years. However, sources run dry until 1864, when the Reverend Julius Marshall Elliott completed a round of 9 peaks from Wasdale. Heading anti-clockwise, he started with Scafell and ended with Stirrup Crag on Yewbarrow.

In terms of peaks gained, the walk would not be surpassed until the 1890s, and this is surely why Elliott’s round is commonly referenced as the ‘first’ Fell Record. But this raises the question: how should a record be measured?

We would all agree that a round of Skiddaw and Scafell is a harder enterprise than the Fairfield Horseshoe, despite the latter involving four times the summits. Since the Victorians fully appreciated this, I suspect Elliott’s round would not have been considered sensational. The contemporary commentary suggests the prized metrics were distance and ascent – on these measures, Elliott only registered 16 miles and 8,250 feet of ascent.

To be fair to the Reverend, he probably never intended to set a record, much less seek recognition for it. His sights were set instead on new Alpine climbs. Tragically, it was the pursuit of this end which would cause his death only six years later.

PUSHING THE ENVELOPE

In 1865, three Langdale locals set out from the Dungeon Ghyll Hotel at 3am. Between then and 7.30pm, they took in 3 peaks and just as many inns: Lodore Hotel after Scafell, the King’s Head after Skiddaw and the Red Lion after Helvellyn. Either because or in spite of this civilised schedule, they improved on the time set by Walker and Clark in 1832. For the first time, verification was provided by ‘proof notes’ left on the top of each summit, asking their finders to return them by post to the hotel.

In 1871, Henry Irwin Jenkinson took it to six mountains, bringing Great Gable, Bowfell and Blencathra into the round. Jenkinson was the Wainwright of his day, authoring a tirelessly researched



Photos: Lake District 24 Hour Fell Record “Trophy” ©Peter McDonald;

Previous page - a portrait of the Pilkingtons in the 1870s.

Lakeland guidebook. In 1887, decades before the Kinder Scout protest, he led a 2,000-strong crowd on an organised trespass of Latrigg in pursuit of open access. We should all doff our caps to his memorial in Fitz Park as we start leg 1 of the Bob Graham Round: without the bridleway, we’d be tramping up Carl Side to Skiddaw.

Jenkinson’s attempt went seriously awry after Scafell Pike, when his companion decided to retire after they became lost in mist at Esk Hause for three(!) hours. Thus abandoned, Jenkinson miraculously came across two shepherds who agreed to guide him to Bowfell “for a liberal pecuniary consideration”. Over the remainder of the round he lay down for sleep on two separate occasions. In a statement revealing the norms of the day, newspapers emphasised “the whole of [his] remarkable journey... was accomplished without the use of wine or spirits.” For all of these reasons, we can perhaps forgive him for coming in just over 24 hours.

“ the whole of [his] remarkable journey... was accomplished without the use of wine or spirits ”



The memorial to Henry Irwin Jenkinson, the 'Wainwright of his day', who took the round to six mountains in 1871 ©Peter McDonald

RACING OVER THE FELLS

Meanwhile, the Lakeland mountain-climbing scene was flourishing and many of its luminaries sought to test themselves on rounds as well as crags.

John Wilson Robinson was one such man. As a Wasdale climber, he would have known of Elliott's round, but his stated target was Jenkinson's, confirming that distance and ascent mattered more than peaks. Despite modestly assessing that "I am slow and should never dream of cutting or attempting a record," he felt his intimate knowledge of the Scafell massif might gain him an advantage over his predecessors. Come the day, conditions were prematurely wintry, with ice on Broad Stand, and snow meant Skiddaw could not be included.

By this time, questions were arising over what was appropriate to do on the fells. Robinson himself had looked down on those seeking to "bag fells" and many contenders came close to apologising for what they had achieved. This theme endured until at least the 1920s, with the Fell and Rock Climbing Club refusing to police "racing over the fells". Indeed Eustace Thomas – a future record holder – was to question whether the term 'Fell Record' should be dropped entirely, so as to avoid undesirable controversy.

THE END OF THE GOLDEN AGE

Nevertheless, the entwining of the Lakeland climbing world and the Fell Record continued with the Broadrick family.

Of particular note was Richard W. Broadrick's 'Four Fells Record' – comprising Skiddaw, Helvellyn, Bowfell and Scafell Pike. It was inaugurated in the 1870s, when the first proper record was set by four brothers from the Tucker family. Come 1899, Broadrick was able to complete the round in 15 hours and 26 minutes.

Accounts from the time suggest the Four Fells was just as notable a feat as the 24-Hour Record. Indeed, one trio of contenders was "enthusiastically welcomed by a large crowd" on their triumphant return. But it is now a long-forgotten endeavour. While an imperfect comparison, Joss Naylor's Lake District 3,000s time of 8 hours 20 minutes gives a sense of what might be achieved by today's top fellrunners.



Broadrick's memorial cross, chiselled at the base of Scafell Pinnacle ©Paul Sharkey

Broadrick undertook a solo round and later complained his contemporaries dismissed his accounts as “euphemistically termed exaggerations”. Accordingly, he sought out an associate for his next exploit; he found one in Cecil Dawson, the celebrated ‘bog-trotter’ from Manchester.

In 1901, Broadrick and Dawson embarked despite having never set eyes on each other until the actual day of the attempt. The pair had a good outing; indeed, Dawson could be said to have completed a proto-Frog Graham Round, as he bathed in a number of tarns during the walk.

Based on effort rather than peaks, it was certainly a record. But this was no happy ending. Dawson would go on to beat Wakefield’s record in 1916, only for the community to disown it, perhaps because it was set while the incumbent was serving in the trenches. At least he survived. Broadrick’s future was more tragic by far: two years later, he and three other men died while climbing on Scafell Pinnacle. It was an epoch-ending accident, which marked the close of the golden age of climbing.

CARLISLE YOUNG MEN’S CYCLING CLUB

The final pre-Wakefield chapter is dedicated to four working men from Carlisle – Westmorland, Beatty, Strong and Johnston. Keen to prove cycling does not “incapacitate its notaries for pedestrian exercises”, their stated ambition was to prove previous feats were “not in fact such...impressive record[s] at all.”

Out of sheer route preference rather than an explicit desire to bag peaks, their first walk was the first to traverse the full

Helvellyn ridge. In doing so, they set themselves up for a new peaks record. However, we cannot honourably document it so, since they stopped prematurely in Keswick rather than returning to their starting point of Seathwaite. This curious decision was taken because “they determined to take that bit of the journey for granted.” To be clear: when it comes to the Fell Record, this is as far from cricket as it gets. That said, I am sure many of us have grappled with the specious fell-logic of ‘I could, ergo, I need not’.

Following various attempts with different permutations of the four men, the ultimate outcome was a record for Johnston in 1903, completing Broadrick and Dawson’s ten peaks nearly ninety minutes faster.

THE NEW ERA

The turn of the century had marked the end of the amateur. By this point, attempts on the record required a professionalism which is evident in so many of today’s endurance runs. Wakefield took all of these elements – rotating pacers, specific training, a five-week taper, tested nutrition, lightweight gear, a detailed schedule and countless reccies – to culminate in his 1905 record.

Between then and now, the history of the record is littered with great names such as Thomas, Graham, Heaton, Beard, Naylor, McDermott and Hartell. With the kind permission of the editor, a future Fellrunner may pick up the story.

Further detail is available at: www.anewfoundcompendium.com/winterfellrunner

SUMMARY OF NOTABLE ENDEAVOURS

NAME	YEAR	TIME	DISTANCE (MI)	ELEVATION (FT)	PEAKS
Walker & Clark	1832	18h	46	12,500	3
Elliott	1864	8h 30m	16	8,250	9
Langdale three	1865	17h 30m	47	12,750	3
Watson	1870	18h 40m	43	11,500	4
Jenkinson	1871	24h 55m	47	14,000	6
Pilkington (Edward)	1871	21h 10m	48	15,250	7
Robinson	1893	23h 25m	48	13,750	6
Carlisle four	1898	19h 35m	40	15,500	15
Broadrick & Dawson	1901	23h 30m	56	18,000	10
Johnston	1903	22h 7m	56	18,000	10
Wakefield	1905	22h 7m	61	22,250	22
Graham	1932	23h 39m	66	27,000	42
Hartell	1997	23h 47m	92	40,000	77



The view from Win Hill ©Stuart Walker

THE JAMES LOWE PEAK DISTRICT ROUND

WORDS STUART WALKER

Wedged (or nestled, if you prefer) between Manchester and Sheffield, the Peak District is home to some fantastic running. There are races of great history like the Kinder Beer Barrel race and Edale Skyline, and everything from short fast races like Longshaw Sheepdog trials to long distance challenges like the High Peak Marathon. But there's no 24 hour challenge in the mould of the Bob Graham, Paddy Buckley or Charlie Ramsay round. I think there should be.

There are some brilliant "shorter" rounds like the 15 Trigs (a wonderful 50 mile loop taking in the 15 trig points from the 1985 KIMM map) or the Kinder Dozen (a brutal 12 ascent zigzag around the Kinder Plateau), and over the years members of Dark Peak Fell Runners have tried to modify, combine or extend these to produce the fourth Big Round.

A bit like Goldilocks, we've tried various things, each of which is a story in itself... We combined the 15 Trigs with the lesser-known White Peak 11, but that was too trespassy. We tried

contorting the highest 28 hills in the Peak into a round (for my 28th birthday), but there was too much tarmac. But then, when we were about to give up, James Lowe had a new idea. A new round, which included the 15 trigs but in a revised order, and interspersed with another 10 trigs, all within the boundary of the Peak District National Park. James promised lovely running, amazing views and very little tarmac.

It sounded great, so at the end of July I gave it a go. It really is a fantastic route, showing off the best of the Peak. It's tough: There's about half as much climb as a BG (4200m or so) but it's significantly further (150km as opposed to 100km). It's easy to get to and you could even start from Tintwistle if you are of a more westerly persuasion. In sections it offers great BG training, and as a whole I reckon it's an alternative of equal challenge. For those interested in having a go, here's a quick rundown of the delights you will find along the way, interspersed with a few memories from my inaugural round.

LEG 1: SPORTSMAN INN TO FIDDLERS GREEN

31km - 4hrs 30mins

The round starts from the Dark Peak club hut at the Sportsman Inn on the Western edge of Sheffield. Easy parking in the car park behind. Get that pint pre-ordered for this time tomorrow. From here, head out along the lovely Wyming Brook till you reach the Snake Road. Across and up the hill to the first trig at Rod Moor (SK 262884), then through Crawshaw farm to Emlin trig (SK 239933). I tried to avoid passing close to the farm so I didn't wake the dogs, but ended up spending half an hour in Royd's Clough, so don't do that. From Emlin Head to Cartledge Rocks at SK 208928 for the out-and-back to Back Tor, then you're in the Peak proper over Margery Hill, Outer Edge, and down to the first road crossing at Fiddlers Green (on the Woodhead Pass A628 at SE 155000).

LEG 2: FIDDLERS GREEN TO HOLME MOSS

13km (2 hrs)

Leg 2 is shorter but heavy going. A particularly nasty species of tussocks were released here in the 1920s and have a reputation for taking delight in stealing the ankles and crushing the spirits of runners trying to pass through. From the Fiddlers Green crossing the climb to South Nab is easy. From there I turned west and made my way over to Dead Edge End (SE 124017). It could be nicer to go via the bridleway to Upper Grip Hill then contour round, but there may not actually be a path. From here to Holme Moss go NE then north to Snailsden Pike at SE 132033, then west for 5km or so to the next road crossing at SE 097038. I didn't have road support and depending how you and yours feel about each other you might choose to go straight through, but the next leg is close to four hours.

LEG 3: HOLME MOSS TO TINTWISTLE

23km (3hrs 45mins)

From Holme Moss to Black Hill is a pathless but less tussocky section than the previous one. At Black Hill you join the Pennine Way for some lovely running all the way down to Laddow Rocks. The path is good and you can stretch out (relatively!) here and make good time. Turn west and head for the next trig, Featherbed Moss at SE 046011, then north west to head for Alphin Pike (SE 003028). You're now on the descent to the turn-around point, and if you are without road support, the chance to stock up at the carnival of delight that is Tintwistle Post Office. However, the first half of the round has a sting in its tail!

From Alphin Pike descend and skirt Buckton Vale Quarry by the current route, then head around the edge of the conurbation to Walkerwood Reservoir. Here begins the stiff but enjoyable climb up Wild Bank. I had never visited this hill before and initially intended to follow a direct route, but when this was not possible I contour-climbed up the western side then joined the path to the summit at SJ 988980. Drop off to the south and head towards Hollingworth, then around Arnfield and into Tintwistle.

LEG 4: TINTWISTLE TO ALPORT BRIDGE

23km (4 hrs)

I left Tintwistle Post Office in good spirits, my water bottles filled and my pack bulging with Coke, Double Deckers and Vimto bars. Tintwistle is a little less than half way (approximately 66 of 145km), but it's close enough to make a good point to split the route if you chose to do it as two halves. From here comes the only road section of the round, about 5km around Padfield and Old Glossop to the bottom of Cock Hill. I was feeling a bit shattered so took the opportunity to walk and refuel. If you haven't tried Vimto bars, I can highly recommend them!

After the brief return to civilisation (or what passes for it over there) you will be keen to return to the wilds, and this section doesn't disappoint. After climbing to Cock Hill trig (SK 059962) then on up to the top 50m or so above, turn south east, between Dowstone Clough and Bleaklow Head, then south to Higher Shelf Stones (SK 088948). The next section takes you along the top of the ever-impressive Alport Dale Trig (SK 118932) and is my favourite part of the route. I found the tussocks tough again, but I am always delighted to be in Alport. After Alport Dale and Castles, pass through Alport Farm and head out to the road for the next road crossing at Alport Bridge (SK 141895).



Alport Castle ©Stuart Walker



LEG 5: ALPORT BRIDGE TO MAM TOR

30km (5hrs 30mins)

A large part of this leg skirts the Kinder plateau, so I was back in familiar territory, but to get to it from Alport Bridge is never easy. I opted for the direct climb from Upper Ashop farm (as anyone who has done the Kinder Dozen will remember), but it would be preferable to bear left to pass Madwoman's Stones rather than to cut up to Blackden trig at the last minute as I did. From Blackden you're back on good running around the edge path to the Sandy Heys trig, then out and back to Harry Hut. It's a bit of a drag but the view down towards the twinkling lights of Manchester is worth it (if it's a twinkly-light time of day). Once back on the edge, I stopped at Kinder Downfall for yet another water refill then continued south to Kinderlow at SK 078870 then finally said goodbye to Kinder via Brown Knoll (SK 083850). From here to the final road crossing at the Mam Tor car park is another opportunity for some faster running if there's anything left in your legs. The first 2km are flagstones, which I'm sure you have your own feelings on, but after that the run up and over Rushup Edge is lovely. From here you can begin to dream of home and that pint at the Sportsman. The climb over Lord's Seat is gentle with a great view back across to Kinder, and before you know it you'll be in the Mam Tor car park.

LEG 6: MAM TOR CAR PARK TO SPORTSMAN INN

30km (4hrs)

Leaving the car park I was flagging but, for the first time in my round, cool thanks to a short sharp downpour on the final descent. This had wonderful rejuvenating properties and by the top of Mam Tor I felt reasonable again. Time was looking tight for me so I tried to press on over the familiar but always stunning ridge, then down around the side of Lose Hill and through the edge of Hope village, then on up to Win Hill. Parkin Clough is a steep rocky descent off Win Hill, and after 21 hours it is cruel, but please direct any complaints at this point to James Lowe, c/o Dark Peak Fell Runners.

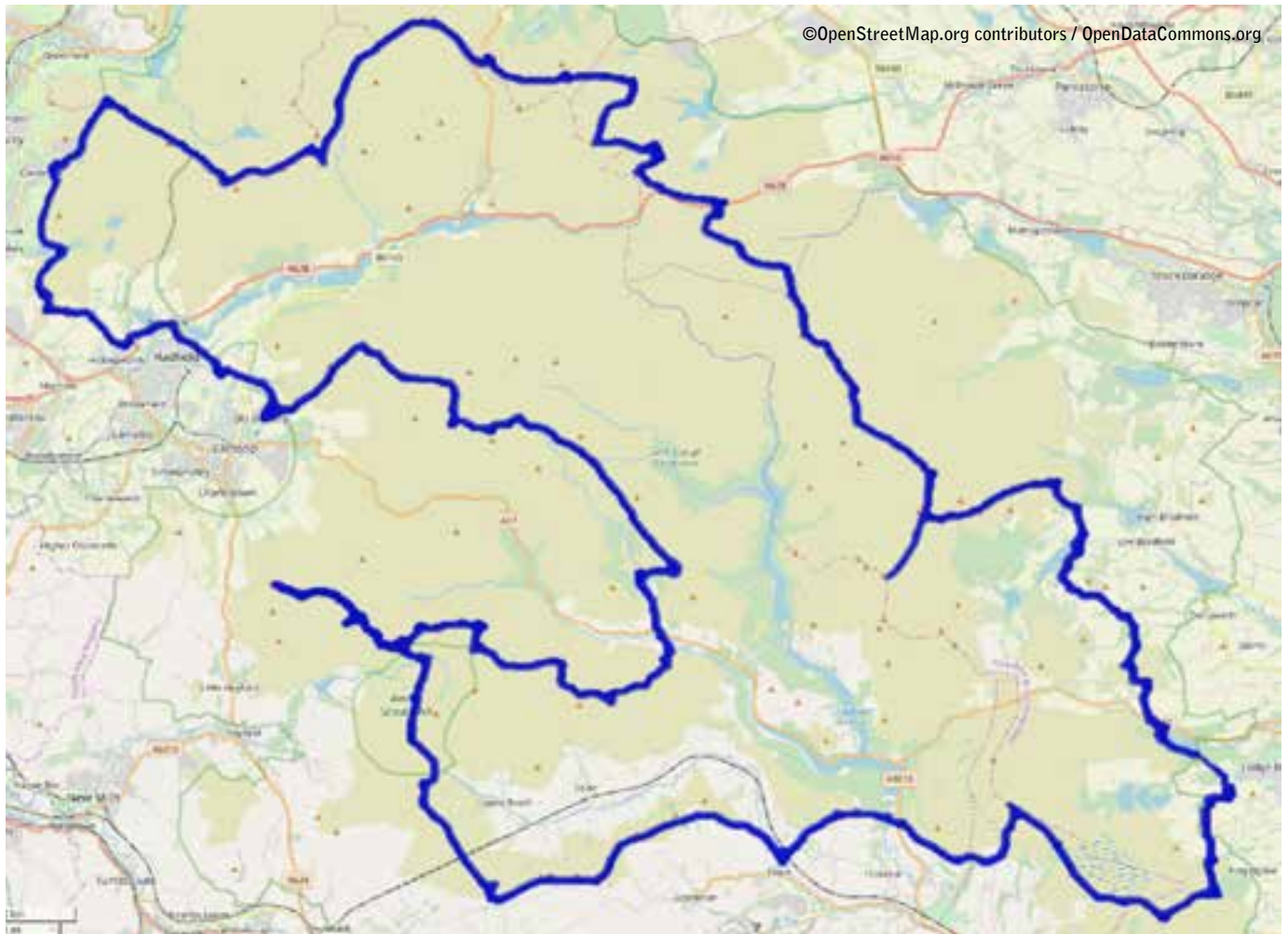
Having reached the bottom of Parkin Clough we climb again, for the final time, initially on the road then onto the path up to High Neb (SK 228852), the highest point on Stanage Edge. At this stage it was touch and go for me, with one final tricky section to come after the Cowper Stone trig at SK 250830. From Burbage Bridge to the Ox Stones at SK 280831 could be achieved by running along the road, but our forefathers would certainly disapprove, and there is a trod. I was surprised to find it (I have never managed before) and followed it without incident to reach the stones after 23 and a half hours – surely I would make it now?!

The final 4km are a straight line north with a small kink at the end to find the pub. I made a stupid mistake around Brown Edge Farm and drifted too far west, but found my way back without losing too much time, then onto Fulwood Lane, Brown Hills Lane, and finally across the football field at the back of the Sportsman. I was back at the pub 23:54 after I started.

So... what are you waiting for?!

We'd love it if a few more people gave the round a go. We think it's a tough but achievable 24-hour round, with the added bonus that you currently stand a pretty good chance of claiming the record too! I was only joking about the uncivilised hordes to the west, we would also love to see you have a go, and start at Tintwistle if you like. The required trig points are listed. Any legal line between them is allowed, but no additional road sections are allowed. Solo, winter, double and triple rounds are also encouraged.

THE JAMES LOWE ROUND



TRIG POINTS

Sportsman Inn (start)	SK 281861	Holme Moss (road)	SE 097038	16. Blackden	SK 129878
1. Rod Moor	SK 262884	9. Black Hill	SE 078046	17. Sandy Heys	SK 077893
2. Emlin	SK 239933	10. Featherbed Moss	SE 047012	18. Harry Hut	SK 044907
3. Back Tor	SK 197909	11. Alphin Pike	SE 004028	19. Kinder Low	SK 078870
4. Margery Hill	SK 189956	12. Wild Bank Hill	SJ 988980	20. Brown Knoll	SK 083850
5. Outer Edge	SK 176969			Mam Tor CP (road)	SK 124833
Fiddlers Green (road)	SE 155000	Tintwistle (road)	SK 198972	21. Mam Tor	SK 127836
6. South Nab	SE 156403	13. Cock Hill	SK 059962	22. Win Hill	SK 186850
7. Dead Edge End	SE 124017	14. Shelf Stones	SK 088948	23. High Neb	SK 228852
8. Snailsden Pike End	SE 133033	15. Alport Dale	SK 118932	24. Cowper Stone	SK 250830
		Alport Bridge (road)	SK 141895	25. Ox Stones	SK 280831
				Sportsman Inn (finish)	SK 281861

PROTECTING THE PEAK

WORDS ALEX WADDINGTON

PICTURES ALEX WADDINGTON

As a recently-joined FRA member and a long time devourer of the online race calendar and various Facebook pages, I know well the extent to which fell running – along-side other forms of athletic pursuit, such as trail running, orienteering and ultra running – is alive and well in the Peak District.

Kinder Scout is my back yard, and although not a member of a traditional fell running club (Marple Runners, now you ask, whose Dennis the Menace stripes are increasingly being seen on Peak hills), it's an area that I have run (and walked) in all weathers, solo and in groups, day and night.

It's big, beautiful and boggy, and although I know that for many it simply can't compare to the Lakes or Scotland, I love it.

I must admit that over the years I have never stopped and thought much about the challenge of managing the Peak District National Park, which will be 70 years old in 2020 – beyond some middle class tutting at those disgusting tossed away full dog poo bags and scooping up the odd discarded sweet wrapper or plastic bottle and stuffing it into my pack.

But in Autumn 2018, when I spotted an advert for Trustees for a new charity that aimed to protect the National Park for everyone, forever, I was drawn to the cause. In my application and at my interview, I boasted my fell running credential (well, we all exaggerate in those situations, don't we?), as well as my professional ones.

Fast forward just over one year and the Peak District National Park Foundation is up and running (pardon the apposite pun), with a great but small team of Trustees and staff working hard on the first fundraising campaign: to raise £70,000 to enable a number of conservation, heritage and access projects across the 555 square miles of the Peak District National Park.

We've had a fantastic response from the running community already: Peak Running, organiser of a variety of events, from relays to ultras, has donated a portion of event fees from its 2019 events, while Goyt Valley Striders have donated £500 raised through their annual Goyt Valley 10k.

The Foundation is independent of the National Park Authority, an organisation which may elicit seasonal pantomime boos and hisses from some of you, based on experiences of gaining race permissions (see Nicky Spinks's article in issue 124).

We get a small annual cash grant and some in-kind support from the Authority, for our first three years, so there is a connection. But we are very much about supporting the place and the cause.

Yes, we'll be funding projects involving the Authority, given they are the senior partner in the National Park Management Plan, but our Board of Trustees (me included) are there to enforce our independence and ensure good use of the money we – and hopefully some of you in the future – work hard to raise.

To be fair to the Authority, it has a tough job. The law requires it to “conserve and enhance the natural beauty, wildlife and cultural heritage” as well as promote opportunities for the understanding and enjoyment of the special qualities of the National Park by the public.

All well and good. But if you take a look at the Authority’s accounts for 2016/17, you’ll see something rather startling: between 2010/11 and 2015/16 there was a cumulative reduction in Government funding to the Park of 24.6%. With inflation, this equated to around a 37% decrease in the National Park Grant, forcing the Authority to save £2.4m over this period, in order to balance its books.

I don’t say this to make any political point, merely as important context. The Foundation is non-campaigning and non-political, by the way.

At the same time, tourism data indicates that in 2018 there were 13.25 million visitors to the Peak District National Park, up from 8.42 million in 2009 – growth of around 50% in nine years.

The Park is clearly an increasingly popular place to visit and undertake pursuits of all kinds, including running, cycling and, increasingly, charity events. Then there’s the challenge of mitigating the increasingly visible effects of climate change, from moorland fires to flooding.

From where I stand, we face a stark reality, which is that those charged with protecting the original National Park desperately

need more resources, now and in the future, to ensure they can adequately fulfil these major responsibilities.

Among the projects we’ll be supporting as part of our #70kfor70 campaign is Moors for the Future, whose moorland restoration work may be familiar to anyone who has run up on Kinder or Bleaklow or around Cut Gate in recent years.

We’re also supporting work to conserve and reveal the landscape, geology, cultural and industrial heritage around popular low-level trails like Monsal, High Peak and Tissington.

As with any new organisation, achieving our aims and ambitions is going to be a challenge and will require hard work – just like any decent fell race, really.

And like any decent fell race, it will need the support of many kind and generous people beyond the core team to make it a success.

And like any decent fell race, there will be plenty of cake involved!

You can find out more about the Foundation by visiting our web site (www.peakdistrictfoundation.org) and signing up for our newsletter or engaging with us on Facebook, Twitter or Instagram.

Opinions expressed in this article are those of the author, and not necessarily those of the Foundation’s Board of Trustees or its staff.





WORDS DAVE TAYLOR

PICTURES DAVE TAYLOR

WINTER

MOTIVATION

COACH'S CORNER

IN THE FIRST OF A NEW REGULAR FEATURE, DAVE TAYLOR OF 'THE FELL RUNNING GUIDE' OFFERS ADVICE TO KEEP US MOTIVATED AND RUNNING ACROSS THE WINTER.

It's cold and wet outside, it doesn't get light until around 8am and it's dark by four in the afternoon. Days like this mean it's hard to get motivated to run in the depths of winter.

But we know that exercise is good for us both physically and mentally and if we sit indoors instead of getting out then we get grumpy and feel guilty – so what are we to do? Here are some suggestions to help you maintain fitness throughout winter and get you through until spring:

GET THE RIGHT KIT

Fell running is one of the cheapest sports but that doesn't mean you should skimp on kit especially if it is going to keep you warm and dry. You're much more likely to enjoy your run in the rain if you don't come back soaked and freezing, so investing in a decent waterproof jacket might help you get out the door. Likewise, a good pair of gloves or mittens and some waterproof socks will minimise the suffering of running in the rain and cold.

EMBRACE THE NIGHT

You really enjoyed those summer evening runs out on the fells so

why stop just because it's dark? Fell running at night can be an adventure; those sheep that you pay no attention to in daylight now transform into ghostly shapes with dozens of devil eyes and the grouse that you startle now scares the living daylights out of you as it squawks away into the night! Familiar terrain takes on a new feel, your senses are heightened and you see and hear things that you miss during the day – the owl, the badger and other strange sounds that you can't identify. And then there's the splendour of a cloudless night when your run has taken you away from the streetlights and millions of stars cover the sky or a huge moon lights your way.

Of course, you'll need a decent head torch to do this, but you needn't break the bank. You might also want to get a friend or two to join you – for safety reasons, not because you're scared of the sheep!

JOIN A GANG

Running with friends is a good idea, not just to stay safe but also because you are more likely to go if you know that someone is relying on you. It's also mentally easier if you feel you are sharing the experience especially in bad weather.

It's easier to run if it becomes a habit so get a few friends together for a regular "Wednesday Night Gang" for example. You could also plan your run so that you can socialise over a hot drink afterwards, there's something rewarding about finishing a winter run at a pub with a roaring fire!

PLAN AHEAD

Having a target to train for will help motivate you, so select a spring race to work towards. You could also look through the FRA calendar and highlight all of the races that you want to do in the coming year. Planning for the short term is useful too so look at the weather forecast for the next few days and fit your runs around it. If the weather looks bad on a particular day, then you might want to use that as a rest day or do just a short run. Unfortunately, we often get consecutive days of bad weather and we need to get running at some point. This is where we need to be flexible with our training rather than religiously sticking to a plan. If you've planned a long run but it's wet and windy then hill reps or a shorter tempo run might be better. You won't be out for as long and because you'll be running faster, you'll stay warmer than on a long, slow run. It's not the end of the world if you skip a long run because the weather's foul for days on end.

GET STRONG

Training shouldn't just be about running. Cardiovascular fitness is just one element that makes for a successful runner, but we also need to be strong. Strength training makes us more efficient and helps prevent injury, but it is a component of fitness that runners often overlook. Add a couple of strength sessions to your week, you don't need to join a gym as a few simple bodyweight exercises will suffice. Squats, lunges, glute bridges and dynamic planks that target your legs, backside and core are good exercises to include. Strength sessions don't need to be on the same day every week, again be flexible and do them on bad weather days so that even if you don't run you will still feel like you have achieved some kind of training benefit. Along with strength training aim to develop a "maintenance habit". This needn't take too long, just 20 minutes a couple of days a week spent foam rolling and stretching any tight areas. You could even "treat yourself" to a sports massage to help iron out those tight knots that have built up over the year.

MIND GAMES

We can also use winter to develop our mental strength. Whilst it's much more pleasant to run in good weather it is sometimes good to stretch our comfort zones a little. A little discomfort can be a good thing and getting through a run in horrible conditions

helps build mental resilience and is intrinsically rewarding – once you've dried out afterwards! Visualisation can help get you through some tough conditions so try imagining your closest rival sat on the sofa eating mince pies whilst you battle through the hailstones! Training in bad conditions also prepares us for races which don't only take place in good weather.

DON'T BE PUT OFF BY SNOW AND ICE

Often people avoid running in icy conditions as they see it as dangerous. Whilst running on icy roads or pavements is definitely a bad idea, we fell runners have an advantage over runners who don't venture off road. The nature of fell terrain means that it is much less likely than man-made surfaces to develop sheet ice and you can often run through vegetation with far less chance of slipping. Snow on pavements often gets compacted and freezes whereas on the fells that is less of a problem. If you do find yourself running on more popular trails where ice has formed you can resort to using shoes with "dobs" (tungsten spikes) or microspikes (a basic type of crampon) which can be slipped over your trainers in seconds and are easily carried if not in use.

Running through snow is hard work so don't expect to run at your usual pace. There are obvious hazards involved too so carry some extra kit with you just in case. If snow is falling, then a pair of cycling glasses or even ski goggles will be very useful. The days after heavy snowfall when the weather has settled down can be a great opportunity to venture out and have an adventure run!

DOWN TIME

The fell running season doesn't really end and whilst there are obviously more races in summer it is still possible to race all year round. However, it is impossible to be in peak condition all of the time and the body actually needs recovery time in order to adapt to the stimulus of training. So there is nothing wrong with backing off the training and racing for a month or so and just ticking over to let the body recover. That doesn't mean packing in running altogether you still need to do something, but it's OK to cut back and not feel too guilty if you don't head out into the storm!

So, winter needn't be all doom and gloom, be flexible put up with a little discomfort and make the most of the better days. Hopefully come spring you'll be fit and raring to go.

Dave is an experienced fell runner and coach. He runs for Dark Peak Fell Runners and works as Fell Running Guide offering coaching and navigation training for runners of all abilities.

www.fellrunningguide.co.uk



WORDS ALAN STONE

A TRIP IN THE DARK

On bonfire night this year I fell and broke my leg whilst on a training run with my club. A potentially serious event that could happen to any one of us, that has fortunately ended well. I thought I ought to try to put something on paper to see if there are any lessons to be learnt from my experience.

It was a standard Tuesday night run in the dark in winter up a mountain in South Wales. I was running with a group of my friends from Mynyddwyr de Cymru (MDC). The ground was wet following recent rain and there was a lot of standing water around in puddles. On the night there was no wind and no rain and the air temperature was about 7 degrees. I had gone with the faster group as I felt I had been running well following a recent increase in training. I am preparing for the Cape Wrath Ultra in May 2020, 400km over 8 days. We had done all of the uphill and had just started the return along the top of the ridge heading back towards the downhill and the cars. We were in a muddy, rutted track with puddles in the ruts. I was mostly running on the ridges between the ruts to avoid the unseen dangers in the puddles and to prevent getting too wet and cold. My foot slipped suddenly on a greasy bit of mud and shot sideways into one of the puddles. I felt it suddenly stop and I felt that sudden snapping sensation and sounds of tearing shooting up my leg, as I plunged forward onto my outstretched arms. I juddered to a halt on my front in the track and rolled onto my back to look at the damage. What I saw was not a pretty sight. My foot was pointing 50 degrees out to the side in a very unnatural shape. I knew immediately from my years working in Casualty that

this was a fracture-dislocation of the ankle and is one of the more serious ankle injuries. I could see the others now disappearing into the distance and didn't want to be left alone so shouted for help. Fortunately, they heard me and made their way back to me to see what had happened.

It was suggested that they carry me off the mountain down to the cars over 4km away. My foot was flopping around every time it moved and I knew this wasn't going to be an option. I was pretty certain this was going to require mountain rescue and/or an ambulance at the least and possibly a helicopter to get me off the mountain. After some discussion Claire dialled 999. The next job was telling them where we were. Easier said than done as there is a plethora of tracks in that part of the woods. I have an app on my phone called OS Locate which gives you your coordinates and we were able to give them those, as well as general directions from the Gethin Park Woods main entrance. While we were waiting for the cavalry to arrive we set about several tasks that could and should be achieved. My memory is a bit hazy as to the exact sequence but the most important in my mind was getting my foot straight. My casualty training had taught me that you should try to reduce this type of fracture as quickly as possible before the nerve and blood supply to the foot is irreparably damaged. There is not much finesse to this as it largely consists of grabbing the foot and pulling in the same direction as the leg is pointing. I saw Martyn ahead of me and asked him to do it. A worried expression came over his face and he rightly looked hesitant.

I realised that Claire was standing next to me and as a qualified doctor couldn't think of anyone better to do it. She grabbed my foot firmly and I braced, anticipating shed-loads of pain. Much to my surprise the foot came straight relatively easily with lots of grating and twanging and vibration shooting up the bones in my leg – but no pain. I presume this was partly because I was on an adrenaline and endorphin-fuelled high but also because the bruising and swelling you expect around a fracture had not yet occurred. The leg was straight within 3 minutes of the original injury. I asked Ake to hold my leg in position as it still felt unstable and wobbly on the end of my leg while I put on hat, gloves, leggings (on my good leg) and waterproof top. I was aware of the cold and was starting to shiver now I was no longer moving. I suspect this was largely a nervous reaction rather than just the cold. Martyn, Matt and Marcus then went down to the cars to get warmer clothing and also to be in a position to guide the rescuers up when they arrived. Claire and Martyn had also lent me spare tops to add to the layers keeping me from going hypothermic. I also moved away from the puddle and sat on my bum bag to try and conserve as much heat as possible. Matt and Martyn returned with more warm clothes and wrapped me up as much as possible. After what seemed an age Marcus reappeared with two ambulancemen in tow. Richie and Mark were superb and had gone above and beyond the call of duty. Marcus had managed to get the night warden of the park to open the forestry gates and driven the ambulance to about a kilometre away from where I was on the gravel forestry tracks. My foot was put in a gutter splint and I was lifted on to the scoop stretcher. Between Martyn, Claire, Marcus, Matt, Ake and paramedics Mark and Richie, they carried me off the mountain and down to the waiting ambulance. I never found out if mountain rescue had been called or whether they were waiting for ambulance crew assessment. We later found out that you have to ask the police to call out mountain rescue (as in the FRA guidance on being "first on the scene" which can be found in the FRA Handbook or under 'Documents' on the FRA website).

As you can imagine, this took time, despite an immediate response from my friends, an immediate call to the ambulance, a fast recognition of my position and a quick allocation of the crew to me. The whole exercise of going up and down the mountain meant that it was 3 hours from the original injury to my arrival in casualty at Prince Charles hospital in Merthyr Tydfil. Realistically I don't think we could have done it much quicker.

So, what are the lessons to be learnt apart from not going out running in dark nights in winter up muddy hills? That isn't going to happen so what can we learn? Firstly, some things went well; I almost always carry a bum bag with a first aid kit and full body cover on me nowadays. This was invaluable on the night in preventing me getting cold. In the event, if it had been raining and windy, it would probably have prevented me from getting hypothermia. The first aid kit was useless for this major injury and didn't make the difference between getting off the mountain unaided and needing rescue. They are not designed for this purpose. I was going to need rescue anyway. Knowing your position is vital and the OS Locate app is a useful tool for that. Having a good group of people to run with was also really important. If there had just been two of us then the whole saga would have become more difficult. It would almost certainly have meant the casualty (me) being left alone while help was sought. If I had been alone then in that location, I would probably have still been okay as there was good mobile phone signal. If I had been alone in an area without signal, then I might well not be here now. By the time anyone had realised I was missing, sent out search parties and found me, I would probably have been dead from hypothermia. A sobering thought.

With immeasurable thanks to Martyn Driscoll, Matt Whipple, Claire Dallimore, Ake Fakerang and Marcus Pinker. I owe a huge debt that I can never repay. Will a beer do instead?

IN SUMMARY:

- Enjoy off-road running but don't take unnecessary risks.
 - Don't run alone at night in remote country in winter.
- Always ensure someone knows where you will be running and stick to that route.
- Carry full body cover and a first aid kit (for more minor injuries).
- At night, stick to areas in which you are comfortable navigating and don't rely on electronic devices.
- Carry a charged mobile phone, but don't rely on it - and remember that batteries drain *much* faster in the cold.
 - Have a location app on your phone.
- I was wearing inov-8 290's but even good fell shoes won't prevent slips on greasy mud. Never wear road running trainers.
 - Know a bit of first aid and put yourself on a course.
- Run with a good club such as MDC, where people look out for each other.



DENIS RANKIN ROUND REPORT

come on in no.41

WORDS STEVE WATHALL

PICTURES DEAN RUSSELL, JIM BROWN

Charmian and I have been visiting the Mourne Mountains for a few years and have enjoyed the Mourne 2 Day and the various British Championship races. I had heard vaguely of the Denis Rankin Round but my interest was piqued when Konrad Rawlik set the current record in April 2017. We made a concerted effort to recce all the legs at least twice and friends Dale and Denise Mathers were able to offer valuable advice regarding route choice especially around the tricky Crenville area. It had been in the back of my mind for two years and so with an extended holiday planned after the 2019 British Champs race, I hoped to give it a good go.

The Champs race was shortened due to strong winds and driving rain so I recovered quite quickly and decided to make an attempt on the DRR on Monday 29th April. As I climbed Donard the clag enveloped me and I had little more than 30 yards' visibility throughout the first leg. I dropped down into Silent Valley and could not even see the dam but hoping it might clear I pressed on

despite having a very sore ankle from putting my foot down a hole descending Chimney Rock. By Deer Meadow it was obvious that a sub 24 hour round was not on the cards and so I decided to quit and save my energy for another attempt later.

We set off on a tourist trip of the Antrim coast for a few days to allow my ankle time to recover and kept a close eye on the weather forecast. Problems with our van brakes made me think I was jinxed but the intervention of a very helpful mechanic on Saturday got us back on the road and I settled down for an early night although the anticipation meant I got little sleep.

The start and finish is under the archway to the car park at Donard Park in Newcastle which is where the Irish counter in the British Championships usually starts or finishes. This is where I found myself just before 3am with a sense of déjà vu, watching the boy racers scooting around the car park.

After the obligatory photograph, I set off from the archway, through the car park and into the wood where it suddenly got dark and quiet. The climb to the first top, Donard, is the highest on the Round but with a good path by the Glen River and then left by the Mourne Wall, I was on top in just over an hour. To digress, the Mourne Wall is some 22 miles long and passes over the tops of fifteen mountains. Crafted from natural granite, it averages around 1.5m high and around 850mm wide, built between 1904 and 1922 to isolate the catchment area for the Silent Valley reservoir from cattle and sheep. It now forms a very good handrail for Mourne runners.

At the top of Donard, I could see a faint orange glow on the horizon and pushed onwards to the next top of Chimney Rock Mountain (these hills have some wonderful names). By now the orange glow had turned to semi-light as I headed to the next top of Rocky Mountain. Then it was a cut back to the wall to pick up the Brandy Pad, a popular route through the Mourne Mountains and, as the name suggests, it was the route popular for smuggling in the 1800s. The story was that it was used to smuggle items from the coast; coffee, tea, silk and brandy! It is said that the smugglers would have made their way into the mountains via the Bloody Bridge area, and apparently there is a cave along the coast that was used to bring the contraband to shore. Then they would have used the Brandy Pad to cross the top of the two valleys until, upon reaching the Hare's Gap, smaller groups would have dispersed in different directions to get out of the mountains and into the surrounding lands.

The DRR then heads generally south west towards the end of Leg 1 at Silent Valley, a nice ridge run over Slieve Beg, Cove Mountain, Slievelamagan, Binnian North Tor, Slieve Binnian and Wee Binnian. All the way to Binnian I had blue skies, clear views and the mountains to myself. I dropped down over Wee Binnian to find Charmian manning a stile loaded with my food station. At just after 8am the Silent Valley road was closed but Charmian had walked in with a flask of tea and various goodies.

With a full belly I ran over the dam to climb Slievenagloch. After the rocks of the first section the terrain was beginning to have more grass and bog. I have found the way to the next tops Doan and Ben Crom to be a bit tedious but "head down and get on with it" and I was soon heading back towards the Mourne Wall via a mixture of paths and heather bashing underneath Slieve Loughshannagh which is peak 33 on Leg 5. I headed left along the wall to Carn Mountain and Slieve Muck before dropping down to Deer Meadow where I had stopped a week earlier but now two hours ahead of that attempt. It was great to be greeted on Slieve Muck by Stevie who we had helped with his successful BG in 2017. Stevie raced me down the hill to the road where Charmian and Ricky were

waiting with beans on toast and more tea. Suitably nourished, I set off again up Pigeon Rock Mountain on my lonesome with cheers of encouragement from my three supporters.

Once again I was on the wall and I followed it over Pigeon Rock, Slievemoughanmore (followed by a little out and back to its baby Wee Slievemoughan), then back to the wall and on to Eagle Mountain. The only decision to make on the last four tops was which side of the wall was sheltered from the slight cold breeze. After Eagle Mtn that choice is taken away as the wall is left at Shanlieve to go to Finlieve. The descent off Finlieve was grassy and good running and on a good day there are great views over Rostrefor and Warrenpoint. At the bottom I skirted around the Rostrefor Forest and headed for the radio mast picking the least boggy trod before the out and back to Slievemeel which is the most southerly point of the round, so every step from here is a step nearer home.

I knew that Charmian would have walked up through the forest to the col between Slievemeel and Slievemartin with more nourishment. Also waiting were good friends Dale and Denise Mathers, and Dale offered to accompany me on the next leg. So, leaving Charmian and Denise to wash up, Dale and I set off. Twelve hours had elapsed but the good news was that I still had twelve hours left.

Summit ridge of Slieve Binnian looking towards the North Tor ©Jim Brown



Dale led me over the confusing ground around Slievemartin and Cranville, with the benefit of his local knowledge. We were soon at the base of Slievemeel where I followed Dale's advice to leave my pack whilst we bagged the summit. With some nifty navigation through the woods we emerged to climb the next top of Tievedockaragh. A right and left turn followed to approach Pierce's Castle which is where Dale left me to head down to the car park. Pierce's Castle is covered in tors and is obvious from miles around. So up I went and there was Denise who had walked up to meet us. Denise accompanied me to Rocky Mountain, pointed me in the right direction and then headed down to find Dale. With a little back-tracking and use of the Mourne Way, I was soon climbing Cock Mountain!! (There is also a Hen Mountain). From the top I could see Spelga Dam and so I headed over Slievenamiskin to be greeted by Charmian with pizza and chips and Mark who offered to accompany me through to the Finish.

With my legs starting to protest and Mark for company, we set off over the next two tops, Spaltha and Slievenamuck, without our bags which was a little light relief but short lived as Charmian was at the road crossing ready to load us up again. After the next top, Ott Mountain, I knew we would be back with our faithful guide,

the Mourne Wall. Had I been on my own I would have stuck to it like glue to the last top but Mark seemed to know all the best trods away from the rocks by the wall and which was much better underfoot. The going was back to seriously rocky with seriously steep climbs and a lot of heavy breathing! The final leg goes over Slieve Loughshannagh, Slieve Meelbeg, Slieve Meelmore, Slieve Bearnagh, Slievenagloch, Slieve Corragh and so to the final top of Slieve Commedagh. Reaching the final top on a clear cloudless night, looking down over Newcastle and away to sea, with words of congratulation from Mark was so worth the tired legs and aching feet. With Mark leading the way we descended to the forest and back into Donard Park where the finish was in sight. Through the car park with the same boy racers and back to the archway in a total time of 20 hours and 21 minutes to claim the 41st place and 9th fastest time on the list of members.

It had been a good but tiring day out and I want to thank everybody who made it possible. This round is well worth the effort and highly recommended to anyone visiting the Emerald Isle for the Irish leg of the British Championships.

For further information please see <http://www.denisrankinround.com/>



Leg 1.

Donard Car Park ~ Depart
 (1) Slieve Donard
 (2) Chimney Rock Mountain
 (3) Rocky Mountain
 (4) Slieve Beg
 (5) Cove Mountain
 (6) Slivelamagan
 (7) Binnian North Tor
 (8) Slieve Binnian
 (9) Wee Binnian
 Silent Valley ~ Arrive
 Silent Valley ~ Depart

Actual		Schedule
Time	Split	Time
03:00		00:03:00
04:11	01:11	00:04:18
04:44	00:33	00:04:51
05:11	00:27	00:05:15
05:56	00:45	00:05:57
06:11	00:15	00:06:12
06:31	00:20	00:06:33
07:08	00:37	00:07:06
07:35	00:27	00:07:21
07:53	00:18	00:07:36
08:08	00:15	00:08:07
08:17	00:09	00:08:07

Leg 2.

(10) Slievenaglogh
 (11) Doan
 (12) Ben Crom
 (13) Carn Mountain
 (14) Slieve Muck
 Deer's Meadow ~ Arrive
 Deer's Meadow ~ Depart

09:01	00:44	00:08:38
09:53	00:52	00:09:32
10:19	00:26	00:09:56
11:05	00:46	00:10:41
11:22	00:17	00:10:59
11:32	00:10	00:11:14
11:45	00:13	00:11:14

Leg 3.

(15) Pigeon Rock Mtn, North Top
 (16) Slievemoughanmore
 (17) Wee Slievemoughan
 (18) Eagle Mountain
 (19) Shanlieve
 (20) Finlieve
 (21) Slievemeen
 Kilbroney Forest Ex. Pt ~ Arrive
 Kilbroney Forest Ex. Pt ~ Depart

12:02	00:17	00:11:35
12:21	00:19	00:12:02
12:43	00:22	00:12:14
13:14	00:31	00:12:56
13:20	00:06	00:13:02
13:51	00:31	00:13:34
15:02	01:11	00:14:45
15:07	00:05	00:14:50
15:19	00:12	00:14:50

Leg 4.

(22) Slievemartin
 (23) Crenville
 (24) Slievemeel
 (25) Tievadockaragh
 (26) Pierce's Castle
 (27) Rocky Mountain
 (28) Cock Mountain, NE Top
 (29) Slievenamiskan
 Spelga Car Park ~ Arrive
 Spelga Car Park ~ Depart

Actual		Schedule
Time	Split	Time
15:24	00:05	00:14:58
15:39	00:15	00:15:19
16:04	00:25	00:16:01
16:50	00:46	00:16:49
17:04	00:14	00:17:10
17:37	00:33	00:17:40
18:15	00:38	00:18:31
18:27	00:12	00:18:43
18:40	00:13	00:18:57
19:10	00:30	00:18:57

Leg 5.

(30) Spaltha
 (31) Slievenamuck
 (32) Ott Mountain
 (33) Slieve Loughshannagh
 (34) Slieve Meelbeg
 (35) Slieve Meelmore
 (36) Slieve Bearnagh
 (37) Slievenaglogh
 (38) Slieve Corragh
 (39) Slieve Commedagh
 Donard Car Park ~ Arrive

19:33	00:23	00:19:33
19:47	00:14	00:19:48
20:10	00:23	00:20:15
20:28	00:18	00:20:36
20:46	00:18	00:21:00
20:59	00:13	00:21:18
21:29	00:30	00:21:46
22:01	00:32	00:22:25
22:19	00:18	00:22:46
22:37	00:18	00:23:07
23:21	00:44	00:24:26

ELAPSED TIME**20:21****00:21:26**

ZAK HANNA #FIVE

There's little doubt that Zak is the rising male star of Irish mountain running. From Dromara in Co. Down, the Newcastle AC athlete has had a strong season finishing 5th in the Mountain Running World Cup. Not bad for someone who only started running in 2015. Ahead of the season ending World Mountain Running Championships in Argentina he took time to answer some questions.

Zak, how did you get into mountain running? What was your first experience of racing?

I got into mountain running around Christmas 2015. I'd taken the decision to quit cycling and a few friends from my cycling club who are also from Newcastle AC said I had the build for a hill runner. So, I did a few runs on my local mountain, bought some fell shoes and threw myself into the deep end and entered the Donard/Commedagh British Championship race in April 2016. I was top 15 to the top of Donard, but my inexperience of running downhill meant I fell several times finishing 125th. But I was hooked after that!

You used to be a cyclist. Has that helped at all?

It's definitely set me up well for mountain running. It's given me great strength for running uphill, as well as teaching me a lot in terms of discipline, race craft, mental toughness and how to really dig deep in a race when it matters.

Your focus this year has been on WMRA races, has that been deliberate?

It was always my focus after doing some of the races last summer. When the calendar was released my coach Richard Rodgers and I set out our target races and a plan that we've stuck to. The season's been a long one with the World Championships in Argentina in November. But after Snowdon I didn't race for seven weeks in order to keep some form for the last few World Cup races as well as the World Championships.

You've had some strong World Cup performances this year finishing 5th overall. What was your favourite race?

It's a tie between Snowdon and Drei Zinnen in the Dolomites. At Snowdon I was racing alongside the legendary Dematteis twins from Italy for much of the race, reaching the summit in 3rd and finishing 4th overall. Drei Zinnen was a spectacular race, with 17km of uphill in some of the most beautiful places I have ever seen. It was a great reminder of why I love to run in the mountains.

You won the Mamores VK race, was that your best result of the season?

I was over with the Salomon team for the weekend. It was my first ever VK, so I was surprised to win by 4 minutes. I would place it up there alongside Snowdon and winning both the Irish Novice XC and Ulster Intermediate XC Championships.

You were part of the Snowdon race team at Trofeo Vanoni relays. How was that?

It was my 3rd time and second with the Snowdon team. I was in a strong team with Joe Baxter and Michael Cayton. In the presence of Italy's top runners we ran a great race finishing 6th. I placed 11th overall in the individual race and was 5th quickest climber on the day.

The atmosphere in Morbegno was electric and the crowd really got behind the runners on the course, especially at the sections where you jump off walls onto steep grass banks.

You're a member of Newcastle AC. Do you still represent them in local hill and mountain races?

With my focus this year on World Cup races I only ran three mountain races at home: the Donard/Commedagh race, the Binnian Hill & Dale, where I broke the course record, and the Irish European Championship trial. Newcastle are a great club and since I joined them they have been great at getting me started in the sport. Wherever I race I always feel I am representing them.

You've been consistently finishing in the top 10 in the WMRA race this year. What do you put that down to?

I would say consistent training is a big factor, alongside having a plan with my coach of what races we are looking to hit form at and to stop me from doing too much racing which could then result in poor results. Doing that has allowed me to get good results in each race, so hopefully it continues to work.

What does your weekly training look like? What does a hard training session look like?

Generally I run around 70-75 miles a week, hitting 80-85 in a big week. I run double days every day except a Sunday, when I do the long run in either the forest or mountains. It's a fairly basic training plan, but I'm big on being consistent and it's been working over the last 2 years since I started running seriously.

Working full time requires early starts, so during the summer I am often up at 5:30am to run to the top of Slieve Croob, to see the sunrise, before work and then run after work.

WORDS GRAHAM BROWN

PICTURES NO LIMITS PHOTOGRAPHY

It's important to keep it simple and enjoy it! A typical threshold session usually involves 1/2/3km intervals or sometimes something more sustained. Hill work is often thrown in when approaching a race to try and get the legs firing. I love uphill tempo runs in the Mourne, especially from Newcastle to the top of Slieve Donard or from the Trassey Track to the top of Commedagh via Hare's Gap.

Who do you hold up as role models?

John Lenihan is a role model. He is a legend. I've lost count of how many times I've read his book. I have met him a couple of times: he was inspiring as well as giving advice and encouragement. If I can be anywhere near as good as he was then I'll be happy. Kenny Stuart is another role model. He was like John in terms of what they both achieved back when they were at their peak.

What's the best thing about getting out in the mountains?

The freedom and the places you get to visit. It's just miles better than track and road running in terms of enjoyment and seeing the world around you. I'm grateful for the opportunities I've had since I started, and I want to make the most of every chance I have to travel to different countries to race on different mountains. The sport offers so much more compared to others and that's why I love it.

If you could run one last hill race, where would it be and why?

That's a tough one, it's hard to pick between Drei Zinnen and this year's European Championships course in Zermatt. But at the minute I would say the Slieve Binnian race, it's only a 20-minute blast uphill but there's just something about it that I love. Probably because it's local and the views at the top on a clear evening are world class. You are also racing against friends and teammates which is always a great feeling in any race you do.

ZAK'S WORLD CUP RESULTS:

10TH - MAXI RACE

4TH - SNOWDON RACE

7TH - DREI ZINNEN ALPINE RUN

9TH - SMARNA GORA RACE

5TH OVERALL

Zak finished 35th at the end-of-season World Mountain Running Championship. Well done chap!



MANX

MOUNTAIN MARATHON

WORDS ELEANOR MIKLOS, CHRIS KIRK



©Doug Hornby

The first thing that you will notice about the Manx Mountain Marathon is how welcoming it is. This is a grassroots race, organised by the Island's keen fell-running community and inspiring fierce loyalty amongst those in the know, many of whom return to compete every year.

It departs the northern town of Ramsey early on Easter Saturday and travels down the rugged, hilly spine of the island to the southerly seaside resort of Port Erin. The first Manx Mountain Marathon was held in 1970, which makes 2020 the 50th anniversary race and a big event for locals and visitors alike. The route is 50.5 kilometres of open fell, forest trails and coastal path with 2600m of ascent. If you're not in a hurry, you might want to bring a camera – the views are to die for.

Some people don't have time for sightseeing. This year, Ambleside AC's Tom Gibbs won the MMM a few days short of his 47th birthday. Eleanor Miklos, of organising club Manx Fell Runners, won the women's race in 2019 for the first time. Conditions were hot for the time of year, with the mercury nudging 20C by the time the bulk of the entry had hit the highest peak at Snaefell around 90 minutes after setting off from sea level. And with temperatures steadily rising, the retirements began to clock up. By the end of the day, 25% of the field had retired due to amongst other things, heatstroke and exhaustion.



The MMM has been through a lot over the last 50 years: in its traditional Easter Saturday slot, this movable feast has had it all. The first ever race from Ramsey YMCA to Port Erin YMCA in 1970 was run in arctic conditions. Out of the 74 on the start line, only 12 finished, with the reasons for retirement including frostbite and temporary snow blindness. In 2016 the race was abandoned after only 4 miles due to severe gale force winds driving from the south (so head-on for runners). Reports from that first few miles describe competitors crawling along the North Barrule Ridge in order to move forward.

