

The **FELLRUNNER**



ISSUE 126 SPRING

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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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The Data Protection Act requires us to tell all members that their addresses, date of birth and club names will be maintained on a computer. This allows us to send you an FRA Handbook and three The Fellrunner magazines each year. You have the right to request that your name be removed from the computer database by contacting the FRA Membership Secretary. Unless your details are kept on a computer we will be unable to send you an FRA Handbook, issues of The Fellrunner or an annual membership renewal reminder.

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

If you have an idea for a story or 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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Stybarrow Dodd - Tom Simpson (Ambleside AC) ©Grand Day Out Photography

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KIM COLLISON, BORROWDALE 2018
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FELLRACER:
MATT ELKINGTON, RAS YR ARAN
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EDITOR’S LETTER

There’s not much to say about the current situation that’s not already been said before. But right now, there’ll be runners across the country, stuck indoors, staring out of windows, thinking about the fells, worried that all those Bob Graham lines will have grown over and they’ll actually have to navigate on their attempt. Well, I have good news for you: the OS has a sale on maps.

In other news. This is the last edition of The Fellrunner I will be editing. It’s been a fun ride, but not without a lot of challenges and some seriously hard work. Being the Editor of this magazine is an epic task, however, I’m proud to have volunteered and contributed to the FRA, the sport of Fell Running and the Fell Running community. With a demanding day job though, it’s just too much, and whilst I still have the passion and enthusiasm I had developing those first few issues of the new design, I just don’t have the quality time to commit to it.

Some of the highlights include working with great runners producing truly inspiring stories, such as Jasmin Paris and Nicky Spinks, and interviewing Paul Tierney, Ricky Lightfoot and Joss Naylor, who are all absolute interview gold. However, the best part of the job was working with the amazing team of Jon, Graham, Andy and Tory and everyone who contributed to the magazine, thank you all.

Hopefully, the magazine will continue to go from strength to strength with the next editor. I look forward to seeing you all out on the fells when this is all over. For now, stay safe and look after each other.

Cheers, Paul x

PAUL BOOTH, EDITOR OF THE FELLRUNNER



CHAIRMAN’S LETTER

This year marks the 50th anniversary of the FRA which was formed on 4th April 1970 following the Pendle Hill race at Barley. By a happy coincidence the 2020 Pendle race was scheduled to take place on 4th April and I was very much looking forward to hosting a reunion for many of the founder members and pioneers of this great sport. Then the world changed with the outbreak of the Covid-19 pandemic. When the Government announced a set of much stronger and far-reaching measures on 16th March, we had no option but to advise race organisers to cancel or postpone their races for the foreseeable future. We have now decided to cancel the Senior English Championships for 2020 to remove further uncertainty from the ROs. The 50@50 race series was well underway thanks to member rep James Lowe and it seems to have generated lots of interest with awards planned for any FRA members who take part in 15/25/30+ races. With just six of the planned fifty races complete, the series is paused and we hope to pick up the pieces if and when races can resume later in the year.

Meanwhile we urge our members to stay safe and healthy by observing the social distancing and self-isolation (if appropriate) guidelines. Please support our generous headline sponsors, Pete Bland Sports, inov-8 and Kong Running who are experiencing unprecedented challenges to their survival. I urge you to get on line and stock up on running shoes and kit rather than toilet rolls.

A highlight of my year so far has been a round of regional race organiser meetings where I was privileged to meet so many of our hard-working and dedicated volunteers without whom our sport simply would not exist. Most notable is Kevan Shand who has been organising races for over 40 years and I am delighted to make him an Honorary FRA member in recognition of his outstanding service. Kevan also served on the FRA Committee for ten years from 1979, most notably as Statistician, compiling Championship results in the pre-digital age. Thank you Kevan and here’s looking forward to your next famous prize-giving!

Hopefully you will all have downloaded your digital membership cards from SiEntries and either saved them to your mobile device or printed copies off. For 2020 we have been asking ROs to let us know how many FRA members and non-members have run in their races and it helps them enormously if you can provide them with the correct information. Members have told us that they believe they subsidise non-members who pay nothing towards the organisation which administers and enables the sport. Race organisers have asked us if they can implement dual entry fees and charge higher rates for non-members. We have considered this request carefully and have taken advice from England Athletics membership services who are in full support. It is also worth noting that without exception all the disciplinary cases for the last two years have involved non-members who have claimed ignorance of the rules. We are aware that runners are often finding their way into fell running via social media and they do not necessarily have an understanding of the inherent risks and therefore why the rules are in place to protect them.

So, listening to our members and to our race organisers, it is likely that we will implement dual entry fees from 2021. This is not a radical idea and is already in place in Wales and Scotland. In Ireland, you have to be a member of IMRA to race. The FRA will not seek to recover any of the additional revenue which race organisers will be at liberty to use as they wish. The exact structure is still to be agreed but we hope that members will appreciate the benefit and more non-members may be encouraged to join which will give them access to the Handbook including competition rules such as race categories, the runners’ rules and a wealth of safety information.

Another development is the clarification in the next revision of the UK Athletics rule book that membership of the FRA enables fell runners to represent their club in team competition on the same basis as registration with England Athletics. There is thus no obligation to also be a paid-up registered athlete with EA in order to count for your club team.

I am aware that there are a small number of people for whom the FRA can do nothing right and rather than celebrating the enormous amount of good work which is done behind the scenes, they would rather take to social media to constantly knock and criticise. I am really proud to be at the helm and of every member of the committee. With almost 8000 members, there are only a handful of malcontents. I take that as a resounding vote of confidence.

CHAMPIONSHIP CO-ORDINATOR

Last but by no means least, I take great pleasure in welcoming Lesley Malarkey from Keswick AC to the Executive Committee in the role of Championship Co-ordinator, following the resignation of Angela Brand-Barker. Lesley will be well known to many of you and I am very much looking forward to working with her going forward. Sadly, one of her first tasks was to cancel this year’s Senior English Championships but she is also heavily involved with

the organisation of the FRA “Do” which Keswick AC are hosting this year.

So, stay positive, keep as active as possible and I look forward to getting this show back on the road.

CHARMIAN HEATON, FRA CHAIRMAN



SECRETARY’S CORNER

As I’m (re-)writing this we are now into full lockdown in the UK thanks to the COVID-19 pandemic. Whilst this must be particularly frustrating for urbanites who relish getting out into the countryside (no doubt including many readers of this magazine), we must remember the bigger picture and in particular be grateful that daily exercise is still permitted at all, unlike in several other countries.

There has been much discussion about what is and is not permitted from a fell-running perspective. I will not attempt to paraphrase the law or Government advice, but please remember that inappropriate actions could have severe consequences: it might only take one sensationalised newspaper report (e.g. of a mountain rescue or a long solo run) for the restrictions to be tightened. No, the law doesn’t mention “once a day” (except in Wales); no, there’s no legal maximum distance from home or ban on driving short distances to exercise; and yes, we have been told that our “normal exercise” is reasonable, which for most of us would not be what Michael Gove had in mind. But that doesn’t mean it’s right or sensible to push those boundaries. Please, use common sense and don’t risk bringing the sport into disrepute or jeopardising the freedom we all still have.

The timing is especially unfortunate for the FRA with our 50th anniversary celebrations now on hold. As is covered elsewhere, the

2020 English Championships have been cancelled and the 50@50 series put on ice. However, our hard-working Junior Co-ordinator Helene Whitaker (Harrogate Harriers & AC) hopes that a Junior Championship (in a revised format) might still be possible later in the year, whilst the International Youth Cup (scheduled for June in Ambleside) will hopefully go ahead in October instead, led by Duncan Richards (Helm Hill Runners). We also hope to reschedule April’s FRA Under-23 Training Camp, organised by Under-23 Co-ordinator Sarah McCormack (Ambleside AC). Our sympathies go to all Race Organisers and others who have put in countless hours of preparation only to see their races cancelled or postponed.

RACE ORGANISER MEETINGS

On the subject of Race Organisers (ROs) I would like to express my personal thanks to all those ROs and FRA Race Liaison Officers (RLOs) that attended the FRA’s RO meetings in January at five different locations covering Northumberland, Cumbria, Lancashire, Yorkshire and the Peak District. These meetings were a huge success and it was a real pleasure to meet so many ROs and hear their views on a range of topics. One of the lead subjects was land access for fell races, on which Nicky Spinks (Dark Peak FR), our Environment and Access Officer, continues to work tirelessly. There are various initiatives in the pipeline which we hope will address some of the common problems in this regard and make the process more straightforward for ROs.

Shortly after the meetings we held a Committee meeting at which many of the excellent suggestions raised at the meetings were discussed. One that was strongly supported was the idea that the FRA should seek to improve communication with clubs, perhaps through an “ambassador” scheme whereby one or two FRA members at each club assist with dissemination of information and awareness of the FRA amongst their club’s members. We have already received a few offers of help and we would welcome others.

Another item on the agenda was the use of electronic devices such as GPS watches for navigation in all fell races. It has become clear over the last two years that the “G/NG” policy introduced for 2019 has several shortcomings and is felt by many fell runners to be inappropriate. This was discussed at some length at the meetings with a wide range of factors considered. This is a complex issue which I will not attempt to cover here, but a short summary is that a proposal to prohibit the use of GPS (and similar technologies) for navigation in all FRA races (except in an emergency) received overwhelming support from those ROs present at the meetings, with over 90% in favour and only five objections out of more than a hundred attendees. The FRA Committee unanimously agreed that a review of the policy should be undertaken and the FRA’s Safety, Equipment and Rules Sub-committee will consider this further in due course.

Other major topics included FRA membership benefits, analysis of member/non-member entries in FRA races and the proposal to introduce dual entry fees in 2021, which Charmian has covered in her Chairman’s Letter. I would particularly like to thank outgoing FRA Membership Representative Nick Hewitt (Bowland FR), who attended all five meetings to represent the FRA membership on these issues.

All Race Organisers should have received a short summary (just two pages) of the discussions at the meetings, which we hope you have all read. Also distributed was a much longer set of notes covering more details and the rationale behind some of the conclusions from the meetings. Thank you to all that have sent feedback on those notes, and also to those in other areas of the country who have expressed interest in further meetings, which we hope to arrange later in the year.

FRA PHOTOGRAPHY POLICY

The FRA has received a number of enquiries about photography at fell races, in particular regarding photographs of junior fell runners. Previously the FRA’s photography policy has aligned with UK Athletics (UKA) on this topic, but it was noted at February’s Committee meeting that this policy primarily covers stadium-based events and is not really appropriate to fell running.

We have therefore produced an FRA Photography Policy which is now available on the FRA website. Anybody who takes or publishes photographs (professionally or privately) from FRA races is asked to familiarise themselves with the content. Many thanks to FRA Welfare Officer Ed Gamble (Cheshire Hill Racers) for leading on this and to everyone that advised on this topic.

THE FELLRUNNER MAGAZINE

This will be the last issue of the magazine edited by Paul Booth. The FRA would like to thank Paul for his contribution over the last two years in revolutionising the look of the magazine. We hope to announce a new editor in the next issue.

It had originally been intended to produce a special “50th Anniversary” edition of the magazine this year in addition to the three standard issues. However, because of the lack of races over the next few months we have decided to combine the two. The anniversary issue is therefore scheduled for mid-July and the autumn issue for November with a likely contributor deadline of mid-September (with extensions available for time-critical pieces such as those relating to October’s racing).

2020 ANNUAL GENERAL MEETING

The 2020 FRA AGM is provisionally scheduled for the afternoon of Saturday 10th October, to align with the Langdale Horseshoe fell race – let’s hope we’re racing again by then. Further details will appear in the next issue and on the website in due course. Some Committee positions and associate (non-Committee) roles will become available and I would be delighted to hear from anybody interested in helping the FRA in some capacity, large or small, in 2021.

NEIL TALBOTT, FRA GENERAL SECRETARY

secretary@fellrunner.org.uk



THE STATE OF THE FINANCES – TREASURER’S REPORT

The 2019 accounts have now been completed. The FRA is still well in the black – which was the intention when the subs were put up a few years ago. There is no likelihood of the subs needing to go up any time soon.

The basic figures are shown in the chart. Our net income was £9.4k, still positive, but nearly £16k less than for 2018. This was made up from a total income of £139k and total outgoings of £130k. The reasons for this reduction in net income are clear, and the Committee has actions in hand to reverse this trend.

The major changes from the previous year are:-

MEMBERSHIP

Net income was up by nearly £2k reflecting continually increasing membership.

FELLRUNNER AND HANDBOOK

Net costs increased by £18k. There was a small reduction in advertising income, but the main reason for the increase is the higher production costs of the ‘new look’ Fellrunner, plus a healthy slice of increased postal costs. The new Fellrunner is a great success, but there

are some areas where economies can be made, and we continue to seek improved advertising revenues.

JUNIORS

We spent around £2.3k less on Junior activities. The Junior Home International was significantly cheaper, as 2019 was a ‘light’ year with no long-distance travel. Junior England finances were similar to previous years.

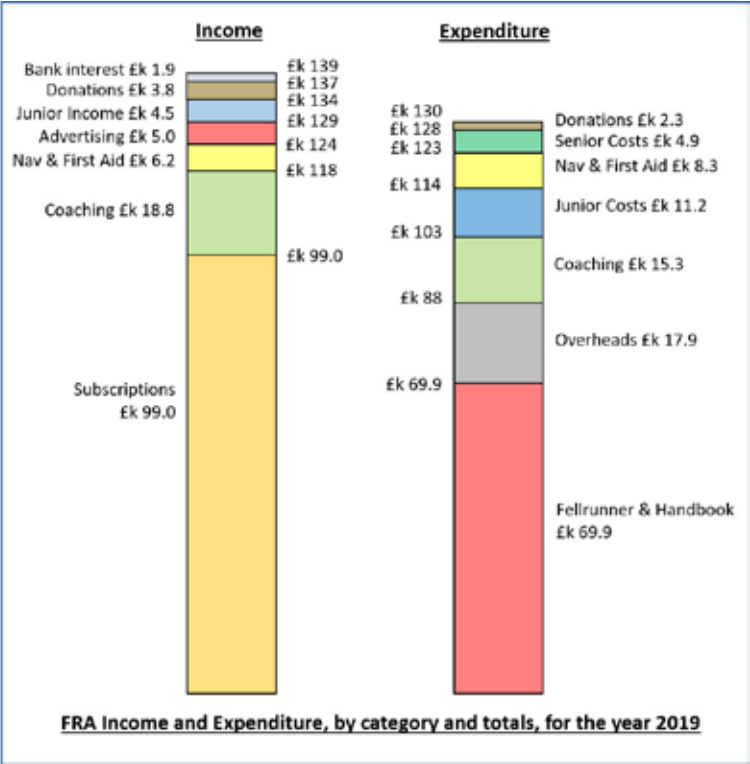
OTHER ACTIVITIES

Our overhead expenses increased in 2019, due to development of the new FRA logo, and payment for another batch of car window stickers. Our income from donations and, for the first time, sponsorship increased by over £1k.

We contributed £1.3k towards the International Youth Cup.

The full detail of the accounts will, of course, be available at the AGM, and will previously have been placed on the web. If any FRA member wants more detail on any aspects of the finances please contact me.

ANDY WATTS , FRA TREASURER



ACCESS REPORT

NATURAL ENGLAND

By law, landowners have to apply to Natural England (NE) for permissions for activities on SSSI land. As of February 2020 they have made the following changes:

1) There is now a centralised office dealing with the initial application and Notices of Proposals which is ProtectedSites@naturalengland.org.uk

2) The four-month timescale has been tightened-up with the four months starting from the date of the initial application instead of when the preliminary checks are done. This might sound better for us but in reality, it’s not. Natural England are not doing preliminary checks any more, so when they contact you asking for more information, you only have two weeks to respond. If you don’t respond they cannot offer you/the landowner an Unconditional Licence.

3) The best way to have your application dealt with smoothly and quickly is to submit a full application with:

- a) A good map that shows the route, only highlighted faintly, so that the detail underneath can be seen.
- b) Notices of Proposals for ALL the landowners on the route and signed by the landowner.

OR c) One Notice that has ALL the Landowners listed on it and signed by all of them. Natural England lose time trying to collate all the separate Notices and so if you can alter the form and

include all the Landowners it will make the processing much easier and quicker.

I have developed some guidelines which Natural England are going to review and we will publish them in the next Fellrunner. If anyone would like them then please contact me.

Most landowners are complying with Natural England requirements; however, the National Trust and United Utilities send their own application to Natural England and do not give the RO’s the ‘‘Notice of Proposal’’.

FORESTRY COMMISSION

After a few race organisers complained about increasing charges and levies on fell races I have resurrected Chris Jones’ attempts at agreeing a blanket licence with the Forestry Commission, similar to what we have with United Utilities. Watch this space!

HIGH PEAK MARATHON CANCELLED

After much effort by Richard Bradbury and me, I’m very disappointed to report the cancellation of the HPM. The reason cited was not being able to find/agree a route from Cutgate to the Snake top. I for one am gutted as the HPM was my first foray into proper fell running back in 2005 and to lose it through lack of access is devastating for me. The National Trust and Natural England have said that they will work with us to find a route (that’s hopefully worthy) for 2021.

NICKY SPINKS, FRA ACCESS OFFICER

MEMBERSHIP REPORT

A warm welcome to the almost 1000 new FRA members who joined since the 2020 membership year opened, as usual, at the beginning of October, for new members. You joined at a rate of around fifty per week and there was little let up in the New Year as interest in the 50@50 series took-off and others were encouraged by English Champs race entries opening early to FRA members. Since the impact of COVID-19 control measures started to play out new memberships are down to a trickle. Until government guidance changes, I will continue to post out handbooks/race-calendars but on a less frequent basis to reduce visits to the post office.

We are expecting that we will welcome the 8000th active member to the Association during 2020, a milestone deserving of some recognition. If things had continued as they were earlier in the year, we would, by now, probably be announcing the name of the 8000th member who will receive a £100 voucher very kindly donated by inov-8.

I look forward to a return to racing alongside members new and old when the situation allows. Let's all keep doing the right thing in the meantime and maintain the respect and support of the communities and organisations who make our sport possible. Stay safe.

PAT MCIVER, FRA MEMBERSHIP SECRETARY



Stybarrow Dodd fell race ©Grand Day Out Photography



STOP PRESS:
RESCHEDULED FOR SATURDAY OCTOBER 17TH. MORE DETAILS TO FOLLOW.

WANSFELL
UPHILL ONLY
19 JUNE
2020

2.5k
400m

FRA
ENGLISH
JUNIOR
Championships (U9 – U19)
20 JUNE 2020

LOUGHRIGG
SILVER HOWE
FELL RACE
21 JUNE
2020

13.7k
771m

PROGRAMME

European Teams arrive

FRIDAY 19 JUNE

16:00 Technical meeting
Parish Centre

17:00 Teams Parade Rothay Park
to Market Square

17:30 Opening ceremony
Market Square

18:00 Wansfell Uphill Only Race
(min age 14)

14:00 WMRA U18 Cup Girls' Race

14:45 WMRA U18 Cup Boys' Race

17:00 Awards Ceremony -
Parish Centre

20:00 Lake Cruise – WMRA Athlete
Party Boat

SUNDAY 21 JUNE

9:30 Guided runs up Silver Howe
from park

11:00 Loughrigg – Silver Howe
Fell Race (min age 18)

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16 SPRING 2020

FELLRUNNER 17

Having a PADDY

WORDS DAMIAN HALL

PICTURES LEE PROCTER/ INOV-8.COM

I ruddy love the Paddy Buckley Round. I love how, broadly speaking, the top half is rock, the bottom half bog. I love how the rules are different for this one, providing more of a puzzle. How two peaks have the same name. How ruddy handsome it almost all is. I also, in truth, quite like how's it's closer to my house, in the rugged mountains of the Wiltshire Cotswolds, than the other two big ones.

I've got a bit obsessed with the 61-mile Snowdonia circuit and done it twice inside the previous 12 months. The first time in March, only semi-successfully in 26+ hours when the weather played a trick on my friend Charlie Sproson and I. And again in the summer, after several trips to support friends' attempts, recording a new fastest known time of 17:31 – just 11 minutes inside the Higgingbottom's previous, 10-year-old, record. But now it was winter. And I fancied a winter adventure.

My good friend Jim Mann held the winter record, of 21 hours

and 37 minutes. As that's four hours slower I thought, in the right conditions, it might be worth a pop. But you also want it to feel like winter, too. It wouldn't be much fun if it was sunny and stuff.

I decided to go solo and unsupported. Two or three friends had offered to help. But I don't really need anyone to carry my sandwiches and to be honest it took the pressure off. If I couldn't match Jim's time, I'd have had a worthwhile bog-trotting adventure anyway.

I love the constant weather app-refreshing beforehand. And for Snowdonia, especially, the forecast is always changing. But I finally found a day that felt worth a punt. I'd booked transport and a hotel room anyway, so I may as well use them.

When the forecast included a -8 °C severe windchill I was a little bit anxious and a test run up Moel Eilio the day before confirmed it was well worth swapping to inov-8 merino baselayer, full winter tights and neoprene socks.





Above & previous page: Damian on the ascent of Moel Siabod ©Lee Procter/ inov-8.com

The 3am start in Llanberis was exciting, a delicious sense of possibility hung in the air. Or was that a banana burp? Either way, the first leg, Llanberis to Ogwen, was special. I had snow on the first two legs. That white crunchy-swooshy ground. The cold air in my lungs. The sinister wind jabbing at me.

I'd lost a little of that naive wonder when I found myself desperately hugging a big rock, like a koala, on Glyder Fach. A little unsettled, I then spied fresh Mudclaw prints and thought, 'Oh wow, there's another fool like me up here at 4.30am!?' Then realised that, like Winnie-the-Pooh, they were, er, my footprints. And I was going the wrong way.

A bum-sledging descent from Glyder Fach to Tryfan was quicker and more fun than normal. It was a relief to get Tryfan out of the way and dawn broke on the long climb up Pen yr Ole Wen. Now I could see all that glorious rocky whiteness. The wind was grumpy with me though and soon made off with my map and my schedule.

I felt bad about littering. But I know the route well – in the daylight anyway. I loved crossing the icy rocks of the Carneddau, everything so white and new, but with the wind my constant companion I needed two pairs of gloves on and a wrag across my face. It felt a bit edgy. I felt alive.

By Capel Curig, I was about 30 minutes behind my always-optimistic 19-hour schedule. But I had loads of time, right? The climb up Moel Siabod was a slog as ever and at the snow-covered rocky summit the feisty wind tried to hoover me off.

The next leg is Bog Country par excellence. This is the section notorious for demoralising people and even though I knew that, it still got me down in the dumps. My ears echoed with squelching for hours. Just as I thought out loud how the bogs weren't as bad as anticipated, in I slid. Up to my, er, groin region. Still, the cold water shock woke me up a bit. Soon afterwards it happened again.

I had sort of forgotten about the schedule and the record. I figured I could probably still finish before 11pm (20 hours). But everything was slower than summer: navigation (in the snow or dark), terrain (snow or that relentless squelchiness), that unfriendly wind and my brownie-filled pack too.

I reached Cnicht after a savagely steep, hands-pulling-on-grass climb and ran off it hard, knowing little daylight was left. It's one of the few sections of the round where you can run well for 30 minutes uninterrupted. A stranger had very kindly left me a Tunnock's bar enticingly placed on a wall. But as I was unsupported, I had to leave it. It was one of my hardest moments.

After Nantmor I sat by a stream for a minute or two, drank water, scoffed brownies, adjusted kit and got my breath back. It would be dark soon. I figured the next leg would take me about three hours, the final leg, four. Which was lucky because I was exactly seven hours under the record.

It got dark again on the summit of Bryn Banog. A trod I'd been on many times meanly kept playing hide and seek. Time hemorrhaged. The wind picked up. Motivation to push diminished. Up and down, in and out of bog, over rocks, down, up. More bogs. More rocks. The thought that most intelligent people, including my family a very long way away, would be tucking into lovely warm dinners in their lovely warm and well-lit houses before lovely warm baths and lovely warm beds, was hard to shake.

A couple of wind-battered hours later and finally I was on the rocky ridge linking the leg's last three summits, which need care to traverse. Then down, down, down the boggy grass, into the woods on a hard trail with no excuse but to run hard. And hope.

Across the road and the start of the final leg, a long climb up Snowdon, initially through boggy fields and long grass, no path of note. I calculated again. It'd be nice to finish by... er, midnight (21 hours – hmmm, quite close to the record).

After Craig Wen (peak 40 of 47) there should be a decent trail to follow. But again, in the dark, it kept hiding. I knew this bit so well, yet it felt alien. The climb went on forever. I forgot to keep a trickle of calories coming in. The higher I got, the windier and more blizzardy it got. The fun had gone. My precious mitten blew away. The record was very much in the balance. Then, all of a sudden, I couldn't take another step.

I bonked. Hard. I had no power at all.

I rummaged in a side pouch for brownies and forced a handful into my reluctant gob. I ate snow, to try and stay alert. Lying down in the foetal position seemed briefly appealing. The thought of just getting down off the mountain also came to my mind. I was nearly done – in both senses of the word.

I motivated myself with the promise of an extra layer at Snowdon's closed cafe. I knocked back more brownies, too, and had a word with myself: this was exactly the winter adventure I'd been waiting for. Stop being a wuss. Plus that reminder you've got an Open Tracking webpage on the go. Drat.

Thankfully after Snowdon it was downhill for a while. Faster running warmed me up. I'd forgotten about the record. But on Crib Y Ddysgl (43 of 47) I checked my Suunto. I had about 1hr 40mins



Damian Hall at the finish in Llanberis ©Lee Procter/ inov-8.com

for the final four summits. It was still just about possible, dammit. I sort of wished I'd blown it. Then I could just relax. But no, I had work to do. Sigh.

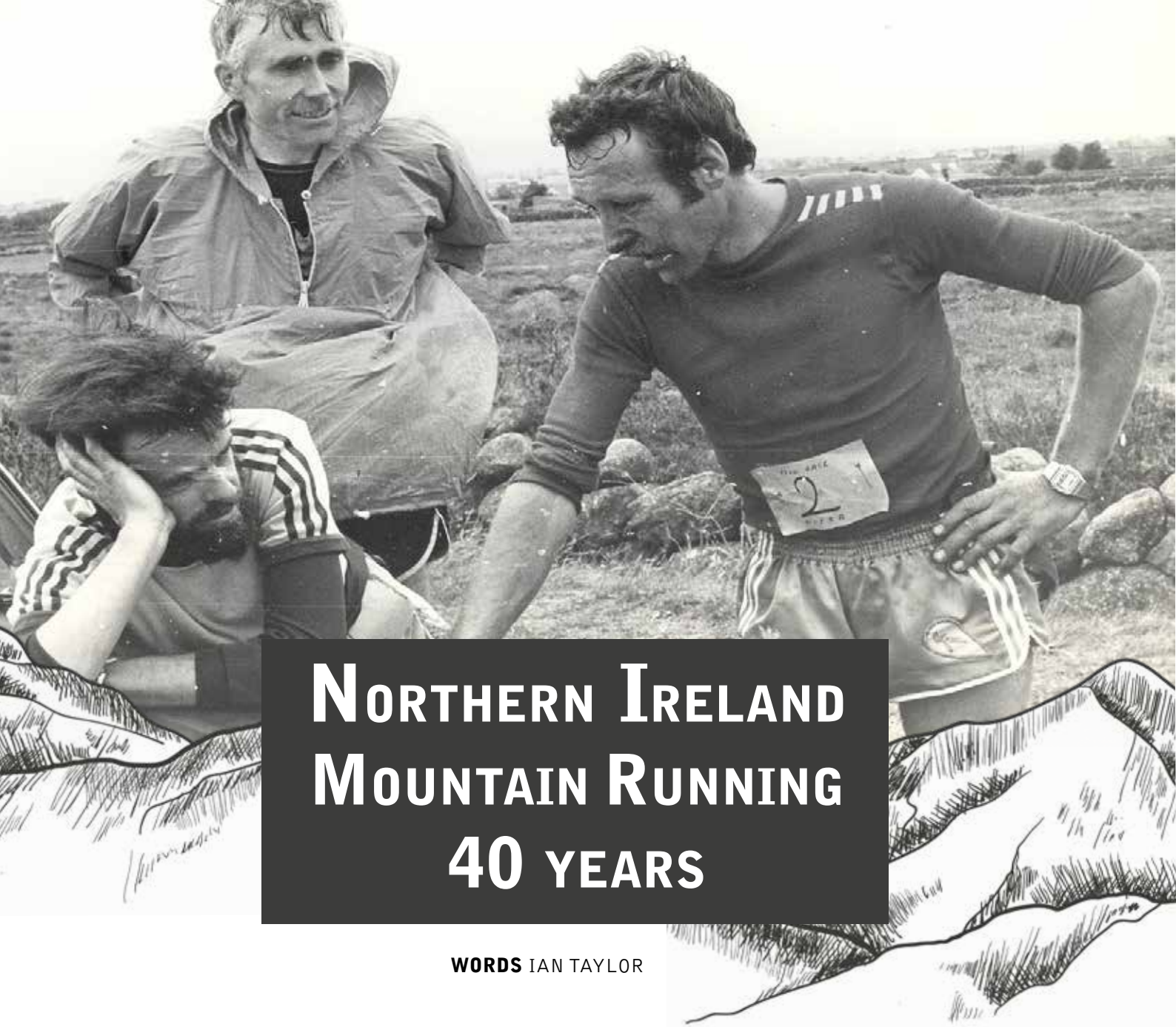
The final four summits are some of the best running on the round. As I moved with all the pace I could muster, I was constantly checking my watch and recalculating. While there was still a chance, annoyingly, I couldn't quite justify being lazy.

In the dark I couldn't see how big the final peaks were. Which helped. Until I thought I'd reached the final one. Only to find it was a false summit. There was going to be minutes in it. Finally I was thundering off Moel Eilio, thumping into the grassy ground.

I arrived, breathless, at the red sign for the Llanberis Lake Railway where I'd started, exactly 21 hours and 30 minutes ago. Just seven minutes inside Jim's time (sorry mate).

It had bashed me up a bit, as usual. But I still ruddy love the Paddy Buckley Round.

DAMIAN HALL is an ambassador for inov-8 (inov-8.com) and Tomax Technology (tomaxtechnology.com)



NORTHERN IRELAND MOUNTAIN RUNNING 40 YEARS

WORDS IAN TAYLOR

The Mourne Wall Walk was the classic challenge walk in Northern Ireland in the 1970s and early 80s, with about 19 miles distance and 2600 metres of ascent. In 1979, 1980 and 1981, I was amazed to see a few hardy runners pass me on the walk. Eventually, I realised they were members of the Northern Ireland Fell Runners Association (NIFRA), using the walk route as one of the NIFRA Championship races.

NIFRA (now NIMRA, Northern Ireland Mountain Running Association) was formed in January 1979 with a core group including ex-international cross country athlete Jim Hayes and

mountaineers Jim Patterson and the late Denis Rankin. These three were to dominate race results for some years. For example, the aforementioned Mourne Wall Race was won in 1980 by Jim Patterson in 3:48:31 with Jim Hayes and Denis Rankin following closely behind (see picture).

While an organised Championship dates from 1979, two races had earlier beginnings. The Slieve Donard race dates from 1945, with a variety of different routes up and down the highest mountain in Northern Ireland. Being in the holiday season, it attracted athletes from Britain, with Colin Donnelly winning in 1980, Mike Short second and Jim Hayes third (see picture).

The Slieve Gullion race, organised by Brian Vallely and Armagh AC, also has a long continuous history, dating from 1971. However, being west of Newry and close to the border, it was unknown country for many athletes in the 1970s and only became linked into the NIFRA race series with a route over Camlough Mountain from 1984.

From those early beginnings, new races and events quickly followed – one & then two day Mountain Marathons from 1978 and a Relay event across the Mourne both attracted non-local teams. Two classic races both began in 1982 and are still part of the calendar. With the Mourne Wall Event becoming too popular, NIFRA switched to a new long event round the Annalong Horseshoe, while on the Cooley peninsula, a tough longish event was devised from Flagstaff to Carlingford and still manages to lead athletes astray. The successful Hill & Dales evening race series began in 1988 and continues to encourage more athletes to try out off-road hill races.

Mountain runners have always been fond of challenges. Apart from a circuit of the Mourne Wall, a longer challenge was completion of the 16 2000ft hills, first done by Denis Rankin in 1975 in 6:58, with later completions by Colin Donnelly in 1981 and Jim Hayes. Further afield, Denis and Jim Patterson were the first local athletes to complete the Bob Graham round in 1979. A more recent challenge, named in memory of Denis, is the Rankin Round. The round covers all points in the Mourne over 400 metres and involves 90 km and 6500 metres of climb, to be completed within 24 hours. Currently, 71 runners have completed the round, with the fastest by Konrad Rawlik in a time of 14:23 in 2017. Of a similar nature, Robbie Bryson (Newcastle AC) tackled all the 15 Irish 3000ft mountains within 24 hours, cycling 230 miles between the four mountain ranges and supported on the hills by Jim Brown. Robbie also had a memorable clash with Kenny Stuart in the 1985 Snowdon Race, losing to Kenny on the descent but still holding the record of 38:10 for the climb to the summit.

The 1985 Snowdon race was the first at which we had a selected Northern Ireland team present. From the 1988 event in Keswick onwards, we have fielded teams in the World Trophy, travelling many times to Europe but also further afield to Indonesia, New Zealand and Alaska. Our own home International Knockdhu, developed by Billy Magee (Larne AC) brought in top class teams for a number of years from 1991. From 1997 onwards we have hosted one round of the British Championship series, with some success in the overall Championship, particularly by Jim Patterson winning vet categories in a number of years. The British & Irish Junior Championships have been hosted by us three times, with the event back again next September, being based in Newcastle.

Like other regional mountain running organisations, NIMRA has faced many challenges over the years: appeals over results; relationships with Athletics NI; athletes deciding to run for Ireland rather than Northern Ireland; and the debate over whether fell running should stay as a branch of athletics. Unfortunately, we have lost some of the earlier races outside the Mourne area – 5 were in the 1980 championship, only 2 in 2020. We face competition from a growing number of commercial race organisations. Through this, we have had to become much more professional in race organisation, addressing access issues, safety, restrictions on entry numbers and producing instant results. Our race calendar and associated news is available on our web pages www.nimra.org.uk and associated Facebook sites.



Photo: Sl Donard 1980 - from left to right: Mike Short (2nd), Colin Donnelly (1st), Jim Hayes (3rd) ©Jim Hayes

Previous Page: Mourne Wall Race 1980 - from left to right: Denis Rankin (3rd), Jim Patterson (1st) & Jim Hayes (2nd) ©Jim Hayes

ANDREW DOUGLAS

THE ARTICLE

WORDS JONNY MUIR



Andrew Douglas is sitting alone at a table for eight. There are two napkins in front of him, one piled with cake, a second cradling a haggis pie. He will wash it down with a bottle of beer. He is not a loner; he just got here sooner than the rest of us. Gradually, others join him, until the room is crammed and noisy, the air tinged with mud and sweat. The race director hushes the throng and announces the prizes. The winner, in a new course record, Andrew Douglas. He saunters through the tables, smiling shyly, and collects his prize – a haggis, an uncooked one this time.

I am reminded again why I love this sport, and why hill runners are the best people in the world. It is the humility. As I watch Andrew sit down again, I am reminded of seeing Carl Bell, then British hill running champion, getting changed in a gorse bush before the Carnethy 5; I am reminded of Finlay Wild, 10-time Ben Nevis Race winner, cheering on finishers as they entered the grounds of Claggan Park; I am reminded of Adrian Belton, whose Ramsay's Round record stood for 26 years, being baffled at the 'invincibility' he once possessed.

I also remember what Andrew is: a world champion. In 2019, he won the World Mountain Running Association's World Cup. A world champion sitting among his peers, chatting, joking, drinking, eating. In that triumphant year, he raced in the USA, Austria, Slovenia and Switzerland, but here, at Selkirk Rugby Club on a breezy afternoon in the Scottish Borders at the culmination of Feel the Burns, he is one of us.

Well, mostly one of us. What separates Andrew from the pack is the same gulf that splits us from Carl Bell, Finlay Wild and Adrian Belton. They are the best of the best.

I first became aware of Andrew Douglas as a runner in around 2010. At the time I was racing in the maroon and gold of Inverness Harriers and in the north of Scotland a runner called Ben Livesey, a 2.17 marathoner, was virtually untouchable. That was until Andrew, then racing for his home club Caithness AAC, came along.

Andrew and I meet a fortnight after Feel the Burns. The Merlin pub in the Edinburgh suburb of Morningside lacks the post-race atmosphere of Selkirk Rugby Club following 13 miles of up-and-down effort, but our business here remains running. I remind him of his battles with Ben Livesey and he laughs. 'That's when I began to take running seriously,' he remarks. Andrew had started training daily while on a gap year in New Zealand, where he won several races, and then became a prolific race winner at home in 2010. He was effectively a road runner in those days, running 14.28 for 5k, 29.46 for 10k and 66.40 for half marathon.

And yet Andrew insisted he was 'not an obvious talent. When my parents watched a race when I was at school my mum just hoped I wouldn't finish last.' The statistics bear that out: aged 19, Andrew was only running around 34 minutes for 10k – the standard for a decent club runner, not someone who would one day represent Scotland and Great Britain.



Above left to right: Andrew at Drei Zinnen ©Marco Gulberti, WMRA, Andrew at the Broken Arrow Skyrace ©Myke Hermsmeyer, WMRA
Main image: Andrew racing the VK Nasego 2019 ©Marco Gulberti



Left to right: Andrew on his way to winning the Snowdon International Mountain Race, 2019, and with his trophy after winning the 2019 Mountain Running World Cup ©Marco Gulberti, WMRA

Nor were the hills calling. Aged 21, he could only finish seventh at the trial event for the World Mountain Trophy at Aviemore. The rest, of course, is history, but a history underpinned by hard work. ‘It’s my attitude to training,’ he says, when I ask him if he is a ‘natural talent’. He continues: ‘I give it my absolute best.’

Representing Scotland in the marathon at the 2014 Commonwealth Games became his target. Running fast marathons are a tricky business, and Andrew would never run faster than 2 hours and 25 minutes, with his build-ups frustrated by injuries so demoralising that he once told his coach, Sophie Dunnett, that he would ‘throw the towel in’ if he got another injury.

The Commonwealth Games in Glasgow passed without him; Andrew found consolation in the hills, with one successful race leading to another. He qualified through the trials for the European and World Mountain Running Championships, finishing 10th and 24th in the finals respectively. He had found his niche, a niche that he would devastatingly exploit in 2019.

For the four seasons following 2014, Andrew lived a double life – full-time employee for an asset management firm, part-time athlete running 60 to 90 miles a week and racing around the world. But there is only so far 10-mile tempo runs around Arthur’s Seat and long runs in the Pentland Hills south of Edinburgh can take you. Andrew wanted to go a little further. Granted a year-long sabbatical by his employer, Andrew set his

sights on the World Cup series of races; in his years of competing, he had only ever won one race in the series, but the distance and terrain suited his ability as an ‘endurance runner that happened to be good at running up and down hills’.

The gains of being a full-time athlete were marginal, but enough to create a tipping point for greater success. He could run more miles, run more miles in places that mirrored race destinations, undertake more strength and conditioning, recover better, be more race ready. He made a stunning start, winning at Maxi Race and again at Broken Arrow Sky Race, before finishing fourth at Grossglockner Berglauf. I show him a screengrab of a tweet outlining the results of his seven World Cup races. He smiles. I would smile too if those results were mine: ‘1st, 1st, 4th, 1st, 6th, 5th, 4th.’

The middle ‘1st’ was at Snowdon, where he finished ahead of a pair of Italian runners who he regarded as heroes; the ‘6th’ was at Sierre-Zinal in a race of scintillating quality, headed by Kilian Jornet. ‘It’s the consistency,’ he nods. ‘That’s what made me proud.’

Last November, Andrew went to Argentina for the World Mountain Running Championships, the hoped-for swansong of a glorious sabbatical. After the triumph, perhaps he was due some adversity? Nonetheless, he has a story that he will still be re-telling in 30 years’ time.

Andrew was racing in fifth position, pursuing a pair of Czech runners in third and fourth, while another top British athlete, Jacob Adkin, was stalking Andrew, when the foursome came to a river crossing. There was a bridge, but following heavy rain, a rope had been strung across the water to aid the runners’ passage. A marshal shouted at the runners to take the bridge; the Czechs ignored him, charging into the rushing water, while Andrew made for the bridge. Quickly realising their folly, the Czechs made a beeline for the bridge and in the melee that ensued, Andrew was thrown into the river, trapping a foot between two logs. The Czechs ran on while Jacob helped to free Andrew. Back on course, Andrew ran with fury and adrenaline, but seventh place, albeit a mere 20 seconds from the podium, was ‘bitter-sweet. An individual medal would have capped off a brilliant year.’ He is pragmatic though:

“ I’ve already reached a level I could never have expected. If you told me at school that I’d even run for Scotland once, I’d have been happy with that. ”

So what now? The sabbatical is over; Andrew is back at work; the 10-mile lunchtime tempo is back in fashion. But that’s not so bad. ‘There’s more to life than running,’ he admits, but that does not mean he is now binge-watching Netflix and living off takeaways. The hunger to run fast and the desire to train hard remains, as the top five at Feel the Burns can testify – even the runner-up finished nine minutes adrift of Andrew. He will turn his attention to the World Long Distance Mountain Running Championships in November, presuming he makes it through the qualifying event in Snowdonia.

And what else? Cioch Mhor, Clachnaben, Sierre-Zinal, Ring of Steall. It is an eclectic list, but if Andrew is in the hills – especially in Scotland – he is content. Running fast is a welcome consequence of that passion. ‘There’s something very special about the Scottish hills,’ he says. ‘They may not be the tallest or the most dramatic, but it’s a special feeling being there.’



Andrew running for Scotland ©Grand Day Out Photography

That felt like a good place to wrap up. We shake hands and go our separate ways. Perhaps it was the second pint – the first drinks I have had this year – but I feel giddy. I look up to a large, bright moon, hovering above the Pentlands. I think of Ed, a work colleague who had told me earlier that he was running a 17-mile Pentland Skyline that evening. I imagine him up there now, a speck of light, carefully threading a way through lonely winter hills – a feat imagined from the illuminated streets of Morningside that seemed fantastically heroic. From a world champion to my mate Ed, I am inspired all over again. That seems to happen a lot in this sport.

Jonny Muir is the author of *The Mountains are Calling: running in the high places of Scotland*.

KIM COLLISON

I LOVE TO CHALLENGE MYSELF



“ I am passionate about running and off-road in particular. Fell, trail, ultra - all of them. I guess my main passion is mountains. Being out in nature and exploring comes into it too. I am quite competitive. The race element comes right to the fore for me. I love to challenge myself. ”

WORDS STEVE CHILTON

Kim Collison attempts to summarise his passion for being out in the mountains. I talked to him just after he had set a new winter Bob Graham Round record this December. He went on to explain his background and how he got into his sport, whilst also giving details of that impressive winter effort.

Kim is not a native of Cumbria, although he has lived there for a while now. He grew up in Tring, in Hertfordshire, and ended up at Tring Running Club. His father was interested in sports and in running in particular. Kim enjoyed running from a very early age. As a young kid he was always outside playing. At secondary school, Hemel Hempstead School, he did a bit of cross country, but says he wasn't so good at team games. 'One year I remember not getting in the school cross country team', he recalls, 'and then going on and winning all the PE lesson cross countries the next year. I was that driven and competitive. I didn't stand out at County level or anything mind.'

He was in the Scouts and did a lot of hiking in the mountains. Through this he was learning navigation, being taken to the Lakes and Snowdonia. 'As a teenager I knew I wanted to train to get better. I even remember writing a little training log when I was quite young. I was tracking my progress even then.'

Kim at Borrowdale fell race 2018 ©Grand Day Out Photography

Having got into running, his father was also into paddle sports. His father also started doing adventure racing just as that was starting to happen. 'I went along to some of those and eventually did some of those with him', says Kim. 'My father did a good few fell races. I remember coming up to watch him do the Borrowdale fell race one year. I was sitting and playing in the river and watching the runners come in. Eventually he came in and finished. I also remember seeing the results from his doing the Latrigg fell race.'

Kim's father used to run a landscape gardening business, and his mum did the accounts. His father passed away when Kim was in the last year of University, which was 2002. Kim then went travelling for four or five years. He became a dive instructor and then worked for a tour company called Explore, on adventure holidays. Eventually he decided that his travelling was done and that he needed to move to the Lakes, having grown up visiting there a lot. That was where he wanted to be. 'I did Adventure Tourism at Birmingham College of Food and Tourism and had a grounding in outdoor education. Then I landed at Outward Bound, at Ullswater, after mum moved up to the Lakes to retire, near Askham. I now live with my wife and two dogs in the North Lakes. My wife, Alison Love, has grown more and more into being an active runner. She has done a 100-mile race recently. She is out running on the fells all the time too.'

From 2008 Kim developed more into multi sports. He was always out running, biking, paddling and eventually doing expedition races, which became a big draw for him. Having seen them on television he had a burning ambition to do some of them. 'As I progressed I ended up on an Adventure Race Team that went to the World Championships, which I attended three times, in France, Costa Rica and Ecuador. My highest place at those was 6th. I got an immense sense of achievement from that. Pushing your ability limit and when you finished you knew you had given everything. These were 600 to 850 km events. The French one was seven and a half days, Costa Rica eight and a half and Ecuador six days. A long-time to be racing non-stop and coping with not much sleep.'

Kim did some Mountain Marathons when he was younger, in his late teens, reckoning that it was all brilliant navigation training and meant he was out on the fells for ages. After he had moved to live and work in the Lakes there was one particular event he remembers doing really well at. It was on Dartmoor, a long score event. 'I did it with a colleague, Andy Thompson, and we went on to win it. Before I lived in the Lakes, I had a lot of Scout trips

and family trips to prepare for DoE for instance. I would practice my nav at orienteering events locally, in Wendover Woods and others in Hertfordshire.'

Kim Collison is perhaps more widely known for his ultra running than for traditional fell running. He cites winning the Lakeland 50 as one that he is really proud of. It was the British Trail Championship in 2014. 'It was like a breakthrough for me. It was a fairly competitive field for a UK race. It was a really hot day and I raced really hard from early on, and withstood pressure from Marcus Scotney about 35 miles in. That was the start of a really good period for me. My real proud moment is probably the World Trail Champs in Annecy, France. I helped the team to bronze medals, coming I think it was 20th place overall.'

He is no slouch on the fells though. Another great memory for him was his win in the British Champs fell race in the Mourne Mountains in August 2015. He says he was able to outrun Morgan Donnelly on the run down into the town.

He gives another example that proved to him that he could race at the highest level in fell running. It was the Great Lakes fell race, which was an English Champs event, on a wet and windy day in 2012. 'It involved a bit of navigation and route knowledge', he recalls. 'I wasn't up in the lead pack straight away but then because of some nav confusion I found myself in the lead. I felt so good, it was almost like a dream run. Then four of us were going up Pike o'Blisco, but I followed the wrong pair of legs to get the best line. Ben Abdelnoor knew a better line and gapped me enough to win the race.'

When he moved to the Lakes Kim ran for Eden Runners for a while. 'Eden was not so fell focused when I was there. I wanted to join a fell club and the history of watching my dad run at Borrowdale helped my decision to join Borrowdale Fell Runners', he explains.

'At Borrowdale Fell Runners I have probably come a little bit late in terms of their heyday era. I have been too young for the recent successful Vets team wins, but I did run in the last of their Ian Hodgson Relay wins. It was great to be part of that great run of results, winning the event nineteen years in a row. We lost the twentieth on the last leg, when Dark Peak overtook us.' Kim then quietly admitted he was on that last leg.

He goes on to mention two clubmates that he has looked up to as he progressed in the sport. 'I guess Steve Birkinshaw was always my inspiration growing up because of his wins in the mountain



Kim descending Great End on his record-breaking winter Bob Graham Round, 2019 ©Rob Brown



Kim on Robinson, the last summit on his winter BGR, 2019 ©Ian Handscomb



Kim on the summit of Moelwyn Mawr in early March 2020 ©Kim Collison

marathons, together with his long-distance ultra-feats in the mountains. Then when I got to run with him in an OMM it was a real privilege. We came second, which was not quite the victory that we had hoped for.'

'I have spoken to Billy Bland at an occasional club dinner. He was a bit before me really. He was more of my dad's era. His feats are definitely inspiring though. His ethos of hard work really resonates with me, and that sort of ethos has perhaps been why I have been successful despite not having the raw talent. Enough talent, plus hard work, perseverance and finding how to improve has worked for me.'

Kim adds that generally he is a solo trainer, which incidentally Billy Bland was as well. Kim expands on his own training. 'From working at Outward Bound for 10 years my work/life balance was very varied, with the long hours. I had to do the long miles on days off, and so lots of time on my own. There is always the occasional run out with friends and with the club, which usually involves hard work. I am not predominantly a club runner. I

am more of a 'miles on the fell' trainer. I have used heart rate training to help me train. Putting in more specific fast stuff, and hill sprints for instance. More strength work, as I am not as young as I was and am definitely planning my training better these days.'

Collison is self-coached, but his business has been coaching others over the last couple of years, but is grateful for support from others. 'I get massages from Jim Davies. He helps keep me supple and gives me a talking to when I need to have inspiration', he chuckles.

This is not the place to give full details of his new winter BGR record, which have been covered elsewhere, but a couple of points from our discussion of the event will hopefully indicate why he is able to reach such a level of performance, particularly in long endurance events. Kim Collison's preparation for taking on the record included two previous successful BGRs, and an aborted solo winter round.

His first BGR was in May 2009, which was 18 months after he had settled in the Lake District and started training regularly on the fells. His father had done his BGR twelve years before, and Collison says doing the Round was always going to be his own first long-distance challenge.

Collison's second round didn't go so well. He decided that he wanted to do a winter solo unsupported round carrying all the kit, and duly set off right at the beginning of December 2013. 'It was supposed to be a clear night', he recalls, 'but it ended up being really quite foggy. I started off up Skiddaw but got complacent with my navigation and came off slightly in the wrong direction ending up in a load of knee-deep heather. I got back on track for Great Calva, but by the time I got to Blencathra I had really lost enthusiasm. I ran down Doddick and then ran home, back to Penrith, so it was still a good long training run.'

Collison's second completed Round was a winter round in 2017. It was undertaken over soft snow, wearing crampons 90% of the day. He describes it as an absolutely amazing experience and one that put a big smile on his face, finishing as he did in 20 hours 36 mins.

Of his most recent attempt, Kim says he was aiming for the record for a winter round, and to do as fast a time as he could. He had targeted 1 Dec 2019, as he reckons you can often get better weather at the beginning of December. It was also a Sunday which helped for organising pacers. Recalling it now, he explains his thinking prior to the event. 'I didn't need perfect weather because I thought, "well it is winter and I am gonna have to deal with it". There was no moon really. The tracker was live because I know how people like to follow these attempts. People get really excited and involved with it. It also helps with verifying what you have done. It is a sort of a record of achievement. I didn't feel any pressure on us. I was mentally prepared for it, and physically. I was confident of what I could do on the day. I knew it would be hard and that the ground would be frozen. I have got some iRock orienteering shoes from VJ, which have the little metal dots in, which gives a little bit of extra grip on ice and frozen ground. I used them for the whole round. They were brilliant.'

By the time he dropped into Wasdale he was still in really good shape and realised that sub-16 was a possibility. He was thinking "I don't like to limit myself by what has been done in the past". 'It was more about what I could do that day. It was about creating an artificial goal of sub-16 which allowed me to push on after Wasdale and keep pushing, rather than accepting

that if I kept going at what I was doing I was going to be well within the 18-18 record [set by Jim Mann]. Psychologically it helps you to keep driving forward. Having said that, climbing up Yewbarrow was a real slog. I think it always is. Looking at the split compared to Jim's, I was still up on his pace. Even though it felt really tough, that was a notable psychological boost to me at that point. I am warm, am moving, am eating, keep pushing and you have got to tick those summits off.'

Then Scoffer (Schofield) arrived just as Kim was halfway down from Pillar. 'Scoffer came out after work, saw I was moving well (on the tracker), shifted from Honister, came over Kirk Fell to make sure he didn't miss me. The psychological boost of seeing someone like Scoffer who knows the fells and is an inspiration, as there are so many in my club, meant I could click into his pace and effort. He had great lines to follow, which was a real morale boost. Usually I know where my red line is, and I push up to it. I did have a slight bonk on Great End earlier, and really had to eat to get energy back and had to go slower than I wanted for a while. When your legs start to feel fatigued and when subconsciously your mind starts to wander, then you start to accept that pace that the legs and mind are wanting to go. I had to force myself to say, "no actually your legs aren't that bad, you can run downhill quicker than this". With Scoffer there I could just concentrate on pushing my legs to go that bit quicker.'

Kim finished his round in 15-47, which according to the Bob Graham club is the 9th fastest time. 'Unofficially 10th fastest because a Brit who lives in America, Ryan Smith, did a 14 something', adds Kim. 'But Smith was largely solo, so not recognised by the BG Club. I felt absolutely ecstatic. It is a culmination of years of hard work, training and knowledge gaining. The desire to push on and do that time feels like a superb achievement. It puts a really big smile on my face. This is now without doubt the highlight for me of my fell career.'

Kim now says that he thinks that probably the Bob Graham is done for him. 'I know I am not a Kilian Jornet or a Billy Bland, so I think 15-47 and in winter stands up for itself.' It will certainly be interesting to see what he chooses to challenge himself with next.

STEVE CHILTON

Steve's fourth book 'All or nothing at all: the life of Billy Bland' will be published by Sandstone Press this July. He blogs at: <https://itsahill.wordpress.com/>

LAKE DISTRICT MOUNTAIN TRIAL

Sunday, 13th September, 1959

(sponsored by the Lancashire Evening Post)



The start of the 1959 Lake District Mountain Trial. D Birch (41) and K Bootham (39) lead the runners out of the Old Dungeon Ghyll, closely followed by the Heaton brothers, Ken (11) and Alan (10). Also prominent are Gerry Charnley (44) and Alistair Patten (56). Eventual winner Ted Dance (46) is further back, slightly obscured by the spectator standing on the gate. ©Maurice Dean, LDMT Committee

It's 60 years since I ran in my first Lake District Mountain Trial and how times have changed. There was no vetting for experience, no kit checks, you sent your entry in and just turned up. In fact, one team, Wakefield YHA just sent their entries in with surnames and initials (no forenames) which caused a problem on the day as one of their team was a woman who was not allowed to start.

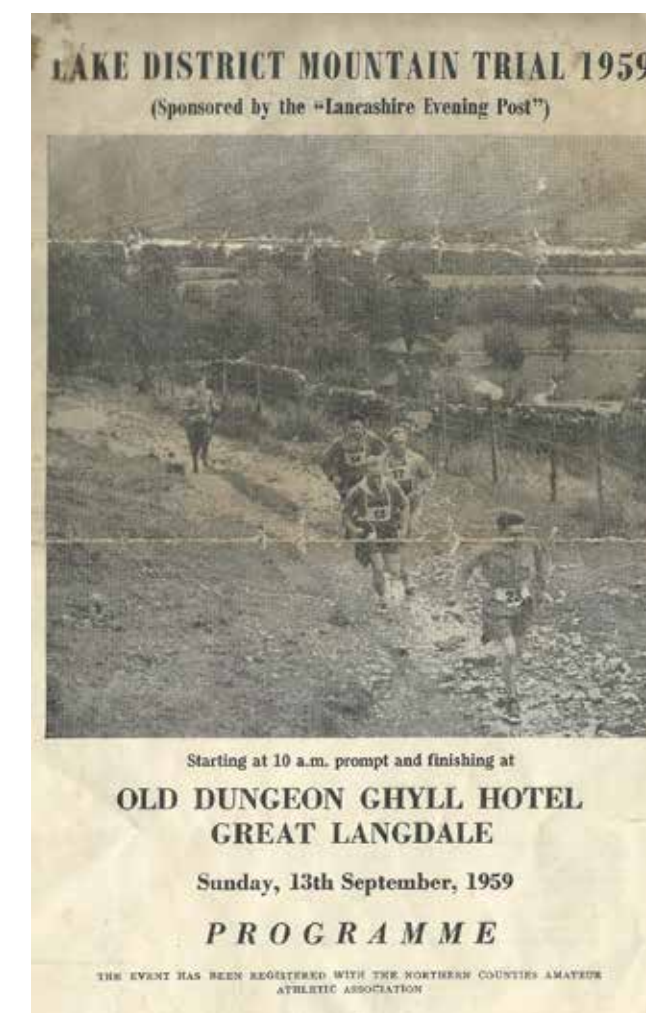
The fell running season was fairly short - roughly beginning with Pendle in early April and finishing in late September, early October. Prior to this race the only fell races I'd done that year were the 3 Peaks (retired at Ribbleshead), Goatfell on Arran (8th), Burnsall (19th) and Ben Nevis (18th).

Three of us from Wakefield Harriers thought it would be a good race to do even though none of us had ever been to the Lake District. My companions were Bob Walker, who went on to represent Great Britain in the decathlon, and John Grundy, who after winning the Liverpool to Blackpool road race later that year, went on to finish 2nd in the famous Butlin's John O'Groats to Lands End race in the following February.

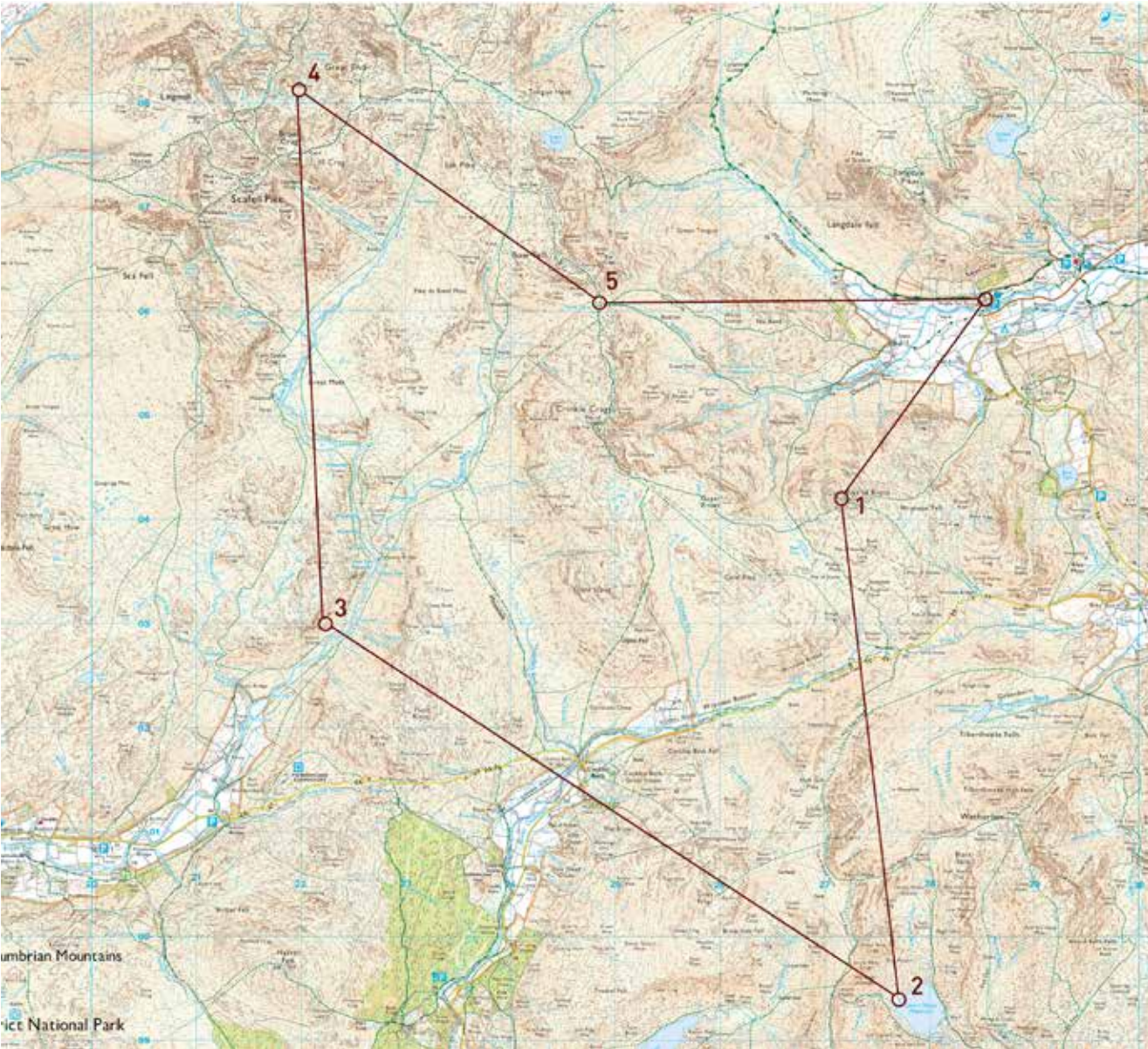
Our navigational skills were virtually non-existent but we knew the race was in Great Langdale so we went out and bought a 1" to 1 mile OS map(!) and a copy of the newly published Wainwright's Guide to the Central Fells (we could always follow his suggested routes we reasoned). To store these whilst running (bumbags were unheard of in those days) my mother cut three squares from an old sheet and sewed a 'kangaroo' pouch on each of our vests.

WORDS GUY GOODAIR

PICTURES GUY GOODAIR



The programme for the Lake District Mountain Trial in 1959



The 1959 race route ©Crown copyright 2020 Ordnance Survey, Media Licence 012/20.

At the start was a large board covered with a large sheet of paper and as the gun started the race the paper was removed and the checkpoints revealed – Pike o’ Blisco summit, west side of Levers Water, Heron Crag, Round How, Three Tarns and back to Langdale.

Whilst one of us was copying down the grid references on the map, another of our team quickly realised that Wainwright’s Central Fells covered an area north of the competition area. We set off in hot pursuit of the field and got to the first checkpoint about 4 minutes down on the leaders. At Levers Water Ted Dance, George Brass and Alistair Patten were leading the field with us 14 minutes down.

By the time we’d got to Heron Crag we’d almost caught George and Stan Bradshaw; shortly after that we passed them sitting down. ‘We’re knackered’ said George so on we pushed but then got hopelessly lost on the way to Round How.

Eventually we made our weary way to the finish to see George & Stan looking very refreshed and fully changed. Bob asked them where they’d packed in. ‘We didn’t’, countered George, ‘but we reckoned you looked stronger than us so let you go and watched you going wrong’. George finished almost an hour in front of us with Stan beating us by almost 40 minutes. George and Stan became firm friends with me after that.



Above left to right: sections of the 1959 LDMT programme

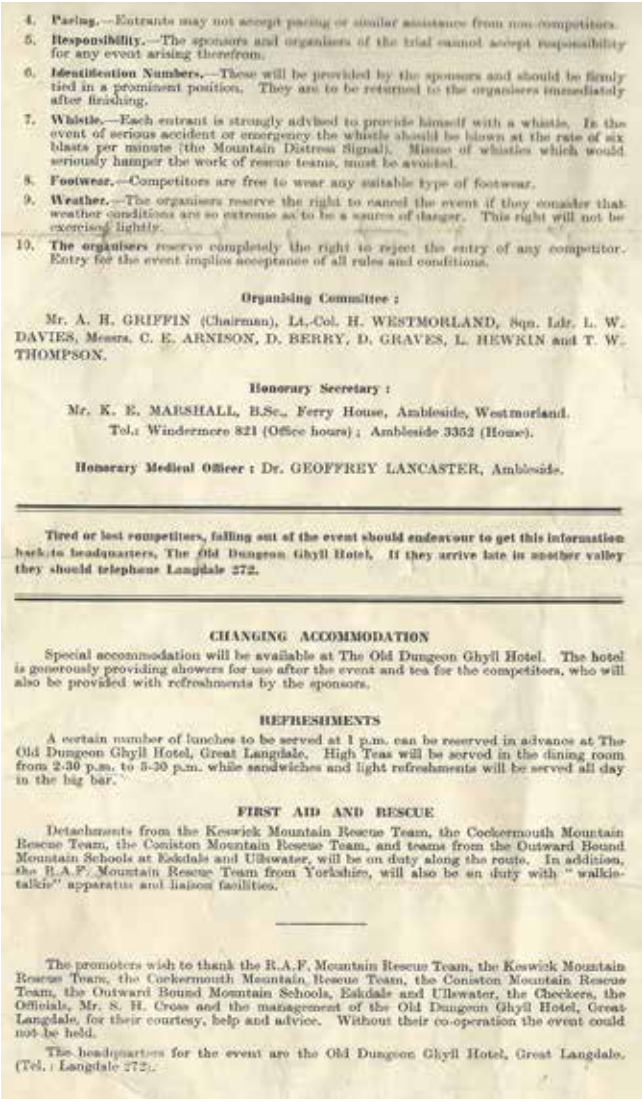
LAKE DISTRICT MOUNTAIN TRIAL, SEPTEMBER 14th, 1959

CHECKPOINTS

The Trial started at 10 a.m. and competitors reached the check points at the times below:

No.	Name	Club	Pike o' Blisco	Levers Water	Heron Crag	Round How	Three Tarns	FINISH
			Time	Time	Time	Time	Time	Time
4	Dyers A.E.	Berkeley H.	10.25	11.19	12.57	14.23	15.59	17.34
5	David J.	"	10.25	11.15	12.43	14.21	15.58	17.34
6	Wattleton J.A.	"	10.30	11.20	12.59	14.30	16.07	17.42
7	Ray E.	"	10.34	11.23	13.02	14.34	16.11	17.46
8	Brass G.	C-10-M.	10.37	11.26	13.05	14.37	16.14	17.49
10	Horton A.	"	10.37	11.27	13.06	14.38	16.15	17.50
11	Horton E.	"	10.37	11.27	13.06	14.38	16.15	17.50
12	Carradine P.V.	Kendal A.C.	10.38	11.28	13.07	14.39	16.16	17.51
13	Collitt P.H.	"	10.38	11.28	13.07	14.39	16.16	17.51
14	Lee R.	"	10.40	11.30	13.09	14.41	16.18	17.53
15	Stewart F.	"	10.40	11.30	13.09	14.41	16.18	17.53
16	Grant F.H.	Longcliffe H.	10.42	11.32	13.11	14.43	16.20	17.55
17	Barton R.	"	10.43	11.33	13.12	14.44	16.21	17.56
18	Windle G.	"	10.43	11.33	13.12	14.44	16.21	17.56
19	Greenbank T.	ONGS Kendal	10.44	11.34	13.13	14.45	16.22	17.57
20	Leahard E.	"	10.44	11.34	13.13	14.45	16.22	17.57
21	Snodden J.	"	10.45	11.35	13.14	14.46	16.23	17.58
22	White J.L.	"	10.46	11.36	13.15	14.47	16.24	17.59
23	Burrow S.	Newton H.	10.47	11.37	13.16	14.48	16.25	17.60
24	Dunn M.	"	10.48	11.38	13.17	14.49	16.26	17.61
25	Moore M.R.	"	10.49	11.39	13.18	14.50	16.27	17.62
26	Seabank R.E.	"	10.50	11.40	13.19	14.51	16.28	17.63
27	Blackmore D.H.	Rawcliffe H.	10.51	11.41	13.20	14.52	16.29	17.64
28	Kirkland D.	"	10.52	11.42	13.21	14.53	16.30	17.65

Above left to right: some of the 1959 LDMT Results and the LDMT trophy with race winner Ted Dance's name visible on the plaque



HORWICH

TAKE THE INTER-GENERATIONAL APPROACH ON THE FELLS

WORDS DAVID BARNES, CHARLOTTE WILKINSON

Ever since I learned that Tony Hesketh is a massive Harry Potter fan I can't help seeing him in that guise as a sort of Harry Potter grown venerable who uses running, races and especially the fells to explore the Hogwarts dimension. So when I saw him finishing the Pendleton fell race in August it looked to me as if he had either been to a tattooist along the route or had been required to undertake an additional trial in the Hogwartian universe that involved putting his hand where no one (other than a James Heriot vet) should go.

Tony is a relative latecomer to running but has still been running and racing for over 30 years. During that time, he has run more than 1000 races. This has included winning the English fell running championship for the MV40 category in 1990, the same year that one of the club's legends on the fells, Norman Matthews, won the MV50 category. Norman is fondly remembered by club members and there are plans for the club's sadly demised Winter Hill fell race to be revived on nearby moorland as the Norman Matthews Anglezarke Challenge.

Tony also won the English Championships for the MV50 category in 1999. But further to his racing success, he inspires so many others, juniors and seniors alike, through coaching and race organising. Tony's philosophy is simple: "I take running seriously when I am coaching and racing, but in between it is about having fun with people sharing the same passion".

To this end, Tony, with his wife Brenda, organises several races for club members which are a vital glue in creating a club that is both sociable and competitive. As any race organiser knows (but maybe runners don't always appreciate), this is a big commitment, with tasks including marking out courses, getting marshals, time keeping, buying prizes and arranging for the prize giving at a congenial venue. Tony says, "it's not always easy, but it is very rewarding, especially when someone wins a prize who does not normally do so".

Tony has been largely responsible for raising the standard of the club's juniors so that now they are serious competitors for national honours on the fells. When Tony began coaching the juniors on the fells in 2010, the Harriers only had 6 regular junior runners doing the English Championships. Slowly, this number increased and we now have 14 or more fell racing nationally. In the last two years, we have finished in the top 10 in the English Championships. The renewed interest in fell running by younger runners has also been inspired by the successes of James Kevan and Lindsey Brindle. James won the English under-23 Championships 3 years in a row between 2007 and 2009 and has gone on to represent Ireland several times in European and World Mountain Running Championships as has his fellow clubmate Ian Conroy. Lindsey Brindle gained GB honours in 2015 when she helped the British team to victory in the Staffeta 3 Rifugi Mountain Race in Italy.

Horwich has a strong team coaching ethos under the leadership

of club chairman Glynne Lever. One of the girls to have benefited from this is Charlotte Wilkinson, who won the English Schools Fell Championships in September 2018 in Settle. This was the third time that Tony has coached a girl to win these Championships, after Phoebe Howe won twice in a row. Charlotte continues to make great progress with Glynne now as her lead coach (see inset), not least in winning the Red Rose Junior Cross Country Championships at under-13 in December 2019.

Toby Middleton is another runner emerging from the junior ranks, having had great input from Tony. In 2019, Toby gained qualification for the Home Countries Internationals representing England, helping them win the team competition.

Tony is a big believer in cross training, with cycling and swimming in particular helping with general fitness and injury prevention. He used to do duathlons and triathlons, although these sports are expensive to enter so it's not such an option now, but he still enjoys open water swimming.

Tony also organises the Ian Hesketh Memorial Duathlon in memory of his son Ian, who died tragically young at the age of 27 in 2005. Ian was a member of Horwich RMI Harriers since he was 8 years old and Rivington was his favourite training area. He was a lifeguard at a leisure centre in Bolton and cycled to and from work every day. The Duathlon is a popular open competition attracting many competitors from afar.

Main image: Charlotte Wilkinson at Gargrave, Aug 2019 ©Victoria Wilkinson

Right: Tony Hesketh at English fell trials Pendleton Aug 2019
©David Belshaw

During 2019, Tony completed 70 races in his 70th year, just as at 60 he completed 60 in a year. He's not sure if he will be able to repeat the feat at 80, but knowing Tony, he will go on inspiring youngsters to do their best at their sport and to most importantly enjoy it. Tony says 'there is nothing better than getting out on the fells and feeling the weather under your wings, or more likely the mud of the morass trying to hold you back'.

With Tony, there is always scope for improvement in the sport, but overall, he can't complain. As a race organiser, he knows both how much hard work it is to get that right and also how big the reward is when competitors tell you how much they enjoyed a race. Does Tony have any tips for those entering the sport at whatever age they do apart from, of course, enjoy it? Again, in the typical Heskethian style it is simple wise advice: "start off running and racing, taking it steady to start with and just look for small improvements at first; big improvements will happen in their own time with the right attention to good preparation".

Tony says, "I hope to carry on racing and coaching for some time as I am not prepared to hang my broomstick up yet." But I bet he is still glued in his spare time (if he has any!) to anything about the Hogwarts dynasty. One of his beliefs has a weird Potteresque flavour to it, when he says that "running makes the ground feel wanted".

Meanwhile, the Wilkinson family are looking forward to getting out on the fells again. Charlotte's younger sister, Maddison has even penned an acrostic poem in anticipation of that.

Maddison (7) and Isobelle (11) have also taken their first steps in races and all are always cheered on by Jacob (5) and youngest sister Harriet (3), when they aren't exploring the nearby terrain, especially the muddy bits. As Maddison says, "running loads...eating after".

In 2020, the club is also pleased to be able to host one of the races in the English Junior Fell Running Championships. It will be run alongside the iconic Rivington Pike fell race, which has been raced since at least 1893, becoming an established Easter Saturday fixture in the fell running calendar and attracting top runners from throughout the UK.



Below: Red Rose XC Prizes - Lucas Collings, Tony Hesketh, Ste Williams, Charlotte Wilkinson and Emma Bradley ©Emma Collings

THE YOUNG VOICE OF HORWICH

WORDS CHARLOTTE WILKINSON (Aged 13)

My running journey all began in year 5 at school. Apart from a few fun trail races, it was my first race. I finished second in the year 5/6 race, I loved it and my competitiveness kicked in – I was determined to win it the following year. I started attending some of the Horwich Harriers drop in sessions. My running talent was soon noticed and I was put into a group with very fast runners; it was a great mix of hard and fun sessions, and in my first season, I placed 7th overall in the Red Rose Cross Country series.

"From then on, I never looked back. My very first fell race was Todd Cragg, where I placed 10th. This race taught me that I needed to tie my shoes tighter as one fell off and took ages to find after the race!"

Fell races are awesome and I'm so glad I do them. The uphill is always challenging and requires a lot of mental strength, which for me has developed massively. To keep me going, I quite often have a high beat song in my head, such as 'Run' (TDH remix). The downhill offers its own challenges and is one of my favourite bits as it's exhilarating and makes me feel free. In the middle of the races, at the top of the hill, I take a quick peek at the amazing views. They never let me down!

When I'm not running, I play football for Bolton Wanderers under 14 girls' team. The sport helps with my sprints, recovery and endurance. It also helps me deal with some of the hustle and bustle at the start line. Who knew under 15s could be so competitive? Not only this, but I'm also a 3rd poom blackbelt in taekwondo. Taekwondo helps with my core strength and balance. In addition, it's great for leg strength and conditioning, flexibility and cardio.

For all this to happen though, I have to thank my friends and coaches. My family because they are the ones who have to take me to these races and have

“Running is one of my greatest passions. Some people say track and road is best but, in my opinion, fell and cross country beats them every time.”

supported me all the way. I couldn't ask for any more than what they've given me and I feel so proud to have inspired my siblings. My friends have encouraged me to do well, and everything's better with friends alongside you. Finally, my coaches, Tony and Glynne, as without them I may not have improved as much as I have done. Their training sessions are always challenging, fun and push me out of my comfort zone. They have helped create the runner I am today.