Over the last 50 years, the MMM has attracted runners from across the British Isles. Fell legend Joss Naylor won the event 4 times in the 70's, and Paul Thompson from Clayton-le-Moors Harriers dominated the event in the noughties with an impressive 7 wins. Leading the women's racing overall was Wendy Dodds of Clayton-le-Moors Harriers with an impressive 5 wins spanning almost three decades.

It's tricky to put a course record time out there as the route has been tweaked over the years (to shorten road sections, add more hills, avoid access problems and so on), but what the winners share are impressive finish times over a tough course. Some of the quickest men have come close to breaking four hours, with the women hitting a succession of sub six hours. Local runner Lloyd Taggart set a course record on the current route in 2007 with a time of 4:22:45 – that's about 8.5min/mile for 31 miles off road on a tough, hilly course. In the same year, his wife, Jackie Taggart (nee Lee) set a women's record of 5:13:03. One of the most remarkable things about the MMM is the loyalty it inspires; it gets into your blood.

Local fell runner Ian Callister has taken part in 47 of the 49 annual events held so far and Paul Thompson of Clayton le Moors Harriers returns year after year, with 20 finishes now under his belt. The other thing that seems to bring people back for more is the friendliness of the locals. Ken Taylor, who became the oldest man to complete the Bob Graham Round in 2018 (22 hours, 21 minutes), is a big fan of the island: "The Manx people are fantastic! The atmosphere at the finish is the best of any fell race in the British Isles." Another visiting runner explained, "You really feel like you have seen the whole island in a day by the end of this race. The Isle of Man is a special place. It can be harsh, wild, wet and windy but on its day it is as beautiful as anywhere I have been. You can stand in one spot and see hills as far as the eye can see to one side, and the sea to the other."

Given that this is a comparatively difficult race to get to, it may seem surprising that so many regulars visit year after year.

This may partly be down to scheduling: with the race on Easter Saturday, visiting runners bring the family and make a weekend of it. The Isle of Man is a popular old-fashioned tourist destination and you'll see groups of runners that include several family members reclining on the grass outside the café at the finish.

It probably also helps that canny visiting runners who post on the Manx Fell Runners Facebook page will usually find themselves offered a bed for the night and a lift to the start. The course route isn't waymarked, so you must bring your own map with the route marked up, but you will undoubtedly fall in with a group of locals who know every sheep track and will take you under their wing.

This is a race for those who want to see the world in a day – and who like to have the red carpet rolled out for them when they visit far-flung places. At some races, you might feel like an outsider, here you will be treated like a guest of honour.

FOR THE FIFTIETH ANNIVERSARY RACE IN 2020, A CRATE OF BEER WILL BE AWARDED TO THE CLUB THAT FIELDS THE MOST ENTRANTS.



Photos courtesy of John Watterson, Isle of Man newspapers.



LEO'S RUN

LAKES, MERES AND WATERS

WORDS TONY MARLOW

In October 2017 I was attending the Joss Naylor Lakeland Challenge dinner at Santon Bridge, having made a successful sub 12 hour completion earlier that year. I managed to get Joss and Leo Pollard together to chat about the Lakes, Meres and Waters challenge. This was a route devised and first completed by Leo in June 1981 in which the challenger is required to visit every body of water within the Lake District whose name ends Lake, Mere or Water. Only 6 people, all male have completed the round since, Joss being the quickest by far at just over 19 hours. During this conversation he said that it was probably his greatest run. That was enough for me.

Leo loved to run all the classic Lakeland fell races including Ennerdale, Three Shires, Grisedale Horseshoe, Langdale Horseshoe and the Wasdale Horseshoe. He also ran local races such as the Winter Hill and Horwich RMI Jubilee Races. He was proud to have run the Rivington Pike Race over 20 times. Leo joined Lostock AC club in the 1990s and immediately made his mark encouraging long distance events including The River Douglas Way in 2004 (from the source on Winter Hill to the sea at the Blue Dolphin on the Ribble Estuary) and supporting the Trans-Pennine Way. Leo knew how to use the map and compass. A compass always points true. Leo's compass was one that always pointed towards kindness and companionship on the hills. One that pointed out to others how they could achieve their goals and dreams.

Leo sadly passed away not long afterwards so in his memory it was my intention to have as many Lostock AC members helping as I could (Leo was a former president of the club), to cover the 100+ miles and 23000ft. What attracted me was that having had so few completions there is not really a 'set route' so as an orienteer I loved the route finding challenge.

Roll forward 20 months, and I arrived with my long-suffering wife Heather, and leg 1 pacers Mike Ernill, Kerry Varden and my eldest daughter Amie and her boyfriend Lewis at the shores of Loweswater. It was 8am and it was already 20 degrees. A very runnable 4 miles along past Crummock and Buttermere saw Amie and Lewis peel off towards the Fish Inn and Kerry, Mike and me push up the steep path up to Red Pike. Over and down to Ennerdale I was feeling great - too great. Months of planning was coming to fruition and the sun was shining! What's not to like! Mike kept telling me to slow down and I eventually dropped my pacers, waiting at Caw to re-join.

Wasdale came and a change of pacers. After refuelling on rice pudding and tea and a hug from Heather, Brian Halton and Chris Taylor led me through Eskdale to Devoke Water. Then my early keen pace, the unrelenting sun and 2 miles of boggy tussocks began to take their toll. On arrival at the bottom of Walna Scar I was really struggling and my mind had begun to think negatively. New pacers Adrian Hope and Mark Shuttleworth did their utmost to revive my spirits and despite a massive cramp attack which floored me for several minutes just above Low Water, we arrived at Coniston an hour down on schedule. Mark Edwards and Mark Sammon made up an all-orienteers leg 4 and darkness began to creep in after Esthwaite Water. This leg was quite surreal. Plenty of walking, plenty of jokes and then Mark E's wife called at 1 am to tell him that her Dad had sadly passed away!

**“Leo’s compass was one
that always pointed towards
kindness and companionship
on the hills. One that pointed
out to others how they could
achieve their goals and
dreams ”**



Leo Pollard, photo courtesy of Mark Shuttleworth

On arrival at Windermere I was finished. I couldn't believe how bad I felt and I was only just over half way round. I have run 100 miles on several occasions and never felt this bad at any time. I had eaten and drunk as much as I possibly could, so couldn't understand why. I crawled into the car and slept for 15 minutes. Heather knocked on the window and said it was 'time'. I asked her to tell everyone that I couldn't go on... and she said 'no, you tell them'. That was the turning point. I couldn't bring myself to tell these guys that had shown so much belief in me that I was a quitter so with new pacers Josie Greenhalgh, Andy Ford and Pete McNulty I left Waterhead. Very soon the dawn came and my spirits lifted.

Troutbeck and Kentmere came and went and soon we were running around Birk Rigg towards the little known Skeggles Water. I didn't even know this one existed until I started to research L,M&W but on a sunny morning at 6am it has a beauty all of its own. Haweswater, Small Water and Blea Water came and went before the trudge over High Street to Hayeswater. At this point Albert Sunter and his daughter Abigail met us who

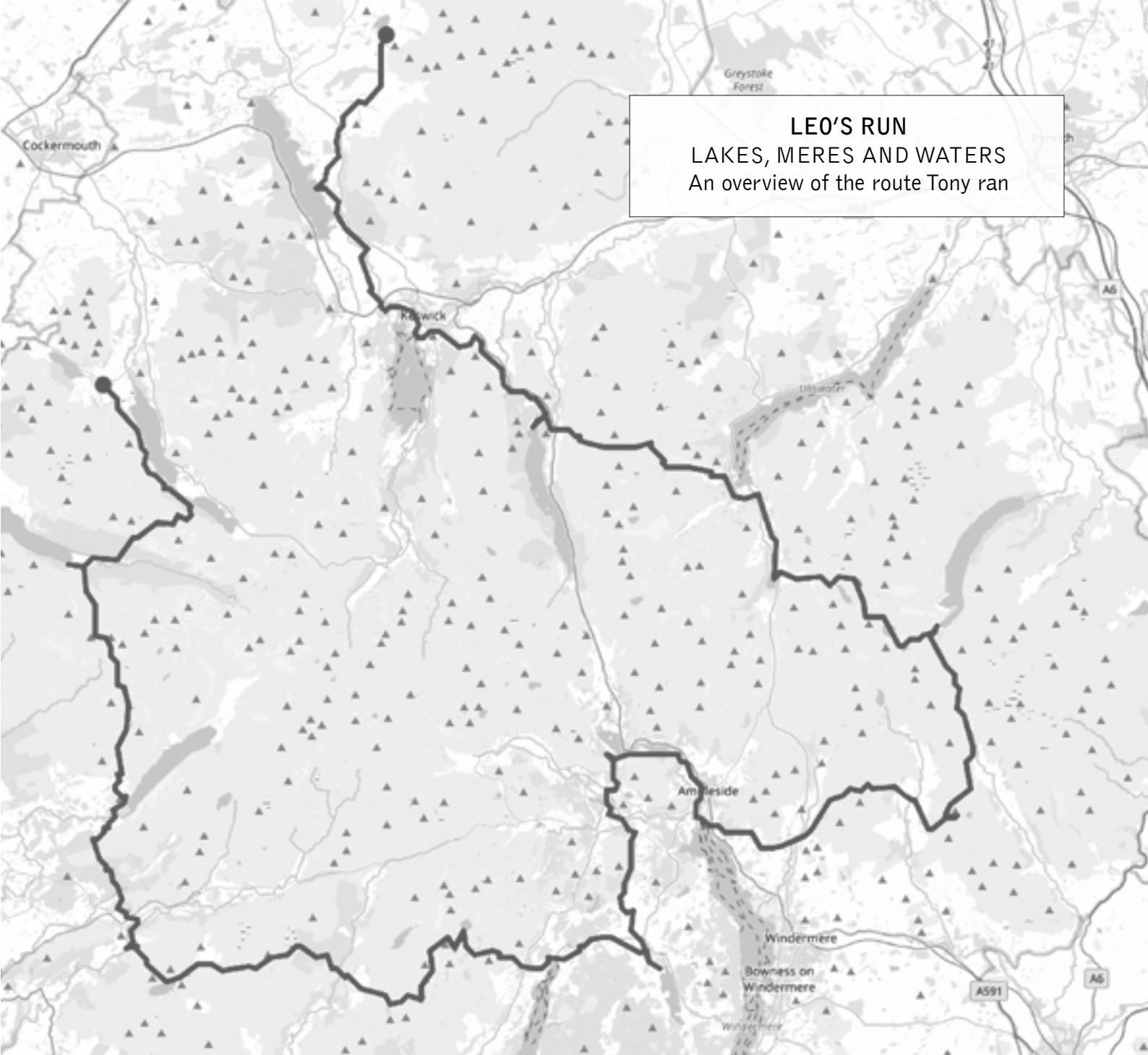
together with Rob Green, the administrator of the round, would accompany me through Ullswater to Thirlmere.

Descending Sticks Pass I was concerned that I couldn't see any of the support team at Stanah, and having been on the go for the best part of 31 hours I started to panic. By the time I hobbled into the road crossing 20 minutes later Heather and the team had everything set up with warm tea, rice pudding and more cakes than you could throw a stick at. No panic required!

My brother had come up from Norfolk to accompany me on the last leg, I'd asked him as he runs road marathons and large chunks of this final effort taking in Derwent Water, Bassenthwaite Lake and Over Water are on the road. Chris Roberts navigated on this leg and we were soon passing Bassenthwaite church on the shores of the Lake. Joss had mentioned on that first chat that he was the only completer of the 6 who had run all the way up the final 6 miles and nearly 1000 feet of climb up to Over Water - not anymore!



©Adrian Hope



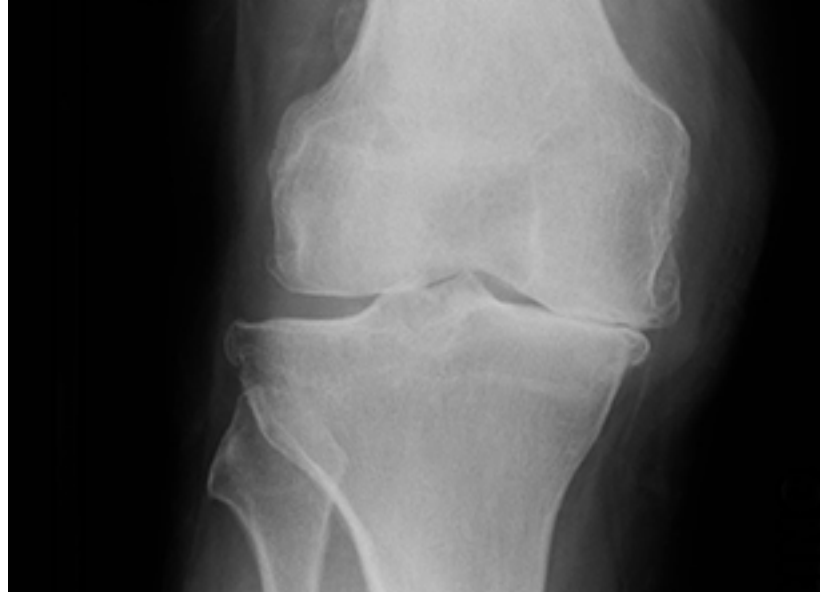
LEO'S RUN
 LAKES, MERES AND WATERS
 An overview of the route Tony ran

On approaching Over Water tears began to well in my eyes as I could hear my supporters whooping and cheering. Leo's daughter Diane was standing on her own at the end of the road and after I'd jumped into the lake I ran up and gave her an almighty hug. I knew how much it meant to the family that I ran this in his memory and if it wasn't for her Dad I wouldn't have achieved this.

Twenty months in planning and 36 hours in execution I would thoroughly recommend this challenge. When I've spoken to people about it they have mistakenly presumed that it's a low level challenge to be done by elderly runners - well think again, it's one of the hardest things I've ever done and the one that makes me the most proud.



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Stop Running? No way.

OSTEOARTHRITIS

WORDS DENISE PARK

PICTURES DENISE PARK, PETE HARTLEY

Running is a great exercise improving heart and lung health, strengthening muscles and encouraging denser bones – but every few days someone tells me they have been diagnosed with arthritis and been advised to stop running, either by their GP, physio, friends or family. They often end up in my clinic desperate for some better news given running is such an important part of their life.

WHAT IS ARTHRITIS?

The literal translation of arthritis is 'joint (arthr-) inflammation (-itis)'.

Whilst there are over 100 types of arthritis, the most common form is osteoarthritis (OA) which is usually diagnosed by an x-ray. It is often referred to as 'wear and tear' or degeneration of the joint, and regularly assumed to be the cause of musculoskeletal pain in the older generation.

The articular cartilage is a shiny coating covering the ends of the bone in the joint which provides a smooth friction-free surface. In osteoarthritis, there is often damage to this smooth surface which can cause secondary problems such as thinning of the synovial fluid (the fluid within the joint), development of bone cysts and the formation of osteophytes (bony spurs).

It is usually referred to as mild, moderate or severe, but may also be graded using the Kellgren/Lawrence Scale (2001) as follows:

Grade 0 - Totally normal knee joint with no loss of cartilage and no deformation

Grade 1 - Some loss of articular cartilage which may then cause slight narrowing of the joint space with a possibility of osteophytes

Grade 2 - More activity in the bone under the cartilage. There may be sclerosis (hardening of the bone) and the development of cysts. The bone appears denser (whiter) on x-ray

Grade 3 - Deformity of the bone edges and increased joint narrowing

Grade 4 - Complete loss of joint space, deformity of the bone ends, changes in the joint shape altering the contours of the bones.

Another form of arthritis is rheumatoid arthritis (RA) which is often referred to as rheumatism. It is a systemic condition which means it involves the whole body and can affect many joints at one time. A diagnosis of RA is usually confirmed by blood tests and is characterised by hot, painful, swollen joints. The individual is usually under the care of a Consultant Rheumatologist and the condition is managed most effectively with medication, physiotherapy and surgery if necessary.

< Photos: x-rays show a case of mild and severe arthritis of the knee.

COMMON SYMPTOMS OF OSTEOARTHRITIS

1. Pain in and around the joint
2. Increased pain with activity
3. Pain walking up and/or down stairs (when the lower limbs are affected)
4. Stiff joints
5. Reduced range of movement
6. Swelling
7. Warmth to the touch
8. Bony changes

It is important to remember that if pain eases with exercise or activity, it may not be due to arthritis. With exercise the soft tissues become more pliable, so individuals experiencing pain owing to a soft tissue injury will often report that the pain seems to decrease after running for a short period rather than becoming worse. A study by Paluska in 2005 suggested most hip pain experienced by runners is due to muscular strain or tendinitis. However, because it is difficult to assess and diagnose the cause of hip pain accurately, when the individual is known to be a runner and there is osteoarthritis visible on x-ray, it is often presumed to be the cause of the pain. Given 85% of adults with no knee pain have arthritis on x-ray, we know there is little correlation between the arthritis visible on x-ray and the pain experienced.

Pain around the hip joint or knee joint can also be referred from the spine. Hip arthritis pain is usually felt at the front of the groin in the early stages, which may then refer down the leg or into the buttock. The sudden onset of buttock pain or pain on the outside of the hip is unlikely to be caused by arthritis.

If unsure, see a medical professional who can assess the joint properly. I once saw a runner who hadn't run for 25 years due to a misdiagnosis of knee arthritis by a GP who hadn't even looked at his joint.

WHO IS AT RISK?

A study published in Arthritis Care Research in 2017 found that a history of running is not associated with a higher risk of symptomatic knee arthritis. However, some factors make you more susceptible to developing OA:

- previous injury to the joint
- previous joint surgery
- joint instability (including joint hypermobility)
- inadequate muscle strength surrounding the joint (which results in instability and poor alignment)
- an above average body weight
- previous participation in sports subjecting the joints to repetitive, high levels of impact with torsional (rotational) loading such as football, rugby, karate.

THE MEDICAL EVIDENCE

Despite numerous studies suggesting that running does not increase the risk of OA, it has historically been the opinion of both the medical profession and the non-running general public that the repeated impact causes damage to the joint surfaces.

This was thought to cause OA and led to the subsequent advice to stop running.

A study which has just been published in the British Medical Journal (Horga, Henckel, Fotiadou et al; 2019, [bmjopensem.bmj.com](https://www.bmj.com)) now provides us with new evidence which suggests otherwise.

82 healthy adults who had no knee symptoms and were participating in their first road marathon (2017 London Marathon) had MRI scans of both of their knees 6 months before the event and 2 weeks post-event. Prior to their marathon training, they all had sedentary lifestyles. A group of individuals who were not running the marathon were also included as a control group for comparison purposes. As well as the MRI scans, the participants in the study completed questionnaires about their knee function. Pre-marathon, the majority of the 82 middle-aged runners exhibited damage to several of the knee structures with 37 participants having existing tears to the meniscus, and more than half of them (65%) already exhibiting damage to the articular cartilage.

Following the marathon, the MRI scans showed an improvement in the bone immediately below the articular cartilage, and none of the meniscus tears that had been identified pre-marathon were any worse despite 6 months of intensive road training.

- abnormal joint anatomy or alignment
- a genetic predisposition – history of arthritis in the family

This study is significant because it is the first research of this size to use MRI scans to identify whether intensive road running causes visible damage to the articular cartilage, the menisci and bones of the knee joint. The results suggest that regular running has a positive, protective effect on the knee joint, possibly due to the increase in strength of the muscles and improved stability of the joint.

Unfortunately, there is no evidence specifically relating to off-road running, but given the terrain is softer and the running style not repetitive, the results could be even more positive for fell runners.

SHOULD YOU RUN?

The evidence suggests running is beneficial for arthritic joints – both in the case of OA and RA. Regular running helps to maintain the strength of the muscles surrounding the joint plus it compresses and releases the cartilage in the joints helping to circulate the synovial fluid. This helps to bring oxygen and nutrients to the joint whilst also removing inflammatory waste products. However, when there is moderate to severe arthritis and the pain is really debilitating, or there are other factors such as poor alignment, it would be sensible to modify your activities to try to avoid aggravating the symptoms.

Some suggestions are:

1. When the pain is more severe, consider walking, cycling, swimming, aqua-jogging (to help maintain running fitness) or using a cross trainer to enable you to continue exercising but without aggravating the pain.
2. Run on alternate days to allow any irritated structures to calm down.
3. Reduce weekly mileage by running shorter distances with one longer run.
4. Avoid steep descents which often aggravate symptoms - zig-zag downhill instead.
5. Shorten your stride slightly.
6. Avoid a heel strike and try to strike mid-foot or forefoot.
7. Run on softer terrain where possible – fields, trails.
8. Run in shoes with more cushioning when running on harder surfaces or put cushioned/gel insoles inside your shoes.
9. Focus on a good running style, as poor technique results in bad biomechanics and more joint stress.
10. Replace speed work on hard surfaces with a longer run on an incline to achieve a similar cardiovascular workout but at a slower pace.

11. Don't run with significant pain if it affects your running style as you will develop other injuries owing to compensating for the pain. Find another form of exercise that is more comfortable until the pain eases.

12. Don't be stubborn, listen to your body – it will enable you to remain active for longer.

EXERCISES CAN HELP TO DELAY SURGERY

A study from Norway published in 2013 showed that 109 people with mild to moderate hip arthritis were able to delay hip replacement surgery by carrying out regular exercise. Individuals who participated in one hour of strengthening, flexibility and

functional exercises two or three times a week for 12 weeks were 44% less likely to require hip replacement surgery 6 years later, compared to a similar group of people who did not exercise. They reported increased flexibility and the ability to perform physical activities when compared to the no-exercise group, and there was less progression of the joint disease on x-ray compared to those who did not exercise.

A combination of strengthening exercises to maintain the support around the joint, a flexibility programme to maintain the range of movement, and aerobic exercises are now proven to be beneficial both physically and in delaying the progression of arthritis. The weekly recommendation for aerobic exercise is 150 minutes of moderate-intensity OR 75 minutes of vigorous-intensity OR an equivalent combination. This translates into:

- a 30-minute swift walk or bike ride five times per week OR
 - jogging, swimming, or biking that gets your heart pumping for 25 minutes three times per week OR
 - any combination of these (based on your ability and preference).
- Exercise is the most effective non-drug treatment for reducing pain and improving movement in individuals with osteoarthritis.

CAN STRESS AFFECT OA?

Being diagnosed with arthritis, together with the thought of not being able to run combined with an increase in pain, often causes stress. Increased stress levels are associated with an increase in muscle tension - often the cause of more pain. The withdrawal of the feel-good chemicals which are normally released when you exercise also leave you feeling mentally and physically frustrated which perpetuates this cycle. It is important to try and break this destructive cycle and to consider other activities which can help you produce your feel-good chemicals again and control your stress levels.

WHEN TO BE REFERRED TO AN ORTHOPAEDIC CONSULTANT?

The grade of arthritis visible on an x-ray or scan doesn't seem to correlate to the amount of pain experienced, so the time to consider seeing an Orthopaedic Consultant is when the pain is significantly affecting your quality of life. If symptoms seem to improve during or following exercise, you should try and remain as active as possible, for as long as possible, to delay the progression of the disease. However, when normal daily activities are restricted, sleep patterns are disturbed, and pain

is no longer controlled by medication, it is time to seek further advice. Remember, joint replacements have a life span, so try to delay surgery for as long as possible – but not once it is seriously impacting on your daily life.

Ask your physiotherapist or other running colleagues for word-of-mouth recommendations and research the Orthopaedic Consultants in your area. Some are more sympathetic towards runners and appreciate that you want to return to an active, albeit modified, lifestyle post-surgery.

TONY VARLEY, HORWICH RMI HARRIERS, PREVIOUS FRA CHAIRMAN, AND ANNA STRAKOVA, WORLD AND EUROPEAN MOUNTAIN RUNNING CHAMPION, HAVE BOTH AGREED TO SHARE THEIR STORIES HIGHLIGHTING THE IMPORTANCE OF ACCURATE DIAGNOSIS AND APPROPRIATE TREATMENT AND ADVICE.

TONY VARLEY

HORWICH RMI HARRIERS

I had a sore left knee for quite a few years when in 2013 I entered the Langdale Horseshoe. During the race I made a point of favouring my right leg on any drops, especially on the sections where erosion prevention had been carried out. As a result, my right knee felt more painful than my left.

I visited an Orthopaedic Consultant who initially suggested I stopped running, but then said given it was not life threatening, I could carry on until I wasn't able to run anymore. At that stage, I would need both patella and/or both knee joints replacing.

I didn't really think physio would be able to help but several people encouraged me to see Denise. She treated my knee and suggested several exercises and how to modify my training. She also told me which races would be sensible to do, and which races to avoid given they would aggravate my symptoms.

Six years later I am still fell running although not as intensely as I used to. I no longer do AL category races and have adjusted my running routine - for example: not running on too many consecutive days, doing shorter runs, and avoiding too many steep descents while training. I have managed to do classic races like Fairfield Horseshoe and Kentmere Horseshoe, albeit slowly, and with reducing my training runs/days I now bike twice a week and go to the gym 3 times. Interestingly, I completed Fairfield in 2019 half an hour faster than 2018 so all is going well.





ANNA STRAKOVA

WORLD AND EUROPEAN MOUNTAIN RUNNING CHAMPION

Whilst running down a steep mountain on a training run in November 2018, I experienced a sudden onset of quite dramatic pain on the outside of my right hip.

I went to see a Consultant to find out what was going on. Following x-rays and MRI scans, I was told that I had a trochanteric bursitis but also that I had hip joint arthritis grade I - II on both sides.

OK I thought, but is this what is causing my hip pain? I had a very sharp pain that felt like my hip was coming out place – was this really arthritis? I had an injection which didn't help, and the Consultant then mentioned surgery.

I couldn't accept this diagnosis, so I went to see another consultant who specialised in treating the top elite athletes in the Czech Republic. He did a few tests on my hip joint and sent me away saying "For sure it is not your hip joint causing the pain, it is coming from your back". He gave me a few exercises and told me I needed to see a good physio.

I still couldn't find out what was going on, and despite a very long rest of over 10 months, the back exercises and seeing a Czech physio, my symptoms remained the same and I was not getting any better.

Denise was finally able to come to the Czech Republic to help me in October and we believe we have now diagnosed my problem. I had twins two years ago, and since giving birth to the girls, the muscles in my pelvis and gluteal muscles have remained very weak. I returned to running soon after the girls were born and competed in slower paced, ultra-distance races, but when I tried to run fast down the steep mountain I had been unable to maintain a good running posture and damaged the muscles on the outside of the hip. This has also now affected my sacro-iliac joint between the pelvis and the spine on the same side.

It has been a very difficult frustrating year when I didn't know the cause of my pain for such a long time. There is a lot of work in front of me now as I need to get the muscles strong to be able to run again - but I know for sure it isn't arthritis!

DENISE PARK

Denise is a Musculoskeletal Chartered Physiotherapist based in Clitheroe, Lancashire. She started working with fell runners in 1989 and was physio to the England Mountain Running Team for over 10 years. She has worked at many international fell and mountain races, and in 2008 was accredited by the World Mountain Running Association for her work with elite mountain runners from around the world. In 2011 she was asked to write a chapter in the medical textbook 'Adventure and Extreme Sports Injuries', when she was recognised as the world's leading expert in fell and mountain running injuries.

WORDS CRAIG JONES,
WFRA CHAIRMAN



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LET'S GET BIVVY WITH IT

Following Wendy Dodds' article *The Value of Your Whistle* (The *Fellrunner*, issue 124) which extolled the virtues of the humble whistle - an item of kit that could one day save your life - the following article will discuss another one; namely that suspiciously 'safe' looking item: the emergency bivy bag.

In recent years, we've seen some interesting and informative articles on the subject of hypothermia and its effect on the human body. Exposure to the elements and the rapid loss of body heat is one of the primary risks facing fell runners who find themselves unfortunate enough to be out in the open and unable, for reasons of injury, time or circumstance, to be able to stem the loss of life-preserving bodily warmth.

Memory of pain and discomfort dissipates quickly, and it's hard when you sit in the comfort of your home to properly remember that awful feeling of soaked wet clothing leeching the heat from you like some textile Dementor. In recent times I've been reminded of the effects of heat loss, and just how quickly it can grab you, fortunately without incident, but it got me thinking...

In September I took part in the half version of the Ras Pedol Peris (Peris Horseshoe to those over the border), a tough classic AL, traversing the Glyderau and Snowdon ranges of Snowdonia, on what turned out to be a wild weather day.

Wild enough in fact for the latter part of the long course to be re-routed due to the conditions.

We were wet before we left the car park, and the first climb up Elidir Fawr allowed us to fully embrace the full force of the wind and driving rain, which made the route over the summit rocks interesting to say the least. The clag was thick, and you couldn't see past the end of your nose, but there was no need for me to get a map out as I knew the route like the back of my hand (sound familiar?). Suffice to say I became directionally challenged; after a brief period of swearing and some steep extra mileage I regained the route, but having been in a V40 podium position I now found myself a long way down the field.

I continued apace, catching a few shapes in the mist, but eventually on the haul up from Llyn y Cwn I made the decision that I'd stop at Glyder Fawr summit checkpoint and wait for my good lady who was also competing, and help nav her down to the finish. So, stop I did, and instantly became cold. I was wearing the usual overdressed clobber that fell racers choose on a rough day - shorts and T-shirt top - so I broke out the contents of my bumbag. On went some cyclist's arm warmer thingies (really handy kit), a 'waterproof' top with a wired hood, waterproof legs, hat and gloves. Now having dressed in all I had (as per the race rules), I was still very cold indeed, so cold in fact that I had to start jogging on the spot and doing press-ups to keep the blood moving.

Fortunately, I had a rocky windbreak, but even so the general air temperature and wind movement was drawing out my heat at a rapid rate. Sitting down was not an option, it was cold wet rock all around and any reduction in movement allowed the chilling effect to bite further.

I guessed I might have to wait 10-15 minutes, but it was a long 15 minutes, and I began to pray every shape coming out of the mist would be my wife so I could get running again.

There I was, in good fitness, uninjured, and ready to run; and yet I was suffering badly from plummeting bodily heat loss. It suddenly dawned on me, what if I was lying injured, unable to dance about and do star jumps? What if whilst 'directionally challenged' I'd tripped and become injured, making my warming press-ups an impossibility? I'd still be within the normal race period, so no-one would be concerned for me, but I'd be off the normal route, so no-one would come across me, and when they started searching they wouldn't initially be looking where I was. The question is how long would I have survived with say a broken ankle, and suffering from shock? The reality is that the wait to be found and rescued would be in hours, whilst the time it would take to suffer hypothermia would be in minutes.

Heat loss from the body is caused in five ways – Radiation, Conduction, Convection, Evaporation and Respiration. Mostly our body temperature is warmer than the surrounding air, so the laws of physics will seek to equalise them, and by the time that's happened on a cold British hill we're long dead. We need to slow that process down and retain as much heat as possible.

Obviously we all know that wearing of items of clothing trap air and warm it, insulating us and reducing radiation. Water and windproof fabrics stop our skin coming into contact with cold rain and air, preventing conduction. If we can reflect some of that heat back towards us that's even better. A bivvy bag does just these things.

Unlike the old huge orange plastic survival bags, modern technology has produced bivvy bags that are waterproof, reflective, lightweight and compact; so much that some of the smallest weigh only 99 grams and are as small as an apple.

So why don't we carry them? The simple fact is most of us have been conditioned by the outdoor industry to think that we must carry the least weight as possible. We carry what we 'have' to according to the race rules and no more. We need to start thinking differently.

If, as a fit mountain racer, someone asked us to carry a small item of kit up a mountain in order to save someone's life we wouldn't

need to be asked twice. So, why don't we consider carrying them ordinarily?

At the recent AGM of the Welsh Fell Runners Association the assembled group discussed and considered this issue, and agreed that although we wouldn't require any kit rule changes, the Association would promote their use and shine a spotlight on the benefits of having one with you when in the high mountains, particularly when the weather is bad. Because the reality is that an emergency bivvy bag could make the difference between life and death by delaying that critical heat loss just long enough.

Thankfully I'm not writing this article from the position of someone who needed it as a lifesaver either for myself or another, but maybe one day I will. Maybe one day I'll have a fall and won't be able to keep moving, and maybe, just maybe a fell runner will be out for a training trot and find me, and he/she will have a bumbag containing an emergency bivvy.

So, if you, like me, enjoy running alone in remote places, consider whether an extra 99 grams might just save your life or one of your fellow racers. Buy one, carry one.

The WFRA is not recommending any particular manufacturer, as there are various emergency bivvies on the market. Some are lighter and more convenient than others. However, it would be avoiding the obvious if we didn't point towards some that stand out as examples.

SOL EMERGENCY BIVVY, at 99 grams and retailing at about £16. SOL (aptly stands for Survive Outdoors Longer) also make a range of others, including two person versions (165g), allowing body heat to be shared.

LACD BIVY BAG SUPER LIGHT, weighing in at 150g and retailing at about £10.

RAB ARK EMERGENCY BIVI at 115g and £17, or a 2 person version at 162g.

ARVA BIVY EMERGENCY, 108g, £16.

The SOL version stands out as being the lightest and most convenient, coming in a handy orange bag with a draw cord.

Turned inside-out a reflective bivvy bag can be used to roll around an unconscious casualty if you can't get them inside it. Or if you cut a slit at the bottom end it can be pulled over the head allowing the casualty to breathe, or even walk if necessary.

ENTRIES
NOW OPEN

Saunders Lakeland Mountain Marathon 4th -5th July 2020 (NW Lake District)



A two-day mountain navigation competition that is held annually in the Lake District for pairs and experienced solo entrants.

The event includes a choice of 6 'line' courses of which 5 are solely for pairs of runners, with the longest course also open to experienced solo entrants. There is also a 'score' course which is open to both pairs and experienced solo runners.

Linear &
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The Saunders (SLMM) is definitely competitive, but has a friendly and relaxed atmosphere. There are courses suitable for young people and first time mountain marathoners.

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EVERYTHING OUTDOORS

MARTIN STONE'S

LONG DISTANCE ROUND UP

DEC 2019

WORDS MARTIN STONE

PICTURES ANDY JACKSON

PAUL TIERNEY - 2019 FRA LONG DISTANCE AWARD

The Long Distance Award is awarded for the most outstanding long distance achievements in the mountains by a runner from the British Isles. It has been presented since 1987 and a panel of 26, many of whom have won the award before, cast their votes.

The award was won last year by Ken Taylor who, at the age of 71, became the oldest person to complete the Bob Graham.

This year the award was presented to Paul Tierney for his amazing record-breaking journey across the 214 Wainwrights Peaks in 6 days 6 hours. The presentation took place in early November at the FRA Dinner and a number of Paul's close team joined him that evening to share his celebration. A few weeks later a film of Paul's run has just premiered at the Kendal Mountain Festival. Many of Paul's family and pacers were at the Brewery Arts Centre and a packed house watched Dave MacFarlane's superb 75 minute film. It includes great interviews with the Big Man himself and members of his support team. The film is entertaining, poignant, informative and a showpiece for the Lakeland fells. One is left with a sense of awe at the brutal nature of the challenge - the equivalent of 5 Bob Grahams back to back.

Paul's adventure is featured elsewhere in this magazine. It seems to have induced Wainwright mania in the fell running community as we are aware of 3 runners who are hoping to complete the 214 Wainwrights next year in a continuous journey.

CHRIS BLAND – SEVEN BOOKS IN SEVEN DAYS - 1981

The quest to complete all the Wainwrights in 7 days began in 1981. Chris Bland lived in Borrowdale and was a Church Warden of his local church at Stonethwaite. The church roof needed re-slating. Chris devised the first ever challenge to complete the 214 Wainwright summits within 7 days. He was hoping to complete all the Wainwrights in Book 1 on day 1, Book 2 on day 2 and by the

end of day 7 he hoped to have climbed all 214 peaks. The challenge was also intended to raise much needed funds for the church roof and with this in mind, each day's journey would start and finish at a church. Chris had completed the Bob Graham and paced many friends over the years but even so, this was an extraordinarily tough challenge for Chris to undertake. The distance would be about 330 miles and 125,000ft of ascent. He was paced by many local friends, especially members of Keswick AC.

The weather throughout the week was mixed and Chris wasn't able to complete the last few summits of Book 2 - Far Eastern Fells. On day 4 he struggled with very strong winds, low visibility and it was necessary to stop for the day having completed about two thirds of Book 4 - Southern Fells. Despite these setbacks Chris completed the other 5 books, each within a day. Every night he was able to return to Stonethwaite and the comfort of his own bed. Chris produced a loose-leaf booklet Seven Books in Seven Days, which I would be pleased to lend to anyone who is interested in this challenge.

Since then a number of runners have attempted to complete a Wainwright book in a day – but generally only one book at a time!

DARREN PARKER – 7 WAINWRIGHT BOOKS IN 7 DAYS

While Paul Tierney was planning his continuous Wainwright challenge, Darren began his own Wainwright challenge on the 2nd January. During the year he attempted each Wainwright book in a day, although he exceeded 24 hours on two occasions. Whilst doing a Wainwright book as a single outing is not a novel idea, the manner in which he completed all seven of them is exceptional as he completed each journey solo unsupported. His starting rucksack weight varied between about 2.5kg to 5.5kg, excluding water. The heaviest was when attempting the Northern Fells in snow, carrying an ice axe and spikes – he failed on that attempt.

He did the three 'easiest' books during winter and here's a brief log of his 250 days:

- 2nd Jan – Central Fells Book 3 - 70km, 3343m, 16h33mins
- 1st Feb – Northern Fells Book 5 – Failed early in deep snow!
- 14th Feb – Northern Fells Book 5 - 78km, 4125m, 14h31
- 25th Feb – North Western Fells Book 6 - 71km, 4392m, 14h19
- 30th Apr – Western Fells Book 7 - 93km, 5685m, 21h31
- 2nd Jul – Eastern Fells Book 1 - 95km, 5308m, 22h26
- 8th Aug – Far Eastern Fells Book 2 – Failed due to dropped map and mobile phone failure!
- 15th Aug – Far Eastern Fells Book 2 - 96km, 5378m, 24h31
- 7th Sept – Southern Fells Book 4 - 105km, 6205m, 30h50

Darren accompanied Paul Tierney for a while on his final day and noted that after 6 days Paul was still travelling uphill at a pace similar to Darren's when he was setting off. However this is not to detract from a great set of solo unsupported journeys by Darren. The old adage 'if at first you don't succeed, try, try again' accurately summarised Darren's amazing year.

ABRAHAM'S TEA ROUND CHALLENGE

Inspired by the southerly skyline view from their Abraham's café, the Keswick outdoor shop George Fisher created the Abraham's Tea Round in 2017. The route starts at the doors of the shop and goes out through Portinscale village before heading up and over the top of Catbells. It descends to Little Town in the Newlands Valley, then over Robinson from where it descends to the shores of Buttermere. A steep climb up High Stile and back down to Buttermere via Red Pike and Bleaberry Tarn precedes a long slog out of Buttermere up Whiteless Pike. The route then heads over to Crag Hill, traversing along and then up Grisedale Pike before doubling back to reduce the climb up Hopegill Head. Back towards Crag Hill from Hopegill Head, up Eel Crag, across to Sail and Scar Crag, Causey Pike, then a descent to Rowling End. It then drops down Stoneycroft Ghyll before popping up the final fell of the day, Barrow. A short run back to the doors of George Fisher and you have completed a 30 mile round with 12,000+ feet of ascent.

In 2017 and 2018 there were a total of about 40 completions. However in 2019 at least 120 have completed the challenge and a few have now made 3 completions. Within the past few weeks, James 'Pup' Harris and Max Wainwright completed very fast solo unsupported rounds in 5hrs 41mins and 5hrs 44mins respectively. This spurred Brennan Townsend of Keswick AC into action again and on 5th November he regained the record with a very fast solo unsupported round in 5hrs 30mins. Meanwhile in late October Lesley Malarkey (V70) of Keswick AC completed a solo

unsupported round in 10hrs 52mins. Everyone who completes the challenge gets free celebratory tea and cake in the café. George Fisher are keeping the roll of honour on their website with a leader board of all those who complete the round and their times.

SOUTH WALES TRAVERSE REGISTER OF COMPLETIONS

Also known as the Brecon Beacons Traverse, this 24-hour challenge involves 72 miles and some 17,000 feet of ascent. It was launched in 1984 having been completed by Derek Fisher and Andy Lewsley the year before in 21hrs 24mins. It traverses 31 summits in the Carmathen Fan, Fforest Fawr, Brecon Beacons and Black Mountains areas and almost every successful completion has been west to east, finishing at Llanthony Priory. More details can be found at www.gofar.org.uk where you'll see a list of successful completions. Unfortunately there are a few omissions from attempts made years ago and if this applies to you or you would like tell me about a recent successful completion, please contact Martin Stone martin.stone@sportident.co.uk

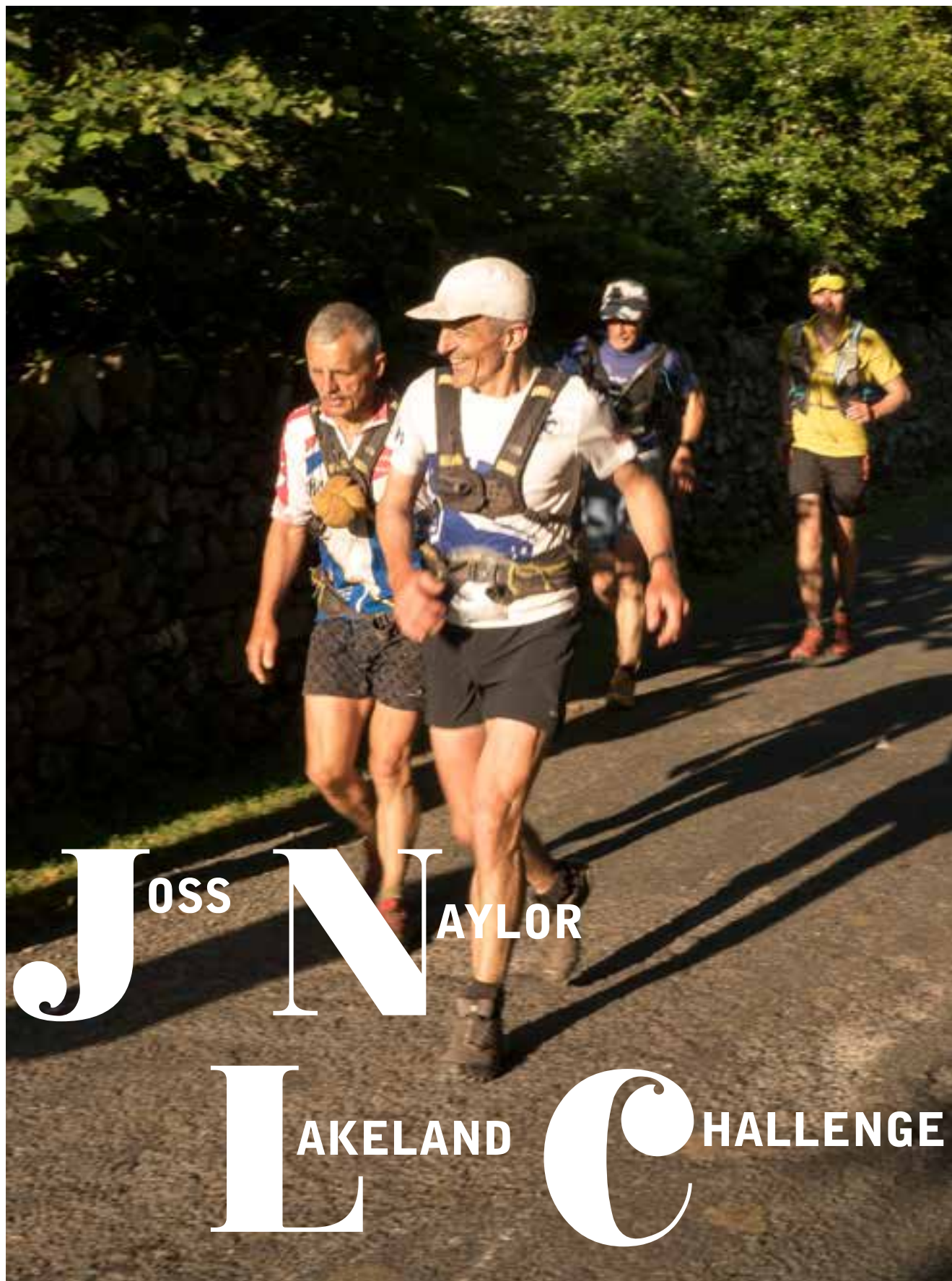
FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

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 is made to a runner from the British Isles and performances in races are not eligible for consideration.

The award year ended 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.



WORDS IAN CHARTERS

The 2019 Presentation Dinner was held, as always, on the third Saturday in October at The Bridge Inn, Santon Bridge. This year was the most successful in the history of the Challenge with a total of 29 successful Crossings of which 23 were first time Crossings. Almost all the successful contenders were able to attend and were presented with their engraved Tankards by Joss. Thanks are due, once again, to Jennings Brewery for their continuing support and for providing the engraved Tankards.

The tradition of meeting contenders en route continues and I would like to thank Rainer Burchett, Mike Langrish, Nick Hewitt, Ian Roberts, Charmian & Steve and Martyn Pryce who all turned out over this summer to meet and encourage Contenders and, in some instances, to run a leg or two with them. Thanks are also due to Peter Ferris-Naylor for fielding text messages from support teams and keeping Joss updated with contenders' progress on the day. If you are interested in providing some encouragement to those following in your footsteps, please let me know and I'll be delighted to add you to the Meet & Greet Group mailing list.

The Presentation Dinner doesn't just happen and thanks are due to Ian Roberts for organising and managing another successful and convivial evening.

This and previous years' completers can be found on the completers page of the blog (jossnaylor.blogspot.com/p/completers.html) and I would like to take this opportunity to add my own congratulations to all of this year's successful contenders, for both new and repeat Crossings.

I know of some plans for 2020 attempts and have been formally notified of one attempt in June. I am sure there are others being kept under wraps in the meantime. If you are considering an attempt please have a look at the blog (address below) for the requirements, sample schedules and inspiring accounts of other Crossings. Feel free to contact me if you have specific questions or are just looking for more information. Finally, if you are still thinking about writing a brief account of your attempt, please do so and let me have a copy along with a couple of photographs (if possible). I'll be delighted to put it and the photos on the blog or simply add it to the records if you prefer.



2019 Presentation Dinner ©Ian Charters

Ian Charters is a member of Bowland Fell Runners with an active interest in many things outdoors.

For information and validation details - Ian Charters

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runfurther update

A REVIEW OF THE 2019 RUNFURTHER UK ULTRA CHAMPIONSHIP SERIES.

WORDS KAREN NASH

As usual we tried to keep old favourites in the series but also included four 'new' races for added interest. There was no Scottish race this year but the Beacons 50/100 in South Wales was well attended with different runners opting for the two distances on offer. Sadly awful weather caused the local mountain rescue to insist the longer race was stopped with most runners at around the half way mark. Only our own David Chetta was still running strongly and was well beyond this point. Many runners had bailed and now have a reason to return next year. Runfurther runners swelled the numbers at the Spire Ultra around Chesterfield. It was a relatively flat and fast ultra on a new area with a chance for PBs and we boosted the monies the RO was able to donate to charity. The 3 Towers Ultra saw runners exploring some lesser frequented paths on the Lancashire hills as well as visiting some

well known local landmarks. The final 'new' race was the Lakeland 5 Passes. It attracted a very competitive field and at 42 miles and 10,000 ft of climb was a tough but rewarding day out.

The men's leaderboard continues to be very competitive and positions changed in the last races of the year. I was delighted to persuade some younger and faster female runners to take part in the series which made the female leader-board equally competitive. Sabrina and Hayley posted fast times and each notched up some perfect 1000 point scores. There were no Grand Slams of all 12 races this year - it's a big commitment and a real challenge to stay injury and illness free for this. A few years ago we introduced an U25 category but this year those runners were absent. So the challenge is there. If some younger runners would like to try out ultras please come and join us; there are bound to be four races from the 12 that would suit you.



Lakeland 5 Passes ©Paul Wildman

RESULTS FOR THE 2019 SERIES

Full results on www.runfurther.com

	MALE	FEMALE
Overall winner	Rory Harris	Sabrina Verjee
Overall 2nd	David Chetta	Hayley Evans
Overall 3rd	Kevin Hoult	Karen Nash
V50 winner	Martin Terry	Karen Nash
V60 winner	Alwyn Nixon	Janet Hill
V70 winner	Dick Scroop	
Most points in series	David Chetta	Karen Nash

	TEAM
1st team	Krypton
2nd team	Astley and Tyldesley
3rd team	Valley Striders

RACES FOR THE 2020 SERIES

Details and links to the race entries are on our website, www.runfurther.com

DATE	RACE	DISTANCE (MILES)
1st Feb	Pendle Way in a Day	42
14th March	Haworth Hobble	32
4th April	Calderdale Hike	37
25th April	The Fellsman	61
9th May	Spire ultra	34
16th May	Shires and Spires	35
27th June	Lakeland 5 Passes	32
11th July	Pennine 39	39
7/8th Aug	Beacons 50/100	50/100
5th Sept	Bullock Smithy Hike	56
3rd Oct	3 Towers Ultra	43
10th Oct tbc	Round Rotherham	50

Signing up for the Runfurther series is free and runners are then eligible for various prizes. We hope some of you can join us next year. Many thanks to our 2019 sponsors Mountain Fuel, Tent Meals, Romney's Mint Cake and Injinji and Ultimate Direction via Betadesigns. Next year will see at least one more sponsor added to this list.

PETER KNOTT 1936 - 2019



Peter Knott, who was an early Chairman of the FRA and a competitor in fell races over more than forty years, has died. Peter was always active as an organiser and administrator from the early formative years of our sport. As a member of Blackpool and Fylde AC he began competing in the early 1970s after a career in cross-country and steeplechase honed in his years at Loughborough College, and he was for a time holder of the national Indoor Steeplechase Record. In 1975 he became the second Editor of *The Fellrunner*, and the sixth ever issue was Peter's first. It was a considerable step up in quality with the first action photos and the now customary mix of results and articles (all for the princely subscription fee of £1!). Peter edited *The Fell Runner* (as it was then named) biannually for the next four years and was winning the vets category at that time across a range of fell races and including the Blisco Dash, where I first competed against him in 1976. Publishing was clearly one of Peter's areas of interest – he was highly involved in the production of Bill Smith's masterpiece 'Studmarks on the Summits' in 1985 and was credited as the publisher. For the younger reader 'Studmarks' is a history of amateur fell racing, now long out of print, with copies changing hands occasionally for several hundred pounds.

Peter's next step was to take over as Chairman of the FRA in 1979 at a rather difficult time for fell running. The Amateur Athletic Association of England was our ruling body and for some years it had failed to give us any say in the running of our sport. This of course went down very badly with the runners and there was a popular move to divorce fell running from athletics completely and set up our own governing body. This move in its turn was unpopular with those fell runners who were members of athletics clubs and who wanted to continue to compete on the road and track. Peter was a brilliant diplomat and he led the negotiations with AAA which culminated in the FRA becoming its own governing body within the athletics umbrella. We all owe Peter a huge debt for his success in this task.

All the while Peter continued to compete, particularly enjoying mountain marathons (although the predecessor of the OMM was the only one until the Saunders came into being). In 1976 he was one of the very few finishers in appalling conditions in Galloway – massive respect to him for that from one of the lily-livered majority who fell by the wayside! He completed the Bob Graham in 1982 while still Chairman and was one of the people who established the important tradition in fell running whereby our administrators continue to be regular competitors. One of Peter's central traits was that whatever he was doing, if he saw a gap then he would get involved in organising things. And not just within fell running. He was a key member of South Ribble Orienteering Club, organising events and taking on senior admin roles (often at the same time as his work in fellrunning), and as the long-time race organiser of the Freckleton Half Marathon, and later on in cycling with Kent Valley RC.

This was the pattern that led to him becoming one of the main organisers of the mountain marathon over a twenty year period after the tragic death of KIMM originator Gerry Charnley on an icy Striding Edge. Peter was later to represent his country at Triathlon in age group categories, and he was still competing in cycle time trials this year, and still volunteering across his whole range of interests. His wife Cherith was always by Peter's side and she too competed as an orienteer. In Peter's case he began orienteering to improve his navigation following that first seminal KIMM in Galloway, but it went on to interest and excite him in its own right.

Peter will be remembered by his friends for his very low key style, and his T shirt and (rather baggy) Ron Hill tracksters. He presumably did not go to work as an Aerospace Engineer in this garb but he apparently attended School Parents Evenings in his training togs, much to son Ian's chagrin! Practically all of these achievements were made after he endured a series of minor heart attacks from 1979 which led to his being fitted with a pacemaker in the early eighties. He was not a man to dwell on his misfortune though – his answer to someone giving sympathy was that 'the heart's only a muscle'. To which the answer apparently was 'quite an important one though Peter!' Pacemakers are not designed for a forty year lifespan however, and he had to have a replacement before the battery ran out. Peter was competing again within a week or two!

A very determined man, a strong family man, someone who could see what needed doing and just got on and did it. Unassuming and matter-of-fact, Peter Knott made a massive contribution to our sport, as he did to other sports. He was a quiet giant in the early days of fell running and we are very lucky to have had him, because he helped make fell running what it is today.

Selwyn Wright, FRA Chairman 1991 - 94

With grateful thanks to Ian Knott, Roy Woodcock, Brian Jackson and Neil Shuttleworth.

BARRY BLYTH 1946 - 2019

I'm sad to report that Barry Blyth - English V65 champion in both 2012 and 2013 - passed away early last month after a short illness. This has extra poignancy for me as I awarded him the V70 prize at Windgather fell race in October!

I first met Barry in the early 2000s on a club winter training run. Like me, he had only relatively recently got into running, and quite late in life, following considerable success in his younger years on the rugby field (initially as a player, later as a referee). The 'Wednesday night fell group' was something of a misnomer in that after the route was agreed, it was often 'everyone for themselves'. Nevertheless, Barry saw to it that no-one got lost or left behind, and the post-run pint provided plenty of time for 'advice' and discussion of upcoming races.

Spring came around and so did midweek racing. I often car-shared with Barry, and experienced both his slightly eccentric driving style and his penchant for being at the start 'punctually' (ideally before the race organiser) for 'a good warm-up' (which was on occasion longer than the race). It clearly worked though as when the gun went, if you could see Barry after half a mile you were going too fast. But he was also extremely tenacious, and (as well as 'leaving nothing on the course') generally worked his way through the field during the race.

Barry ran every race going, and he ran hard. Yet, he had an almost encyclopaedic knowledge of how he'd performed in all his previous races: times, places, courses, who he'd raced and so on, and often he'd still be running the same times in races 10 years later!. Amongst his achievements were:

2000 - Bob Graham Round

2005 - 9th M55, World Masters Mountain Running Champs, Keswick

2007 - 3rd English / British V60 Fell Champs

2008 - 5th English V60 Fell Champs

2012 & 2013 - English V65 Fell running Champion

2017 - 3rd English V70 Fell Champs

It was very rare that he didn't win his age group, which of course necessitated waiting for prize giving: in Barry's case, as he'd finished near the front, usually quite a long wait. This of course provided extra time for 'discussion' of how the race went. He was always generous in praise of other runners, gracious in defeat (which didn't happen often) and full of suggestions to younger runners on how to improve, what race to do next, and so on.

A cause of much mirth was Barry's 'navigational ability', or lack thereof: on at least a couple of occasions he had been known to find himself 'misplaced' - "there was a 'parth' so I followed it" ... it was always a parth with Barry, never a path. I'm sure his navigational ability was as good as most fell runners - but when you're towards the front, as often he was, there's no-one to follow!



At the Fell Relays in Calderdale I was paired with him. I knew the route, but I wasn't fast enough to lead the navigation and was just about able to keep him in sight. We both routinely got left and right confused which led to a few 'Keystone Cops' moments providing much mirth for the teams around us as we headed off in different directions: 'you two can obviously run a bit, you'd be up the front if you both ran the right way at the same time'.