"As well as my team supporting me, you can always count on other teams cheering you on even if you don't know who they are. This is one of many great things about the fell community. Everyone is so friendly and it makes it an even bigger joy to run".

Recently, I have been inspired by the English mountain running team and now my goal is to get an England vest. This would add to my title of year 7 English Schools Fell Champion and Lancashire School's Cross Country Champion, my Bolton vest and my Greater Manchester vest. This cross country season, I have managed to grab 1st place in the Red Rose Cross Country league.

One thing running has taught me is that not everything will go as planned as I have lost shoes, had a nose bleed and even been attacked by a dog!

Right: Charlotte Wilkinson
©Woodentops Photography



It became apparent that spring was the optimal time to do it as vegetation growth significantly affects progress after about mid June depending on the year. Essentially, I had multiple attempts in 2016-18 and managed to get to Arrochar on a couple of occasions. All these attempts were solo with food drops apart from the first attempt mentioned above when I set out carrying all supplies. Initially, sub 24 hours was my target but I realised that was outwith my ability early on especially once extra hills were added such as The Cobbler and Beinn Dubh. I was keen to share it with other runners for some company however, as time went on, I knew that if I did word would get out if I kept failing and someone else might take up the challenge, so selfishly I kept going.

To cut a long story short, conditions were perfect around Easter this year and I set off at 9am on the 22nd April (Easter Monday). I had food drops at Inverarnan, Arrochar and Shantron Farm (after the Luss hills). The East side of the Loch went well with good weather. The wind gradually picked up heading over the Arrochar Alps and night fell on the ascent of Ben Vane. By Arrochar I was flagging and lay down for a few minutes after eating some pasta, only to doze off briefly. This was the psychological crux and after much faffing I managed to keep going. The coming of dawn didn't help my energy levels as much as hoped. After the steep drag up Pt 657 (Beinn Dubh/Mid Hill) I spoke to my wife on the mobile and she kindly decided to bring a MacDonalds to Beinn Eich (the unsupported round therefore went out the window although all moving was done solo). A brief improvement in energy levels followed and eventually I got back to Balmaha just before midnight into the second night.

For a day or two I was quite relieved. However, the time was slower than I'd hoped and I decided that there was nothing else for it but to have another go. It's probably best not to know what a psychologist would say. Now that I could tell people, I decided that a supported round was appropriate and so about 4 weeks later we set off on a drizzly Sunday morning. 34 and a bit hours later I got back to Balmaha. Thank you to Stanley, Saki, Ciara, Manny, Dave and Alan. As is always the way with these types of thing words aren't quite enough to express that. A significantly more detailed account is here which hopefully answers any questions you may have: <https://westerlandsgccc.co.uk/hill-round-of-loch-lomond/>

I'm sure you know this, but Loch Lomond is the largest area of fresh water on the mainland of the UK. The route is: Start and finish in Balmaha at the Tom Weir statue. Conic Hill (tourist and highest tops), Gualann, Binnean nan Gobhar (including subsidiary tops Stob a Choin Duibh, Beinn Bhreac-trig), Beinn Uird, Ben Lomond, Cruinn a Bheinn, Cruachan (cross Arklet dam), Stob an Fhainne, Beinn a Choin, Stob nan Eighrach, (cross A82 Inverarnan), Ben Vorlich, Ben Vane, Ben Ime, The Cobbler, Ben Narnain, Ben Reoch, Beinn Bhreac, pt 657 the high point of Beinn Dubh/Mid Hill which is not named on OS maps but called Beinn Dubh on Harvey maps (not the hill race summit), Pt 701, Doune Hill, Beinn Eich, Cruach an t-Sidhein, Beinn a Mhanaich, Beinn Chaorach, Pt 693 and Duncryne. A total of approx. 75 miles and 9000m ascent.

Completed twice:
22/23 April 2019 solo with food drops 38 hrs. 47mins
19/20 May 2019 supported by Stanley, Saki, Ciara, Manny, Dave, Alan 34 hrs. 24 mins



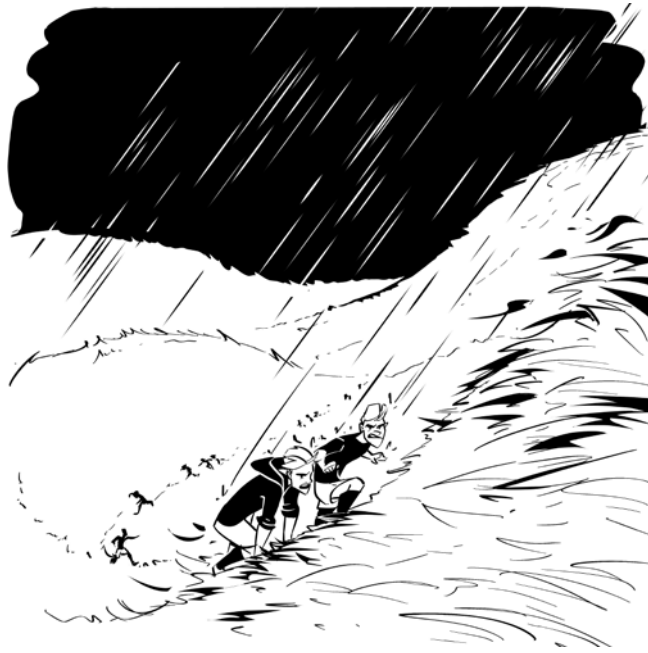
Left to right: Luke at the Tom Weir statue in Balmaha after finishing the round, an unexpected bag of crisps and a note left on Duncryne ©Luke Arnott



ROY OF THE ROVERS: FOOTBALLER... AND FELL RUNNER

WORDS TOM PALMER

PICTURES LISA HENKE



In 2018 I was asked to take part in the rebooting of Roy of the Rovers, the 20th century footballing comic icon. New books for children about a genius footballer with his feet on the ground. The idea appealed to me because it meant I could write about one of my great passions in life: football.

What I didn't expect was that it would give me an opportunity to write about *another* passion in my life: fell running.

When you're developing your main character in a novel, you need to make them stand out. They have to have something more. Obsessions. Flaws. Contradictions. A footballer can't just be a footballer: they need to have a convincing interior. A good way to do that is to put in something of yourself.

I was lucky that the rough idea for the reboot of Roy of the Rovers already had Roy living in the north of England. Called Melchester, it could be Halifax, Bradford, Leeds, Burnley.

I live in Halifax. I have Calderdale in mind when I'm writing Roy's books.

In addition to his location, I wanted Roy to have a complicated family situation, something he was needed for, so that his necessary relationships challenged and changed him as the books went on. He wasn't a free agent. So I gave him a dad with a brain tumour. And a mum who needed him at home to help.

Both things I knew all about. Both things I could write about with heart.

But I wanted to introduce fell running too!

In the first book – *Scouted* – Roy's steps up from junior football to the men's game in what is known as the Moor Cup, played on high ground above the town. His first match lays bare his weaknesses.

'You need to work on your strength,' his coach tells him. 'You need more stamina. More power. Do some hill work.'

Roy takes the advice to heart. The next morning he's up at dawn jogging to a forbidding flight of steps known locally as the Terrible 200 that takes you from the bus station to the edge of the moor. He runs up and down it twice. He collapses at the top, retching. The next day he can barely walk.

I think it's good to experience what my characters experience so that I can think and feel what they go through and – therefore – I can describe it better. I live near Trooper Lane in Halifax, which many readers will know about. My own retching and week of sore legs after first attempting Trooper Lane helped me with describing Roy's early hill sessions.

But Roy wanted more. Or was it that I wanted more? I love getting Roy to run up hills. I needed the chance to send him on a proper fell run.

In my second *Roy of the Rovers* book, *Teamwork*, the team was struggling mid-season. Their attitude wasn't quite right. They were cocky. Not driven like they needed to be driven. Their old-school football coach had a plan. He took the squad of mostly under-eighteen League Two footballers – including Roy's big rival, Vic Guthrie – in the club's rickety minibus and parked up at the foot of a hill. A young woman was waiting for them.

'This,' Coach said, 'is Lily Halifax. Lily Halifax is a British fell running champion. This is Stoodley Pike. It is less than three miles away, two hundred and fifty metres up... First one to the top wins £20.'

Roy watched as a curtain of rain swept up the valley. He grinned. He wanted that prize. Then he noticed Vic looking at him. They locked eyes. And Roy knew Vic wanted the prize too.

Now Roy becomes obsessed with hills. From trains and cars he studies them, traces the paths, works out which line he'd take if he was to run up it.

He's obsessed.

Now in every book Roy runs up a hill. Usually somewhere new, somewhere on his travels with the team. This is where I couldn't resist putting a bit of me into Roy.

When I do school visits I often check out where the school is vis-à-vis hills. I've taken bookings in schools at the foot of the Malverns, Arthur's Seat, Dartmoor, Pendle. In the same way I choose the places Melchester Rovers play their key games based on where Roy can run.

In *On Tour* I sent them to Tromsø in Norway, a town surrounded by fjords and mountains. Perfect for the rebooted Roy.

He felt an urge to run up the mountains again. He had so much in his head... It was easier to think when you were on your own. So – after a dinner with players from all four teams taking part in the tournament – Roy drifted away from all the others and headed up the mountain...

It was steep and hard work, but, as soon as he was alone and away from buildings and roads, he could feel his mind relaxing amid the trees and grass, the sky pale but still light with drifting clouds above him.

Sometimes when I am writing a bit of me into a character I'm surprised. I get something back.



This was one of those times.

Here was Roy escaping a few of his problems and – though becoming increasingly physically fit – there was something more important. He was staying mentally fit. He needed to get away from the oppressive banter of groups of young men he spent his time with. He needed to think about his dad with his brain tumour and the unavoidable fact that he was slowly dying.

All things I had to deal with when I was about Roy's age.

What's it supposed to be like when you're a young man?

How much should you be like the other young men and how much should you be like yourself, or what you have been until now?

How do you cope when your dad is dying of a brain tumour?

This is the space in the story that Roy thinks things through. This is where I sometimes work out my own stuff when I am out running. And where I become relatively physically fit too.

Tom Palmer is the author of 40+ books for children, including *Armistice Runner*, which is about a fell-running fourteen-year-old girl and was inspired partly by Ernest Dalzell, fell runner until the First World War, a book that recently won the UK Children's Book Prize for older readers.

www.tompalmer.co.uk

Illustrations by Lisa Henke

WORDS SAM GRIFFITHS
PICTURES SAM GRIFFITHS,
SHREWSBURY SCHOOL

SCOTTISH ISLANDS PEAKS RACE



A gripping account of Shrewsbury School's Hunt Running Club – the oldest in the world – and their thrilling debut in an epic two- day race across fells and water.

'Runners!' went the cry. Lamlash, on the Isle of Arran at first light on a Sunday morning is a fairly inauspicious little hamlet. Yet it would soon welcome the remainder of the 40 boats that had silently crept in to the bay having sailed through the night round the Mull of Kintyre. Now the sailors waited anxiously for their runners to return from the 19-mile round trip up Goat Fell; the sails were impatiently waiting to fill, the dinghies, ready to transport the runners out, were bobbing in anticipation.

And there they are, the stumbling figures of Tom Jackson, Sam Western and Simon Adney (OS) shuffle, for that is all they can manage, the last few hundred metres in a stunning 3hrs 47mins. I hand them their lifejackets which they fumble on, collapsing in the dinghy only to writhe in an agony of cramp and exhaustive disinterest. A frantic row out to Brown Bear followed by a shaky scramble aboard ensure we have a crucial 17-minute lead over our nearest rivals, Fettes College on La Giraffe. There was now just the small matter of a 15-mile sail across the Firth of Clyde to Troon and the finish. Surely nothing could stop us winning the Youth Section now...?

First held in 1983, the Scottish Islands Peak Race is a somewhat original adventure race for teams of sailors and fell runners.

Since 1992 there has also been a hotly contested Youth Section that has attracted mainly Scottish schools, but also ones from England and even Aiglon College from Switzerland. The race is non-stop and starts in Oban with a short 4-mile hill run. You then sail to Mull, run 18 miles over Ben Talaidh, sail to Jura, run 14 miles over some of the Paps, sail to Arran, run 19 miles up and down Goat Fell (often in the dark!), and then sail to Troon. Youth teams consist of six pupils who run in pairs with an adult, each pair doing one island with the fastest pair running the Oban section. Each team carries a tracker for safety; this also provides an addictive way of following their position on a mobile if you download the free app! Indeed, it was wonderful to feel the support of the school community via the tracker; some must have even woken in the night to check it as I received a message at 3am on Sunday asking why we were not moving!

The most difficult task is finding someone who wants to offer their yacht to a team of ten unwashed souls! The famous explorer, Bill Tilman, used to advertise in the Times for crew by stating 'no pay, no prospects, not much pleasure' and it was in a similar vein that I appealed to my boarding house parent's (Ingram's Hall) in the summer of 2017. Yet lo and behold, who should come forward but Hugh Clay, rounder of Cape Horn, Arctic sailor and veteran of the Scottish, British and even Australian versions of what is affectionately known as 'Peaks Racing'. He very generously offered to skipper his Pocock 45 with David Russell, a circumnavigator from Suffolk.

Left: The Scottish Islands Peak Race route ©Crown copyright 2020 Ordnance Survey, Media Licence 012/20. Above left to right: Yachts in Oban Bay the night before the race, the summit of Ben Talaidh and the boys play cards with the mountains of Mull behind them ©Sam Griffiths, Shrewsbury School

A year of ‘due diligence’ ensued before we committed to taking Shrewsbury’s famous Hunt running club north to create another chapter in its illustrious history. Having been kindly driven the nine hours to Oban on Thursday afternoon in the speed-restricted (62mph!) minibus by parent Shaun Western (who would then take it to Troon), we spent the morning at the Race Briefing, got vaguely familiar with Brown Bear and then brought her round to the start line.

The club’s famous ‘Huntsman’s Cry’ of ‘all hounds who wish to run, run hard, run well and may the devil take the hindmost’ was on our breaths at midday on Friday 17 May. The evocative sound of the bagpipes filled the air as Tom and Sam charged en masse around the undulating course in Oban. Forty boats vied for pole position near the pier, the holiday sunshine belying an atmosphere of pent-up energy and competitive spirit, ready for the Le Mans-style start. Two by two the runners sprinted down the road and leapt in to their rubber dinghies, rowed to the eager yacht (doing their best not be hit and drowned) before heading up the Sound of Mull.

There were only light airs, but the magic carpet of the flooding tide soon swept us up to Salen, where at 5.50pm, Paddy Barlow, James Weir and Simon Adney were rowed ashore to face the first

of three rigorous five-minute kit checks. With no marshals on the route, the rucksacks had to be emptied: waterproof bottoms and top, thermals, hat, gloves, emergency shelter, map, compass and emergency rations were all accounted for; no costly return to the yacht was necessary.

For the waiting crew there was little rest to be had; Brown Bear had to be anchored, sails stowed and supper cooked. The sailors then rested while the remaining four boys played cards in the sun, no doubt contemplating their own upcoming running leg with increasing anxiety.

Despite setting off behind Fettes A and Windermere, it was clear to see from the tracker app that Shrewsbury’s runners had overtaken them, but as this was only updated every half an hour, I rowed ashore early to await them.

Led by the indomitable Paddy, all three piled aboard after their hugely pleasing 3hrs 37mins, including Ben Talaidh, while the rest of the crew fumbled with the spinnaker. Windermere School on Kittiwake soon ghosted past us in the fading light, their 35ft monohull making the most of the almost non-existent breeze. Soon the oars were put to use up in the bow, but at 45ft and 14 tonnes, it was almost possible to hear Brown Bear laugh at our feeble efforts.



As darkness descended we reached the Firth of Lorne just as the tide started to flood against us at Duart Castle, but the breeze remained from the north-west, enabling us to nudge south. At this point, Hugh and David, a veritable Davies and Carruthers of the 21st century, made the inspired choice to sail wide and west of Fladda and its powerful tidal gate, before ducking in through the potentially treacherous Corryvreckan at slack water.

By first light the rain had really set in, but the tracker confirmed that we had moved up in to third place overall and first in the

Youth Class; a stunning piece of sailing. But now the lighter boats behind soon caught back up to us as we all took advantage of the ebbing tide to eventually arrive in Craighouse at 9am on Saturday.

Jura was the island home of George Orwell when he wrote 1984, so it seemed appropriate that the oppressive presence of Fettes A on La Giraffe and Windermere on Kittiwake, eventually hunted down Max Green, Sam Watts and myself on our 14-mile wilderness run over some of the famous Paps.



Shrewsbury School’s winning Youth Team. Top row, left to right: Sam Western, Sam Watts, James Weir and Hugh Clay. Bottom row, left to right: Simon Adney, Sam Griffiths, Paddy Barlow, Max Green, Tom Jackson, David Russell ©Sam Griffiths, Shrewsbury School

An awe-inspiring landscape of Mordor-like proportions gave us a misty embrace, the ephemeral tracts enticing one onwards through a landscape of heather, bogs, fleas and ticks. Even the hundreds of deer questioned our presence in this untamed wasteland, nonchalantly looking up as we came within touching distance.

Off the final Pap, all three youth teams charged down the scree and boulders, through leg-cutting bracken, before a ‘Death March’ back along the road to the dinghies. The wind rose, the sails filled, copious amounts of pasta were hungrily devoured and midnight became the new estimated time of arrival for the final run; the stage was set for an unheard-of finale on Arran.

But sailing can be a fickle business, and just as we were congratulating ourselves on going around ‘the Mull’ with no seasickness and keeping the Youth Teams just behind us, the wind, like four of our six runners, seemed to clamber into its bunk.

A long slumber ensued; that is apart from James Weir and Max Green who, in a Herculean effort, took it in turns to row Brown Bear forward, close in to the shore, taking every short-cut possible. At long last a slight breeze edged us past Holy Isle and at 5.10am we rowed ashore, a minute behind our rivals, and watched heart in mouth as our team set off one last time.

Rowing back to Brown Bear, I found the entire crew asleep, seemingly dead to the world. The tranquil, sleepy delights of

Lamlash were soon extinguished as the first four adult yachts got ready to receive their runners. Like whippets on a leash, the moment the painter from the dinghy was thrown up, the oars of the yachts dug in as they looked for any small advantage on the final leg.

It was very quickly our turn; as we crept out of the bay, our tacks seemed to mock us as we made little headway east. Sam Watts on the binoculars spotted Fettes shougle (as the Scots say) along the road and in what seemed like only seconds, La Giraffe was behind us. It was now decision time for Hugh and David, but they stuck to the rhumb line, leaving the others to risk going north or south to find better wind.

At no point could we relax; after 48 hours on the boat, the now suffocating smell of ten muddy and sweaty males exuding from the cabin become ever more invasive as we wished Troon harbour closer. But at just after 1pm on Sunday, the exhausted crew of Brown Bear could finally celebrate. All that remained was a dinghy paddle to the nearest pier and a triumphant run up to the Harbourmaster’s office and the finish.

Warm smiles from the wonderfully supportive and superbly organised Race Committee greeted us and a bottle of champagne was thrust in to our hands. Shrewsbury School on Brown Bear, at the first time of asking, had become Youth Champions of the Scottish Islands Peaks Race!

Above left to right: The view back to Lamlash from the summit of Goat Fell, Brown Bear enters Troon harbour and the victory march to the Harbourmaster’s office ©Sam Griffiths, Shrewsbury School

THE WELSH 1000M PEAKS RACE TO DISAPPEAR AFTER 50 YEARS?

WORDS KATE WILLIAMS

This year, the Welsh 1000m Peaks Race will be run for the 50th time. The competitors who have taken part will know that it is a gruelling event, even in fine weather. It is a test of fitness, endurance and orienteering skills and the terrain is wild and remote. The A Class Fell Race is considered to be one of the most arduous events in the fell running calendar. It is a WFRA championship race this year. There is also a Challenge race, run alongside for those who move less fast and carry more kit. The event has a great following in both the fell running community and in Mountain Challenge/ Marathon groups.

The race evolved from an army event and now starts at sea level at Abergwyngregyn, on the shoreline of Conwy Bay and finishes on the summit of Snowdon (1,085 m), having climbed the five peaks over 1000 metres high in Snowdonia. The total distance that the competitors have to travel is 32 Kilometres with approximately 2,800m of ascent.

It is an exceptional event, a great challenge. Much loved by many competitors from all around the UK and abroad.

"An awesome but hard race - loved it - thank you to all involved behind the scenes and on the mountains - will be back next year." (Tom Habgood);

"Just wanted to say a massive thank you to all the cheerful Welsh 1000m support crew. Very well organised event. Really enjoyed my first long fell race. Will be back for sure!" (Kasia Osipowicz).

But the race is in danger of disappearing for ever.

Since the 1990's the race has been organised by the Gorphwysfa Club, a group of walkers and climbers. Harvey Lloyd, a leading Club member, after many years as Race Director, has announced that he will retire (age 81) following this year's race. Harvey is a true force of nature and has contributed hugely to the life, culture and mountain activities in Snowdonia. Last year, he was conferred a British Empire Medal for services to mountain rescue, mountaineering and heritage in Wales. As well as the race, Harvey runs a charity in Capel Curig, which renovates and conserves the old St Julitta's church for the benefit of public, residents and visitors to use for community events. He was a member of Llanberis Mountain Rescue team in the 1970s until the 1990s

The Gorphwysfa Club members, with the exception of a few energetic young people, are also getting towards retirement - the majority of race marshals and other helpers are over 70!.

Of course, the club would like to see the race continue and I am sure the same can be said for many competitors. No-one from within the Gorphwysfa club is in a position to take on the Race Director Role. This situation is not unusual currently as other long standing outdoor races and challenge events have struggled to replace volunteers standing down after many years of involvement.

The club would love to pass on the race to a fell runners' club or a non-profit making group. We have a significant group of Gorphwysfa members who would be willing to support such a group in staging the race. If you or someone you know would be interested in running this unique event, please contact jean.hall1@btinternet.com.



Not all easy going... ©Andy Humphrey



A many time competitor (Mike Blake!) reaching the summit



Harvey Lloyd at the prize giving

MANX MOUNTAIN MARATHON

HOW IT ALL BEGAN



WORDS GEORGE BRODERICK,
FOUNDER AND FORMER ORGANISER
PICTURES DAVE KNEEN

During the 1960s/70s I was a keen hill / mountain walker and youth-hosteller, beginning my career in this regard in the Isle of Man over Easter 1964, and continuing thereafter with visits to North Wales, Lake District, and Scotland. In 1968 I went to Nottingham University to study Classics, and there I joined the rambling society, which had the Peak District as its regular walking area. Back in the Isle of Man I befriended the then wardens of the three youth-hostels at Ramsey, Laxey and Port Erin, and during the years 1965-66 I prepared a series of walks taking in the hinterland of the three hostels for the benefit of visiting hostellers.

THE CHALLENGE

In 1966 I threw down a Challenge to the more dynamic hostellers with a thirty-mile hike over the mountain backbone of the island, from Ramsey youth hostel on the Mooragh Promenade in the North to its Port Erin counterpart at Bradda in the South (see map). The set walking time of ten hours was determined by the serving of meals (breakfast in Ramsey 8-9am) and evening meal in Port Erin (7pm) - from 09.00 to 19.00. The challenge was pinned to the notice board in the common room of Ramsey YH alongside the earlier walks prepared for the hostellers.

Although I was advised that a number of hostellers had taken up the Challenge over the following two years, none had evidently broken the set ten-hour completion time. That is until 1968, when I was informed that a certain Tony Payne of East Grinstead by Tonbridge in Sussex had part-walked, part-ran the distance in 9hrs 50min. As a result it became clear to me that such an undertaking was feasible, and later that year I sought to convert the Challenge into an organised event. To this end a dummy run was scheduled to take place during 1969 under the provisional title of “Race of the Peaks”. However, the time I had available to me outside my university work for organising proved too short to achieve anything meaningful. And so Easter Saturday 28 March 1970 was borne in mind as the target date for the inauguration of the event under the new title of “Manx Mountain Marathon”. The term ‘marathon’ was chosen from the Battle of Marathon in 490BC when a bold Athenian soldier ran the 26 miles non-stop back to Athens to report the victory of a well-equipped Greek force over a much larger Persian army. As a Classicist (later a Celticist) I saw the Manx Mountain Marathon in a similar heroic light.

MANX MOUNTAIN MARATHON

The Manx Mountain Marathon would comprise a course over the mountain chain which divides the island into a Northern and Southern zone, from Ramsey in the North-East to Port Erin in the South-West, involving a distance of some 30 miles (c.48km) and an accumulative ascent of some 7500 ft. (c. 2290m) over twelve mountain summits. Although the Isle of Man is quite hilly, the island at that time to my knowledge boasted only two hill races: the Peel Hill Race and the Greeba Hill Race. Otherwise, athletics in Man was almost exclusively confined to track and road events. As with other fell races, the Manx Mountain Marathon would function as an athletic event within an orienteering milieu, involving a point-to-point system in which each competitor would need to be able to use a compass, read an OS map, carry protective clothing against inclement weather, along with a small food-ration - The concept of a “fell race” was foreign to Manx athletics at that time.

In order to secure the course radio coverage was undertaken by the Isle of Man Government’s Dept. of Civil Defence. Safety coverage was undertaken by St. John Ambulance in the north and Rushen Ambulance in the south of the island. Course marshals were provided by Boundary Harriers Athletic Club of Union Mills. In asking for

marshals I had to point out that, in addition to those on the level, they would be manning the twelve mountains summit checkpoints, even in mist. With their background in road and track running, it was amazing to see how much outside their comprehension this scenario initially proved. Nevertheless, Boundary Harriers agreed to co-operate, provide refreshments at check-points and provide a time-keeper, as some of their number found the challenge exciting.

Publicity for the event had to be made, and this was done through AAA publications (there was no FRA at that time) and with posters distributed throughout the island. The Marathon would be started by the Mayor of Ramsey and the presentation of awards for the first few years by Speaker of the House of Keys (the Lower Chamber of the Isle of Man Government) Charles Kerruish.

THE FRA

Towards the end of February 1970 I received a letter from an Eddie Leal of the Isle of Wight announcing the setting-up of “The Fell Runners Association” which initially would function as an information service for those involved specifically in the new sport of “fell-running” and that such an association would be formally set up early in April 1970. In this regard I was asked for specific details of the Marathon for their provisional calendar of events. About two weeks later I received a copy of the calendar in which the Manx Mountain Marathon was duly listed. There was clearly a dearth of A-category races in the calendar, but The Manx Mountain Marathon was seemingly categorised as an A event.

The two or three days before Easter Saturday I spent in the Port Erin Youth Hostel at Bradda overlooking Port Erin. Also staying at the hostel then was Jim Smith of Bury & Radcliffe Athletic Club who had entered the Marathon. In a private conversation he asked me whether I had received the initial letter from Eddie Leal regarding the FRA Calendar. I said I had and had supplied him with the information he required. Jim then said to me that the Fell Runners Association would be formally set up next Saturday after the Pendle Hill Race. I said I would support fully such an idea, as it lay within my interests as a hill / fell walker, and later as a fell race promoter. And when the FRA regulated the rules of fell-race promotion and availed itself of insurance cover I fully supported such a move, as it guaranteed the safety of competitors in the events under its aegis.

THE AWARDS

I discussed the awards with the wardens of the two youth hostels to be involved. The wardens of the Port Erin hostel (the Finish) were Bill and May Lloyd, those for Ramsey hostel (the Start) Harold and Maureen Wilcock. It was decided that trophies for the first three finishers would be awarded. The winner would receive the Lloyd Cup from the Port Erin wardens, the second the Wilcock Challenge Shield by the Ramsey wardens, the third a small plaque provided by Port Erin businessman Jack Whittle. As the event had to comply with AAA rules of competition, its amateur status had to be maintained and assured, which precluded sponsorship of any description. As the Manx Mountain Marathon was regarded as Manx home-grown, a Manx Gaelic version of the title was also sought. The form chosen was Moir-Hooyl ny Sleityn (lit. ‘mother-hike’ i.e. ‘hike of all hikes’) of the mountains’) and was provided by Manx enthusiast, teacher and author, the late Dr. Brian Stowell.

THE ENTRIES

At the close of entries a week before Race Day, seventy-four entries had been received, mostly from outside the island. Given that athletics in Man was road / track dominated, there were very few “fell-race” competitors in that regard received. Even though over the years the numbers of Manx fell runners as such grew, the ratio of competition in the Manx Mountain Marathon for long years was 4 : 1 in favour of outside entry.



Above: Rob Sellors on the 2013 Manx Mountain Marathon, photo taken looking North from the track to Lhiatee Ny Bheiney ©Dave Kneen. Previous page: Nigel Maddocks, photo taken from a similar position ©Dave Kneen

Given that we initially had walkers in mind, a theoretical finishing time of eight hours was provisionally envisaged. After the deadline had passed I noticed from the entries that many of the competitors were attached to athletic clubs, i.e. we had a number of athletes with us who would likely run the course. The scheduling of radio and marshals to man the checkpoints was such as to anticipate a six-hour finish by the winner. Even so, as it turned out, some competitors reached some checkpoints before they were manned, and so checked themselves in by endorsing the card themselves.

THE DAY – EASTER SATURDAY, 28TH MARCH, 1970.

The days leading up to the event were warm and sunny. Easter Saturday dawned with much foreboding. No sun was to be seen and the weather had turned cold with snow and thick mist on the mountains. At that time I was staying at the Ramsey Youth Hostel on the Mooragh Promenade, and so along with most of the participants who were also staying there we prepared ourselves for the day. The competitors were allocated with their numbers and check-cards. In all fifty-seven of the original seventy-four entries were present at the Start. Shortly before the 08:00 start the dapper, 60-year-old time-keeper Johnny Quine came rushing into the hostel and, with his thinning hair and eye-lashes bespeckled with frost said to me, “Mr. Broderick, you’ll have to cancel the race. There are Arctic conditions on the mountain. It is catastrophic!” I then asked the radio-operator at the hostel entrance to radio through to Control to seek an assessment of the situation.

This he did, and the information that came back was that the terrain was bedecked with thin snow, there were strong westerly winds blowing in with sleet, but the course was manned, with radio and the ambulances in place, i.e the course was secure. I then put this to the assembled participants, and asked them for their decision. They said they would go ahead. Their decision was unanimous.

The Start was then scheduled for 08:40. It was made by the Mayor of Ramsey. As he raised the Manx flag they all set off. I then went in my car along with the radio-operator in his, up on to the Mountain Road towards the first mountain checkpoint of North Barrule. The radio operator told me North Barrule was manned, as was the next checkpoint at Clagh Ouyr, but there was no marshal at Clagh Ouyr. I then said I would go up and marshal the checkpoint myself. I did so and was there about three quarters of an hour until all the competitors were through. With some competitors who had their checkcard in their trouser pocket, the pockets themselves were welded together with frost and it was quite difficult to prize open. In one or two cases a competitor’s hands were stiff with frost-bite; there was a report later on of snow-blindness at another checkpoint. Also in a number of cases the marshals had not turned up, believing that the event would be cancelled. As a result the checking procedure in those cases was left to the radio operator alone. Towards midday the weather eased off and the southern section of the course between St. John’s and the Finish was a lot more easier to control. Nevertheless, the weather in the Northern section (Ramsey-St. John’s) had taken its toll, with a heavy fall-out of competitors. In addition, some competitors had gone astray in the mist between Injebreck and Beary Mountain and had ended up in Crosby, far off course. They were registered as retirements; there were also a number of compulsory retirements at those checkpoints that required a specific time to check in by.

The winner, Bob Meadowcroft (Bolton), came in just prior to the arrival of the time-keeper at the the Finish, and was timed in at 5hrs. 45 min. by the attendant marshal. Jim Smith (Bury and Radcliffe) was second at 6hrs. 5min, and Mike Davies (Reading) was third at 6hrs. 54 min. Of the fifty-seven starters, twelve finished, including Barry Pitts, the only Manxman to finish, in 9 hrs.+. We had made it. Both the radio operators and marshals said that despite some difficulties we had got through. The Manx Mountain Marathon was now born, albeit in a baptism of severe cold, blowing westerly winds with driving sleet, and thick mist. After the evening meal the Presentation of Trophies and Certificates was made in the adjoining recreation centre by Speaker of the House of Keys Charles Kerruish.

THE AFTERMATH

In the years that followed, the event became more complex and in 1973 I invited a committee to help me with the task. Foremost in this committee was Arthur C. Jones, Ballasalla, a retired manager with the Isle of Man Bank, who began entering the Marathon from 1971. Arthur took over from Boundary Harriers the task of providing marshals, as well as looking after the awards and certificates and performing the duties of treasurer, while I looked after the radio and ambulance, as well as inviting the dignitaries. Although I may have introduced the concept of fell-running to the Isle of Man, Arthur Jones can be credited with consolidating fell-running as an important facet of sport in Man in his judicious direction of the Manx Mountain Marathon Organisation (as the 1973 committee developed into) in its promotion of thirteen fell-races on the fell-running calender in the Isle of Man. In 1972 there was a change of wardens in the Ramsey and Port Erin youth hostels who showed little interest in the Marathon. For 1973 and thereafter the Marathon was removed from the youth hostel scene completely; the Start was moved to the Market Square, Ramsey, its present venue, and the Finish either to the Promenade in Port Erin itself or to its present location in Bradda Glen, just to the north.



Running towards the finish line on the headland at Port Erin, Manx Mountain Marathon 2013 ©Dave Kneen



Crash, Bang, Wallop - What a picture!

A GUIDE TO IMAGING FOR FELLRUNNERS

WORDS DENISE PARK,

PROFESSOR SHAH KHAN, GARY MASON

PICTURES PROFESSOR SHAH KHAN,

GRAND DAY OUT PHOTOGRAPHY

Fellrunners are a passionate group who know everything about the fells, extreme weather and rough terrain, but probably not a lot about the world of imaging. Hopefully this article will give an insight and understanding into the scans that are available, and when you should consider further investigations.

I am very pleased to have written this article with Professor Shah Khan, Consultant Musculoskeletal Radiologist, who I have worked closely with since 2007. We share a passion for digging that bit deeper to get to the bottom of someone's symptoms which can be obscure and unusual in fell running, aiming for an accurate diagnosis that helps in deciding the most appropriate intervention - and hopefully a speedier return to running.

Running is a fine balance between achieving your objectives and avoiding injuries, but unfortunately injuries are part and parcel of fell running. Injuries experienced can mainly be divided into those resulting from trauma such as twisting an ankle, falling or tripping, and those that occur over a period of time due to the damage or increased stress of various body structures, which are referred to as 'overuse' injuries. Research has shown that 49% of fell running injuries are caused by overuse or a change in training, resulting in injuries such as Achilles tendinosis in tendons (see Figure 1), to shin splints or stress fractures in the bones (see Figures 2 and 3). These overuse injuries are more common in novices to running as the structures have not had time to adapt to the new strains and stresses, and in the older age group.

WHY DO FELLRUNNERS NEED TO KNOW ABOUT SCANS?

Injuries generally present as pain or restriction of movement or giving way of a joint. Assessment by a GP or physiotherapist results in a clinical diagnosis, but imaging helps us to look into the joint or the soft tissues to confirm a clinical diagnosis - or throw light onto a more complex presentation (see Gary Mason's story). Once the diagnosis is known or confirmed by imaging, appropriate treatment and rehabilitation can be planned.

As discussed in my last article, pain on the inner aspect of the knee is often diagnosed as osteoarthritis in the clinical setting, especially when it is known you are a fellrunner. As we now know from research, running appears to delay the onset of osteoarthritis in joints, so instead of accepting a diagnosis of 'wear and tear', it may be necessary to have further investigations to determine the true cause of the pain. Other possibilities are a stress fracture, a tear in the cartilage (the medial meniscus) a sprain to the ligament on the inside of the knee (the medial collateral ligament) or damage to the quadriceps expansion which is around the kneecap (patella) and is a very common fell running injury. Given it is often difficult to identify this particular injury on a scan image - the scan is still useful to exclude any other possible underlying causes of the pain - especially if the injury does not respond to a course of appropriate physiotherapy treatment.

< Figure 3 (left) - an X ray of the knee of the fellrunner, which appears normal, and no fracture can be seen; Figure 2 (right) - an MR of knee of the same fellrunner's knee, who was extending the distance run. Linear dark irregular stress fracture (thin arrow) is seen in the proximal tibia with surrounding bright bone swelling (oedema) due to bruising.

WHAT IS 'IMAGING' AND WHAT SCANS ARE AVAILABLE?

Imaging is being able to see inside the body structure with a scan. (see Box 1) Many of you will be familiar with **x-ray**, which is a form of imaging using ionising radiation. This is a basic form of imaging which shows the bones very well - but not the soft tissues. It is very useful when there is an acute injury to identify a fracture or broken bone. However, stress fractures, which are slow fractures of the bone structure due to stress, are not always identifiable on x-ray (see Figure 3) in the early stages and may take up to 6 weeks to be visible.

Given most fell running injuries are soft tissue injuries rather than bone injuries, x-rays may not be beneficial. The scans that are useful for these injuries are ultrasound and MRI scans.

An **ultrasound scan** uses sound waves to provide imaging of soft tissue structures, such as a tendon (see Figure 1). It is very useful to assess soft tissue structures which are just below the skin (superficial) and to do guided injections so the Radiologist can see exactly where the needle is situated in relation to the injury. However, an ultrasound scan is very dependent on the expertise of the examiner and cannot assess the bones.

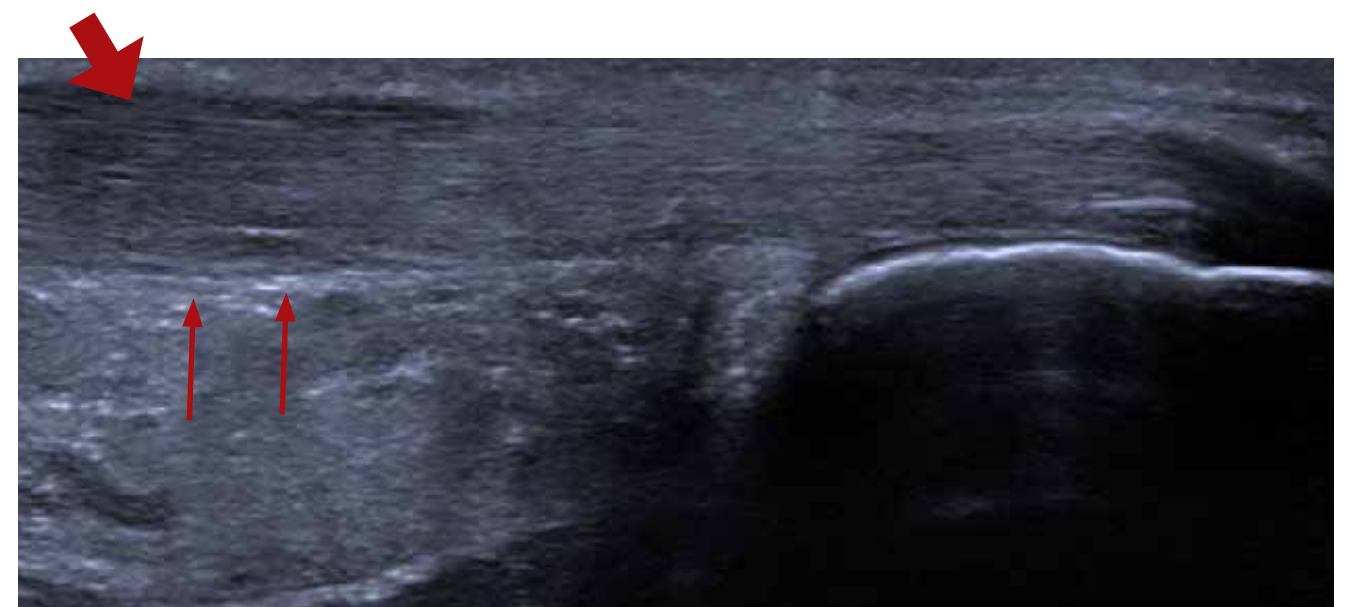
An **MRI (magnetic resonance imaging)** scan assesses both the bones and the soft tissues. Magnetic resonance imaging uses a magnetic force to form images of the body structures. This allows excellent images of the body structure in 3-dimensions and is effectively looking inside without having to do surgery (see Figure 2).

Due to the magnetic force used, it can be dangerous to scan someone who has a cardiac pacemaker, stents in arteries or aneurysmal clips, so if someone has any of these devices, an alternative scan might have to be considered. However, some people with cardiac pacemakers are now able to have MRI scans.

It must also be remembered that MRI's often throw up false positives. These are things that might be seen on the scan - but which are not the cause of the pain. MRI scans of knees of 51-89 year old patients identified abnormal findings in 87% - although none had any knee pain (Guerhazi et al, 2012) and disc degeneration was seen in 79% of scans on patients who were not experiencing back pain (Brinjiki et al 2015). This highlights the importance of a good clinical assessment and correlation of the imaging with the radiologist.

A **CT (computed tomography)** scan uses x rays to provide a 3-dimensional image of the body part. In the context of runners and the musculoskeletal system, it is useful for bony structures but not for the soft tissues. It is, however, very useful for assessment of the head, chest and abdominal viscera, but because it uses x-rays there is still a risk of radiation.

A **bone scan** uses a radioactive isotope which accumulates at the site of a fracture or an infection in the body. This is then seen as an 'active' site on the bone scan. The bone scan can be used for assessment of stress fractures but in most cases, has been superseded by MRI scans as bone scans also carry the risks of radiation.



^ Figure 1. Ultrasound scan of the Achilles tendon in a fellrunner, showing the thickening of the Achilles tendon due to tendinopathy (thin long arrows) and of the surrounding lining, referred to as paratenon (block arrow).

WHEN DO YOU NEED IMAGING?

Imaging is particularly beneficial in the following scenarios.

1. In many cases, your GP, physiotherapist or sports therapist will diagnose your injury and with appropriate therapy, it will resolve. However, **if the symptoms do not resolve**, or get worse despite physiotherapy, imaging would be appropriate to understand the underlying cause and the degree or extent of the problem.

2. If **the cause of the symptoms is unclear** on clinical examination. If a fellrunner presents with heel pain, it may not be clear whether it is plantar fasciitis, a stress fracture of the heel bone (the calcaneum), tendinopathy of the tendons which flex the toes (flexor hallucis longus or flexor digitorum longus), the Achilles tendon or another condition called tarsal tunnel syndrome.

3. When an injury has been diagnosed clinically, you may need **confirmation of the diagnosis** to help with subsequent management. If there is a meniscal tear it might be necessary to confirm the extent of the tear to determine if surgery is necessary.

4. A scan can confirm but also **exclude an injury**, so the correct rehabilitation therapy can be continued. This is particularly important in stress injuries of the bones. It is imperative to diagnose any stress reaction at an early stage before it progresses to a full-blown fracture which will lead to a much longer period of rehabilitation and healing.

5. When rehabilitation doesn't seem to be working, despite a scan, it is sometimes necessary to get a **second opinion**. Injuries

are sometimes missed because the Radiologist looking at your images may not be fully aware of your symptoms, or may not be experienced or specialised enough—especially when your injury is unusual and is something that may be unique to off-road running. Several years ago, Victoria Wilkinson ruptured the tendon under her big toe whilst doing hill reps. There had only been 5 previous reported cases of this injury in the world which were in track runners and ballet dancers - but because of the forces involved in the push-off doing hill reps, it is an injury seen in fell runners. Luckily, it is usually damage to the tendon rather than a tendon rupture – but because it is unusual it can be missed.

WHAT IMAGING IS APPROPRIATE?

The various imaging modalities have their pros and cons (see box).

On a simplistic and pragmatic basis, the choices are chiefly between ultrasound or MRI scan. Both are safe and do not carry the risk of ionising radiation.

MRI scan can investigate and assess both the bones and soft tissues whereas an ultrasound is useful in the assessment of superficial soft tissue structures but cannot assess the bones. As a rough rule of thumb, ultrasound is useful, when the source of pain can be pinpointed such as a tendon or a lump. MRI scan is useful when the source of pain is diffuse or not clear i.e. you have to place your palm or hand to indicate the site of the pain.

It is generally useful to have a discussion with a Radiologist who can help decide on the most appropriate scan.

IMAGING MODALITY	X-RAY	ULTRASOUND	MRI	CT	NUCLEAR MEDICINE
BRIEFLY	Uses x-rays to image	Using soundwave to image	Using magnetic force to image	Uses x rays but to form 3D images	Uses radioactive isotopes to image
PROS	Simple	Simple. Useful for superficial structures. Helps with guided injections.	Most useful for imaging both bones and soft tissues. No radiation risk.	3D images of bones. Useful in fractures or overlapping bones in wrist/feet.	It is functional and assesses stress fracture.
CONS	Only useful for bones. Not useful for soft tissues. Radiation risk.	Not useful for deep structures or bones. User dependent.	Contraindicated in pacemaker, stents etc. Slightly expensive.	Soft tissue is poorly assessed. Significant Radiation risk.	Radiation risk. The anatomy is poorly delineated.



MY STORY - GARY MASON

In 2019 I moved to a different running group in Morpeth Harriers and started training harder. I upped my mileage from about 45 miles per week to 60-65 per week with one week of 75 miles in preparation for Ennerdale later in the year. I also lost weight. The combination of these things meant I was running better than ever. Most weekends I would be racing and enjoyed the long hard fell races. I completed Ennerdale, The McWilliams challenge round in Northumberland and several other long, hard fell races for the first time, including the Teenager with Altitude and The Great Lakes races. Things were going really well, and I just wanted to make the most of it. I loved the racing and being out in the hills meeting various folk. I literally felt on top of the world!

In July, I started to experience an ache in the groin and put it down to training hard and running in general. As someone once told me - when you run you've always got something wrong with you! It didn't really bother me too much, so I continued running. In September I got a PB at Ben Nevis and, because I have always done the Great North Run since I started running, ran it the next day. I had another great run and got another PB.

I did some other fell races in September, but the groin ache remained. It felt as though something wasn't working properly in my hip/groin area when I started running, but as it seemed to wear off as I warmed up, I continued running.

In October, I did Manor Water fell race then Kielder marathon the following day, getting yet another PB. At the finish my groin was really painful and I struggled to walk back to the car. I rested most of the week and did the fell relays the following weekend. The groin was sore during the run, but as it was now uncomfortable even on walking, I thought I should see a local physio.

The physio advised a few weeks rest, but as the pain didn't ease, I contacted him for further advice. Unfortunately, he didn't return my call.

Over the next few months I saw a nurse practitioner, had a telephone assessment with the Joint Musculoskeletal and Pain Service (JMAPS), and was given exercises by an NHS physio who said I had an inflamed hip capsule and some tendinopathy. I repeatedly asked if I could be referred for an MRI scan because I thought I might have a stress fracture, but was told every time that it was not possible.

I did the exercises diligently, but the pain in my hip and groin was getting worse rather than improving and to add to it, my follow-up NHS physio appointment was cancelled. The situation had now deteriorated to the stage where the pain was causing me to limp whilst walking, so I completely rested from all exercise. Even the rest did not help this time, so I went back to the GP. She didn't think an x-ray would be helpful but agreed to refer me for an x-ray. This reported that I had moderate arthritis in both hips which surprised me as my left hip had clicked and clunked for years, but my right hip had never caused me any problems.

Given I now had a diagnosis of arthritis, I was told I no longer needed an MRI scan but instead would be referred to an Orthopaedic Consultant. Cortisone injections, hip resurfacing and a hip replacement were mentioned – all which came as quite a shock to me.

Feeling a bit dejected and rather frustrated, I posted a message on the Fellrunners group on Facebook asking if anyone else had similar problems. Almost immediately, I got a message from Denise advising me that if I really wanted an MRI scan, she could refer me privately to Professor Khan via a company called Scan-doctor (www.scan-doctor.co.uk). Having spent months of repeatedly asking for an MRI, I decided to go ahead as I desperately wanted to know what was wrong for my own peace of mind.

Denise needed a detailed history of my history and symptoms which enabled her to refer me to Professor Khan to have the most appropriate MRI scan. Within a couple of weeks, I had the MRI scan close to where I live, and the images were sent to Professor Khan.

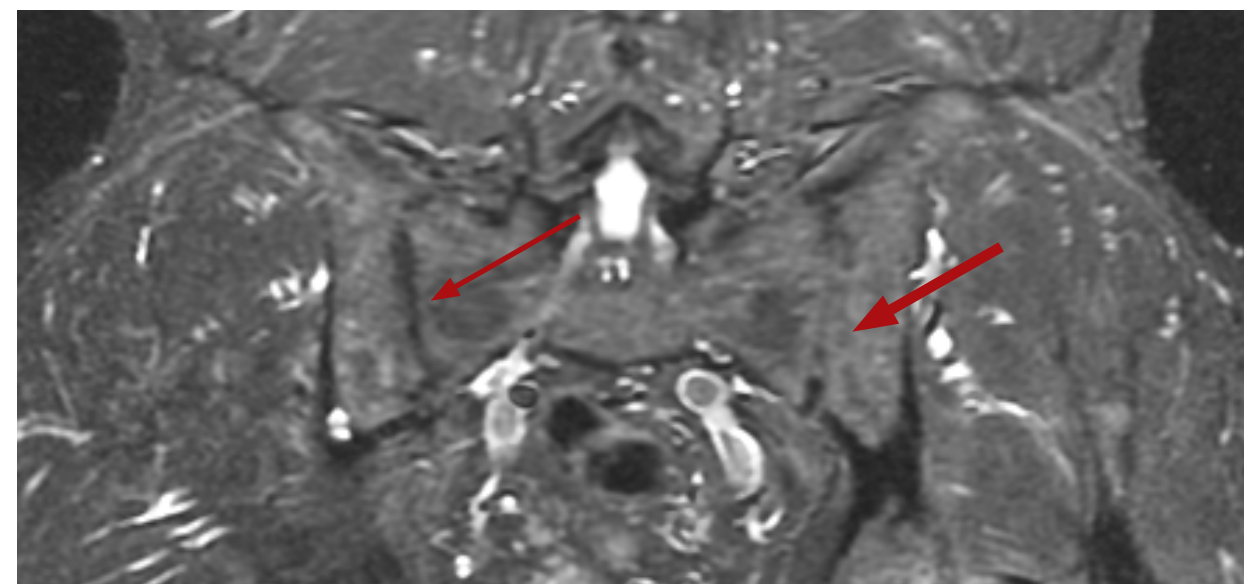
A few days later, Denise contacted me to explain in plain English what the MRI had revealed. I had multiple things including osteoarthritis of the hip joints- but the main source of the problem appeared to be partially fused sacroiliac joints (see Figure 4). This was much worse on the left side and it was this that had probably caused the wear in my hips – but more importantly – these findings suggested I possibly had a type of inflammatory arthritis called ankylosing spondylitis.

Denise explained that with the right management and medication this condition could be controlled, plus she knew of other fellrunners with the condition who were still running and racing which was a relief to hear.

Given the findings, I returned to my GP who then added that I had other symptoms also suggestive of this condition, so he referred me to a Rheumatology Consultant. Even though I was initially shocked at the scan report, I felt more informed - and that someone had finally listened to me.

I have now been seen by the Rheumatologist, who has confirmed that I have ankylosing spondylitis, as reported by Professor Khan. Being active over the years has possibly delayed the progression of the disease, but thankfully the scan has identified the underlying reason for my symptoms.

I was not aware that it was possible to request an MRI scan privately, so I am so pleased Denise responded to my Facebook message. I cannot thank Denise and Professor Khan enough. My Rheumatologist said it is pointless telling a fellrunner not to run, so I am hopefully now on the right road to recovery and am looking forward to getting back on the fells again.



^ Figure 4. MR scan through the sacroiliac joints, which shows partial fusion of left sacroiliac joint (see thick arrow) compared to unfused right sacroiliac joint (thin arrow). This is suggestive of inflammatory arthritis.

THE REALITY OF IMAGING AND FELLRUNNING INJURIES

Unfortunately, most fellrunning injuries are not high priority within the NHS system, which is already stretched beyond breaking point. If you fall and have a serious injury – the NHS is everything you would hope for - but knee pain whilst running off Coniston really isn't seen as a high priority. I appreciate you have every right to battle through the NHS system, but at the end of the day it is only you who will suffer physically and mentally whilst you cannot run.

Thankfully it is now possible to obtain MRI scans privately and there are several companies offering this facility. Prices vary, but it is currently possible to have an MRI scan with a report interpreting the images for around £300. It is recommended that a health professional such as a physiotherapist or GP refers you for a scan given the referral letter can provide crucial information to decide on the most appropriate scan and to minimise any false positives, although this isn't essential.

We hope this article gives you an overview of imaging, and how it can help you to manage your own injury next time you have that niggle that does not go away!

PROFESSOR SHAH KHAN

Professor Shah Khan is an accredited Musculoskeletal Radiologist and has earned national and international recognition for his contribution to radiology and his dedication to patients. He is the only British Musculoskeletal Radiologist to be awarded the highly prestigious European Society of Skeletal Radiologists Award and the Bronze award by the national Advisory Committee for Clinical Excellence Award (ACCEA) for excellence in radiology in 2020. He is incredibly skilled in assessing musculoskeletal injuries and, after working so closely with Denise for over 12 years, has a deep understanding of fell running injuries.

He regularly publishes and lectures in International/National meetings and is on the faculty of Sports Injuries MSc course in UCLan and Musculoskeletal Ultrasound MSc course in University of Cumbria.

For further information, visit his website www.scan-doctor.co.uk or email info@scan-doctor.co.uk.

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 Sport's Injuries', when she was recognised as the world's leading expert in fell and mountain running injuries.

MARTIN STONE'S

LONG DISTANCE ROUND UP

APRIL 2020

WORDS MARTIN STONE

KIM COLLISON – SUPERFAST WINTER BOB GRAHAM RECORD

Kim completed his Winter BG on 1st December during an unseasonal early cold snap. The ground was rock hard and there was a heavy coating of hoar frost on the higher fells. It was the Winter equivalent of the stunning conditions that Kilian Jornet experienced during the long Summer of 2018.

This was Kim's third Bob Graham and with his experience of the route and great speed, he took full advantage of the conditions to record a superfast time of 15hrs 47mins, making it one of the fastest Bob Grahams ever! He was supported and paced by a small team of local friends which allowed the attempt to be agile and scheduled at short notice to make the best of the weather. You can read Steve Chilton's interview with Kim elsewhere in the magazine.

DAMIAN HALL – WINTER PADDY BUCKLEY RECORD – SOLO UNSUPPORTED

Damian set off running clockwise from Llanberis on Wed 29th January at 3am, working with an optimistic and fairly arbitrary 19hr schedule. It is clear that Damian loves this route as this was his third circuit within 12 months. He used the same start location and direction as his record-breaking attempt last Summer. There was snow on the ground above 550m and it was sub-zero and windy at times. He completed the round in 21hrs 30mins, having coped with 12 hours of darkness. His time was 8 minutes inside Jim Mann's previous record set in February 2017.

Damian is only the 2nd person to ever complete one of the Big 3 Rounds solo unsupported in Winter within 24 hours. The previous mid-Winter solo unsupported PB round was in late December 1989 in 23hrs 40mins.

What makes this round extra special and leaves me in complete awe is the speed Damian was able to move at on his own, especially as he was carrying all his kit, without any pacers or road support, 12 hours of darkness and wintry weather – and he lives in Wiltshire! He is one of the best self-motivators on the long distance scene and if only a small amount of the mental strength he displays on these long runs rubs off on the folk he coaches, they will be in a really good place to achieve their goals! You can read all about Damian's amazing journey in his article elsewhere in the magazine.

DAN SUMMERS – SOUTH WALES TRAVERSE – FIRST WINTER COMPLETION

Dan completed a South Wales Traverse starting at 8.57am on 5th December and finishing at 4.55am on 6th December – his total time was 19hrs 58 mins. We believe that this was the first continuous winter completion of the South Wales Traverse. Dan was accompanied by three people across the route. The weather was overcast with low cloud with some wind until the Storey Arms, after that a storm came in with gusts up to 70mph and heavy rain – this continued off and on for the rest of the traverse.



Above: Dan Summers on his winter South Wales Traverse ©Dan Summers, Main image (left to right): Ronnie Staton (road support), Dan Summers and Joe Shaw (who ran the first 30 miles with Dan) ©Ronnie Staton Dan writes, "we set out just before 9am from the isolated car park,

further west into the Brecon Beacons than most people go. The first two sections were run in almost ideal conditions, the ground was quite firm, there was a westerly wind on our backs and the hills and miles ticked by almost unnoticed. As we climbed towards the high point of the traverse (Pen y Fan) the wind increased and the rain started to come down. By the time we were on the ridge it was getting dark, the wind was at full strength (gusting 70mph) and the rain was very heavy. At times we were stopped in our tracks. We kept pushing on partly because of the attempt and partly because the route of the traverse was the easiest way to get to our support vehicle! After taking stock, the next section (which is much more sheltered) passed uneventfully and by the time we arrived at the Black Mountains the wind had dropped slightly and things were looking good. After climbing up to the ridge the wind and the rain returned but the terrain is easier going and we pushed on. Despite an awful line through the Mynydd Du Forest we arrived at the support point on schedule for just over 20hrs. At this point we pushed on to attempt the sub-20hr completion and also to get off the hill and into the van waiting for us at Llanthony. We eventually ran through the car park to touch the Abbey with 2 minutes to spare for the sub-20hr completion. I had three pacers across the traverse and road support at the major road crossings."

DOM AINSLEY – 214 WAINWRIGHT PEAKS WINTER ATTEMPT

Dom comes from a mountaineering and climbing background. At 23 he is very young and he is relatively unknown in the fell running community. It is very unusual for someone who is not well known to take on such a huge challenge. However Dom has ambitions to not only complete a Winter Round of the 214 Wainwrights but he also hopes to break Paul Tierney's record later this summer.

Dom set off on Sunday 16th February at the tail end of Storm Dennis. I guess he felt that 14 days would be ample time to complete the round before the end of "Fell Running Winter". Because he didn't know many of the folk who would usually come out to pace on such an attempt, he would be spending long periods alone in extreme weather. On his first 8 hour stint he crossed Latrigg and all the fells to the east of Borrowdale before taking a break at Rosthwaite for 10 hours when storm force winds returned to batter the Lakes. On Monday 17th he left Rosthwaite at 05:15 and was on the move until midnight – a big day crossing the Glaramara ridge, Gables, Kirk Fell, Fleetwith and west along the Haystacks/ High Stile Ridge, Loweswater Fells and finishing the day at the outlet of Ennerdale Water.

Tuesday was a shorter 10 hour day heading east across the fells to the south of Ennerdale Water, Haycock, Pillar, Yewbarrow, Seattallan before dropping into Wasdale beneath Buckbarrow.

He set off up Whin Rigg at 08:00 on Wednesday 19th February. By now he was 24 hours behind the record-breaking Summer schedule. It was another wild day with 60mph gusts on the summits and he was heading for the Scafells, the highest peaks on the round. Paul Tierney had spoken with Dom a few times in the weeks leading up to the attempt. By now he was beginning to realise that Dom didn't have anyone accompanying him and that he must be on his own for most of each day. Paul, Charlie Day and Matthew Beresford headed onto the fells from Langdale and met Dom near Great End in near white out conditions. They accompanied him over Esk Pike, down to Rossett Pike and a little way back towards Bowfell. Paul lent him a warm jacket before they parted company and descended to Langdale. Paul wrote "Myself, Charlie Day and Matthew Beresford went in search of the Dom today on his Winter Wainwrights attempt and trotted for a couple of hours with him. Suggested he accompany us down to Langdale to get out of the grim conditions for a bit but he was having none of it. He eventually decided very sensibly to pop down the Band and get a bit of shelter in Langdale. I think the 3 of us were in agreement he's as hard as nails. I've no doubt he is strong enough to get round. Just

hope the weather gets a little kinder for him over the coming days. Not safe to be on your own in those conditions."

Dom crossed Bowfell alone and then made the wise decision to escape the weather by descending the Band. Dom bumped into Rob Jebb on the descent. Rob's curiosity had got the better of him and he decided it was time to find out more about Dom. Rob was mystified that Dom didn't seem to know anyone in the fell running community. Rob's ego must have been badly dented as he mentioned to Paul later "I introduced myself to him and he didn't even know who I was!"

It was clear that the attempt had unravelled and Dom's Dad didn't realise Dom had dropped into Langdale. It was late in the evening and only after a few panic posts on social media before the two were re-united. It had been a period of insane weather with extreme Winter storms. Although he only completed about a quarter of the route, Dom is not deterred and is determined to return and complete this unfinished business. Rob and Paul both got the impression that he has the potential to be a classy runner. At only 23 Dom has already attempted a challenge that most folk wouldn't dream of trying and yet he still has a lifetime of adventures ahead of him. And if he is able to devote some time to getting in touch with the fell running community, he will avoid being Billy No Mates on his future attempts. We wish him the very best of luck.



Dom Ainsley on his winter Wainwright attempt with current record holder Paul Tierney and Charlie Day ©Matt Beresford



SABRINA VERJEE – 214 WAINWRIGHT PEAKS SUMMER ATTEMPT

Prior to the COVID-19 pandemic, Sabrina Verjee signalled her intention to attempt a round of the 214 Wainwright peaks in May. In January she was 5th overall and first lady on the 270 mile Spine Race - she has an amazing long distance mountain running pedigree. Sabrina is hoping that her running mates and those with experience of the route from pacing on Steve Birkinshaw and Paul Tierney's attempts will be able to join her when the attempt is rescheduled. She is intending to use the route designed by Steve with a few tweaks in places where she hopes to be able to make the terrain a little easier. We wish her all the best with this most arduous of mountain challenges.

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.

Main photo: Sabrina Verjee wins the 2019 MONTANE® Spine® Fusion, the first woman to win it outright ©Jimmy Hyland Photography



WORDS IAN CHARTERS

PICTURES IAN CHARTERS

What was Joss thinking of when he left Pooley Bridge with Colin Dulson on a cold, wet, windy morning in 1990?

Before reaching Greendale Bridge eleven and half hours later there would be a number of things; how much they enjoyed Chris Brasher's hot Bovril at Stoney Cove Pike, how much they needed Ken Ledward's cagoules after Raise ("We could never have survived without them", Joss said later) and how difficult the torrential rain, driven by a gale force wind, made the final rocky summits beyond Bowfell.

After a scrub down in the cold beck at Greendale, Joss summarised their day like this - "Everything was against us today - the punishing wind and the rain and the sudden drop in temperature. It was cruel coming off Bowfell - the slabs were treacherous and you knew when you were going to go flat on you back. It was the cold that was eating up our energy. Given a good day it will be very enjoyable."

Over 31 summits, along almost 48 miles (77 km), with about 16,000ft (4877m) of climbing, all against a clock which runs faster or slower according to your age and gender. All this enjoyment is available only to the over-fifties.

If you are over fifty and that isn't enough to tempt you then have a look at the blog (address below) for the requirements, sample schedules and inspiring accounts of other Crossings. Please feel free to contact me if you have specific questions or are just looking for more information. If you are thinking of an attempt this year you won't be alone because some attempts are already confirmed and others are in the pipeline.



Mary Ockenden (W60) after High Street on her JNLC, 2019

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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Wigan
WN2 1QY
(Please enclose an SAE)

< Ian Roberts, Great Gable

runfurther update

WORDS KAREN NASH

Runfurther began 2020 with a change from tradition. Instead of our usual Haworth Hobble as race number one there was Pendle Way in a Day. One of our aims is to try to support new races and race organisers as well as races that are relatively low key and good value. Starting the season a month early should make it easier to fit in 12 races before mid-November too.

The Pendle Way route was launched back in the 1980s, so it is perhaps surprising there has not been a race on the route until a race for charity along 30 miles of it in 2019. This year, on the 1st February, there was again the shorter 30 mile route, but for Runfurther the full 40 odd miles. Officially the web says the route is 45 miles. The RO had it at 42 miles and various strava feeds show it between 43 and 44.5 miles. Some parts of the route I knew well from fell races like Long Tour of Pendle, Weets etc. but other areas were completely new to me, which made it a nice adventure.

The route is mostly way marked but a bit of exploring in advance definitely helped on the day.

Highlights for me were the run off Weets down to Barnoldswick, the run to Laneshaw Bridge, the Wycoller area and, of course, Pendle itself. For some, it may have been the spirits bar at CP 4 in Higham! The course was never going to be dry or mud free; it is Lancashire in winter, but the strong westerly caused a serious headwind for significant parts. The height gain was a relatively modest 1950m over the 40 odd miles.

Local runner Adam Potter won in 7.22 followed by Kevin Hoult and David Chetta who ran together in 7.41. First woman was Lorraine Slater in 8.33. First V50s were Martin Terry in 8.53 and Karen Nash in 9.23. Full results are on the race website and www.runfurther.com shows the series points so far.



Emma Hopkinson ©SportSunday



Kevin Hoult ©SportSunday

Strange times and none of this was meant to happen. The second race in our series, the popular Haworth Hobble, just sneaked in before the cancellations began escalating. We had great weather and the ground had mostly dried out. Front runners Kevin Hoult and Ken Sutor raced each other all the way and then crossed the line together in equal first place in 4.16.57. Rory Harris on his comeback was third. David Chetta, who was hoping to a Grand Slam of our races this year, was fifth. First female was Emma Hopkinson in 4.59 and then the first Runfurther ladies Kat Klunder and Josie Greenhalgh in 5.37.40 and 5.37.50.

After the race we had a committee meeting and discussed what might happen to the series and David's Grand Slam. How naive we were. The next four races have already been cancelled and although race 7 is not until the end of June it would seem unlikely this will go ahead either. We are still hoping that we can race again in the very late summer and autumn. This would mean we could still have a race series of sorts. We will have to see.

In the meantime: keep up the home training and let injuries heal and mend. If you can, support those who have lost their incomes. Mountain Fuel are still selling jellies, bars etc and SportSunday have taken superb photos of many of us and have also opened up their archives for past races. I am sure other photographers will be happy to have custom too. Stay safe.

LEADERBOARD

After two races

MALE	FEMALE
Kevin Hoult - 1958	Karen Nash - 1745
David Chetta - 1880	Janet Hill - 1208
Phil Withnall - 1758	
Tim Campbell - 1682	



Pendle Hill ©David Belshaw



David Chetta and Kevin Hoult ©David Belshaw

BRYAN ROBERTS

A POEM



I wandered lonely as a slug,
over yonder fell as fast as could
there's runners there who need a drink
a sucker's needed, me I think.
on longest fell they need a snack,
so, put it in your upper pack.
they also need some sugared sweet
and bring a sponge, when legs are weak.
come on, come on I shout to urge
they need adrenalin to surge.
you also have to help the team,
so, keep the drinks out till they've been,
you see the rest of the race go past
then realize no ones left, your last.
the rain comes down, there's mist and fog,
your walking up to waist in bog.
just what am I doing stuck up here?
there's runners down there supping beer.

I wandered lonely as a slug
hours away from the nearest pub,
o lord above please can you put
me on the way to the shortest cut,
compass, map, I cannot read
so, you above I really need
I need a drink, what have I got?
o dam the buggers drank the lot.
I've also nothing left in feed,
I've given to there every need.
as last I stagger to the end
it's always round another bend
I'm greeted by a hearty cheer,
come on dad, you're on for beer.

My Dad, Bryan Roberts, died on Christmas day, aged 82. He used to come and watch me and my brother, Mark, race. When Kelli (Roberts) first took up running as a young girl, my Dad used to take her to races too. During races, he liked walking up on the fells, encouraging me and my brother - plus all our team mates and everybody else he knew. He was renowned for going the wrong way on the course and getting lost. He always took drinks out for us and anybody else that wanted one. He once walked to the top of Snowdon and took my 12-year-old son to the top with him, encouraging him all the way. Everybody liked him and he'd always like a good natter with all the other runners on every race.

We recently discovered a poem he had written.

Craig Roberts

JOHN RAWNSLEY

3 PEAKS MAN



John Rawnsley, who was legendary as the founder of the 3 Peaks Cyclo-Cross race, died on Christmas Day 2019. He was also a prodigious fell runner and walker and contributed enormously over a range of outdoor activities. Much of this short tribute is taken from a longer article by Neil Shuttleworth which was published in The Fellrunner Summer 2012.

John was a very competitive cyclist with a soft spot for off-roading from the 1950s. He saw the foundation of the Yorkshire Cyclo-Cross Association in 1959, and later served as its President for 35 years. He joined Bingley Harriers in 1960 in order to keep fit during the winter months. At the time he was also covering 150-200 miles a week on the bike, and had ridden over the 3 Peaks route with members of his cycling club. This set the stage for the inaugural 3 Peaks Cyclo-Cross race in 1961, which John organised and won. He went on to complete the cycle event 45 times himself, and organised it 50 times before handing over the reins.

His fell running achievements are scarcely less noteworthy. Based on a training regime of 50 miles a week in early Bingley days he ran the 3 Peaks fell race for the first time in 1966 and at his best achieved 3:20:32 on the course of the time, which started at the Hill Inn. He continued to compete until 2000 when he timed out by one minute at Ribbleshead, having completed the running race 30 times. He competed widely in fell races during the 1970s and 1980s, including a 2:05 Ben Nevis, Ennerdale, Kentmere and some longer events including the Howarth Hobble and the Fellsman.

John was also a dedicated walker, regularly leading walks in the Yorkshire Dales. He estimated that he had walked the 3 Peaks route 152 times, in addition to the 45 cycling and 30 running races! In 2012, when Neil interviewed John for the Fellrunner article, he was still very active despite poor health, continuing to cycle regularly with a club and to lead walks for local groups.

John made a huge contribution to outdoor activities in Yorkshire, and we mourn his loss as one of the great figures of our sport.

Andy Watts, FRA Treasurer

BILL BENTALL

1931 - 2020



©Hazel Bentall

Bill Bentall, who has just died of stomach cancer, will be remembered by those who were fell racing in the 1970s and '80s – perhaps particularly for his many cartoons which enlivened the pages of *The Fellrunner* in those decades.

Raised in a back-to-back in Bradford, Bill's first forays, in his teenage years, were into the world of the Arts. He played the flute in the Northern Philharmonic (he modestly attributed this to the fact that "all the men were away at war") and trod the boards: the *Yorkshire Post* and *Bradford Telegraph & Argus* both named him "actor most likely to succeed."

But he qualified as a metallurgist, working initially for Babcock and Wilcox. Ireland Alloys, a company dealing in scrap aerospace alloys, spotted his gifts and persuaded him to join them. He rose quickly to be Sales Director, in which capacity he opened up sources and markets in Germany (learning German in order to do so) and

in the Soviet Union (where he designed Dark Peak's strip: he was a founder-member of the club!).

He also boxed, moving on to fell and, later, road running. He always said that he had no talent other than discipline. He acquired computerised training schedules from an American university in the 1970s – and followed their dictates. He took part in the classic fell races and in 'The Karrimor'. He turned in his slowest marathon when he was 60 – a creditable 3:10. He learned to swim crawl and took up triathlon, going on to represent GB in the 65-69 age group (and winning the British Grand Prix in 1998). He celebrated each discipline with cartoons and in poetry and prose.

He painted well and brought his artist's eye to photography, which absorbed him for several years. He also compered, very ably, biannual fashion shows put on by his first wife, Brenda, a textile designer-turned-boutique owner. (Brenda predeceased him.)

Conan Doyle's Sherlock Holmes observed, "Mediocrity knows nothing higher than itself but talent instantly recognises genius." Despite having much to be *im*modest about, Bill was (almost) always modest about his many talents and achievements but the first to recognise *other people's* abilities and talents, and to bring them to the attention of others. He had great generosity of spirit.

Perhaps Bill's greatest gift was his capacity for friendship – one of Life's greatest gifts. He told me once that he had only ever chosen his friends on one basis – that of friendship. Wherever he went and whatever he did, Bill made friends. His cartoonist's ability to see the amusing side of Life helped him in this, and his cartoon-drawing for friends old and new endeared him to them. I have kept many of his letters and cards for the cartoons which adorned them. I will be far from alone in being pleased and proud to have enjoyed both his talents and his friendship.

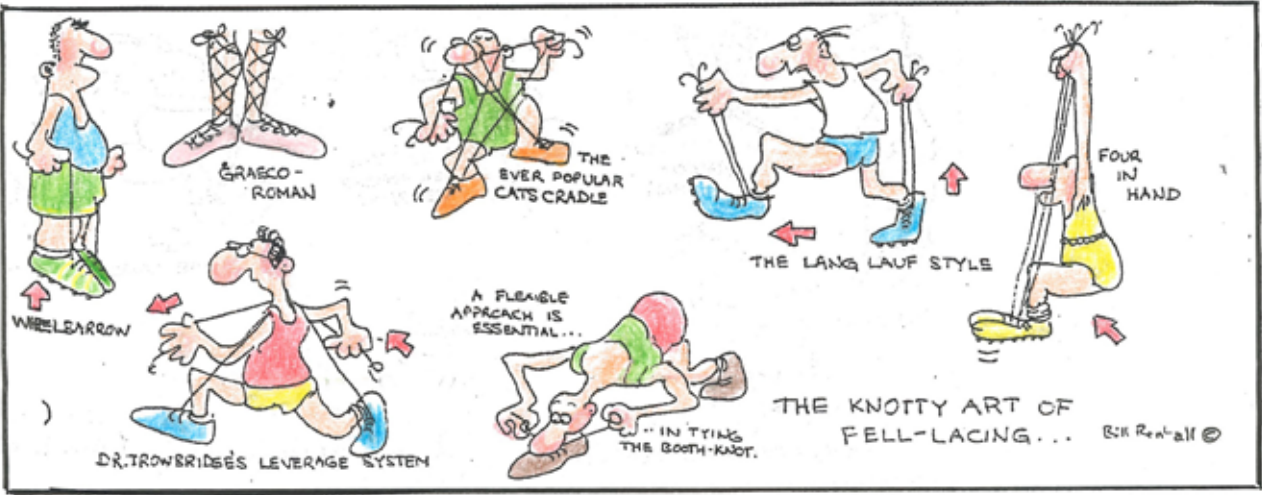
Bill is survived by his second wife, Hazel, her children by a previous marriage and their grandchildren. The grandchildren invite those who would like to to donate to their cancer research-supporting efforts: <https://www.justgiving.com/fundraising/isabelle-charlwood>

Donald Booth

Some of Bill Bentall's cartoons >



CROSS TRAINING



EDWARD HILL



©Emily Atherton

The FRA has learnt that Edward Hill, formerly of Clayton-le-Moors Harriers and an FRA life member, has died aged 91. Having taken up running at the appropriate age of 42, Edward was for a time the oldest man to have completed a Bob Graham Round, which he first did aged 49 in 1979. In 1980 he extended the route by eight further summits to complete the first “50 at 50”.

Edward completed the Yorkshire Three Peaks Race in 21 consecutive years and also participated in mountain marathons, entering the Karrimor two-day event (now the OMM) with George Brass seventeen times. On the last such occasion, when Edward was 65, the pair won the ‘A’ class veteran handicap title, which Edward described as a career highlight.