Barry also had many other strings to his bow, including dancing. He would think nothing of a 3- or 4-hour evening of dancing on a Saturday night before a big race on the Sunday. On more than a few occasions he was heard to say: 'it'll be a slow start today, was still out dancing until 1 o'clock last night, might have overdone it'.

Anyone who knew Barry knew he was very much a family man and spent a great deal of time looking after his five grandchildren. He is survived by wife Joy, and sons Robert and John. Our thoughts are with them at this difficult time.

Running with Barry - and the post-run pint - was always a pleasure. We'll miss you so much, and the memories will last a lifetime. Thanks Barry!

Julian Brown, Membership Secretary, Macclesfield Harriers

RICKY WILDE 1945 - 2019



Richard Spencer Wilde, known to all as Ricky, died in September at the age of 73. He was a prodigious runner, and had held an indoor world record on the track, but also excelled in cross country and fell racing, and still holds several course records on the fells.

Ricky was a modest runner at Manchester Grammar School, saying of himself "I joined the cross country club mainly because I was rubbish at football"! However his athletic prowess really began to shine in the 1960s. He ran for King's College London, and was invited to join the Manchester and District Lads Club Harriers, which encouraged his enthusiasm for the sport. The M&D trained in the Irwell Valley, and the runners were welcomed back to a tin bath filled with hot water. Ricky's training became more systematic later, when he took a Town Planning course in Birmingham, followed by a planning job in the Peak Park, based in Bakewell. His greatest running successes were enjoyed during this period from 1969 to 1973, though he was a formidable performer on the fells well into the 1980s.

Ricky was a Life Member of the club that M&D became, the Manchester Harriers and Athletic Club or MHAC, and was loyal to that club throughout. His athletics achievements were initially on the track. Wade Cooper, in his address at the funeral, noted that "1970 was his finest year. He won the European Indoor 3000 metres in a world record time of 7:47. The week after he finished 6th in the International Cross Country Championships in Vichy, France. What raised everybody's eyebrows was the mixing of the disciplines and being successful in both. From then on he was treated with the utmost respect by any fellow competitor. He won many local races easily because the others realised they had little chance". Sandwiched between these sporting landmarks he also won the Eccles Pike race, a foretaste of the success on the fells which was to come! He won the Grandma's Marathon in Minnesota in 1979 in a time of 2:14:43, and then returned in 1981 to run the same event 2 seconds faster (though this only gained him 4th position on that occasion).

His early fell running included good performances in the Three Peaks

race in the 1960s, but he started to excel in the following decade. He won the second Snowdon Mountain Race in 1977 in a time of 66:07, a time he improved in 1978 to 64:28. He said that the Snowdon race was 'ideal for a cross country runner', as the going underfoot is not too extreme and it is runnable all the way. Sound judgement, but he certainly possessed lightning fast downhill skills, as anyone attempting to equal his time of 21:08 for the 5 mile descent will discover! This result is still the second fastest ever descent by a mere 3 seconds! As Wade Cooper records – "In 1978 Ricky, Lynne Davies, Barry Boxen and I went to the third running of the Snowdon Mountain Race. The 1976 winner, Dave Francis, was first at the summit turn, Jeff Norman second and Ricky third. Ricky caught Jeff and Dave on the descent and put over a minute into both of them at the finish".

Among his fell running achievements was a win in the inaugural Lantern Pike race in 1977. 42 years later nobody has ever run faster, and so Ricky's record – one of the great fell race records – of 29:12 still stands in the 2019 FRA Calendar. He also still holds the course record for the Saddleworth Fell Race (on the old course), and several races, including the Rossendale Fell Race, which no longer take place. His race successes in the 70s and 80s include wins at Clitheroe, Darwen Moors, Edenfield, Fairfield Horseshoe, Great Hameldon, Great Hill, Harden Moss, Manx Hill Race, Pendleton, Stoodley Pike, Three Towers, Turnsack, Wansfell and Wrekin – with a corresponding number of top three places too numerous to list. The comprehensive record of his fell achievements is, of course, Stud Marks on the Summits, Bill Smith's history of fell racing.

Later in life Ricky was no longer able to run competitively, but maintained a close interest in the sport. He was a meticulous course setter for the Manchester League cross-country events, perhaps the result of a career in town planning.

To finish with some final words from Wade Cooper: "I can honestly say that Ricky Wilde was the most talented runner I have ever met".

Andy Watts, FRA Treasurer

A TRIBUTE FROM ALAN BOCKING, CLUBMATE AND FRIEND

It seems strange starting at the end of his life but one entered the crematorium to 'Chariots of Fire' by Vangelis and left to Emerson, Lake and Palmer's 'Fanfare for The Common Man'. To me that summed up Ricky, there were no airs and graces, he was just one of the lads, as the saying goes. With standing room only at the funeral there was a huge turn out from the Manchester & District Lads Club Harrier days, from far and wide, to pay their respects to Ricky, not to mention those from the fell running community who raced against him. Everyone knew someone and everyone knew Ricky. The eulogy by Chris Henthorn and tribute by Wade Cooper could not have been bettered. It was a true celebration of his life.

I first met Ricky when I joined Manchester & District Lads Club Harriers as a 13-year-old and donned the light blue vest. At that time, it was a very strong club over road and cross-country and Ricky was the star although you would not have known. No matter the surface Ricky excelled, road, cross-country, track and fell. He was a one club athlete, very loyal, although the name of the club changed to M&D HAC and then its current name of Manchester HAC upon amalgamation with Manchester AC. Being a teammate and committee member with Ricky was a privilege and he served for many years giving back his wisdom and knowledge. Whenever possible he helped others to organise, and run in, the Northern Athletics League for the club even though we languished in the lower divisions.

He always offered encouragement to us youngsters and, living not far away, offered lifts especially to championship races so we could support the club. It was fascinating to watch him breeze round the Southport course in the Lancashire Road Relays or to run the Manchester Cross-Country League or the Northern and Nationals. He was a truly great talent.

Much is said about that fabulous run at Lantern Pike in 1977, setting the record that still hasn't been beaten to this day finishing 1m32s in front of Jeff Norman, but he set many records on the fells in short and medium races. To me his time of 1:12:51 in winning the Fairfield Horseshoe in 1980 must rank up there as well being an astonishing 2m 48s in front of Mike Short. Living halfway up Joel Lane in Hyde on the slopes of Werneth Low was hill training in itself.

A truly great athlete, club member and friend he will always be remembered by everyone who knew him and I will miss the Christmas card I would receive with a quick résumé of the year passed.

A TRIBUTE FROM NEIL SHUTTLEWORTH

About Ricky Wilde. A great guy. A world-class athlete. An enigma. From Wythenshawe to Vienna via many northern hills he left his indelible mark breaking many records. Our paths crossed many times. He was usually way ahead of me save for the 1971 Karrimor from Plas-y-Brenin when only four teams made the tight cut-off times.

At the 53rd Manchester University Cross-country Relays a month after his death a minute's silence was held in his memory. In its second running he set a long-standing record of 9:23 for a lap of the perimeter of Wythenshawe Park. The piece on Ricky in the Spring 2008 Fellrunner

was after an anniversary for which I approached Ricky to reflect and add a little. Alas he was reluctant to do so.

Ricky had a smattering of mentions in Steve Chilton's book "It's a hill..." and perhaps most telling was one by Jeff Norman: "I used to reckon that if I was within reach of them at the top I would win the race. The one I worried about though was Ricky Wilde, every time."

A profile I did on Ken Jones, the first and long time Snowdon race organiser, revealed that the twin town arrangement of Llanberis with Morbegno in Northern Italy all stemmed from Ricky's suggestion that they hold an international race. Ricky has a lot to be proud of.

A TRIBUTE FROM MARTIN MCGANN

East Cheshire Harrier Martin McGann, who has run in 50 consecutive National Cross-country races and had a few top six places in fell races in the early 70s, recalls an amusing incident in a fell race.

East Cheshire Harriers had a free Saturday afternoon and went to the Eccles Pike race. It's only a little fell race, we thought and M & D turned up with Barry Boxen, Stewart Keech and Ricky.

The previous Wednesday Ricky had run a world-class time and we did not expect him to be there. We set off and went through a ginnel, ran down the road about 20 metres and through a gap in a wall. A man was banging a carpet on the wall. On the way back I came to look for the gap in the wall and saw the man banging his four by four carpet. I went down 50 metres and back up. 'Did you see any runners come this way?' I asked. 'Oh, they went through here' as he casually pulled the carpet back to reveal the gap in the wall.

It was dead funny. And Ricky won a massive silver trophy.

A TRIBUTE FROM ANN-MARIE JONES

Although I never raced against him, when we did run together, I do recall his lolloping great stride and easy pace.

He was, to my surprise and wonder, a quiet and very approachable man. He was easy to talk to and always happy to provide honest and considered answers to my questions about races, places and times.

He was a very modest person and a lovely human being. What many will not know is he used to marshal at the Manchester cross country league at Heaton Park. I suspect many North West runners will have run past him without knowing or realising his racing achievements. He used to stand in his bobble hat, by the edge of the field where we entered the woods, right by the slippery tree roots (where many tripped and fell) and cheer me on!

He's gone!

I still can't believe it!

I will miss him!

He was one of my heroes!



RACE LIAISON OFFICERS – VACANCIES

The FRA is looking for passionate and energetic fell runners to join the Race Liaison Team

- Do you want to give something back to our sport?
 - Do you have experience of FRA races and (preferably) race organisation?
 - Would you be willing to help the FRA and its race organisers by acting as a Race Liaison Officer (RLO) for 2020?
- The summary below gives an overview of what's involved. Commitment is flexible. If you might be interested in joining the RLO team then please contact Stuart Ferguson (FRA Race Liaison Lead) on rlo@fellrunner.org.uk

RACE LIAISON OFFICER (RLO) ROLE:

Race Liaison Officers (RLOs), who report to the RLO Lead on the FRA's Executive Committee, are responsible for liaising with individual race organisers (ROs) on a race-by-race basis, with two primary aims:

- to ensure that FRA races are run in accordance with FRA rules and procedures;
- to provide advice and support to ROs.

RLOs will normally attend their allotted races to carry out on-the-day auditing procedures*.

MAIN PURPOSES OF ROLE:

1. To carry out race audits and return the completed documentation to the RLO Lead.
2. To highlight any shortcomings or concerns with ROs, doing so before the race where possible so that the issues can be addressed.
3. To provide advice and assistance to new and inexperienced ROs, or those running a new race or staging a Championship race for the first time.
4. To raise any significant shortcomings or concerns over the staging of any race to the RLO Lead.
5. To support ROs in delivering enjoyable and safe races and fair competition, adhering to the FRA's rules, regulations and principles of fell running.

REQUIRED SKILLS AND FACILITIES:

1. A sound understanding of the FRA's rules, regulations and procedures, especially those aimed at ROs.
2. A willingness to volunteer to act as RLO for, and travel to, several FRA races per year*.
3. Excellent communication skills and the ability both to work with ROs and to challenge them where necessary, while maintaining a positive relationship throughout.
4. It is desirable for RLOs to have substantial prior experience of competing and/or assisting at FRA races; prior experience as an FRA race organiser is beneficial.

*This may include races at which the RLO is intending to compete.

A high-angle photograph of a mountain trail. The trail is a narrow path that winds through a landscape of rolling hills. The hills are covered in a mix of green grass and patches of reddish-brown vegetation. In the foreground, a large, light-colored rock sits on a grassy slope. A group of runners is visible on the trail, some running uphill and others further down. The overall scene is one of a challenging and scenic outdoor activity.

The **FELLRACER**

50@50 RACE SERIES

CELEBRATING THE FRA'S 50TH ANNIVERSARY

The FRA is celebrating its 50th anniversary in 2020 and as part of the celebrations we have introduced a fun series of 50 races where FRA members can take part and earn themselves points or simply credits towards some commemorative merchandise. Massive thanks to James Lowe for putting together the list and also for taking on the massive task of collating the data.

We have included all 17 surviving races which were in the 1970 FRA calendar, plus the six English Championship races, plus another 28 races (Ennerdale is both a Champs race and a 1970 race) from a wide geographical spread and starting on New Year's Day with Captain Cook's Race from Great Ayton in North Yorkshire and ending with the Auld Lang Syne on Penistone Hill on New Year's Eve.

Of special note is the Pendle race on 4th April 2020 which will be exactly 50 years since the FRA was formed following the prize-giving for this very race at the Whitehough Camp School, near Barley. Further details can be found in Bill Smith's article "Forty years of the FRA" in the special Celebration publication from 2010. Results from the 1970 races can also be found in this excellent publication now available on the FRA website.

It has also been brought to my attention that Kevan Shand (RO for both the Blackstone Edge and Turnslack races) is the longest serving race organiser. I understand that his prize list is something to behold with toilet rolls a speciality.

Points will be awarded to FRA members based upon the following formula:

- The winner's time (man or woman) divided by your time x 100
- Runners will be awarded their 10 best scores plus 20% of the value of any other score.

There will be awards for the highest scoring men and women in Open/V40/V50/V60/V70 categories (age as at 01-Jul-2020) and conditional on at least 15 of the races completed.

Any runner who completes 15/25/30+ races will be presented with commemorative FRA garments.

Owing to the fact that there are several unavoidable clashes, no-one will be able to complete all 50 races (not even Darren Fishwick) but we hope that members will help us to celebrate our own anniversary together with the longevity of some wonderful races around the country.

Have fun,

CHARMIAN HEATON, CHAIRMAN FELL RUNNERS ASSOCIATION

REGION	
North Yorks Moors	3
Peak District	7
Shropshire/Welsh Borders	3
North Pennines	1
Yorkshire Dales	7
South West Pennines	12
Lake District	15
Isle of Man	1
Northumberland/Durham	1

CATEGORY	
AL	11
AM	11
AS	14
BL	2
BM	6
BS	6



DATE	RACE	DISTANCE KM	CAT	1970	CHAMPS	EOD	FEE
01-Jan-20	Captain Cooks Race, North Yorks Moors	8km/ 318m ascent	BS			Y	£7
26-Jan-20	Tigger Tor, Peak District	15.5km/ 514m ascent	BM			N	£10
09-Feb-20	Long Mynd Valleys, Shropshire/Welsh Borders	18.5km/ 1372m ascent	AM			N	£10
22-Feb-20	High Cup Nick, North Pennines	15km/ 460m ascent	BM			N	£11
01-Mar-20	Ilkley, Yorkshire Dales	8km/ 401m ascent	AS			Y	£10
14-Mar-20	Haworth Hobble, South West Pennines	51km/ 1340m ascent	BL			N	TBA
22-Mar-20	Edale Skyline, Peak District	34km/ 1373m ascent	AL			N	TBA
28-Mar-20	Eskdale Elevation, Lake District	20.2km/ 1455m ascent	AL			Y	£7
04-Apr-20	Guisborough Three Tops, North Yorks Moors	13km/ 655m ascent	AM		Y	N	£12
04-Apr-20	Pendle Fell, South West Pennines	7.3km/ 457m ascent	AS	Y		Y	£5
11-Apr-20	Manx Mountain Marathon, Isle of Man	51km/ 2500m ascent	AL	Y		N	£20
11-Apr-20	Rivington Pike, South West Pennines	5.2km/ 213m ascent	BS	Y		Y	£5
25-Apr-20	Three Peaks, Yorkshire Dales	37.4km/ 1608m ascent	AL	Y		N	£32
02-May-20	Conistone, Lake District	14km/ 1065m ascent	AM			Y	£10
12-May-20	Burbage Skyline, Peak District	9.1km/ 300m ascent	BS			N	£7
16-May-20	Aldermans Ascent, South West Pennines	8.5km/ 400m ascent	AS		Y	N	£11.20
20-May-20	Blackstone Edge, South West Pennines	5.6km/ 366m ascent	AS			Y	£5
23-May-20	Fairfield Horseshoe, Lake District	14.5km/ 914m ascent	AM	Y		N	£10
24-May-20	Glaramara, Lake District	8km/ 700m ascent	AS			Y	£3
06-Jun-20	Pen y Ghent, Yorkshire Dales	10.5km/ 564m ascent	AM			Y	£5
13-Jun-20	Ennerdale Horseshoe, Lake District	36.8km/ 2290m ascent	AL	Y	Y	N	£13.50
16-Jun-20	Tor Mile, South West Pennines	2km/ 168m ascent	AS	Y		Y	£4
20-Jun-20	James Blakeley, Peak District	5km/ 180m ascent	BS	Y		Y	£5
27-Jun-20	Eldwick Gala, South West Pennines	4.8km/ 168m ascent	BS	Y		Y	£5
04-Jul-20	Blencathra, Lake District	13km/ 825m ascent	AM		Y	N	£15
04-Jul-20	Chevy Chase, Northumberland/Durham	32.2km/ 1219m ascent	BL	Y		N	£20
05-Jul-20	Skiddaw, Lake District	15.4km/ 960m ascent	AM	Y		Y	£7
11-Jul-20	Wasdale, Lake District	34km/ 2750m ascent	AL			Y	£17
18-Jul-20	Ingleborough, Yorkshire Dales	11km/ 600m ascent	AM	Y		Y	£5
23-Jul-20	Rydal, Lake District	14.5km/ 915m ascent	AM			Y	FOC
25-Jul-20	Turnslack, South West Pennines	12.9km/ 610m ascent	BM			Y	£5
01-Aug-20	Borrowdale, Lake District	27km/ 2000m ascent	AL			N	£11
05-Aug-20	Steel Fell, Lake District	5km/ 400m ascent	AS			Y	FOC
16-Aug-20	Sedburgh Hills, Yorkshire Dales	22.5km/ 1830m ascent	AL			Y	£10
22-Aug-20	Burnsall Classic, Yorkshire Dales	2.4km/ 274m ascent	AS	Y		Y	£6
23-Aug-20	Crowden Horseshoe, Peak District	12.9km/ 518m ascent	BM			Y	£5
25-Aug-20	Roseberry Topping, North Yorks Moors	2.3km/ 217m ascent	AS	Y		Y	£4
29-Aug-20	Arncliffe Crag Horseshoe, Lake District	5km/ 300m ascent	AS		Y	N	£10
29-Aug-20	Pendleton, South West Pennines	8km/ 457m ascent	AS	Y		Y	£3.50
05-Sep-20	Grisedale Horseshoe, Lake District	16km/ 1525m ascent	AM			N	£10
20-Sep-20	South Mynd Tour, Shropshire/Welsh Borders	23km/ 1270m ascent	AL		Y	N	£18
26-Sep-20	Thieveley Pike, South West Pennines	7km/ 400m ascent	AS	Y		Y	£5
03-Oct-20	Curbar Commotion, Peak District	16km/ 415m ascent	BM			Y	£10
10-Oct-20	Langdale Horseshoe, Lake District	21.1km/ 1450m ascent	AL			N	£10
31-Oct-20	Black Lane Ends, Yorkshire Dales	6.3km/ 307m ascent	AS			Y	£5
14-Nov-20	Dunnerdale, Lake District	8km/ 550m ascent	AS			Y	£10
21-Nov-20	Pendle, South West Pennines	27km/ 1473m ascent	AL			Y	£20
06-Dec-20	Cardington Cracker, Shropshire/Welsh Borders	14.5km/ 793m ascent	AM			Y	£6
13-Dec-20	Litton Christmas Cracker, Peak District	12.2km/ 360m ascent	BM			N	£8
31-Dec-20	Auld Lang Syne, South West Pennines	10.8km/ 300m ascent	BS			N	£7

FRA DINNER AND AWARDS

The 2019 FRA Annual Presentation and Dinner took place on Saturday 9th November 2019. Hosted by Black Combe Runners at the beautiful Netherwood Hotel and Spa in Grange over Sands: guests were able to take advantage of the Thermal Journey after washing their legs at the hosepipe if they had run Dunnerdale beforehand. This mini Lakeland classic race which starts at Broughton Mills always provides logistical car parking challenges and this year, new race organiser Anna Lupton offered incentives of beer and Pete Bland vouchers to those who came with 4 to a car or on foot or on a bike. This was hugely successful and we are grateful to PBS for donating the vouchers.

The hotel did us proud by providing an excellent three course meal which was served quickly and efficiently so that the all important prize-giving could commence on time. The tables looked resplendent and BCR had created miniature vests complete with "numbers" to recognise our sponsors, PBS and inov-8, and to remind our guests what their menu choices had been. Each table was given the name of a checkpoint on a BCR race together with the relevant grid reference. Who knew that an anagram of Black Combe Runners is Men's Broken Car Club? To recognise the BCR club colours, Green & Black chocolates were also provided by the host club.

There was a presentation of flowers and chocolates to Barbara Carney and Dave Weatherhead to recognise their exceptional service to fell running having been producing the results for the Fellrunner for over 30 years as well as serving on the FRA Committee and working tirelessly for Bingley Harriers.



The trophies were sparkling thanks to a lot of elbow grease provided by Matt Bland and Hollie Orr did a grand job of keeping the presentation flowing. Apologies are owed to Russell Owen of Eryri who was missed off the list of prize-winning attendees and therefore missed his moment of glory to collect his Bronze MV60 British medal. Martin Stone introduced the recipient of the Long Distance Award which was richly deserved by Paul Tierney for his remarkable new Wainwright Round record of 6 days, 6 hours and 5 minutes. When it had been suggested to Paul that instant mash potato might be convenient he indignantly stated, "Eileen, oim Oirish - me mudder wud kill me!!" Massive congratulations to Carl Bell and Kelli Roberts who were the proud winners of both the English and British Open categories.

Following the presentation, the night continued with dancing to the fabulous Kendal band OTT where shirts were removed at the end of the night according to tradition.

Thanks must also be offered to the FRA Championship sub-committee being Jude Jepson who has administered all the English Champs races, Helen Berry who has overseen all the "do" planning and recovery and engraving of all the trophies and last but by no means least, Carlos Bedson who has crunched all the data to produce the results so speedily and efficiently after each race. Thanks also to Helen's dad Stormin' Norman Berry who took all the photographs on the night which can be found at: <https://www.flickr.com/photos/hnac/albums/72157711636861946>

Good luck to Keswick who are trying to find a suitable venue for 2020.

CHARMIAN HEATON, CHAIRMAN FELL RUNNERS ASSOCIATION



Carl Bell and Kelli Roberts - new English and British Open fell running champions ©Norman Berry



Paul Tierney receiving the long distance award from Martin Stone ©Norman Berry



Under 23 Champions - Hannah Russell, Max Wainwright and Nathan Lawson ©Norman Berry



Two fell running legends in the company of Jebby and Scoffer (Jess Lawrence and Hollie Orr from Black Combe Runners) ©Norman Berry



Black Combe Runners Vest table piece ©Norman Berry



A runner approaching the tower on Slieve Commedagh, Seven Sevens Race © Jayne Bell

2020 FELL RUNNING CHAMPIONSHIPS

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BRITISH CHAMPIONSHIPS

Short: Arnison Crag Horseshoe

Medium: Ras Yr Aran

Long: Seven Sevens & Glenshee 9

ENGLISH CHAMPIONSHIPS

Short: Arnison Crag Horseshoe & Alderman's Ascent

Medium: Guisborough Three Tops & Blencathra

Long: Ennerdale Horseshoe & South Mynd Tour

SERIES PREVIEW

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RAS YR ARAN

Llanuwchllyn, Nr Bala, Wales

Date: Saturday 14th March 12.00Pm

Distance: 16.1km/10 miles

Climb: 945m/3000 feet

www.run-meirionnydd.co.uk

Venue: Village Hall, Llanuwchllyn, nr Bala, LL23 7NA

Entry: Online entry via fabian4.co.uk from January 2020

Course: The lower reaches of the race are run on a mixture of well-marked tracks and footpaths, but the open fells above are unmarked. The high mountain terrain can be featureless and is susceptible to varied and often adverse weather conditions. The race covers approx 10 miles, from Llanuwchllyn village hall (170m) to the summit of Aran Fawddwy (905m), and returns by the same route, with a small detour at the end to the finish line.

The race leaves the village hall (SH876300) heading up the main road to bear right just before the bridge and continues up a farm road (SH879298). The route bears right through a gate (SH878293) just after the cattle grid and proceeds across a series of enclosed farm fields to a junction at (SH875287), then turns left up the steep slope to a gap in the wall on the skyline.

Runners then follow the ridge southwards along the fence line, crossing fences/walls where required using the stiles provided, before crossing the side of Moel Ddu (474m) and climbing up to the marshalled checkpoint (SH872262) at the stile on Moel Ffenigl (603m).

The race route continues to follow the fence line and ridge southwards, passing Llyn Pen Aran (SH868246) and taking in the summit of Aran Benllyn (885m) with a short descent before crossing a fence line at a double stile to take the final short sharp rocky ascent to the marshalled checkpoint on the summit of Aran Fawddwy itself (905m) (SH863224).

The return leg is a reversal of the ascent until just after the cattle grid. Here, runners bear left (SH878295) and cross the fields below via a series of stiles to the old railway line (SH877297). The route bears left then right onto another farm road (SH876296) which is followed to the finish just opposite the village hall (SH876300).

Course Records:

Men - Tim Davies (2009) 1.23.26

Women – Kate Bailey (2009) 1.41.14

Contact: Nich Bradley, Pandy Bach, Dolgellau, LL40 2EY (07831 604759)
nich.bradley@icloud.com

GUISBOROUGH THREE TOPS

Guisborough, England

Date: Saturday 4th April 1.00pm (women), 1.15pm (men)

Distance: 15.9km/9.9 miles

Climb: 800m/2625 feet

www.eskvalleyfellclub.org

Venue: Guisborough Sea Cadets Hall, 74 Belmangate, TS14 7AQ. Parking at Belmont house, Rectory Lane, TS147FD; no parking at registration (10 mins' walk away). Start 10 mins' walk from registration at TS14 7BB.

Entry: Entries via SiEntries to open on 1st February and close on 29th March.

Course: The Guisborough Three Tops Fell Race is perched on the northern edge of the North Yorkshire Moors. The course, with its 800m of ascent and distance a shade under 16km, takes in the local landmarks of Highcliffe Nab, Hanging Stone, Roseberry Topping and Little Roseberry.

The 2020 Championship course retains the essence of the original Three Tops fell race with classic woodland and moorland running, but with a newly devised opening five kilometres to checkpoint one at Highcliffe Nab. On the day this will be a marshalled and flagged route so no runners go astray in Guisborough Woods.

The race name belies the route's six climbs, with many a well-run outward leg to Roseberry Topping undone by underestimating the return leg moorland crossing to the trig point at checkpoint five: the race is not done until it's done, so leave some gas in the tank.

Course Records: New course

Contact: Robert Lillie, 14 Dalby Close, Scarborough, YO21 5HH (01723 364417) bob.lillie8@outlook.com

SEVEN SEVENS

Donard Park, Northern Ireland

Date: Saturday 25th April 10.00am

Distance: 30km/18.6 miles

Climb: 2500m/8202 feet

www.nimra.org.uk

Venue: Donard Car Park, Newcastle, Northern Ireland, BT33 04U

Entry: Pre-entry only at www.nimra.org.uk. Entries open at 8pm on 6th January and are capped at 350.

Course: The Seven Sevens is a classic long race in the Mourne. This race has been used for the Northern Ireland Championship on several occasions, and is so named as it takes in the seven highest peaks over 700m in the Mourne Mountain range. The 19-mile route opens up the delights of this granite mountain range, from the monolithic rocks on the Binnian plateau, to Slieve Bearnagh's angular rocky tors guarded by steep faces, to the more mellow grassy slopes of Commedagh.

This race was last used in the British Championship in 2015. On that day Kim Collison and Jasmin Paris finished the day with new course records (see below). That race took place on a sunny August Saturday. This year the event will take place in April; what the weather gods might hold in store for us is anyone's guess.

The course itself starts at sea level in Newcastle before climbing 850m to the top of Slieve Donard. From there it's a short up and down to the top of Commedagh. The route continues on to the beast of Bearnagh; this is the toughest mountain in the range which is guarded on both sides by steep, rocky pitches. This is followed by a short technical climb up Meelmore before hitting the grassy slopes of Meelbeg. At the top of Meelbeg it's time to reach for the compass as the race veers away from the Mourne Wall and

onto the grassy plane that runs between the mountains of Ben Crom and Doan before snaking around to Ben Crom reservoir. The granite fortress of Binnian Mountain now looms large and there are a couple of route choices depending on your appetite for climbing. On Binnian's South Tor the race briefly runs back on itself before the final challenge of Lamagan. This mountain used to be ringed in gorse but since a fire a few years ago has become less off-putting. At its summit you might think you have finished, but there is still the matter of Beg and Cove mountains to get round and then the granite steps back down the Glen River to contend with.

Course Records:

Men - Kim Collison (2015) 3.30.34

Women - Jasmin Paris (2015) 3.49.34

Contact: Ricky Cowan, cowan_ricky@yahoo.co.uk

ALDERMAN'S ASCENT

Greenfield, England

Date: Saturday 16th May 11.00am (women), 1.00pm (men)

Distance: 8.5km/5.3 miles

Climb: 400m/1312 feet

www.cragrunner.com

Venue: Saddleworth Rangers Rugby Club, Shaw Hall Bank Rd, Greenfield, OL3 7LD

Entry: Pre-entry via race website

Course: Alderman's Ascent was born five years ago to raise funds for the Saddleworth Rangers Youth teams. We have also included Junior Races on the day of the senior race and these have been very popular. The young lads in the youth teams gathered sponsors from family and friends to run in the junior races and this sponsorship has generated lots of money to help the cause.

The Senior race starts on Churchill Playing Fields, 5 mins from registration. Runners are sent on a clockwise lap of the playing fields to spread the field for the first kilometre. They leave the field and cross minor roads and go up alleys and through fields towards the moor. Once the runners cross the top road, they are on the open moor and it's a steep climb up to the war memorial known locally as 'Pots and Pans'. It's a steep climb and runners should take note of the second big climb later on before pushing too hard at this stage.

From the monument it's a steady, runnable section to Shaw Rocks, the highest point of the race at 450m. From here, you turn around and head south to the summit of Alderman's Hill. It's a good stretch for gaining a place or two before the dreaded descent. Once at the top of Alderman's Hill, if you lift your head up, you will be rewarded with one of the best views in the area with Chew Valley and Saddleworth Moor showing you all their glory!

From the summit of Alderman's Hill, the fun really begins! A sharp turn to the left heads runners downhill... steeply. Steady goes is the rule here and just as you think that it's over with a bit of traversing, you then suddenly head all the way down towards the A635 road. Once you've reached the bottom... intact, it's then straight back up for one final uphill blast.

Once back at the top, runners can be assured that it's all downhill from here back to the finish with some good runnable tracks.

You run back in the same way as you came out from the top road but you don't have to do a final lap of the playing fields at the end as once you see the finish line, you head straight to it.

Back at the clubhouse, the prize-giving will take place. Food and drink will also be available and we hope runners spend time there to help raise funds for the youth teams.

Course Records:

Men – A. Worster (2019) 39.52

Women – C. Rice (2018) 47.15

Contact: Darren Graham, 4 Mount Pleasant, HX2 6UR (07876 631490), cragrunner@hotmail.com

ENNERDALE HORSESHOE

Ennerdale Bridge, England

Date: Saturday 13th June 11.00am

Distance: 36.8km/22.9 miles

Climb: 2290m/7513 feet

www.cfra.co.uk

Venue: Ennerdale scout camp, Ennerdale Bridge, Cumbria

Entry: Entries accepted from 1st Jan to 31st May; pre-entry online via cfra.co.uk or sientries.co.uk

Course: This race route is not for the faint-hearted but after completing you'll proudly display it on your runner's CV. It is a horseshoe but in many respects it is an out-and-back race. If you retire at or near the midway point (Green Gable-ish!) you have a 10 mile jog, walk or stumble back to registration along the valley floor.

The route is flagged from the start to halfway up Great Borne (GR 113166) and from the final summit of Crag Fell to the finish.

The only guaranteed water is at Black Beck Tarn (GR 201129). There is sometimes water on the way round to Beck Head from Green Gable and some carried by summit marshals and friends.

Save for squeezing water from grass and cactus plants there is little or no ground water on the return leg past Beck Head.

The last 6 to 7 miles of the race route is (or can be) fast running as the ground changes to low angled grass slopes. If you've left enough in your legs from the run out and over Pillar you will be able to take advantage of this.

People often go wrong by descending into Buttermere from High Crag and by turning south over Red Pike (Wasdale) towards Wasdale. These are both painful and potentially expensive route deviations. There is no transportation provided by the race organisers if you descend into the wrong valley so these parts of the route are worth fixing in your mind and on your compass. There is a dangerous and difficult section of the race in the descent from Kirk Fell summit (GR 194104) to Black Sail Pass (GR 192114); details of this and advice will be given on race day.

Course Records:

Men – Kenny Stuart (1985) 3.20.57

Women – Janet McIver (2008) 4.01.33

Contact: Colin Dulson, 5 Sunnyside, Kendal, LA9 7DJ (07778 175558), colin@berrison.com

BLENCATHRA

Mungrisdale, England

Date: Saturday 4th July 12.00pm

Distance: 13km/8.1 miles

Climb: 825m/2707 feet

www.edenrunners.co.uk

Venue: Fellgate, Mungrisdale, CA11 0XR

Entry: Entry via SiEntries from early April; updates on Eden Runners website & SiEntries

Course: Approaching the Lakes from the west along the A66 your eyes are drawn to the distinctive saddle of 'Saddleback', nowadays more generally known as Blencathra – so good they named it twice!

The annual midweek race is a low-key, local event in the best traditions of our sport, so Eden Runners are looking forward to 2020 as an English Champs counter. Pete Bland Sports have a race route map (combined with Skiddaw race route).

Start near the fell gate at Mungrisdale (with a little bit of extra road to spread the field out) before a few minor route options across the boggy ground leading to the first climb, either direct up the fall line or via diagonal trod options to gain the rounded shoulder of the east ridge of Bowscale Fell at approx GR 358306.

Follow the ridge line on a well-defined, runnable path (minor tops can be avoided to the left if you know where to look) to reach CP 1, Bowscale Fell (702m) (Pile of Stones).

The descent is fast across bogs SSW (approx 210 mag) with various indistinct trods. Reach the col to start a steep climb up a good path past Foule Crag, then start climbing towards Atkinson Pike and look out for a line across screes (unless you REALLY want to cross the saddle) to bring you out near the small pond / puddle before CP2, Blencathra top.

Go back on yourself before cutting down on a good direct trod to the main Scales Fell path. Stay on the main path for fast going with minor rises or take a long diagonal grassy line to the col at top of Mouthwaite Comb before a harder-than-it-should-be climb onto Souther Fell. CP3 is at the far end of the undulating fell top.

Stay on high ground until clear of the crags, then enjoy the quad-pounding steep descent to boggy ground before the river, crossing the beck near the wall corner before a short climb back to main path for the last 100m of track to finish.

Course Records:

Men - Ricky Lightfoot (2009) 58.39

Women – Lauren Jeska (2010) 1.10.51

Contact: Dave Sargent, 3 Lamley Gardens, Graham St, Penrith, CA11 9LR (01768 863000), revdave.sargent@outlook.com

GLENSHEE 9

Glenshee Ski Centre, Scotland

Date: Saturday 1st August 11.00am

Distance: 32.2km/20 miles

Climb: 1676m/5500 feet

www.braemarscotland.co.uk/glenshee9/

Venue: Glenshee Ski Centre, Old Military Rd, Ballater AB35 5XU

Entry: From 7th Feb via link on website

Course: The Glenshee 9 is a 20 mile/5,500 ft race taking in the nine Munros surrounding Glenshee Ski Centre in the southern Cairngorms.

Starting and finishing at the ski centre, the route follows an anticlockwise circuit of the hills. After the initial climb to the first Munro the next five Munros on the east side of the A93 are across a high-level rolling plateau which eventually terminates at Lochnagar (though you shouldn't be going that far!). The conditions underfoot on this plateau are mostly short grass and clipped heather giving fast runnable terrain. Poor visibility has the potential to test navigation skills but there are a number of useful "handrails" en route including some dry stone walls, boundary fence posts and vehicle tracks.

The road crossing at the A93 serves as a cut-off point before the heathery ascent to the remaining three Munros on the west side of the road. Once again after the initial climb, the height is held well and much of the terrain is grassy and fast, if you still have the legs!

The final descent follows the Cairnwell chairlift directly back to the ski centre café.

The nine Munros:

Creag Leacach (987m, Munro 158), Glas Maol (1068m, Munro 69), Cairn of Claise (1064m, Munro 71), Tom Buidhe (957m, Munro 203), Tolmount (958m, Munro 201), Carn an Tuirc (1019m, Munro 113), Carn Aosda (917m, Munro 279), Carn a'Gheoidh (975m, Munro 182), The Cairnwell (933m, Munro 245).

Course Records:

Men – Tom Owens (2010) 3.07.21

Women – Jasmin Paris (2014) 3.37.17

Contact: Alastair Hubbard, alastairhubbard@gmail.com

ARNISON CRAG HORSESHOE

Patterdale, England

Date: Saturday 29th August 12.00pm (women), 3.00pm (men)

Distance: 5km/3.1 miles

Climb: 305m/1001 feet

www.patterdaledogday.co.uk

Venue: King George Playing Fields, Patterdale, Cumbria

Entry: Pre-entry via SiEntries; entry fee includes entry to Patterdale Dog Day.

Course: A thrilling short and fast blast, Arnison Crag Horseshoe is held

as part of Patterdale Dog Day, a beautiful setting amidst wonderful Lake District scenery with lots going on.

Despite being short in length the race manages to combine both grassy hill climbs and some squelchy muddy slopes, with a bit of flattish track and a lovely undulating run from Trough Head to Arnison Crag itself. The descent off the summit is steep, and in places slippery, with a mixture of rock and grass – fabulous if you love downhill running!

Course Records:

Men – Carl Bell (2018) & Rhys Findlay-Robinson (2014) 22.30

Women – Hannah Horsburgh (2019) 25.49

Contact: Christine Kenyon, Grisedale Cottage, Grisedale Bridge, Glenridding, CA11 0PJ (07770 729461), christinekenyon@live.co.uk

SOUTH MYND TOUR

Little Stretton, England

Date: Sunday 20th September 10.00am

Distance: 23km/14.3 miles

Climb: 1270m/4167 feet

www.merciafellrunners.org.uk

Venue: Field behind Manor House, Little Stretton, SY6 6RE. Start is in field, opposite side of stream to Ashes Hollow campsite. This is private land, only for use on race day. GR 921 441

Entry: Entry via SiEntries

Course: Invented only in 2017 to be the Midlands "AL" race, this is a real cracker. It follows a "star" pattern around the south of the Long Mynd where there have been no previous races. It basically climbs the hill 6½ times, with some 45% ups similar to the Long Mynd Valleys race and really fast descents through forest, fell tracks or grassy field – with a view of the whole of middle England below you! There are possibilities for several very different routes between the ten checkpoints as long as we keep out of the "wet flushes" precious habitat.

But the most amazing thing about this race is that both for the start and finish competitors can come and go from completely opposite directions! We have positioned the Start / Finish halfway up the Ashes valley to make it equal distances to get to the first checkpoint, or to return from the last checkpoint (Pole Bank summit). To see people racing off in completely opposite directions at the start has to be seen!

Course Records:

Men - Pete Vale (2017) 2.05.11

Women – A Partridge (2017) 2.26.49

Contact: Tim Parker, Bank House, Stanlyed Road, Church Stretton, SY6 6JJ (07493 659514), tim.parker@nhs.net

COMPILED BY BEN ABDELNOOR, FRA MEMBERSHIP REP

With grateful thanks to all the race organisers listed above for their contributions to this article.



A GOODBYE FROM JUDE & HELEN, FRA CHAMPIONSHIP CO-ORDINATORS

WORDS JUDITH JEPSON

Choose a few races and polish a few trophies. Sounds easy enough! Helen Berry and I joined forces with Statistician, Carlos Bedson, to form a new FRA Championship sub-committee a few years ago. Jon Broxap and Scoffer handed over the reins which they'd held for years. A highly respected duo with decades of experience and knowledge between them. Their legacy as Championships organisers left some big boots to fill.

I have been a seasoned Championship competitor for many years now, though Helen has participated in FRA Championships since being a Junior and still, now in the vet categories, continues to compete at top level having earned her England or GB vest on more than one occasion. So when we were approached to take on the role of Championship Sub-Committee, for me, it seemed the right thing to do. A chance to give something back in return for all the rewards this fabulous sport has given me.

We both love participating in Champs races. I always think it's a bit like an extended family: cousins meeting up every few weeks. Familiar faces amongst a relatively small group of persistent competitors.

The excitement and anticipation of the big day. Who's here? Nervous smiles. Stinking portaloos. The man with the red van. What shoes to wear? Route options. Should I have reced after all? Long sleeves or vest?

Don't talk to me now, I can't think. Warm up, jogging about. All a bit giddy. Blimey! I need the loo again.

On the start line. Where should I be? Where's my rival and better not stand behind that big fella, I always get stuck behind him. I wish the organiser would hurry up with this briefing, I'm getting cold again.

Oh crikey! We're off. Don't go off too fast ... don't go off too fast ... don't go off too fast.. I can't breathe, I've got stars before my eyes... my arms and legs have gone fizzy. ease off you daft woman, you've gone off too fast. When will I ever learn?

Photos left to right: Helen Berry ©Norman Berry; Judith Jepson ©Grand Day Out Photography

Last descent. Thank goodness for that, I thought it was never coming. The finish field is in sight. I know I'm flagging. I must look like a flogged pit pony... think whippet. Don't embarrass yourself. Quick! Wipe off that snot stuck to the side of your face... Dignity woman... dignity... Make it look effortless.

The considerable volume of email traffic, the questions, queries and contentious issues have certainly kept my grey matter on the go, not to mention my grey hair. We've been through various sagas: GPS or no GPS, Vest-gate, races entries opening at midnight and full by 9am, WV60s & U23s in AL races or not, to name a few.

We have hopefully built upon Scoffer and Jon's strong foundation. Helen has the FRA Do fine-tuned with military precision. The evening runs like a well-oiled machine. It looks very spontaneous but behind all that there are files of spreadsheets, timetables, engraving to oversee, invites to issue, keeping track of who's taken what and ensuring its safe return and then the annual difficulty of finding a willing host club and venue. Carlos has worked a system for formulating the results and Championship tables with confident accuracy. So much maths! Thanks very much both.

Oh, thank goodness that's over... I thought I was going to expire. "That was great wasn't it?" "Fantastic route".

The suffering soon gives way to the debrief. Which way did you go after checkpoint three? Who's beaten who? Fingers and toes come out to count the points. Did I get enough?

Grazed knees and twisted ankles; a tough race always claims a few victims and then there are those who went astray. The competitors exchange banter in the pub whilst the race organiser gnashes teeth; fingers crossed everyone comes back and in one piece. The camaraderie and hearty cheers at prize-giving and that warm friendly atmosphere. The glow. Then the stagger back to the car seems like another epic. Oooo my feet! Oh no! I'd forgotten that the dog needs walking.

What's not to love about a good Champs race?

Being Championships Co-ordinator has been an awakening mind you. There's quite a bit more to the role than I anticipated. A lot has to come together for a Championship series to be formed; far more than I had appreciated. There are so many issues, layers of complexity and the calendar can become very tight.

We hope you have enjoyed the races and next year's too. It would be easy to just think of a great race and include it in the Champs, but in reality, factors such as infrastructure, parking, course capacity, suitable dates, access and environment or calendar clashes take priority. We have tried to introduce new races and strongly believe that the series should be representative of all English fell terrain. Our members live in a diverse range of locations and this should be taken into account. Keeping the

series on a rolling change of locations, terrains and distances is tricky but important for a true Champion to prove themselves worthy. Trying to find a willing host can also prove tricky. Special thanks should go to the race organisers and clubs who agree to host a Championship race. This is a big ask and we need to acknowledge that the Championships series would not happen without their very hard work and goodwill.

I realised quite quickly that much of my time was being spent prioritising top runners on race entry waiting lists. As a result we have introduced the guaranteed entry system that seems to work and saves everyone unnecessary angst. We have also devised a formula for "meaningful competition" to enable a trigger for the older age categories and teams to compete in a credible competitive field.

One of the most striking and disappointing issues to come to my notice has been the very low levels of participation in the U23 categories. There are healthy levels of participation in the Junior Championships but so many fall away from the sport during the transition to Senior competition. I did a bit of investigation into this and was able to identify several common themes as to why this was happening. We have attempted to champion this neglected but important issue, and have been rewarded with increasing levels of participation from younger runners at Senior Championship level. There's still a long way to go and the appointment of an U23 co-ordinator will hopefully build upon this improvement. Please keep encouraging and supporting young people into the sport. They are its future.

I think we've both seemed to spend more time off the fells than on them since coming to the role, unfortunately. Helen managed to badly break her leg during a championship race in 2017 and I felt left out so collapsed my foot on a frozen stone during a race later that year. We've both been through quite a bit of surgery and a few orthopaedic boots but are pleased to be back on the fells and competing again.

So, the time has come for us to stand down and make way for a new FRA Championship Co-ordinator and we wish our successor Angela the very best in her new role. However, Helen and I make a good team so we have decided to keep on our role with Mountain Running Advisory Group to continue to oversee the British Championships with statistician Ian Hartman.

Finally, we do have to make a very special thank you, and that thanks goes to all of you amazing competitors. Thank you for supporting the Championships and keeping the competitive bar at such a high level. The Championships are the very pinnacle of our sport, where the best of the best face up. We have seen many course records smashed at Championship races and new talent coming through to such a high standard during our time on the Committee. We feel privileged to have been part of that and look forward to seeing you on the start line during 2020.

THE INAUGURAL YOUTH MOUNTAIN RUNNING FESTIVAL

IN SEPTEMBER 2020, THE INAUGURAL YOUTH MOUNTAIN RUNNING FESTIVAL (YMRF) WILL TAKE PLACE IN THE DUDDON VALLEY, NESTLED AGAINST THE CONISTON FELS OF THE SOUTHERN LAKE DISTRICT.

BUT WHAT IS THE YMRF, AND WHY DO WE NEED IT?

When I recently stumbled across a number of decade-old copies of *The Fellrunner* it instilled in me a certain amount of concern. Then, as now, there were articles discussing an ageing sport, classic races made up almost entirely of veterans and worries of the sport losing its traditional roots.

The Junior Championships results were also worrying. Over the four years of coverage I read, I came to recognise only two runners still highly active today. Given these articles were a decade old these should now be runners in their prime, contending for the championships. Yet many seemed to have disappeared from the sport entirely.

Recently, top of my agenda has been one question. How do we put the youth back into fell running?

Part of the problem is not the lack of potential quality athletes but instead keeping them within the sport in an ever busier marketplace. Other sports are shinier, better funded and more accessible. Many are drawn to alternative events within the sport itself with more emphasis on Ultra challenges and European Skyrunning.

For clarity, I am not suggesting that fell running goes on a full-blown recruitment drive. We are all aware that the numbers at some races are creating environmental pressures and much remains to be done to ensure sustainability for the sport to continue. However, we can't accept that nothing should be done, that we are content to keep this unique sport for ourselves. The sport continues to age and for the sake of its survival we must welcome in, nurture and encourage the young to ensure it survives and thrives in a manner where its wealth of tradition remains intact.

Great words you might say, but how? For me it comes down to three key factors:

- Community – when fell running began it was a sport of fewer than fifty races. Runners would face each other week in and week out, battling hard on the fells, and friendships were born in the pubs after the races. As the calendar has expanded to well over 500 races, this is no longer a possibility.
- Navigation – the GPS debate brought this firmly to the fore. Few would dispute that navigation is still a key element of fell running.

It gives us the freedom to explore the hills with limitless bounds, yet younger athletes will always have had fewer opportunities to learn those skills and open themselves up to the plentiful races, challenges and adventures available.

- Awareness – the modern world is a busy place with new events seemingly springing up all the time. Awareness of the fell running calendar and what is on offer is hard to boost.

The solution? In all honesty there isn't a simple one. Increasing the number of younger runners participating in the sport will take many years, yet there are definitely opportunities to action all three of the points made above.

With that in mind a small team of young fell runners came together earlier this year to begin the organisation of a Youth Mountain Running Festival. The event is aimed at those 18-25 (the upper age limit is by no means fixed) to bring the young fell running community together for a weekend of running and socialising.

The event will be hosted in the Lake District with the intention for it to be held on the first weekend of September 2020. While many of the details are still to be confirmed, the expected format is for the first day to comprise a Mountain Marathon-style navigation event followed by a shorter race on the Sunday. The event is intended to be open to all, with the more experienced having the opportunity to race hard against one another while there will be opportunities for those newer to the sport to participate in a number of workshops to develop key skills.

Should the event prove successful there is a hope it will become an annual one alongside an expanding array of informal events throughout the year to give runners the opportunity to develop their friendships and skills.

Keep your eyes out for further information which will be shared through our Facebook page and website. In the meantime feel free to get in touch if you would like to hear more or help out with the event.

Website: ymrfest.com

Email: ymrfest@gmail.com

JAMES LOWE, FRA MEMBERSHIP REPRESENTATIVE



James Lowe, Dark Peak Fell Runners, at the Wasdale Horseshoe Fell Race 2018 ©Grand Day Out Photography

SCOTTISH HILL RUNNERS: 2019 ROUND-UP

The final positions in the 2019 SHR championships were settled during the sixth and final race at Meall a'Bhuachaille in the Cairngorms. The leading women in each category had done enough to win before the last race, but all the male categories went to the wire.

In the race, Espie finished behind Lochaber's Finlay Wild whose time of exactly one hour for the 13 kilometre route was a course record.

Both Jill Stephen and James Espie retained their titles with defining performances. Stephen's victory was her fourth in four championship races, while Espie's second place was enough to secure the men's championship, with the Deeside athlete having been one of five men who could have taken the crown.

In the Senior Women category Heather Anderson (Fife) held off Helen Fallas (Carnethy) to take second, but Heather went one better in the over 40s as she took that title from Veronique Oldham (Cosmics) and Karen Lyons (Highland). Oldham retained her over 50s title for her tenth Scottish title victory (six times at over 40s and four at over 50s). Like last year, Hilary Ritchie (Fife) was second, with this year Alison Ridyard (HBT) in third place. Jocelyn Scott (Fife) retained her over 60s title, with Jane Oliver (Deeside) second and Eliza McLachlan (Fife) third.

In the senior men, a new face, Alasdair Campbell (Cambuslang) held onto second place just in front of John Yells (Lochaber). The over 40s was another close contest, with Eliot Sedman (Carnethy) winning on countback from Jethro Lennox (Shettleston) in second and former winner Kenny Richmond (Shettleston) in third place. In the over 50s, Stewart Whitlie (Carnethy) took the award for the eighth time, with Bill Breckenridge (Shettleston) in second place and Julian Warman (HBT) third. In the over 60s John Tullie (Teviotdale) retained his title, but as in all the male categories had a fight in the last race to do so. Peter Simpson (Carnegie) finished second with Gordon Stewart (unattached) third. The over 70s produced a tie, the title being shared between defending champion Douglas Milligan (Solway) and Graham Arthur (Highland). In third place was Iain Thomson (Strathearn).

The under 23 title was won by Alexander Chepelin (Carnethy) with maximum points, with Fraser Mackenzie (Lochaber) in second and Thomas Wilson (Edinburgh University) third.

The senior men's team prize was won by Shettleston, with Carnethy in second place just in front of Highland Hill Runners. The over 40s men's team results were the same with Shettleston first with maximum points, Carnethy second and Highland third.

Highland Hill Runners won the senior women's team prize on countback with Westerlands second and Fife in third place. In the over 40s Fife were comfortable winners, with Highland second and Carnethy in third place.

Jill Stephen achieved the double by also winning the Long Classics competition, while John Yells was the men's winner. Other category winners were Michael Reid (M40), Katie Henderson (F40), Stewart Whitlie (M50), Gordon Pryde (M60) and Graham Arthur (M70).

Away from championship racing, the Pentland Skyline in October – the year's third most popular race after the Carnethy 5 and Ben Nevis – was as competitive as ever. Some six weeks after finishing fourth at the Ultra-Trail du Mont-Blanc, Tom Owens led the field home, while trail specialist Nicola Duncan was first woman. A month later at Tinto, a Carnethy-organised race that had been under threat of abandonment, Eóin Lennon and Alison Banford took the honours.

WORDS JONNY MUIR, RODDY PUGH

Eóin Lennon at Tinto hill race by Jonny Muir



THE 2020 SCOTTISH HILL RUNNERS CHAMPIONSHIP RACES ARE

Alex Brett Memorial Cioch Mhor (medium) - Saturday 28th March

Stuc a'Chroin (long) - Saturday 2nd May

Hartfell Horseshoe (medium) - Saturday 20th June

Tom na Bat (short) - Saturday 18th July

Glenshee 9 (long) - Saturday 1st August

Yetholm Shepherds Show race (short) - Saturday 3rd October

BRITISH FELL RELAY CHAMPIONSHIPS 2019

David Holmes of Dark Peak Fell Runners takes a pictorial look back at another hugely successful British Relays.



96

clubs took part, from all corners of the UK. 723 handovers at the end of legs as 241 teams vied for position. Eighty teams completed the Open Men's event, 49 completed the Open Women's, 34 got round the Vet 40 Men's courses, and 11 the Vet 40 Women's. We also had 18 successful Vet 50 Men's teams, three in the Vet 50 Women's, 25 Mixed team finishers and four Open Non-Competitive.



©Tammany Batty

1446

runners climbed 694,180 metres while travelling 15,274 kilometres over some of the wildest moors in the UK. That's the equivalent of 363 marathons going up Everest 78 times or Ben Nevis 516 times. If you want that distance and climb in real money, it's a climb of 2,277,494 feet over 9,485 miles (or Land's End to John O'Groats 16 times). That's a lot of footprints, but the local rangers are satisfied there was only slight wear to a few paths, and that they'll recover quickly. Thanks for respecting the recce restrictions and for helping us to tread lightly.



126

commemorative mugs were given to the 21 teams who scored top three places. The mugs feature an exclusive piece of artwork produced by Dark Peak club member Ken Jones. His drawing shows an adrenaline-fired fell runner striding mightily over the famous Derwent Dam wall as he sets the hills alight with his searing athleticism.



12

bottles of Mountain Rescue Ale brewed in the Peak District by the Bradfield Brewery awarded to Jocasta Fletcher from the Calder Valley Vet 40 Women's team. She was one of 19 people who got all the answers right in our Relays quiz, (alright, we admit it – it was a bribe to get you all to read the 16-page briefing document!).



180

runners rode their bikes to our ad hoc 'Cycle Park' at the time we stopped counting. That's over 10% of the people competing in the Relays. Plus, more coach journeys than you could shake a stick at. We were bowled over by your response to our plea to minimise the carbon footprint and to keep cars out of the valley.



9500

,000,000 litres of water in the Derwent Reservoir. The water cascaded over the dam wall, providing a dramatic backdrop throughout the Relays.



41

marshals were out on the hills to make sure you all went the right way and came back safely. They used 30 radio handsets to keep in touch with race control via a repeater mast on the ridge high above Fairholmes. They were part of a team of 150 members of Dark Peak Fell Runners who put out 500 flags over 16 kilometres of flagged routes, brought two tonnes of drinking water to the site, counted 6,000 safety pins into piles of 24 and drank two barrels of beer and two bottles of whisky in the marquee the night before the event. It was hard work, but we've never felt prouder of our club.



50

bin bags full of assorted crap taken to the local dump after a team from Runners Against Rubbish blitzed some of the worst grot spots in the local parish before the Relays. The mind-boggling collection in this photograph was just a small part of it (as was the pair of discarded underpants hanging in a nearby tree). Zero/zilch/nothing was how much rubbish the RAR sweep team found when they ran round the courses to clear up after the event. Binnars are winners!



45

months spent planning the event since January 2016. A hand-picked team of 16 people, each running key aspects like a well-oiled machine. One race organiser persevering doggedly to overcome numerous challenges and obstacles. Tim Tett knew the dramatic venue would inspire people and his courses surprised many with their variety. Even the top orienteers on the navigational leg still don't know if they took the optimum route!

All photographs are courtesy of Dark Peak Fell Runners club member Mark Harvey unless otherwise stated. Mark, aka iD8 Photography, worked free of charge throughout the Relays to document the event behind the scenes. His stunning album of over 600 photographs is now available as a free souvenir to everybody who took part.

Photos are available to view and download from the Relays website <https://britishfellrelays2019.org.uk/>

SUMMARY RESULTS

WOMEN OPEN

1. Helm Hill
2. Dark Peak
3. Edinburgh University Hare & Hounds

MEN OPEN

1. Keswick AC
2. Ambleside
3. Dark Peak

VET 40 WOMEN

1. Dark Peak
2. Todmorden Harriers
3. Helm Hill

VET 40 MEN

1. Calder Valley
2. Dark Peak
3. Wharfedale

VET 50 WOMEN

1. Helm Hill
2. Ambleside
3. Totley

VET 50 MEN

1. Dark Peak
2. Borrowdale
3. Clayton Men

MIXED TEAM

1. Dark Peak
2. Helm Hill
3. Hunters Bog Trotters

NON-COMPETITIVE OPEN

1. NFR
2. Tring
3. Beeston

Full results are available here <https://www.sportident.co.uk/results/darkpeak/2019/britishfellrelay/>

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The covers shown are: **PEAK DISTRICT >> TRAIL RUNNING**, **LAKE DISTRICT >> TRAIL RUNNING**, **BRECON BEACONS >> TRAIL RUNNING**, and **NORTH WALES >> TRAIL RUNNING**.

WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

VILLA LA ANGOSTURA, PATAGONIA, ARGENTINA, 15-16 NOVEMBER

Following his win at the European Championships in Switzerland in July, Joe Dugdale won the Junior Men's race in style and led the Junior Men to team gold. Matty Mackay finished 4th as he had done in the Europeans. FRA U19 champion Matthew Knowles was just 3 seconds behind him in 5th, a fine run on his GB&NI debut. Joe Hudson, another GB&NI debutant, was 12th.

With 3 more years left in the age group Eden O'Dea was more than satisfied with her 14th place in the Junior Women's race. She was closely followed by Eve Pannone, who is also eligible to compete in this age group next year. Unfortunately, GB&NI did not complete a team as British champion Lauren Dickson suffered a serious cycling accident a week before the team travelled out and was unable to compete.

In the Senior Men's race European Champion Jacob Adkin and World Cup winner Andy Douglas were both hopeful of individual medals and were well placed in a pack of 5 athletes behind the 2 leaders when they reached the river crossing at the top of the course. The runners were directed over the bridge and Douglas was unfortunately knocked off balance by another athlete and fell into the water, losing a lot of time. Adkin, just behind him, was also impeded. The pair ended up 7th and 8th. With Joe Steward in 27th they finished 5th team.

In the Senior Women's race Phillipa Williams set off like she meant business and earned herself an individual bronze medal on her GB&NI debut. Emmie Collinge in 9th and Sarah Tunstall in 19th had both expected much more of themselves but their performances were enough to secure a team bronze medal.

In the long distance race the following day World Trail Champion Jon Albon had a strong run to finish 4th. Nick Swinburn in 18th and Seb Batchelor in 26th had solid runs to secure 4th place for the team. In the women's race defending champion Charlotte Morgan acquitted herself well to finish 7th, having had an interrupted build-up. Sara Willhoit had an excellent run on her GB&NI debut to finish 11th. Kirsteen Welch was disappointed with her run but it was enough to earn 5th place for the team.

This was the first time that the classic distance and long distance races have been held together. The format will remain the same for 2020 with the championships to be held in Lanzarote in mid-November.

JUNIOR MEN (7.6km, 393m ascent, 475m descent)

1. Joseph Dugdale	GBR	32:44
2. Sebih Bahar	TUR	32:50
3. Yael Paniagua Morales	MEX	32:52
4. Matthew Mackay	GBR	32:58
5. Matthew Knowles	GBR	33:01
6. Tyman Smart	USA	33:09
7. Toby Gualter	NZL	33:10
8. Cesar Daniel Gomez Ponce	MEX	33:13
9. Remi Lonchamp	FRA	33:22
10. Marco Zoldan	ITA	33:25
11. Sinan Aksoy	TUR	33:26
12. Joe Hudson	GBR	33:29

TEAMS:

1. GB&NI	10
2. TURKEY	29
3. ITALY	38

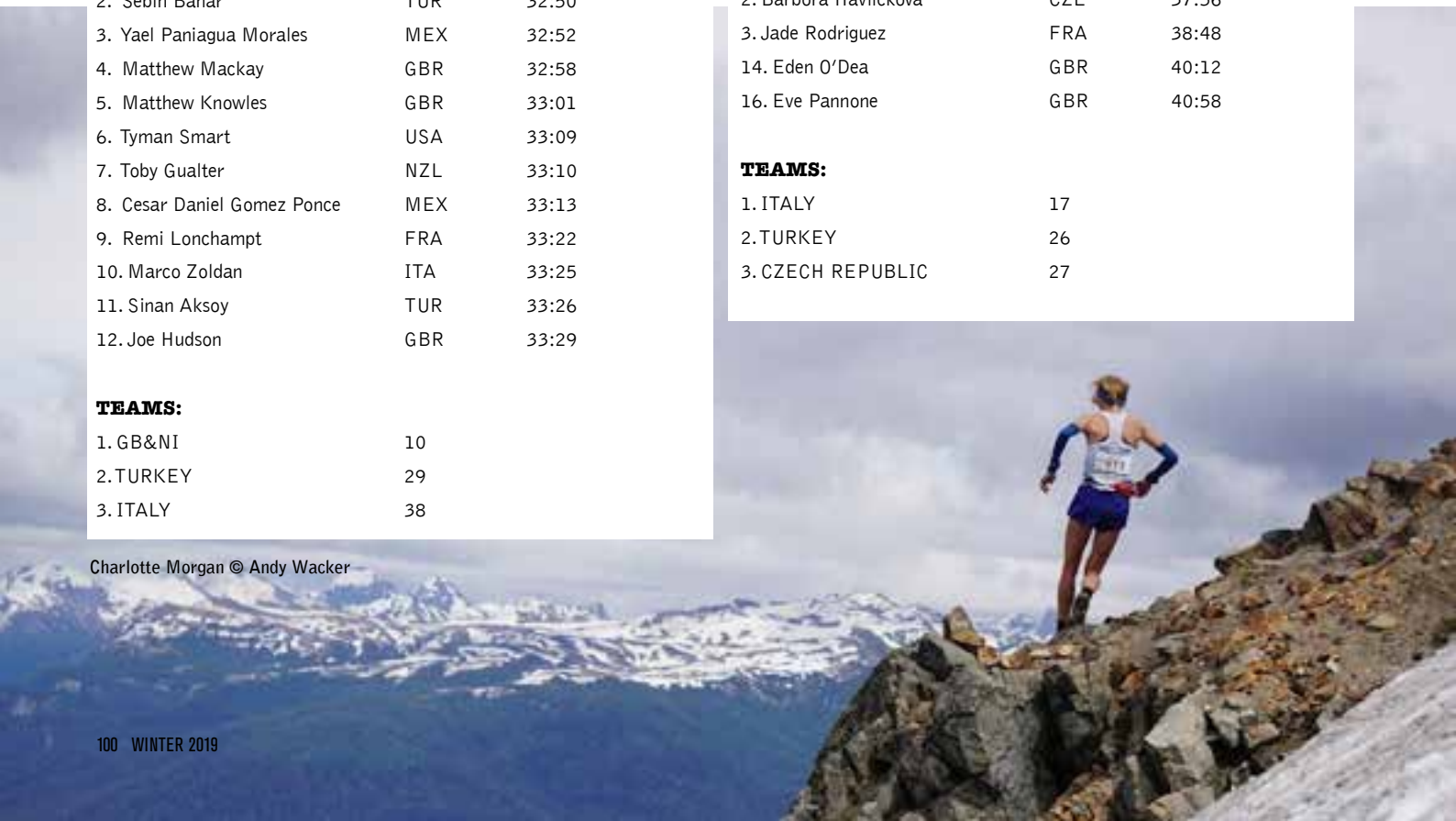
JUNIOR WOMEN (7.6km, 393m ascent, 475m descent)

1. Angela Mattevi	ITA	37:12
2. Barbora Havlickova	CZE	37:56
3. Jade Rodriguez	FRA	38:48
14. Eden O'Dea	GBR	40:12
16. Eve Pannone	GBR	40:58

TEAMS:

1. ITALY	17
2. TURKEY	26
3. CZECH REPUBLIC	27

Charlotte Morgan © Andy Wacker





GB & N.I Team © Anne Buckley



Joe Dugdale © WMRA_Marco Gulberti

SENIOR MEN (14.7km, 754m ascent, 754m descent)

1. Joseph Gray	USA	1:05:13
2. Cesare Maestri	ITA	1:05:21
3. Marek Chascina	CZE	1:05:57
4. Jan Janu	CZE	1:06:00
5. Alexandre Fine	FRA	1:06:07
6. Manuel Innerhofer	AUT	1:06:15
7. Andrew Douglas	GBR	1:06:22
8. Jacob Adkin	GBR	1:06:33
27. Joe Steward	GBR	1:11:25

TEAMS:

1. CZECH REPUBLIC	17
2. USA	34
3. ITALY	35
4. FRANCE	41
5. GB&NI	42

SENIOR MEN LONG DISTANCE (41.5km, +/- 2184m)

1. Jim Walmsley	USA	3:12:16
2. Francesco Puppi	ITA	3:13:04
3. Oriol Cardona	ESP	3:20:24
4. Jonathan Albon	GBR	3:22:10
18. Nicholas Swinburn	GBR	3:33:46
26. Sebastian Batchelor	GBR	3:37:08
43. Jack Wood	GBR	3:52:34

TEAMS:

1. SPAIN	15
2. USA	17
3. ITALY	27
4. GB&NI	48

SENIOR WOMEN (14.7km, 754m ascent, 754m descent)

1. Grayson Murphy	USA	1:15:20
2. Elise Poncet	FRA	1:15:41
3. Phillipa Williams	GBR	1:16:45
4. Adela Stranska	CZE	1:17:53
5. Lizaida Thalia Valdivia Magariño	PER	1:18:10
6. Christel Dewalle	FRA	1:18:16
7. Anais Sabrie	FRA	1:18:30
8. Elisa Sortini	ITA	1:18:57
9. Emily Collinge	GBR	1:19:03
19. Sarah Tunstall	GBR	1:21:48
25. Heidi Davies	GBR	1:22:35

TEAMS:

1. FRANCE	15
2. CZECH REPUBLIC	25
3. GB&NI	31

SENIOR WOMEN LONG DISTANCE (41.5km, +/- 2184m)

1. Cristina Simion	ROU	3:49:57
2. Adeline Roche	FRA	3:51:56
3. Blandine Lhironde	FRA	3:52:07
4. Silvia Rampazzo	ITA	3:56:02
5. Sheila Aviles	ESP	3:56:19
6. Ainhua Sanz	ESP	3:57:04
7. Charlotte Morgan	GBR	3:58:54
11. Sara Willhoit	GBR	4:01:49
32. Kirsteen Welch	GBR	4:33:32

TEAMS:

1. FRANCE	17
2. SPAIN	20
3. ROMANIA	27
4. USA	45
5. GB&NI	50

JUNIOR FELL RUNNING

The 2020 fell running season is fast approaching and we have lots of exciting events to fit into your busy running calendars. As well as the FRA Junior Fell Championship we look forward to supporting the Youth Cup event in Ambleside and other opportunities for those interested in Mountain Running.

At the recent AGM, I took over as the FRA's Junior Fell Running Coordinator from Chris Jones, who has stepped down from the FRA Committee. We extend a huge 'thank you' to Chris for his significant contribution over the past years across multiple Committee roles.

So what does the future hold for Junior Fell Running? Well the sport is gaining lots of momentum and the Junior FRA Championship races now consistently attract over three hundred runners taking part in the different age categories. Whilst the breadth of participation in the races is increasing, the success of the championship relies on the support from clubs and other organisers to host the events so that we are able to offer a 6-series set of races.

Unfortunately, year on year, this is proving difficult to achieve and 2020 has been no exception. Indeed as we go to press we are still one confirmed race short of the required six.

So the reality is clear, if the FRA Junior Fell Running championship is to succeed and continue, we very much need the support of clubs to come forward and organise/host the championship and challenge races.

The races do not necessarily have to be on the club's doorstep, so here are some suggestions:

- perhaps you could identify a suitable venue and organise a new race around this
- adopt a past junior race which is no longer being continued e.g. "The Anni Wa!" or Sedbergh.
- if your club hosts a senior race think about introducing a concurrent junior race to take advantage of parking arrangements, permissions and other amenities
- as a senior, perhaps you have time on your hands and fancy the idea of contributing to a new committee of race planners who might collectively take on the role of organising a junior event?

Whilst the idea of hosting a race might seem daunting, a comprehensive pack of information is available to inform organisers of requirements and as much help as possible will be provided to help guide with planning and organisation.

So to all Clubs, PLEASE give this some thought for the 2021 and 2022 season. We would be happy to discuss any ideas or suggestions. Contact Helene or Jonathan on juniors@fellrunner.org.uk or FRA Juniors Facebook group.

Thank you.

HELENE (DIAMANTIDES) WHITAKER, FRA JUNIOR CO-ORDINATOR



CONFIRMED DATES FOR 2020 FRA JUNIOR FELL CHAMPIONSHIP RACES

NAME	DATE	NOTES
1) Kettlewell – North Yorks https://www.harrogate-harriers.co.uk/races/kettlewell-kaper	28 March	Yorkshire Championships
2) Clough Head – Cumbria https://www.kongadventure.com/our-events/clough-head-junior-fell-race/	25 April	
3) West Nab – West Yorks https://www.holmfirthharriers.com/joomla-pages-iii/category-list/26-fell/862-welcome-to-west-nab-race-page	30 May	Inter Counties Championship U15*, U17, U19 *new category for 2020
4) Todd Crag – Cumbria https://www.amblesideac.org.uk/races/ambleside-ac-junior-races/todd-crag-junior-races/ and https://www.amblesidemountaintaincup.com/	20 June	The FRA race will be run in the morning and the Youth Cup in the afternoon. It is expected that U17/U19 athletes who are successful in selection for the YC will be unable to run in the FRA race. These athletes are encouraged to plan their FRA campaign around the other 5 FRA races. If you are selected for the YC this will not affect your eligibility for a hoodie or t-shirt if you compete in the remaining 5 or any 3 other races (respectively).
5) TBC	TBC	Please check the FRA website and Facebook pages
6) Bradwell – Peak District http://tourofbradwell.co.uk/junior/	4 July	
Last date for ordering T-shirts and Hoodies for FRA members for collection at the "Do". See website for eligibility.	5 July	Online shop details will be published on the FRA website for orders nearer the time
OTHER JUNIOR EVENTS	DATE	NOTES
The Junior fell running presentation and celebration "Do". Running based activities in the morning, buffet lunch, hoodies and presentation of trophies.	19 July	10.00 – 15.00 ish Marl Pits Sports Centre, New Church Road, Rawtenstall, Rossendale BB4 7SN
English Schools Fell Running Championship https://www.esfrc.org/index.php/home		TBA

Please see the FRA Website for full details of each event, age categories and eligibility and for updated information or changes:

<https://fellrunner.org.uk/juniors.php>

<http://www.felljunior.org.uk/>

ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIPS

THE 12TH ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIPS, GIGGLESWICK SCHOOL - 6TH OCTOBER 2019

The 2019 English Schools Fell Running Championship attracted 551 competitor registrations from 108 schools. Giggleswick School, in the Yorkshire Dales, hosted the event for the third successive year supported by The Fell Runners Association.

The event is for children of secondary school age and the popularity of the event even outstrips the Junior Champs series as it attracts regular and occasional fell runners and newcomers to the sport alike.

Very heavy overnight rain meant some parts of the course were very wet and muddy, but temperatures were warmer than expected and all the races and the presentation took place without rain – much against the predicted forecast!

The four races (both girls and boys run together but prizes are handed out to them separately) were keenly contested, and the non-selective nature of the event allowed many runners to experience fell racing for the first time on a challenging course, reflecting the limestone area in which the event takes place - including a stream crossing. The course is varied with a mix of fast and steep running and the runners looked like they enjoyed the experience. The layout also made a good spectacle for the supporters with some stunning views towards Pen-y-ghent and Pendle to be had for those who ventured up onto the open fell.

Full results are available on the website www.esfrc.org.

RACE	WINNER	SCHOOL	WINNING TEAM
Y7 Boys	Will McNally	St Bernard's Catholic School, Barrow	Ermysteds GS, Skipton
Y7 Girls	Maisy Bellwood	Woodhouse Grove, Apperley Bridge	The Queen Katherine School, Kendal
Y8-9 Boys	Charlie Almond	Dallam School	Calder HS, Mytholmroyd
Y8-9 Girls	Jessica Bailey	Ulverston Victoria HS	Bradford GS
Y10-11 Boys	Fraser Sproul	Sedbergh School	Hope Valley College
Y10-11 Girls	Eve Whitaker	Harrogate GS	Sedbergh School
Y12-13 Boys	Lucas Parker	Aquinas College, Stockport	Marple College, Stockport
Y12-13 Girls	Finty Royle	Runshaw College, Leyland and Euxton	Sedbergh School
Overall winning school : Dallam School (second year running)			

Prizes were presented by Helene Whitaker (nee Diamantides) – International Fell and Mountain Runner extraordinaire!

Huge thanks go to Fergus Ogilvie and his army of volunteers and pupils from Giggleswick School for hosting and organising the event; to Richard Lecky-Thompson, Helen Jones and Jim Godwin for dealing with online entries and results; to the Giggleswick School Parent Association for providing catering and the many marshals and helpers drawn from parents and the fell running community who willingly gave up their time.

Kong Adventure from Keswick were present with their van and generously sponsored the event and donated prizes.

The catering tent did brisk business and monies raised will be divided between The Yorkshire Air Ambulance and the educational charity 'Bullies Out!'.

Next year's event is provisionally set to be back after a break of a few years at Sedbergh School on 4 October 2020.

CHRIS JONES, 2018-19 FRA JUNIOR CO-ORDINATOR

SMARNA GORA MOUNTAIN RACE

UNDER 23 DEVELOPMENT RACE - SMARNA GORA, SLOVENIA - 24 AUGUST 2019

Being able to perform to your best on a world stage against internationally renowned athletes at well organised events is a skill, and skills must be practised. There are not a whole load of opportunities available where these skills can be refined and really put to the test. The opportunity to compete in the finale of the 7 race WMRA World Cup series in an England vest is the perfect environment in which to really hone skills that can be carried forward into future championship races as a senior athlete. It is very rare that an athlete picks up the skills required to perform well at a high level immediately upon taking up a new sport and in the vast majority of cases athletes must serve an 'internship' of competitions, making mistakes and learning their craft.

I, for one, like to take advantage of most opportunities that present themselves to become a better athlete, especially those that involve spending a few days in a stunning location with nice food and friendly people.

Pendleton Fell Race was the fixture chosen to be taken into consideration when putting together the under 23 England mountain running development team. And so on the 24th August at around 2pm I lined up against some other budding runners, and after a moderately warm 39 minutes and 8 seconds I'd run just fast enough to finish 18th overall and 3rd in the under 23 category behind Max Wainwright and Will Marshall who were to become my teammates and great friends.

On the Thursday before the race, a 5am wake-up call was required in order to catch the delayed 06:21 train to Stansted for a 13:05 flight to Ljubljana, Slovenia. My first impressions of the team were good, everyone was relaxed and looking forward to the trip. The England girls' team consisted of Jemima Elgood, Helen Thornhill and Hannah Russell, and we were joined by Lauren Dickson who would be running for Scotland. Each had brought their own supply of snacks for the trip and most memorably for me meeting Lauren for the first time she was eating raw carrots rapped in tin foil and for airport travel reasons was sporting a small see-through bag of peanut butter which did not look like peanut butter.

After settling into our very (kind of) cosy accommodation we went to a nearby restaurant for pizzas and a very nice evening of getting to know everyone further.

Friday we recced (most of) the course. I stuck with team managers Alec and Karen, while Max being the self-proclaimed nav expert took the rest of the team on a slightly alternative scenic tour of the hill. The course starts fast and runnable on a flat road that turns off sharply left onto soft trail climbing steadily across the hill for around 3km before the rock scrambling starts. After a short technical downhill section with lots of roots we bumped into the rest of the team at the half way point and went up the last climb to finish for a lovely lunch in the warm sunshine.

That evening we were invited to the athlete presentations and evening meal with the organisers and other athletes from all over the world which was very surreal.



Race day. I warmed up with Zak Hanna from Northern Ireland along the first bit of course and did some strides alongside the African runners. The first part of the race suited me pretty well and I knew I had to make the most of it and at the top of the first climb I was in around 13th position. On the technical descent I lost 3 places and Max came flying past with by far the fastest time on the downhill section. I managed to keep him in sight and not let the gap between me and the other runners grow any further and on the final pull up to the finish I felt like I was beginning to reel them back. At the finish I was 17th, 18 seconds behind Max in 15th, a massive improvement from Pendleton where he was nearly three and a half minutes ahead of me. A very respectable run from Will for 27th and downright amazing performances from the girls who all finished in the top 10 with a very gutsy run by Jemima who was in 4th for the vast majority of the race and was only passed in the final few minutes of the race by Emma Clayton and the strong Italian Alice Gaggi for 6th. Lauren, Hannah and Helen weren't far behind in 7th, 8th and 10th in a race which was won from Sarah McCormack by double world champion Lucy Wambui from Kenya.

After the race we decided to celebrate by going for a swim in Lake Bled. A little warmer than Windermere and with more castles in the backdrop. In the evening we were joined for pizza by the top British and Irish athletes. We really are very lucky to have such accessible down-to-earth athletes competing at the top end of the sport who are willing to share their insight and experiences.



On Sunday before our afternoon flight back to the UK we drove up into the mountains for a stunning excursion above the clouds, along beautiful ridge lines at nearly 2000 metres and down ski slopes. The scenery and the technical trails almost made us forget the soreness in our quads... almost.

Before the trip was even over Max was already talking about organising a trip out to race in Italy next summer! The trip was magical and a special thanks goes out to the FRA and England Athletics for making it possible.

Full results are available on the website www.esfrc.org.

- Chris Richards

MOUNTAIN RUNNING JUNIOR HOME INTERNATIONAL

LLANBERIS, WALES - 21 SEPTEMBER 2019 - ENGLAND REGAIN OVERALL TROPHY

With the event incorporating three events in one, including the British Athletics Mountain Running Championships and the World trial, both the U17 and U20 age groups ran together in this year's Junior Home International.

The testing Welsh course was held over 7.1 km with 450 metres of climbing (and 500 metres of descent) and had Snowdon as a back drop. Unseasonably but gloriously warm weather together with a strong wind made the event even tougher for all competitors.

Arguably the strongest field was in the Men's U20 race with the four athletes who won the team competition at the European Championships in July all toeing the line. Individual European U20 champion Joe Dugdale (Individual) added the British title to his collection, with Joe Hudson (England) taking silver and Matty Mackay (England) the bronze. Other notable England finishers included an excellent run from Matt Knowles (England B) in 4th and Ben Bergstrand (England) in 6th.

The British Mountain Running U17M champion was Fraser Sproul (England) in 7th overall. England made a clean sweep of the podium places with Ben O'Dowd (England) and Joel Taylor (England B) occupying the silver and bronze positions respectively. They were backed up by strong runs from their teammates with England taking team honours in both the U17 as well as the U20 competitions.

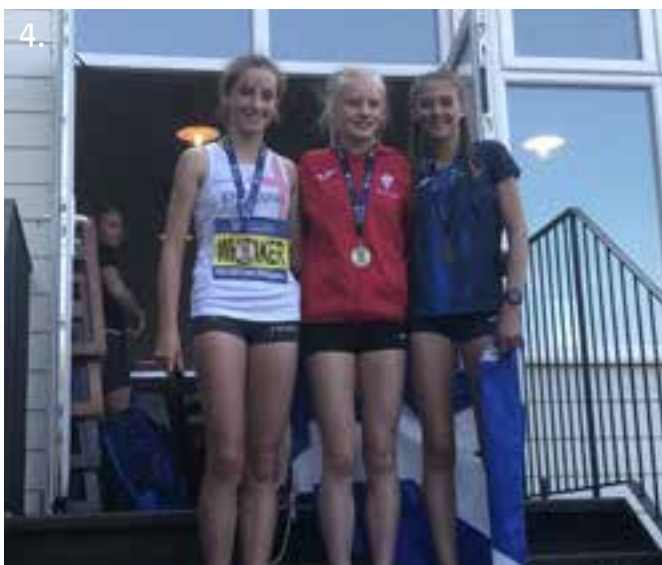
In the junior women's race held over the same course, Lauren Dickson (Scotland) was first finisher. Her closest challenger Holly Page (Individual) suffered an ankle sprain on the final descent and was unable to finish. Welsh U17 athlete Eden O'Dea finished strongly in 2nd to take the British U17 title. The next two finishers were also U17 athletes with Anna Hedley (Scotland) in silver and Alexandra Whitaker (England) securing bronze on her England debut. The second U20 in 5th place overall was Emily Field (England) followed closely by Scotland's Grace Molly. Scotland won the women's team competition from England in both age groups.

The maths proved a challenge as the overall team competition went right to the wire but England wrestled the Edinburgh Trophy from last year's winners, Scotland. With both teams scoring 6 points, England were awarded the title having the lowest aggregate scoring finishing positions.

Full results are listed in the report on the British Mountain Running Championships in this edition of The Fellrunner.



THE ENGLAND GIRLS TEAM ©Neil Wilkinson



1. Fraser Sproul U17 Champ, 2. Eden O'Dea U17 G Champ, 3. U17 Boys, 4. U17 Girls, 5. U20 Boys, 6. U20 Girls
PHOTOS ©Neil Wilkinson

MOUNTAIN RUNNING JUNIOR HOME INTERNATIONAL

RUNNING FOR ENGLAND – AN ATHLETE’S PERSPECTIVE

Flicking through the FRA handbook in January I saw a day in March described as an “Introduction to International Mountain Running”. I applied and went to the day where one of the speakers was Joe Dugdale, now European U20 Mountain running champion. I saw the possibilities for the coming fell running season and had an England vest in my sights. From this session I planned my season with Derek Hurton, my coach at Eden Runners, and successfully qualified for the Youth Cup in Italy and then the Junior Home International (JHI) in the England B team.

So to my experience of the JHI, which combined U20 and U17 boys in one race. I arrived in Betws-y-Coed Friday evening along with the team and was pleased to see some familiar faces. It was a nice evening and some of us decided to go for a gentle jog up the river to loosen up our legs for the race tomorrow. We had the team meeting - the first time all the England teams were together - and we got our numbers and a briefing for the following day. The evening followed, eating pizza, going for a walk, pinning numbers onto our vest and generally relaxing and having a laugh.

Race morning: we woke up to a blue sky day and surprisingly everyone was relaxed and not particularly nervous. We got ready, chatted and waited for our lifts to Llanberis.

After arriving in Llanberis we walked up to the start and walked the first 1km of the course. The weather was good but there was a strong wind. The girls race went off and the start didn't look too fast and any concerns about how narrow the start was were soon forgotten. Will Kay, one of the U17 boys, had talked to Duncan, our team manager, with real honesty because he had been suffering from an injury and wasn't sure how it was. Duncan decided it would be better to swap Will and me so I ended up in the A team. I was very pleased to be given the A team place, and it showed me what a good teammate and sportsman Will is. We warmed up and all was feeling good. The first of the girls were coming back in and slowly the nerves were starting to build. We were called by Duncan to a quick motivational team talk. It felt like we had come together as a team. We were running for individual places but were still there to support each other.

The start was fairly fast but not too pushy and then everyone settled into their rhythms for the long climb. I closed a gap early on on the climb which allowed me to stay with the 2nd group and work my way up the pack. Knowing climbing is my strength, I pushed on hard up the ascent and at the turn-around point was around eighth overall and first U17, just a little behind Matt Knowles. As I turned around Matt flew off and I was left pushing hard to try and win the U17 boys. I had a lead on second, Fraser Sproul, by about 20 seconds but his amazing descending allowed him to catch me halfway down the descent and carry on his lead by about 30 seconds.

For me this result was a massive surprise and a relief that I could perform in an England vest after a not brilliant race in the International Youth Cup in Susa. Collecting individual second and then the team win was a great feeling and fantastic finish to the main fell season. Looking forward to the next season I am really excited by the opportunities that are available to me but I know places will be hard fought and I know I will have to improve my descending skills, something for me to work on over the winter.

This season, and JHI was an amazing experience and an eye-opener into where you could go if you managed to get the top places in the U20s - Argentina for the Worlds. I was really pleased to see that Matt, who I ran with in Susa, qualified for Argentina, an inspiration for next year.

Thanks to all the coaches for taking us and organisers for such a brilliant event.

- Ben O'Dowd



Ben O'Dowd with his U17 Silver and U17 Team Awards

BRITISH MOUNTAIN RUNNING CHAMPIONSHIPS, HOME COUNTRY INTERNATIONALS & WORLD TRIAL

LLANBERIS, WALES - 21 SEPTEMBER 2019

This event included the Home Country Internationals for seniors, U20s and U17s and the British Athletics trial races for the World Mountain Running Championships in Patagonia so a lot was at stake.

Andy Douglas was a clear winner of the men's race and so retained his British title. Joe Steward won silver and Tom Adams bronze. Scotland took the team title.

The women's race was a much closer affair with just 23 seconds separating the first three. The 2016 European Champion and 2015 World silver medallist, Emmie Collinge, took gold, followed by Phillippa Williams and Heidi Davies. England won the team competition.

In the junior men's race, 2019 European Champion Joe Dugdale was a clear winner from Joe Hudson. The two had helped GB&NI to the gold team medal at the European Championships in July. Bronze medallist was Matty Mackay. First U17 was Fraser Sproul, followed by Ben O'Dowd and Joel Taylor. England won both team competitions.

In the junior women's race Lauren Dickson was a clear winner after her nearest rival, Holly Page, sprained an ankle and had to pull out. Next in the race were the 3 U17 medallists: Eden O'Dea, Anna Hedley and Alexandra Whitaker. Silver in the U20 race went to Emily Field and bronze to Grace Molloy. Scotland won both team competitions.

SENIOR MEN (12.5km/710m ascent/descent)

1. Andy Douglas	(SCO)	52.32
2. Joe Steward	(East Cheshire)	55.21
3. Tom Adams	(ENG)	55.30
4. Gary Priestley		56.46
5. Chris Holdsworth	(ENG)	57.00
6. James Espie	(SCO)	57.03
7. Matthew Roberts	(WAL)	57.20
8. Russell Bentley	(WAL)	57.34
9. Hamish Wolfe		58.47
10. Linton Taylor		58.52
11. Joe Baxter	(ENG)	59.30
12. Gavin Bryson	(SCO)	59.42
13. Mark Hopkinson	(WAL)	59.48
14. James Dunne	(SCO)	60.02
15. Graham Rush		60.31

MEN'S TEAMS:

1. Scotland	21
2. England	26
3. Wales	33
4. Northern Ireland	69

SENIOR WOMEN (12.5km/710m ascent/descent)

1. Emmie Collinge	(ENG)	62.32
2. Phillippa Williams	(ENG)	62.42
3. Heidi Davies		62.55
4. Emma Gould	(ENG)	63.25
5. Kate Maltby	(ENG)	65.18
6. Emma Clayton		65.42
7. Eleanor Davies		66.05
8. Kelli Roberts		66.23
9. Katie Walshaw		68.47
10. Miranda Grant	(SCO)	68.58
11. Jemima Elgood	(ENG)	70.14
12. Jill Stephen	(SCO)	70.23
13. Eilw Haf	(WAL)	70.40
14. Faye Johnson	(WAL)	71.29
15. Catriona Graves	(SCO)	71.37

WOMEN'S TEAMS:

1. England	10
2. Scotland	33
3. Wales	42



U17 & U20 MEN'S RACE (7.0km /447m ascent/554m descent)

1. Joe Dugdale	(U20)	30.27
2. Joe Hudson	(ENG U20)	31.12
3. Matty Mackay	(ENG U20)	31.19
4. Matthew Knowles	(ENG U20B)	31.22
5. Hamish Hickey	(SCO U20)	31.46
6. Ben Bergstrand	(ENG U20)	32.03
7. Fraser Sproul	(ENG U17)	32.22
8. Ronan Maguire	(NIR U20)	32.27
9. Joe Reardon	(WAL U20)	32.35
10. Euan Brennan	(ENG U20)	32.49
11. Ben O'Dowd	(ENG U17)	32.51
12. Joel Taylor	(ENG U17B)	32.59
13. William Tighe	(ENG U20B)	33.08
14. Lucas Parker	(ENG U20B)	33.30
15. William Kay	(ENG U17B)	33.41
16. Mike Spill	(WAL U17)	33.49
17. Louis Guest	(WAL U20)	33.50
18. Robin Regan	(ENG U17)	33.56
19. Struan Bennet	(SCO U17)	34.04
20. Eoghann Gollan	(SCO U20)	34.09

U20 MEN'S TEAMS:

1. England	7
2. Scotland	23
3. Wales	24
4. Northern Ireland	34
5. Ireland	47

U17 MEN'S TEAMS:

1. England	7
2. Scotland	21
3. Wales	26
4. Northern Ireland	40
5. Ireland	42

U17 & U20 WOMEN'S RACE (7.0km /447m ascent/554m descent)

1. Lauren Dickson	(SCO U20)	37.22
2. Eden O'Dea	(WAL U17)	38.00
3. Anna Hedley	(SCO U17)	38.57
4. Alexandra Whitaker	(ENG U17)	39.21
5. Emily Field	(ENG U20B)	39.30
6. Grace Molloy	(SCO U20)	39.43
7. Betty Bergstrand	(ENG U17B)	39.52
8. Finty Royle	(ENG U20)	40.08
9. Bridget Harley	(SCO U17)	40.35
10. Chloe Rylance	(ENG U17)	40.42
11. Lynn McKenna	(SCO U20)	40.55
12. Pippa Carcas	(SCO U17)	41.00
13. Jody Cain	(WAL U20)	41.06
14. Alice Crane	(ENG U20)	41.12
15. Rhona Mowat	(SCO U20)	41.17
16. Amy Greene	(NIR U17)	41.32
17. Samia Jones	(WAL U17)	41.35
18. Lucy Bednall	(ENG U17)	41.55
19. Gwyneth Parry	(WAL U20)	42.16
20. Lily Higgins	(U20)	42.28

U20 WOMEN'S TEAMS:

1. Scotland	7
2. England	18
3. Wales	24
4. Ireland	37
5. Northern Ireland	50

U17 WOMEN'S TEAMS:

1. Scotland	12
2. England	17
3. Wales	20
4. Northern Ireland	32



Fraser Sproul © SPORTPICTURESCYMRU



Anna Hedley © SPORTPICTURESCYMRU

SNOWDON INTERNATIONAL MOUNTAIN RACE

THE WORLD CUP COMES TO LLANBERIS, NORTH WALES – 20TH JULY (10 MILES 1085M ASCENT)

Llanberis was the venue for another fantastic day's racing to the top of Snowdon and back. The race is 10 miles long, 5 miles up and 5 miles back down the same route. This year's race was part of the World Mountain Running Association (WMRA) World Cup Series, leading to a very competitive start list. Both World Cup Series leaders were racing, Andy Douglas (Scotland) and Sarah McCormack (Rep of Ireland).

The England Team was selected in June from the Settle Hills race and we had two very strong teams, even though only one of our runners had raced at Snowdon before. Conditions in the lead up to the race were wet and windy but by the start time of 2pm the rain had stopped. When the gun went off for a very fast start, the leading runners were Andy Douglas (Scotland) and the Italian twins Martin and Bernard Dematteis.

As the race hit the very steep road sections and moved onto the open mountain trails, Andy Douglas had already opened a lead of some 100m over Zak Hanna (Rep of Ireland) and Dan Haworth (England). The rest of the England team, Michael Cayton, Billy Cartwright and Joe Baxter were just behind in the main pack. In the women's race Sarah McCormack was leading the way with Hatti Archer (England) in 2nd place, followed by Katie Walshaw, Kelli Roberts and Jemima Elgood of the England team all in strong positions.

At the top the weather conditions were misty with poor visibility but this didn't stop Andy Douglas stretching his lead to 1min 32sec over Martin Dematteis and Zak Hanna. In the team competition England were in a great position with all four runners in the top 12. In the women's race Sarah McCormack also had a great lead over the top followed by the Elisa Sortini (Italy), Hatti Archer (England) and Emma Gould (Mercia) in 4th. In the team race England were just ahead of Scotland.

A lot can change on the descent of this race as it's so rough under foot and athletes have different strengths, though one thing that didn't change was the commanding lead Andy Douglas had over the rest of the field: he'd extended it to over 2 minutes to win by the biggest margin for 50 years and the fastest time since 1995. Martin Dematteis finished 2nd with a strong descent and his brother Bernard caught Ireland's Zak Hanna to finish 3rd with Zak holding onto 4th. In the team race Scotland won comfortably with some fantastic descending especially Euan Brown moving up to 7th position after going over the top in 14th. England packed well with Michael Cayton having a great descent to finish 6th and Joe Baxter and Billy Cartwright running closely for most of the race to finish 8th and 9th, but having three runners in the top 10 was only good enough for 2nd team, with Dan Haworth dropping a few places on the descent to finish 13th.

In the women's race Sarah McCormack was caught on the lower trails by the fast-descending Italian Elisa Sortini, but in the end Sarah moved away again on the roads to win in the second fastest time ever. Hatti Archer finished in 3rd place in 1hr 17m 17s, a time that would have won every race since 2009. Emma Gould (Mercia) was 4th, next came Kelli Roberts in 5th who also had a fantastic descent, with Katie Walshaw in 9th which gave England the team title back from last year's winners Scotland. Jemima Elgood also had a great descent and considering Jemima is a first year senior athlete she had a brilliant race to finish 11th.

RESULTS

MEN

1. Andy Douglas	(Scotland)	1hr 04m 04s
2. Martin Dematteis	(Italy)	1hr 06m 33s
3. Bernard Dematteis	(Italy)	1hr 07m 06s
4. Zak Hanna	(Ireland)	1hr 08m 09s
5. James Espie	(Scotland)	1hr 08m 50s
6. Michael Cayton	(England)	1hr 09m 52s
7. Euan Brown	(Scotland)	1hr 10m 08s
8. Joe Baxter	(England)	1hr 10m 14s
9. Billy Cartwright	(England)	1hr 10m 19s
10. Mark Hopkinson	(Wales)	1hr 10m 20s

TEAMS:

1. Scotland
2. England

WOMEN

1. Sarah McCormack	(Ireland)	1hr 14m 49s
2. Elisa Sortini	(Italy)	1hr 15m 11s
3. Hatti Archer	(England)	1hr 17m 17s
4. Emma Gould	(Mercia)	1hr 19m 05s
5. Kelli Roberts	(England)	1hr 21m 47s
6. Scout Adkin	(Scotland)	1hr 23m 08s
7. Miranda Grant	(Scotland)	1hr 23m 50s
8. Megan Wilson	(N Ireland)	1hr 24m 14s
9. Katie Walshaw	(England)	1hr 25m 52s
10. Emma Clayton	(Salomon)	1hr 27m 20s

TEAMS:

1. England
2. Scotland





Sarah McCormack, ladies' winner of Snowdon International Mountain Race © Marco Gulberti

OMM SCOTLAND

OMMERS DEVOUR THE CLYDE MUIRSHIEL REGIONAL PARK - BUT THE PARK BITES BACK!

A sunny Kelburn Castle provided the start line facilities for OMM 2019 thanks to the generosity of Lord Glasgow and his team. With stunning vistas of Arran and direct access to the moors, the checkpoint-studded hillsides were prepped and ready for the off.

Across the start, the competitors said goodbye to dry feet with the first ascent ankle deep in mud and littered with invisible knee deep hazards. There are a few tactics when dealing with hidden boggy holes: one, go slow, test the ground before committing a foot placement or two, the 'sod it' tactic to march on in some kind of bog roulette effort. After the first 10km you could see the competitors embrace the second option and the inevitable boggy abyss of the terrain.

The 200km² quickly silenced critics as it revealed its challenges. Endless ascents and descents over bog, tussock and heathery fells pushed even the hardest of competitors to their limits. Being rarely visited by 'normal' outdoor folk, this area provided sparse, if any, path sightings leaving the relentless terrain to be tackled head on. Many will have experienced waist level submergence; one even described his teammate flagging down four passing competitors to assist his release from an armpit-deep dunking. It was a weekend of ankle and knee obliteration, with so few paths to be found that from 'plodders' to 'elite', we all faced one hell of a challenge. As Jim McQuaid & Dominic Watts said, "you knew it was only a matter of time until you were swallowed by a bog. You just hoped your shoe was still there when you pulled yourself out".

The Mountain Marathon was created to be a test of mountain ability, strength and training to see who can run the hardest combining with the experience and navigational skills to pick the best route. The undulating nondescript features were expected to favour the orienteers. However, the sun shines on those who deserve it and perfect visibility changed the challenge to focus on route selection and hill observation to find the most forgiving passage. Heavy rains and hail fell overnight just to remind the hunkered down campers that this was the OMM but only short showers flashed through on day two and teams enjoyed great views to ease the navigational challenge.

This year Graham Gristwood & Hector Haines won the Elite Course in 12hrs 48mins after developing a lead of 25 minutes at the end of day 1. The race for second was much harder fought with only minutes splitting second to fifth place. In the end Alistair Masson & Tim Morgan hung on to take second overall pushing Dark Peak runners Tom Saville & Nathan Lawson into third.

The Long Score competition equally took in some distance. The overall winners Nick Barrable & Jonny Malley scored a massive 1240 points in an estimated 80 kilometres with 2500m of ascent. In the military class the Hutton Trophy was won by Calvin Routledge & Max Cole with 1030 points (4th overall) and it was an honour to have Colonel Jim Hutton's cousin, Alison, join us to present their prize. The female winners were Bodil Oudshoorn & Janie Oates of Helm Hill with 815 points (18th overall) and the first place mixed team was John & Corinne Watson with 800 points (21st overall).

The A & B courses pushed their competitors hard too with extended running times forcing most competitors to break out the headtorches as they streamed down the hillsides late into the night. It will be interesting to see who will be the next from these groups to step to the Elite challenge.

There are too many outstanding performances to mention, but a couple of note from our younger competitors: an incredible result by 19 & 17-year-old Louis & Jura MacMillan winning Medium Score, and Rachel Duckworth aged 16 of Derwent Valley Orienteers achieving 3rd overall on Short Score running with Dad John. It's great to see new talent entering the field.

At the more experienced end of the field, Chris Kelsey joined the 30-year club while partnered by his son Ben after a gruelling 21 hours to complete the Elite course, their first Elite finish and an impressive demonstration of endurance.

The OMM continues to push for a greener approach and thanks to all who car-shared. This reduced the car count from 700 to 400 which is certainly a huge environmental positive for the event's carbon footprint, an issue which is deep in all our hearts. Given the mud on the car-parking field it was also important for the safety of the car-parking team. We had a mild panic while helplessly watching the 'tow-out' tractor gathering pace sideways down a muddy hill towards the marshals' cars which occurred whilst it attempted to tow a van with trailer to terra firma.

Next year the 53rd OMM will be on the 24th & 25th October. Stuart Hamilton, Event Director, says: "It's important we keep the challenge fresh. This year many were sceptical about what Clyde Muirshiel could offer. What they got was some fantastic terrain challenges, enough height to burn the thighs and the huge visual contrast of the sea and Arran in one direction and the industrial scars of Glasgow in the other. We felt that no area we have ever visited better exemplified why we must protect these landscapes and the OMM will continue to focus on responsibly bringing people to enjoy, use and ultimately become the protectors of this space.

Next year... well we'll give you something different. I'm looking to add some of the features we enjoyed on the Alps event this year so we've found somewhere that has rocky mountain tops and dense contours but ultimately still the remote open wilderness that we are so fortunate to be able to enjoy in the UK. I look forward to being able to reveal more."

- Alistaire MacGregor



OMM ALPS

PROBABLY THE BEST MOUNTAIN MARATHON IN THE WORLD...

Mountain marathons are a very British thing: our open access rights and runnable mountains all help to make the UK ideal for them. Also, British fell runners love a good challenge and are natural masochists.

In the UK, OMM have been putting these races on for over 50 years and obviously thought it was a shame our friends in the rest of Europe were unable to experience the joys of gutting themselves for two days on a mountain.

My mountain marathon partner Bryan Carr and I were lucky enough to race the OMM Alps in Garmisch last year. It was so good we couldn't resist joining them again this year in Lenzerheide, Switzerland.

The OMM had really outdone themselves, the location was stunning with wooded green valleys giving way to towering peaks and ridges.

OMM starts normally require a 30 minute slog through a bog just to get there; not this one. We loaded onto a cable car and were whisked up to a mountain top at 2800m. To make it even better we sat outside the café near the summit with coffee and croissants waiting to start, admiring the views and getting a tan.

At 9.30 Bryan and myself were first to go being the only vets in our class.

We dashed off in the general direction of the control hoping that we looked like we knew what we were doing. The maps were very clear and accurate but had 20m contours which didn't give too much away, particularly in the surrounding rocks and scree. Thankfully we took a good line and hit the control ok.

Unlike UK OMMs we were not soaked, muddy and fighting our way through heather. The high mountain terrain was hard and dry, if a little tricky underfoot. As we descended into the valley we ran through high alpine pastures, bumping into herds of cows with bells clanging on their necks.

Neither of us had ever run at these altitudes before and didn't know what to expect. Bryan didn't seem to notice the thin air but I was finding it very hard, especially on the ascents. Perhaps his tactic of stopping to take photos allowed him to get his breath. The landscape was absolutely stunning and the weather glorious.

We were moving well and finding all the controls but as we hit CP10 the cut-offs were getting tight. Chasing up to CP12 the guy collecting controls was running just behind, he looked a lot fresher than us too. Thankfully we hit the checkpoint spot on with seconds to spare beating the control guy and avoiding the dreaded DNF.

Mid-afternoon the weather had closed in as predicted with rain and hail and it was thundering all around. The ridge we needed to cross at 2500m wasn't looking so friendly. Luckily the thunder stopped and it started to clear. We hit the next five controls spot on but with no more than two minutes to spare at each it was quite tense. Once we had hit CP17 the cut-offs were more generous so other than dragging our weary bodies up a 400m ascent to the day 1 finish it was easy. I don't think Bryan experiences fatigue, his pace is the same throughout the race. I was wasted, wheezing and sweating, grimly hanging on, oh the joys of mountain marathons.

The overnight camp was at 1900m next to a ski lift station, with superb views over the whole valley. Normally on an OMM you get into camp, put the tent up, eat food, get cramp then trudge through the mud in the dark to use the loo, before lying awake in your bag, shivering, praying for the dawn.

The OMM Alps camp was dry, warm, had stunning views, an 8pm call to sample some local schnapps and then a 5am wake up by a team of Swiss Alpine horns. Just brilliant, it could catch on.

Race director Stuart delayed the 6am start by 10 minutes as it was still quite dark. At 6.10 he confidently said "I can read my start list it's time to go". Believing Stuart we quickly stowed our head torches not realising he is part owl. We couldn't see a thing on the map so took the next best option of following the other teams with headtorches till it became light. Not ideal but we got away with it.

We dropped 400m into the valley which was great only to have to run (walk) all the way back up, ending up at over 2200m. My legs were straight back to worn out within the first hour.

British fell running enjoys open access on the fells and is quite different to European mountain running. Our route choice tends to be a lot more aggressive and direct. It made me very happy watching the other teams race along the paths and trails not always in the correct direction.

Again it was a stunning day and from half distance we headed up to a 2000m narrow ridge peaking at 2500m stopping for a few photos en route.

Dropping off the ridge our next checkpoint was the trickiest of the day. With little skill and a great deal of luck we bumped into it next to the smallest of ponds. From there it was a jog down the valley to the finish.

Our tighter route choice had pulled a place back so gave us 2nd overall in the A class. With fewer photo stops we might have won but prizes were a bonus, we were grateful to be able to run this amazing race with so many teams from all over Europe.

A 2800m start with croissant and coffee, ridges to die for, meeting teams from all over Europe, schnapps at 8pm, alpine horn alarm clock, perfect weather with some thunder to add to the excitement, a superb route which was as hard as hell. I've never done a better mountain marathon and I'm not sure anyone else has either.

Thanks OMM Alps and well done, absolutely brilliant.

- Jonathan Whilock





Hodgson Brothers Mountain Relay ©Jamie Rutherford

CALENDAR UPDATE

The FRA website, <https://fellrunner.org.uk/races.php>, holds the most up-to-date Calendar. There are also links to the other national fell running organisations where information can be found about races that are not in the FRA Calendar.

2020 race information is now available on the FRA website and in the FRA Handbook and Fixtures Calendar 2020.

DAVE BOWEN, FRA FIXTURES SECRETARY

RACE INFORMATION

I have been notified about the following race updates since the Handbook was printed. Events which are licensed by the FRA are identified by (FRA) and will be run in accordance with FRA rules and requirements. Races not identified in this way are not licensed by the FRA and are included for information only. This includes all races in Scotland, Northern Ireland and Wales.

Race updates are listed in the order in which races will now take place.

SAT. DEC 14. S O B (STILE END - OUTERSIDE - BARROW), KONG WINTER SERIES 2 (R). AS. NG. 11.00 a.m. 8km/500m. Details: Lou Osborn, King Kong Climbing walls, Threlkeld Quarry, Keswick, CA12 4TT. Tel: 07765187651. Email: lou@kongadventure.com. Website: www.kongadventure.com.

Change of organiser, pre-entry details & new prices. Other details unchanged.

SUN. DEC 15. PEAK RAID 3 EVENT 3 OF 4 GRINDLEFORD

(FRA). MM.9.00 a.m. staggered starts till 10:00. Venue: Grindleford Cricket Club, S32 2AA. £18.00, pre-entry or on day. Entry via website, closing date Sunday prior to event. Limited EOD; contact organiser before travelling to ensure maps are available. ER/NS. Over 14. Runners under 18 must run with parent or guardian over 21. 3-hour event in the Peak Raid four race series. Best 3 of 4 scores to count. Prizes for the series only. Full FRA kit. Event goes onto high exposed moorland and navigation skills essential. GPS data loggers may be used to record the route, but GPS may not be used for navigation. No dogs are allowed on the area. Details: Andy Jackson, 65 Hallam Way, West Hallam, DE7 6LD. Tel: 07762630755. Email: andy.jackson26@yahoo.com. Website: www.explorerevents.co.uk.

SUN. DEC 15. STOOP (R). BS. G. 11.30 a.m. 8km/250m. Details: Nick Charlesworth, 4 Belford Court, Leeds, LS6 4QZ. Tel: 07770 697161. Email: nickc@harrispartnership.com. Website: www.wharfedaleharriers.co.uk/events.

Change of organiser. Other details unchanged

SUN. DEC 15. STOOP JUNIOR CURLY WURLY RACES (R). G. 10.30 a.m. Details: Nick Charlesworth, 4 Belford Court, Leeds, LS6 4QZ. Tel: 07770 697161. Email: nickc@harrispartnership.com. Website: www.wharfedaleharriers.co.uk/events.

Change of organiser. Other details unchanged

SUN. DEC 22. TINSEL TORCH (R). AS. G. 4.30 p.m. 4km/240m. Venue: Moorview Way, Skipton, BD23 2JY. GR SD 998 524. £5.00, on day. LK/PM. Over 17. Under 18s must be accompanied by an adult. Details: Melanie Steventon, 19 Mayburgh Close, Eamont Bridge, Penrith, CA10 2BW. Tel: 07904355848. Email: info@duenorthevents.com. Website: www.duenorthevents.com.

Race Results

NEWLANDS MEMORIAL FELL RACE / Cumbria

AM/18.5km/1100m / **20.04.19**

It was a hot day for the runners and volunteers as there were clear skies and the mercury hit 26C. Thanks to Pete Bland Sports and inov-8 for their continued support of this race. They kindly sponsored the event. It was the first of their Six Round Lakes Grand Prix Series.

A one minute silence on the start line was observed with runners asked to remember people who had contributed to the sport over the years who were no longer with us.

The ground was dry and in great condition. Out of the 364 entries, 294 started. There were two intermediate timed checkpoints at Robinson and High Spy. Rob Jebb was first to Robinson in 40:55, ahead of John Battrick, one minute ahead of Steve Franklin. The podium positions remained the same until the end. Rob increased his lead to 4m15s before the end, finishing in 01:40:50. It was a similar story with the ladies. Sharon Taylor was first to Robinson in 00:46:56, ahead of teammate Kelli Roberts, by three minutes, followed by Anna Lupton. The podium positions remained the same until the end. Sharon increased her lead to nearly five minutes before the end, finishing in 01:54:00. Helm Hill won both the men's and ladies' team prizes.

The Jebb household had a great day. Rob won the men's trophy, Sharon won the ladies' trophy and their children won two of the junior races (Isla U9s, Millie U11s).

There were 292 finishers in times between 01.40.50 and 04.40.37, most people's times were down 15% on their PBs due to the hot weather.

Joss Naylor kindly gave out prizes and treated the crowd to words of wisdom as ever.

Thanks as ever to the volunteers who gave up their time. They were amazing. Please offer your volunteering services when you can, as without them, none of this can happen.

Les Barker

FRA note: Mandatory flagging on Robinson is required by the National Trust (landowner) to control/prevent further erosion. In both adult races around 10% of runners didn't follow the mandatory flagging. Whilst this didn't significantly affect results or cause erosion (due to the dry conditions), such actions risk jeopardising the future of the race. Race organisers are asked to report runners not complying with these or similar requirements to the FRA.