For a full obituary, please search the Cumberland and Westmorland Herald website (or Google) for “Edward Hill fell runner”.

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.



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Score
Courses**

www.slmm.org.uk

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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Mountain Training qualified tutor.

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Next Mountain Training course dates will be announced after the lockdown ceases

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1 day or night courses also available,
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50@50 RACE SERIES



CELEBRATING THE FRA'S 50TH ANNIVERSARY

The FRA 50@50 series got underway on New Year's Day on a bright crisp morning in the North Yorkshire Moors. The series helped encourage a record turnout and the presence of a number of runners who had travelled from wider places offered an indication of who might have their eyes on a series prize.

The series encountered its first hiccup during Storm Ciara which unfortunately led to the postponement of the Long Mynd Valleys. The series continued up until its 6th race, the Haworth Hobble, at which point over 650 FRA members had taken part in at least one race. Unfortunately, the unprecedented global health situation has postponed the series for the foreseeable future. It is the FRA's intention to complete the series and celebrate its half centenary. How this may be achieved is currently under review alongside the weekly updates from the Government. At present, the expectation is that the series will continue in 2021 picking up where it left off (all current results will remain valid) and continuing with the races originally intended. This will be reviewed as events unfold and any interim updates will be provided by the official FRA 50@50 Facebook page.

There is currently a clear leader in both the Male and Female series. Black Combe's Harvey Lord, intending to complete 40 races to celebrate his 40th year, is the only member to complete 5 races thus far and maintains a clear lead. Behind him, a number of other veterans place well, having committed to a number of the series races in the early stages. Dark Peak's Sally Fawcett commands the female lead having completed 3 races. Of the individual race winners (scoring 100 points), only Mercia's David Chetta has completed a second race which places him high up in the overall table. Contrary to some predictions, the ever-present Darren Fishwick has only completed 2 races as he balances the series alongside his personal favorites and work commitments.

The results after 6 races demonstrate that placing well in the final rankings will be down to a number of factors. To be eligible for a series prize participants must complete 15 of the races. There will be prizes for all completers and for age category winners. While we're all inside under lockdown it might be time to turn to the back page of your FRA Handbook and ponder which races you might undertake in 2021.

JAMES LOWE, 50@50 COORDINATOR - FELL RUNNERS ASSOCIATION

50@50 SERIES RESULTS TO DATE

RANK	NAME	CAPTAIN COOKS	TIGGER TOR	HIGH CUP NICK	ILKLEY MOOR	LONG MYND VALLEYS	HAWORTH HOBBLE	TOTAL SCORE	NO. OF RACES	AGE CAT
1	Harvey Lord	90.18	87.81	83.56	0.00	98.92	86.83	447.31	5	M
2	Ed Brown	72.47	70.68	67.04	70.80	0.00	0.00	280.99	4	M50
3	Jim Paxman	72.58	72.14	66.45	64.98	0.00	0.00	276.14	4	M60
4	Wilfred Bell	66.97	65.29	66.24	68.25	0.00	0.00	266.75	4	M60
5	Simon Mills	85.88	91.71	83.67	0.00	0.00	0.00	261.26	3	M
6	James Lowe	87.14	84.54	0.00	86.85	0.00	0.00	258.53	3	M
7	Paul Burchell	66.75	64.62	58.97	63.88	0.00	0.00	254.22	4	M60
8	Matt Dunn	0.00	86.22	80.00	83.48	0.00	0.00	249.71	3	M40
9	Andrew Johnson	66.25	65.50	57.45	57.64	0.00	0.00	246.84	4	M60
10	Sally Fawcett	80.01	84.66	77.38	0.00	0.00	0.00	242.05	3	F

Fellracer cover: Matt Elkington, Ras Yr Aran 2020 ©Grand Day Out Photography

RESULTS CONT...

RANK	NAME	CAPTAIN COOKS	TIGGER TOR	HIGH CUP NICK	ILKLEY MOOR	LONG MYND VALLEYS	HAWORTH HOBBLE	TOTAL SCORE	NO. OF RACES	AGE CAT
11	Chris Funnell	0.00	0.00	73.93	72.05	0.00	73.91	219.88	3	M50
12	Ian Haigh	72.12	70.95	0.00	69.75	0.00	0.00	212.82	3	M50
13	Adam Nodwell	0.00	74.28	67.98	69.91	0.00	0.00	212.17	3	M
14	Steve Seddon	0.00	73.21	65.92	65.33	0.00	0.00	204.45	3	M50
15	John Singh	0.00	0.00	67.21	71.02	0.00	65.02	203.25	3	M
16	Tim Palfreman	66.01	65.90	0.00	64.81	0.00	0.00	196.72	3	M50
17	Jon Sharples	66.22	0.00	62.52	63.89	0.00	0.00	192.64	3	M60
18	Debbie Hope	0.00	63.27	60.92	0.00	68.05	0.00	192.24	3	F40
19	David Chetta	0.00	0.00	0.00	0.00	100.00	92.21	192.21	2	M40
20	Tom Day	0.00	0.00	93.65	0.00	98.09	0.00	191.75	2	M
21	Nathanael Booker	0.00	0.00	0.00	0.00	99.13	89.80	188.92	2	M
22	Andrew Foster	68.11	0.00	57.81	57.51	0.00	0.00	183.44	3	M
23	Trevor Symonds	66.95	0.00	56.87	59.09	0.00	0.00	182.90	3	M60
24	Caroline Glover	62.17	0.00	58.42	59.03	0.00	0.00	179.62	3	F60
25	Andy Davies	0.00	80.30	0.00	0.00	98.76	0.00	179.05	2	M50
26	Matthew Page	60.21	0.00	56.31	57.48	0.00	0.00	174.00	3	M50
27	Martin Dearden	0.00	0.00	78.31	0.00	93.47	0.00	171.78	2	M40
28	Paul Hodgson	0.00	0.00	82.54	0.00	0.00	87.53	170.07	2	M40
29	Jonny Croston	0.00	0.00	0.00	80.97	0.00	87.53	168.50	2	M40
30	Martin Wilson	0.00	0.00	79.35	0.00	0.00	87.52	166.87	2	M
31	Alice Swift	0.00	0.00	73.97	0.00	92.76	0.00	166.73	2	F
32	Harry Thorpe	84.46	0.00	0.00	0.00	81.19	0.00	165.65	2	M
33	Dan Simmons	0.00	55.37	52.64	0.00	56.72	0.00	164.74	3	M50
34	Ian Furlong	0.00	0.00	80.24	83.79	0.00	0.00	164.04	2	M
35	James Haworth	0.00	0.00	82.65	0.00	0.00	79.13	161.78	2	M50
36	Darren Fishwick	81.97	0.00	0.00	79.42	0.00	0.00	161.40	2	M50
37	Luke Appleyard	0.00	0.00	79.57	80.86	0.00	0.00	160.43	2	M40
38	Paul Cook	78.10	0.00	0.00	0.00	0.00	79.08	157.18	2	M40
39	Daniel Bateson	77.41	0.00	0.00	78.68	0.00	0.00	156.10	2	M
40	Fraser Brown	0.00	77.70	76.50	0.00	0.00	0.00	154.20	2	M
41	Ruth Thackray	0.00	0.00	0.00	72.86	0.00	80.99	153.85	2	F40
42	Giles Hawking	80.89	0.00	0.00	72.34	0.00	0.00	153.23	2	M40
43	Ian Sutcliffe	0.00	80.13	71.30	0.00	0.00	0.00	151.43	2	M40
44	Vaughan Hemy	75.32	0.00	75.09	0.00	0.00	0.00	150.41	2	M50
45	Katherine Klunder	0.00	0.00	73.83	0.00	0.00	76.10	149.92	2	F
46	Dave Stephenson	0.00	0.00	74.91	74.61	0.00	0.00	149.52	2	M50
47	Dom Nurse	0.00	0.00	70.69	77.78	0.00	0.00	148.48	2	M50
48	John Boothman	0.00	0.00	0.00	71.77	0.00	75.95	147.72	2	M50
49	Duncan Marlow	76.48	71.03	0.00	0.00	0.00	0.00	147.51	2	M40
50	Natalie Hawkrigg	0.00	0.00	69.39	69.41	0.00	0.00	138.81	2	F50
51	Brian Stallwood	0.00	0.00	67.88	0.00	0.00	70.32	138.20	2	M60
52	Sue Jeff	49.29	46.45	0.00	41.95	0.00	0.00	137.68	3	F60
53	Steve Wathall	70.44	0.00	66.43	0.00	0.00	0.00	136.86	2	M60
54	Simon Bennett	0.00	0.00	0.00	64.06	0.00	72.02	136.08	2	M60
55	Jonathan Heaney	84.81	0.00	51.05	0.00	0.00	0.00	135.86	2	M40
56	Jason Schofield	0.00	0.00	67.54	67.99	0.00	0.00	135.53	2	M50
57	Alison Weston	0.00	66.53	0.00	65.80	0.00	0.00	132.33	2	F50
58	Michael Moloney	69.35	0.00	62.85	0.00	0.00	0.00	132.19	2	M40
59	David Barnes	0.00	67.97	0.00	63.84	0.00	0.00	131.82	2	M60
60	Hester Cox	0.00	0.00	61.36	0.00	0.00	70.31	131.68	2	F40

AN INTERVIEW WITH NIGEL HETHERINGTON, FIFE AC

THE NEW FRA COACHING AND EDUCATION COORDINATOR



What does your role involve?

There are three main things:

Ensuring the availability of qualified coaches, particularly at junior level, as well as access to the highest standards of coaching, to ensure runners can develop their fell running abilities to meet their aspirations

Reviewing the need for navigation and first-aid training and ensuring that appropriate training is available

Being aware of the needs and opportunities for additional skills development, and instigating training where necessary.

How did you get involved in fell running?

I joined my local club Black Combe Runners in 1983 – baptism was the 5.0 mile / 1000’ Benson Knott fell race that February in a not-too-scintillating 52:00.

What were your first impressions of the sport?

The introduction to real pain – it still gives me nightmares!

What do you love most about fell running?

The unfettered and simplistic nature of the challenge.

Who is your biggest inspiration in the fell running community and why?

Joss Naylor – everything about him epitomises the majesty of our sport.

What was the scariest moment you’ve had on the fells and why?

Almost running off the top of Great End in clag with 5m visibility – navigational lesson learnt!

What is your least favourite fell, and why?

Kinder Scout – just how do you maintain any rhythm whatsoever!

What do you think about when you’re alone in the fells?

The wonderment of nature mostly - I live in Scotland now so: ptarmigan, mountain hare, reindeer, red deer and weather systems!

GPS or no GPS?!

No, No, No!

What’s the most memorable fell running event/challenge you’ve been involved in (either participating or supporting)?

Completing the Bob Graham Round in 1987 – loved the organisational / logistics challenge in the build-up and the friendships forged through time in the mountains with like-minded folk.

What are your fell running goals or ambitions?

To complete my target of running all 282 Munros – light snow on the tops – perfect day to bag another couple – see you later!

Finally, what are your major ambitions / targets / aspirations for your FRA role?

To harmonise all things coaching and education throughout the UK – seemple!

2020 BRITISH CHAMPIONSHIP REPORT

RAS YR ARAN, MARCH 14TH 2020

.....

Ian Hartman, Statistician – UKA Mountain Running Advisory Group.



Finlay Wild on his way to winning Ras Yr Aran ©Grand Day Out Photography

A difficult few days of viral uncertainty preceded the Ras yr Aran, the first leg of the 2020 British Athletics Fell Running Championships. The organisers decided to follow government guidance and hold the race but wondered how many entries might chose not to attend. The weather in Llanuwchllyn, near Bala in North Wales dawned in gloomy harmony but lightened as the wind freshened. Runners plus marshals were condemned to poor visibility, wind in excess of 40mph, driving rain and very wet conditions underfoot. Nonetheless, 312 runners set off at 12 noon on the full course.

North Walian, Rob Samuel (Eryri) led a pack of 12 runners through the first checkpoint in a fast time of under 26 minutes with Ross Gollan (Shettleston) in second and 2015 British champion, Finlay Wild (Lochaber) in the middle of the pack. The 2004 British champion, Simon Bailey (Mercia), who has recently turned 40, was fastest on the second half of the climb topping out in 52:04, in 4th place behind Ross (51:31) with Eoin Lennon (Carnethy) moving up from 16th at the first check to 6th, 5 seconds behind Finlay. A surefooted descent saw Finlay quickest by 1:19 back to Moel Ffenigl giving him a 27 second lead over Ross. At the finish, there was a Scottish ‘clean sweep’ with Finlay (1:25:22) heading Ross by 54 seconds with Eoin a further 17 seconds adrift. The next two places were taken by Matlock runners, Billy

Cartwright and Daniel Howarth with Matthew Elkington (Ambleside) completing the top six.

Keswick’s Hannah Horsburgh led the women’s race throughout, reaching the top in 58:07 almost a minute ahead of double British champion, Victoria Wilkinson (Bingley) with Keswick club mate, Nichola Jackson also under the hour. This was also the order at the finish with Hannah smashing Kate Bailey’s 2009 course record by 5 minutes in 1:36:01 and over three minutes ahead of Victoria, who had the consolation of being first v40 and taking the v40 record from Mel Price (Mercia) who was 3rd v40 in 16th place. Nichola was nearly a minute adrift of Victoria with last year’s u23 champion, Hannah Russell (Helm Hill) taking 4th place, followed by Sharon Taylor (also Helm Hill) who was 2nd v40. Hannah is 23 later in the year and is no longer eligible for the u23s; in her absence, Eve Pannone (Eden Runners), who represented Great Britain in the Junior European and World Mountain Running championships in 2019, took the u23 honours in 10th position, ahead of Juliet Downs (Sale) and Georgia Stevens (Helm Hill). Leading v50 in 27th place overall was Deborah Gowans (Accrington); following Deborah was reigning v50 champion, Jude Jepson (Dark Peak) with Nina Skilton (Cannock & Stafford AC) in 3rd position.

Leading the Men’s u23s in 17th place was Tom Wood (Eryri) who broke Karl Steinegger’s longstanding 2009 record. Tom was two minutes ahead of Gregor Malcolm (Edinburgh University Hare & Hounds) and he was closely followed by Martin Howard (Calder Valley) and Ben van Dijk (Howgill). Simon Bailey didn’t have it all his own way in the v40s; in spite of finishing in 10th place and capturing Richard Robert’s record, Simon headed Garry Greenhow (Ambleside) by 21 seconds whilst 2019 champion, Rob Jebb took 3rd place with only 18 seconds to spare over Andrew Fallas (Carnethy).

In the v50s, Karl Gray (Calder Valley) had a clear victory over Kenny Richmond (Shettleston), who was in turn well ahead of David Taylor (Dark Peak), the 2019 bronze medalist. First v60 was 2017 and 2019 champion, William Proctor (Helm Hill), 2 minutes clear of 2015 champion, Stephen Jones (Eryri) with Philip Pearson (Northern Fells) in 3rd place.

Reigning champions in both the Women’s Open and v40 teams, Helm Hill started 2020 where they left off in 2019 with clear victories. Second place was taken by Dark Peak in the Open category and by

Eryri in the v40s, while Mercia were 3rd in both categories. Aiming to emulate their illustrious predecessors from the 1980s, Keswick took the first step towards their fourth successive Open Men’s title with victory ahead of Carnethy and Eryri. In the Men’s Open category there were the same number of points (31) separating the first team from the second team as between the second and third team This was also the case in the Men’s v40 category but the gap was much smaller with Carnethy in 1st place only six points ahead of Calder Valley and the same number between Calder Valley and Helm Hill. The Men’s v50 teams were even more closely contested with Calder Valley only two points ahead of Dark Peak, with Helm Hill a distant third.

On behalf of the British Athletics Mountain Running Advisory Group Sub-Committee (MRAG), I would like to thank race organiser, Nich Bradley & his team for their excellent organisation and acknowledge the use of Nich’s race report.

Please visit <https://www.uka.org.uk/competitions/mountain-running/> for the full results



Hannah Horsburgh led the women’s race throughout, setting a new course record for Ras Yr Aran ©Grand Day Out Photography

BRITISH CHAMPIONSHIP POINTS

MEN OVERALL

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Finlay Wild	Lochaber Athletic Club	52	52
2	Ross Gollan	Shettleston Harriers	49	49
3	Eoin Lennon	Carnethy Hill Racing Club	48	48
4	Billy Cartwright	Matlock Athletic Club	47	47
5	Daniel Haworth	Matlock Athletic Club	46	46
6	Matthew Elkington	Ambleside AC	45	45
7	Mark Lamb	Keswick AC	44	44
8	Alexander Chepelin	Carnethy Hill Racing Club	43	43
9	Ben Mounsey	Calder Valley Fell Runners	42	42
10	Simon Bailey	Mercia Fell Runners	41	41

MEN V40

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Simon Bailey	Mercia Fell Runners	42	42
2	Garry Greenhow	Ambleside AC	39	39
3	Rob Jebb	Helm Hill Runners	38	38
4	Andrew Fallas	Carnethy Hill Racing Club	37	37
5	Darren Kay	Calder Valley Fell Runners	36	36
6	Karl Gray	Calder Valley Fell Runners	35	35
7	Danny Hope	Horwich RMI Harriers	34	34
8	Esmond Tresidder	Lochaber Athletic Club	33	33
9	Orran Smith	Manx Fell Runners	32	32
10	Oli Johnson	Dark Peak Fell Runners	31	31

MEN V60

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	William Procter	Helm Hill Runners	22	22
2	Stephen Jones	Eryri Harriers	19	19
3	Philip Pearson	Northern Fells Running Club	18	18
4	David Griffin	Helm Hill Runners	17	17
5	Russell Owen	Eryri Harriers	16	16
6	Peter Crompton	Cumberland Fell Runners	15	15
7	Colin Shuttleworth	Preston Harriers	14	14
8	Victor Belshaw	Denbigh Harriers	13	13
9	Tom McGaff	Cheshire Hill Racers	12	12
10	Ian Warhurst	Pennine Fell Runners	11	11

WOMEN OVERALL

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Hannah Horsburgh	Keswick AC	32	32
2	Victoria Wilkinson	Bingley Harriers & AC	29	29
3	Nichola Jackson	Keswick AC	28	28
4	Hannah Russell	Helm Hill Runners	27	27
5	Sharon Taylor	Helm Hill Runners	26	26
6	Caroline Lambert	Ribble Valley Harriers	25	25
7	Kelli Roberts	Helm Hill Runners	24	24
8	Miranda Grant	Eryri Harriers	23	23
9	Jill Stephen	Hunters Bog Trotters	22	22
10	Eve Pannone	Eden Runners	21	21

MEN U23

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Tom Wood	Eryri Harriers	12	12
2	Gregor Malcolm	Edinburgh Uni Hare & Hounds	9	9
3	Martin Howard	Calder Valley Fell Runners	8	8
4	Ben van Dijk	Howgill Harriers	7	7
5	Harry Greenbank	Keswick AC	6	6
6	Harry Bolton	Keswick AC	5	5
7	Jacob Winfield	Buxton AC	4	4
8	Joseph Twigg	Lancaster & Morecambe AC	3	3

MEN V50

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Karl Gray	Calder Valley Fell Runners	32	32
2	Kenny Richmond	Shettleston Harriers	29	29
3	David Taylor	Dark Peak Fell Runners	28	28
4	Charlie McIntosh	Pudsey & Bramley AC	27	27
5	Stephen Pyke	Dark Peak Fell Runners	26	26
6	Stephen Smithies	Calder Valley Fell Runners	25	25
7	Duncan Harris	Vale Royal AC	24	24
8	James Logue	Calder Valley Fell Runners	23	23
9	John Hunt	Dark Peak Fell Runners	22	22
10	James Baron	Helm Hill Runners	21	21

WOMEN V40

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Victoria Wilkinson	Bingley Harriers & AC	22	22
2	Sharon Taylor	Helm Hill Runners	19	19
3	Mel Price	Mercia Fell Runners	18	18
4	Kirsty Hall	Ribble Valley Harriers	17	17
5	Bianca Dyer	Helm Hill Runners	16	16
6	Sue Richmond	Pennine Fell Runners	15	15
7	Deborah Gowans	Accrington Road Runners	14	14
8	Jacqueline Lee	Eryri Harriers	13	13
9	Andrea Rowlands	Eryri Harriers	12	12
10	Sian Williams	Rhedwyr Hebog Runners	11	11

WOMEN V50

POS	NAME	CLUB	RAS YR ARAN	TOTAL
1	Deborah Gowans	Accrington Road Runners	12	12
2	Judith Jepson	Dark Peak Fell Runners	9	9
3	Nina Skilton	Cannock & Stafford AC	8	8
4	Angela Brand-Barker	Helm Hill Runners	7	7
5	Sarah Barnwell	Eryri Harriers	6	6
6	Jean Powell	Wharfedale Harriers	5	5
7	Marie Robson	Helm Hill Runners	4	4
8	Carole Fryer	Calder Valley Fell Runners	3	3
9	Juliet Edwards	Meirionnydd Running Club	2	2
10	Barbara Savage	Clayton-le-Moors Harriers	1	1

MEN'S TEAM

POS	CLUB	RAS YR ARAN	TOTAL	AGGR'
1	Keswick AC	12	12	92
2	Carnethy Hill Racing Club	9	9	123
3	Eryri Harriers	8	8	154
4	Calder Valley Fell Runners	7	7	165
5	Helm Hill Runners	6	6	169
6	Ambleside AC	5	5	179
7	Lochaber Athletic Club	4	4	218
8	Dark Peak Fell Runners	3	3	230
9	Mercia Fell Runners	2	2	270
10	Pudsey & Bramley AC	1	1	397

MEN'S V50 TEAM

POS	CLUB	RAS YR ARAN	TOTAL	AGGR'
1	Calder Valley Fell Runners	12	12	15
2	Dark Peak Fell Runners	9	9	17
3	Helm Hill Runners	8	8	46
4	Mercia Fell Runners	7	7	52
5	Eryri Harriers	6	6	52
6	Cheshire Hill Racers	5	5	76
7	Carnethy Hill Racing Club	4	4	109
8	Preston Harriers	3	3	122
9	Pennine Fell Runners	2	2	141
10	Meirionnydd Running Club	1	1	189

WOMEN'S TEAM

POS	CLUB	RAS YR ARAN	TOTAL	AGGR'
1	Helm Hill Runners	12	12	16
2	Dark Peak Fell Runners	9	9	39
3	Mercia Fell Runners	8	8	59
4	Eryri Harriers	7	7	63

MEN'S V40 TEAM

POS	CLUB	RAS YR ARAN	TOTAL	AGGR'
1	Carnethy Hill Racing Club	12	12	65
2	Calder Valley Fell Runners	9	9	71
3	Helm Hill Runners	8	8	77
4	Dark Peak Fell Runners	7	7	91
5	Eryri Harriers	6	6	98
6	Mercia Fell Runners	5	5	125
7	Manx Fell Runners	4	4	184
8	Pennine Fell Runners	3	3	211
9	Cheshire Hill Racers	2	2	287
10	Buckley RC	1	1	295

WOMEN'S V40 TEAM

POS	CLUB	RAS YR ARAN	TOTAL	AGGR'
1	Helm Hill Runners	12	12	21
2	Eryri Harriers	9	9	32
3	Mercia Fell Runners	8	8	48

NORTH EAST CHAMPIONSHIPS

John Tollitt, Northumberland Fell Runners and organiser of the North East Fell Running Championships

The North East Fell Running Championship comprises the NECAA (North East Counties Athletics Association) open competition and the NEHRA (North East Hill Running Association) age-graded categories, and is open to anybody born or resident in the North East counties. The annual championship consists of seven fell races selected each year, of which each runner’s best four results count towards the championship (best three for LV60 and above and MV70). Medals are presented to the top three in each category. The series is kindly supported by Hangar 18.

The 2019 open champions were Callum Hanson of Newcastle University and Karen Robertson of Northumberland Fell Runners.

Age category winners were:

MV40 – Roger Sillito, Northumberland Fell Runners

MV60 – Geoff Davis, Northumberland Fell Runners

LV50 – Karen Robertson, Northumberland Fell Runners

LV60 – Jessica Anderson, Tyne Bridge Harriers.

THE 2020 FIXTURES ARE AS FOLLOWS:

High Cup Nick (BM), Saturday February 22nd, 1.00pm.

15km/460m.

Dufton Village Hall, CA16 6DB

Pre-entries via SiEntries, £11.00

Guisborough 3 Tops (AM), Saturday April 4th, 1.00pm women,

1.15pm men.

15.9km/800m.

Guisborough Sea Cadets Hall, 74 Belmangate, TS14 7AQ

Pre-entries via SiEntries open 1st February to 29th March, £12

(NB this is an English Champs and Yorkshire Senior & U23 Champs race)

Roseberry Romp (BS), Tuesday May 19th, 7.00pm.

8.2km/320m.

Public car park, Newton under Roseberry, TS9 6QR

Entries on day £4

Alwinton 3 Tops (BL), Saturday June 13th, 10.30am.

24km/750m.

Alwinton, Rothbury, Northumberland.

Online entries via SiEntries £11.00, entry on day £13

Saltwell Harriers (BS), Tuesday July 7th, 7.15pm.

9km/300m.

On B6278, 2 miles north of Stanhope, Co. Durham.

Entries on day £5.

NS Poly Ingram Hills (BS), Sunday October 25th, 11.00am.

9.5km/380m.

Ingram Village Hall, NE66 4LT

£6 pre entry at <http://nspoly.org/ingram-hills/> or entry on day.

Simonside Cairns (BM), Sunday December 13th, 11.00am.

17.7km/540m.

Newcastle Hotel, Rothbury, Northumberland.

Entries on day £8

Further information on the championship, including all 2019 medal winners, can be found here on the NECAA website:

<https://necaa.weebly.com/fell-running.html>.



Callum Hanson, men’s winner Guisborough Woods fell race ©Dave Aspin



Karen Robertson, women’s winner Guisborough Woods fell race ©Dave Aspin

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» TRAIL RUNNING
20 OFF-ROAD ROUTES FOR
TRAIL & FELL RUNNERS

NORTH WALES
» TRAIL RUNNING
20 OFF-ROAD ROUTES FOR
TRAIL & FELL RUNNERS

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87 FELLRACER



JUNIOR FELL RUNNING

Welcome to the junior section of the spring Fellrunner magazine. I hope you enjoy the articles from our young reporters and you are inspired to send us your very own write-ups for the next edition.

Many of you will have spotted the new Junior Logo on the FRA Juniors closed Facebook page. We hope it will be easier to pick out the junior section on social media and in The Fellrunner.

2020 promises to be an exciting year for junior fell and mountain running with the Youth Cup in Ambleside taking place on the 20th June (STOP PRESS: now October 17th). Come and watch the best youngsters in the world race and take part in the Todd Crag Fell Race. This is open to all and is also an FRA English Junior Championship counter. See here for full details: <https://www.amblesidemountaincup.com/>

If you are inspired by home nation, GB and International Mountain racing opportunities, take a look at the chart summarising the races available at different ages. Anne Buckley's article following on from this gives you more information.

Finally, you will never (usually) hear me say, "No more cake thank you", or "I really enjoy first aid courses", until now. Recently I went on an FRA outdoor first aid course run by Will Legon which was JUST GREAT. It offered practical and useful First Aid skills to deal with any outdoor or fell running situation. As a mum of active kids, I thought this might be useful for other families. Adults can sign up through the FRA for a practical weekend; however, if you are under 18 and interested in learning more about outdoor first aid there would be an opportunity to organise a 'one-off' course - just let me know.

Happy running,
HELENE AND JONATHAN WHITAKER,
FRA JUNIOR CO-ORDINATORS
juniors@fellrunner.org.uk

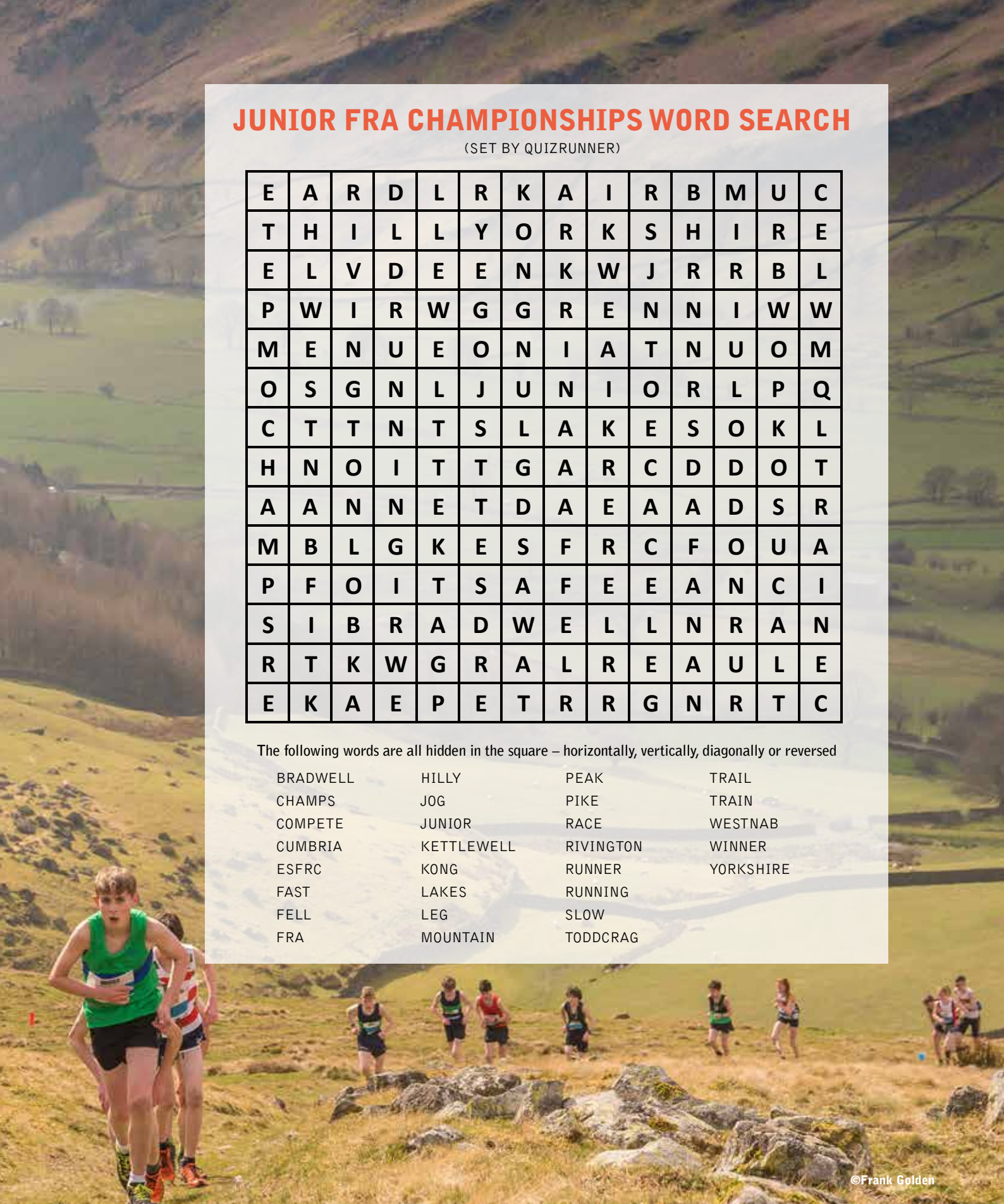
JUNIOR FRA CHAMPIONSHIPS WORD SEARCH

(SET BY QUIZRUNNER)

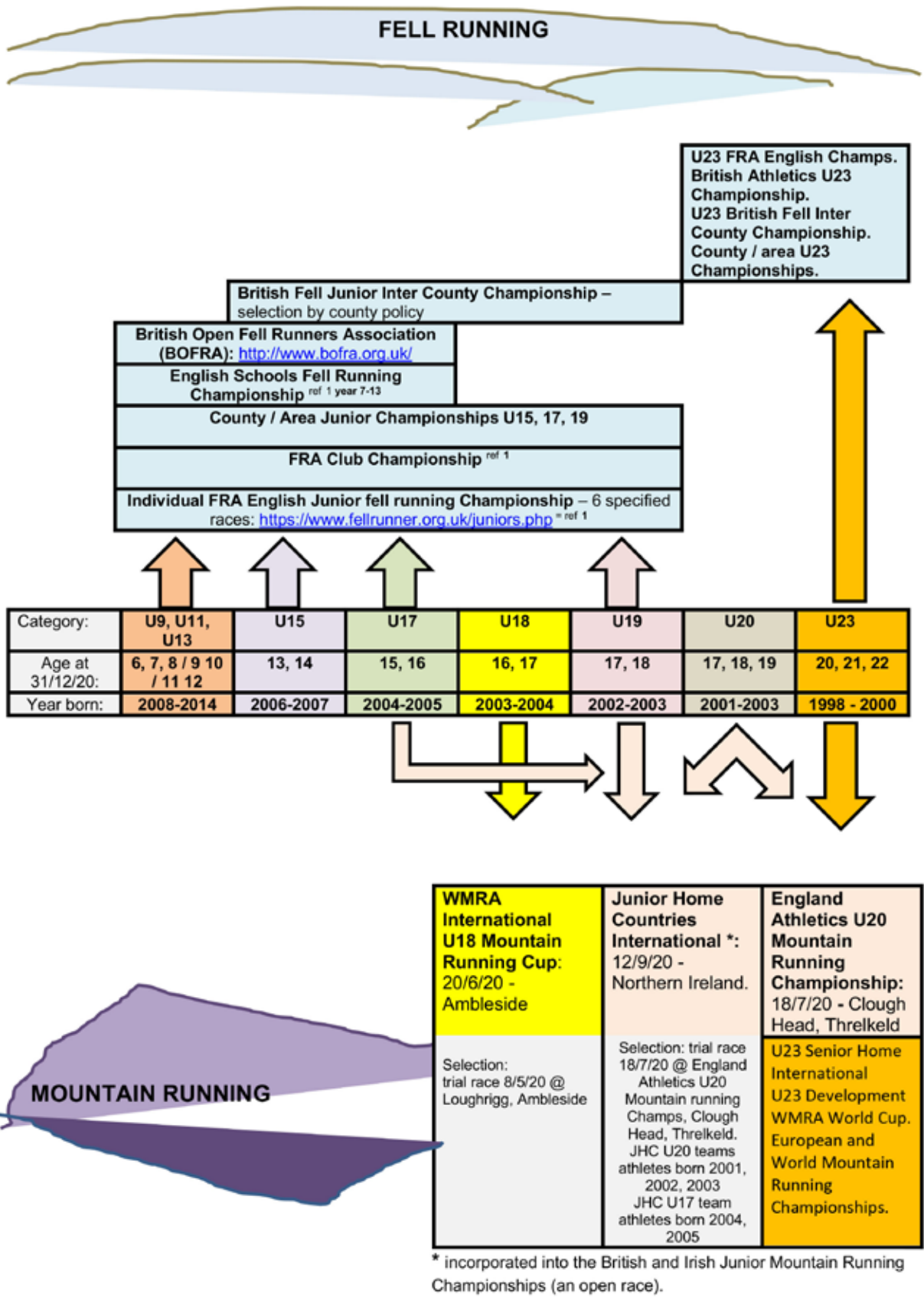
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The following words are all hidden in the square – horizontally, vertically, diagonally or reversed

BRADWELL	HILLY	PEAK	TRAIL
CHAMPS	JOG	PIKE	TRAIN
COMPETE	JUNIOR	RACE	WESTNAB
CUMBRIA	KETTLEWELL	RIVINGTON	WINNER
ESFRC	KONG	RUNNER	YORKSHIRE
FAST	LAKES	RUNNING	
FELL	LEG	SLOW	
FRA	MOUNTAIN	TODDCRAG	



©Frank Golden



WORDS JONATHAN WHITAKER

This short article is designed to provide an overview of the opportunities and pathways for junior athletes interested in pursuing an aspiration to represent their county / country in fell or mountain running.

Some athletes may be unaware that Mountain Running is seen as distinct from Fell Running in terms of the governance of the sport and the type of terrain / racing which is encountered, as well as the athlete this attracts. The following short summaries give an overview of each discipline:

FELL RUNNING as a name is unique to the UK. It involves running and racing, off road, over upland country where the gradient climbed is a significant component of the difficulty. It has elements of trail running, cross country and mountain running, but is also distinct from those disciplines. Senior fell races are organised on the premise that contenders possess mountain navigation skills and carry adequate survival equipment as prescribed by the organizer; the route is often unmarked, not on paths or trails with route choice left to the competitor. Junior fell race routes are marked and kit requirements can also apply. Fell running is sometimes considered as a form of mountain running, but without the smoother trails and predetermined routes.

MOUNTAIN RUNNING takes place mainly off-road in mountainous terrain, but surfaced roads may be used if there is significant elevation gain on the route. Its courses are clearly marked, will always be on paths or trail and tend to be less dangerous. As with fell running, courses involve considerable amounts of ascent (for mainly uphill races), or both ascent and descent (for up and down races with the start and finish at similar heights). The World Mountain Running Association (WMRA) is the global governing body of mountain running and is affiliated to World Athletics (formally the IAAF). The above characteristics are included in the World Athletics definition of mountain running. Mountain Running combines strength and endurance with speed and so is attractive to fell runners and also athletes from track, road and cross country disciplines. From 2021 the World Championships will become a biannual event under the banner of WA and combined with trail running.

There are many fell races advertised in the FRA and BOFRA calendars

which provide an opportunity for junior athletes to enter races in specific age categories. These races, often organised at a local club level provide a great opportunity for participating in the sport and having a great day out.

More formally the diagram shows that athletes can enter specific designated races to qualify individually for the FRA English Junior Championships as well as being included as part of a FRA Club Championship.