1. R. Jebb 0/40	HelmH	1.40.50
2. J. Battrick	Kesw	1.45.05
3. S. Franklin	Totley	1.46.46
4. O. Heaton	RibbV	1.47.36
5. M. McGoldrick 0/40	Wharf	1.47.50
6. J. Pownall	VStr	1.49.16
7. A. Laycock	Clay	1.49.44
8. G. Brown 0/40	Tod	1.49.44
9. B. Bardsley 0/40	Borr	1.50.41
10. J. Jardine U/23	HelmH	1.51.04

VETERANS 0/50

1. (13) D. Miliken	Salf	1.54.17
2. (15) D. Birch	Kesw	1.55.18
3. (16) J. Murfin	Settle	1.55.19

VETERANS 0/60

1. (51) P. Crompton	CFR	2.09.32
2. (54) D. Allen	DkPk	2.09.48
3. (61) I. Warhurst	Penn	2.12.12

VETERANS 0/70

1. (83) B. Grant	Hgate	2.19.28
2. (207) B. Grant	Hgate	2.53.19
3. (236) E. Dealtry	Kend	3.04.18

LADIES

1. (12) S. Taylor	HelmH	1.54.00
2. (25) K. Roberts	HelmH	1.58.58
3. (44) A. Lupton 0/40	BLCmb	2.07.07
4. (49) A. Roberts	Tod	2.09.22
5. (67) R. Pilling	P&B	2.12.52
6. (75) E. Davies	CFR	2.16.31
7. (85) P. Wakefield 0/40	DHR	2.21.06
8. (91) J. Brown 0/50	Clay	2.22.36
9. (93) A. Banford 0/40	HartH	2.22.57
(114) A. Jones 0/60	Macc	2.28.01
(144) J. Powell 0/50	Wharf	2.36.50
(158) W. Dodds 0/60	Clay	2.39.24
(174) A. Frost 0/50	Macc	2.44.17
(248) H. Winder 0/60	Macc	3.11.53

292 finishers

JUNIORS

Girls U/9

1. I. Jebb	HelmH	4.30
2. M. McGoldrick	Wharf	5.43
3. B. Swarbrick	CFR	6.25

Boys U/9

1. L. Edmonson	Ross	4.55
2. M. Lee	CFR	5.06
3. O. Ewbank	Unatt	6.26
4. H. Fielding	CFR	6.57
5. J. Blackledge	Trawd	7.19

Girls U/11

1. M. Jebb	HelmH	10.41
2. I. Wright	Wharf	11.16
3. I. Jebb	Bing	12.10
4. B. Sykes	DkPk	14.10
5. C. Grant	GoytV	15.47

Boys U/11

1. C. Wadsworth	HelmH	10.54
2. L. Davison	CFR	11.49
3. J. Moon	HelmH	12.10
4. A. Crickett	CFR	12.27
5. D. Riley	CFR	12.50

Girls U/13

1. Z. Brannon	CFR	12.53
2. O. Swarbrick	CFR	13.48
3. L. Edmonson	Ross	14.22
4. B. Tittensor	Sale	15.17
5. L. Sykes	DkPk	17.34

Boys U/13

1. N. Wadsworth	HelmH	11.20
2. M. Jewell	CFR	11.44
3. B. Wrigley	CFR	11.52
4. M. Walmsley	LancsM	12.25
5. Z. Dimitrijevic	Kghly	13.34

Girls U/15

1. L. Robson	NShields	12.50
2. F. Bowness	CFR	15.26
3. J. Autie	CFR	16.45

Boys U/15

1. H. Ewbank	Eden	11.17
2. C. Brown	Clay	11.49
3. B. Heaney	NShields	12.45
4. J. Davison	CFR	13.11
5. O. Willoughby	HelmH	13.20

Girls U/17

1. E. Swarbrick	CFR	31.36
2. R. Allen	Unatt	42.27

Boys U/17

1. L. Milliken	Salf	23.00
2. G. Sidaway	Eden	24.47
3. Z. Gaillemin	Sale	25.37
4. B. Graham	CFR	28.00
5. L. Chinoy	Sale	30.42

TEENAGER WITH ALTITUDE / Cumbria

AL/24.7km/2300m / **20.04.19**

It was a hot day for both runners and volunteers as there were clear skies. We readied our hyperthermia plan and shade was created under gazebos with hoses provided to spray competitors, plus twelve 2-litre jugs of water/ juice topped up regularly. Thanks to Kong Adventure for kindly sponsoring the event.

Most people's times were down 15% on their PBs due to the hot weather. The ground was dry and in great condition and erosion was minimal.

There were 184 entries, 151 started, 8 DNFs, 143 finishers in times between 03.06.25 and 06.12.33.

There were two intermediate timed checkpoints at Robinson and High Spy. Dan Mills was first to Robinson in 01:55:25, ahead of Alexander Chepelin, by 94 seconds. By High Spy Dan had pulled away to nearly eight minutes. Alexander was stalked for the runners up place by local legend, Scoffer, and finally overtaken before the finish as Scoffer ran an impressive 00.31.50. First male to finish was Dan Mills by 11 minutes in 03.06.25. Carl Bell's men's record of 02:37:38 in 2017 was safe for another year.

There was a similar story of final leg podium drama with the ladies. Nicky Spinks was first to Robinson in 02:24:09 and High Spy by 5.5 and 13 minutes respectively over Gillian Lindsey. Again, the final leg proved decisive for second place. Sue Richmond posted the fastest final leg by a lady of 35:24 to take second place overall. First lady to finish was Nicky Spinks by 17 minutes in 03:44:58, again J Stephen's ladies' record of 03:16:02 in 2017 remains intact.

Lesley Malarkey continues to break the records, as the first recorded FV70 to complete the course.

Men's team prize went to Bowland Fell Runners Paul Nield, David Wilson and John Ockenden.

Ladies' Team Prize went to Pennine Fell Runners Sue Richmond, Catherine Litherland and Charlie Bradshaw.

Statistics for the day including Junior and Newlands Memorial Races were: 620 recyclable paper cups, 509 recyclable plates, spoons and forks, 1200 safety pins returned (half reused on the day). 68 volunteers. 21 checkpoints. 200kg of finest local meat and vegan stew consumed.

Joss Naylor kindly gave out prizes.

The volunteers who gave up their time were amazing as ever. Please offer your services from time to time as, without you, none of this can happen.

Les Barker

1. D. Mills	Kesw	3.06.25
2. A. Schofield 0/50	Borr	3.17.57
3. A. Chepelin U/23	EdinbUni	3.19.30
4. J. Butters 0/40	NFR	3.19.40
5. B. Wilkinson 0/50	Borr	3.22.22
6. T. Day	Kesw	3.23.31
7. P. Rigby	HelmH	3.27.59
8. P. Nield	Bowl	3.30.24
9. D. Kerr 0/40	HlandH	3.35.51
10. N. Hardy	Tipton	3.37.16
(15) E. Jackson 0/50	Amble	3.42.41

VETERANS 0/60

1. (32) G. Bradshaw	DurhamT	3.59.20
2. (49) L. Warburton	Bowl	4.12.49
3. (77) B. Edwards	Unatt	4.29.25

VETERANS 0/70

1. (116) L. Malarkey	Kesw	5.02.46
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LADIES

1. (17) N. Spinks 0/50	DkPk	3.44.58
2. (34) S. Richmond 0/40	Penn	4.01.50
3. (36) G. Lindsey 0/50	Macc	4.02.48
4. (39) C. Nance	Lonsd	4.05.47
5. (47) J. Rice	Unatt	4.11.13
(51) N. Hawkrigg 0/40	NFR	4.13.33
(58) K. Davis 0/50	Unatt	4.19.07
(87) K. Bretherton 0/40	Trawd	4.37.48
(116) L. Malarkey 0/70	Kesw	5.02.46

143 finishers

EDENFIELD / Lancashire

BM/10.3km/477m / **02.06.19**

Dull, cool and damp weather made for good conditions underfoot and resulted in two new age category records.

In the men's race, it was great to see Joe Johnston back in the area and with a win only 21 seconds short of the record. Joe was followed home by Joe Mercer who didn't let his last-minute arrival affect his race. Rob James, Ben Coop and Christian Garvey completed the top five places and Ben also took the first local prize and trophy. Alan Lundberg (MV55) was placed tenth overall in a time of 50.38 and took 30 seconds off the MV55 record. Rossendale provided category winners in Thornton Taylor (MV60) and his elder brother Ken (MV70) as well as the first team – Joe Johnston, Joe Waller and Alan Lundberg-Bury (19 points).

The ladies' race was also dominated by Rossendale Harriers with Emma Richardson leading the ladies home and supported in the team race by Anne-Marie Hindle, and Abi Thompson (8 points). The outstanding performance of the day was provided by Anne Ferguson(FV60), placing third overall and taking 3 minutes 09 seconds of the FV60 record.

Rossendale fielded a total of 26 runners!

I must thank my team of helpers – husband Jeff, Dave Emmerson and Manhar Patel who flagged the course and acted as sweepers; Karen McIntosh, Chris Emmerson and Barbara Jepson on entries and timings; Jim Godwin on results; John McIntosh on car parking duties; Paul Bradburn and his team of marshals from Edenfield Residents Association; Edenfield Cricket Club for the venue, car parking and refreshments, Rostron Arms for parking; Rossendale and Pendle Mountain Rescue (who fortunately had no casualties to tend); the land owners and farmers.

After 26 years of organizing races (previously Waugh's Well and the last 11 years for Edenfield) my team and I will be stepping down and handing over to the very capable Matt Clawson of Rossendale Harriers who I hope you will continue to support. Once again, thanks to my team who have been there year after year and made these races possible.

Cath Hignett

1. J. Johnston	Ross	43.58
2. J. Mercer	Horw	44.26
3. R. James	RoytR	44.49
4. B. Coop	Bury	46.02
5. C. Garvey	YorkK	46.36
6. S. Corbishley	Tipton	47.02
7. T. Dobbing	DFR	47.17
8. J. Waller	Ross	48.07
9. D. McGrath 0/40	Rad	50.05
10. A. Lundberg-Bury 0/50	Ross	50.38

VETERANS 0/50

1. (10) A. Lundberg-Bury	Ross	50.38
2. (14) E. Gamble	Chesh	51.17

3. (16) A. McFie	Tod	51.53
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VETERANS 0/60

1. (31) T. Taylor	Ross	55.54
2. (33) G. Gough	Clay	56.14
3. (44) W. Lowe	Ross	59.43

VETERANS 0/70

1. (65) K. Taylor	Ross	63.06
2. (136) A. Cardinale	Otley	115.37

LADIES

1. (39) E. Richardson	Ross	58.42
2. (48) A. Hindle 0/40	Ross	60.14
3. (60) A. Ferguson 0/60	Burnd	62.23
4. (66) A. Swindells	Tod	63.09
5. (69) A. Thompson	Ross	63.27
(73) J. Barton 0/40	Roch	65.14
(79) C. Fryer 0/50	CaldV	66.19
(83) R. Hancock 0/40	Lost	67.09
(95) K. Hoyer 0/50	FRA	70.50
(100) S. Tuersley 0/50	Sadd	72.24
(119) J. Jones 0/60	Middlet	79.48
(129) M. Leigh 0/0	Leigh	87.32

136 finishers

Apologies have been given to Edenfield's RO, Cath Hignett, as we inadvertently omitted her race report in the last issue! Cath, who is handing over the reins to a new RO in 2020, particularly wished to record her thanks to her team of helpers for their support over many years.

LEO POLLARD MEMORIAL RACE / Lancashire

BM/12km/426m / **06.06.19**

The Lostock AC organised fell race 'Hendersons End' was renamed this year to the 'Leo Pollard Memorial Race' in memory of Lostock ACs late President Leo Pollard who sadly passed away last year. Leo was a prominent member of both Lostock AC and Achille Ratti Climbing Club. The race was attended by members of Achille Ratti and Leo's family and friends who ran and supported the race.

The race itself is 7 miles long starting at the Upper Barn at Rivington and visits the Pike, 2 Lads before winding its way through the Smithills Estate to the high point at the Mast then returns to the Pike and finishes at the Upper Barn.

The winner, Michael Cayton, finished in 45:08 with a comfortable 02.46 lead over second place Rob Hope, third was Nick Leigh in 48:44. First lady was Lindsey Brindle who finished in 55:23 and 20th position overall, second was Amy freeman 1:01:15 and third Maria Cook in 1:04:21. Both Michael and Lindsey received a voucher from inov8 rep, Adrian Hope, for a pair of inov8 running shoes.

I would like to thank inov8 for kindly sponsoring the race again, United Utilities and Woodland Trust for allowing us to route the race across their land and Kevin Sammon at Rivington Hall Barn for allowing us use of the Hall Barn car park and grounds.

Many thanks to all the volunteers who helped with marshalling, setting out the course, running registration and results which ensured that this race was a success.

Thank you to Bolton Mountain Rescue who provided safety cover for the race and were on station at various points on the race route. All proceeds from this race were as per previous years donated to Bolton Mountain Rescue and this year we presented a cheque for £600 to BMR at the post race presentation.

Mark Shuttleworth

1. M. Cayton	RibbV	45.08
2. R. Hope 0/40	P&B	47.54
3. N. Leigh 0/40	Horw	48.44
4. J. Doherty	StHel	50.10
5. G. Martindale	Horw	50.50
6. J. Goudge 0/40	Horw	50.57
7. J. Horrocks	Bburn	51.03
8. J. Simon	Bowl	51.05
9. R. Smith	Prest	51.23
10. J. Waller	Ross	51.30

VETERANS 0/50

1. (27) S. Woodruff	RRose	59.15
2. (28) D. Parkinson	RRose	59.41
3. (29) M. Liptrot	Unatt	59.43

VETERANS 0/60

1. (32) C. Shuttleworth	Prest	60.28
2. (59) J. Maxfield	Newb	65.38
3. (100) D. Miller	Chorl	74.10

VETERANS 0/70

1. (82) T. Hesketh	Horw	69.48
2. (116) M. Crook	Horw	78.50

LADIES

1. (20) L. Brindle	Horw	55.23
2. (38) A. Freeman	Darwen	61.15
3. (52) M. Cook 0/40	Skelmer	64.21
4. (61) K. Moorfield	Wigan	65.59
5. (65) A. Ferguson 0/60	Burnd	66.51
(93) S. Budget 0/50	Horw	71.37
(123) S. Sale 0/40	Unat	82.33
(125) S. Tonge 0/60	RRose	83.06
(128) O. Wiggins 0/40	Prest	84.55

168 finishers

BOFRA KETTLEWELL / North Yorkshire

AS/2.4km/183m / **16.06.19**

The Yorkshire Dales summer of 2019 continued its unpredictable behaviour by throwing rain at runners as they prepared for this year's Kettlewell Fell Race. Once the racers had arrived, the sun shone to bake the 74 senior and 132 eager junior runners as they jostled for position on the start line.

All races start and finish in the cricket field with a mad dash to reach the gate first. 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. It is now a relatively flat race along the track before a steep grassy incline to "the chimney" and the first false summit. Once through the chimney the course flattens off prior to the second of three climbs. Once over the third false summit racers are given the luxury of a relatively flat, though tussocky, skyline trot at the edge of Middlesmoor Pasture, to the trig point before the sharp, varied and technical descent. The descent starts with a small cliff edge leap 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, to turn at various points and return via the same route as the senior race. Only the very youngest of runners in the Under 9 race are denied the climb through the chimney and the chance to launch themselves from the cliff edge!

In the senior race, Simon Bailey led from the start to repeat his win of 2018

in 11.52, from Charlie Ing second and Tom Millard third. In the ladies' race, Kirsty Hall gained an early lead and was first out of the chimney. However, during the rest of the race, Briony Holt took full advantage of her youth and vitality to win the race from Hall, second, and Jo Buckley third.

The U17 race runs separately to but is the same route as the senior course. Consequently, many runners compare themselves to seniors. Boys' race winner, Eric Beaumont, finished in 12.12 which would have put him in second place in the senior race! Finlay Grant took second place from Sam Headley third. Solo U17 girl, Emily Swarbrick finished in 19.43 which would have placed her 11th in the ladies' race.

Charlie Allmond repeated his 2018 performance to win the U14 boys' race from William Walker second and William Hall third, who battled hard during a thrilling sprint finish. Amelie Lane continued her fine performance to notch up another win, nearly three minutes ahead of club mate Olivia Aldham second and Isabel Holt third.

Jacob Reeday repeated his 2018 performance to just win the U12 race from Archie Peaker, second, in a close, fast race to the finish. Third boy was Tom Hooper. This season's battle between Phoebe Midgely and Lucille Pickles ended with Pickles first from Midgely second, in a reverse of their performances at Lowgill Sports. Third girl was Katie Buckley, mirroring her mum's performance in the senior ladies' race.

The U9 race was a fierce battle all the way between girls and boys in the form of Bethan Buckley and Josh Dent. They jostled for position during the race but by the time they were on the return track Dent was just in the lead to win overall and the boys' race from second boy, Carl Sanderson who was third overall and Isaac Reeday third. Coming a very close second overall, it was a clear win for Bethan Buckley from Bella McCredie, second, and Elena Hooper third, who competed hard to the last moment.

Su Thompson

1. S. Bailey	Mercia	11.52
2. C. Ing	CaldV	12.28
3. T. Millard	Wharf	13.08
4. C. Newman	Wharf	13.13
5. J. Bradshaw	Wharf	13.21
6. I. Gibbons 0/40	Ilk	13.38
7. A. Roberts	Ellenb	13.43
8. I. Willis 0/40	Kghly	13.47
9. J. Logue 0/50	CaldV	13.52
10. J. Walton	Kghly	13.57

VETERANS 0/50

1. (9) J. Logue	CaldV	13.52
2. (18) S. Smithies	CaldV	14.55
3. (19) B. Dinsmore	Unatt	15.01

VETERANS 0/60

1. (26) G. Schofield	Horw	15.39
2. (39) D. Allen	NMast	17.00
3. (51) P. Wilson	Wharf	19.04

LADIES

1. (29) B. Holt	Clay	15.47
2. (31) K. Hall 0/40	RibbV	16.17
3. (42) J. Buckley 0/40	CaldV	17.12
4. (4) K. Bailey 0/40	Mercia	17.18
5. (46) L. Stobbart	CFR	18.16
(47) J. Powell 0/50	Wharf	18.24
(53) L. Buck 0/50	CFR	19.10
(56) S. Marshall 0/50	Skipt	19.29

74 finishers

JUNIORS

Boys U/9

1. J. Dent	Unatt	5.21
2. C. Sanderson	Settle	5.28
3. I. Reeday	Barlick	5.35

Girls U/9

1. B. Buckley	Kghly	5.22
2. B. McCredie	Barlick	6.12
3. E. Hooper	Wharf	6.13

Boys U/12

1. J. Reeday	Barlick	6.20
2. A. Peaker	Kghly	6.21
3. T. Hooper	Wharf	6.45

Girls U/12

1. L. Pickles	Barlick	7.23
2. P. Midgley	Kghly	7.25
3. K. Buckley	Kghly	7.56

Boys U/14

1. C. Allmond	Amble	9.38
2. W. Walker	Trawd	10.17
3. W. Hall	Kghly	10.17

Girls U/14

1. A. Lane	Wharf	10.37
2. O. Aldham	Wharf	13.09
3. I. Holt	Trawd	13.17

Boys U/17

1. E. Beaumont	Kghly	12.12
2. F. Grant	Chestfld	12.54
3. S. Headley	Kghly	12.59

Girls U/17

1. E. Swarbrick	CFR	19.43
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SUMMER SOLSTICE / Devon

BS/8.3km/255m / **19.06.19**

The Summer Solstice Fell Race was run this year for the third time on the Wednesday evening nearest to the actual astronomically shortest day. There are an amazing number of ancient remains on Dartmoor and especially behind the Dartmoor Inn pub at Merrivale where the race is based. I believe the last Ice Age did not reach Dartmoor which possibly accounts for this. In Neolithic times the Moor would have been much warmer and forested making it a desirable place to live - usually well up on the valley sides where the remains of their many hut circles are plainly visible to this day. The trees have gone and on the high, almost featureless, moor bad weather can make navigation challenging. It can become cold and wet very quickly as the warm, moisture-laden air is brought in land off the sea and rapidly forced upward.

In the part of the moor closest to Tavistock there isn't a fell running tradition but there are many runners who are beginning to see the attraction so at present numbers are flourishing. We do have to proceed with caution when it comes to expectations of navigation skills. Much training is going on but we are still at the stage where route marking is advisable – especially on our shortened course option. This is necessary anyway to avoid key birds' nesting sites, archeological sites and, not least, the army's live firing area.

This year the weather turned out to be a perfect evening (after an exceptionally wet morning) and the new junior races for ages down to eight years went off without a hitch albeit with very small numbers. There were 68 adults and 5 juniors – numbers being partly affected by some chronic road works affecting traffic out of Plymouth.

First home was Andy Conners with a time of 39.55 a course record and first lady was Naomi Shaw in 52:40.

Out of our £5 entry fee we have to donate a £1.00 to the Dartmoor National Park Authority but this is now going up to £2.00. I suspect this is due to the large number of commercial races being held who are charging fancy prices. Why shouldn't the authority have a slice of it?

Andy Houghton

1. A. Connor 0/40	Unatt	39.55
2. A. Buckley	Unatt	40.18
3. J. Best	Tavist	41.58
4. B. Farrow 0/40	Unatt	43.01
5. M. Greenacre	Torrington	43.08
6. S. Twine	Unatt	43.17
7. J. Lane	Unatt	44.05
8. D. Wood	Unatt	44.29
9. D. Goodspeed	Plym	44.52
10. M. Chapman 0/50	SthMolt	45.41

VETERANS 0/50

1. (10) M. Chapman	SthMolton	45.41
2. (12) M. Brooks	PureTrail	47.30
3. (13) R. Best	Tavist	47.50

VETERANS 0/60

1. (25) M. Rice	Okeham	53.12
2. (33) A. Taylor	Devon0	55.19
3. (42) B. Funnell	OffRoad	59.49

VETERANS 0/70

1. (69) K. Kay	Stannary	1.31.25
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LADIES

1. (23) N. Shaw	SWRR	52.40
2. (28) G. Gallant	Tamar	54.05
3. (39) T. Argue 0/40	Balston	56.49



4. (40) L. Goodspeed	Plym	56.52
5. (41) I. Ellis	Tavist	57.03
(42) B. Funnell 0/60	OffRoad	59.49
(43) C. Fritsch 0/40	Okeham	1.00.18
(46) D. Ashton 0/40	BAlston	1.05.16
(49) L. Gardner 0/50	Tavist	1.05.40
(53) E. Taylor 0/50	Teign	1.07.22
(68) S. Rice 0/60	Unatt	1.21.46

BEAMSLEY BEACON / West Yorkshire

BS/8.8km/335m / **20.06.19**

Variety is definitely the spice of life as another year heralded another course route change at the 2019 Beamsley Beacon fell race. As in 2018 the race started in a field adjoining Addingham Parish Church, the route change being as the course leaves the road at Badger's gate. A more direct route through bogs and tall grass pleased many as it was shorter than in previous years and was variously described as "proper fell running" by others. The summit remains the same being the trig and cairn at Beamsley Beacon. This is where the defined route ends and competitors are on their own as the race is "any route home." The only rule of return is that public footpaths and/or roads must be used. 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 Parish Church. 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. At around 5 miles in length it is long and varied enough to challenge runners of all abilities. Route changes and choices did not daunt Joe Baxter as he led for the start and never relented, taking the win from local rival, Jack Cummins, second and Robin Howie third.

In the ladies' race, it was local knowledge that both won the day and the race as Lucy Williamson won from Claire Jones and Helen Wood.

Logan Hargreaves-Madhas flew the flag for younger runners to finish in 44.58.

Sue Thompson

1. J. Baxter	P&B	32.17
2. J. Cummings	Ilk	32.40
3. R. Howie	Wharf	33.02
4. T. Stratton	LeedsU	33.24
5. N. Crampton	P&B	34.31
6. C. Miller	Hgate	35.17
7. J. Warburton	Knares	35.45
8. J. Craig	Barlick	35.54
9. T. Richardson	Hgate	35.55
10. J. Norris	P&B	36.15

VETERANS 0/40

1. (13) D. McKeown	Ilk	37.46
2. (20) C. Gibbins	Hgte	38.18
3. (22) P. Carman	Ilk	38.44

VETERANS 0/50

1. (21) D. MGuire	Wharf	38.26
2. (43) D. Nurse	NLeeds	43.36
3. (48) J. Whitaker	H'gate	44.15

VETERANS 0/60

1. (42) I. Rowbottom	H'gate	43.00
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2. (57) B. Hamilton	Ilk	46.23
3. (87) M. Ayres	NLeeds	50.14

VETERANS 0/70

1. (126) M. Coles	VStr	59.26
2. (134) A. Cardinale	Otley	1.19.00

LADIES

1. (31) L. Williamson	Ilk	41.35
2. (34) C. Jones	H'gate	42.00
3. (39) H. Wood	Ilk	42.40
4. (58) R. Gray	HydeP	46.27
5. (65) C. White 0/40	Unatt	46.50
6. (66) H. Price 0/40	H'gate	47.17
(86) J. Smith 0/50	Ilk	50.06
(89) C. Busby 0/50	Ilk	50.36
(100) N. Haigh 0/40	Ncastle	52.05
(111) H. Whitaker 0/50	Hgate	54.13
(119) S. Morley 0/60	Knares	55.19

134 finishers

BOFRA HAWKSWICK DASH / North Yorkshire

AS/1.9km/183m / **23.06.19**

Perfect running conditions described the weather at the 2019 Hawkswick Dash fell race. It was overcast with a variable breeze, in stark contrast to the previous day where the sun had baked the south facing fell side, making the course dry, dusty and hard underfoot. To add further challenge, former rabbit holes on the return route had collapsed making the steep descent much more technical. Despite numerous other races on the day, this corner of Yorkshire attracted a happy band of 60 senior and 86 junior runners to take on the delights of this short, sharp, lung inverter of a race.

As the name implies, the race begins with a dash from the start field and across the bridge before a seemingly endless drag up a track to the fell base. The route up the fellside is a hand over fist, lung-busting climb to a cairn atop Hawkswick Moor. From here, runners negotiate a wall climb 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. The senior men's race was marked by last year's winner, Simon Bailey, leading from the start and only widening his lead throughout the race. In seemingly gravity defying style, he "bounced" up the steep sided fell and appeared to sprint across the top before a fearless descent to romp home and win from Charlie Ing, second, and Mark McGoldrick, third. After the race, Ing described Bailey as "a machine" for the way he ascended the fell, pulling away from him with every step.

The ladies' race was a reversal of 2018 fortunes as Rachel Pilling sped round the course to come home in 14th place overall and win in 14.46, taking over a minute from her 2018 time, knocking last year's winner, Kirsty Hall, into second place. Third lady home was Pippa Barrett.

As with many of the shorter races, the U17s follow the same route as the seniors allowing for some interesting comparisons. Eric Beaumont returned to improve on his second place last year by winning in fine style in 12.10, taking 22 seconds from his 2018 time, in a time that would have placed him third in the senior race. Second and third boys were Finlay Grant and Jack Villiers. All three boys had competed for their respective counties the day before, making their appearance and performances all the more impressive. In the girls' race, Alexandra Whitaker won from Hannah Eccles.

The U14 race turns at the cairn giving these runners the treat of the hand over fist climb to the top. Despite being shorter, this race was no less adrenaline soaked as it was a real battle of the sexes with the first two girls taking second and third place respectively.

Race winner, Charlie Pickens, romped home to win and couldn't quite believe what he had done! Second and third boys were Theo Clay and Charlie Preece. Keeping winning in the family, Eve Whitaker won the girls' race from Amelie Lane, second. Lane was first to the summit but Whitaker proved she is not to be underestimated as she overtook Lane during the descent. Third girl was Olivia Aldham.

Turning at the fell base, the U12 race is spared the lung-busting climb to the cairn and was again won by Jacob Reeday ahead of Archie Peaker, second, and Harvey Shaw third. The girls' race was won by Lucille Pickles, improving on her third placed position in 2018, from Millie Timbers and Lucy Bagot third.

The shortest race of the day, the U9 race, gives young runners a taste of things to come as it turns part way up the relentless track to the fell base. Bagging himself a second win in two weeks, Josh Dent dashed home in first place ahead of Isaac Reeday in a real battle to the bitter end, pushing Carl Sanderson into third place. Mia McGoldrick scored a decisive and determined win in the girls' race from Holly Nicholls, second, and Francesca Bagot third.

Su Thompson

1. S. Bailey	Mercia	11.22
2. C. Ing	CaldV	12.06
3. M. McGoldrick O/40	Wharf	12.32
4. J. Bradshaw	Wharf	13.06
5. J. Aubrey	HelmH	13.08
6. I. Gibbons O/40	Ilk	13.15
7. I. Willis O/40	Kghly	13.17
8. A. Jebb O/40	Bing	13.23
9. B. Timbers O/40	Kghly	13.48
10. S. Smithies O/50	CaldV	13.52

VETERANS O/50

1. (10) S. Smithies	CaldV	13.52
2. (16) R. Ruddle	Ilk	14.49
3. (18) B. Thompson	CFR	15.26

VETERANS O/60

1. (12) B. Proctor	HelmH	14.13
2. (19) G. Schofield	Horw	15.27
3. (28) I. Rowbottom	Hgate	16.12

LADIES

1. (14) R. Pilling	P&B	14.46
2. (25) K. Hall O/40	RibbV	15.53
3. (30) P. Barrett	Unatt	16.23
4. (34) K. Bailey O/40	Mercia	17.17
5. (40) J. Powell O/50	Wharf	17.45
(43) C. Harding O/40	P&B	18.25
(46) L. Buck O/50	CFR	18.34
(48) C. Addison O/50	Horsf	19.26

60 finishers

JUNIORS

Boys U/9

1. J. Dent	Unatt	6.18
2. I. Reeday	Barlick	6.19
3. C. Sanderson	Settle	6.43

Girls U/9

1. M. McGoldrick	Wharf	7.30
2. H. Nicholls	Wigan	7.37
3. F. Bagot	Settle	7.55

Boys U/12

1. J. Reeday	Barlick	8.16
2. A. Peaker	Kghly	8.19
3. H. Shaw	Amble	8.59

Girls U/12

1. L. Pickles	Barlick	9.36
2. M. Timbers	Kghly	10.17
3. L. Bagot	Settle	10.33

Boys U/14

1. C. Pickens	CaldV	11.46
2. T. Clay	Bing	12.29
3. C. Preece	Telf	13.17

Girls U/14

1. E. Whitaker	Hgate	11.50
2. A. Lane	Whaarf	11.53
3. O. Aldham	Wharf	15.09

Boys U/17

1. E. Beaumont	Kghly	12.10
2. F. Grant	Chestfld	12.59
3. J. Villiers	Barlick	13.36

Girls U/17

1. A. Whitaker	Hgate	16.14
2. H. Eccles	Clay	18.31

86 junior finishers

HOB HURST'S / Derbyshire

BM/8k/256m / **16.07.19**

The race, now in its second year, brought a few days of rain heading up to the event, with more forecast for the night, so we had to put Plan B for parking into place, which may have been a reason why we had a high percentage of no-shows on the night but the route is over established paths, so we didn't have any doubts about any damage to the route.

The runners who did brave the elements (including 73 ladies out of 157), were treated to a challenging run through woodlands up onto Beeley Moor as all the climbing is in the first half, to then turn at the Hob Hurst's House, with a fast decent back down across the moor, down over the fields to the finish at the Dukes Barn.

The event also had a contingent from Totley AC on a stag do, we were aware pre-event, and risk assessed accordingly! This may be the first fell race won by a chicken, followed by a runner in Lederhosen, there was also a giraffe further down the field!

Our thanks for the Chatsworth Estates and the Beeley community for allowing the event to take place, the marshals who were out on the hill, and Mick Hall for the photos.

Chris Hopkinson

1. S. Franklin	Totley	32.50
2. J. Rutherford	Totton	32.52
3. K. Malton	Shelt	34.19
4. R. West	Ripley	34.34
5. P. Wright	Mat	35.28
6. T. Beaumont O/40	Totley	35.42
7. C. Wilshaw	Shelt	35.50
8. N. Stabbs O/40	Totley	36.01
9. E. James	Belper	36.03
10. C. Brock	Steel	36.07

VETERANS 0/50

1. (15) K. Fitch	Unatt	37.59
2. (26) S. Halsey	SDRC	40.20
3. (29) D. Veryard	Bakew	41.10

VETERANS 0/60

1. (22) B. Foreman	Mat	39.57
2. (77) D. Arundale	DkPk	50.26
3. (90) R. Bryan	DkPk	52.30

VETERANS 0/70

1. (63) B. Warwick	Derw	47.08
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LADIES

1. (10) C. Brock	Steel	36.07
2. (23) A. Gill	Fife	40.11
3. (33) K. Mackenzie	Penn	42.16
4. (37) J. Bednall 0/50	Unatt	42.45
5. (38) S. Willis 0/40	Buxt	42.59
(46) L. Knight 0/40	Unatt	43.50
(47) S. Cairns 0/40	Unatt	43.58
(56) P. Goodall 0/60	Totley	45.51
(61) D. Short 0/50	Northw	46.57
(69) S. Bradley 0/60	Buxt	48.49
(70) A. Eley 0/50	Unatt	48.54
(146) J. Brand 0/60	Unatt	64.57
(123) C. Hartwright 0/70	Totley	57.41

SHELDON / Derbyshire

BS/6.4km/162m / **18.07.19**

A fine summer's evening meant that we had a superb turnout of enthusiastic runners for Sheldon 2019. A real highlight was the number of very competitive juniors attending, with five Under 19s in the top ten, four of which took the top four places! A very well done, therefore, to Alex Ediker who crossed the finish line in an impressive 24.14, just ahead of Finlay Grant. Alex was duly rewarded with the Sheldon Garage Shield as race winner and the Phillip Gregory Shield as first junior.

Competition in the ladies' field was impressive too. Caroline Brock, placed second in 2017, returned to run almost two minutes faster and take first prize ahead of Rachael Lungren. Louise Rowley was our first FV40 home but ahead of Louise was a very close finish for the FV50 prize. This year the honours went to Steph Curtis, only a few seconds ahead of Judith Jepson. Pat Goodall returned to take the FV60 prize once again in an inspiring time of 35.03.

For the men's category winners, Andrew Holmes pipped club mate Noel Curtis for the MV40 prize, Stephen Pyke took the MV50 honours, Bob Foreman was our first MV60 home and Jeremy Brayshaw was our first MV70 finisher.

As always, a big thank you to those who took part and to the race marshals, registration and finish team who all gave up their time to make the fundraising event for the village a success.

Alan Renfree

1. A. Ediker U/19	Buxt	24.14
2. F. Grant U/19	Chesterf	24.18
3. T. Spencer U/19	Chesterf	25.16
4. L. Parker U/19	Macc	25.29
5. E. Maylan U/23	Buxt	25.31
6. B. Shaw	Totley	25.40
7. S. Soles U/19	Buxt	26.16

8. A. Holmes 0/40	Penn	26.20
9. C. Fishwick	DkPk	26.23
10. S. Fisher	Belper	26.26

VETERANS 0/50

1. (14) S. Pyke	DkPk	26.49
2. (44) P. Stuart	SteelC	30.21
3. (47) P. Wilmot	Mat	30.43

VETERANS 0/60

1. (49) B. Foreman	Mat	31.02
2. (80) R. Cooper	Unatt	33.09
3. (97) J. Birch	Mat	34.50

VETERANS 0/70

1. (136) J. Brayshaw	Totley	40.22
2. (153) A. Ashworth	Hands	42.55

LADIES

1. (22) C. Brock	SteelC	27.53
2. (32) R. Lungren	Totley	29.32
3. (36) L. Bednall U/19	Buxt	29.49
4. (51) S. Curtis 0/50	Penn	31.16
5. (52) J. Jepson 0/50	DkPk	31.23
(57) L. Rowley 0/40	Belper	31.34
(69) L. Broom 0/40	SteelC	32.29
(82) N. Rafferty 0/50	SteelC	33.12
(95) D. Hope 0/40	Buxt	34.42
(100) P. Goodall 0/60	Totley	35.03
(140) M. Hunt 0/60	GoytV	40.50

174 finishers

BOFRA CRACOE / North Yorkshire

AS/4.2km/274m / **21.07.19**

Age and experience was again challenged by youth and vitality at Cracoe Fell race when Simon Bailey locked horns with the much younger local Joe Hudson. The race is relatively short at about 2.6 miles but takes in varied and challenging terrain as it works its way towards the summit at the war memorial atop Watt Crag.

Unlike the sun-baked conditions of last year, it was cloudy with sunny intervals. The course, which starts on grazed pasture, bounds over fields, a strategically placed trailer and walls, to become the more familiar, legendary, bog-fest as soon as the fell base is met. To add to the delights of sneaker snatching, pace breaking, peat bogs, the fell is crisscrossed with marram grass coated ditches and rabbit holes. However, the deceptive nature of the race becomes apparent as the serious ascent to Watt Crag begins. The terrain is rockier and bilberry coated but the rabbit holes are still omnipresent, making the near vertical approach to the summit a lot more interesting. The steep nature of the final ascent is not apparent from the pasture below and catches out those who are not prepared. It can be quite a relief to reach the summit where all a runner has to do is clamber over the large rocks to circle the memorial and commence the descent.

Undaunted by the terrain, Bailey sped off at high speed and was first to the summit by a clear margin. However, equally undaunted, Joe Hudson and Charlie Ing put up a sterling fight to chase after Bailey all the way to the finish funnel. Bailey won by a large margin from Hudson, second and Ing third. In the ladies' race, Rachel Pilling mixed it with the faster men to notch up another win from Antonia Fan, second, and Pippa Barrett third.

The U17 race follows the same course as the seniors, allowing for interesting and sometimes frustrating comparisons to be made. The duo of Louis Hudson and Eric Beaumont and Finlay Grant fought hard with each other and the

course throughout the race. Grant was first to the summit and never looked back as he sped towards the finish to win in a time that would have placed him second in the senior race. Beaumont finished second ahead of Hudson third. In the girls' race, Emily Swarbrick proved her superiority over this type of terrain as she beat the competition to win in a time that would have placed her fourth in the senior ladies' race. Maggie Preece was second from Bolton's Molly Philbin third.

The U14 race turns before the final fell climb to include the second wall climb and the balance challenging bogs making the race much more interesting for younger runners. William Hall won the boys' race from Theo Clay and Charlie Pickens third. Notching up another success, the girls' race was won by the indomitable Amelie Lane who finished fifth overall despite a fall along the route. Georgia Bell was second ahead of Rebecca Flaherty third.

The U12 race turns at the second wall climb but does include the popular trailer climb to provide challenge and interest for the most competitive age group. James Sadler-Townsend took the challenges in his stride to steal a win from club mate Archie Peaker, second, and Rowan Ashworth third.

Lucille Pickles scored another win as she put a clear distance between herself and second placed Phoebe Midgley and Charlotte Chambers third.

The shortest race, the U9 race, turns at the trailer as many of the smaller runners would not be able to climb over! Despite this, the race is still no walk in the park, being won this year by already seasoned runner Josh Dent ahead of Isaac Reeday, second and Thomas Jebb third.

The girls' race again proved that girls are as good as the boys as it was won by Bella McCredie in third place overall. Second girl was Elena Hooper ahead of Isobel Reid.

Su Thompson

1. S. Bailey	Mercia	20.34
2. J. Hudson	Kghly	22.15
3. C. Ing	CaldV	22.29
4. J. Woodley	Skyrac	23.05
5. N. Treidl	Barlick	24.21
6. P. Crabtree 0/50	Wharf	24.35
7. I. Willis 0/40	Kghly	24.46
8. A. Burns	Wharf	25.11
9. I. Gibbons 0/40	Ilk	25.40
10. D. Bulmer	Wharf	25.50

VETERANS 0/50

1. (6) P.Crabtree	Wharf	24.35
2. (14) B. Thompson	CFR	28.06
3. (16) A. Smith	Barlick	28.18

VETERANS 0/60

1. (28) D. Allen	NthnMast	30.16
2. (29) G. Bastow	Ripon	30.26
3. (42) G. Moffat	Howg	31.51

LADIES

1. (13) R. Piling	P&B	27.33
2. (15) A. Fan	Skyrac	28.11
3. (25) P. Barrett	Unatt	30.05
4. (33) K. Bailey 0/40	Mercia	31.07
5. (38) L. Askew 0/50	HelmH	31.24
(40) J. Powell 0/50	Wharf	31.44
(43) C. White 0/40	Unatt	32.30
(48) L. Buck 0/50	CFR	34.02
(52) C. Harding 0/40	P&B	34.43

76 finishers

JUNIORS

Boys U/9

1. J. Dent	Unatt	3.11
2. I. Reeday	Balrick	3.14
3. T. Jebb	Bing	3.18

Girls U/9

1. B. McCredie	Barlick	3.17
2. E. Hooper	Wharf	3.20
3. I. Reid	Chorl	3.24

Boys U/12

1. J. Sadler-Townsend	Kghly	8.04
2. A. Peaker	Kghly	8.06
3. R. Ashworth	Amble	8.17

Girls U/12

1. L. Pickles	Barlick	8.46
2. P. Midgley	Kghly	9.10
3. C. Chambers	Otley	9.27

Boys U/14

1. W. Hall	Kghly	15.25
2. T. Clay	Bing	15.42
3. C. Pickens	CaldV	15.47

Girls U/14

1. A. Lane	Wharf	16.06
2. G. Bell	LevenV	16.55
3. R. Flaherty	Bing	17.31

Boys U/17

1. F. Grant	Chestfld	21.57
2. E. Beaumont	Kghly	22.48
3. L. Hudson	Kghly	23.20

Girls U/17

1. E. Swarbrick	CFR	30.06
2. M. Preece	Telf	30.22
3. M. Philbin	BoltU	34.23

JAMES HERRIOT RUN / North Yorkshire

CM/14km/305m / **28.07.19**

This year's Herriot Run was again very successful with 312 entries despite heavy rain the previous day and a poor forecast, which put off 48 entrants but 264 runners took part in relatively dry conditions.

Despite there having been heavy rain for several days before the race, the ground was surprisingly devoid of puddles and mud. Lord Bolton's team had been working very hard on the track over the moor so its surface was much improved over previous years, which was appreciated by some of the runners. However, it was warm and there was still high humidity. Many runners found this tiring and there was high demand for water so it was fortunate we had prepared a third water station and perhaps could have done with more!

Tom Levi led from start to finish in a time of 57.22, two minutes ahead of Matt Sims in second place. Adam Kirk was third. Tom appeared to be enjoying himself, smiling all the way round!

Samantha Davies was first lady home in 67.98, followed by Victoria Morris and Nicola Simpson.

Team results

Men's Team Race was won by Ripon Runners (Kim Brown, Trevor Bosomworth, Trevor Schofield, Dave Binks) with a combined time of 256 minutes

Ladies' Team Race was won by Stainland Lions (Lorraine Naylor, Michelle Rogerson, Helen Armitage, Aileen Baldwin) with a combined time of 315 minutes 53 seconds.

Mixed team race was won by Thirsk & Sowerby Harriers (Esther Harrison, Tom Levi, Joshua Cooper) combined time 194 minutes 26 seconds

Barrie Whitfield

1. T. Levi	ThrskSow	57.22
2. M. Simms	Unatt	59.27
3. A. Kirk	NiddV	59.38
4. M. Ellis 0/40	Quaker	59.58
5. K. Brown 0/40	Ripon	60.03
6. C. Gath 0/40	Easing	60.17
7. J. Hamilton 0/50	Unatt	61.18
8. M. Forrest 0/50	RichZet	61.34
9. M. Tennyson 0/50	GuildGodal	62.40
10. R. Daly	LondF	62.52

VETERANS 0/60

1. (35) M. Jordan	Hgate	68.51
2. (81) S. Hallam	Stainl	76.25
3. (89) S. Moss	Tees	77.12

VETERANS 0/70

1. (128) M. Hetherton	Picker	83.46
2. (164) G. Bullock	ThrskSow	88.60

LADIES

1. (32) S. Davies 0/40	Easingw	67.98
2. (45) V. Morris	Ripon	70.55
3. (51) N. Simpson 0/40	RichZet	71.57
4. (54) L. Hiles 0/50	Thrsk/Sow	73.17
5. (60) E. Harrison	ThrskSow	74.06
(61) L. Naylor 0/40	Stainl	74.20
(68) J. Jefferson 0/60	RRose	75.05
(114) A. Lewis 0/60	Dursley	81.10
(140) L. Bolton 0/50	Unatt	85.87
(144) S. Cooper 0/50	Easing	86.34
(253) C. Harrison 0/70	Hgate	118.72
(257) M. Wikeley 0/70	ThskSow	122.43

CREAG DHUBH / Highland

AS/5.5km/345m / **03.08.19**

1. F. Wild	Lochab	26.49
2. A. McLeod	Shettle	27.48
3. J. Crowe	Central	27.56
4. M. Lamb	Kesw	28.00
5. J. Espie	Dees	28.20
6. A. Chepelin	Carneth	28.30
7. J. Wood	Ilk	28.38
8. C. Bell	Kesw	28.45
9. M. Austen	Howg	28.51
10. T. Martin	HBT	28.56

VETERANS 0/40

1. (21) R. Jebb	HelmH	29.49
2. (24) A. Osborne	CaldV	30.06
3. (27) O. Johnson	DkPk	30.47

VETERANS 0/50

1. (38) M. Roberts	Bo	31.09
2. (42) J. Davies	Borr	31.35
3. (52) D. Taylor	DkPk	32.19

VETERANS 0/60

1. (112) J. Tullie	Teviot	36.39
2. (115) R. Owen	Eryri	36.53
3. (125) G. Stewart	Unatt	37.41

VETERANS 0/70

1. (157) R. Taylor	Penn	40.02
2. (212) C. Mitchell	Unatt	45.37

LADIES

1. (57) K. Roberts	HelmH	33.01
2. (58) J. Stephen	HBT	33.13
3. (63) S. Willhoit	Mercia	33.29
4. (71) R. Parker	Mercia	34.04
5. (78) S. Taylor	HelmH	34.50
(105) C. Morrison 0/40	Hland	36.18
(109) H. Berry 0/40	Holmf	36.30
(113) A. Mudge 0/40	Carneth	36.43
(130) J. Jepson 0/50	DkPk	38.17
(136) V. Oldham 0/50	Cosmics	38.28
(170) R. Patrick 0/50	Tod	41.39
(260) J. Scott 0/60	Fife	50.29
(283) J. Oliver 0/60	Dees	56.57

CROW HILL REVERSE / West Yorkshire

BS/8km/305m / **06.08.19**

Having been cancelled in 2018, Todmorden Harriers decided to adopt the race as part of their club race calendar. Featuring one of the Calder Valley's biggest climbs up to Crow Hill from Mytholmroyd, it's a gruelling, calf aching climb up the steep sided valley and on to the Calderdale Way up to Crow Hill, giving runners a chance to stride out and get the legs moving quickly before turning back round and darting downhill and through the woods on one of the Calder Valley's finest woodland descents.

61 runners turned out for race, mostly from Todmorden Harriers and Calder Valley Fell Runners, which always makes a nice competitive rivalry.

The race was won by Max Wharton in 32.12, followed by Martin Howard in 33.15 and Alasdair Pedley in 34.53 giving a clean sweep to Calder Valley in the men's team prize. The ladies' race was won by Phillipa Barrett in 42.42, followed by Kerrie Betherton in 45.34 and Rosa Blackwell in 47.24. The ladies' team prize was also won by Calder Valley with Jackie Scarf, Gillian Wisbey and Charlotte Wetton making up the three counters.

All in all, the race was a success and everyone made it round safely and we raised £200 for Calder Valley Search & Rescue.

Ricky Parrish

1. M. Wharton	CaldV	32.12
2. M. Howard	CaldV	33.15
3. A. Pedley	CaldV	34.53
4. G. Callan 0/40	Bing	34.59
5. M. Robinson 0/40	Unatt	35.33
6. M. Sennett	Wharf	35.57
7. C. Goddard 0/40	Tod	36.21

8. M. O'Connor	CaldV	36.47
9. A. Berry	Barlick	37.04
10. J. Croston	CaldV	38.42

VETERANS 0/50

1. (12) M. Wharton	CaldV	38.59
2. (13) P. Kerridge	Tod	39.12
3. (20) J. Emberton	CaldV	41.36

VETERANS 0/60

1. (18) C. Davies	Sadd	41.22
2. (23) A. Davies	CaldV	43.17
3. (41) J. Birchenhough	Ross	50.54

LADIES

1. (21) P. Barrett	Time2	42.42
2. (28) K. Bretherton 0/40	Trawd	45.34
3. (31) R. Blackwell	Tod	47.24
4. (34) J. Scarf 0/50	CaldV	47.57
5. (36) G. Wibsey 0/50	CaldV	48.15
(42) S. Chesworth	Tod	51.07
(58) N. Cartwright 0/40	Stadium	61.53

NOT ROUND LATRIGG / Cumbria

BS/8.8km/244m / **14.08.19**

During the thunder and lightning storms of mid-August we were lucky to get a respite for an evening giving breezy but good race conditions and a new record set by John Battick outrunning Billy Cartwright by only two seconds. 120 competitors from far and wide enjoyed this lovely race which is a good

introduction to fell running.

Notable runs were made by Betty Bergstrand being an U18 yet winning the under 23s' and Max Wainwright U23 chasing in third place.

Keswick AC provided tea and cakes and a great evening and instigated their plastic free race policy. This was a success and thanks to our efforts and support of competitors the race generated less than a handful of non – recyclable waste.

Julie Carter

1. J. Battick	Kesw	35.07
2. B. Cartwright	Mat	35.09
3. M. Wainwright U/23	DkPk	36.25
4. B. Berstrand U/23	Middlesb	36.55
5. J. Kenny	HelmH	37.24
(10) R. Keefe 0/40	Unatt	38.28
(25) B. Taylor 0/50	Nether	42.33
(55) P. Pearson 0/60	NFells	47.29
(91) H. Cmyr-Platt 0/70	Sadd	53.53

LADIES

1. (13) H. Horsburgh	Kesw	40.14
2. (38) B. Hanson	Amble	44.37
3. (41) B. Berstrand U/18	Middlesb	45.27
4. (44) L. Stobbart	CFR	45.55
5. (48) S. Allport	Unatt	4??33
(68) T. Beetham 0/40	Kesw	48.57
(82) L. Thompson 0/60	Kesw	51.59
(98) T. Taylor 0/50	Nether	56.16

120 finishers

Not Round Latrigg - Hannah Horsburgh (Keswick AC) leading Harry Scott (Black Combe) ©Carlos Reina



PENDLETON / Lancashire

AS/8km/457m / **24.08.19**

This year Pendleton was used as a selection race for the senior, U23 and U20 teams at the Home International Races the following month. For the first time the event also hosted a selection race for the U17 teams at the Junior Home International Race.

Race day benefited from one of the only sunny Saturdays in August as the temperatures soared above 25 degrees. The junior race started at noon over a truncated senior route that proved as testing as ever with unrelenting tussocks and bracken. First over the line was Fraser Sproul in an astonishing time of 30:09. Alexandra Whitaker was first female in 35:02.

160 started the senior event under a blazing sun. It proved to be no problem for the quality field who provided some of the fastest times seen at Pendleton for several years. At the finish just 20 seconds separated the top three with Tom Adams (35:24) edging out Chris Holdsworth (35:33). Joe Baxter was third (35:44).

In the high class female field Phillipa Williams had a storming run crossing the line in 19th position overall in a time of 39:23. Kate Maltby was just two places back in 39:52 with Emma Gould taking the bronze position in 40:18.

In the veteran categories Darren Kay (MV40) came in ninth overall in a time of 37:04 and Sharon Taylor took the FV40 honours in 42:46. Local runners, Chris Balderson and Debbie Gowans took V50 prizes and Clayton couple, Mike and Kath Wallis, were the winning V60s. Tony Hesketh and Karin Goss took the V70 titles.

All finishers over age 18 received a welcome bottle of beer, kindly supplied by Moorhouses Brewery, who have sponsored Clayton's Pendle races. They also supplied a selection of prizes to the winners.

Thanks also to the Slinger family whose land we use and to all the Pendleton residents who turn out to support the race. Finally, heartfelt thanks to my club colleagues for their continued support in providing marshalling, registration and timekeeping.

Hope to see you all next year.

Mike Eddleston

1. T. Adams	Ilk	35.24
2. C. Holdsworth	RibbV	35.33
3. J. Baxter	P&B	35.44
4. M. Wainwright	DkPk	35.49
5. J. Hudson	Kghly	36.06
6. G. Priestley	Salf	36.08
7. J. White	Norw	36.18
8. L. Taylor	Leeds	36.35
9. D. Kay 0/40	CaldV	37.04
10. B. Bergstrand	Middlesb	37.46

VETERANS 0/50

1. (46) C. Balderson	Bowl	44.49
2. (51) C. Stansfield	Clay	45.39
3. (53) D. Murphy	Ross	45.53

VETERANS 0/60

1. (58) M. Wallis	Clay	47.21
2. (60) B. Horrocks	Clay	47.32
3. (109) W. Coppelov	Newb	58.57

VETERANS 0/70

1. (93) T. Hesketh	Horw	54.34
2. (105) D. McCallum	Clay	57.55

LADIES

1. (19) P. Williams	Sheff	39.23
2. (21) K. Maltby	BristW	39.52
3. (24) E. Gould	Mercia	40.18
4. (31) C. Lambert	RibbV	42.09
5. (34) S. Taylor 0/40	HelmH	42.46
(77) D. Gowans 0/50	Acc	51.01
(90) K. Wallis 0/60	Clay	54.14
(110) J. Hodgkinson 0/50	Unatt	59.09
(119) L. Stansfield 0/40	Clay	60.21
(132) F. Glen 0/40	Clay	63.26
(157) K. Goss 0/70	Clay	85.31

JUNIORS

1. F. Sproul M15	Kend	30.09
2. T. Middleton M15	Horw	30.44
3. J. Taylor M16	Ross	31.13
(8) A. Whitaker F15	Hgte	35.02
(10) L. Bednall F15	Bux	36.45
(11) A. Jones F15	Wharfe	37.26
(12) B. Bergstrand F16	Middlesb	38.09

BURNSALL CLASSIC FELL RACE / Yorkshire

AS/2.4km/274m / **24.08.19**

A scorching bank holiday Saturday at the end of August is not what runners expect but that's what the 140 entrants in the Burnsall Classic Fell Race had to contend with, luckily its only a short race but still long enough to get a sweat on, on a hot day!

Robin Howie led the long stream of runners up the lower fields and on to the fell where the heather has overgrown the sheep-trod obscuring the rocks in the bottom, waiting to trip even the most experienced runners. It's then around the flag on the cairn and down the steep fell front taking any route you want, back into the fields before rejoining the road to the finishing line. Robin's winning time was 15.28, closely followed by the ever youthful and first MV50, Ian Holmes, in 15.37 with Martin Howard third in 15.38.

Leading in the ladies was Kirsty Hall in a time of 20.05, Claire Jones in second place in 20.50 and Claire Green third in a time of 21.07.

Prior to the senior race, 62 juniors tackled the lower fields and earlier in the afternoon, when the sun was at its hottest. 157 brave runners set off on the 10 mile road race, only two retired and one collapsed over the finish line but thankfully all were fine and some still had the energy to do the fell race later.

Thanks to all runners, marshals and anybody who helped on the day and also thanks to Upper Wharfedale Fell Rescue for their continued support. Finally, to our local legend, the injured Ted Mason, for his fantastic commentary.

Jim Stockdale

1. R. Howie	Wharf	15.28
2. I. Holmes 0/50	Bing	15.37
3. M. Howard	CaldV	15.38

LADIES

1. K. Hall	RibbV	20.05
2. C. Jones	Hgate	20.50
3. C. Green	P&B	21.07

140 finishers

CHIPPING SHOW FELL RACE / Lancashire

BM/12.1km/549m / **24.08.19**

Unlike last year, the underfoot conditions couldn't have been much wetter and softer and so the winning time was much slower. However, the sun shone strongly and took some runners by surprise as, in the sheltered valleys, it was very hot.

A group of East Lancashire clubs had chosen this taxing race as one of their championship events.

Across the fields to the foot of the fells was the wettest part of the course and then a wide and steep out-and-back run on the Bowland Fells tested even the most experienced runners.

The winner was a local runner, Oliver Heaton, who came in at 68:17. The lady winner was Fiona Williams in 83:29.

There were 72 runners with 3 DNFs.

Joe Howard

1. O. Heaton	Bowl	68.17
2. D. Gilbert O/40	Horw	73.26
3. T. Campbell O/40	Astley&T	73.41
4. J. Titmuss O/40	Horw	73.55
5. D. McGrath O/40	Rad	77.54
6. M. Gradwell	Sadd	79.10
7. J. Green O/40	Prest	79.30
8. N. Hayhurst O/50	Unatt	79.59
9. F. Williams Lady	Roch	83.29
10. D. Thorpe O/50	Sadd	83.35

VETERANS O/50

1. (8) N. Hayhurst	Unatt	79.59
2. (10) D. Thorpe	Sadd	83.35
3. (11) C. Halsall	Bowl	83.40

VETERANS O/60

1. (18) L. Warburton	Bowl	82.02
2. (21) W. Lowe	Ross	91.14
3. (25) B. Greaves	Royt	93.42

VETERANS O/70

1. (31) K. Taylor	Ross	97.15
2. (42) J. Comyn-Platt	Sadd	102.45

LADIES

1. (9) F. Williams	Roch	83.29
2. (15) A-M. Hindle O/40	Ross	85.40
3. (22) B. Lancashire	Sadd	92.08
4. (24) S. Harrison	Roch	93.40
5. (27) K. Markland	Prest	94.34
6. (37) S. Budgett O/50	Horw	101.29
7. (38) K. Forster O/50	Spect	101.40
(64) J. Jones O/60	Middle	133.25

69 finishers

BRECON BEACONS / South Wales

BL/30.6km/1372m / **24.08.19**

The race was run in the anti-clockwise direction this year with a long climb to Carn Pica to start. The race was a counter in the WFRA Welsh Championships and the WFRA South Wales Fell Running Series this year.