Recognised performances in the FRA championship or trial races may then lead to selection for representing the home county in the FRA Junior Intercounties Fell Races for U15, 17 and 19 year olds.

The BOFRA races are also structured to determine an individual championship ranking at the end of a season.

U23 fell runners can enter selected senior races to compete for the FRA English U23 Championship and British Athletics U23 Championship.

Depending on the age categories, athletes can aspire to represent their country in a number of mountain running events. These include the WMRA International U18 Mountain Running Cup (this year hosted in Ambleside), Junior Home Countries International, the England Athletics U20 Mountain Running Championships and the European and World Championships, both open to athletes aged 16-18 on 31 December this year.

Athletes should be aware that international mountain running does not come under the FRA rules and that they will get Home Country Athletics/British Athletics representation. For more information on any of these events see the FRA Handbook and / or the England Athletics / British Athletics websites:

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/mountain-running-teams/>

<https://www.uka.org.uk/competitions/mountain-running/>

Anne's article overleaf also provides some more useful detailed information.



INTERNATIONAL MOUNTAIN RUNNING

WORDS ANNE BUCKLEY

2019 was another successful year for British Mountain Running, with Joe Dugdale becoming World and European U20 Champion, leading the GB&NI Junior Men to team gold in both events. Jacob Adkin became Senior Men’s European Champion.

Other highlights from 2019:

- Phillipa Williams won bronze at the World Mountain Running Championships in Argentina, leading the GB&NI Senior Women to team bronze
- The Senior Men’s team won gold at the European Championships
- The Wales U18 Boys won silver team medals at the International U18 Cup in Susa, Italy

2020 looks set to be an exciting year, with the European Championships in Portugal and the World Championships (classic and long distances) in Lanzarote in November.

The International U18 Cup takes place in Ambleside on Saturday 20 June, with teams from all the Home Countries participating. There is also a short uphill-only open race on the Friday evening, and an FRA Junior Championship race will be held before the International event on the Saturday.



Top photo: Matthew Mackay, Joe Dugdale, Joe Hudson and Matthew Knowles ©Anne Buckley
Right photo: Phillipa Williams ©Anne Buckley

MOUNTAIN RUNNING OPPORTUNITIES 2020

The international opportunities for 2020 are set out here by age category, with details of whom to contact for further information.

PLEASE NOTE: SOME OF THE INFORMATION ON THE NEXT TWO PAGES HAS CHANGED OWING TO THE COVID-19 PANDEMIC. PLEASE CHECK THE RESPECTIVE WEBSITES FOR THE LATEST DATES AND DETAILS OR CONTACT THE FRA IF IN DOUBT.

SENIORS

Event: Senior Home International (included in British Athletics Mountain Running Championships and trial for European Championships), Sedbergh

Teams: Home Countries

Date: 7 June

England Trial: Inter-Counties Fell race, Llanberis, 23 May

Wales Trial: Inter-Counties Fell race, Llanberis, 23 May

Event: European Mountain Running Championships, Cinfaes, Portugal

Teams: Great Britain and Northern Ireland

Date: 4 July

Trial: British Athletics Mountain Running Championships, Sedbergh, 7 June

Event: Snowdon International, Llanberis, Wales

Teams: Home Countries

Date: 18 July

England Trial: British Athletics Mountain Running Championships, Sedbergh, 7 June

Wales Trial: Inter-Counties Fell race, Llanberis, 23 May

Event: World Mountain Running Championships, Lanzarote, Spain

Teams: Great Britain and Northern Ireland

Date: 14-15 November

Trial: Scotland (venue TBC), 27 September

Event: World Long Distance Mountain Running Championships, Lanzarote, Spain

Teams: Great Britain and Northern Ireland

Date: 14-15 November

Trial: Snowdonia Trail Marathon, 12 July

U23 ON 31.12.20 (BORN IN 1998, 1999 & 2000)

Note: U23 athletes are eligible for all senior events above.

Event: Two places in each of the Home Countries men’s and women’s teams for the Senior Home International on 2 June are reserved for U23 athletes.

Further England opportunity:

Event: Grossglockner Mountain Race (WMRA World Cup), 12 July

Trial: British Athletics Mountain Running Championships, Sedbergh, 7 June

U20 ON 31.12.20 (BORN IN 2001, 2002 & 2003)

Event: Teams of up to 4 U20 men and 4 U20 women will be selected to represent Great Britain and Northern Ireland at the European and the World Mountain Running Championships (information above)

Event: British & Irish Junior Mountain Running Championships Incorporating the Junior Home International, Newcastle, Northern Ireland

Teams: Home Countries

Date: 12 September

England Trial: England Athletics U20 Mountain Running Championships, Threlkeld, 18 July

Scotland Trial: Cademuir Rollercoaster, Peebles, 15 August, organiser: gjn7nil@gmail.com

Wales Trial: Mid to the end of July or, early August – Betws-y-Coed. TBC

N. Ireland Trial: Hill & Dale Series + Trial in August

U18 ON 31.12.20 (BORN IN 2003 & 2004)

It is hoped that the rearranged U18 International Youth Cup will take place on Saturday October 17th in Ambleside. Details of the rearranged schedule will be published in due course.

BOFRA AND JUNIORS

WORDS SU THOMPSON

U17 on 31.12.20 (born in 2004 & 2005)

Note: Athletes born in 2004 are eligible for the Great Britain and Northern Ireland U20 team for both the European and World Mountain Running Championships (see senior section) and the International Youth Cup (see U18 section).

Event: British & Irish Junior Mountain Running Championships Incorporating the Junior Home International, Newcastle, Northern Ireland

Teams: Home Countries

Date: 12 September

England Trial: England Athletics U20 Mountain Running Championships, Threlkeld, 18 July

Scotland Trial: Cademuir Rollercoaster, Peebles, 15 August, organiser: gjn7nil@gmail.com

Wales Trial: Mid to the end of July or, early August – Betws-y-Coed. TBC

N. Ireland Trial: Hill & Dale Series + Trial in August

SELECTION

GREAT BRITAIN AND NORTHERN IRELAND SELECTION

Further information is available on the British Athletics website:

<http://www.uka.org.uk/competitions/mountain-running/>

Please contact the Chair of Selectors if you require any further information: Anne Buckley (tel: 07817 681826, email: annembuckley@yahoo.com).

ENGLAND SELECTION

Further information is available on the England Athletics website: <https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/mountain-running-teams/>

and FRA website:

<https://fellrunner.org.uk/international-fell.php>

Please contact the Chair of Selectors if you require any further information: Duncan Richards (tel: 07764 610799, email: duncan@intouchltd.co.uk).

SCOTLAND SELECTION

Further information is available on the scottishathletics website:

<https://www.scottishathletics.org.uk/athletes/performance/selection-policies-international-handbooks/>

For more information, please contact Angela Mudge, Scottishathletics National Lead for Hill and Mountain Running: (email: angela.mudge@scottishathletics.org.uk).

WALES SELECTION

Further information is available on the Welsh Athletics website:

<http://www.welshathletics.org/>

Please contact the Chair of Selectors if you require any further information:

Arwel Lewis (tel: 07772302411, email: arweleryri@gmail.com)

NORTHERN IRELAND SELECTION

Further information will be available shortly on the NIMRA website:

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

Please contact Anne Sandford (seniors) on annerunning@hotmail.co.uk or Phil Hodge (juniors) on philhodge@hotmail.com if you require any further information.

MASTERS CHAMPIONSHIPS

OPEN TO ANYBODY!

European Masters Mountain Running Championships (uphill only)

27-29 March, Madeira, Portugal

Link here: <https://www.ema-madeira2020.com/>

World Masters Mountain Running Championships

4-6 September, Telfes, Austria

See: <https://www.stubai.at/en/schlickeralmlauf/>

From the junior perspective, BOFRA races are like a mobile village – family oriented, where everyone looks out for everyone else. Enjoyment is paramount. Before the races start, juniors get together with their running friends from across the country and other clubs and play – often plotting what they will do after the race. Then comes the race. In 2019, one junior commented to his friends that he liked the BOFRA races because they were short and fast. He was right! They are fast and furious and the juniors are fiercely competitive. U9 and U12 races have trophies to 5th place for boys and girls. U14 and U17 races have cash prizes to 3rd place. Being short, the U9 races are a good introduction to fell racing for anyone from age 6 upwards. Aside from one exception, all U9 races leave the start field rather than just running around it, giving the youngest runners a taste of the thrill of fell racing. Older junior races are generally short, sharp, steep, adrenaline packed events.

Following a short pit stop to refuel and rehydrate, it's back to the fun! Often there is a nearby beck or river or patch of tall bracken to play in. Going home clean is a banned activity. After some races, there are family BBQs, whilst at Kirkby Gala and Alva Games there are camping weekends where the actual race is just one very small part of the weekend. The kids are off the leash and only really associate with their parents to be fed and go to bed. Shows like Ambleside Sports, Lowgill

Sports and Wasdale Show are definite favourites among the younger juniors, as there are other events to compete in and come back to mum and dad armed with even more prizes.

From a parental perspective, it is very difficult to go to a BOFRA race and not engage in some sort of conversation. Everyone is made to feel welcome and relaxed.

Membership is not required to take part in races; however, members gain points for each race and need to compete in 8 from 15 to qualify for a championship trophy.

For further information see <http://www.bofra.org.uk/>

“BOFRA is like a big happy family where everyone talks to each other and has fun.”

- a junior BOFRA member sums up the BOFRA ethos and aims perfectly.



©Frank Golden



Katie and Bethan (right) ©Woodentops



AN INTERVIEW WITH KATIE & BETHAN BUCKLEY

WORDS HELENE AND JONATHAN WHITAKER

In this and future editions, we will be doing features on some of the running families taking part in fell races. If you would like to tell us about a good race you have done, simply send me a short write up and you could see your name in print.

Our first junior correspondents are sisters Katie and Bethan Buckley who both run for Keighley and Craven Athletics Club.

What is your current age category?

Katie: under 13s

Bethan: under 11s

Which is your favourite fell race and why?

Bethan: The quarry runs in Haworth because it's really muddy and you win yummy sweets. I also like any BOFRA race, as it's usually by a river that I can play in after the race.

Katie: I really like Coiners because of the varied terrain and the beautiful views after the painful hill. The bake sale is also delicious!!!

I also like the quarry runs because the course is beautiful and the prizes are simple, but great, and everyone CAN win something if they: wear crazy fancy dress or stay until the chocolate throw out (I recommend staying!!) both of which are fun

What is your favourite pre-race food?

Bethan: Sweets because they give me energy. I have Weetabix or toast for breakfast. I also like to wear my blue "Jump Inc" socks for luck.

Katie: I have an egg or porridge for breakfast with toast or a cup of tea (yes, I drink tea it is a lot nicer than you would think!!!). I also have a drink before my race but nothing else so I don't get a stitch.

What do you like about fell running?

Bethan: Because you don't just look at the same thing like when we run around the track. I like it a tiny bit more than cross country races for this reason.

Katie: I like fell running because you have a hard hill and then you see the top and you're like, yyyyy no more hill!!! Then you realise that is the under 9s turn. Only another half mile of uphill to go!! On track, I don't feel as strong because you can't see how far you've gone, just that you may have gone 400m. Cross country is my second favourite because it is like fell: if there is a hill, it is raining and you win sweets!!!

KENDAL WINTER LEAGUE

WORDS LORNA ASKEW,
HELM HILL JUNIOR CO-ORDINATOR

As well as being great fun and a great work out for Seniors, the Kendal Winter League (KWL) serves both as an introduction to fell running for many youngsters and as a series of races that keeps them coming back for more.

Those juniors who have raced the KWL previously are usually keen to return to courses that they are getting to know, to see if they can better their times, or perhaps to see how muddy they can make themselves! They enjoy the water jumps, the mudslides and the variety of race types – some races are cross-country in nature, others such as Whitestones, Elterwater and Cautley Spout are definitely fell races! With so many Seniors waiting for their turn to race, there is always a strong supportive atmosphere and much appreciation expressed for the Junior runners – this all adds to the positive, encouraging experience of the KWL where resilience, confidence and enjoyment are built.

Juniors who complete five races in a series are awarded a memento; the race entry fees are put towards T-shirts and medals, and chocolate, as well as ensuring all the series trophies are engraved in advance with winners' names. Helm Hill also uses some of the KWL funds for developing junior fell running; coaches undergo coach training courses, first aid courses and development workshops, and the club maintains a stock of equipment such as ladders and hurdles for training sessions.

The KWL is, of course, indebted to the landowners and tenants who allow use of their land. In recognition of their generosity, KWL entry fees are often used to make sizeable donations to charities nominated by a landowner or tenant. We also rent portaloos for some of the race venues – this is sometimes a condition of, or at least a courtesy for, using the land.

Sponsors have helped the KWL in recent years by supplying prizes and race numbers but the series really runs on an army of volunteers – those who do registration for two or three hours each race, those who marshal on the courses and at the start/finish, those who compile the results after every race, and the Race Organisers themselves – an individual Race Organiser is registered with the FRA for every race in the series.

See you there!



©Frank Golden



Chloe Rylance ©Carlos Reina

A JUNIOR'S EYE VIEW

STORIES FROM THE WANSFELL RACE

WORDS ELEANOR KNOWLES

PICTURES CARLOS REINA

On 27th December 2019, a record number of 180 hopeful happy souls registered for the annual post-Christmas uphill stomp, the Wansfell Race.

Chloe Rylance: 'As a younger junior, I remember being envious of my older teammates who were able to compete at Wansfell. Even now, my 3rd year in the event, I still experienced the same pre-race excitement. To me, this race has always been a kind of 'fun run' with no pressure on my performance - I just rocked up and ran the race with minimal preparation.'

An innocent-sounding two miles in length, this race has probably caught out many an adventurous holiday-maker. You can picture the scene: slightly optimistic, outdoor-loving friends full of beer and bravado in the Golden Rule; Christmas cheer stoking a rash commitment to 'give it a go'; all glory awaits in their fell racing debut. But this is no beginner's race.

James Bowen: 'I knew this was a tough course due to the amount of climbing, but I was keen to enter as it was the first time I was old enough. Living and training in Ambleside, I had run on Wansfell many times so was confident I could manage the course. In fact I'd been up there just two days earlier on a training run.'

The race starts with the unforgiving tarmac ascent of Stockghyll Lane; the briefest respite from lung-busting gradients at the fell gate; and all too soon the unrelenting, thigh-burning climb to the rocky summit of Wansfell - a mile directly up. "And they call this a running race?" you hear our optimistic friends from the Golden Rule splutter.

Chloe Rylance: 'I was surprised to see the start line stacked with so many big names, but this only fuelled my anticipation to see how I would compare to the leading seniors. Instilled with the true fell runner's competitive attitude, I also agreed to a bet on the start line with Michael Stevens (Clayton) as to who would finish first, in conjunction with our ongoing tally.'

Although any route is allowed, most ascend by the stone path and then descend slightly to the north.

Charlie Allmond: 'I was a long way back at the start line so had to sprint with James [Bowen] through a lot of slower traffic to get up the field into a competitive position. Despite gaining a number of places during the road climb, I had to queue at the stile where the race heads onto the hill.'

This preferred descent avoids the stone path which is treacherous at speed and instead takes the equally steep unmarked grassy descent which is also treacherous at speed but at least provides a soft landing for the inevitable trips and slides.

Chloe Rylance: 'The start is always pleasant as the usual jostling of eager juniors is minimised, and I can ease myself into the race. The climb, well known to my friends by the amount I complain, is definitely my least favourite part. But despite this I managed to stay fairly high up the field. Towards the summit I was caught by a few other female competitors but I still had the security of the fast descent to regain my position.'

If you don't lose places to rivals on the climb, on account of feeling heavy after Christmas excess, then you certainly will lose to them on the return when only technical descent-masters will triumph.

Charlie Allmond: 'I felt strong on the ascent, gaining a few positions, and even caught glimpses of the front runners at some points. I was pushed very hard with the pace on the climb but was feeling good. I accelerated up to the summit and got to the turn with some relief around the top ten.'

Despite all this, the race has a lower age limit of just 14-on-the-day. And whilst the headline results showed fantastic wins for Ambleside AC seniors plus a new ladies record, the standout story was a fabulous turnout of club juniors, some squeaking into the age limit by a matter of days.

Sophie Rylance: "I was both nervous and excited to be racing my first Wansfell. I knew I couldn't beat my sister Chloe, so as long as I finished and was ahead of my friend and clubmate Maesie, I'd be happy."

Over the years the Wansfell race has enjoyed the full gamut of Lake District weather: storms, rain, sun; the path lethally spiked with ice; old wet snow to 'aid' the grass descent; brilliant new snow to mask ice-rink conditions on the lane; far-reaching mountain views; misty moody atmospheric views; and no view at all.

Chloe Rylance: 'The descent, also well known by my friends to be my favourite part, consisted of the usual stupidly steep, grassy slope saturated with previous rain and a few rocky outcrops, all of which forced us to gather considerable speed. Thankfully, I managed to overtake some others without falling over, and even gained sight of Michael Stevens, much to his distress.'

This year the weather was tame, which certainly helped generate the bumper turnout. But our juniors would have been on the start line no matter what!

Maesie Evans: "As the start approached I was a little nervous, but surprisingly not as much as I expected given that it was my first senior race. The road section at the start was actually a lot better than I had imagined."

I stood just over the fell gate to watch the race - so what did I see?

Chloe Rylance: "It was nice to see the race highlight the strength of the fell running community. I had lots of support from my fellow competitors, as well as the spectators cheering for me."



Maesie Evans ©Carlos Reina



Joe Edmondson ©Carlos Reina



Sophie Rylance ©Carlos Reina

Well, aside from the mild excitement of two Ambleside seniors in the leading three, I was looking for the first of our juniors up the road. It was 18-year-old Joe Edmondson chasing senior team mate Tom Simpson and striding away just ahead of leading lady Sarah McCormack. Joe returned in incredible form, floating to an amazing 10th overall (22.33). “I’m not sure where that came from”, he said. He was beaming, and rightly.

Sophie Rylance: ‘Before the race I did my usual warm up with stitch stretches, and made sure I was at the start in good time. [This wasn’t hard. Sophie lives 30 seconds jog away.] I didn’t know many people and Maesie had gone to the back with her dad, so I tucked in behind Chloe and Michael.’

Next over the stile was 14-year old Charlie Allmond who sneaked into the race by just 10 days, his birthday a week before Christmas. At this stage he had total concentration on his face and was chasing hard on senior teammate and leading-lady Sarah McCormack. Charlie is an accomplished, confident and ambitious runner, self-contained and focused. He is also a handy artist, his picture appearing with this article. Back at the stile, and Sarah returned with a huge new ladies record (22.54), but she had dropped Charlie who was still running, but holding his arm painfully, visibly upset (27.16).

Charlie Allmond: ‘I started descending well for 100m but suddenly a sharp painful stitch developed across my stomach resulting in me having to hobble down in considerable pain. I considered giving up but was determined to finish. A few runners could see I was struggling and asked if I was ok which I really appreciated.’

Just behind Charlie came Harry Bowen, striding with his characteristic long-armed, easy-looking style, bouncing uphill. But where was twin brother James, who had been warming up earlier?

James Bowen: ‘After my usual warm up, Charlie, Harry and I found ourselves at the back on the start line. I felt fine as we passed some runners on the road but as I approached the fell, I realised I was struggling and my arms just seemed to stop working - I can’t explain it. I pulled out before getting onto the fell, and watched as Charlie and Harry pulled away. Surprisingly, given it was the first year I was old enough, I wasn’t too disappointed. There’s always another race.’

The Bowen twins, having grown up with our club and dominated their age category in many races, it was hard to remember this was the first year they were old enough to compete at Wansfell. They are often to be seen pounding the streets of Ambleside, displaying their impressive road cadence, “like Ambleside’s resident Kenyans out training”, as I once heard them described. Back at the stile, Harry was gliding comfortably on his return, his expression as always giving nothing away (25.20).

Harry Bowen: ‘Even though this was ‘just another race’, it was my first fell race for a while and the first time I was old enough to compete at Wansfell. I knew the course from training runs, so I knew what to expect and was hoping I could finish in the top thirty. After setting off from the back of the field with Charlie, I passed some runners on the road and tackled the climb. I don’t really think about very much when I’m racing. I just run and see what happens! The downhill was trickier as it was slippery, but I managed to pass some runners and came into the finish just within the top thirty. I was pleased with my position and glad to have completed the race.’

Next of the Ambleside Juniors was seasoned racer, 2019 England-vest-wearer, 16-year old Chloe Rylance. Her unmistakable long-legged gait saw her stride confidently past, with her usual smile and even time for a wave. Over her years with the club Chloe has triumphed many times. She has faced some easier and some more difficult seasons and has come through as a runner with poise, maturity, modesty and strength. She is much loved and admired by the younger runners in our team – a fabulous role model. On the climb Chloe looked comfortable alongside some good senior talent, and she returned in excellent form (26.14).

Chloe Rylance: ‘I finished strongly with an unusual sprint, to the considerable surprise of my mum, but Michael just managed to hold onto his lead by a mere second, bringing him to 4-3 in our tally. I also managed first U18 girl and scraped into 5th overall woman which was very pleasing in such a strong field.’

Two of our younger runners were next. First, 14-year old Sophie Rylance, the picture of concentration and calm, striding with an impressively quick cadence given the steepness of the slope. She threw a brief smile for the shouting spectators. I could only imagine the build-up had been stressful; the first race against seniors with older sister Chloe also on the start-line; high levels of expectation from team members, who know what a talent she is and would be watching out for her performance.

Sophie Rylance: ‘I was surprised by how slow the adults set off compared to the normal junior race starts. This helped me feel quite relaxed – not having to start with a sprint. Getting to the bridge half way up the climb seemed to take forever. But after that I reached the top quicker than I realised, and could finally start the descent - the part I’d been looking forward to!’

Sophie returned as fresh-looking as on the ascent, bounding across the final field with typical Rylance concentration. She practically galloped down the road with a huge gazelle leap to please the crowds (30:34).

Sophie Rylance: ‘It was a slippy and therefore fast descent allowing me to catch and overtake Jo Simpson, Ambleside FU23, who I’d been battling with to the summit. To finish the race I leaped the cattle grid and sprinted to the line overtaking the last few people I could.’



Charlie Allmond ©Carlos Reina

Next came Maesie, the youngest on the startline, who celebrated her 14th birthday just six days earlier. Maesie is an old-school fell runner – enjoyment first; muddier is mightier; it’s-a-hill-get-over-it (no drama); the more chat the better. Before the start Maesie had been calmly warming up with her parents (also clubmates). I noticed her Dad looking mildly uneasy (post Christmas virus he said) and I wasn’t sure whether the prospect of one of his daughters in the race had lessened or added to his alarm! In typical Evans fashion, Maesie crossed the line possibly the most cheerful finisher (36:18).

Maesie Evans: ‘I’ve been up Wansfell many times. For this race my Dad said he’d run with me if I wanted. I said yes, but he couldn’t keep up. It made me smile and keep my pace when I heard my family cheering me on at the stile - even better my 6-year-old cousin shouting that I was ahead of my parents. I managed to keep ahead of them throughout the race and was happy with my performance.’

Ambleside Juniors went from zero to hero in just 8 years. We launched in 2011 and were crowned FRA champions in 2019. Our secret? There’s a few. We have the whole range in our team; fast, normal-speed, competitive, shy, sociable, newbie, experienced, does-all-the-sports, does-no-other-sports, loves-stretches-and-planks, hates-stretches-and-planks, descenders, climbers, cross-country lovers, long legs, short legs, fast-feet, lumbering feet, mud seekers, clean-shoes-all-the-way-ers, ooh-look-at-my-new-gear, training plan users, and once-a-week runners. We love their every quirk! And we get the perfect balance: between a relaxed and a professional atmosphere; between training as fun vs training as hard work; between running for pleasure vs racing; between racing for ourself vs for the team; and between knowing your pace is perfect, and knowing you can work harder and get faster.

Charlie Allmond: ‘A few people suggested I pull out but it was important to finish despite the pain. I was relieved when I got to the finish and was desperate to lie down. I was disappointed with my position but on reflection happy that I managed to push through and complete the race. I realise that these challenges are just part of racing and that you can learn so much when things don’t go to plan.’

And our racing ethos means, in our 2019 Championship winning season, over 40 different individuals (over two-thirds of our members) ran at least one FRA Championship race. And most of the others raced at least one event closer to home. We believe in racing for all at Ambleside AC!

Chloe Rylance: ‘The race was thoroughly enjoyable and increasing participation clearly highlights that this is a view held by the majority. I’d also like to say a big thank you to Michelle Foxwell for putting on such an exceptional race. See you next year..’

ELEANOR KNOWLES, AMBLESIDE AC



CALENDAR UPDATE

At present, due to the Coronavirus situation, all FRA licensed races are cancelled. This update reflects notified changes to planned races (except cancellations which are too numerous) but 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.

DAVE BOWEN, FRA FIXTURES SECRETARY

RACE INFORMATION

Events which are licensed by the FRA are identified by (FRA) and will be run in accordance with FRA rules and requirements. Race 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.

RACES ADDED SINCE HANDBOOK WENT TO PRINT; WHETHER THEY TAKE PLACE IS DEPENDENT ON THE CORONAVIRUS SITUATION.

SAT. APR 25. SQUARE & COMPASS QUARTERISH (FRA). BM. G. 4.00 p.m. 11.6km/327m. Venue: Square and Compass Pub, Worth Matravers, BH19 3LF. GR SY 978 778. £13.50 pre-entry, £15.00 on day. EOD only if not full. Check website before travelling. PM. Over 18. Details: Tim Stone, 4 St Georges Close, Langton Maltravers, Swanage, BH19 3HZ. Tel: 07484794338. Email: squareandcompassquaterish@outlook.com. Website: squareandcompassrunners.fullonsport.com/event/search

WED. APR 29. KETT KILLER (FRA). BS. G. 7.00 p.m. 10km/304m. Venue: Kettleshulme Primary School, SK23 7QU. £10.00 pre-entry, £12.00 on day. This is fund raiser for PTA. Refreshments in school hall. Teams. PM. Over 18. Details: Brian Holland, Fellside Cottage, Brookside, Buxworth, SK23 7NE. Tel: 07905 100710. Email: bholland28@hotmail.com

SUN. MAY 3. GREAT HAMELDON (FRA). BS. G. 12.00 p.m. 9.6km/338m. Venue: Peel Park Hotel, Turkey St, Accrington, BB5 6EW. GR 766292. £5.00, on day. Teams of 3. PM. Over 16. Records: R Hope, 36.12, 2004; f. L Powell-Smith, 42.53, 2017. Juniors: U9(over 6), 0.8km; U11, 1.6km; U13/U15/U17, 3km; from 10:30 a.m., £1. Age on following 31st Dec. Medal for all finishers. First event in Pendle & Burnley Grand Prix. Details: Michael Clarke, 34 Whalley Rd, Clayton-le-Moors, BB5 5DT. Tel: 07399 457204. Email: clarkey08810@yahoo.co.uk. Website: www.claytonlemoors.org.uk

THU. MAY 7. DICK HUDSON’S (FRA). BM. NG. 7.00 p.m. 11.2km/335m. Venue: Bottom of track up to White Wells, Wells Road, Ilkley, LS29 9RF. GR SE117471. £4.00, on day. ER/LK/NS. Over 18. Records: J Smith, 46.25, 2014. Please park in the Darwin Gardens car park by the cattle grid. Details: Ali Burns, 7 Harrison Grove, HG1 4QJ. Tel: 07470 113967. Email: alisdair.burns@gmail.com. Website: www.wharfedaleharriers.co.uk

FRI. MAY 8. MILNTHORPE TASTER (FRA). CS. G. 11.00 a.m. 3.2km/47m. Venue: The Corinthians Football Club, Milnthorpe Sports Field. GR SD 495 813. Entry on day. Over 18. Juniors: U10, U12, U16, U18 (all age on day of race). Junior start 10:30. This is an event to participate in the Village VE Day 75 Celebrations and is designed as a ‘Taster’ to encourage new runners. Details: Gregory Tagney, Ashlea, Keasdale Rd, Storth, Milnthorpe, LA7 7JR. Tel: 01524 761557. Email: tagneygreg@gmail.com

TUE. MAY 12. KONG SUMMER SERIES RACE 1 - BELT UP BLENCATHRA (FRA). AS. NG. 7.00 p.m. 2.4km/600m. Venue: White Horse Inn, Scales, CA12 4SY. GR 343 269. £8.00 pre-entry, £10.00 on day. Entry via SiEntries. Teams. ER/LK/NS. Over 16. This is an uphill only time trial from the White Horse Inn to the summit of Blencathra. Details: Lou Osborn, King Kong Climbing walls, Threlkeld Quarry, Keswick, CA12 4TT. Tel: 07765187651. Email: lou@kongadventure.com. Website: www.kongadventure.com/our-events

SUN. MAY 17. GLARAMARA (FRA). AS. NG. 1.00 p.m. 8km/700m. Venue: Glaramara Outdoor Centre, Seatoller, Borrowdale. GR 247137. £3.00, on day. ER/LK/NS/PM. Over 16. Records: L Taggart, 44.17, 2007; f. J Lee, 56.14, 2007. Details: Andrew Schofield, Rose Cottage, Braithwaite, Keswick, CA12 5XH. Website: www.borrowdalefellrunners.co.uk

TUE. MAY 26. KONG SUMMER SERIES RACE 2 - BB KONG (BLENCATHRA AND BLEASE FELL) (FRA). AS. NG. 7.00 p.m. 8km/762m. Venue: Salutation Inn, Threlkeld, CA12 4SQ. GR 322 254. £8.00 pre-entry, £10.00 on day. Entry via SiEntries. Teams. ER/LK/NS. Over 16. 5 mile circuit of Blencathra and Blease Fell. Details: Lou Osborn, King Kong Climbing walls, Threlkeld Quarry, Keswick, CA12 4TT. Tel: 07765187651. Email: lou@kongadventure.com. Website: www.kongadventure.com/our-events

WED. MAY 27. PARKS LIFE (R). BS. G. 7.00 p.m. 7.5km/240m. Venue: Belper Parks Rec. Ground, DE56 1LP. £5.00, on day. LK/PM. Over 16. Details: Andy Paisley, 9 Jubilee Court, Belper, DE56 1NN. Tel: 07586281030. Email: andy.paisley@gmail.com.

WED. JUN 3. OTLEY CHEVIN (FRA). CS. NG. 7.30 p.m. 4.5km/210m. Venue: Station Road, Otley, LS21 3HZ. GR SE202455. £5.00, pre-entry or on day. Entries taken at Yorkshire Runner, 38 Bondgate, Otley LS21 1AD. Teams. PM. Over 16. Records: I Holmes, 17.04, 2001; f. E Clayton, 19.55, 2018. 43rd year of race. £25 for breaking male or female course record. Details: Roger Dawson, 3 Lisker Avenue, Otley, LS21 1DG. Tel: 07735 381739. Email: rogerdawson18@gmail.com. Website: www.skyrac.co.uk

TUE. JUN 9. KONG SUMMER SERIES RACE 3 - BURN OFF BLENCATHRA (FRA). AS. NG. 7.00 p.m. 2.4km/0m. Venue: White Horse Inn, Scales, CA12 4SY. GR 343 269. £8.00 pre-entry, £10.00 on day. Entry via SiEntries. Teams. ER/LK/NS. Over 16. This is a downhill blast from the summit of Blencathra to the White Horse Inn at Scales - choose your own route! Details: Lou Osborn, King Kong Climbing walls, Threlkeld Quarry, Keswick, CA12 4TT. Tel: 07765187651. Email: lou@kongadventure.com. Website: www.kongadventure.com/our-events.

SAT. JUN 13. ROMAN WALL SHOW (FRA). BS. G. 12.00 p.m. 7.1km/189m. Venue: Steel Rigg car park. GR 752677. £4.00, on day. Pay entry to Show Ground, race included. PM. Over 16. Records: M. Openshaw, 29.04, 2007; f. R. Vincent, 33.01, 2007. Juniors: U12(over 10), 2.4km/46m, 11:30; U14/U16, 4.8km/110m, 12 noon. Details: Phil Green, 18 Teesdale Gardens, High Heaton, Newcastle upon Tyne, NE7 7RB. Tel: 0191 266 4009. Email: philip.g.green@blueyonder.co.uk.

SUN. JUN 14. TOUR OF HORWICH RIVINGTON MOOR (FRA). BS. G. 7.00 p.m. 7.7km/303m. Venue: Roynton Road, Rivington, BL6 7RU. GR SD 639 128. £4.00, pre-entry or on day. Be prepared to carry full FRA kit, will be waived if weather suitable. Teams. PM. Over 16. Records: J Goudge, 33.29; f. D Allen, 40.36. Juniors: Junior Race (over 10) 3km 6.40pm. Part of Junior Tour of Rivington and Horwich. Part of Horwich

Festival of Racing and Tour of Rivington and Horwich. Details: Gordon Stone, 25 Claypool Road, Horwich, BL6 6HU. Tel: 07549 656441. Email: gordonstone@btinternet.com. Website: www.horwichfestivalofracing.co.uk.

THU. JUN 18. TANSLEY HILLS (FRA). BS. NG. From 18:40 to 19:15. 9.1km/360m. Venue: Tansley Fete Field. DE4 5FH. GR SK 32402 60113. £7.00, on day. U14,16 £3. U8, 10, 12 £2. PM. Over 16. Records: H Holmes, 34.59, 2018; f. F Cummins, 47.24, 2018. Juniors: Courses for U9, U11, U13 & U15. Min age 6. Ages on day of race. This is a TOUGH little BS race, deserving the title “Fell” Race! New Intermediate course for U15 and V75+. Details: Caroline Povey, Tansley Primary School, Gold Hill, Tansley, Matlock, DE4 5FR. Tel: 07786864461. Email: Tansleyhillrace@gmail.com. Website: Facebook.

FRI. JUN 19. WANSFELL UPHILL (FRA). AS. NG. 6.00 p.m. 2.5km/400m. Venue: St Johns Hall, Stock Ghyll Lane, Ambleside, LA22 0BB. GR 337044. £10.00 pre-entry, £15.00 on day. SiEntries. Limited entries on the day - check. Over 14. on day of race. Race is a Time Trial, open start between 18:00 to 20:00. Dibber on timing stations at start & on summit. Athletes start individually every 15 seconds between the above times. Course fully flagged & marshalled with tent on summit. Details: Duncan Richards, 23 Serpentine Road, Kendal, LA9 4PF. Tel: 07764 610799. Email: duncan@intouchltd.co.uk. Website: www.amblesidemountaintacup.com.

SAT. JUN 20. BUCKDEN PIKE (FRA). AS. G. 2.30 p.m. 6km/486m. Venue: Buckden Village Green, BD23 5JA. GR SD942773. £5.00, on day. PM. Over 16. Records: C. Donnelly, 30.51, 1988; f. C. Greenwood, 36.32, 1993. Village Gala. Details: Graham Wadsworth, Higher Stone Gappe, Lothersdale, Keighley, BD20 8EE. Tel: 07976 794749. Email: graham.wadsworth44@gmail.com. Website: www.barlickfellrunners.org.uk.

SAT. JUN 20. BURRATOR HORSESHOE (FRA). BS. NG. 2.30 p.m. 9.66km/225m. Venue: Meavy Village Green, PL20 6PJ. GR SX 541673. £8.50 pre-entry, £10.00 on day. EOD only if not full. Likely to sell out. Part of Meavy Oak fair, a great family event. Website live for entry from March. Teams. PM. Over 16. Records: B Townsend, 38.14, 2018; f. J Meek, 45.45, 2011. Tavistock AC and Tamar trail runners supporting event. http://www.facebook.com/events/646830289085710/. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge, PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com. Website: www.entrycentral.com/burrator_horseshoe.

SAT. JUN 20. PETER BRINSLEY BOSLEY FETE (FRA). BS. NG. 3.15 p.m. 7.5km/250m. Venue: Bosley Village School, SK11 0NX. GR SJ918657. £5.00 pre-entry, £7.00 on day. Includes entry to fete and parking. Enter online via www.bookitzone.com. Over 16. Records: S Bailey, 27.51, 2013; f. O Walwyn, 33.44, 2015. Juniors: Race for 10 to 15 years, 3km, 3.05 p.m., £1 including entry to fete. Family day out with fete attractions and refreshments. Details: Sam Alston, Reservoir Cottage, Smithy Lane, Bosley, Macclesfield, SK11 0NZ. Tel: 01260 226340. Email: samjalston@gmail.com. Website: www.bosleyvillage.org.uk.

SUN. JUN 21. SETTLE HILLS (FRA). BM. G. 10.30 a.m. 11.3km/500m. Venue: North Ribblesdale RUFC, Settle, BD24 9QH. GR SD819633. £5.00, on day. Full FRA kit required. ER/LK/NS/PM. Over 18. Records: S. Bailey, 45.05, 2000; f. E Clayton, 54.33, 2013. No free parking this year. Please use adjacent Pay & Display Car Park. Showers. Details: Jan-Friedrich Wulf, Tel: 07497 358824. Email: janwulf1971@gmail.com. Website: www.settleharriers.org.

SUN. JUN 21. WINDY GYLE (FRA). BM. G. 10.30 a.m. 13.7km/549m. Venue: Roadside sheep pens 800m N of Barrowburn Farm,

Alwinton. GR NT863113. £5.00, on day. Teams. ER/LK/NS. Over 18. Records: N. Swinburn, 57.18, 2012; f. K. Robertson, 01.10.00, 2006. No toilets at start/finish. Nearest toilets at National Park car park in Alwinton, 8 miles away. Held with support of North of Tyne SRT. Details: Phil Green, 18 Teesdale Gardens, High Heaton, Newcastle upon Tyne, NE7 7RB. Tel: 0191 266 4009. Email: philip.g.green@blueyonder.co.uk. Website: www.northumberlandfellrunners.co.uk.

WED. JUN 24. PENBARRAS BLAST. AS. 7.00 p.m. 3.6km/290m. Venue: Bwlch Penbarras Car Park. GR SJ 162 606. £2.00, on day. Option of 2 laps for O16 (7.2km 580m). U16 £1 entry. Course suitably marked/ marshalled for younger & less experienced fell runners. PM. Over 12. Juniors: Under 12 must run with parent or guardian. Inclusive race - juniors run same course at same time. Not timed - position only. See website/Facebook for further details. Toilets available at lower car park (1km). Details: John Heppenstall, 13 Lon Cilan, Cilcain, CH7 5PL. Tel: 07884 073372. Email: clwydianfellrace@gmail.com. Website: clwydianfellrace.org.

WED. JUL 1. FOEL FENLLI. AS. 7.00 p.m. 3.5km/250m. Venue: Bwlch Penbarras Car Park. GR SJ 162 606. £2.00, on day. Option of 2 laps for O16 (7.0km 500m). U16 £1 entry. Course suitably marked/marshalled for younger & less experienced fell runners. Reg from 18:00. PM. Over 12. Juniors: Under 12 must run with parent or guardian. Inclusive race - juniors run same course at same time. Not timed - position only. See website/Facebook for further details. Toilets available at lower car park (1km). Details: John Heppenstall, 13 Lon Cilan, Cilcain, CH7 5PL. Tel: 07884 073372. Email: clwydianfellrace@gmail.com. Website: clwydianfellrace.org.

WED. JUL 1. RESTON SCAR SCAMPER (FRA). AS. NG. 7.00 p.m. 6km/301m. Venue: Staveley Mill Yard, next to Wheelbase/Wilfs Cafe. £4.00, on day. Registration Hawkshead Brewery Bar, Staveley Mill Yard. Teams. Over 16. Records: R Jebb, 27.08, 2013; f. K Roberts, 33.19, 2018. Fully marked. Proceeds to Staveley First Responders. Prizegiving in the beer hall. Details: Paul Aitken, Helm Lea, The Banks, Staveley, LA8 9NE. Tel: 07878 432742. Email: p.aitken164@btinternet.com.

MON. JUL 6. HATHERSAGE GALA (FRA). BS. NG. 7.30 p.m. 7.2km/325m. Venue: School field, School Lane, Hathersage, S32 1BZ. GR SK234818. £5.00, on day. Over 16. Records: S Bond, 28.42, 2010; f. H Archer, 32.41, 2015. Limited parking - use main village car park. No dogs on course. Details: Simon Patton, 2 Sunnybank Cottages, Jaggers Lane, Hathersage, S32 1AZ. Tel: 07525 475266. Email: simonjpatton@hotmail.com. Website: www.hathersagefellrace.org.uk.

SAT. JUL 11. LOTHERSDALE SHOW (FRA). AS. G. 3.30 p.m. 2.4km/122m. Venue: Young Farmers Showground, Lothersdale, BD20 8HB. GR SD 95054603. £2.00, on day. LK/PM. Over 10. Juniors: Age on following 31st Dec. Details: Graham Wadsworth, Higher Stone Gappe, Lothersdale, Keighley, BD20 8EE. Tel: 07976 794749. Email: graham.wadsworth44@gmail.com. Website: barlickfellrunners.org.uk.

SUN. JUL 12. THE DORE DOZEN (FRA). BM. NG. 11.00 a.m. 12km/390m. Venue: Dore Old School, Savage Ln, Dore, S17 3GW. GR 308 811. £12.00, pre-entry. Entry on day available only if limit not reached. Start and finish at Dore Recreation Ground, Townhead Rd, S17 3GE approx. 600m from registration. ER/LK/PM. Over 18. Refreshments and toilets at registration. Parking limited please car share. Part of the Dore Festival Fortnight. Details: Adam Taylor, 102 Causeway Head Road, Dore, Sheffield, S17 3DW. Tel: 07837544845. Email: adam@taylored-personal-training.co.uk. Website: www.moreindore.com/events-1/the-dore-dozen

WED. JUL 15. HELM’S DEEP. AS. NG. 7.00 p.m. 4km/350m. Venue: Bwlch Penbarras, CH7 5SH. GR SJ 162 606. Pre-entry, £2.00 on day. U18 £1 entry. Standard WFRA safety equipment must be worn/carried. First aid and/or Mountaincraft workshop from 6pm aimed at younger runners – please book. Water available – BYO bottle. Toilets available at lower carpark (1km). Not timed. Position only. 2 lap option for O16. PM. Over 12. under-12 can run with parent. Under 12’s must run with parent/guardian. Short blast evening runs designed to give confidence to younger runners and those new to the sport. Course will be suitably marked/marshalled for younger runners. Details: John Heppenstall, 13 Lon Cilan, Cilcain, CH7 5PL. Tel: 07884 073372. Email: clwydianfellrace@gmail.com. Website: www.clwydianfellrace.org.

THU. JUL 16. SHELDON (FRA). BS. G. 7.30 p.m. 6.4km/162m. Venue: Outside Cock & Pullet, Main St, Sheldon, nr Bakewell, DE45 1QS. £5.00, on day. Over 14. Records: A. Wilton, 22.45, 1998; f. J. Turnbull, 28.04, 1997. Details: Philip Gregory, Moorfield, off Ashford Road, Bakewell, DE45 1GL. Tel: 01629 813149. Email: pjmgregory@tiscali.co.uk. Website: www.sheldonvillage.org.uk/fell-race.

WED. JUL 22. NEOLITH (FRA). BS. NG. 6.45 p.m. 8km/330m. Venue: Merrivale, Dartmoor. £5.00 pre-entry, £8.00 on day. Pre-entry at http://www.entrycentral.com/Neolith, includes 50p booking fee. Registration closes 18:20Website live at end of March 2020 - small donation for parking. PM. Over 16. Records: F Ratcliffe, 31.20, 2019; f.T McDowell, 43.03, 2019. Juniors: Entry 50p. U11/U13 (minimum age 8 on day) run together over 2km starting at 17:30, U15/U17 run together over 3km starting at 18:00. FB: www.facebook.com/events/913392038999928/. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge, PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com. Website: www.entrycentral.com/Neolith.

WED. AUG 5. BROAD BARROW (FRA). BS. NG. 6.45 p.m. 7.5km/344m. Venue: Warren House Inn, Dartmoor PL20 6TA. GR 675810. £4.00 pre-entry, £5.00 on day. Pre-entry via race website, plus booking fee. Race covering Birch, Hookney, Hameldown Tors and Broad Barrow - New event in our Summer Series . PM. Over 16. Juniors: U9 & U11; U13 & U15 races from 17:30. Parking very limited so please car share. Race hosted by Tavistock AC and Tamar Trail runners. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge, PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com.

SAT. AUG 8. TEGG’S NOSE (FRA). BM. G. 2.30 p.m. 12.8km/525m. Venue: Trials field, Bullocks Lane, Sutton, Macclesfield, SK11 0HE. GR 923716. £3.00, on day. £5 entry to Sheep Dog Trials on day as well as £3 to enter - fell race pay at registration. LK/PM. Over 18. Records: T Adams, 51.56, 2015; f. O Walwyn-Bush, 57.11, 2011. Held in conjunction with Sheepdog Trials. No training on route and no dogs. Details: Stephanie Wood, Cliffe Farm, Sk11 0ab. Tel: 07545 311041. Email: stephaniewood69@gmail.com. Website: www.macclesfield-harriers.co.uk.

SAT. AUG 15. RUSLAND 5 (FRA). BS. NG. 12.30 p.m. 7.8km/310m. Venue: Rusland Showfield, Whitestock Meadow. GR 331891. Entry on day. Pay entry to Show, race free. PM. Over 17. Records: C Roberts, 31.25, f. L Adams, 34.11, Juniors: U12(over 9), 1.3km/45m; U14, 1.4km/50m; U17, 1.9km/90m. Also shorter senior fell race, 2.8km/170m. Traditional Lakeland Show with full range of track races, children’s events, wrestling etc. Details: Adam Crowe, Rakefoot Cottage, LA11 6RS. Tel: 07854680122. Email: adamcroweconservation@gmail.com. Website: www.ruslandshow.org.uk.

Weekend of running with 3 races on Saturday plus long race on Sunday. Pre-entry via race website, plus booking fee. Camping, parking available from Friday. Speakers and skittles. Bundle price to include day 2 and fourth race. Supported by Tamar Trail Runners and Run venture running hub. Venue: Fox & Hounds, Bridestow, EX20 4HF. GR 527866. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge, PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com.

ED. AUG 19. TAVY TRIO OF TORS (FRA). BS. NG. 6.45 p.m.
 12.5km/270m. Venue: Dartmoor Inn, Merrivale, PL20 6ST. GR 548753.
 £10.00 pre-entry, £8.00 on day. Pre-entry via website, plus booking fee. PM.
 For 16. Juniors: U9 & U11; U13 & U15 races from 17:30. New route
 starts. Last of summer series supported by Tavistock AC and Tamar trail
 runners. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge,
 PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com.

SAT. SEP 19. AXNFELL (FRA). AL. NG. 8.00 a.m. 28km/1800m.
Venue: Axnfell Plantation. GR GR423837. £5.00, pre-entry or on day.
ER/LK/NS. Over 18. Records: T Varley, 03.42.30, 1985; f. R Hooton,
05.14.00, 1997. Also short race (10km, 620m) at same date, time & venue.
Details: Rosie Ormsby, Sea Level House, Back Shore Road, Laxey, IM4
7DQ. Tel: 01624860216. Email: rosieormsby@manx.net. Website: www.manxfellrunners.org.

SAT. SEP 19. U18 INTERNATIONAL YOUTH CUP SELECTION (FRA). AS. NG. 11.30 a.m. 5km/240m. Venue: Rothay Park, Ambleside, LA22 9DH. £3.00, on day. This is a trial race for the England team for the International Youth Cup (Ambleside) on 17th October 2020. Juniors: Course is fully marked. This race is for athletes age U18 on 31st December 2020 i.e. born 2003/2004. Details can be found on the Mountain Running section of the England Athletics and FRA websites. Details: Niki Rylance, Denrae, High

**SUN. AUG 16. DARTMOOR 600'S - DARTMOOR FELL
RUNNING WEEKEND (FRA).** BL. NG. 7.00 a.m. Staggered
starts based on estimated times. 29.4km/1010m. £6.00, pre-entry. ER.
Over 18. Prize giving at 13:00.

SUN. JUN 21. HAWKSWICK DASH (BOFRA) (FRA). AS. NG.
12.00 p.m. 1.9km/193m. Details: Estelle Willis, 23 Hazel Grove Rd, Sutton
in Craven, BD20 7QT. Tel: 01535 637881. Email: estellewillis6@gmail.com.
Change of organiser only



SAT. SEP 26. 66TH THREE PEAKS (FRA). AL. G. 10.30 a.m.
37.4km/1608m.
Updated date - all other details unchanged

SUN. NOV 29. LEE MILL RELAY (FRA). G. 10.00 a.m.
10km/340m. Over 18.
Updated minimum age - all other details unchanged

SAT. DEC 5. MIDDLE FELL (FRA). AM. NG. 2.30 p.m.
10.6km/518m. Date change only – other details unchanged

Race Results

DUNNERDALE / Cumbria

AS/8km/550m / **02.11.19**

Normally the second Saturday in November, this year’s Dunnerdale was brought forward a week to act as a nice little warm-up for the more vigorous activity (dancing, shirt throwing, etc) at the FRA Dinner that evening, both events organised by Black Combe Runners. Despite England playing in the Rugby World Cup at 9:00am that morning, we had a great turnout. Of the 200-strong field, around 140 folk car-shared and were rewarded with a free beer (Aldi’s finest!) and the 30 who made the effort to come by bike or on foot got a (kindly donated) £5 Pete Bland voucher. Matt Elkington worked up the biggest sweat, holding off Daniel Haworth, Carl Bell and Tom Addison - the top four all within 30 seconds of each other. Matt seemed quite chuffed with the ridiculously large men’s trophy, God knows how he got it home on his bike. Supervet Lloyd Taggart (not Noel Fitzpatrick) made a trip over with a band of merry Manx Fell Runners and came in sixth, beating all the V40s (what do they feed these V50s??). Speedy U23 Alistair Masson from Carnethy was eighth.

Kelli Roberts did her usual and won the female race, two minutes ahead of Sharon Taylor, and the superdupervet40s Helen Berry and Mel Price had

a good battle for third and fourth, only 15 seconds between them. I was sorry that during the race Vic Wilkinson had an argument with a foot injury and the injury won, meaning she had to miss the World Long in Argentina a few weeks later (but she’ll be back beating the blokes by the time this gets printed). Julie Darigala had a cracking run to be first FV50. Helm Hill swept the board in the male and female team prizes.

Thanks to everyone for responding so positively to the car-share/bike scheme (some locals said they barely noticed the race was on), and thanks to Terry & Matt at Pete Bland for the vouchers. We made a bit of profit so £100 went to Ulverston’s St Mary’s Hospice and £50 to the Broughton Mills village fund.Thanks to all the BCRers who helped on the day – you were all fab and almost made me feel like I knew what I was doing on my first time as organiser. Happily I’m no longer wandering round with a head full of thoughts about “Caution: runners’” signs, whether the timing machine battery will run out, or the exact spot where the blimmin’ Raven Crag CP should be...

Anna Lupton

OPEN

1. M. Elkington	Amble	40.10
2. D. Haworth	Matlk	40.26
3. C. Bell	Kesw	40.29

4. T. Addison	HelmH	40.40
5. C. Tinnion	Kesw	41.18
6. L. Taggart M50 (1)	Manx	41.32
7. R. Jebb M40 (1)	HelmH	41.44
8. A. Masson MU23 (1)	Carnet	41.54
9. K. Gray M50 (2)	CaldV	42.43
10. J. Jardine	HelmH	43.00
15. K. Hodgson M40 (2)	HelmH	44.07
62. N. Hewitt M60 (1)	Bowl	53.16
76. I. Warhurst M60 (2)	Penn	55.11
158. D. Spedding M70 (1)	Kesw	67.21
161. J. Taylor M70 (2)	Bowl	67.40

LADIES

30. K. Roberts	HelmH	46.36
38. S. Taylor F40 (1)	HelmH	48.40
43. H. Berry F40 (2)	Holmf	50.14
44. M. Price F40 (3)	Mercia	50.29
55. J. Bell	Kesw	52.06
56. E. Butler	Charn	52.09
61. J. Darigala F50 (1)	Pstone	52.51
65. B. Dyer F40 (4)	HelmH	53.38
72. C. Nance	Lonsd	54.42
73. J. Jepson F50 (2)	DkPk	54.49
174. L. Malarkey F70 (1)	Kesw	71.54
176. A. Brentnall F60 (1)	Penn	73.23
187. K. Goodyear F60 (2)	Amble	81.15

LEG IT ROUND LATHKIL / Staffordshire

BM/11.5km/290m / **10.11.19**

Despite the heavy rains on the days leading up to the race and there being some serious flooding in the local rivers, the race route through Lathkil Dale remained passable. However, areas of deep water over some stretches of the river path meant that this was not a year for records or for most, PBs. On the day we were blessed with a beautiful sunny late Autumn day and a tremendous turnout to boot. A special mention goes to the clubs, both local and not so local, that supported the event in force, including Nicetri, Totley AC, Clowne Road Runners and Kimberworth Striders.

The race for first home was tightly fought with Allistair Thornton returning to take the honours, ahead of Joe Oldfield. For the ladies, Jenna Williams took the first prize with Gemma Cox as runner-up.

For the men’s category winners, Nicetri’s Paul Vernon, third overall, took the M40 prize, Philip Morgan, also highly placed in 11th overall, was the first M50 home, Bob Foreman was our first M60 winner and Ken Taylor was our first M70 finisher.

For the ladies, the FV40 category winner was Jennie Hawkins who was also our first local lady. Returning to take the first FV50 and FV60 prizes were Jane Crowson and Caroline Wheelhouse and Caryl Hartwright was our first FV70 finisher.

Finally, a real big thank you to all the runners that took part and to the race marshals, registration and finish team who all gave up their time to make the Lathkil Hotel fundraising event for Children in Need such a success once again.

A Renfree

OPEN

1. A. Thornton	LUOC	46.33
2. J. Oldfield	Matlk	46.46
3. P. Vernon M40 (1)	Nicet	47.56
4. M. James	PortV	49.03
5. K. Hopeson M40 (2)	Kelm	49.10
6. T. Stokes M40 (3)	EreV	49.30
7. P. Morris	Clowne	49.30
8. N. Janmohamed	LUOC	50.15
9. P. Watson M40 (4)	Matlk	50.56
10. M. Lanhall M40 (5)	WEnd	51.39
11. P. Morgan M50 (1)	KillamK	51.44
23. R. Owen M50 (2)	Totley	54.20
43. B. Foreman M60 (1)	Matlk	58.41
45. T. Taylor M60 (2)	Ross	51.08
114. K. Taylor M70 (1)	Unatt	67.48
120. B. Warwick M70 (2)	Derw	68.35

LADIES

39. J. Williams	LUOC	58.07
55. G. Cox	Unatt	60.26
68. J. Hawkins F40 (1)	Unatt	62.10
80. C.Wheelhouse F60 (1)	Dong	63.26



Roaches - Sophie Horrocks (Rossendale Harriers) ©Frank Golden

81. J. Crowson F50 (1)	DkPk	63.49
83. K. Turner	Totley	63.51
87. S. Willis F40 (2)	Buxt	64.23
88. K. Bushfield F40 (3)	Asb	64.36
97. M. Needham F40 (4)	Clowne	65.55
102. J. Powell F50 (2)	Wharf	66.13
188. C. Southern F60 (2)	Maltby	77.26
253. C. Hartwright F70 (1)	Totley	90.17

273 finishers

ROACHES / Derbyshire

BL/24.1km/1128m / **10.11.19**

Once again we were lucky on the day to have dry and sunny conditions for the Roaches race. There were some concerns in the previous week with heavy rain and flooding but the rains eased and the river crossing was fine but the going was tough on waterlogged fields. We had our customary two minutes’ silence for Remembrance Sunday before the start but this year it was also an opportunity for us to pay our respects to Barry Blyth of Macclesfield Harriers, a Roaches Race stalwart, who sadly had passed away a few days previously after a short illness. Barry supported and ran the race nearly every year, always first in his age category, a great inspiration to fell runners of all ages and ability. We had another excellent field for this classic out and back route over the Roaches, river crossing and the climb of Shutlingsloe.

It was fitting that we had a great three-way race for the leaders, with Simon Bailey setting a tremendous early pace in difficult underfoot conditions. But the steady running of Simon Harding paid dividends on the return route after the river crossing and he ran strongly to win in

an impressive time. Sophie Horrocks had an even more impressive run to finish just six minutes down on the record and in ninth place overall.

Many thanks again to all the helpers but a special mention to Dave Tucker of Macclesfield Harriers who mans the top of Shutlingsloe and has done in all types of weather for well over 30 years. Please also support Staffordshire Wildlife Trust who manage the Roaches area and actively support our race: they are currently looking to purchase the nearby Gun Hill.

Andrew Addis

OPEN

1. S. Harding	Macc	2.02.51
2. A. Graves	DkPk	2.07.22
3. S. Bailey	Mercia	2.10.06
4. M. Basnett	StaffsM	2.20.29
5. A. Lawton	Torq	2.20.59
6. J. Foxall M40 (1)	DkPk	2.22.11
7. D. Bryes	VicPark	2.23.28
8. S. Pole	FleckKib	2.23.56
9. S. Horrocks F (1)	Ross	2.26.14
10. L. Wood M40 (2)	SteelC	2.26.15
15. A. Davies M50 (1)	Mercia	2.28.35
19. J. Atyeo M50 (2)	Mercia	2.29.29
132. J. Paxman M60 (1)	DkPk	3.12.52
142. J. Gorman M70 (1)	NDerby	3.18.05
153. M. Cochrane M60 (2)	DkPk	3.24.52

LADIES

9. S. Horrocks	Ross	2.26.14
34. M. Price F40 (1)	Mercia	2.35.50
37. A. Swift	Chorlt	2.37.30
40. S. Fawcett	DkPk	2.38.37
64. R. Lundgren	Totley	2.50.18

68. J. Mosley	Unatt	2.51.14
69. E. Lunt	LongE	2.51.16
72. G. Allen	Steel	2.51.37
79. R. Munday F40 (2)	Macc	2.54.43
109. S. Polgloss	Unatt	3.03.14
115. A. Wainwright F50 (1)	DkPk	3.06.40
120. S. Wood F50 (2)	Macc	3.09.18
158. A. Jones F60 (1)	Macc	3.31.59

204 finishers

MOORHOUSE'S TOUR OF PENDLE

Lancashire / AL/27km/1473m / **16.11.19**

The closure of Barley Village car park for resurfacing posed an initial organisation problem but traffic management by two teams of marshals, a capping on the entries and a request for car sharing saw the 36th race take place.

Pendle was traditionally covered in clag and drizzle halfway down the hill to the fell wall but cleared as the day progressed and was clear for the finish of the race.

Well done to Chris Holdsworth for his third win and also to Katie Sijpesteijn for her first win of this race.

My thanks goes to all the marshals and officials of this race, all 31 of them plus me getting under their feet, they all know exactly what they have to do and without them there would be no race. Thanks also to Pete Bland Sports for the race numbers and generous discount on the prizes and last but not least to Moorhouse's Brewery for their generous sponsorship of the race with a free bottle of beer for every runner who registered on the day.

353 started and 340 finished.

Next year's race is on Saturday 21 November 2020 starting at 10:30am. I am taking entries for 2020 and have two already. The limit will be 600. Please car-share – the fewer cars parked on the road the better.

Kieran Carr

OPEN

1. C. Holdsworth	RibbV	2.20.02
2. H. Coates	Wharf	2.26.36
3. K. Gray M50 (1)	CaldV	2.26.47
4. S. Watson	Wharf	2.30.11
5. M. McGoldrick M40 (1)	Wharf	2.31.15
6. O. Barnes M40 (2)	Unatt	2.32.02
7. A. Laycock	Clay	2.34.19
8. T. Day	Kesw	2.36.36
9. G. Brown M40 (3)	Tod	2.37.12
10. S. Livesey M40 (4)	RibbV	2.37.15
24. G. Butler M50 (2)	Prest	2.46.04
113. L. Warburton M60 (1)	Bowl	3.16.10
114. B. Horrocks M60 (2)	Clay	3.16.14
214. K. Taylor M70 (1)	Ross	3.43.00
324. M. Walsh M70 (2)	Bowl	4.41.52

LADIES

44. K. Sijpesteijn	Kesw	2.53.03
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Arnside Knott - Emma Blundell (Lonsdale Fell Runners) ©Rowan Wood

50. A. Roberts	Tod	2.55.31
75. A. Freeman	Darwen	3.04.59
81. N. Spinks F50 (1)	DkPk	3.06.25
94. S. Reimers	Didcot	3.09.45
110. D. Gowans F50 (2)	Acc	3.14.33
134. M. Cook F40 (1)	Skelm	3.22.11
142. R. Patrick F50 (3)	Tod	3.24.47
153. J. Collins	Barlick	3.26.44
159. B. Glaister F40 (2)	Skelm	3.27.51
219. A. Daykin F60 (1)	Clay	3.44.34
293. C. Clarke F60 (2)	Pudsey	4.18.40

340 finishers

LITTON BIRKS LOOP / North Yorkshire

BS/7.7km/372m / **17.11.19**

63 runners took part in the second running of the Litton Birks Loop fell race which starts with a steep climb of over a mile up to the trig point at the top of Firth Fell. The runners then head off on a 2 mile loop around the lovely Birks Tarn, with fine views of Littondale and Wharfedale (well, normally except when the cloud is down as it was on race day). This is followed by a fast descent to the finish for a well-earned chip butty from the Queen's Arms pub in Litton and a pint of 'Runner's Gold' brewed by the LAMB Brewing company. The race is community supported with all helpers provided, cakes baked and prizes donated by the residents of

Littondale. Even the LAMB Brewery is based in the back of the Queen's Arms in Litton.

This year's race was won by James Warburton and the first woman was Claire Green in an excellent 8th place overall. The winning men's team was Wharfedale Harriers (with their counters 2, 3, 11) and the ladies' winning team was Pudsey & Bramley AC (with counters 1, 2, 3). This year's race made a total of £597 towards Litton's Community Funds.

Jane Sheard

OPEN

1. J. Warburton	Knares	39.38
2. S Brock M40 (1)	Wharfe	41.49
3. L. Appleyard M40 (2)	Wharfe	42.03
4. C. McIntosh M50 (1)	P&B	42.43
5. S. Smithies M50 (2)	CaldV	42.59
6. M. Holroyd MU18 (1)	Settle	43.07
7. M. Wildsmith M40 (3)	Settle	43.23
8. C. Green F (1)	P&B	44.48
9. A. Pullan	Kirkst	45.44
10. R. Pilling F (2)	P&B	46.18
11. C. Jones M50 (3)	Wharfe	46.23
24. S. Oxley M60 (1)	Settle	51.28
25. G. Bastow M60 (2)	Ripon	51.41
26. A. Hauser M60 (3)	Holmf	51.52
32. K. Robinson M70 (1)	Wharfe	55.34
50. D. Tait M70 (2)	DkPk	60.48

LADIES

8. C. Green	P&B	44.48
10. R. Pilling	P&B	46.18
22. K. Pickles F40 (1)	P&B	51.06
28. C. Barber	NiddV	53.43
29. J. Powell F50 (1)	Wharfe	53.45
30. K. Angus	Settle	55.14
35. C. Harding F40 (2)	P&B	57.13
39. L. Hirst	Unatt	57.34
41. C. Glover F60 (1)	Wharfe	57.59
46. C. Life F50 (2)	Clay	59.25
54. L. Lord F70 (1)	Clay	62.02

63 finishers

ARNSIDE KNOTT / Cumbria

BM/10km/330m / **17.11.19**

This event based at Hollins Farm, Far Arnside takes in the best of the limestone scenery and ancient woodlands of the Arnside Silverdale AONB, "one of England's finest landscapes". The men's race saw a first time Arnside Knott win for Sam Harrison while in the women's race Annie Conway followed up on her 2012 and 2013 victories, and the junior categories were closely fought.

Thanks to all the Dallam Running Club members, their families and friends who helped to make the event happen and to everyone who ran. Also, thanks to The Runners' Centre Lancaster; Rowan Wood Sports Therapy; Bullough's Londis of Arnside for prizes and support; Land owners The National Trust Arnside and Silverdale; and New Barns Caravan Park for their co-operation and help. As always special thanks to Holgates Caravan Parks for the use of their fantastic Hollins Farm facilities to stage this event.

Next year's race is on Sunday 22 November 2020.

David Shinn

OPEN

1. S. Harrison	Bowl	39.05
2. M. Briggs MU21 (1)	NFR	39.14
3. S. Swarbrick M40 (1)	Bowl	39.52
4. M. Gregory M40 (2)	LevenV	40.01
5. P. Mather	Lonsd	40.11
6. M. Fortes M40 (3)	Eryri	40.36
7. T. Cowin M40 (4)	HelmH	40.46
8. H. Lord	BICmb	40.49
9. B. Pennington M40 (5)	Howg	40.51
10. R. Mellon M40 (6)	Bowl	41.21
23. D. Griffin M60 (1)	HelmH	45.10
33. P. Knowles M50 (1)	Amble	47.05
35. A. Scott M50 (2)	WtrcrW	47.17
60. G. Owens M60 (2)	NFR	51.18
129. A. Kenny M70 (1)	AchR	63.02

LADIES

19. A. Conway	Kend	44.00
31. J. Darigala F50 (1)	Pstone	46.52
34. J. Oates	HelmH	47.08
47. B. Law	Eryri	48.39

52. F. Hall F40 (1)	Trawd	49.50
53. C. Nance	Lonsd	49.59
54. L. Varney F50 (2)	Kend	50.15
61. M. McGuire F40 (2)	Unatt	51.32
86. A. Bell F40 (3)	LancsFR	56.03
137. P. Hardman F60 (1)	Lytham	65.32
150. M. Rosen F70 (1)	LancsM	70.55

164 finishers

LEE MILL RELAY / Lancashire

10km/340m / **24.11.19**

This was the sixth running of our relay. Each team is made up of four runners who each run individually a 6.5 mile flagged course.

This year was our best weather-wise although underfoot it was heavy going with the recent rain. Mention must be made of Ribble Valley runner Chris Holdsworth who ran all four legs solo in 3.43.09, finishing 12th overall. No records were broken.

We donated £500 to Rossendale & Pendle Fell Rescue who do a great job on the day and £300 to the International Youth Cup in Ambleside 2020.

Richard Stott

MEN'S TEAM

John Battrick, Sam Stead, Mark Lamb, Ross Butler (Battrick Athletic) - 3.19.38

LADIES' TEAM

Caitlin Rice, Helen Thornhill, Nichola Jackson, Nicola Squires (Ribble Valley) - 4.01.53

MIXED TEAM

Andrew Worster, Rob James, Annie Roberts, Monica Lindsay - 3.35.05

FASTEST MEN'S

Carl Bell (Bernie's Bog Trotters) - 45.21

FASTEST LADIES'

Katie Walshaw (Holmfirth Ladies) - 52.22

KONG MINI MM ROUND 4 / Peak District

MM / **24.11.19**

The last round of the Kong mini mountain marathon series was held over Saddleworth Moor starting in Greenfield with checkpoints extending east towards Crowden and the Pennine Way. Despite a rather grim weather forecast, almost 300 runners came along. The mist didn't seem to hamper the winners and Neil Talbott almost cleared the course with under-23 Philip Rutter on his tail.

Thanks to everyone who has supported the events this year (particularly Kong Adventure, the National Trust and United Utilities) and we're looking forward to more wacky venues, enormous cakes and some running too in 2020.

Alison Wainwright



Kong Mini MM Round 4 - James Mosley (CVFR) ©Grand Day Out Photography

OPEN			
1. N Talbott	Amble	758 pts	
2. P. Rutter MU23	Unatt	710 pts	
3. H. Kingston	Unatt	686 pts	
4. J. Redvers-Harris	Penn	650 pts	
5. M. James	Porter	639 pts	
6. D. Harris M50	Deeside	639 pts	
7. R. Hunt M40	DkPk	630 pts	
7. R. Hunt M40	DkPk	630 pts	
30. P. Addison M60	DerwV	483 pts	
30. P. Addison M60	DerwV	483 pts	

MIXED TEAMS			
13. J. Chapman/E. Stuart	NthnF	547 pts	
34. S. Richmond/G. Briggs V50	Penn	460 pts	
79. I. Morrow/G. McNeelance	Wreak/	360 pts	
U23	Eyn		
84. C. Bowen/D. Bowen V60	Goyt/Penn	357 pts	
111. D. Ward/J. Bowen V40	Penn	327 pts	

LADIES			
16. K. Nash F50	Unatt	530 pts	
26. A. Darlington	Dundee	490 pts	
41. K. Bryan Jones/H.	DkPk	440 pts	
Elmore F40			
49. L. McGuinness FU23	E.Chesh	427 pts	
81. D. Pelly F60	Amble	360 pts	

KIRKBY MOOR / Cumbria
BM/10.5km/490m / **30.11.19**

We were treated to perfect weather for this year’s Kirkby Moor fell race: bright blue skies, great visibility,freezing cold and very little breeze. Kirkby Moor is a fast, rough, tough, boggy, heathery race, so everyone was grateful for a great day with good underfoot conditions. However, there is always a sting in the tail! Runners had to negotiate ice patches on the steep downhill road finish, despite the fact that the course was groomed and de-iced in places before the start.

81 runners completed the course which still demands a reasonable level of navigation skill even on a good day. One or two competitors may wish to revise their route choice next year!

After his return from a long injury, it was really wonderful to see Harry Stainton take the win in 52.17, ahead of Josh Hartley in 52.25. The battle was won by Harry on that steep, icy road section! In third place this year was John Heneghan. Beth Hanson won the ladies’ race in 61.26, followed by Natalie Beadle in 62.34. Third lady and first FV40 was Anna Lupton. It was also great to see FU23 Holly Gordon completing the race in 84.27.

The Bob Grieve trophy is also presented at Kirkby Moor for the best male and female in all four of the races organized by Black Combe Runners (Black Combe, Caw, Dunnerdale and Kirkby). This year’s winners were Sue Ross and Josh Hartley, both of Black Combe Runners. The Village Hall at Beckside, Kirkby, provided

welcome warmth after the race with home-made cakes and tea and a lot of chatting! Thank you to everyone who made a charitable contribution for the cakes. We were able to raise £62 which has been donated to the Village Hall. Many thanks too to all marshals and helpers who make this race possible.

Hazel Tayler

OPEN			
1. H. Stainton	BICmb	52.17	
2. J. Hartley	BICmb	52.25	
3. J. Heneghan	P&B	53.00	
4. J. Woodley	DkPk	54.03	
5. F. Minnican	Unatt	54.33	
6. D. Gilbert M40 (1)	Horw	55.46	
7. P. Reilly M40 (2)	HelmH	56.18	
8. T. Ripper	BICmb	56.20	
9. N. Wood M40 (3)	HelmH	57.23	
10. S. Leckey	Unatt	57.32	
14. M. Johnson M50 (1)	Bowl	61.08	
19. D. Parkington M50 (2)	Prest	62.35	
33. D. Griffin M60 (1)	HelmH	66.13	
34. S. Addison M60 (2)	HelmH	66.36	
57. S. Brearley M70 (1)	Dallam	77.31	

LADIES			
16. B. Hanson	Amble	61.26	
18. N. Beadle	OxfUni	62.34	
21. A. Lupton F40 (1)	BICmb	63.20	
26. A. Fan	Amble	64.04	
32. B. Dyer F40 (2)	HelmH	65.43	
40. J. Lawrence	BICmb	70.45	
43. J. Powell F50 (1)	Wharf	73.09	
44. R. Beadle F50 (2)	LlandOC	73.29	
50. G. Leedham F50 (3)	Dallam	74.58	
52. S. Ross F40 (3)	BICmb	75.46	
60. M. Ockenden F60 (1)	Bowl	79.04	
68. C. Glover F60 (2)	Wharf	83.54	
69. H. Gordon FU23 (1)	Amble	84.27	

81 finishers

LITTON CHRISTMAS CRACKER/ Derbyshire
BM/12.2km/360m / **08.12.19**

OPEN			
1. J. Agnew	Mercia	54.00	
2. J. Oldfield	Matlk	54.06	
3. L. Eccles	PennyL	56.16	
4. M. James	PortV	57.21	
5. D. Taylor M50 (1)	DkPk	57.39	
6. M. Nichols	Matlk	57.59	
7. D. Chetta M40 (1)	Mercia	58.16	
8. J. Street	Clowne	59.08	
9. C. Andrade	Vegan	1.00.09	
10. J. Atyeo M50 (2)	Mercia	1.00.24	
12. M. Whitworth M40 (2)	DkPk	1.00.38	
43. B. Foreman M60 (1)	Mat	1.08.15	
60. J. Paxman M60 (2)	DkPk	1.12.26	
150. A. Brentnall M70 (1)	Penn	1.25.57	
151. T. Press M70 (2)	Hatton	1.25.59	

LADIES			
21. S. Fawcett	DkPk	1:03:58	
29. F. Cummins	Steel	1.05.48	
46. J. Mosley	Unatt	1.08.42	
53. J. Jepson F50 (1)	DkPk	1.10.36	
61. A. Wainwright F50 (2)	DkPk	1.13.01	
67. N. Richards F40 (1)	Mercia	1.13.52	
69. S. Willis F40 (2)	Buxt	1.14.01	
70. A. Ellis-Hill F40 (3)	PortV	1.14.05	
73. A. Barrett F40 (4)	Steel	1.14.48	
77. J. Crowson F50 (3)	DkPk	1.14.54	
97. P. Goodall F60 (1)	Totley	1.18.13	
161. H. Winder F60 (2)	Macc	1.28.58	
227. C. Hartwright F70 (1)	Totley	1.45.52	
234. L. Brown F70 (2)	Unatt	1.59.15	

238 finishers

SIMONSIDE CAIRNS / Northumberland
BM/17.7km/540m / **09.12.19**

The 25th running of this event proved to be a successful occasion with all runners completing the course. Strong winds and wet ground proved to be testing conditions.

John Telfer took over as race organiser for the day and he should be commended for his first-class effort.

Brian Robson is the only person to have completed all 25 of the races and was presented with a box of jelly babies for his efforts!

Founding race organiser Peter Reed was on hand to present the prizes and was thanked for all the pain and suffering he had caused over the last 25 years!