The Brecon Beacons experienced a baking hot day with a temperature of 27°C in the valleys. The participants struggled in the heat and the finishing

times were generally slower as a result.

Mark Hopkinson led the race from start to finish and gradually increased his lead as the race went on. He finished in a time of 3:03:30 and was over 15 minutes ahead of second place. David Searle was in second place for the majority of the race and had built a gap of over seven minutes over Matthew Fortes. However, Matthew gradually clawed back time over the last three legs and recorded the fastest leg split time from Tor y Foel to the finish to pass David. Matthew finished in second place in a time of 3:18:34 and David finished third in a time of 3:20:15.

Mel Price repeated her win from 2018 in the ladies' race and finished eleventh overall in a time of 3:41:03. She led the ladies race from start to finish. Helen Brown finished second in 3:53:18 and Rhian Probert finished third in 4:02:48.

Matthew Fortes won the MV40 category and Tony Hall won the MV50 category. The prize for MV40 was awarded to Jez Brown as Matthew Fortes had won a prize for finishing second overall. Christopher Kelsey won the MV60 category whilst Patrick Foster won the MU23 category.

Whilst Mel Price won the FV40 category, the prize was awarded to Clare Patterson. Rhian Probert won the FV50 category.

The podium finishers and the winners in each age category were awarded a bottle of wine each.

The team prizes were awarded to those with the lowest aggregate position for the first three members in each team. The male team prize was won by Mynydd Du where Mark Hopkinson, Tom Mollekin and Paul Colley-Davies were the male counters. The female team prize was also won by Mynydd Du where Helen Brown, Rhian Probert and Clare Patterson were the female counters.

The race attracted a large field with 68 runners starting the race and 59 completing the full course. The participants suffered in the intense heat; some of whom probably hadn't taken enough water for the event.

1. M. Hopkinson	MynDu	3.03.30
2. M. Fortes O/40	Eryri	3.18.34
3. D. Searle	Unatt	3.20.15
4. S. Ford	Unatt	3.22.11
5. J. Gomes	Wrex	3.22.28
6. S. Smith	Shrop	3.27.12
7. J. Bellin	MDC	3.31.52
8. B. Stevens	Unatt	3.36.13
9. R. Patterson	SthLond	3.37.07
10. J. Brown O/40	Buckley	3.38.26

VETERANS O/50

1. (18) T. Hall	DkPk	3.51.10
2. (29) D. Powell	Aberyst	4.16.32
3. (30) P. Colley-Davies	MynDu	4.19.27

VETERANS O/60

1. (28) C. Kelsey	Wells	4.13.27
2. (33) S. Drake	MDC	4.20.49
3. (54) C. Brancher	MunDu	5.11.39

LADIES

1. (11) M. Price O/40	Mercia	3.41.03
2. (20) H. Brown O/40	MynDu	3.53.18
3. (25) R. Probert O/50	MyndDu	4.02.48
4. (32) V. Brailsford	Unatt	4.20.46
5. (38) R. Law	Eryri	4.32.03

59 finishers

KONG MINI MM ROUND 3 / Cumbria

MM / **25.08.19**

The third event in the Kong Mini mountain Marathon series started from the very picturesque Loweswater village hall. The weather was absolutely perfect for swimming in the lake and admiring the views but maybe not for running. Although the visibility was excellent a bit of local knowledge or luck would have helped in avoiding a fight with the bracken. The route choice extended east from Crummock to include Hopegill Head, Grasmoor, Whiteless Pike, Sail and Knott Rigg.

Alison Wainwright

1. T. Gomersall	Bing	617pts
2. N. Barber	HelmH	580pts
3. S. Stead	Kesw	570pts
4. R. Kendall	Unatt	560pts
M. Harrison O/40	CFR	499pts
D. Harris O/50	Dees	580pts
B. Dredge O/60	Mercia	410pts

MIXED

J. Chapman/E. Stuart	NFells	469pts
P. Boyle/H. Boyle U/23	Unatt	356pts
J. Haddon/L. Mangnall O/40	StoneMM	360pts
S. Richmond/G. Briggs O/50	Penn	465pts
B. Maxwell/F. Maxwell O/60	Unatt	400pts

LADIES

1. C. Wilshaw	Unatt	427pts
N. Hawkrigg/R. Singleton O/40	NFells	420pts
R. Beadle O/50	Lkland	450pts
D. Pelly O/60	Amble	395pts
L. McGuinness U/23	Bangor	320pts

BLACK COMBE COUNTRY FAIR, BOOTLE / Cumbria

AM/12.5m/625m / **26.08.19**

It was a beautiful day for this race, perhaps a little hot for some and despite the clear weather, there were still some wayward lines taken to the top of the Combe. The race goes across farmland onto the fell and returns the same way.

Gary Greenhow and John Heneghan set off in front and were soon on their own, Gary pulling ahead before the top and staying there for the rest of the race. A Black Combe battle between Harvey Lord and John Millen then occurred for third place with Harvey finishing just in front.

In the women's event there were only two entries, Beth Hanson having a very strong run to win, with Alison Richards second.

In the senior classes, Gary, Harvey and John filled the first three MV40s, the first three MV50s finished within a minute, Steve Freeman edging ahead of Pat McIver and David Brooks. Steve Wathall won the MV60 class and Black Combe also won the team prize (Harvey Lord, John Millen and John Evason).

With just one junior entered for the 4 mile race, Henry Hunter had an impressive run (out with the main field and back on his own), finishing in 35:36, just outside the boys' record.

A turnout of 28 and one junior is disappointing for the race and well down on last year, though runners did at least outnumber helpers and marshals by 2:1.

It's a good show and there is something for all the family.

Thanks to Black Combe Runners for putting the race in their club championships again, any other clubs who did that would be very welcome!

Pete Taylor

1. G. Greenhow O/40	Amble	1.05.04
2. J. Heneghan	P&B	1.10.30
3. H. Lord O/40	BICmb	1.18.07
4. J. Millen O/40	BICmb	1.18.22
5. B. Hanson	Amble	1.20.33
6. J. Evason	BICmb	1.22.03
7. G. Lloyd	BICmb	1.22.16
8. J. Murphy	BICmb	1.22.47
9. J. Hill	Unatt	1.24.26
10. M. Allen	BICmb	1.28.09

VETERANS O/50

1. (11) S. Freeman	Amble	1.32.39
2. (12) P. McIver	BICmb	1.33.02
3. (13) D. Brooks	Kend	1.33.44

VETERANS O/60

1. (16) S. Wathall	BICmb	1.35.05
2. (19) A. Miller	Kend	1.38.05
3. (23) D. Barnes	Horw	1.40.53

LADIES

1 (5) B. Hanson	Amble	1.20.33
(25) A. Richards O/40	HelmH	1.46.25

29 finishers

Kong Mini MM Round 3 - Chris Clay (Dark Peak Fell Runners)
©Grand Day Out Photography



CILCAIN SHOW / Flintshire

AS/7.4k/392m / **26.08.19**

Bank Holiday Weekend was a warm one so the runners seemed to be composed mostly of sweat.

The top ten was a story of the established, the young pretenders and the legend. Top three up and down the mountain were Stephen Skates, followed by Tom Booth and Gavin Roberts. I was absolutely delighted to see that we had three teenagers in the top ten, all with sub-35 minute times - Christopher Larkin fourth, Matthew Anthony seventh and Ifan Oldfield eighth. Oh yes, and some chap called Lloyd Taggart, ninth, snuck up on me at the prize giving – I hadn't even realised he was running....!

The Browner Trophy (Local Gent) was won by local lad, Matthew Anthony, who I think may need a permanent home for this for a while at least. The Dennis Kemp (Local Vet) trophy was retained by Steve Brady. The Llŷs Fynydd Shield (Supervet) was won by current course record holder, Lloyd Taggart. Arwel Lewis won the MV60 class and Jeff Norman took the MV70.

The ladies' race was won by Gemma Moore (Anderson Trophy). Second place went to Kate Macfarlane and third place to Susan Fourie, who won the still missing FV40 'Deeside College Trophy' (looks like I'd better make one....). Estelle Patrick won the FV50 class and Debbie Read the FV60 class.

Matthew Anthony M18 took home the Julie Tullis Trophy and Jenna Bagnol F18 won the Hawitt Cup.

The junior races had a decent turnout of 45 runners across all categories. M16 Luke Hampshire (Wallasey) came back this year to retain the Crittall Cup. F16 Ella Heap (Wirral AC) took home the Snodgrass Cup

Thanks to marshals, time keepers, hangers-on helpers. It isn't possible without you.

166 runners started – 166 runners finished. I hope they were the same ones!

Hop

1. S. Skates 0/40	Prestat	32.47
2. T. Booth	WChesh	33.01
3. G. Roberts	Eryri	33.29
4. C. Larkin	Helsby	33.41
5. L. Eccles	PennyL	34.02
6. R. Grantham 0/40	Pensby	34.46
7. M. Anthony U/18	Dees	34.54
8. I. Oldfield	Wrex	35.00
9. L. Taggart 0/50	Manx	35.06

VETERANS 0/50

1. (9) L. Taggart	Manx	35.06
2. (18) A. Clague	WChesh	38.17
3. (21) G. Williams	ValeR	38.47

VETERANS 0/60

1. (42) A. Lewis	Eryri	42.35
2. (48) S. Bellis	Buckley	42.55
3. (66) J. Adams	Pensby	45.15

VETERANS 0/70

1. (88) J. Norman	Altrinch	48.59
2. (107) J. Morris	Buckley	52.48

LADIES

1. (25) G. Moore	NWRRRC	39.38
2. (49) K. Macfarlane	PennyL	43.03
3. (50) S. Fourie 0/40	Chest	43.07
4. (60) J. Bagnall U18	Prestat	44.42
5. (84) H. Ashworth	Prestat	48.10

(89) N. Calladine 0/40	Unatt	49.08
(95) R. Massey 0/40	Tatten	49.48
(125) E. Patrick 0/50	Harlech	55.03
(126) D. Read 0/60	Helsby	55.13
(149) S. Napther 0/50	Chest	60.37
(152) H. Baxandall 0/50	Prestat	61.04
(164) K. Cottrell 0/60	RFLlang	70.41
(166) A. Winn 0/60	LlangRC	116.10

166 finishers

Boys U/8

1. W. Smith	7.00
2. F. Potter	7.28
3. F. Moore	9.34

BARROW (KESWICK SHOW) / Cumbria

AS/4m/435m / **26.08.19**

The sun shone on Keswick show, making the 4 mile fell race hot business. After a mad dash across the valley's farmlands, the race passes Braithwaite Lodge before visiting the tops of Stile End and Barrow. There was route choice aplenty coming off Barrow, some choosing to stick to the grassy slopes of the ridge whilst others opted for bracken bashing on the lower slopes before picking up the flags back into the field.

105 runners lined up in the show ring for the off. Hannah Horsburgh continued her dominance smashing the women's course record to 35:50. The blisters from the previous day's Grasmere Guides race were resolved with the help of a few farmyard products....! Mark Lamb won the race in 31:48, leading Keswick AC men to the team prize with James Appleton (4th) and Carl Bell (3rd). The ladies also scooped the team prize. With Hannah, Jenn Bell (3rd) and Rachel Findlay-Robinson (10th) completing the trio. Neighbours CFR had a healthy contingent out as the race formed part of their club championships.

A huge thank you to all the marshals, landowners, show committee and local businesses who donated prizes (Fellpack; Keswick Brewery; Kong Adventure and George Fisher). It all came together for a brilliant day's racing on the hills.

Keswick Show was the finale in the inaugural "Best in Show(s) Series" for the lowest cumulative time over Patterdale Dog Day/ Grasmere Guides/ Keswick Show: The titles went to Dan Haworth – 72.07 and Hannah Horsburgh – 76.55.

There were "highly commended" awards for the following silliness: Rachel Findlay-Robinson (Keswick AC): 2 x BG support on Halls Fell at silly o'clock in the morning and cycled to and from Grasmere.... also spotted at both Kilnsey and Ennerdale to complete the extended 'endurance' show series. Scott Collier (Unattached) used the Kong MM on Sunday morning as a warm up for Grasmere. James Morrison (Tiverton Harriers) was the most travelled, hailing from Devon and was spotted racing at Kilnsey on the Tuesday saying "it's on my way home..."

Lyn Thompson

1. M. Lamb	Kesw	31.48
2. B. Cartwright	Mat	32.22
3. C. Bell	Kesw	32.32
4. J. Appleton	Kesw	32.45
5. D. Haworth	Mat	33.07

VETERANS 0/40

1. (10) M. Cliffe	Eryri	35.25
2. (13) H. Seal	Derwent	37.07
3. (17) J. Haworth	Kesw	38.15

VETERANS 0/50

1. (22) E. Gmble	Chesh	39.10
2. (31) P. Bullen	Kesw	40.33
3. (38) J. Bagge	HelmH	41.32

VETERANS 0/60

1. (62) G. Owens	NFR	46.57
2. (67) J. Downie	Kesw	47.35
3. (84) N. Moore	CFR	53.06

VETERANS 0/70

1. (89) J. King	CFR	55.01
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LADIES

1. (8) H. Horsburgh	Kesw	35.50
2. (29) N. Beadle U/23	Oxford	40.24
3. (36) J. Bell	Kesw	40.57
4. (37) L. Osborn 0/40	Amble	41.04
5. (45) L. Stobbart	CFR	42.45
(37) L. Osborn 0/40	Amble	41.04
(54) H. Elmore 0/40	DkPk	45.59
(78) R. Brandon 0/40	HolmeP	50.31
(91) A. Mikkleson 0/50	Unatt	56.30
(92) L. Buck 0/50	CFR	56.49
(96) K. Clark 0/60	Kesw	59.24
(104) J. Mottram 0/60	CF	70.25

ROSEBERRY TOPPING / North YorkshireAS/2.3km/217m / **27.08.19**

Despite the forecast of thunder storms, a pleasant and dry evening greeted the 86 runners who came along for this year's straight up and down race up Roseberry Topping.

Nicholas Barber was the first to reach the top but Lee Athersmith had the descending skills to catch him on the downhill and snatch victory by just one second.

Victory for Caroline Lambert in the women's race was easier to come by, finishing well over two minutes ahead of her nearest rival.

Gareth Wilson

1. L. Athersmith	RAF	12.42
2. N. Barber	NMske	12.43
3. T. Grimwood	Swale	13.16
4. C. Roberts	YorkK	13.33
5. W. Carter U/21	Unatt	13.40
6. S. Pugh 0/50	EskV	14.11
7. J. Blackett 0/50	DkPk	14.11
8. J. Arkle	RAF	14.16
9. J. Hustwitt	NYMAC	14.17
10. A. Price	Unatt	14.32
11. P. Whitaker 0/40	YorkA	14.34
(13) P. Targett 0/50	Holc	14.37

VETERANS 0/60

1. (18) N. Ridsdale	Driff	15.25
2. (31) B. Atkinson	YorkK	16.32

3. (32) G. Bastow	Ripon	16.34
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VETERANS 0/70

1. (59) G. Dixon	NYMAC	20.22
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LADIES

1. (12) C. Lambert	RibbV	14.34
2. (37) S. Gordon 0/40	NYMAC	16.56
3. (42) M. Murtagh	Easing	17.44
4. (44) E. Cameron	Goodgym	17.50
5. (47) R. Kelsey 0/40	DFR	18.20
(51) C. Glover 0/60	Wharf	19.08
(60) V. Clarke 0/60	Darling	20.29
(63) A. Imeson 0/40	Ripon	20.49
(68) J. McNicholas 0/50	NYMAC	21.27

86 finishers**EYAM / Derbyshire**BM/10.4km/460m / **27.08.19**

Eyam Fell Race, an evening race, is sponsored by The Barrel Inn at Bretton. We had a record turnout of 267 runners, which is a tribute to Archie Hartwright of Totley AC, who sadly died earlier this year and was responsible for organising the race for many years.

The race is just under six miles and is run across some beautiful countryside with distant views to Abney and beyond and the mainly clear skies contributed to a perfect evening.

Max Wainwright of Dark Peak Fell Runners was first in, with a time of 39:52, the course record being 37:55. First lady was Hatti Archer, also of Dark Peak, with a time of 42:53, setting a new course record, which had previously been 45:47! It is no surprise that Dark Peak also claimed the Archie Hartwright Memorial Team Trophy for the fastest mixed team.

Eyam Real Ale Company provided an excellent bar and BBQ after the event, which was much appreciated by all.

Thanks to all the competitors for making it such a great event.

The Fell Race organisers would like to mention that the Eyam Half Marathon is now back on and will be run on Sunday 17 May 2020. Pre-registration is now open.

Eyam Fell Race next year will be on Tuesday 25 August 2020.

Matt Killingley

HARROCK HILL / LancashireBS/8.4km/275m / **28.08.19**

1. J. Doherty	StHel	31.55
2. J. Kevan	Horw	32.02
3. N. Leigh 0/40	Horw	32.42
4. M. Crehan	StHel	32.43
5. T. Griffiths	StHel	33.08
6. A. Thornton U/23	Horw	33.26
7. B. Hobson	Chorlt	33.29
8. P. Bray	Chorlt	34.07
9. L. Eccles	PennyL	35.06
10. B. Taylor 0/40	Ross	36.12

VETERANS 0/50

1. (24) W. Moorfield	WiganPh	39.18
2. (29) J. Sprackland	S'thport	40.13
3. (30) D. Graham	Tod	40.17

VETERANS 0/60

1. (51) C. Peddar	LpoolP	42.25
2. (65) R. Wood	LpoolP	44.15
3. (79) D. Barnes	How	44.33

VETERANS 0/70

1. (150) T. Varley	Horw	54.45
2. (160) S. Stewart	Sthport	57.53
3. (170) P. Simpson	LpoolH	60.15

LADIES

1. (32) A. Ralph	Bburn	40.35
2. (36) K. Klunder	Chorl	40.58
3. (60) H. Thompson 0/40	Skelmer	43.38
4. (61) T. Allam	Sthport	43.45
5. (63) M. Dickson	Chorlt	44.08
(66) M. Cook 0/40	Skelmer	44.22
(78) L. Delmott 0/50	Ormsk	45.53
(85) B. Glaister 0/40	Skelmer	46.30
(87) A. Ferguson 0/60	Burnd	46.42
(102) C. Sullivan 0/50	Wesh	47.34
(108) S. Budgett 0/50	Horw	48.46
(160) S. Stewart 0/70	Sthport	57.53

202 finishers

HARROCK HILL SERIES RESULTS

J. Doherty	StHel	3pts
N. Adair 0/40	Spect	55pts
C. Rayner 0/40	Chorlt	27pts
K. Tuzio 0/50	Newb	64pts
J. Sprackland 0/50	Sthport	99pts
P. Muller 0/60	NMast	47pts
J. McGlynn 0/60	Wigan	279pts
T. Varley 0/70	Horw	451pts
G. Butler U/23	Ramsb	45pts

LADIES

1. K. Klunder	Chorl	123pts
2. K. Towns	Wigan	378pts
B. Glaister 0/40	Parb	321pts
F. Leslie 0/50	Chorlt	347pts
S. Budgett 0/50	Horw	307pts
A. Ferguson 0/60	Burnd	246pts
S. Stewart 0/70	Sthport	483pts
A. Hitchmough U/23	LpoolS	502pts

BELLINGHAM SHOW / Northumberland

BS/6.4km/183m / **31.08.19**

In spite of very heavy rain the day before, the race day was dry and breezy but conditions underfoot were quite wet in places. 25 runners took part including a good contingent from Northumberland Fell Runners as this was one of their club championship races. For the spectators at the show ring this was one of the most exiting finishes for a long time with the first three runners all coming in within the space 11 seconds.

Colin Donnelly was first home in a time of 30.12 closely followed by Roger Sillito and Andy Green.

First lady home was Catherine Evans with Karen Robertson and Jane Briggs in second and third places respectively.

Bill Burlton

1. C. Donnelly 0/50	Cambus	30.19
2. R. Sillito 0/40	NFR	30.25
3. A. Green 0/50	Tyne	30.30
4. J. Osborn	DFR	30.47
5. R. Hughes	NFR	30.50
6. R. Butler 0/40	Kesw	35.04
7. S. Haswell 0/50	NFR	35.07
8. J. Green U/23	Tyne	35.15
9. C. Evans	Kesw	35.33
10. G. Mason 0/40	NFR	35.54

VETERANS 0/60

1. (13) G. Davis	NFR	37.44
2. (16) B. Kivlehan	NFR	42.05
3. (19) A. Duncan	NFR	42.22

LADIES

1. (9) C. Evans	Kesw	335.33
2. (12) K. Robertson 0/50	NFR	37.11
3. (18) J. Briggs 0/50	NFR	42.12
4. (21) S. White	Dewsb	44.54
5. (23) D. Jordan	Unatt	45.16
(25) J. Hart 0/50	Unatt	50.48

25 finishers

GLADSTONE 9 / Conwy

AM/14.5km/855m / **31.08.19**

Weather conditions were mixed for this year's race which this year featured in the Eryri Club Championships but the good visibility allowed for stunning views throughout and all 77 runners finished. Feedback was excellent, with many comments about our wonderful marshals, the homemade flapjacks, the amazing soup, and the foodie prizes. There was also great enthusiasm for Racetek, Fabian4's partner company, which provided the timing/tracking service, with the results 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.

The winner was Math Roberts in a time of 1:12:01, with Gavin Roberts, newly back from injury, hot on his heels in 1:12:39. Fred Maier was third and his club mates Owain Williams fourth and Matt Fortes fifth and first MV40.

Buckley Runners were one and two in the MV40 category with Jez Brown first in 1:21:55 and Simon Edwards second. Close behind them was John Hunt, first MV 50 in 1:23:39 with Jonny Moore second. Eryri won the one two again in the MV60s, with Iwan Edgar first in 1:36:06 and Terry Coleman second, while the MV70s were led home by Brian Robbins first in 2:07:06, followed by (our race is worth travelling to!) Paul Newby.

Once again, there were only eight senior men in the first 20 finishers. Where are all the 'youngsters'?!

Four of the first five ladies across the line were Andrea Rowlands first in 1:28:09, also first FV40 and a brilliant 18th overall. Second was last year's winner, Gemma Moore and just behind her, 25th overall and second FV40, was Jenny Heming. Next to finish was Sarah Seery, then Sarah Barnwell, first FV50 in 1:42:47 (new record) - amazing fifth lady and 32nd place overall. Next was Megan Hughes then Laura Baynham-Hughes - first and second FV40. Yours truly was first FV50, with Rachel Arnold second and the amazing Maggie Oliver was first FV70 home in 2:20:52. Again, only eight of the 21 female runners were aged less than 40.....!

Sincere thanks to my co-organisers, Maggie Oliver and Alex Fletcher and to all the marshals and helpers. Particular mention needs to be made of little Rhiannon who, at about 12 weeks of age, was the youngest marshal we've ever had on the summit of Moel Lus! We are grateful for Penmaenmawr Town Council's grant which, as well as contributing to the prize fund, enabled us to provide the runners and marshals with soup after the race. The prizes comprised a hamper for the first prize, generously provided FOC by Spar Penmaenmawr and Spar fresh produce foodie bags as the age category prizes. We were also grateful for a 'Breakfast for Two' voucher donated by Siabod Café for the first lady home. Lastly, we owe a huge vote of thanks to the staff of the Gladstone pub for their hospitality and cooperation and for providing a meal voucher as the first local's prize, won by Chris Near who was tenth overall in 1:24:46.

A small financial contribution will be given to Eryri Harriers, to the WFRA, with whom the race is insured and whose committee members do such a huge amount to support fell running in Wales and to the Carneddau Pony Society, which cares for this unique herd which has graced our mountains for so many centuries. We will be able to donate £280 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. M. Roberts	CaldV	1.21.01
2. G. Roberts	Eryri	1.12.39
3. F. Maier	Eryri	1.17.41
4. O. Williams	Eryri	1.17.52
5. M. Fortes 0/40	Eryri	1.18.56
6. J. Brown 0/40	Buckley	1.21.55
7. S. Edwards 0/40	Buckley	1.23.11
8. J. Hunt 0/50	DkPk	1.23.39
9. C. Jones 0/40	Eryri	1.24.31
10. C. Near 0/40	Unatt	1.24.46

VETERANS 0/50

1. (8) J. Hunt	DkPk	1.23.39
2. (17) J. Moore	Eryri	1.27.47
3. J. Simpson	Prestat	1.33.25

VETERANS 0/60

1. I. Edgar	Eryri	1.36.06
2. T. Coleman	IND	1.45.48
3. J. Mainwaring	Eryri	1.48.28

VETERANS 0/70

1. B. Robbins	Eryri	2.07.06
2. P. Newby	ThamesH	2.38.59

LADIES

1. A. Rowlands 0/40	Eryri	1.28.09
2. G. Moore	NWales	1.33.52
3. J. Heming 0/40	Eryri	1.34.46
4. S. Seery	Eryri	1.38.25
5. S. Barnwell 0/50	Eryri	1.42.47
M. Hughes 0/40	Eryri	1.48.40
E. Salisbury 0/50	Eryri	2.01.22
R. Arnold 0/50	IND	2.05.34
M. Oliver 0/70	Eryri	2.20.52

77 finishers

LONGSHAW SHEEPDOG TRIALS / South Yorks

BS/8.6km/320m / **31.08.19**

Just a "hair's width" separated last year's winner Ben Rothery and U23 fell running sensation Nathan Lawson as they raced across the trials field tussocks and over the finish line together. Nathan was given what must be the narrowest of fell race victories over his Dark Peak team mate, with many-time previous winner at Longshaw, Stuart Bond a minute further back in third place and first MV40. A comparatively huge 11 seconds separated women's winner Ellen Downs (also U23) from Dark Peak team mate Sally Fawcett, with U19 runner Poppy Cooke in third. Poppy, if you are still looking for a club then have you considered running in brown?

On a cool, breezy but clear morning, a record 264 runners, bolstered by 49 athletes competing in the Notts county fell championships, took on the 5.3 mile course, covering mostly rocky gritstone paths and grassy trods. A small modification was made this year to further improve the latter section of a course which underwent significant changes last year. It has something for everybody, with short steep climbs, technical descents, and some fast running.

Many thanks to the army of volunteers who helped out on the day, most of whom are Dark Peak Fell Runners, but also a number of family, friends, and friend's families. We are also grateful to Edale Mountain Rescue service for their continued support and, of course, to The Longshaw Sheepdog Trials Association for having us at their event. The race is supported by Accelerate running store, for which the race is part of their Gritstone Series of races, and also by The National Trust. The Peak District Appeal will help NT rangers look after Longshaw and the wider Peak District, for example through woodland work and monitoring biodiversity.

Kris Groom

1. N. Lawson U/23	DkPk	36.38
2. B. Rothery	DkPk	36.39
3. S. Bond 0/40	Mat	37.41
4. D. Kelsey	DkPk	38.16
5. O. Mathaid	HolmeP	38.46
6. J. Edgerton U/23	CambUHH	39.02
7. W. Gratton	Unatt	41.35
8. C. Brearley 0/40	HolmeP	42.01
9. L. Beresford	Ripley	42.20
10. D. Bethell	StaffsM	42.24

VETERANS 0/50

1. (26) G. Moffatt	DkPk	44.34
2. (35) C. Lynch	Totley	46.31
3. (39) B. Edwards	Trenth	47.08

VETERANS 0/60

1. (54) D. Allen	DkPk	49.22
2. (63) A. Fox	Gloss	50.18
3. (74) M. Salkild	Vegn	51.35

VETERANS 0/70

1. (161) J. Hulme	Unatt	60.06
2. (185) G. Berry	DkPk	63.56

LADIES

1. (33) E. Downs U/23	DkPk	46.08
2. (34) S. Fawcett	DkPk	46.19
3. (53) P. Cooke U/19	Unatt	49.06
4. (56) J. Jepson 0/50	DkPk	49.39

5. (60) E. Dobson	MassF	50.09
(76) N. Parkin 0/50	DkPk	52.08
(210) J. Matthews 0/60	Sthwell	68.56
(233) J. Waller 0/60	DkPk	71.42

259 finishers

DUFTON SHOW / Cumbria

AS/8km/460m / **31.08.19**

1. D. Kay 0/40	CaldV	33.16
2. B. Stewart 0/40	Borr	35.12
3. J. Eyre	Eden	35.39
4. D. Middlemass 0/40	VStr	36.43
(7) B. Bergstrand U/23	MiddM	39.34
(9) M. Spooner 0/40	Howg	40.07
(11) P. Crabtree 0/50	Kghly	40.37
(19) S. Wathall 0/60	Blcmb	45.17

LADIES

1. (7) B. Bergstrand U/23	MiddM	39.34
2. 16) J. Gillyon 0/40	Kesw	43.17
3. (18) L. Thompson 0/60	Kesw	45.13
(24) J. Verity 0/40	Howg	47.21
(26) A. Holmes 0/50	Kesw	47.46
(31) D. Tunstall 0/50	DFR	50.33
(35) V. McCullagh 0/40	Kghly	52.38

40 finishers

BLACKSHAW HEAD FETE / West Yorkshire

BS/8.9km/274m / **31.08.19**

A big bag of mixed conditions hit our little fell race this year. We thought it might scare the runners away but were really pleased to see an excellent turn out in both the junior and senior races.

Both open and ladies' races were highly competitive. The young duo of Martin Howard and Alasdair Pedley battled it out with Shaun Livesey for the win, with Martin finishing strongly to lead the trio across the finishing fields. It was a showdown between Natasha Butterfield and Annie Roberts in the ladies' category with Natasha taking the win by just over twenty seconds. Natasha and Martin were the first recipients of a cracking pair of trophies created by a local potter featuring the local landmark "Great Rock" where the devil wagered with god for the souls of the good people of the Calderdale. Todmorden Harriers and Calder Valley always turn up in force at the Blackshaw Head Fete Fell race and this year we were pleased to see 30 Tod Harriers toe the start line. This provided Todmorden with a huge advantage in the new "Mid-pack Hero" race category, awarded to the club who gets the eighth counter over the line. Another new prize this year was the "Fastest Fell Running Family". This prize was surprisingly difficult to award but after some head scratching it went to Trudi Entwistle (fourth FV50), Clara McKee (first U11G) and Thomas McKee (second U13B).

The juniors were hit with the worst of the weather and it was impressive seeing them shivering on the start line without a word of complaint. This was the second time that junior races have been part of the day, with attendance increasing by 40% and runners attending from as far afield as Settle. We will definitely be including the junior races again in 2020.

A big thank-you to the local running clubs for supporting the junior races. New course records were set and old records broken, most notably by Clara McKee and Megan Wilkinson.

Ian Symington

1. M. Howard	CaldV	37.04
2. S. Livesey 0/40	RibbV	37.57
3. A. Pedley	CaldV	38.21
4. E. Hassell	Wharf	39.00
5. G. Brown 0/40	Tod	39.02
6. B. Taylor 0/40	Unatt	39.36
7. M. Sennett	Wharf	40.06
8. C. Goddard 0/40	Tod	40.33
9. D. Fishwick 0/40	Chorl	41.01
10. I. Illstone	CaldV	41.19

VETERANS 0/50

1. (14) M. Wharton	CaldV	42.28
2. (23) R. Bolton	OldhamR	45.40
3. (24) S. Jones	Bing	46.02

VETERANS 0/60

1. (28) S. Gelsthorpe	H'fax	47.38
2. (55) M. Roberts	Tod	53.33

VETERANS 0/70

1. (46) K. Taylor	Ross	51.38
2. (57) D. Spendlove	CaldV	54.16

LADIES

1. (16) N. Butterfield	CaldV	43.04
2. (18) A. Roberts	Tod	43.26
3. (26) J. Goorney 0/50	Lytham	47.08
4. (27) R. Patrik 0/50	Tod	47.35
5. (32) P. May	Tod	49.18
(35) M. Blackburn 0/50	Tod	49.54
(72) J. Leonard 0/60	Tod	58.33
(87) A. Baldwin 0/60	Stain	61.37

105 finishers

CASTLE CARR / West Yorkshire

AL/24km/1200m / **01.09.19**

49 runners started the fourth Castle Carr fell race – the antithesis of a mass participation race. A dozen made use of the early start to give themselves more time to get through the cut-off (which no-one has yet failed to make) and back to the Hare & Hounds in decent time.

My thanks as ever to the many marshals who allow these races to run so smoothly, to Dave and Jeanette at the Hare & Hounds who have always made runners so welcome and to the landowners for allowing the race despite the inconvenience it causes them.

By the third checkpoint a Wharfedale train had formed at the front of the race. With five of the top eight places being Wharfedale runners, only James Gray, Adam Storer and Darren Fishwick - when he wasn't going wandering - got amongst them. Even so, the overall leaders didn't catch the front of the early starters until the big climb up to checkpoint 5. So, early starters Michael Loughlin and Kirsty Patten had the pleasure of leading the race for the first hour and a half.

After the 1000 feet climb to Sheepstones (Checkpoint 5), Ethan Hassell and James Gray had pulled out a slender lead on the chasers. On the descent from there and the shorter climb to Crow Hill (Checkpoint 7) Matthew Warters, who had been steadily moving up the field, caught them. From there the race makes a big valley crossing to Rocking Stone (Checkpoint 8), perhaps the most testing part of the race. Across here Nathan Martin joined the leaders and the group of four departed that final checkpoint close together.

It was Ethan Hassell who had the legs to pull away, to take his first ever race win. James Gray looked battle-torn at the finish line after a freak accident with a bull rush had left his face bloody.

Annie Roberts has mastered this race. When it was a national championship race in 2017, as an U23 she produced one of her best races to date to finish third and announce herself on the national stage. This year she was superb again, pacing it well to move up from 16th to seventh overall over the final sections and take the ladies' win. Two Dark Peak women, Sarah Lilleman and Fiona Fullwood, ran strongly for second and third, with Caroline Thomas in fourth place.

I'm not sure how often fiancées win first man and woman in a race but that was the result here with Annie and Ethan.

Thank you to those who ran and hope you all enjoyed it.

Bill Johnson

1. E. Hassell	Wharf	2.29.28
2. J. Gray	Bowl	2.30.37
3. N. Martin	Wharf	2.30.40
4. M. Warters	Wharf	2.31.30
5. J. Allard	Wharf	2.39.36
6. P. Hobbs O/40	Tod	2.40.06
7. A. Roberts	Tod	2.41.37
8. T. Lynch	Otley	2.41.40
9. D. Sands	Wharf	2.42.01
10. A. Storer O/40	Unatt	2.42.01

VETERANS O/50

1. (13) I. Ferguson	Bing	2.47.43
2. (14) T. Smith	Bowl	2.50.28
3. (18) G. Bailey	Melth	2.54.29

VETERANS O/60

1. (33) S. Wathall	BICmb	3.40.05
2. (38) M. Loughlin	Prest	3.48.34
3. (39) R. Sutcliffe	CaldV	4.12.51

LADIES

1. (7) A. Roberts	Tod	2.41.37
2. (22) S. Lilleman	Dkpk	3.03.28
3. (31) F. Fullwood O/40	Dkpk	3.27.37
4. (34) C. Thomas O/40	Fell&D	3.40.47
5. (36) K. Patten	Tod	3.42.22
(40) S. Chrisanthou O/40	Caldv	4.13.08
(41) C. Addison O/50	Fell&D	4.18.05
(44) D. Wright O/50	Caldv	4.23.17

48 Finishers

BOFRA BURNSALL / North Yorkshire

AS/2.4km/244m / **01.09.19**

Simon Bailey took the autumnal feel to the day in his stride as he stormed to win for a second year in a row at this year's Burnsall fell race in 13.54. Second and third places were a battle between Charlie Ing and Tom Millard. For most of the race Ing was in second place but on the descent Millard chased him down and eventually overtook him to romp home second, a mere second ahead of Ing, third.

Running over a similar route to the Burnsall Classic, this race is characterised by local knowledge and an ability to abandon fear of where your feet might land! It commences innocently enough, in a grazed field,

but soon changes character to that of a more gnarly fell race. The outward route to the summit is flagged and this year the sneaker-snatching bogs of repute were back following a brief dry spell in 2018. Once through the bogs, contenders must negotiate the heather lined, rocky and narrow paths to the first cairn, marking the U17 turn and then further across the moor to meet the summit trig point. The return is "any route home" and becomes a thrilling spectator event as runners choose one of many possible routes down the moor. Whichever route you select, it requires an element of fearlessness as the descent from the fell through heather and rocks can be treacherous.

The best route down varies by year and this year became a very peaty clear path as the front runners all took the same line. Whichever way you descend, once through the heather and over the wall marking the fell base, the course gradually becomes more welcoming, finishing where it started in green pasture with a speedy downhill finish!

In the ladies' race, Jo Buckley was first to the summit just ahead of Rachel Pilling. On the descent Pilling chose the better line and enjoyed an excellent run to win the ladies' race from Buckley second and Kirstin Bailey, third.

The U17 race turns at the first cairn on the moor and, similar to the senior race, is an "any route home" race. Spectators are again treated to a spectacle of fearlessness as these young runners switch off brain and brake to bounce down through the heather in pursuit of a good position. Sam Headley had an excellent race to win from season favourite Finlay Grant, second and Alex Flaherty, third. The girls' race was won by Maggie Preece, Emily Swarbrick, second and Katie Handley, third.

The U14 race turns at the fell base before returning the way it came and was won this year by Charlie Allmond from Jack Lamb, second and Tom Adams, third. Rebecca Flaherty won the girls' race from Olivia Aldham, second, a second ahead of Emma Bradley, third.

The season long friendly tussle between Archie Peaker and Tom Hooper continued in the U12 race with Peaker claiming victory in this race from Hooper. Third boy was James Sadler-Townsend.

Katie Buckley stormed home with a big grin on her face to win the girls' race from Lucille Pickles, second and Zoe Brannon, third.

Winning was kept in the family as Bethan Buckley won the U9 race outright from Elena Hooper, second and Bella McCredie, third.

Pushed into an unfamiliar second place, Isaac Reeday won the boys' race from Joe Timbers, second and Thomas Jebb, third.

Su Thompson

1. S. Bailey	Mercia	13.54
2. T. Millard	Wharf	14.45
3. C. Ing	CaldV	14.46
4. J. Craig	Barlick	15.19
5. A. Jebb O/40	Bing	15.45
6. I. Gibbons O/40	Ilk	15.57
7. J. Walton	Kghly	16.12
8. I. Willis O/40	Kghly	16.20
9. P. Crabtree O/50	Wharf	16.43
10. J. Whitfield	SueMe	16.46

VETERANS O/50

1. (9) P. Crabtree	Wharf	16.43
2. (20) B. Thompson	CFR	19.21
3. (25) A. Smith	Barlick	19.39

VETERANS O/60

1. (29) G. Bastow	Ripon	19.48
2. (35) P. Calderbank	Ilk	20.15
3. (36) W. Bell	Howg	20.24

LADIES

1. (21) R. Pilling	P&B	19.24
2. (33) J. Buckley 0/40	CaldV	20.06
3. (34) K. Bailey 0/40	Mercia	20.13
4. (41) L. Askew 0/50	HelmH	20.49
5. (49) L. Needham	Wharf	21.27
(53) J. Powell 0/50	Wharf	21.55
(57) C. Harding 0/40	P&B	22.44
(62) L. Buck 0/50	CFR	22.54

86 finishers

JUNIORS

Boys U/9

1. K. Reeday	Barlick	3.48
2. J. Timbers	Kghly	4.10
3. T. Jebb	Bing	4.11

Girls U/9

1. B. Buckley	Kghly	3.44
2. E. Hooper	Wharf	4.12
3. B. McCredie	Barlick	4.17

Boys U/12

1. A. Peaker	Kghly	5.42
2. T. Hooper	Wharf	5.56
3. J. Sadler-Townsend	Kghly	6.02

Girls U/12

1. K. Buckley	Kghly	6.28
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2. L. Pickles	Barlick	6.33
3. Z. Brannon	CFR	6.54

Boys U/14

1. C. Allmond	Amble	7.13
2. J. Lamb	Chorl	7.49
3. T. Adams	CFR	7.58

Girls U/14

1. R. Flaherty	Bing	8.22
2. O. Aldham	Wharf	9.02
3. E. Bradley	Horw	9.03

Boys U/17

1. S. Headley	Kghly	11.26
2. F. Grant	Chesterf	11.50
3. A. Flaherty	Bing	12.10

Girls U/17

1. M. Preece	Telf	14.23
2. E. Swarbrick	CFR	15.30
3. K. Handley	Whaf	19.47

EXTERMINATOR / Derbyshire

AL/25.7km/1290m / **01.09.19**

The finale to the Totley AC Series, the Exterminator is a 16 mile loop of over 4,000 feet of ascent, ranging from the south west of Sheffield over to Hathersage in the Peak District and back. It's a testing end-of-summer race and this year although there was a little bit of rain, it was still very warm. We had a couple of injuries and thanks go to passing spectators and a medically qualified mountain biker from the Ride Sheffield group for offering immediate assistance with the injured.

First home was defending champion, Steve Franklin of Totley in 2:07:20 with Aidan Smith of Hallamshire Harriers two minutes behind him and Totley's Charlie Baker in third place in 2:14:24. Sixteenth overall and first lady was Totley's Rachael Lundgren in 2:36:18 followed by Steel City Striders Fran Cummins and Caz Kay of Totley AC.

Exterminator - Craig Fishwick (Dark Peak Fell Runners) leading Colin Osborne (Totley AC) ©Jamie Rutherford Photography



Placings in the Exterminator determine the outcome of the Totley AC Series. Congratulations to Greg Hopkinson from Nottingham and Rachael Lundgren Totley AC, the men's and women's 2019 Champions respectively.

As ever, I am indebted to all the volunteers who registered, marshalled, swept, timed, and cheered on the runners at all the Totley races this year. Roll on the Totley Series for 2020!

Harriet Eisner

1. S. Franklin	Totley
M. Anderson 0/40	Totley
R. Snowden 0/50	Totley
S. Pipe 0/60	Unatt
M. Cochrane 0/70	

LADIES

1. R. Lundgren	Totley
C. Kay 0/40	Totley
N. Rafferty 0/50	Steel
D. Pelly 0/60	Unatt
C. Hartwright 0/70	Totley

ILKLEY INCLINE / North Yorkshire

CS/1.6km/171m / **04.09.19**

The Ilkley Incline has been running since 2002, a one-mile uphill-only race, with a total ascent of 560 ft. It attracts all sorts of runners from local clubs, keen to challenge themselves over this lung-busting distance. This year's race was amid wet and windy conditions, although the rain ceased as the runners congregated at the foot of Keighley Road.

A strong field saw Nathan Edmondson win the race in 7:25 from Cam Reilly in second, and Jack Wood in third – making up an Ilkley Harriers 1, 2, 3.

Ailish Graham was the first woman home for the second year running with Kate Archer and Rachel Carter in second and third. Ailish's winning time of 8:58 is the first time since 2015 that a woman has gone under nine minutes.

It was a great night of racing with some close competition across many of the age categories.

Caroline Howe

1. N. Edmondson	Ilk	7.25
2. C. Reilly U/23	Ilk	7.39
3. J. Wood	Ilk	7.58
4. I. Jacso 0/40	Ilk	8.05
5. G. Ravenhall	Unatt	8.14
6. R. Mantle U/23	Bing	8.17
7. S. Gott 0/40	Ilk	8.29
8. D. McKeown 0/4	Ilk	8.36
9. S. Green	Wharf	8.37
10. D. Westhead 0/50	Ilk	8.30

VETERANS 0/50

1. (10) D. Westhead	Ilk	8.39
2. (13) T. Ashelford	Ilk	9.07
3. (20) P. Shelley	Ilk	9.32

VETERANS 0/60

1. (29) P. Calderbank	Ilk	10.15
2. (43) P. Stephens	Ilk	11.43
3. (45) M. Pickering	Ilk	11.49

VETERANS 0/70

1. (64) G. Breeze	Wharf	13.55
2. (68) M. Long	Bing	15.02
3. (71) P. Lewis	Ilk	15.40

LADIES

1. (12) A. Graham	Wharf	8.58
2. (19) K. Archer 0/40	Ilk	9.29
3. (26) R. Carter 0/40	Ilk	9.58
4. (31) H. Wood	Ilk	10.18
5. (41) C. Westhead U/23	Ilk	11.29
(51) A. Bennett 0/50	Ilk	12.18
(55) A. Weston 0/50	Ilk	12.38
(60) H. Coulsey 0/60	Ilk	13.24
(61) F. Schneider 0/60	Ilk	13.28
(67) J. Elmes 0/50	Knaresb	14.45
(69) S. Kerr 0/40	Unatt	15.05

72 finishers

SOURTON TORS / Devon

AS/3.9km/244m / **04.09.19**

The Sourton Tors race marks the end of the Okehampton Running Club summer series each year, treating the Devon fell running community to a short and very sharp ascent of one of Dartmoor's most recognisable tors. It's probably the race that best epitomises the ORC summer series ethos – low-key, no-frills, friendly races in keeping with British fell racing traditions. You park in a farmer's field, register in a pub car park and run (or maybe walk) up and down a big rocky hill with limited if any route marking ...oh, and the runners who come in at the back of the field get bigger cheers than the winner.

The 2.6 mile route starts from the Bearslake Inn car park, follows the stream up to the moor passing under the fine, stone built Lake Viaduct before heading up a fiendishly steep track to Sourton Tors. The extreme gradient of the climb gets it a grade 'A' rating from the FRA. From there the runners loop back around the other side of the valley and descend as quickly as their nerves allow down a good grassy track back to the viaduct and home to the Inn.

With a field of 22 runners, the 2019 race remained one for the devotees. Winning the race with a clear lead was local Rhys Byrne, who had only moved back home to Devon the week before, in 21:03. First lady home was the ever impressive Robin Carter in 26:52, who also won the FV50 category as part of the deal (a fact she made sure to inform male winner Rhys of!).

Hugh Robinson

1. R. Byrne	Unatt	21.03
2. N. Sanders	Unatt	21.32
3. P. Crease 0/40	Okeham	21.34
4. P. Beacon	Unatt	21.58
5. J. Lane	Unatt	22.17
6. T. McKee 0/40	Tamar	22.32
7. M. Richards U/15	Okeham	22.35
8. T. Lowe 0/40	Newq	22.43
9. N. Daniels 0/40	Taunt	22.47
10. R. Best 0/50	TAC	24.34

VETERANS 0/50

1. (10) R. Best	TAC	24.34
2. (15) R. Carter	Dartm	26.52

VETERANS 0/60

1. (13) M. Rice	Okeham	26.13
2. (16) B. Funnel	OffRoad	30.01
3. (18) M. Cortvriend	Prestat	34.04

LADIES

1. (15) R. Carter 0/50	Dartm	26.52
2. (16) C. Fritsch 0/40	Okeham	30.01
3. (16) B. Funnel 0/60	OffRoad	30.01
4. (19) S. King	Unatt	36.09
5. (20) K. Bullingham	Unatt	37.49
(21) V. Cortvriend 0/60	Outfit	38.37
(22) J. White 0/60	Okeham	39.55

*22 finishers***BEN NEVIS / Highland**AM/14km/1347m / **07.09.19**

1. F. Wild	Lochab	1.32.05
2. J. Yells	Lochab	1.39.52
3. S. Fisher	Howg	1.43.44
4. R. Simpson	Shettle	1.44.24
5. C. Fraser	Lochab	1.45.14
6. S. Watson	Wharf	1.46.20
7. R. Howie U/23	Wharf	1.46.28
8. A. Jebb 0/40	Bing	1.47.04
9. L. Maude	Barlick	1.48.28
10. E. Tresidder	Lochab	1.48.55

VETERANS 0/50

1. (39) D. Gallie	Hland	1.59.09
2. (49) W. Breckenbridge	Shettle	2.01.07
3. (54) M. Gorman	Wlands	2.02.04

VETERANS 0/60

1. (116) P. Simpson	Carneg	2.15.08
2. (136) B. Johnson	Gala	2.18.11
3. (214) P. Kammer	Cosmic	2.29.30

LADIES

1. (98) S. Graham	Mourne	2.12.21
2. (117) C. Nance	Lons	2.15.26
3. (119) V. Peel U/23	Barlick	2.15.53
4. (161) R. Probert 0/50	Mynydmr	2.21.14
5. (162) L. Walter	Lochab	2.21.21
(164) M. Meldrum 0/40	Lochab	2.21.25
(171) S. Devey 0/40	Lochab	2.22.14
(180) A. Blackhall 0/40	Lochab	2.24.02
(267) N. Forster 0/50	Lochab	2.38.29
(284) S. Alwynne 0/50	Mourne	2.41.30
(297) N. Horsfall	Clay	2.44.26
(375) R. Evans	Wester	2.58.25

*449 finishers***MORRONE HILL BRAEMAR GATHERING / Aberdeenshire**AS/4.8km/368m / **07.09.19**

1. J. Espie	25.33
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2. M. Davis	28.26
3. T. Knox	29.14
4. R. Creber	30.01
5. M. Lunt	30.06
6. B. Marshall 0/40	30.30
7. A. Walker	30.35
8. M. Cockerell	32.08
9. F. Wood	32.23
10. S. Gaskell	32.37

LADIES

1. L. Knox	36.20
48. V. Thornton 0/40	39.30

*74 finishers***PADFIELD PLUM / Derbyshire**BS/8.8km/320m / **08.09.19**

1. J. Fearn	Buxt	37.38
2. S. Soles U/21	Buxt	38.44
3. A. Frost 0/40	DkPk	39.14
4. S. Knowles 0/40	Penn	39.19
5. D. Fishwick 0/40	Chorl	40.47
6. M. Stansfield 0/40	EChest	40.59
7. C. Rice	RibbV	41.03
8. C. Jackson	Penn	41.54
9. K. Groom 0/40	DkPk	42.06
10. I. Fraser 0/50	EChest	42.24

VETERANS 0/50

1. (10) I. Fraser	EChest	42.24
2. (13) S. Willis	Sadd	43.05
3. (23) H. Darwin	Tod	47.09

VETERANS 0/60

1. (18) I. Warhurst	Penn	45.31
2. (38) S. Morran	CaldV	52.55
3. (41) F. Fielding	Penn	53.11

VETERANS 0/70

1. (72) C. Johnson	EChest	72.39
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LADIES

1. (7) C. Rice	RibbV	41.03
2. (22) H. Elmore 0/40	DkPk	47.02
3. (24) A. Hunter 0/40	Unatt	47.31
4. (34) C. Cummings	Unatt	52.41
5. (39) E. Gerrard	Penn	53.03
(40) R. Avanesian 0/40	ManchY	53.04
(54) E. McQueen 0/50	EChest	56.26
(56) E. Fleuriot 0/50	Penn	57.31
(65) M. Jeal 0/50	Gloss	60.19
(68) B. Nixon 0/60	P'stone	63.44

77 finishers

JUNIORS

1. J. Robertson BU15	Unatt	7.46
2. J. Fryers BU17	Pstone	8.13
3. J. Sunderland BU15	Unatt	8.15
4. A. Whelan GU17	Buxt	8.37
5. H. Baxter BU11	Holmf	9.02
6. F. Rogers BU11	Pstone	9.03
7. M. Powell GU13	Pstone	9.14
8. E. Fitzpatrick BU15	DkPk	9.43
9. M. Groom BU11	DkPk	9.51
10. L. Whelan GU13	Buxt	10.11
11) I. Groom GU13	DkPk	11.21
12. A. Crompton BU13	Gloss	11.34

12 Junior finishers

TOUR OF BRADWELL / Derbyshire

BL/25km/970m / **14.09.19**

This was our first foray into a September start date, so thanks to everyone who registered and all those who turned up on the day. We were lucky with the weather again, and the conditions were great for running and lounging around eating cakes, sharing stories on the grass in the warm sun at the end of the race.

This year, we had 101 starters from lots of different running clubs, including quite a few who had decided to make a weekend out of it in order to make the most of this part of the Peaks.

The first runner back was Steve Franklin in 2.01.20, which is just as well as he had to instantly rush off to attend his own wedding, which was due to start less than one hour later! We had grass confetti, a daft dance and wedding themed song to welcome him over the line. Not far behind was Matty Brennan in 2.02.53, followed 20 seconds later by Jason Brunnock in 2.03.13. First female back was Rosie Walwyn in 2.26.52, followed closely by Iola Hopkinson in 2.27.34 and Carla Gibbons in third spot in a time of 2.33.43.

Everyone taking part is a winner, but not everyone can be up there with the whippets, so to celebrate everyone taking part, this year, we had prizes for the first three male and female runners and for the 11th, 21st, 31st etc. runner. This seemed to go down well - it's not often you get a prize for coming 91st or being the final runner over the line!

Thanks to all the Bradda Dads and partners (and children) for volunteering to marshal, help out with the catering, supply the lovely cakes, and generally help to give the event a friendly, family/community feel. Thanks also to the landowners for allowing us access to land, the prize sponsors (Intrepid Brewery and Carbolite Gero) and to the runners who kindly added an extra donation to Bradda Dads.

Again, big congratulations and thanks to everyone who took part; all the money raised will again be used to fund Bradwell-based community projects. We hope you enjoyed your experience in Bradwell and the beautiful Hope Valley and hope to see you all again in 2020.

Stephen Hughes

1. S. Franklin	Totley	2.01.20
2. M. Brennan	ErewV	2.02.53
3. J. Brunnock	Buxt	2.03.13
4. M. Basnett	StaffsM	2.04.08
5. P. Davies	DkPk	2.05.03
6. G. Briggs O/40	DkPk	2.07.29
7. M. Nichols	Mat	2.08.46

8. P. Montgomery	Pstone	2.10.02
9. J. Wadelin O/40	EreV	2.10.45
10. T. Rutter O/40	DkPk	2.12.33

VETERANS O/50

1. (19) P. Cates	Orion	2.26.56
2. (23) I. Sampson	NLeeds	2.27.58
3. (23) M. David	Unatt	2.27.58

VETERANS O/60

1. (31) S. Wickham	ErewV	2.41.29
2. (44) D. Barnes	Horw	2.51.48
3. (56) J. Grant	Stamf	3.00.55

LADIES

1. (18) R. Walwyn	DkPk	2.26.52
2. (22) I. Hopkinson	Unatt	2.27.34
3. (28) C. Gibbons	Totley	2.33.43
4. (37) J. Bednall O/50	Buxt	2.45.49
5. (41) P. Wheeler	Unatt	2.49.06
(46) R. Lawrance O/40	Macc	2.56.04
(49) I. Gowers O/40	Springfs	2.58.28
(52) Y. Ravenhill O/40	Ilkest	3.00.31
(57) Z. Woodward O/50	Orion	3.01.07
(93) S. Jeff O/50	Buxt	3.58.56

99 finishers

BEINN RESIPOL / Highland

AM/12km/850m / **14.09.19**

Saturday 14th September, 13:00, Angus - hill marshal - calls down during the race briefing to let us know that he is on the summit. In his usual understated manner, he tells me "It's a bit blowy up here, but the Southwest ridge of the Beinn is protecting the approach, send them up." We'd been toing and-froing all morning about a lower turn back with 70 mph gusts and torrential rain forecast. A small weather window allowed the front runners to escape the worst of the rain but conditions were tough for the back markers.

Positions in the men's race pretty much stayed as they were from the first marshal point all the way to the summit and back down again with Sam Alexander staying ahead of French runner Elvin Laugier, while Luke Taylor finished third having traded places with Christopher Blake.

Angela Mudge was back on top having finished first in 2017 and second in 2018. CJ McPhail had her best finish on her fourth Resipol outing by placing second with Suzy Devey finishing third.

There were superb performances by locals Jake Willis (first MV40) and Rhian Evans (fourth lady) who are in great shape for their crack at the skyline this weekend. It is encouraging to see more and more locals give the race a bash.

A big shout out to Nathan Martin, Stu Crutchfield and Neil Waslidge for making it five years in a row. So many runners were returning for the third and fourth time to Resipole. Thank you for this support and for all the positive feedback and the kind words, needless to say we wouldn't have a race without you.

Another successful fun run took place with all 24 runners home before they were hosed by the downpour. A new course record was set by Jamie McConnell from Fort William.

After the races we had an amazing spread put on by Ewen's Room and with Jill from the Ardshealach donating soup. Thanks to the Real Food Café for their ongoing support and prizes. In the evening runners and family who stayed enjoyed a fantastic sit-down meal and trad music.

It's all for charity and we raised £620 to be split between Ewen's Room and Active Schools Ardnamurchan.

Stay tuned for updates on our next event.

David Houston

1. S. Alexander	Wlands	1.13.55
2. E. Laugier	BreizhV	1.15.05
3. L. Taylor	Hland	1.15.21
4. C. Blake	Wlands	1.20.41
5. S. Crutchfield	Lochab	1.21.20
6. J. Willis O/40	Lochab	1.25.55
7. A. Mudge O/40	Carneth	1.27.27
8. D. Ball O/50	Penicuik	1.32.54
9. E. Todd	Unatt	1.33.15
10. C. Plesses	Unatt	1.34.05

VETERANS O/50

1. (8) D. Ball	Penicuik	1.32.54
2. (11) N. Waslidge	Lochab	1.34.44
3. (14) D. Crowe	Penicuik	1.36.08

VETERANS O/60

1. (28) I. Johnson	DkPk	1.56.44
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LADIES

1. (7) A. Mudge O/40	Carneth	1.27.27
2. (17) C. Macphail	AnsterH	1.38.19
3. (18) S. Devey O/40	Lochab	1.39.05
4. (21) R. Evans	Strath	1.42.02
5. (22) M. Meldrum O/40	Lochab	1.45.09
(32) K. Crowe O/50	Penicuik	2.13.57

41 finishers

SCAFELL PIKE / Cumbria

AS/7.2km/914m / **14.09.19**

The 2019 Scafell Pike had near ideal conditions, although summit winds were strong. The problem was the sheer number of folk at or near the summit which for the competitors involved a lot of shouted warnings and jumping to one side or another on the ascent and even more the descent, frequently going offline over rocks etc. Some tumbles were had as a consequence but luckily no injuries.

120 runners set off & there was only one retirement.

John Yells, Robin Howie MU23 and Tobias Barthelmes MU21 passed through the summit inside one minute and maintained that order at the finish but, by then, spread across 3.5 minutes. Toby Umpleby came in a creditable ninth at 16 years old. Well done Mark McGoldrick MV40 was fourth and Mike Robinson MV50 was 13th, with Philip Pearson MV60 winner at 30th. The Walsh brothers both ran well, in their 70s and after having done the Ben the previous week too - amazing!

Leading lady, Isla Mackay, came 39th ahead of Monica Padilla and third lady, Lucy Stobbart. Nichola Dugdale FV60 ran faster than the FV50/55s!

As for the past 4 years, we had a large turnout of British Army runners who have been both very welcome and have boosted the field size.

First gent's team were Wharfedale and ladies' winners were Cumberland FR. John Yells was King and Monica Padilla the Queen of the Mountains (Snowdon/Ben/Scafell) and Robin Howie/Monica Padilla the Jack & Jill (Scafell).

Many thanks to all of the helpers, with special gratitude to our treasurer Rob Davis, who stepped in at the last minute to replace me as Race Organiser so I could have a run... 30 years after my last Scafell Pike! On the summit our regular & reliable Terry Kirton with Brian Finlay and John Heneghan

(RO for the Muncaster fell race). On the ground were David Hughes (RO last year), Andrew Bradley and John Rea together with Dave Elthorpe as paramedic and, of course, the wonderful Joss Naylor who presented both the prizes and a special tribute to the Walsh brothers from Bowland who have run pretty much every Scafell Pike since 2000 excepting the FMD year 2001. Also to the National Trust for allowing us to hold the race, the Wasdale Head campsite for permitting us to share their facilities and to Andrew Lopez-Naylor for the kind use of the field for parking/registration/start/finish.

Richard Quinn

1. J. Yells	Lochab	55.01
2. R. Howie U/23	Wharf	56.39
3. T. Barthelmes U/21	Kesw	58.35
4. M. McGoldrick O/40	Wharf	58.43
5. J. Walton U/19	Kghly	59.49
6. D. Poole	Barlick	1.01.23
7. M. Richardson	Salt	1.02.17
8. G. Davidson	Lochab	1.02.19
9. T. Umpleby U/17	Kend	1.02.33
10. E. Bland	Bowl	1.02.44

VETERANS O/50

1. (13) M. Robinson	DkPk	1.03.39
2. (18) S. Smithies	CaldV	1.05.49
3. (24) S. Umpleby	Kend	1.07.29

VETERANS O/60

1. (30) P. Pearson	NFells	1.10.32
2. (65) T. Symonds	NFells	1.21.33
3. (69) M. Jewell	BlkCmb	1.22.48

VETERANS O/70

1. (114) M. Walsh	Bowl	1.43.49
2. (118) P. Walsh	Bowl	2.00.56

LADIES

1. (39) I. Mackay	Lochab	1.14.25
2. (46) M. Padilla	Wharf	1.15.27
3. (55) L. Stobbart	CFR	1.19.12
4. (56) J. Lee O/40	NFells	1.19.29
5. (59) E. Weston O/40	Congle	1.20.13
6. (70) M. Entwistle O/40	Dees	1.23.37
(74) N. Dugdale O/60	Clay	1.25.47
(86) A. Cummings O/50	CFR	1.28.53
(87) A. Graham O/50	CFR	1.29.13
(90) A. Barker O/50	CFR	1.31.08

119 finishers

HODDER VALLEY SHOW / Lancashire

BM/10km/350m / **14.09.19**

After a damp week, the sun shone on race day masking the damp conditions higher up on the fell. This year it was the turn of Newton-in-Bowland to host the show and the fell race. As by tradition, the field of 41 seniors started in the main ring and after just a few hundred yards were faced with a very steep climb through pastures before settling down to more undulating terrain. It was soon apparent that Ben Abdelnoor was very strong with a commanding position held on the approach to the fell proper. This lead was further accentuated during a fast descent putting him almost four minutes ahead of the next runner at the finish.

The first female was Honor Thompson, who had a brilliant race with a five-minute lead on her nearest rival. The finishers were all greeted by yet more sunshine and bottle of Bowland Beer!

A huge thanks to the local farmers and the brilliant marshals who ensured the race ran like clockwork.

Steve Cox

1. B. Abdelnoor	Amble	54.40
2. P. Coates 0/40	Clay	58.27
3. D. Fishwick 0/40	Chorl	59.05
4. C. Helliwell 0/40	Clay	59.12
5. D. Nutall 0/50	Bowl	1.01.16
6. J. Ryder 0/50	Ilk	1.02.27
7. A. Priory 0/50	Clay	1.03.21
8. O. Roberts	Howg	1.04.56
9. M. Clawson	Ross	1.06.33
10. J. Singleton	Bowl	1.06.44

VETERANS 0/60

1. (22) K. Thomas	Burnd	1.12.48
2. (23) P. Dugdale	Clay	1.13.10
3. (34) A. Archer	Clay	1.25.33

VETERANS 0/70

1. (14) J. Holt	Clay	1.08.51
2. (40) P. Martin	Bowl	1.55.48
3. (41) A. Cardinale	Otley	2.04.59

LADIES

1. (21) H. Thompson 0/40	Skelmer	1.12.05
2. (26) J. Taylor 0/50	Bowl	1.17.41
3. (28) S. Howard	Ross	1.21.25
4. (32) M. O'Gorman U/23	Bowl	1.23.11

41 finishers

JUNIORS

U/10

1. H. Robert	Pendle	9.29.56
2. A. Lorimer	Run4	9.44.09
3. S. Thompson	Skelme	10.14.38
4. A. Bell	OneLife	10.51.36

U/18

1. T. O'Gorman	Unatt	27.03.49
2. O. Mowaghan	Unatt	31.03.01
3. O. Procter	Unatt	31.03.04

CASTLETON SHOW JUNIOR / Derbyshire

14.09.19

Well done to the kids who turned up 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, Livi and Ellie Wright, Sam Benson, Sid Bolland 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.

I hope you all enjoyed your runs this year and, all being well, we'll do it all again next year!

Chris Wright

6 - 11

1. O. Tomlinson	Clought	4.05
2. O. Dolphin	Saltb	4.14
3. E. Dolphin	Saltb	4.39
4. T. Risebrow	Grinkle	4.44
5. F. Watson	Whitby	5.00
6. A. Evane	Easing	5.01
7. R. Brew	Whitby	5.43
8. S. Brennan	Chest	6.14

U/14

1. M. Brennan	Chest	9.35
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16/18

1. G. Doyle	DkPk	10.14
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YORKSHIRE DOWNHILL TIME TRIAL / West Yorkshire

BS/1.5km/40m / **14.09.19**

2019's Yorkshire Downhill Time Trial was a great success, raising over £900 for Calder Valley Search & Rescue Team. Every penny helps to keep the team going so we can't thank you enough!

Men's winner was Martin Howard with an impressive time of 00:06:09 - a new course record. The previous record was Ted Mason (2018) 00:06:23. Martin also raised the most money – more than £100 with gift aid.

Ladies' winner was Lucy Needham in 00:08:49.

Junior winner was Tom Fryers in a time of 00:07:31.

Furthest Travelled: Simon White - all the way from Derby!

Calder Valley Search & Rescue Team would like to thank our AMAZING event sponsors, Havok Bike Park and Maid In Calderdale - Airbnb Property Management. Havok let us use their facility for free and are big supporters of the team. Maid in Calderdale generously covered the cost of the race numbers.

Thank you also to Todmorden Health Centre Champions 'Knit or Natter' group, who made us some fantastic knitted running vests to present as prizes to the event winners. Thank you to scienceinsport.my who provided some amazing prizes. Thank you to volunteers from Seasalt Cornwall who did a great job supporting the smooth running of the event.

Last, but certainly not least, a HUGE thank-you to our runners - you guys make the event what it is! The funds you have raised will help us to keep helping you.

We'll be back in 2020 so check the race calendar!

Richard Quinn

1. M Howard	CalderV	06.09
2. M Malyon	Baildon	06.38
3. D. Leckie	Tod	06.46
4. T. Brook	NthowP	07.02
5. T. Fryers	Pstone	07.06
6. J. Waller	Pstone	07.12
7. G. Pemberton	Wharfe	07.18
8. N. Goddard	Unatt	07.27
9. G. Edgley	Baildon	07.29
10. P. West	Salf	07.34
(20) L. Needham Lady	Wharfe	08.49

29 finishers

ISLE OF WIGHT FELL RUNNING SERIES, ST BONIFACE /

Isle of Wight

AS/3.9km/235m / **14.09.19**

The 25th Isle of Wight Fell Running Series took place in the second week in Sept and consists of three races held over two days with the runners covering 24 miles of off road running with over 4300 feet of ascent. This year we had a very good 242 runners registered and 500 finishes in the 3 races. The races were hosting the SEAA Fell Running Championships for the 21st year. The races were inaugurated in 1995 by Eddie Leal (FRA Membership No. 2).

This year's again saw some good entries from Victoria Park Harriers, London Frontrunners, Serpentine Running Club, Cambridge Harriers, Compton Harriers and Mynydd Du with local clubs Ryde Harriers and IWRR also well represented.

Race one, the St. Boniface Fell is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down, the runners covering 4km and 776 feet of ascent.

It's then all too short a gap to race two, The Ventnor Horseshoe, held on Saturday afternoon. The runners again start at the seafront and ascend St. Boniface before descending to Wroxall, through to Cooks Castle and then the railway line before the long ascent to St. Martins Down (and the steps), Luccombe Down before returning via a descent of St. Boniface. The runners cover 12km here with 1600 feet of ascent.

Sunday morning sees quite a few stiff runners lining up for the Wroxall Round, the longest with the runners covering 21 kilometres and 1600 feet of ascent. The race starts off relatively flat through La Falaise Park before ascending to Watcombe Bottom and Stenbury Down. It's then a steep descent to Stenbury Manor before another ascent to Gat Cliff, Freemantle Gate. Then through to the Donkey Sanctuary and the railway line before another long ascent to St. Martin's Down (that cliff again) and Luccombe Down before the descent of St. Boniface to the finish.

The weather held for the weekend leading to some very dry conditions for some fast descents.

In the St Boniface Fell (Race 1) Aaron McGrady won the men's race in 16:30 beating the previous record by 29 seconds with Rachel Thomas winning the ladies' race in 19:35 knocking a very respectable 44 seconds off her own record.

In the Ventnor Horseshoe (Race 2) men's winner was Neil Kevern in 53:01 with Rachael Thomas again winning the ladies' race in 59:13.

In the Wroxall Round (Race 3) men's winner was Aaron McGrady in 1:19:11 with Rachael Thomas again winning the women's race in 1:31:44.

First Island man over the series was Stuart Backhouse of IWRR, 25th, 25th and 21st respectively in the races (giving him third MV40 over the series). Hayley Baxter was first Island lady over the series (13th 11th and 12th respectively in the races), this gave Hayley second FV40 in the series again quite an achievement against some serious opposition.

Other Island runners completing the three races were Jess Riach (WightLink Wight Mountain), Rosie Eldridge (RH), Fatima Rossayssi (Newport), Ross Wilkes (IWRR), Ben Johnson (WightLink Wight Mountain), Rees Cooper (East Cowes) – Rees was second MU23 over the series and just 18 years old, Steve Apsey (IWRR), Nigel Eldridge (Ryde Harriers), Bryan Jones (RH), Simon Jones (Wight Tri), Trevor McAlister, Richard Melville, Ken Beak (all RH), Andrew Cross (Newport), Glenn Sharman (East Cowes), Anthony Marvin (Newport), Keith Ruth (RH).

In the Race 1 MU18, James Button (Unattached), was first in a very respectable 23:17 knocking four and a half minutes off his last year's time with Jimi Eldridge (Ryde Harriers) second in 24:28.

This year saw the introduction of an U23 category with Noah Hurton of Eden Runners first male and Ellen Williams of Southend AC first female.

In the SEAA Fell Running Championship (over the series of 3 races) men's winner was Josselin Polini (Victoria Park Harriers & Tower Hamlets AC)

with Rachael Thomas completing a double for the club. In the SEAA team Victoria Park and Tower Hamlets again swept the board in the teams winning first three men's and ladies' teams.

SEAA veteran winners were MV40 Andrew Reeves (Serpentine Runners), MV50 Garry Parsons (London Frontrunners), MV60 Nick Brooke (Dorset Doodlers), MV70 Steve Herington (Victoria Park), FV40 Natasha Cendrowicz (Highgate Harriers) and FV50 Elaine Battson (Victoria Park). Many thanks to Wight Event First Aid for the cover over the two days, to Paul Judge (of the Leconfield Country House Bonchurch) for sponsoring the races again and to Wightlink for their generous travel sponsorship for mainland runners.

Chris Lewis

1. A. McGrady	VicP/Tow	16.30
2. J. Vogel	Serp	17.41
3. J. Polini	VicP/Tow	17.45
4. M. Marshall	Sthampt	17.50
5. F. Lassonde	VicP/Tow	17.53
6. N. Hurton	Eden	18.04
7. N. Kevern	Brackn	18.17
8. J. Dale	VicP/Tow	18.27
9. D. Bryers	VicP/Tow	18.30
10. C. Johnston	VicP/Tow	18.31

VETERANS 0/40

1. (17) A. Reeves	Serp	18.55
2. (19) N. Cook	VicP/Tow	19.32
3. (23) S. Buckley	Serp	19.47

VETERANS 0/50

1. (32) G. Parsons	LondF	20.35
2. (33) C. Poulton	Camb	20.42
3. (36) A. Waddington	Vegan	20.58

VETERANS 0/60

1. (61) S. Jones	Wight	22.20
2. (67) N. Brook	Dorset	22.42
3. (88) B. Pentland	Portsm	24.15

VETERANS 0/70

1. (109) S. Herington	Heref	25.46
2. (133) M. Anglim	Hardley	27.33
3. (149) J. Brayshaw	Totley	29.17

LADIES

1. (20) R. Thomas	VicP/Tow	19.35
2. (29) L. Kaye	VicP/Tow	20.16
3. (48) S. Pemberton	Serp	21.34
4. (50) K. Clark	VicP/Tow	21.42
5. (190) J. Singer 0/40	VicP/Tow	22.21
(64) M. Dohren 0/40	VicP/Tow	22.31
(70) C. Patterson 0/40	MynDu	23.04
(106) P. Goodall 0/60	Totley	25.41
(116) L. Summers 0/50	MynDu	26.03
(146) P. Andrews 0/50	Rugby	28.42
(148) E. Battson 0/50	VicP/Tow	29.16

173 finishers

VENTNOR HORSESHOE / Isle of WightBM/12km/443m / **14.09.19**

1. N. Kevern	Brackn	53.01
2. J. Polini	VicP/Tow	53.46
3. F. Lassonde	VicP/Tow	54.31
4. J. Dale	VicP/Tow	54.48
5. M. Marshall	Sthamp	55.07
6. W. Stanley	VicP/Tow	55.14
7. J. Vogel	Serp	56.01
8. S. Priestley	VicP/Tow	56.09
9. C. Johnston	VicP/Tow	56.34
10. M. Hughes	VicP/Tow	56.35

VETERANS 0/40

1. (11) A. Reeves	Serp	57.28
2. (18) N. Cook	VicP/Tow	59.48
3. (23) J. Gillanders	Serp	1.02.09

VETERANS 0/50

1. (25) G. Parsons	LondF	1.02.57
2. (28) C. Poulton	Camb	1.03.29
3. (33) A. Waddington	Vegan	1.04.26

VETERANS 0/60

1. (43) N. Brooke	Dorset	1.07.30
2. (58) S. Jones	WightT	1.09.51
3. (80) N. Holmes	FleetCrook	1.14.29

VETERANS 0/70

1. (122) S. Herington	Heref	1.24.01
2. (128) M. Anglim	Hardley	1.25.47
3. (136) J. Brayshaw	Totley	1.30.02

LADIES

1. (16) R. Thomas	VicP/Tow	59.13
2. (20) L. Kaye	VicP/Tow	1.00.19
3. (38) S. Pemberton	Serp	1.05.50
4. (41) M. Dohren 0/40	VicP/Tow	1.07.05
5. (48) K. Clark	VicP/Tow	1.07.42
(60) C. Patterson 0/40	MynDu	1.09.59
(74) S. Bint 0/40	VicP/Tow	1.12.55
(89) L. Summers 0/50	MynDu	1.16.00
(102) P. Goodall 0/60	Totley	1.18.39
(124) E. Battson 0/50	VicP/Tow	1.24.42
(146) P. Andrews	RugbyNH	1.34.17

159 finishers**ISLE OF WIGHT / Wroxall Round**CL/21.1km/487m / **15.09.19**

1. A. McGrady	VicP/Tow	1.19.11
2. J. Polini	VicP/Tow	1.20.24
3. N. Kevern	Brackn	1.23.24
4. F. Lassonde	VicP/Tow	1.25.19
5. J. Dale	VicP/Tow	1.25.48
6. M. Hughes	VicP/Tow	1.25.52
7. C. Johnston	VicP/Tow	1.26.34
8. J. Vogel	Serp	1.26.52
9. S. Priestley	VicP/Tow	1.27.18
10. A. Summers	VicP/Tow	1.27.48

VETERANS 0/40

1. (13) A. Reeves	Serp	1.29.09
2. (20) N. Cook	VicP/Tow	1.33.35
3. (23) S. Backhouse	IOW	1.35.11

VETERANS 0/50

1. (25) G. Parsons	LondF	1.35.43
2. (34) C. Poulton	Camb	1.39.41
3. (40) M. Tanner	Hardley	1.41.42

VETERANS 0/60

1. (36) P. Muffett	Unatt	1.40.49
2. (48) N. Brooke	Dorset	1.43.56
3. (80) N. Holmes	FleetCrook	1.53.58

VETERANS 0/70

1. (134) S. Herington	Heref	2.18.11
2. (141) P. Hadley	Camb	2.35.57
3. (150) I. Marshall	Camb	2.30.39

LADIES

1. (17) R. Thomas	VicP/Tow	1.31.44
2. (22) L. Kaye	VicP/Tow	1.34.23
3. (42) S. Pemberton	Serp	1.42.14
4. (45) H. Somani	VicP/Tow	1.42.55
5. (52) K. Clark	VicP/Tow	1.45.23
(73) C. Patterson 0/40	MynDu	1.51.35
(81) A. Champion 0/40	MynDu	1.54.03
(86) H. Baxter 0/40	IOW	1.55.14
(106) L. Summers 0/50	MynDu	2.01.55
(107) L. Gettings 0/50	Compt	2.02.08
(129) E. Battson 0/50	VicP/Tow	2.13.29

ISLE OF WIGHT RACE SERIES 2019**OVERALL RESULTS MEN**

1. J. Polini	VicP/Tow	7pts
2. N. Kevern	Brackn	11pts
3. F. Lassonde	VicP/Tow	12pts
4. J. Dale	VicP/Tow	17pts
5. J. Vogel	Serp	17pts
6. C. Johnston	VicP/Tow	26pts

VETERANS 0/40

1. A. Reeves	Serp	41pts
2. N. Cook	VicP/Tow	55pts

VETERANS 0/50

1. G. Parsons	LondF	76pts
2. C. Poulton	Camb	89pts

VETERANS 0/60

1. N. Brooke	Dorset	144pts
2. S. Jones	WightT	183pts

OVERALL RESULTS LADIES

1. R. Thomas	VicP/Tow	3pts
2. L. Kaye	VicP/Tow	6pts
3. S. Pemberton	Serp	9pts
4. K. Clark	VicP/Tow	14pts
5. J. Hall	VicP/Tow	19pts
6. C. Patterson 0/40	MynDu	24pts
H. Baxter 0/40	IOW	36pts

VETERANS 0/50

1. L. Summers	MynDu	60pts
2. E. Battson	VicP/Tow	85pts

VETERANS 0/60

1. P. Goodall	Totley	64pts
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BOFRA EMB SAY / North Yorkshire

AS/4.4km/244m / **15.09.19**

What more than one runner described as perfect running conditions of cloudy bright skies and slightly cooler temperatures certainly drew the crowds at this year's Embsay Fell Race.

A huge field of 120 senior and 167 junior runners toed the start line to tackle the varied terrain that this set of races provide.

All races start in the field next to the Elm Tree Inn and all courses start with an uphill charge through the first lush, grassy field. The gate into the second field marks a levelling off of the course to reach the far gate and U9 turn. Once through this gate, the terrain changes to that of farm track. The track winds round the hill and into yet another field where it's all change underfoot to cross a boggy field and stream to reach the U12 turn. Here the U14s continue right through a marshy field to reach their turn at the fell wall. Meanwhile, the senior and U17 routes turn left, across some equally marshy fields reaching the fell through the grounds of Grouse Cottage. Their course then skirts around the bottom of the fell, with views of sailors enjoying the reservoir before climbing up through a steep rocky path to reach the summit of Embsay Crag. There is now some respite in the form of a skyline run across the top of the fell before descending to meet the U14 turn at the fell wall. From here the course bounds back across soft undulating fields to reach the all-important finish line.

The senior race was won by season champion, Simon Bailey in an impressive time of 18.32, from Harry Coates, second and Jack Cummings, third. The ladies' race saw some very welcome unfamiliar faces on the podium as Rachel Carter won ahead of Catherine White, second and Sarah Flaherty, third.

The U17 race follows the same route as the seniors allowing a late season, senior and junior comparison. However, the field was depleted as many of the familiar faces were absent due to other racing commitments. Race winner was Alex Flaherty in a time that would have placed him 13th in the senior race. Second and third boys were Jack Villiers and Declan Walker. The girls' race was won by the very well-travelled Maggie Preece in a time that would have placed her second in the ladies' race. Emily Swarbrick took second place ahead of Hannah Eccles.

The U14 race was won by Charlie Allmond William Hall, second and William Walker, third. The girls' race was won by younger sister of the U17 boys' winner, Rebecca Flaherty, making podium finishes a family affair. Charlotte Rawstron was second girl home ahead of Emma Bradley, third.

Rowan Ashworth won the U12 race from Logan Walker and Alexander Wolfenden, third. Girls' race winner was season champ, Lucille Pickles, with Charlotte Chambers second and Zoe Brannon third.

The familiar face of Isaac Reeday won the U9 race from another familiar face, Carl Sanderson, second and Joe Timbers, third. First and second girls were club mates Elena Hooper and Isobel Patefield. Third girl home was Millie Reid after a split second sprint finish.

Su Thompson

1. S. Bailey	Mercia	18.32
2. H. Coates	Wharf	18.59
3. J. Cummings	Ilk	19.04
4. T. Millard	Wharf	20.05
5. I. Willis 0/40	Kghly	20.53
6. A. Brown 0/40	Bing	21.00

7. A. Holt 0/40	Ross	21.03
8. I. Gibbons 0/40	Ilk	21.04
9. P. Crabtree 0/50	Wharf	21.05
10. T Chadwick	Skipt	21.18

VETERANS 0/50

1. (9) P. Crabtree	Wharf	21.05
2. (28) S. Smithies	CaldV	23.57
3. (33) B. Thompson	CFR	24.23

VETERANS 0/60

1. (34) G. Schofield	Horw	24.35
2. (39) G. Bastow	Ripon	25.22
3. (42) D. Allen	NMast	25.40

LADIES

1. (35) R. Carter 0/40	Ilk	24.42
2. (54) C. White 0/40	Unatt	26.36
3. (56) S. Flaherty 0/40	Bing	26.43
4. (64) M. Ives	Skipt	27.16
5. (70) J. Powell 0/50	Wharf	27.59
6. (71) A. Bulcock 0/50	Skipt	28.28
(79) S. Marshall 0/50	Skipt	29.18

118 finishers

Juniors

Boys U/9

1. L. Reeday	Barlick	4.32
2. C. Sanderson	Settle	4.40
3. J. Timbers	Kghly	4.42

Girls U/9

1. E. Hooper	Wharf	4.47
2. I. Patefield	Wharf	4.53
3. M. Reid	Chorl	4.53

Boys U/12

1. R. Ashworth	Amble	9.00
2. L. Walker	Bing	9.07
3. A. Wolfenden	Ilk	9.14

Girls U/12

1. L. Pickles	Barlick	9.57
2. C. Chambers	Otley	10.00
3. Z. Brannon	CFR	10.29

Boys U/14

1. C. Allmond	Amble	13.16
2. W. Hall	Kghly	13.27
3. W. Walker	Trawd	13.57

Girls U/14

1. R. Flaherty	Bing	15.32
2. C. Rawstron	Otley	15.41
3. E. Bradley	Horw	16.37

Boys U/17

1. A. Flaherty	Bing	21.55
2. J. Villiers	Barlick	22.51
3. D. Walker	P&B	23.39

Girls U/17

1. M. Preece	Telf	24.57
2. E. Swarbrick	CFR	27.28
3. H. Eccles	Clay	31.44

LA SPORTIVA LAKE DISTRICT MOUNTAIN TRIAL / Cumbria

15.09.19

The 65th Mountain Trial was based at Stool End Farm, Great Langdale. Overnight rain and wind subsided to leave a mild breezy day with cloud hovering over the highest summits. Greasy rock and wet grass slopes required sure footing and ensured that endurance as well as navigation were well tested.

Three courses were used, all planned by Dan and Karen Parker. Mike Hind was the Controller this year. Of the 229 competitors, 82 started the Classic Trial, with 66 completions. 48 started the Medium Trial (46 completed) and 99 took part in the Short Trial, including 24 pairs to encourage the younger and older generations to participate in this evergreen event. The testing courses provided good competition, and some outstanding performances.

David Wolfendale

CLASSIC 27.2km/2150m

1. N. Talbott	Amble	4.36.23
2. A. Schofield 0/50	Borr	4.51.20
3. J. Wright	Amble	4.53.29
4. I. Embrey	Bowl	5.04.13
5. S. Stead	Kesw	5.06.10
6. L. Eccles	PennyL	5.06.25
7. D. Love	Bowl	5.07.14
8. D. Archer 0/40	DFR	5.08.03
9. A. McVey	Carneth	5.10.21
10. N. Barber	HelmH	5.15.06

VETERANS 0/50

1. (2) A. Schofield	Borr	4.51.20
2. (14) S. Birkinshaw	Borr	5.22.52
3. (23) J. Whitaker	Hgate	5.56.08

VETERANS 0/60

1. (41) L. Warburton	Bowl	6.38.09
2. (66) A. Miller	Kend	8.27.04

LADIES

1. (20) H. Orr	BlCmb	5.40.43
2. (21) H. Fallas	Carneth	5.44.07
3. (31) S. Richmond 0/40	Penn	6.14.04
4. (33) B. Halcrow	Hgate	6.20.42
5. (49) J. Oates	HelmH	6.54.54
(63) A. Wainwright 0/50	DkPk	8.11.28

66 finishers

MEDIUM 19.0km/1500m

1. Z. Harding	EdinUni	3.15.34
2. R. Finch	Sthamp	3.54.58
3. M. Smith 0/50	ForthV	4.06.38
4. M. Pickering	UBOC	4.07.49
5. S. Jones	Amble	4.10.56
6. C. McIntosh 0/50	P&B	4.11.07
7. C. valentine 0/50	Kesw	4.13.33
8. M. Foxwell 0/40	Amble	4.26.49



LDMT - Duncan Davis (Carnethy) ©Dave Fenwick

9. M. Seddon	P&B	4.27.21
10. S. Oxley 0/50	Settle	4.30.42

VETERANS 0/60

1. (11) G. Briggs	Penn	4.32.17
2. (28) M. Garratt	EskV	5.25.00
3. (32) D. Thompson	Border	5.38.16

VETERANS 0/70

1. (42) G. Arthur	Hand	6.01.04
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LADIES

1. (1) Z. Harding	EdinUni	3.15.34
2. (5) S. Jones	Amble	4.10.56
3. (8) M. Foxwell 0/40	Amble	4.26.49
4. (13) L. Todhunter	RRose	4.38.36
5. (15) R. Beadle 0/50	Lkland	4.42.17
(19) R. Browne 0/50	Bowl	4.51.36
(23) C. Wilson 0/40	Ross	5.11.01
(29) S. Hempzell 0/50	Amble	5.25.22
(32) D. Thompson 0/60	Border	5.38.16
(37) W. Dodds 0/60	Clay	5.50.33

46 finishers

SHORT 12.6km/1190m

1. B. Kent U/21	HelmJ	2.28.08
2. J. Todd 0/40	Kend	2.28.12
3. T. Culshaw	Gloss	2.46.28
4. M. Burley	Macc	2.50.05
5. M. Bryant	Unatt	2.51.52
6. P. Haines 0/60	Airient	2.52.08
7. N. Booker	Macc	2.56.17
8. K. Bryan-Jones/E. Patton	DkPk	2.58.10
9. D. Ratcliffe 0/60	Ross	3.09.22
10. N. Evans 0/50	WCO	3.10.45
(18) A. Clough 0/60	Wrekin	3.35.09

VETERANS 0/70

1. (32) C. Lates	Border	4.02.23
2. (42) R. Wren	Border	4.18.52

LADIES

1. (20) A. Wilson	Gloss	3.40.01
2. (26) J. Morgan 0/50	Sthamp	3.51.53
3. (30) K. Donovan	Unatt	3.57.45
4. (34) M. Dixon	FRA	4.04.06
5. (40) J. Hodgson 0/50	Sadd	4.14.45
(45) D. Tunstall 0/50	DFR	4.23.36
(49) J. Davies 0/60	Sadd	4.35.26
(53) K. Thompson 0/60	Clay	4.52.09
(55) C. McNeill 0/70	Lkland	4.53.19

95 finishers

FAT BOYS STANAGE STRUGGLE / Derbyshire

BS/9.9km/355m / **15.09.19**

In the arena of fell running, I lost my virginity to the Fat Boys back in 2012, so it was a special pleasure to take over as race director for the 2019 Stanage Struggle. Although not as sunny as forecast, conditions were still very good on the day, providing for the rewarding view that entrants get as

they top Stanage Edge. A number of other local events (Nine Edges, Tour of Bradwell, and the Kinder Beer Barrel Challenge) kept our numbers a little lower than in previous years but 229 athletes from as far away as Canada still turned out on the day. As usual we had a lot of first timers who all seemed to enjoy themselves, which was great.

The race commenced on time at 11 a.m. (shortly followed by our children's race), and our competitors bounded with aplomb onto our 9.9 kilometre course. Word reached the finish field early that we were looking at a very fast ladies' time and this was born out on the finish line with Phillipa Williams smashing the long-held female record time by almost two minutes, crossing the line in second place at 42:41. Amazing stuff! Martin Dawson put in an excellent performance to cross the line in first place at 41:23.

With gratitude to Edale Mountain Rescue and St. John's Ambulance for attendance on the day, as well as to businesses in and around Hathersage for a range of excellent donations for prizes. Many thanks also to the Fat Boys and their long-suffering friends and families who provided superb support in many roles before, during, and after, the event.

Chris Martin

1. M. Dawson 0/40	NDerby	41.23
2. P. Williams Lady	Sheff	42.41
3. A. Sabey	Unatt	42.55
4. G. Jones	Unatt	43.59
5. M. Blair 0/40	Mat	44.09
6. J. Thorpe 0/40	Mat	44.23
7. P. Morris	Clowne	44.30
8. M. James	PorterV	44.41
9. M. Nolan 0/50	DkPk	45.04
10. S. Thompson	Mat	45.10

VETERANS 0/50

1. (9) M. Nolan	DkPk	45.04
2. (21) A. Wainwright	Unatt	47.07
3. (30) S. Bell	DkPk	48.15

VETERANS 0/60

1. (43) I. Warhurst	Penn	50.30
2. (51) P. Wallis	Tidesw	51.43
3. (52) D. Hobson	Dronf	51.44

LADIES

1. (2) P. Williams	Sheff	42.41
2. (42) F. Cummins	Steel	50.22
3. (54) C. Prosser	DkPk	51.55
4. (64) G. Cox	Unatt	52.58
5. (72) J. Worboys-Hodgson 0/40	DenbyD	54.23
(87) C. Wheelhouse 0/60	Donc	56.34
(92) K. Busfield 0/40	Ashb	57.23
(106) N. Owen 0/50	Belper	59.09
(111) S. Roberts 0/40	Unatt	59.36
(124) D. Lodge 0/50	Totley	61.15
(172) M. Huyton 0/60	Macc	65.39

229 finishers

DALE HEAD / Cumbria

AS/7.8km/675m / **15.09.19**

Perfect conditions greeted the runners for this annual short fell race attached to the Borrowdale Shepherds' Meet.

Local club, Keswick AC, have dominated most of the local fell races this season but, with many of their runners involved in the Northern Road relays, there was the prospect of a more open race this year. It was Matthew Atkinson, a new member of Keswick AC, who led the race from start to finish and broke the course record. Matthew was hotly pursued by his cousin, Hannah Horsburgh. Despite taking a slightly longer route by crossing the bridge rather than fording the river and also taking a bad line on her descent through the quarry, Hannah still finished strongly in second place overall breaking last year's course record by over ten minutes and making it a family double as well as a double for Keswick AC.

Sue Ashley

1. M. Atkinson	Kesw	50.36
2. H. Horsburgh	Kesw	55.10
3. A. Raffle U/23	Altrinch	55.23
4. P. Reilly O/40	HelmH	56.22
5. K. Steinegger	Amble	56.28
6. D. Middlemas O/40	VStr	57.20
7. B. Simmonds	S.Molt	58.42
8. H. Seal O/40	CFR	63.21
9. M. Findlay	Unatt	63.31
10. P. Pearson O/60	NFells	64.38

VETERANS O/50

1. (16) T. Raffle	Altrinch	67.54
2. (17) D. Parker	CFR	68.22
3. (20) C. Allen	HelmH	69.35

VETERANS O/60

1. (10) P. Pearson	NFells	64.38
2. (28) N. Moore	CFR	83.18
3. (33) S. Moss	Teesd	88.40

LADIES

1. (2) H. Horsburgh	Kesw	55.10
2. (11) B. Dyer O/40	HelmH	64.59
3. (15) J. Rice	HelmH	67.37
4. (18) J. Gillyon O/40	Kesw	69.08
5. (24) M. Robson O/50	HelmH	74.56
(29) C. Gibson O/40	HelmH	85.27
(32) L. Malarkey O/70	Kesw	88.16
(34) L. Buck O/50	CFR	94.00
(36) S. Taylor O/50	Royst	118.11

36 finishers

CRAB FAIR / Cumbria

BM/13km/400m / **21.09.19**

Forestry works put paid to using the same route as last year, so it was a more or less out and back course this year. Being very late in the year for a mid-week evening 'medium' race means that an early start of 6.00p.m. is necessary but this didn't stop 45 runners turning up - over double last year! Many thanks to West Cumbria Tri and all of the local unaffiliated runners for helping boost the numbers.

The runners were rewarded with a perfect evening for racing. After 5 kilometres of fast running up the tracks to the bottom of Dent came the main route choice - directly up the 50% slope of the Hound or the longer way around on 'the zig-zags' (I won't print the local name ...), about a 80:20 split between the two options but everyone thought their route was quicker and it probably was for them! A blast to the top of Dent, all too short on the tops, and back down the parachute descent of the Chimneys (a little gentler at 40%) and back to the tracks for the long run for home.

First back was Sam Stead repeating his win on the first race in 2017, followed by Dan Mills, and third in was Sam Holding showing he is getting back on form after a long time off with injury. The ladies' race was a close run event with Lucy Stobbart first to summit but Elena Davis' stronger descending gave her the edge she needed to keep ahead of Lucy all of the way to the finish.

Thanks to all of the marshals, to Dave at Egremont Fire Station for letting us use their facilities and to Kong Adventure for the race numbers and prizes which enabled us to donate all of the entry money to the Firefighter's charity.

Jenny Jennings

1. S. Stead	Kesw	54.19
2. D. Mills	Kesw	56.55
3. S. Holding	CFR	59.28
4. A. Jackson O/40	WCumb	1.01.05
5. A. Roberts	Ellenb	1.02.17
6. D. Fishwick O/40	Chorl	1.02.33
7. M. Fussel	CFR	1.02.35
8. S. McCarthy	Ellenb	1.03.17
9. S. Pollen	CFR	1.05.01
10. P. McGough O/40	NYM	1.05.16

VETERANS O/50

1. (15) M. Amor	Unatt	1.09.23
2. (16) P. Jennings	CFR	1.10.07
3. (19) B. Williamson	CFR	1.12.37

VETERANS O/60

1. (18) B. Greaves	Royt	1.11.07
2. (40) N. Moore	CFR	1.29.02

LADIES

1. (13) E. Davis	CFR	1.08.00
2. (14) L. Stobbart	CFR	1.09.07
3. (25) J. Chatterley O/40	CFR	1.15.08
4. (42) L. Buck O/50	CFR	1.36.22

43 finishers

LANTERN PIKE / Derbyshire

BS/8km/320m / **21.09.19**

Once again the sun shone on the Hayfield Country Show. The balmy autumn sun was warm enough for al fresco registration- which was lucky as the registration tent blew away during the night and lay crumpled in a corner.

The shorter junior races through Park Hall woods were well attended with a healthy mixture of local juniors and Buxton AC athletes. The longer junior races over the moor were exclusively girls (where were you boys?) with more strong representation from Buxton.

In the senior race, 107 runners set off into the sunshine. Local superstar, Des Gibbons, had anticipated the heat and set up a drinks stall towards the top of the Lantern Pike - many a weary runner came into the finish expressing their thanks. I took the praise but now confess that it was all Des, nothing to do with me.

It had been five years since Lloyd Taggart had run the race and 14 years since he won it. Invigorated by turning 50, he left the young pups in the field standing and came home nearly two minutes clear of Andy Nixon. Chorlton Harriers took first and second for the ladies with Madeline Dickson and Clare Cummings 22nd and 33rd overall.

Special mentions go to Trevor Faulkner and Oliver Ball. Trevor completed his 18th (at least) Lantern Pike race at the age of 75. Oliver Ball missed the start of his Under 9 race but happily competed against the Under 11s across the same course and was awarded the "Spirit of Charlie" Trophy for the local junior who best demonstrates the determination to enjoy their run.

Many thanks to the marshals, landowners, registration team and the stallholders who got up in the middle of the night to catch the escaping tent.

Jim Trueman

1. L. Taggart O/50	Manx	35.57
2. A. Nixon	Stockp	37.51
3. S. Diamond U/23	Buxt	38.32
T. Penney U/23	Unatt	47.51
P. Skuse O/40	Gloss	40.26
P. Targett O/50	Holc	39.34
D. Clarke O/60	Unatt	42.45
J. Norman O/70	Altrinch	49.53

LADIES

1. M. Dickson	Chorlt	44.35
2. C. Cummings	Chorlt	47.27
3. N. Grobden O/50	Penn	48.19
M. Philbin U/23	Bolt	51.02
Z. Barton O/40	Gloss	49.04
J. Mellor O/50	Penn	50.28

BOYS

E. Ferguson U/9	Brabyne	3.52
C. Whitehead U/11	Unatt	3.04

GIRLS

M. Mellor U/9	Unatt	4.09
F. Brown U/11	Buxt	3.47
L. Whelan U/13	Buxt	9.17
L. Philbin U/15	Bolt	19.34
A. Whelan U/17	Buxt	19.58

107 finishers

PEAK DISTRICT CHALLENGE COPPER / Derbyshire

BL/25km/700m / **21.09.19**

125 entrants took part in the 25 kilometre Copper Peak District Challenge this year. Conditions this year were as good as we've ever had them, with a completely dry week leading up to the event and a very high completion rate compared to past years. Participants reported a range of conditions, from very hot bright sunshine and muggy riverside air, to strong cool winds over gritstone edges. Tweaks to the route to improve the variety of scenery and terrain were well received. This also reduced our impact on certain key footpaths, in line with our goals of minimising any impact of a well-organised challenge event.

Highlights mentioned by participants included the extra-especially-impressive home baking at Tideswell and our checkpointeer Katie's incredible enthusiasm and encouragement at White Rake (evoking tears from one correspondent).

Including fundraising from other challenge distances, our provisional fundraising total is over £50,000 for our good causes and partner charities

in different amounts depending on their number of fundraisers. Goals for next year include increasing the savoury food offerings earlier in the event, investigating improved toilet arrangements and trying to streamline the goody-bag handout and finish-line arrangements.

We hope to see you all back again in 2020!

Charlie Metcalfe

1. D. Barnett O/40	2.55.55
2. S. Blakeley O/40	3.22.26
3. R. Blakeley Lady O/40	3.23.03
4. C. Tyroll	2.24.20
5. D. Bowmaker O/40	3.29.10
6. M. Yule	3.29.15
7. S. Owen	3.29.17
8. N. McAleece O/40	3.53.00
9. N. Hardwick O/50	4.16.38
10. J. Dickinson Lady	5.12.36

VETERANS O/50

1. (9) N. Hardwick	4.16.38
2. (31) M. Wilde	7.22.00
3. (36) G. Cavan	8.52.58

LADIES

1. (3) R. Blakeley O/40	3.23.03
2. (10) J. Dickinson	5.22.48
3. (11) L. Pellowe O/40	5.12.37
4. K. Smith O/40	5.22.40
5. (14) J. Tomlins	5.22.48
6. (17) C. Tyler	6.28.44
(26) N. Millings O/50	7.01.58
(28) A. Cookson O/50	7.16.20
(62) J. Russell O/60	8.34.25
(77) T. Keenan O/60	8.52.35

110 finishers

BRITISH & IRISH JUNIOR MOUNTAIN RUNNING CHAMPIONSHIPS: SENIOR HOME INTERNATIONAL / Gwynedd

AM/11km/550m / **21.09.19**

Andy Douglas was a clear winner of the men's race at the British Athletics Mountain Running Championships. Against a stunning backdrop of the Snowdonia mountains, Douglas led from the start and went on to win by almost three minutes from Joe Steward who is returning from injury. Tom Adams finished closely behind Steward to clinch bronze. In the Home Countries International Scotland took the title from England with Wales third.

The women's race was a closer affair with the medallists finishing within 23 seconds. 2016 European champion, Emmie Collinge, took gold from newcomer to mountain running, Phillipa Williams and Heidi Davies. England were clear winners of the team competition from Scotland then Wales.

There was a strong field in the Junior Men's race with the four athletes who won the team competition at the European Championships in July all toeing the line. Individual European U20 champion, Joe Dugdale, added the British title to his collection with Joe Hudson taking silver and Matty Mackay bronze. First U17 was Fraser Sproul in seventh followed by Ben O'Dowd and Joel Taylor. England won the team competition in both age groups.

In the Junior Women's race, Lauren Dickson of Scotland was a clear winner. Her closest challenger, Holly Page, suffered an ankle sprain on the final descent and was unable to finish. Welsh U17 athlete, Eden O'Dea, finished second and took the U17 title. The next two finishers were also U17 athletes: Anna Hedley of Scotland who took silver and Alexandra Whitaker of England who took bronze. Scotland won the team competition in both age groups.

The overall junior team competition was a close contest between Scotland and England with both teams on six points. England were awarded the title as they had the lowest aggregate number of points.

Arwel Lewis

CHELMORTON CHASE / Derbyshire

CS/8.05km/305m / **22.09.19**

Jake Fearn Buxton AC takes the win in 2019 Chelmorton Five Chase race in September rain showers. Jake took the lead from the start and held a healthy position. By High Stool he had 300 metres for the downhill finish to Main Street.

Buxton AC doubled the day in taking the one hundred pounds voucher team prize.

First lady home went to Gemma Cox, winner of the Windross Memorial Shield.

Medals to the first one hundred finishers were given out on the finish line in a soft September shower. Top place finishers got framed certificates with their live on the day race photos printed at the finish line.

Buxton Mountain Rescue joined the Chase marshalling team. The race was run under FRA race rules and was a hosted event on the Peak National Park web. Start line excitement saw a variety of teams at this years' event including Matlock, Clowne Road Runners and Dark Peak clubs.

The new course from last year took a mixed five mile route with a strong starting climb and a downhill finish that starts and finishes in Main Street in the village of Chelmorton in the heart of the Peak District at eleven hundred feet above sea level.

Mixed terrain, field grass, limestone track and tarmac made for a fast pace with terrific panoramas.

This event is more than a race, it's a village event. Ample car parking and toilets in Primitive Fields, SK17 9SH. Extensive marshalling and the famous set of blue arrows to follow between the limestone walls, a route below Chelmorton Low toward Taddington, returning down lanes for High Stool limestone track and then a picturesque downhill finish to Main Street.

Tracey Worth

1. J. Fearn	Buxt	30.04
2. L. Banton 0/40	Clowne	30.58
3. J. Mellor	Mat	31.18
4. M. Martin	Clowne	31.26
5. L. Taggart 0/40	Buxt	32.12
6. P. Wright	Mat	33.05
7. D. Stanley	Unatt	33.42
8. N. Porter	GoytV	34.13
9. R. Lloyd	Buxt	34.56
10. D. Fryer-Winder	Buxt	35.06

VETERANS 0/60

1. (18) M. Salkild	Vegan	37.53
2. (21) A. Bocking	Chesh	39.30
3. (26) R. Cooper	Unatt	40.09

LADIES

1. (15) G. Cox	Unatt	37.08
2. (22) K. Macfarlane	PennyL	39.45

3. (27) J. Douglas 0/40	StaffsM	40.48
4. (30) S. Willis 0/40	Unatt	41.16
5. (35) C. Nowill	Unatt	42.06
(48) H. Fryer-Winder	Buxt	47.42
(49) J. Waller 0/60	DkPk	48.05
(53) T. Pickard 0/60	Unatt	51.52

54 finishers

UTTERLEY BUTTERLEY / West Yorkshire

BS/8km/260m / **22.09.19**

A moody misty day for the Utterley Butterley but thankfully the rain held off for the 92 competitors.

Record holder and last year's winner, Rob James, won the race in 30:25 with Tom Mitchell second in 32:00 and Damian Kilpin third in 35:30. The first woman back was Annabel Ralph in 38:49, closely followed in by Rebecca Whalley in 38:56 with Fiona Williams third in 40:48.

The team prizes went to Marsden for the men and Saddleworth for the women.

As always, all proceeds from the race go towards the local Marsden Scout group.

Martyn Hodgson

1. R. James	Royt	30.25
2. T. Mitchell	Marsd	32.00
3. D. Kilpin 0/40	Pstone	35.30
4. M. King	Hfax	36.35
5. A. Doig 0/50	PeakB	37.21
6. S. Hutchinson 0/40	Marsd	37.27
7. L. Severn	Stain	37.51
8. G. Pitman	Slaith	37.54
9. M. Sanderson	Holmf	38.29
10. R. Gee 0/40	Sadd	38.39

VETERANS 0/50

1. (5) A. Doig	PeakB	37.21
2. (18) P. Crabtree	Kghly	39.17
3. (19) R. Bolton	OldhamR	39.28

VETERANS 0/60

1. (29) D. Barnes	Horw	41.28
2. (38) R. Roso	Sadd	43.38
3. (55) A. Essex	Sadd	47.03

LADIES

1. (12) A. Ralph	Bburn	38.49
2. (14) R. Whalley	Manch	38.56
3. (25) F. Williams	Roch	40.48
4. (27) G. Mitchell 0/50	Unatt	40.54
5. (32) S. Brewer 0/40	Melth	42.19
(46) C. Fryer 0/50	CaldV	44.54
(56) R. Johnstone 0/40	Melth	47.29
(57) S. Turscey 0/50	Sadd	48.07
(61) S. Darke 0/40	Sadd	49.24
(67) G. Markham 0/60	Melth	50.16
(69) A. Baldwin 0/60	Stain	50.29
(74) J. Davies 0/60	Sadd	51.30

91 finishers



Ilam National Trust - Mark Lamb (Keswick AC) ©Grand Day Out Photography

ILAM NATIONAL TRUST / Derbyshire

AS/7.5km/353m / **22.09.19**

We were very honoured to host the final race in the English championships in Ilam in the White Peak. It was a great local effort from the National Trust, Ilam YHA, Ashbourne Running club, friends, neighbours, Ilam school parents and farmers.

The route took in three summits which, although relatively short climbs, were steep and fast with the race starting straight up Bunster Hill and finishing at Ilam Hall (the nasty little incline at the finish was requested by Max Wainwright).

Thanks to Pete Bland Sports and Inov 8 for sponsoring the prizes (and bringing the shop down south).

Alison Wainwright

1. M. Lamb	Kesw	35.18
2. J. Battrick	Kesw	35.35
3. N. Lawson U/23	DkPk	35.44
4. S. Hebblethwaite	Kesw	35.49
5. S. Bailey	Mercia	35.57
6. M. Wainwright U/23	DkPk	36.06
7. D. Haworth	Mat	36.21
8. J. Wood	Ilk	36.22
9. M. Elkington	Amble	36.29
10. R. Jebb O/40	HelmH	36.50
(39) D. Birch O/50	Kesw	41.02
(71) W. Procter O/60	HelmH	44.48
(101) J. Holt O/70	Clay	49.34

LADIES

1. S. Taylor O/40	HelmH	44.09
2. H. Berry O/40	Holmf	44.37
3. E. Johnstone	Penn	45.38
4. A. Roberts	Tod	46.05
5. J. Bell	Kesw	46.26
6. E. Downs U/23	DkPk	46.38
(10) J. Jepson O/50	DkPk	46.38??
(20) K. Wallis O/60	Clay	52.03
(40) L. Malarkey O/70	Kesw	63.52

196 finishers

FRYUP FRAZZLER / North Yorkshire

AS/8.25km/400m / **22.09.19**

The race was held on a super day for the race organiser, marshals and helpers, maybe a tad warm for runners. The Yorkshire Moors were a treat for runners, with plenty of alternative race distractions 96 still signed on the line and finished the 2019 edition of the Frazzler.

The course has a bit of everything and is quintessential moorland running, at a shade over 8 kilometres and some 400 metres of climb.

From the off it was Stephen McDougall, Caroline Lambert and Ian Mc Grath who made the running. A steep tussocky grass first climb was followed by a technical descent, opportunity for the fleet of foot to gain time over less confident rivals. The first decent is followed quickly by a rocky transverse climb of Crossley Side, a sheep trod then takes runners to a steep descent of the hill they have just climbed. The final climb of the day is a stepped affair that takes runners up and through Walkers Plantation.

In a change to the 2018 event, a grassy descent hiding cobbles for the unwary leads runners to the apparent serenity of the highway. The course designer had one more sting in their tail with a short sharp road climb and a lap of the start field.

It was well done to Stephen McDougall for the overall win, with Ian McGrath second and Will Henman third. Second overall and women's race winner was Caroline Lambert, followed in by Rhona Marshall second (10th overall) and Karen Pickles third.

In the team competition, Scarborough AC ladies placed first followed in by Thirsk and Sowerby and in the men's race York Knavesmire won out over Esk Valley Fell Club.

Dave Parke

1. S. McDougall	MdbroughC	45.51
2. C. Lambert	RibbV	47.34
3. I. McGrath 0/40	DFR	49.06
4. W. Henman 0/40	Clay	49.13
5. G. Bailey 0/40	P&B	50.12
6. G. Hawkings 0/40	YorkK	51.07
7. J. Arkle	RAF	51.24
8. R. Purser	YorkK	51.49
9. R. Williamson 0/50	LoftW	51.58
10. R. Marshall	SAC	52.12

VETERANS 0/50

1. (9) R. Williamson	LoftW	51.58
2. (11) S. Pugh	EskV	52.28
3. (13) T. Hill	EskV	52.59

VETERANS 0/60

1. (14) N. Ridsdale	Driff	53.08
2. (19) B. Atkinson	YorkK	55.09
3. (26) S. Mummery	Unatt	56.50

VETERANS 0/70

1. (66) M. Hetherton	Picker	72.43
2. (73) P. Northedge	SAC	75.09

LADIES

1. (2) C. Lambert	RibbV	47.34
2. (10) R. Marshall	SAC	52.12
3. (27) K. Pickles 0/40	P&B	57.15
4. (35) B. May 0/40	SAC	59.44
5. (40) C. Read	YorkK	60.41
(43) L. Hiles 0/50	Th/Sow	63.05
(49) J. Hamp 0/60	SAC	65.27
(57) J. Hill 0/50	Unatt	66.45
(58) F. Heathershaw 0/40	SAC	68.32
(59) C. Glover 0/60	Wharf	70.08

96 finishers

LANCASHIRE OFF-ROAD MARATHON / Burnley, Lancashire

BL/43km/1310m / **22.09.19**

Pair Event

1. D. Miller/L. Deane	4.55.36
2. D. Taylor/A. Lee	5.01.58
3. R. George/N. Wallace	6.31.00
4. A. Macro/A. Hall	6.51.32
5. N. Goldswain/C. Pick	6.52.57

SOLO EVENT – MALE

1. D. Motley	4.08.34
2. R. Stevenson	4.25.00
3. T. Pigott	4.40.01
4. M. Burley	4.55.10
5. K. Horrigan	4.58.40
6. P. Brown	5.13.20
7. T. Smith	5.15.41
8. M. Terry	5.15.57
8. J. Boothman	5.15.57
10. M. Hirst	5.16.15

SOLO EVENT – FEMALE

1. D. Airey	5.47.30
2. A-M. Hindle	7.06.35
3. T. Parkinson	8.10.58
4. J. Atherton	8.16.24
5. R. Barker	8.17.21

RELAYS (TEAM OF 3 SOLO)

1. Barlick	3.54.40
2. Trawden/Clayton	7.11.40

RELAYS (TEAM OF 6 PAIRS)

1. Monday Club All Stars	4.20.36
2. Trawden Red	7.11.40
3. Trawden Black	7.11.40

THIEVELEY PIKE / Lancashire

AS/7km/400m / **28.09.19**

In the run-up to this year's race there had been days of downpours. We received a thorough soaking when we marked out the course on the eve of the event. For the first time I can remember in twenty years as RO, I decided that it would be mandatory to carry full kit.

It was still raining when I was setting out the start and finish areas two hours before the 'off' but with half an hour to go, I glanced out of the window and noticed a patch of blue sky. By the time I got to the start, the clouds had lifted and the sun was shining. We clearly had some righteous runners taking part.

The race started in a puddle – more akin to a small lake, actually – and the going was officially 'soft', i.e. ankle deep mud in places. However, the marshals, runners and the officials at the finish remained dry throughout until the rains returned early in the afternoon. Amazing!

For the second year in succession Chris Holdsworth and Andrew Worster battled it out with victory going again to local lad, Chris by 13 seconds. There was a good performance by Martin Howard to claim fifth place and the MU23 prize for the second year in succession. Deborah Gowans, one of the more mature competitors, led the ladies home, enjoying a two-minute cushion over clubmate, Lisa Parker (FV40). Host club, Clayton-le-Moors Harriers, won both the team races and cleaned up in the older vet categories. Numbers in the junior races were significantly lower than in recent years but I think that can be put down to the weather in the days preceding and cross country league races taking place on the same day.

As ever, my sincere thanks go to the loyal band of Clayton members who assisted and supported on the day – some for the umpteenth time. I couldn't have done it without them.

Peter Booth

1. C. Holdsworth	RibbV	32.31
2. A. Worster	Tod	32.44
3. G. Cunliffe	Ross	32.53
4. J. Kevan	Horw	34.08
5. M. Howard U/23	CaldV	36.13
6. D. Gilbert O/40	Horw	36.49
7. A. Holt O/40	Ross	37.20
8. A. Cheetham O/40	Unatt	37.27
9. O. Heaton	Bowl	37.35
10. P. Coates O/40	Clay	37.49

VETERANS O/50

1. (15) G. Goodwin	Acc	39.19
2. (19) D. Nuttall	Bowl	40.16
3. (22) D. Garner	Tod	41.09

VETERANS O/60

1. (31) G. Gough	Clay	43.00
2. (56) D. Fleming	Horw	47.23
3. (57) P. Dugdale	Clay	47.33

VETERANS O/70

1. (52) J. Holt	Clay	46.25
2. (90) N. Harris	Ross	54.44

LADIES

1. (36) D. Gowans O/50	Acc	43.45
2. (50) L. Parker O/40	Acc	46.09
3. (53) H. Buchan O/40	RibbV	46.38
4. (64) E. Dorrington U/17	Clay	49.24
5. (66) J. Powell O/50	Wharf	49.39
(73) T. Mitchell O/40	Clay	50.43
(81) J. Townson O/50	Trawd	52.37
(86) J. Leonaard O/60	Tod	54.10
(88) L. Lord O/70	Clay	54.28
(108) K. Goss O/70	Clay	67.30

116 finishers

ORTON / Cumbria

BS/10km/258m / **28.09.19**

This was the 10th anniversary for Orton Fell Race. Once again, there was a great turn out with 68 juniors and 81 seniors. The weather on the day was mostly dry, however nonstop rain during the week before the race made the senior route tough going on the heavily waterlogged tracks and fields leading to the fell.

Tom Addison was first over the line. It was great to have Tom at the 10th anniversary race as he took part in the first Orton race when he came in second to Morgan Donnelly who set the course record (which still stands). Sam Stead was second and Martin Dawson was third (first MV40) for the second year running.

Sharon Taylor was the first lady home, coming tenth overall. Elsie Butler was second and Bianca Dyer was third lady home.

After the race, everyone enjoyed a selection of cakes, biscuits, tea and coffee provided by "Friends of Orton School" and the children were kept entertained with lots of classic children's games such as 'Bat the Rat', 'Lolly-pop Lotto' and 'Find the Treasure'!

Huge thanks were given to everyone involved in making the event possible and to residents, landowners, marshals and sponsors for continuing to support the race. The school also conveyed huge thanks to the fell running community for continuing to support the race. It was noted that over the past

10 years, with the help of some very generous sponsors, the race has raised over £10,000 for Orton Primary School.

Next year the race will take place on the 26 September. See you all there!

Simon Mounsey

1. T. Addison	HelmH	40.46
2. S. Stead	Kesw	41.31
3. M. Dawson O/40	NDerby	42.05
4. S. Fisher	Howg	42.47
5. J. Eyre	Eden	43.51
6. K. Steinegger	Amble	44.57
7. P. Reilly O/40	HelmH	45.46
8. D. Cope	Howgill	46.06
9. B. Pennington O/40	Howgill	46.47
10. S. Taylor Lady O/40	HelmH	48.12

VETERANS O/50

1. (12) R. Harper	Amble	49.04
2. (19) P. Nelson	Howgill	52.02
3. (21) A. Scott	Unatt	52.28

VETERANS O/60

1. (17) D. Griffin	HelmH	51.14
2. (31) S. Addison	HelmH	54.50
3. P. Kelly	DFR	59.29

LADIES

1. (10) S. Taylor O/40	HelmH	48.12
2. (15) E. Butler	Charnw	50.25
3. (22) B. Dyer O/40	HelmH	52.45
4. (34) S. Jones	Amble	55.21
5. (42) A. Wainwright O/50	DkPk	58.43
6. (43) L. Ayres	Amble	58.49
7. (44) L. Thompson O/60	Kesw	59.09
(79) L. Harrod O/50	HelmH	75.18
(54) K. Ayres O/60	Amble	61.43

81 finishers

HODGSON BROTHERS MOUNTAIN RELAY / Cumbria

Relay/40km/2450m / **06.10.19**

The 32nd running of the 'Hodgson Relay' was a bit touch and go due to the prolonged wet weather in the weeks before the event. But we survived a 'pitch inspection' on the car park and all 70 teams lined up as planned on a damp and drizzly Autumnal morning.

Ambleside AC shot off on Leg 1 over Angle tarn to establish a minute lead but were over-hauled on Leg 2 over High Street by Keswick AC who then built up a 5-minute winning margin to make it a hat-trick of victories in a time of 3.36.33. Ambleside held off fast finishing Dark Peak to complete the top three finishers.

The ladies' competition was still a tight run affair between Helm Hill Runners and Dark Peak at the end of Leg 3 with literally 20 seconds separating the two teams as they set off on Leg 4. But a fastest-leg time brought Helm Hill home to victory for the second year in a row, winning in 4.39.38 in 28th place

Ribble Valley made a winning debut in the race by dominating the Mixed category to romp home in 19th place overall and Borrowdale won the Veterans award in a truly excellent eighth place overall. It was a tight thing as they overhauled Bingley on Leg 4 due to a navigation error by the latter coming off Fairfield. Just goes to show even the best can go wrong!

We give out nearly £3000 worth of prizes at this race so a huge 'Thank You' to our sponsors Pete Bland Sports, Inov-8, Ron Hill Sports and OMM for their generosity in supporting this race to the extent that they do. Selwyn Wright also read out his excellent poem called 'The Relays' to kick the presentation off. (See below)

We did have a few 'incidents' this year; one disqualification due to a pair not running together, one Mountain Rescue call-out that ended safely without a full search being required and one completely unacceptable case of a parent of a runner threatening a marshal at Kirkstone Pass. Clubs have a responsibility for their supporters as well as their runners.

To end on an upbeat note the catering tent raised around £1700 for Patterdale School. We gave £1000 towards the new Cricket pavilion and will give further donations in due course to others in the local Community.

It's great to see so many top runners at this race, long may it stay this way.

Chris, Scoff, Sara and Jon

1. Keswick	3.36.33
2. Ambleside	3.41.05
3. Dark Peak	3.42.41

VETERANS

1. (8) Borrowdale	4.08.20
2. (9) Bingley	4.10.21
3. (11) Helm Hill	4.12.51

LADIES

1. (28) Helm Hill	4.39.38
2. (29) Dark Peak	4.45.15
3. Ambleside	4.47.54

MIXED

1. (19) Ribble Valley	4.22.48
2. (24) Black Combe	4.24.55
3. (33) Pudsey & Bramley	4.50.51

Hodgson Brothers Mountain Relay - Helm Hill women's winners, led home by Kelli Roberts and Sharon Taylor ©Andrew Campbell

SELWYN'S POEM

*Mostly we run with just ourselves for company.
Between the club nights – furious and fast.
On dark roads; across steep fell; tedious miles passed
Forging strong muscle with endless grind.
And all this carefully garnered energy
Hammered out as raw and visceral power
Into the rock and mud on race day
Every last watt switched into play
To meet the primeval need to end on top.*

*Even at the back we want that glory –
To beat our time – or our mate!
So don't think less of us; don't ask
Why? Just know, as the poet wrote:
"Already, running, he knew the most he ever knew."
But at the end of a year we look at our friends
As the Relays come, and with one perhaps
A shade quicker; a touch stronger; we'll have to run
Fates lashed together – for the honour of the club.
And find a little extra to keep up.
It's for our mates that we'll turn up
To crank that last per cent. Only then to know
How deep we'll go; how much we love that vest we wear.
It's at the last hurrah; the clarion call;
Self drops away – and team is all.
(SW July 2019 - with acknowledgements to Thom Gunn)*



SALTERGATE GALLOWES / North YorkshireBM/17km/430m / **06.10.19**

82 runners set off for a very soggy Saltergate Gallowes, a 12.3 mile route with 1627 feet of ascent. This year saw us reverting to an older route after a shortened course recently albeit with a tougher finish.

The men's race was hard fought from the start with regular Paul Butler going off fast and holding his effort throughout. With only a couple of miles to go, Darren Smith made a break for it and having gone from fifteenth to fourth, pushed hard to catch clubmate Peter Allen. The two tussled on the final climb and with less than half a mile to go, Smith edged it to take second. In the ladies' race Rhona Marshall ran away with the lead once again, true to form. She finished nearly ten minutes ahead of second place Karen Robertson, who also had a good gap of six minutes on third place Cassie Read.

K Cavill

1. P. Butler 0/50	Scarb	1.34
2. D. Smith	Picker	1.37
3. P. Allen	Picker	1.37.43
4. M. Machouki 0/50	Scarb	1.40.20
5. S. Hardy 0/40	LoftW	1.40.28
6. D. Parker 0/50	StTher	1.42.07
7. T. Hill 0/50	EskV	1.44.53
8. A. Whelan 0/50	Scarb	1.45.30
9. S. McLoughlin	NYMAC	1.45.40
10. S. Rycroft 0/40	Picker	1.46.05

VETERANS 0/60

1. (15) N. Ridsdale	Driff	1.50.19
2. (22) G. Davis	NFR	1.53.33
3. (38) B. Mitchell	Unatt	2.07.44

VETERANS 0/70

1. (59) R. Bromley	Selby	2.23.16
2. (77) M. Hetherington	Picker	1.53.24

LADIES

1. (12) R. Marshall	Scarb	1.46.24
2. (25) K. Robertson 0/50	NFR	1.54.22
3. (31) C. Read	Knives	2.01.35
4. (37) L. Knight	Gdgym	2.07.15
5. (39) J. Jackson 0/40	LoftW	2.09.23
(49) D. Tunstall 0/50	DFR	2.16.38
(50) J. Hamp 0/60	Scarb	2.17.47
(51) C. Graham 0/40	Swale	2.18.15
(55) H. Coates 0/40	Scarb	2.21.47
(56) K. Farmer 0/50	Picker	2.22.09
(80) J. Anderson 0/60	Tyne	3.35.30

80 finishers**MANOR WATER HILL RACE** / Peeblesshire, Scotland15.2km/670m / **12.10.19**

1. M. Shankey	HBT	1.12.42
2. J. Dobson	Kinross	1.15.48
3. O. Chepelin	HBT	1.17.02
4. G. Stewart	Wlands	1.19.56
5. A. McVey	Carneth	1.22.16
6. C. Donnelly 0/60	Cambus	1.22.26

7. I. Stewart	Wlands	1.22.28
8. B. Marshall 0/40	HELP	1.24.34
9. J. Busby	Carneth	1.24.44
10. J. Marks	Carneth	1.27.40

VETERANS 0/50

1. (11) J. Blackett	DkPk	1.30.17
2. (12) J. Urquhart	Moray	1.33.41
3. (15) A. MacDonald	Dund	1.35.35

VETERANS 0/60

1. (6) C. Donnelly	Cambus	1.22.26
2. (13) A. Hogg	Carneth	1.35.08
3. (16) D. Reid	Wester	1.36.17

LADIES

1. (14) N. Duncan	Carneth	1.35.19
2. (29) M. Hetherington	Carneth	1.43.28
3. (32) T. Ballinger	Carneth	1.46.35
4. (45) G. McAllister 0/40	Lauder	1.55.01
5. (53) S. Davis 0/60	NFR	1.57.43
(55) K. Taylor 0/50	NFR	1.58.05
(62) H. Bolton-Carter	NFR	2.06.50

71 finishers**LANGDALE HORSESHOE** / CumbriaAL/21.1km/1450m / **12.10.19**

After two years of fairly abysmal weather, the forecast was dry with sunshine for this year's race. Assembled was the usual quality field, including a couple of in-form Langdale first timers in the shape of Brennan Townshend and British Champion, Finlay Wild. Joining them was a record field of 397 runners, improving on the previous record of 396 runners when it was a Championship race in 2016.

Despite the glorious forecast, ten minutes before the start the Crinkles and Bowfell were shrouded in heavy clag and, in the event field, relaxed chat turned to concerned looks westwards as the heavens opened and jackets were donned.

True to form, Brennan and Finlay were away up the first climb, taking over a minute out of the chasers, ascending Thunacar in little over 30 minutes and at Esk Hause in under an hour. They were to stay away, working together and pushing each other over the rough terrain from Esk Hause to Bowfell.

Mountaincraft, and his ability to move well over the roughest of ground, saw Finlay gap Brennan after Bowfell and he pressed home his advantage over Blisco to finish in a highly respectable time of 2.00.51. Brennan swung too far right approaching Blisco and was overhauled by the group behind, eventually finishing sixth. Finlay won by almost nine minutes and his performance, being 'only' six minutes outside Andy Styan's 1977 record of 1.55.55, represents a potential record breaking effort on a sloppy day not conducive to fast times. Get this race in the British Championships in 2021 and let's see the best in the UK pushing each other to challenge the oldest record in fellrunning!

Local lad, Garry Greenhow, had a storming run to come home second and first MV40 ahead of Carl Bell in third and George Foster showing impressive late season form to finish fourth. Ian Holmes was pushed all the way to the line to win the MV50 title by five seconds from Kenny Richmond. Phillip Pearson rounded off a great season to finish first MV60 in 2.50.25. Ken Taylor was the first of three MV70 finishers in a little under 3.30.00.

In the ladies' race, English Champion Kelli Roberts stormed ahead to win in 2.32.22, fourteen minutes clear of Sharon Taylor in second and first FV40.

If Kelli loves this race and the rough stuff, it is fair to say Sharon does not. She pleaded at the finish to be banned from all future editions of Langdale – ‘too much walking’ was her reason. I am delighted to offer Sharon FREE ENTRY to Landgale as long as I am organiser (an offer too good for any Yorkshire man or woman to refuse, surely?)

A strong run by Annie Roberts in third and Anna Lupton ran well to come in fourth and second FV40. Natasha Fellowes was first FV50 and Kate Ayres was first FV60.

To our knowledge, no FV70 female had ever completed Langdale but this year that changed as the inspirational Lesley Malarkey completed the course in 3.55.26, easily winning her category!

Ambleside edged out Keswick and Helm Hill to win the men’s team prize and Helm Hill were victorious in the women’s team competition.

A huge thanks to all the helpers and marshals, not least those who helped a runner who fell descending the bad step and required Mountain Rescue assistance. Several competitors also ‘threw’ their race to assist the stricken runner and I am very grateful for that.

Aside from the classic course, this race is rapidly gaining a reputation for the quality pies at the finish. This year we had several enquiries about who supplies them. They are from the Great North Pie Co, who have a bakery and café in Ambleside. They do us a great deal on the pies for the race, so if you are in Ambleside, why not drop in and treat yourself?

Dan Duxbury

1. F. Wild	Lochab	2.00.51
2. G. Greenhow 0/40	Amble	2.09.33
3. C. Bell	Kesw	2.10.10
4. G. Foster	Amble	2.10.55
5. J. Wood	Ilk	2.13.45
6. B. Townshend	Kesw	2.14.15
7. R. Jebb 0/40	HelmH	2.15.35
8. S. Fisher	Howg	2.18.40
9. T. Simpson	Amble	2.19.11
10. C. Tinnion	Kesw	2.19.46

VETERANS 0/50

1. (16) I. Holmes	Bing	2.21.41
2. (17) K. Richmond	Shettle	2.21.46
3. (33) D. Birch	Kesw	2.31.33

VETERANS 0/60

1. (96) P. Pearson	NFells	2.50.25
2. (119) L. Warburton	Bowl	2.55.45
3. (208) J. Sharples	Clay	3.20.12

VETERANS 0/70

1. (261) K. Taylor	Ross	3.29.22
2. (343) D. Tait	DkPk	4.02.23

LADIES

1. K. Roberts	HelmH	2.32.22
2. S. Taylor 0/40	HelmH	2.46.33
3. A. Roberts	Tod	2.49.08
4. A. Lupton 0/40	BlCmb	2.52.16
5. M. Kunicka	DkPk	2.53.57
6. C. Nance	Lonsd	2.57.44
7. H. Evans 0/40	Buckley	2.59.55
N, Fellowes 0/50	Chorl	3.23.16
A. Wainwright 0/50	DkPk	3.29.17
V. Thornton 0/50	ForthV	3.29.52

K. Ayres 0/60	Amble	3.36.02
L. Malarkey 0/70	Kesw	3.55.26

377 finishers

WINDGATHER / Derbyshire

BL/21.7km/762m / **13.10.19**

Thanks once again for coming out and supporting our race. We had 114 entries and everyone finished. Whilst a bit wet and windy at times, conditions for the most part weren’t too bad: probably not ideal for fast times though. Thanks to all at Buxton Rotary for the marshalling and support of the race and to the Inner Wheel for the post race food and drinks. Thanks also to Hazel and Dave our sweepers, to Jo for the assistance with course marking, and also to Accelerate for their generous support of the race and the spot prizes.

Jake Fearn used both his local knowledge and speed to win by about four minutes from Billy Hicks, with David Robinette a bit further back in third. Colin Brierley was the MV40 winner, Ed Gamble took the MV50 prize, Paul Rowland was first MV60 and Barry Blyth the MV70 winner.

The ladies’ race was won with a storming run by Megan Wilson in sixth place overall (and narrowly missing out on fourth overall!) from Alannah Birtwistle, with Rachael Munday our third placed runner and first FV40. We gave the FV40 prize to Kathleen O’Donnell, FV50 to Elaine Stone and FV60 to Gail Tombs. I thought I’d check whether the ladies’ race record was broken but the record is 1:40:24: Had someone run that time today they’d have won the race outright !

Dark Peak won the ladies’ team and Macclesfield Harriers won the men’s team prize.

Lost property consists of a yellow Congleton Buff and what looks like a heart rate monitor strap. If the owners would like to get in touch then we’ll reunite you.

We should have raised in excess of £1,000 in total for good causes. We’ll let you know exactly how much and what it’ll be spent on soon.

So, thanks for your support: and a final request. Please feed back to julianbrown10@hotmail.co.uk any suggestions for improvements we could make. We’d like to increase the number of entries a bit as we could easily cope with more. So, any thoughts on the race date, route or any other aspect would be most welcome.

Julian Brown

1. J. Fearn	Buxt	1.41.23
2. B. Hicks	Macc	1.45.36
3. D. Robinette	Unatt	1.48.39
4. C. Brierley 0/40	HolmeP	1.50.04
5. S. Shaw	Unatt	1.50.23
6. M. Wilson	DkPk	1.50.28
7. S. Boxwell 0/40	Unatt	1.53.39
8. E. Gamble 0/50	Chesh	1.53.56
9. V. Barton 0/40	Barlick	1.54.01
10. B. Fletcher 0/40	Helsby	1.54.07

VETERANS 0/50

1. (8) E. Gamble	Chesh	1.53.56
2. (32) R. Holden	Mat	2.02.44
3. (28) D. Whitfield	Mac	2.08.50

VETERANS 0/60

1. (67) P. Rowland	Penn	2.27.44
2. (96) G. Tombs	CaldV	2.49.02
3. (103) C. Griffiths	Amble	2.56.22

LADIES

1. (6) M. Wilson	DkPk	1.50.28
2. (20) A. Birtwistle	Macc	2.03.38
3. (33) R. Munday 0/40	Unatt	2.09.46
4. (35) R. Walwyn	DkPk	2.10.05
5. (36) H. Hughes	Manch	2.10.16
(40) H. Jackson	Unatt	2.12.07
(54) K. O'Donnell 0/40	Macc	2.18.58
(60) F. Johnson 0/40	Stockp	2.22.42
(64) E. Stone 0/50	Wirksw	2.24.45
(76) J. Longham 0/50	Smiley	2.33.02
(90) S. Williams 0/50	NLeeds	2.43.43
(96) G. Tombs 0/60	CaldV	2.49.02

114 finishers

WITHINS SKYLINE AND JUNIOR CURLY WURLY RAT RUNS / West Yorkshire

BS/10.1km/300m / **13.10.19**

After a brief, firm respite in 2018, the rains returned with a vengeance to replenish the bogs on the Within Skyline route to their more usual "man-eating status" for the senior race and; made the junior Quarry Runs particularly muddy, adding to the fun of these frantic races. More rain was promised on the day but, thankfully for the runners, it remained largely dry and relatively warm for the season. Due to the energy sapping conditions underfoot no new records were set but bog dodging and mud coverage more than made up for that!

Tom Adams made light work of the whole thing to return home a clear winner in the senior men's race a fair way ahead of nearest rival, second placed Joe Baxter and third man, Andrew Worster. After the race Tom and Joe said it was an exhilarating race and thanks to the muddy conditions weren't sure if they were running fast or it was just hard going!

In the ladies' race, Holly Page finished in a very respectable 13th place overall to win the ladies' race by a wide margin from the duo of Rachel Carter, second and Fay Walsh. As often happens with the ladies' winner, Holly was surprised by both her position and the fact she had won!

The junior Curly Wurlly Rat Runs, sponsored by Precision Pest Management, got off to a fast and furious start with the U9s racing to lead the way up the narrow path out of Penistone quarry. Robert Carter was first out of the quarry and never looked back as he went on to win the race in an impressive 2.49 from Dylan Alcock, second and Albie Ellis, third. In the girls' race Elena Hopper sped round the course, splashing her way through the mud and improving on her third place in 2018, to win in 2.54 from Harriet Carter and Alice White, third.

In the main junior race, Toby Middleton led from the start. However, being an U17 runner he had two large laps to complete before entering the final straight and finish line. Middleton maintained his lead to win the U17 race from Jenson Brogden and third placed, Harry Stead.

Theo Clay led the U11-U15 runners out of the quarry to win the U15 boys' race from the duo of Archie Budding, second and Dylan Shinn. In the girls' race, Amelie Lane proved she is a force not to be messed with as she recovered quickly from her win at Wasdale to finish third overall and win the girls' race from Annie McLean and Erin Doyle, third.

Archie Peaker won the U13 boys' race from club mate James Sadler-Townsend, second and Alexander Wolfenden, third.

Katie Buckley won the U13 girls' race from Layla Kirkley, second and Charlotte Peart, third.

In another win, William Oakden won the U11 boys' race from Charlie

Robinson, second and Hugo Bishop, third.

Abby Clay won the U11 girls' race (7.43) from Bethan Buckley and Isabella Wright, third.

After the races, all runners were able to take part in a very different competition in the legendary chocolate throw-out where the ability to catch flying candy is of far greater value than running ability.

Su Thompson

1. T. Adams	Ilk	41.17
2. J. Baxter	P&B	43.02
3. A. Worster	Tod	44.20
4. R. James	RoytR	45.16
5. E. Hassell	Wharf	45.39
6. T. Mitchell	Marsd	46.06
7. S. Watson	Wharf	46.51
8. S. Hall 0/40	RibbV	47.08
9. M. Warters	Wharf	47.22
10. S. Gott 0/40	Ilk	47.29

VETERANS 0/50

1. (16) C. McIntosh	P&B	49.51
2. (26) M. Wharton	CaldV	51.55
3. (31) J. Hemsley	Wharf	52.52

VETERANS 0/60

1. (34) D. Griffin	HelmH	53.25
2. (75) W. Lowe	Ross	60.15
3. (76) M. Ayers	NLeeds	60.18

VETERANS 0/70

1. (167) P. Ehrhardt	Tod	1.29.49
2. (173) P. Martin	Bowl	1.35.46

Within Skyline - Holly Page, Calder Valley ©Woodentops.org.uk





Within Skyline - Amanda Harrison (Keighley & Craven AC)
©Woodentops.org.uk

LADIES

1. (13) H. Page	CaldV	49.05
2. (46) R. Carter O/40	Ilk	55.27
3. (49) F. Walsh	Ilk	55.53
4. (66) J. Darigala O/50	Pstone	58.56
5. (79) J. Rothera	ValleyStr	61.25
(85) S. Brewer O/40	Melth	62.55
(87) S. Abbott O/40	Kghly	63.05
(91) B. Weight O/60	Bing	63.29
(95) R. Johnston O/50	CaldV	64.09
(96) A. Weston O/50	Ilk	64.21
(127) S. Morley O/60	Knaresb	72.31
(138) G. Markham O/60	Melth	75.30
(179) J. Greenwood O/70	Stain	103.58

180 finishers

Boys U/17

1. T. Middleton	Horw	11.28
2. J. Brogden	Otley	12.12
3. H. Stead	Ilk	12.16

Boys U/15

1. T. Clay	Bing	6.30
2. A. Budding	Ilk	6.45
3. D. Shinn	Ilk	7.08

Girls U/15

1. A. Lane	Wharf	7.01
2. A. McLean	Holmf	7.28
3. E. Doyle	Ilk	7.35

Boys U/13

1. A. Peaker	Kghly	6.22
2. J. Townsend	Kghly	6.37
3. A. Wolfenden	Ilk	6.42

Girls U/13

1. K. Buckley	Kghly	7.38
2. L. Kirkley	Wharf	7.55
3. C. Peart	Settle	8.28

Boys U/11

1. W. Oakden	Kghly	7.09
2. C. Robinson	Bing	7.10
3. H. Bishop	Wharf	7.17

Girls U/11

1. A. Clay	Bing	7.43
2. B. Buckley	Kghly	7.57
3. I. Wright	Wharf	8.29

Boys U/9

1. R. Carter	Ilk	2.49
2. D. Alcock	Whaarf	2.57
3. A. Ellis	Kghly	3.08

Girls U/9

1. E. Hooper	Wharf	2.54
2. H. Carter	Ilk	3.10
3. A. White	Unatt	3.18

MENDIP MUDDLE / Somerset

CL/20.3km/488m / **13.10.19**

After all the recent rain, the Mendip Hills AONB offered an added challenge to this year's runners of the Mendip Muddle. In addition to the usual stretches of mud and the occasional rocky section, runners had to contend with several new water features. At the highest point of the race (Black Down) they had to negotiate a long series of shin-deep puddles and, as they approached the final few kilometres, paths that had turned into streams of ice-cold muddy water. Fortunately, the rain held off for the race itself and only three runners retired due to minor injuries. Whilst all the water created an added buzz, so too did the presence of four-times World Ironman Champion, Chrissie Wellington.

The race was won by Chris McMillan in an impressive 1.22.49 seconds. His nearest rival, Matthew Lusby, was a further five minutes behind with Nicolas Saillard another five minutes behind in third place.

Chrissie Wellington was first female runner to emerge from the mist that enveloped the Mendips for much of the race in 1.33.59. She was followed by Amy Partridge in 1.38.20 and Victoria Ratcliffe in 1.44.33.

Although extra challenging this year, the race's success was in large part due to the many marshals who ensured that runners were able to run safely throughout. It was gratifying that so many runners took the time to thank them in person during the race or afterwards over soup and cake at race HQ, or via email and social media following the event.

Martin Hurcombe

1. C. McMillan	Weston	1.22.49
2. M. Lusby	StreetStr	1.28.00
3. N. Saillard O/40	NSomer	1.32.56
4. C. Selman	Weston	1.33.07
5. E. Bailey	Chippen	1.33.07
6. A. Buck	Wkfld	1.33.36
7. J. Roger	Unatt	1.33.37
8. C. Wellington O/40	Birming	1.33.59
9. J. Day	BristW	1.35.34
10. D. Cartland O/40	Birming	1.36.15

VETERANS O/50

1. (20) N. Somerville	Wells	1.41.45
2. (26) J. Boyle	Cheps	1.42.47
3. (36) T. Hogg	Chedd	1.46.10

VETERANS O/60

1. (76) B. Bourne	Weston	1.55.42
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2. (136) M. Simons	Mowers	2.13.37
3. (155) M. Brown	Mendip	2.17.48

VETERANS 0/70

1. (219) M. Goodwin	Unatt	2.45.17
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LADIES

1. (8) C. Wellington 0/40	Birming	1.33.59
2. (11) A. Partridge	BristW	1.38.20
3. (31) V. Ratcliffe 0/40	Somer	1.44.33
4. (50) E. Pemberton	TownC	1.49.13
5. (52) V. King	Unatt	1.49.23
(129) S. Selway 0/40	Weston	2.11.37
(152) L. Brand 0/50	From	2.17.13
(159) T. Baker-Gill 0/50	Nails	2.18.47
(163) V. Hawkins 0/60	Unatt	2.20.58
(171) L. Foley	Portis	2.25.07
(168) E. Bowles 0/60	Teign	2.22.29
(224) E. Green 0/70	Weston	2.48.22

260 finishers

STUART LEARMOUTH WIRKSWORTH UNDULATOR / Derbyshire

BM/13.5km/384m / **20.10.19**

In 1720 Daniel Defoe, author of the novel "Robinson Crusoe", visited Wirksworth describing his time in the book "A tour thro' the whole island of Great Britain". Defoe's visit took in Harborough Rocks, a rocky hill top, where he described meeting troglodytes living in a large square cut cave in the rocks, which is rumored as being the burial site of an ancient giant. Nowadays, Harborough Rocks are arguably more famous as being the trig point on the Wirksworth Undulator fell race and while the demise of local giants may be thing of legend, the tricky descent through the rocks have made many a race come unstuck. The scenes at Harborough Rocks on the day, with runners already a few miles into the race and ascending the second major hill, may have been familiar to Defoe as he described seeing "the poor wretch working and heaving himself up", although he was referring to the souls working in the nearby lead mines!

From the rocks the undulator joins the former Cromford and High Peak Railway, now re-purposed as the High Peak Trail, before descending through Carsington Pasture, passing close to the "Dream Cave", a natural cavern in a lead mine where a wooly rhinoceros was discovered. This isn't time for dreaming for the runners as, from here, a quick blast along the road leads to a final climb through more lead mines (this is a recurring feature, don't eat too much of the mud) before a fast descent through the disused Middle Peak Quarry (the source of much of the aggregate used in the construction of the M1) and into the finish in Stoney Wood (formerly Stoney Croft Quarry). The men's race was won by Greg Hopkinson, managing to hold off Harry Bolton (second) and Alastair Thornton (third) in a close sprint finish which saw all three finish within two seconds of each other. Julie Darigala won the ladies' race in style, finishing over three minutes ahead of Emily Taylor (second), followed by Ruth Jones (third).

The race attracted much local interest, notably from 500 sheep who flocked into a narrow lane just as the leaders were approaching about one mile into the race. Harry Bolton said it was "like trying to run through really dense knee deep fog, a proper pea souper, but the fog had legs and tried to ram me".

S Soloman

1. G. Hopkinson	Beest	58.28.4
2. H. Bolton	Kesw	58.28.8
3. A. Thornton	Horw	58.29.8

4. C. Kilburn	HolmeP	58.55.3
5. M. Blair 0/40	RForest	1.01.18.1
6. C. Sleath	Wirksw	1.03.03.4
7. B. West	Mat	1.03.34.6
8. T. Boetti	Loughb	1.03.42.8
9. M. Fowler 0/50	Wilmsl	1.04.12.4
10. M. Burley	Macc	1.05.37.1

VETERANS 0/50

1. (9) M. Fowler	Wilmsl	1.04.12.4
2. (11) D. Cross	SuttAsh	1.05.56.6
3. (29) J. McMurtry	Ashb	1.11.39.2

VETERANS 0/60

1. (63) M. Moorhouse	Mat	1.19.13.4
2. (64) J. Gorman	NDerby	1.19.49.0
3. (73) I. Johnson	DkPk	1.21.36.3

VETERANS 0/70

1. (138) A. Ashforth	Handsw	1.39.09.3
2. (144) C. Ardron	Macc	1.40.40.4

LADIES

1. (38) J. Darigala	Pstone	1.13.21.7
2. (49) E. Taylor	Unatt	1.16.50.3
3. (51) R. Jones	Helpst	1.16.58.7
4. (53) S. Sangster 0/40	LongEat	1.17.23.9
5. (66) J. Crowson 0/50	DkPk	1.19.49.7
6. (67) C. Wheelhouse 0/60	Donc	1.20.01.0
(69) K. Busfield 0/40	Ashb	1.20.20.0
(79) C. Scott 0/40	Sinfin	1.22.34.6
(88) E. Sanders 0/50	Unatt	1.25.51.7
(136) E. Edwards 0/50	Unatt	1.38.45.7
(150) M. Gorman 0/60	NDerby	1.41.09.6

165 finishers

CLWYDIAN HILLS/ Flintshire

AM/14.4km/915m / **27.10.19**

There were always going to be winners and losers scheduling a Welsh race at the same time as Wales were playing a Rugby World Cup semi-final.... needless to say the winners had a lovely day on the fells. Cool and sunny with a little cloud later on – we keep getting blessed by the weather gods.

As quite a few locals had opted to stay-in-bed, get drunk, watch rugger – it was down to those from slightly further afield to stand (run?) up to the mark. They did not disappoint. Five sleepy headed students from Loughborough University Orienteering Club (LUOC) crammed in a car, drove up, men's overall, course record and MU23 for Alistair Thornton, female FU23 for Jenna Williams, Petzl Team Trophy, drove back and I expect got drunk – bossed it – nuff said.

Old course record holder, Lloyd Taggart was back at the race for the first time in seven years and went over the top of Moel Dwyall with Alistair Thornton and Adam Fieldhouse, Lawrence Eccles and Peter Bray. Alistair Thornton stalked Lloyd up stony gully and over the final summit before out sprinting him on the run-in to set a new course record of 1:16:26 beating the previous by nine seconds. Lloyd was only 14 seconds behind. Peter Bray came in a few minutes behind.

Lawrence Eccles came in fourth on the day but it was enough to get his hands on the prized Ian Brown Memorial Trophy and takes the honour of being Series Champion into February's Sheeptracks race.



Clwydian Hills - Alice Swift (Chorlton Runners) ©ColRM Photography

Sophie Horrocks took the female overall by a good margin from second placed Alice Swift with Helen "I don't feel well so I'll run with the dog oh I've come third" Brown who came in third – so I suppose Dennis gets first dog award as well.

LUOC took home the Petzl Team Trophy of 458 points from only five runners. Tattenhall finished second with 394 points and Pensby with 349 points. It was a great show from the three Chorlton Runners who, although only finished fifth, averaged 97 points each and were all placed in their categories. In the junior races Josh Peevor (Eryri Harriers) and Matthew Anthony (Deeside AAC) took the MU16 and MU18 trophies respectively.

Refreshments, presentations and the obligatory post-race debrief chats were held in village hall. Special thanks to NEWSAR members and the supporters group for marshalling the race and looking after the runners with homemade soup & cakes.

John Heppenstall

1. A. Thornton U23	LoughbUniOC	1.16.26
2. L. Taggart O/50	Manx	1.16.40
3. P. Bray	Chorlton	1.18.13
4. L. Eccles	PennyL	1.20.04
5. A. Fieldhouse U23	LoughbUniOC	1.24.54
6. H. Bolton U23	LoughbUniOC	1.28.00
7. D. Appleton	Bowland	1.28.17
8. S. Edwards O/40	Buckley	1.28.25
9. A. Smithson	MerseyTri	1.28.51
10. L. Beresford	Ripley	1.28.54

VETERANS O/40

1. (8) S. Edwards	Buckley	1.28.25
2. (11) M. Owens	Chorlton	1.29.12
3. (13) S. Duckett	Tatten	1.30.36

VETERANS O/50

1. (2) L. Taggart	Manx	1.16.40
2. (37) L. Warburton	Bowlabd	1.42.41
3. (41) P. Shannon	Tatten	1.44.27

VETERANS O/60

1. (90) J. Morris	Buckley	2.18.06
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LADIES

1. (16) S. Horrocks	Rodd	1.32.51
2. (28) A. Swift	Chorlton	1.38.56
3. (39) H. Brown O/40	MynyddD	1.43.25
4. (54) S. Holt O/40	Wallasey	1.52.23
5. (57) H. Buchan O/40	RibbleV	1.54.18
6. (58) J. Williams U23	LoughbUniOC	1.55.36
7. K Forster O/50	SpectrumS	1.57.57
8. (86) J. Shotter	Holmf	2.07.15
(88) M. Baugh O/60	Denbigh	2.14.58
(100) J. Keasley O/60	Helsby	2.33.39

106 finishers

RHOBELL FAWR / Gwynedd

AM/10.3km/562m / **02.11.19**

The race turned out with less rain than forecast, probably because most of it had fallen overnight! However apart from the last 300 metres, conditions were pretty reasonable though the summit marshals were in the blasting wind throughout and the cloud base was well down. Despite the dubiously rival attractions of the rugby world cup final, 51 runners turned out.

Richard Roberts took an early lead which was close at the summit but he gained on the descent to win in 52:56 1:24 ahead of Tristan Evans. Mathew Fortes was third in 56:32. Fifth overall, Jez Brown, took the MV40 prize, followed four seconds later by Eden Potter, securing the team prize for Eryri. Jeremy Randell took MV50 in 1:05:51, Andrew Smith first MV60 in 1:17:59 and Gary Gunner was first MV70 in 1:29:00.

Eight women competed and winner (17th overall) in 1:04:07 was Alice Foster, Eleanor Davies was second in 1:13:02 and Sarah Cordingley third in 1:19:53. Kate Potter took the FV50 prize in 1:26:07.

We had a larger than usual team of marshals from the club and supporters as we were trialling a new communication system. Thanks go to them all. Once again, a great race best described as cosy, despite the weather because of the warm atmosphere and the superb range of soups and cakes available afterwards. All the runners were very appreciative of the caterer's efforts! We are grateful to South Snowdonia Mountain rescue for turning out again for us but, fortunately, they were not needed!

The next race in the series is the Tarrenhendre race at 12:00 noon on Saturday 25 January and the last will be the Ras yr Aran on 14 March - note the earlier than usual start time - also 12 noon.

Nicholas Bradley

1. R. Roberts O/40	Eryri	00.52.56
2. T. Evans	Meirionnn	00.54.22
3. M Fortes O/40	Eryri	00.56.32
4. J. Gomes	Wrex	00.57.54
5. J. Brown O/40	Buckley	00.58.31
6. E. Potter MU16	Eryri	00.58.35
7. S.M. Edwards	Unatt	00.58.55
8. D. Hesleton O/40	BroDys	00.59.43
9. S. Bellamy O/40	Mercia	00.59.53
10. T. Morgan	Eryri	01.00.42

VETERANS O/50

1. (19) J. Strandell	Meirionnn	01.05.51
2. (28) R. Osborne	Mysteruns	01.13.05
3. (30) D. Bevans	Meirionnn	01.14.38

VETERANS 0/60

1. (31) A. Smith	WFRA	01.17.59
2. (33) G. Rowlands	Meirionn	01.19.07
3. (36) N. Hidle	WFRA	01.19.49

VETERANS 0/70

1. ((40) G. Gunner	CroftA	01.29.00
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LADIES

1. (17) A. Forster	BlCombe	01.04.07
2. (27) E. Davies 0/40	Unatt	01.13.02
3. (37) S. Cordingley	Maldwyn	01.19.53
4. (38) K. Potter 0/50	Eryri	01.26.07
5. (39) H. Iles 0/50	Unatt	01.26.47

51 finishers

SHEPHERD'S SKYLINE / West Yorkshire

BS/10km/350m / **02.11.19**

After what seemed like weeks of rainfall, raceday morning broke with tentative autumnal sunshine and a promise of good weather. It didn't last. By race start the heavens had opened and we were in for a mudfest!

Having the junior races before the seniors always lends an air of joie de vivre to proceedings as the young 'uns splash, crash and bash round the course.

This year's numbers were slightly down on previous with a combination of half term, Rugby WC Final and the resurrected Black Lane Ends race accounting for a few runners.

Of the 192 starters, we had plenty of locals as well as guests from as far away as Southampton.

In the men's race, last year's winner, Nathan Edmondson, was back for more but faced tough competition from Simon Bailey, Ian Holmes, Alex Whittam and a resurgent, Ashley Holt.

After pulling away from the field Bailey and Edmondson battled for the win with Simon Bailey pulling clear to win by just under a minute.

With last year's winner Holly Page nursing injury, Annie Roberts was favourite for the ladies' crown and didn't disappoint, coming home three minutes ahead of Claire Green.

Under 23 winners were Arran Horne (Leeds Uni) and Briony Holt (Clayton), whilst local Natasha Butterfield and (almost) local, Ashley Holt, took the FV40 prizes.

The evergreen Ian Holmes and Stacey Cleal won the V50 categories respectively and there were also wins for Chris Davies and Jane Leonard in the V60s, while Jeff Norman took the MV70 prize.

Team prizes were won by Pudsey and Bramley (Claire Green, Rachel Pilling, Caroline Harding) and Calder Valley (Alex Whittam, Lee Shimwell, Dan Marsden, Rob Rawlinson).

All runners returned safely and we had no retirees.

Post-race refreshment and prize-giving was held in the Shepherd's Rest Inn, where we received the usual warm welcome.

A big thanks to all of you for supporting the race, and for being respectful to the local community, whose support we rely on.

Finally, huge thanks to all the marshals and helpers who make the race possible.

Andy McFie

1. S. Bailey	Mercia	43.40
2. N. Edmondson	Ilk	44.34
3. I. Holmes 0/50	Bing	46.17
4. A. Holt 0/40	Ross	46.28
5. A. Whittam	CaldV	46.45
6. A. Jebb 0/40	Bing	47.09

7. A. Cheetham 0/40	Clay	47.37
8. J. Waller	Ross	47.48
9. M. Sennett	Wharfe	48.14
10. E. Hassall	Wharfe	48.27

VETERANS 0/50

1. (3) I. Holmes	Bing	46.17
2. (18) E. Gamble	CheshHR	52.21
3. (31) P. Needham	Trawden	55.37

VETERANS 0/60

1. (50) C. Davies	Sadd	58.14
2. (65) S. Gelsthorpe	Hfx	61.07
3. (75) G. Moffatt	Howgill	62.41

VETERANS 0/70

1. (119) J. Norman	Altrinch	71.52
2. (174) S. Batley	Skyrac	85.07

LADIES

1. (22) A. Roberts	Tod	52.43
2. (33) C. Green	P&B	55.48
3. (35) N. Butterfield 0/40	CaldV	56.06
4. (36) R. Pilling	P&B	56.32
5. (38) B. Holt U23	Clay	56.42
6. (44) Z. Barber	NLeeds	57.18
(82) S. Cleal 0/50	Queensb	64.34
(131) J. Leonard 0/60	Tod	73.44

SHEPHERD'S SKYLINE JUNIOR RACE / West Yorkshire

02.11.19

We had a great turnout of 81 runners this year with some excellent performances given the soggy conditions.

First off were the Under 9s and Under 11s. Harry Cliff from Calder Valley had a convincing victory in the Under 9s' race with Bleu Bailey of Mercia just edging ahead to claim the prize for first girl.

The standout performance of the day came from Clara McKee of Calder Valley who won the Under 11s' race outright. Not only did she smash the girls' record but she broke the current boys' record too! Only the winner of the U15s race posted a faster time over the same distance!

Joseph Stone, also Calder Valley, ran a fine race and was the first boy over the line.

The second race was also fast and furious as the Under 13s and Under 15s went off together and the U17s ran a third lap of the same course. Congratulations to Charlie Pickens of Calder Valley and Milly Timbers (Keighley and Craven) on their wins in the U13 category and also to Rory Bryant of Holmfirth and Amelie Lane of Wharfedale who won in the Under 15s, with Amelie setting a new record. Alex Flaherty of Bingley had a strong run to take the win in the Under 17s' race and Maya Brunt claimed the prize for first girl.

Thank you to everyone who helped out on the race and to all the parents who came to cheer on their youngsters in the rain.

Andy McFie

THE HODGSON BROTHERS MOUNTAIN RELAY



WORDS DARREN FISHWICK

PICTURES JIM TYSON

The official race website is extremely informative and well worth a browse. The history of the event is of particular interest: originally named The Ian Hodgson Mountain Relay in memory of Ian, a very talented young athlete. In 2015, the race was renamed The Hodgson Brothers Mountain Relay following the sad passing of Ian's elder brother Michael. Each year the event is oversubscribed by teams of fell runners eager to compete in what truly is a classic Lake District day on the fells.

At Chorley we relish the challenge. We don't consider ourselves 'top dogs' but we're ballsy - unlike George the whippet!

The day before the Relay I paid a visit to a former work colleague I hadn't seen in a while. My car must've aroused his dog's suspicions, as I'm greeted at the door by a boisterous whippet. Given my mate's choice of dog breed, I'm happy to dispel stereotypes - he's not from Yorkshire...thank goodness. George the whippet was wearing a protective cone shaped collar, clumsy in appearance. Surprisingly George's new headgear does nothing to curb his enthusiasm, he's still as daft as a brush: typical, as he is from Yorkshire (a rescue centre near Pontefract apparently). The post-surgery attire is for his own good; a preventative measure against his urge to lick his incision. He's in recovery mode after recently being castrated, but his tenaciously spirited attempts in pinning me against the hallway radiator suggests he's recovering quite well. I pointed out to my mate that George's scrotum looked swollen and doesn't look the 'best'...my mate groaned at my wordplay. Seemingly George is displaying signs of having a 'scrotal haematoma' - the veterinary nurse had given prior warning that it's fairly common after the removal of the testicles, as fluid and blood clots fill the empty sac. However, there's nothing to be alarmed about so long as the condition is closely monitored. I couldn't help thinking "I bet George will be pretty alarmed once the cone is removed and he notices he's missing his knackers". I kept my thoughts to myself as I'm sensing the swollen scrotum is a touchy subject within the household.

My mate's wife made an appearance and offered us homemade jam scones with clotted cream, we politely declined. Our post-op discussion had proven to be an appetite suppressant, we'd had enough clotting for one day. I noticed that my mate looked forlorn, I asked if he was thinking about George's haematoma? He did confess to feeling guilty about the dog's missing bits - he hadn't wanted George to undergo the surgery. Peer pressure had forced his hand after the randy whippet would persistently attempt to grind his genitalia against anything that moved, I'm told he'd also hump stationary items as he wasn't particular. The decision was finally made for George to go under the knife once he'd started 'rogering' their grandchild's Peppa Pig cuddly toy...on a regular basis. Personally, I feel the seed was sown when my mate named his dog after football's first notorious playboy - although to be fair, he was probably honouring George Best the footballer and not George Best the serial shagger, but I could be mistaken. I've made a mental note to ask him the next time I visit, as I'm intrigued. Regarding the neutering; I think my mate's reluctance was due to his Catholic beliefs clouding his judgement. After much perseverance, George eventually clambered between us upon the settee, from where he then received an abundance of fussing and crumbled up fragments of discarded scones...waste not, want not. Given his recent ordeal at the vets, it was the least he deserved.

I told my mate that recently I'd been experiencing difficulties sleeping, stating the irregular shift patterns at work as being my main problem. Meanwhile George is sprawled out with his legs akimbo, twitching uncontrollably. He's oblivious to the irony of how easily he falls asleep in my presence. My mate said "he's dreaming of chasing rabbits". I said "maybe he's dreaming of being chased by the vet". A sideways glance indicates he's not amused by my riposte - his dog's predicament is still raw, in more ways than one. Regarding my recent bouts of insomnia, he advises me to eat a banana a couple of hours before bedtime, as they're supposed to help you sleep. Taking his advice, I had a banana that night - the night before The Hodgson Brothers Mountain Relay.

On the morning of the Relay I'd experienced a series of thoughts, images and emotions - a vivid dream whereby Chorley had finished first at the upcoming event. Our win wasn't even by the narrowest of margins, we'd absolutely "pissed it" according to all and sundry. My subconscious jubilation was abruptly halted by our dog Nellie after she'd jumped upon the bed and nudged my face with her cold wet nose. The primary reason dog's noses are wet is because they secrete a mucus that aids their sense of smell. Being awoken by Nellie's nasal discharge was a rude awakening - an unpleasant situation. I turned the other cheek and sarcastically thanked Nellie for ruining Chorley's unprecedented victory celebrations... I was no longer living the dream! She then switched her allegiance to my wife and gently nuzzled her forehead, I laughed at Alison's startled expression once Nellie had made her cold wet presence felt. Alison swears that our dog can tell the time as we're 'alarmed' at roughly 6 o'clock every morning. "Maybe Nellie is more intelligent than the dog that said sausages on That's Life?"...was my reply. Alison rolled her eyes and called me "weird". She'd think so if I mentioned my dream about Chorley's piss-easy win at the Relay...I said nowt, she's not really a morning person. I think it's fair to say that bananas do promote sleep as they contain natural muscle-relaxants magnesium and potassium. Personally, I'd limit late night banana intake to that of the smaller variety as weight gain may be experienced. Furthermore, the likelihood of excessive muscle-relaxation after consuming a large banana could ultimately encourage the recipient to shit the bed - what a nightmare that would be, certainly not productive towards a good night's sleep. Obviously I can only surmise, as I've never personally soiled the sheets, although I have been close to touching-cloth on numerous occasions!

So...The Hodgson Brothers Mountain Relay - is it any good? Borrowdale certainly think so, they won it an incredible 19 times in a row up until recent years. It's arguably one of the most revered events within the fell running calendar. It's the event that most clubs can only dream of winning. Simply put - it's the dog's bollocks! Many thanks to the Hodgson family - what an amazing event and memorial, total respect. Thanks also to Jon and Scoffer and all the many helpers. Well done to this year's overall race winners Keswick Open men. 1st Women - Helm Hill. 1st Vets - Borrowdale. 1st Mixed - Ribble Valley.

When I arrived home Alison was watching Strictly Come Dancing. She momentarily broke away from her viewing to ask me how Chorley had performed at the Relay? I told her we were in the mix, finishing just over 2hrs behind the winners Keswick. She chuckled at my self-mockery and said "I'm really pleased for Carl Bell, he's my favourite runner (slight pause) after you of course"...she hastened to add! Alison then explained to me how the Keswick lads make running look effortless - "they keep their chest forward and shoulders back, upright posture with eyes focused straight ahead". I interrupted her appraisal and accused her of mimicking what the dance judges had just been saying on the television. Alison laughed and admitted she'd been rumbled, but did proclaim the Keswick lads have the grace and agility of dancers - "they've got the flow, they'd be great at disco". Hmmmmmm...my wife's comparable dance comment had got me thinking.

Featuring the lads from Keswick and loosely sticking with the lyrics of D.I.S.C.O by Ottawan, here's my tribute to this year's Relay winners.



DISCO, DISCO, DISCO. KESWICK ARE DISCO

Harry Bolton is **D** delightful
 Sam Stead is **|||** incredible
 James Appleton is **S** sensational
 John Battrick is **C** sweetest candy
o o o oh oh oh



DISCO, DISCO, DISCO. KESWICK ARE DISCO

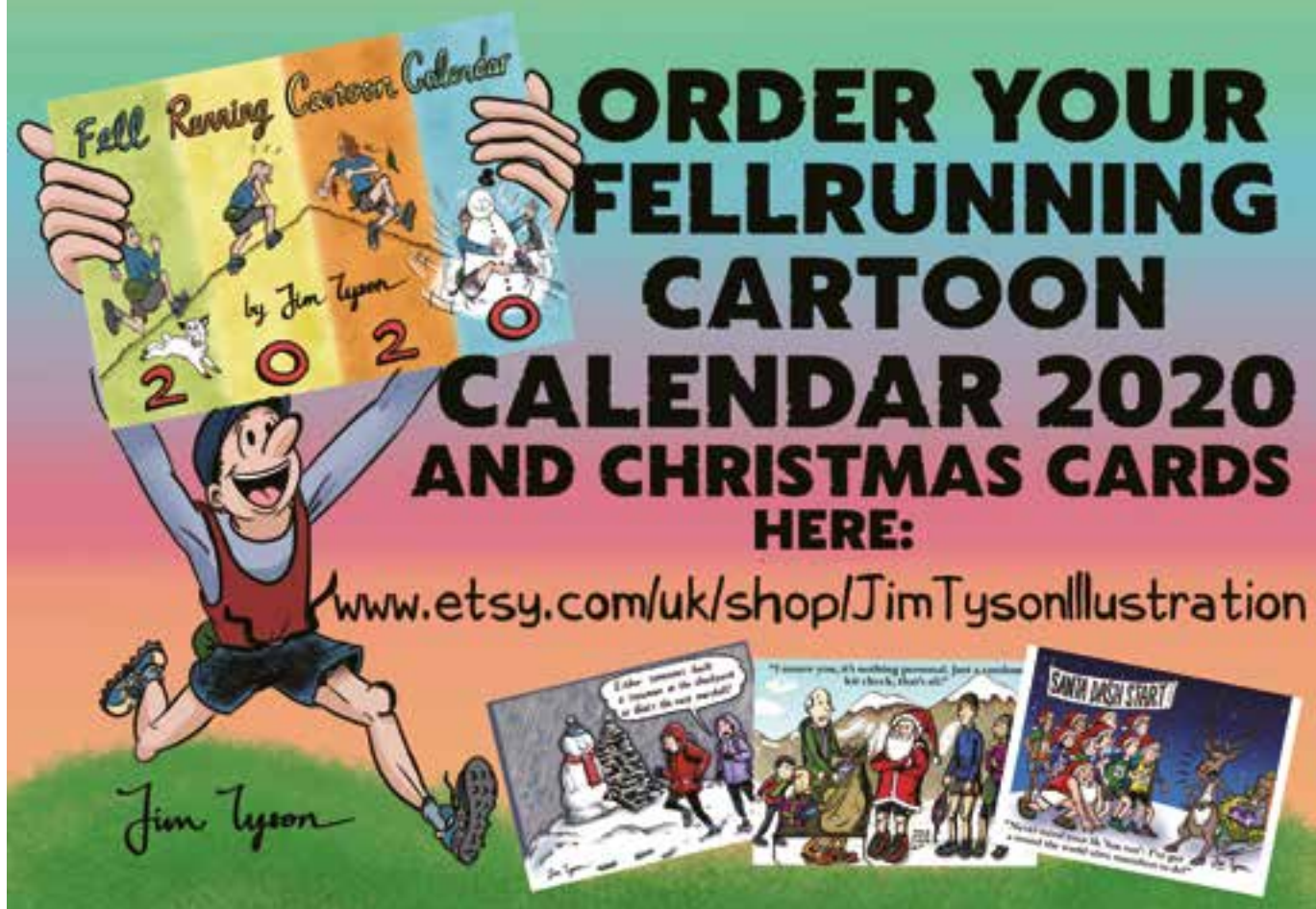
Calum Tinnion is **D** desirable
 Brennan Townshend is **|||** irresistible
 Carl Bell is **S** super sexy
 Mark Lamb is **C** such a cutie
o o o oh oh oh

DISCO, DISCO, DISCO. KESWICK ARE DISCO

After I'd performed for Alison my song and dance, I asked if I'm disco by perchance?

She said... "try as you might and come what may, you'll never be disco in any way, your affection for heavy metal just gets in the way - but don't get downhearted and feel uptight, for you're a fair to middling fell runner you do alright, running for your home town of Chorley in black and white....as for your singing - it's utter shite and as for your dancing, what can I say? I've seen better moves from Theresa May"

The Hodgson Brothers Mountain Relay: worth making a song and dance about, it's the stuff of dreams - night, night sleep tight.



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