P.Appleby

OPEN			
1. C. Hanson	Pudsey	1.23.59	
2. T. Grimwood	Swale	1.26.59	
3. J. Butters M40 (1)	NFR	1.27.27	
4. L. Clayburn	Shettle	1.28.34	
5. M. Hetherington	NFR	1.30.36	
6. R. Sillito M40 (2)	NFR	1.31.07	
7. J. Donneky M40 (3)	Derw	1.31.28	
8. R. Walsh	Cheviot	1.32.38	
9. P. Vincent M40 (4)	Tyne	1.33.34	
10. M. Santo M40 (5)	Durh	1.35.47	
14. T. Gibson M50 (1)	Ponte	1.39.14	
24. J. Duff M50 (2)	NFR	1.43.12	
33. G. Davis M60 (1)	NFR	1.46.45	
45. T. Mason M60 (2)	Unatt	1.55.02	

LADIES			
13. G. Bradley F40 (1)	Saltw	1.39.00	
28. R. Singleton	NFells	1.44.17	
35. K. Robertson F50 (1)	NFR	1.47.35	
48. N. Cameron F50 (2)	NFR	1.57.26	
52. K. Hoskin	Unatt	1.59.31	
56. F. Summerfield F40 (2)	Gatesh	2.01.49	
60. J. Briggs F50 (3)	NFR	2.06.17	



SOB, Kong Winter Series 2 - Matt Elkington (Ambleside AC) ©Grand Day Out Photography

62. M. Holmes	Jesm	2.07.04	
67. S. Davis F60 (1)	NFR	2.08.20	
68. D. Tunstall F50 (4)	Durh	2.09.17	
88. B. Peberdy F60 (2)	Alnw	2.27.00	

SOB, KONG WINTER SERIES 2 / Cumbria
AS/8km/500m / **14.12.20**

It was an extremely windy, cold and wet day in Braithwaite as 182 runners headed out to Stile End, the first summit of SOB race. Passing a gorilla complete with ironing board and a basketful of washing, young Joseph Dugdale took the lead, closely followed by Brennan Townshend and Matt Elkington. The three runners battled it out to the next summit – Outerside – but unfortunately Joseph had a bit of a navigational error and that left Brennan and Matt to battle it out over the remaining couple of miles. It was neck and neck on top of Barrow with both choosing slightly different lines on the final descent. Matt Elkington came out ahead leading the Ambleside men’s team to glory with Jack Wright storming into fourth place, closely followed by team-mate Ben Abdelnoor.

In the ladies’ race, Scout Adkin set off with clear intent and led the field from start to finish in a dominant performance. She too led home the Ambleside ladies’ team to win with Rosie Hodgson

finishing in fifth place and Beth Hanson making up the team in seventh place. Sharon Taylor now leads the FV40 series placing and Matt Reedy leads the M40 – both with dominant performances in the first two races. All categories in the Kong Winter Series are hotly contested over the five races.

Lou Osborn

OPEN			
1. M. Elkington	Amble	38.28	
2. B. Townshend	Kesw	38.44	
3. J. Dugdale MU23 (1)	LUOC	40.01	
4. J. Wright	Amble	40.10	
5. B. Abdelnoor	Amble	40.13	
6. T. Simpson	Amble	41.54	
7. T. Barholmes MU23 (2)	Kesw	42.04	
8. A. Thornton MU23 (3)	LUOC	42.08	
9. M. Atkinson	Kesw	42.21	
10. B. Jackson	Eden	42.43	
13. M. Reedy M40 (1)	Amble	43.33	
14. B. Stewart M40 (2)	Borr	43.42	
26. C. Knowles M50 (1)	Ellenb	46.51	
36. D. Edmondson M50 (2)	Clay	48.57	
42. J. Tullie M60 (1)	Teviot	49.53	
45. P. Pearson M60 (2)	NFells	50.02	
119. J. Downie M70 (1)	Kesw	62.02	
136. D. Fell M70 (2)	CFR	65.28	

LADIES			
18. S. Adkin	Amble	45.48	
29. S. Taylor F40 (1)	HelmH	47.21	
39. C. Spurden	Kesw	49.09	
47. N. Beadle	OxfUni	50.04	
50. R. Hodgson FU23 (1)	Amble	50.20	
53. S. Likeman	CFR	50.53	
55. B. Hanson	Amble	51.10	
59. C. Nance	Lonsd	51.20	
61. K. Hall F40 (2)	RibbV	51.42	
63. J. Darigala F50 (1)	Pstone	51.56	
81. S. Hodgson F50 (2)	Kesw	54.07	
141. C. Glover F60 (1)	Wharf	66.37	
145. M. Ockenden F60 (2)	Bowl	66.45	
168. L. Malarkey F70 (1)	Kesw	72.30	

182 finishers

STOOP / West Yorkshire
BS/8km/250m / **15.12.19**

A wintery, seasonal dusting of snow gave this year’s Stoop Fell race that extra Christmas appeal to add to the compulsory “Santa” hat for all runners. The moors above Haworth can always be described as moody, the snow lending atmosphere and challenge to this romp around Haworth Moor to the legendary Stoop boundary stone and back to Penistone Quarry.

Despite the snow and perceived chill, conditions underfoot were surprisingly soft giving bounce to runners’ step but also being muddy enough to slow competitors as they challenged each other and the elements.

At the head of the senior race, established fell running legend Tom Adams was pushed all the way by up-and-coming star Robin Howie. They tussled and battled all the way round with Adams finding the better line to the Stoop and forging ahead to win the race in 35.20, a mere 14 seconds ahead of Howie, second, and Rob Hope third. The ladies’ race was no less of a battle as some current fell running stars locked horns in a friendly battle around the tussocky moorland. Nichola Jackson, who has represented England and Great Britain in mountain running, stormed home to repeat her win of 2018 finishing 19th overall. Local heroine and another England star of mountain running, Annie Roberts, finished second ahead Lucy Williamson, third.

The U21 men’s race was won by Charlie Taylor from Eric Beaumont, second. Beaumont only ran the senior race as he missed the start of the U19 Quarry run, making his second place ranking all the more impressive. Third U21 male was Ben Hancock. Emily Jones, who won the U19 race in 2018, returned to take the title in the U21 ladies’ race, finishing fourth lady overall. Second U21 lady was Lily McGuinness.

Su Thompson

OPEN

1. T. Adams	Ilk	35.20
2. R. Howie	Wharf	35.34
3. R. Hope M40 (1)	P&B	36.03
4. A. Worster	Tod	36.13
5. J. Cummings	Ilk	36.16
6. S. Bailey	Mercia	37.14
7. J. Hood M40 (2)	Barlick	37.33
8. B. Crowder	Hfax	37.34
9. S. Watson	Wharf	37.44
10. M. Malyon	Baild	37.46
13. I. Holmes M50 (1)	Bing	38.00
24. C. Taylor MU21 (1)	Ross	40.45
28. E. Beaumont MU21 (2)	Kghly	41.55
34. M. Loftus M50 (2)	Baild	43.38
68. J. Cunningham M60 (1)	LdsBfd	47.50
69. T. Taylor M60 (2)	Ross	47.56
107. K. Taylor M70 (1)	Ross	53.16
147. D. Tait M70 (2)	DkPk	59.02

LADIES

19. N. Jackson	RibbV	39.28
31. A. Roberts	Tod	42.22
40. L. Williamson	Ilk	44.23
46. E. Jones FU21 (1)	Wharf	45.32
47. L. McGuinness FU21 (2)	EChesh	45.42
50. K. Archer F40 (1)	Ilk	45.51
52. R. Carter F40 (2)	Ilk	45.53
57. J. Buckley F40 (3)	CaldV	46.31

81. M. Padilla	Wharf	49.23
96. A. Loftus	VStr	52.35
102. A. Fox F50 (1)	Huntingd	52.49
103. J. Powell F50 (2)	Wharf	52.52
114. C. Wheelhouse F60 (1)	Donc	53.57
144. A. Baldwin F60 (2)	Stainl	58.50

189 finishers

STOOP JUNIOR CURLY WURLY

West Yorkshire / **15.12.19**

The junior Quarry Runs run prior to the main Stoop senior race. As has been the case in previous years, they took their now familiar format of a muddy mad dash along the bottom of the old Penistone Quarry and the steep climb out to commence the age-dependent routes ahead. For the main junior race, the icy conditions necessitated a detour away from the pond, along a track at a higher level, making the race a little bit longer but safer on the day.

The U9 race is the first to depart and had a distinct tinge of déjà vu as Harry Cliff repeated his victory of 2018 to win the U9 race from Robert Carter, second, and Dylan Alcock third.

UNDER 17 BOYS

1. J. Brogden	Otley	12.45
2. D. Walker	P&B	13.35
3. O. Pacey	Bing	15.06

UNDER 17 GIRLS

1. A. Jones	Wharf	13.43
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UNDER 15 BOYS

1. T. Clay	Bing	06.58
2. E. Logue	CaldV	07.29
3. D. Shinn	Ilk	07.43

UNDER 15 GIRLS

1. A. Lane	Wharf	07.28
2. E. Doyle	Ilk	07.58
3. A. McLean	Holmf	08.04

UNDER 13 BOYS

1. A. Peaker	Kghly	07.01
2. G. McFie	CaldV	07.12
3. A. Wolfenden	Ilk	07.23

UNDER 13 GIRLS

1. L. Pickles	Barlick	08.06
2. M. Timbers	Kghly	08.32
3. L. Brown	Kghly	09.04

UNDER 11 BOYS

1. Z. Jardine	Kghly	07.33
2. O. Holder	Ilk	08.07
3. W. Johnson	Bing	08.46

UNDER 11 GIRLS

1. C. McKee	CaldV	07.38
2. B. Buckley	Kghly	08.13
3. A. Clay	Bing	08.28

UNDER 9 BOYS

1. H. Cliff	CaldV	02.49
2. R. Carter	Ilk	02.54
3. D. Alcock	Wharf	03.22

UNDER 9 GIRLS

1. H. Carter	Ilk	03.31
2. B. Bailey	Mercia	03.49
3. C. Cliff	CaldV	04.07

GUISBOROUGH WOODS / North Yorkshire
BS/8.8km/376m / **27.12.19**

A fabulous day of fell racing on the North Yorkshire Moors in near perfect weather conditions closed out 2019. On the day 203 senior entrants and 23 junior competitors signed up for the 40th running of the Guisborough Woods Fell Race, still held over the original six mile, 1000ft of climb three lap course, with the race opening up a festive trio of fell races.

Story of the race was terrific running from the now local Caroline Lambert to ease to victory in the women’s race and sixth position overall. Caroline’s time of 41.41 breaks Carol Greenwood’s best from 1991 by seven seconds. This was one of the longest held North Yorkshire fell race records set by a former English fell and World mountain running champion who, at the time, was in her prime. Gemma Bradley finished second and first veteran women with Lakeland visitor Louise Mercer in third,

In the men’s race it was Harry Holmes who claimed victory following up a run in the previous day’s Chevin Chase where he placed ninth. After a first lap battle Harry escaped on the first descent and was never headed. Callum Hanson raced to second with first U23 Ben Bergstrand in third. Team prizes were awarded to Scarborough AC women Rhona Haslam, Katy Rawnsley and Rebecca Dent and the men’s team prize was claimed by Saltwell Harriers who arrived en masse, with Iain Armstrong, Jim Thompson, Fred Smith and Seb Bufton.

Laura Havis was first U19 woman and Robert White was first veteran male. Running alongside the senior event juniors aged 6 to 16 also ran. David Carter, Darlington Triathlon, and Annabel Stead were first in the U9 and U11 races. In the U13 to U17 category race held over one lap of the senior course, Sophie Quinn (U13) of home club Esk Valley Fell Club was first girl home and Jack Garrett (U17) of Gateshead Harriers first boy.

Thanks to the on-the-day helpers, you were great, your help is appreciated by all, and it’s not clichéd to say it just does not happen without you.

Clive Thornton

OPEN

1. H. Holmes	Matlk	37.13
2. C. Hanson	P&B	38.37
3. B. Bergstrand MU23 (1)	Middlsb	39.47
4. S. MacDougall	MiddClev	40.47
5. S. Garratt MU23 (1)	NMse	41.29
6. C. Lambert F (1)	RibbV	41.41
7. G. Hebdon	Elvet	42.16
8. R. White M40 (1)	Buxt	42.53

9. J. Oldfield	Sedgef	43.05
10. I. McGrath M40 (2)	DFR	43.17
16. S. Pugh M50 (1)	EskV	44.21
24. J. Thompson M50 (2)	Saltw	46.15
29. F. Smith M60 (1)	Saltw	47.03
43. N. Ridsdale M60 (2)	Driff	49.25
116. M. Hetherton M70 (1)	Picker	59.31
120. A. Dixon M70 (2)	FRA	60.21

LADIES

6. C. Lambert	RibbV	41.41
23. G. Bradley F40 (1)	Saltw	46.10
34. L. Mercer	Amble	48.25
37. K. Robertson F50 (1)	NFR	48.27
41. M. Stead F40 (2)	Morp	49.20
46. A. Rigby FU23 (1)	NMske	49.58
48. R. Marshall	Scarb	50.05
73. L. Havis FU19 (1)	Middles	53.30
76. K. Rawnsley F40 (3)	Scarb	54.01
80. E. Harrison	ThSow	54.10
81. T. Bell F60 (1)	NYM	54.13
83. K. Aspin F50 (2)	NMske	54.23
95. S. Haslam F60 (2)	Scarb	56.18
198. A. Roberts F70 (1)	Saltw	93.51

200 finishers

DALESIDE BREWERY AULD LANG SYNE / West Yorkshire

BS/10.8km/300m / **31.12.19**

Robert “Rabbie” Burns wrote “Auld Lang Syne” in 1778, after which this now popular and iconic Yorkshire race is named. I suppose it made a change from his poem about eating sheep offal wrapped in sheep intestines (hopefully pre-washed)! Since 1778 the poem has been put to music and many will have destroyed it by “singing” it at New Year’s Eve parties, after the stroke of twelve. For many, the words evoke images of snow-coated, misty Scottish glens ruled over by majestic stags. The other long held image of New Year celebrations involves lumps of coal and dark haired men! Incidentally, Penistone Hill (the start point of the race) was mined for coal long before it was quarried for stone.

All this is in stark contrast to the 6.7 mile yomp around the hills above Haworth on New Year’s Eve. The race itself has been around since 1994, being inaugurated by Dave and Eileen Woodhead, and has been a popular end to the local fell running year ever since. This year, it was one of the few races I actually ran so I’m able to give a “straggler’s perspective.” “Out with a bang” as they say!

To the bagpipe serenade of Auld Lang Syne itself, a year’s worth of runners (365) jostled their way out of the bottom of the now long disused Penistone Quarry and down the track leading to the Bronte Way and eventually the Bronte Falls. Long before the Falls, however, this race takes a sharp right turn down a steep descent, now more



reminiscent of a muddy cross-country course underfoot than a fell race, thanks to 300+ sets of feet in front of me, to South Dean Beck. Crossing the beck ensured a foot wash and for the really lucky, other parts too if you chose to jump into the deep section. Guilty as charged!

If the run down to the beck was exhilarating for the lovers of descending, the equally sharp incline at the other side sorted the strong from the weak. Here I class as weak. Already near the back, I was reduced to a panting crawl but did, surprisingly, gain a few places; only to lose them again once the course levelled out towards Bully Trees Farm. It’s now a gentle incline along the route of the puddle-strewn Pennine Way for the fit and a hard slog for the not so fit, to Top Withins. Here we all met the swirling moorland mist. Have I already mentioned mist? Oh yes, I have, except that this mist was less Scottish glens and more evocative of the Brontes, Wuthering Heights and the plaintive cries of Heathcliff for his Cathy.

From the ruins, the race now loops sharply uphill towards the trig point at the top of Delf Hill. At the trig it’s a sharp right turn into a glorious (personal view) romp across the moor back to the Pennine Way at Lower Withins. My only comment about the romp across the moor this year is that it would have been easier in the snow where the 300 or so pairs of feet that have gone before you mark out a very clear path. Today I was having to check for fresh fell shoe prints to be sure I was on the right track on the still mist-shrouded and silent moorland. From Lower Withins the race follows the outward route back to the very welcome finish line at West End Cricket Club. The course is mainly downhill and a few scalps were claimed along the way.

So that was the straggler’s perspective – we have our battles that in their friendly way are just as competitive as those fought out at the front. Talking of the front line, the men’s race was a

battle all the way between Mark Buckingham and Michael Cayton. When they met me on their return (and my outward) journey Cayton was just ahead of Buckingham. Buckingham, however, bore that look of steely determination on his face. Determination paid off as Buckingham went on to win the race by a clear margin, approximately three miles later, from Cayton, second and Sam Tosh third. The ladies’ race was just as hard fought with mountain running ace, Hatti Archer, gaining a clear lead over nearest rival, Nichola Jackson. Archer maintained her lead to win in 46.19, finishing 13th overall and breaking Mary Wilkinson’s 2010 record (46.33). Jackson romped home in second place, just under a minute later, ahead of Sarah Hodgson third.

Alex Robinson returned to improve on his 2018 third placed U21 position, to win the title from James Tucker and Daniel Batty third. Winner of the 2018 U21 ladies’ title, Lily McGuinness, returned to reclaim the title in 2019, from Nea Weston.

All link hands now:
For auld lang syne, my jo
For auld lang syne
We’ll tak’ a cup o’ kindness yet
For auld lang syne

Su Thompson

OPEN

1. M. Buckingham	Holmf	40.31
2. M. Cayton	RibbV	40.44
3. S. Tosh	Ross	41.56
4. R. Howie	Wharf	42.17
5. S. Robinson	LincW	43.19
6. T. Collinge	Q’bury	43.36
7. B. Cartwright	Matlk	44.14
8. M. Dawson M40 (1)	NDerby	45.30
9. M. Malyon	Baild	45.46
10. E. Hassel	Wharf	46.08
12. W. Kerr M40 (2)	Saltaire	46.14
15. A. Robinson MU21 (1)	NiddV	46.46

17. C. Loftus M40 (3)	Kghly	47.03
34. J. Green M50 (1)	Ilk	50.33
36. M. Walsh M50 (2)	Horw	50.48
40. D. Parker M50 (3)	StTheres	51.09
77. C. Shuttleworth M60 (1)	Prest	55.46
80. T. Taylor M60 (2)	Ross	55.58
94. J. Cunningham M60 (3)	LeedsBfd	57.23
176. K. Taylor M70 (1)	Ross	63.33
237. D. Spendlove M70 (2)	CaldV	68.38

LADIES

13. H. Archer	DkPk	46.19
18. N. Jackson	RibbV	47.05
32. S. Hodgson	LeedsC	50.20
39. A. Roberts	Tod	51.01
42. L. Hardaker F40 (1)	Kghly	51.39
50. L. Williamson	Ilk	52.44
54. R. Pilling	P&B	53.15
62. L. Baston	Baild	54.14
64. M. Padilla	Wharf	54.23
66. K. Archer F40 (2)	Ilk	54.31
153. H. Price F50 (1)	Hgate	61.49
153. W. Jones F50 (2)	Unatt	61.56
198. A. Dean F60 (1)	WHull	65.51
199. C. Glover F60 (2)	Wharf	65.54
356. J. Walter F70 (1)	Baild	93.55

364 finishers

WORMSTONES / Derbyshire
AS/6.4km/411m / **31.12.19**

OPEN

1. D. Haworth	Matlk	34.17
2. J. Oldfield	Matlk	35.51
3. J. Fearn	Buxt	36.46
4. J. Williams	DkPk	37.04
5. T. Spencer MU21 (1)	Chesterf	37.17
6. S. Soles MU21 (2)	Buxt	37.25
7. F. Grant MU21 (3)	Buxt	37.49
8. J. Brunnock	Buxt	37.54
9. P. Davies	DkPk	37.54
10. B. Cartwright	Mat	38.49
18. K. Groom M40 (1)	DkPk	41.51
20. D. Kilpin M40 (2)	Pstone	41.56
27. N. Ashcroft M50 (1)	Amble	42.42
30. R. Byers M50 (2)	Chesh	43.39
76. F. Fielding M60 (1)	Gloss	51.41
101. R. Taylor M70 (1)	Penn	55.09
106. P. Rowland M60 (2)	Penn	56.02
136. K. Jones M70 (2)	DKPk	62.35

LADIES

12. L. McNeil FU21 (1)	Buxt	39.09
19. C. Rice	Gloss	41.52
28. S. Fawcett	DkPk	42.48
29. L. Bednall FU21 (2)	Buxt	43.26
31. E. Leason	Carneth	43.47
36. H. Kuter F40 (1)	Salf	44.36
47. S. Andrew	Floss	46.09
56. D. Gowans F50 (1)	Acc	47.53
65. A. Wainwright F50 (2)	DkPk	49.15
66. K. Osipwicz	Gloss	49.25

69. G. Wasinski F40 (2)	Meirion	50.36
147. C. Bowen F60 (1)	GoytV	67.09

156 finishers

ST JOHN’S / Isle of Man
AS/5km/275m / **01.01.20**

A record entry of 256 runners kicked off the New Year on the Isle of Man at the St John’s Fell Race. This 4.5km event has grown into the biggest sporting event over the festive period with many runners preceding the run with a dip in the icy Irish Sea at various points around the island, often in fancy dress!

Orran Smith of the host club found a perfect balance between silly and serious with his outfit and took the win by a margin of just over half a minute from promising newcomer Joseph Bond, himself ahead of seasoned campaigner Tom Cringle by a similar margin.

There were a few new faces in the top ten with George Blackwell (MU23) and Tanguy Bader (MU21) both having excellent runs to take seventh and eighth positions. Chris ‘Karate Kid’ Reynolds was the pick of the MV40 class despite a brave choice of costume and Mike Garrett returned to the fells in style to take the MV50 honours in tenth overall position. The ladies’ race was won by Alice Forster who edged out Eleanor Miklos on the fast descent through the trees. Rosy Craine led the FV40 class whilst clubmate Maggie Watkins was first FV50.

There was a big contingent of 38 junior runners, led by Northern AC athlete Cian Howard (U13B) who finished in an excellent 13th overall despite also being one of the youngest in the race. Another Northern AC runner, Samuel Perry was leading U15 whilst Alex Read led the U17 category. Mia Dunwell was pick of the girls in the U15s ahead of visiting runner, Annie McLean of Holmfirth Harriers.

Thanks to all the marshals, helpers and timekeepers who ensure this event continues to go from strength to strength.

Nigel Maddocks

OPEN

1. O. Smith M40 (1)	Manx	23.53
2. J. Bond	Manx	24.27
3. T. Cringle	Manx	25.05
4. B. Corkill	Manx	25.52
5. S. Looker	Manx	25.55
6. C. Reynolds M40 (2)	Manx	26.47
7. G. Blackwell MU23 (1)	Unatt	27.11
8. T. Bader MU21 (1)	Unatt	27.18
9. P. Payne	HaywH	27.19
10. M. Garrett M50 (1)	Manx	27.28
13. C. Howard BU13 (1)	NAC	27.50
17. A. Read BU17 (1)	RGS	28.05
19. G. Rice M50 (2)	Western	28.15
112. I. Callister M60 (1)	Manx	36.17
148. J. Watterson M60 (2)	Western	37.43

162. D. Corrin M70 (1)	IOMV	40.53
240. A. Pilling M70 (2)	IOMV	51.50

LADIES

16. A. Forster	Manx	28.01
24. E. Miklos	Manx	28.33
38. S. Coleman	Unatt	30.48
56. R. Reynolds	Manx	32.33
66. R. Craine F40 (1)	Manx	33.03
72. K. Lane	IOMV	33.28
74. E. Gawne	Manx	33.29
89. C. Wernham	Manx	34.41
99. L. Dunwell F40 (2)	NAC	35.36
117. A. Corlett	Unatt	36.31
123. M. Wawtkins F50 (1)	Manx	36.57
142. N. Goddard F50 (2)	NAC	38.45
150. J. Rose F60	Manx	39.22

256 finishers

CAPTAIN COOK’S RACES / North Yorkshire
BS/8km/318m / **01.01.20**

New Year’s Day and Great Ayton welcomed the fell running community for the annual Captain Cook’s Races. Well done to the 449 senior finishers and the 56 juniors to complete their events. Safe to say that’s a record turnout.

Thank you to all the helpers and the Royal Oak for hosting registration.The Captain Cook’s Fell Race, held for 37th time, has been run on every occasion by runner Number One, Graham Robinson of Pickering Running Club, a terrific achievement.

2020 marks the 50th anniversary of our governing body, the Fell Running Association. It was formed on the 4 April 1970, this is the date of the first FRA meeting and coincides with the Guisborough Three Tops Fell Race, first counter in English Fell Race Championships which we are hosting.

The Captain Cook’s Race had the honour of being the first counter in the FRA’s 50@50 series, a year-long celebration of 50 fell races starting on New Year’s Day and finishing with the Auld Land Syne on New Year’s Eve. Thanks to www.lets-run.co.uk for providing our bespoke race numbers and thanks to the Parry family, Kathryne, Olivia, Andrew and Anthony, for their continuing help at fell races. We remember Dave Parry in the name of our winter and summer fell race series, his legacy of North Yorkshire Moors Fell Races and the great and diverse running achievements of its competitors past, present, young and old.

The tale of the tape was a hard fought victory that went right to the line with Harry Holmes just holding off Archie Lowe and Greg Jayasuriya. First MV40 was Paul Williams.

In the women’s race Georgia Campbell won with Sally Fawcett second and Holly Elliott third. The FV40 award was won by Nina Mason.

In the teams, it was Middlesbrough and Cleveland Harriers men and Pickering RC women.

Alongside the senior race there were three junior races, with all four races running at the same time. Sam Dawber and Sophie Quinn claimed the U15/

U17 titles, Imogen Atkinson and Alfie Carr the U13 titles then Thomas Cole and Eleanor Gibson the U9/U11 titles.

Entry fees of £2700 are traditionally donated to local charities, first donation of £800 (one week’s operating costs) goes to the Cleveland Mountain Rescue Team.

Clive Thornton

OPEN

1. H. Holmes	Matlk	30.37
2. A. Lowe MU19 (1)	Mbrough	30.50
3. G. Jayasuriya	MiddCleve	30.57
4. K. Walker MU23 (1)	Mbrough	32.12
5. L. Kemp	Totley	32.21
6. S. MacDougall	MiddCleve	32.59
7. B. Palmer MU23 (2)	Mbrough	33.13
8. G. Hebdon	ElvetStr	33.23
9. T. Aspin MU23 (3)	NMske	33.48
10. T. Levi	ThSow	33.52
13. P. Williams M40 (1)	EskV	34.36
17. G. Watt M40 (2)	ElvetStr	35.05
48. J. Rogers M50 (1)	Hull	37.49
52. J. Wardman M50 (2)	NMske	38.04
81. N. Ridsdale M60 (1)	Driff	39.48
87. K. Edwards M60 (2)	Hartlep	40.07
256. M. Hetherton M70 (1)	Picker	49.25
358. R. Sherwood M80 (1)	NMske	54.50

LADIES

55. G. Campbell	JarrHebb	38.08
56. S. Fawcett	DkPk	38.16
64. H. Elliott FU23 (1)	MiddCleve	39.07
76. A. Rigby FU23 (2)	NMske	39.37
104. J. Hutchinson FU23	Darling	41.08
107. L. Havis FU23	Mbrough	41.19
109. N. Mason F40 (1)	ElvetStr	41.20
120. S. Gordon F40 (2)	NYM	41.54
121. N. Walls	Scarb	42.01
139. V. Tremlin	Hgate	43.12
153. K. Aspin F50 (1)	NMske	43.58
192. S. Haslam F60 (1)	Scarb	45.48
196. L. Hiles F50 (2)	ThSow	45.57
253. C. Glover F60 (2)	Wharf	49.15
443. H. Turner F70 (1)	Ludlow	73.16

449 finishers

ASHURST BEACON / Lancashire
BS/9.5km/290m / **11.01.20**

OPEN

1. L. Eccles	PennyL	39.42
2. I. Roberts	LpoolPS	40.13
3. A. Ford	Tod	40.22
4. J. Simon	Bowl	41.16
5. S. Parry	Unatt	42.11
6. J. Hunt M50 (1)	DkPk	42.57
7. T. Harkin M40 (1)	LpoolPS	43.23
8. S. Carr M23 (1)	LpoolPS	43.54
9. D. Fishwick M50 (2)	Chorl	44.08
10. N. Adair M40 (1)	Spect	44.18
12. K. Walker M40 (2)	Skelmer	44.38

39. S. Moran M60 (1)	CaldV	48.57
52. M. Hudson M60 (2)	LpoolPS	51.36
137. B. Hargreaves M70 (1)	Sthport	71.07

LADIES

20. R. Mather	Unatt	45.30
37. M. Cook F40 (1)	Skelmer	48.40
41. H. Thompson F40 (2)	Skelmer	49.14
50. L. Harper	MerseyT	51.14
54. S. Hall	Skelmer	51.41
55. J. Durkin	LpoolPS	51.44
56. A. Ferguson F60 (1)	Burnd	51.47
59. E. Gerrard	Penn	52.12
60. B. Glaister F40 (3)	Skelmer	52.27
73. N. Rushton F55 (1)	Chorl	55.08
75. I. Kneale F50 (2)	Horw	55.18

151 finishers

TRIGGER / West Yorkshire
AL/33km/1650m / **12.01.20**

The forecast must have put runners off as with 240 entries we had 191 starters! Rain and wind hit the runners straight from the start out of Marsden and then a bitter cold wind blew across Black Hill, Bleaklow and Kinder. A closed footpath meant a route change to ascend Bleaklow via Torside and along with the clag helped positions change rather. However, with 23 dropouts everyone else was safely at Edale before dark.

Tom Saville led the race, having some interesting lines and finished in 3.37.30, ten minutes ahead of second man Chris Phillips in 3.47.18. Josh Williams came in third in 3.48.22.

First lady was a newcomer to the Trigger, Megan Wilson, tenth overall in a time of 4.23.22. Second lady was local Nicky Spinks in 4.38.30, who was also first FV50. Will Boothman won the MV40 in 4.09.57 and Charlie McIntosh won the MV50 in 4.38.22. Simon Bennett travelled from Bowland to win the MV60s in 5.51.25 with Mick Cochrane winning the MV70 again in 6.30.34. Dark Peak won the men’s and the ladies’ team prizes.

Many thanks go to all the landowners – National Trust, United Utilities and Yorkshire Water, plus Marsden Cricket Club for the start venue and Fieldhead campsite for the finish. Scott from the Spine Race once again donated the use of Edale Village Hall for the Trigger where food for the runners was provided by Woodhead Mountain Rescue Support Team. Prizes were kindly donated by Bradfield Brewery, The Huntsman at Thurlstone, Inov-8, the Trunce and MyRaceKit. If you’re reading this then you must have access to ***The Fellrunner***. However, disappointingly, only 57% of runners were FRA members. The FRA gives Race Organisers a tremendous amount of support and in return ROs have to comply with FRA rules. Non-FRA members are benefiting from what they are not contributing to and I would like to see an increase in FRA membership runners on the Trigger in 2021. We could also not run the race without the huge

support, logistics, communications and marshals provided by Woodhead Mountain Rescue. The race is run to raise money for the team and along with cake sales we raised over £4800.

Many thanks to all the runners and hope to see you all next year.

Nicky Spinks

OPEN

1. T. Saville	DkPk	3.37.30
2. C. Phillips	Sadd	3.47.18
3. J. Williams	DkPk	3.48.22
4. C. Sleath	Wirksw	3.51.30
5. A. McVey	Carneth	3.53.20
6. N. Northrop	DkPk	4.00.50
7. S. Dixon	DkPk	4.03.57
8. W. Boothman M40 (1)	DkPk	4.09.57
9. D. Ward M40 (2)	Penn	4.23.15
10. M. Wilson	DkPk	4.23.22
11. L. Cook	Penn	4.26.04
20. C. McIntosh M50 (1)	P&B	4.38.22
33. S. Adams M50 (2)	DkPk	4.51.55
96. S. Bennett M60 (1)	Bowl	5.51.25
99. J. Paxman M60 (2)	DkPk	5.53.43
143. M. Cochane M70 (1)	DkPk	6.30.34

LADIES

10. M. Wilson	DkPk	4.23.22
21. N. Spinks F50 (1)	DkPk	4.38.30
32. E. Johnstone	Penn	4.51.49
41. S. Illeman	DkPk	4.58.25
42. K. Hewitson F40 (1)	DkPk	4.59.25
44. A. Swift	Chorlt	4.59.30
58. S. Andrew	Gloss	5.06.23
64. F. Cummins	SteelC	5.09.41
74. J. Paris	Carneth	5.15.49
83. E. Lunt	LEat	5.28.14
89. J. Ellis F40 (2)	Penn	5.42.15
152. A. Wainwright F50 (2)	DkPk	6.34.10

168 finishers

SOREEN STANBURY SPLASH /West Yorkshire
BM/12km/400m / **12.01.20**

Stanbury Splash – the 2020 race certainly lived up to its name after heavy and plentiful rain the previous night ensured that the whole 6.7 mile course was muddy at best and a deep sploshy grass and mud combo at worst. The usually benign Sladen Beck and Ponden Clough Beck had morphed into man-eating raging torrents to such an extent that using a distinctly wobbly bridge to cross the beck at Ponden Kirk was by far the safer option rather than going through it! The steep descents to both becks were characterised by running water and skis were suggested by many as the best footwear for the job! As if all the additional water and deep mud were not challenging enough, a strong westerly wind buffeted runners on the already difficult outward trudge.

In spite of all of this, a seasoned 254 runners gathered in Penistone Quarry bottom to take on



Stanbury Splash ©Wooden Tops Photography



Stanbury Splash ©Wooden Tops Photography

this quagmire of a race where no-one returned clean or dry. Indeed, many runners returned wearing an extra coat of mud to add to the overall “fun” of the event. However, the gods were smiling on these hardy individuals as a glorious rainbow formed over the moor at the start of the race. At the head of the runners, Tom Adams appeared to float around the course to win in 45.29. He wasn’t given an easy ride though as the 2019 winner Robin Howie and Andrew Worster battled with each other and challenged Adams all the way. Howie, complete with his determined expression, finished in second place just under a minute after Adams and ahead of Worster third. In the ladies’ race, Ailish Graham showed everyone that she is not to be underestimated by winning, a minute and a half ahead of international mountain runner, Emma Clayton, second and Annie Roberts third.

Su Thompson

OPEN		
1. T. Adams	Ilk	45.29
2. R. Howie	Wharf	46.28
3. A. Worster	Tod	46.42
4. S. Bailey	Mercia	49.05
5. O. Murphy	Ilk	49.50
6. I. Holmes M50 (1)	Bing	49.53
7. N. Crampton M40 (1)	P&B	50.38
8. S. Watson	Wharf	51.31
9. E. Hassell	Wharf	51.42
10. W. Kerr M40 (2)	Salts	52.10
11. N. Charlesworth M50 (2)	Wharf	52.23
86. B. Atkinson M60 (1)	YorkK	65.17
103. W. Lowe M60 (2)	Ross	67.06
194. D. Tait M70 (1)	DkPk	80.30
218. B. Duncan M70 (2)	Bing	86.35
LADIES		
19. A. Graham	Wharf	53.58
26. E. Clayton	LeedsC	55.28
30. A. Roberts	Tod	56.31
50. K. Sijpesteijn	Kes	60.35
57. J. Buckley F40 (1)	Bing	61.32
59. R. Carter F40 (2)	Ilk	61.43

78. K. Klunder	Chorl	64.11
84. R. Patrick F50 (1)	Tod	64.54
85. H. Croft	Holmf	65.10
93. J. McCarthy F40 (3)	Ilk	66.07
109. M. Blackburn F50 (2)	Tod	67.32
217. S. Fulton F60 (1)	Bing	85.49
252 finishers		
STANBURY JUNIORS / West Yorkshire		
12.01.20		

Although the rain held off for the main senior race at the 2020 Stanbury Splash, it did not for the junior Quarry Runs! The north breeds its children tough and this was on full show as a total of 80 lean mean running machines lined up in the quarry to start their own very muddy romps around the moor.

The U9 race is the first out of the quarry and completes a double climb circuit before charging towards the finish line. At the finish it was definitely a case of girls being far harder than boys as the first 3 were all girls in the forms of Alice White who won from Ilkley Harriers’ Harriet Carter, 2nd, and Mercia’s Bleu Bailey, 3rd. The first boy, Freddie Walsh was 6th overall, ahead of Spensborough’s Henry Atkinson, 2nd.

The main junior race takes in one loop of Penistone Hill, going round the trig and back into the quarry before the final thigh busting climb out of the quarry and sprint to the finish. The U11 winners were Wharfedale’s Hugo Bishop and Keighley and Craven’s Bethan Buckley who also won in 2019. U13 race winners were Ilkley’s Alexander Wolfenden, who won in 2019, and Bethan’s older sister Keighley’s Katie Buckley.

Ilkley’s Archie Budding and Erin Doyle were the winners of the U15 race.

The U17 and U19 runners complete 2 circuits of the moo before dashing for the very welcome finish. The U17 race winners were Bingley Harriers Alex Flaherty and Harrogate Harriers’ Eve Whittaker whilst the U19 race winner was Keighley’s Eric Beaumont.

Su Thompson

BOYS U19		
1. E. Beaumont	Kghly	11.44
BOYS U17		
1. A. Flaherty	Bing	11.52
2. T. Clay	Bing	12.28
3. H. Stead	Ilk	14.18
GIRLS U17		
1. E. Whitaker	Hgate	12.40
2. R. Flaherty	Bing	13.45
3. A. Whitaker	Hgate	14.02
BOYS U15		
1. A. Budding	Ilk	7.04
2. D. Shinn	Ilk	7.11
3. O. Bailey	Mercia	7.24
GIRLS U15		
1. E. Doyle	Ilk	7.25
2. B. Rogers	Ilk	7.49
3. R. Coulton	Bing	8.37
BOYS U13		
1. A. Wolfenden	Ilk	6.36
2. L. Walker	Bing	7.08
3. W. Oakden	Kghly	7.34
GIRLS U13		
1. K. Buckley	Kghly	7.37
2. A. Clay	Bing	8.05
3. I. Atkinson	Spen	8.34
BOYS U11		
1. H. Bishop	Wharf	7.19
2. R. Carter	Ilk	7.55
3. H. Clif	CaldV	8.07
GIRLS U11		
1. B. Buckley	Kghly	7.48
2. I. Smith	Ilk	9.14
3. S. Tate	Unatt	9.19
BOYS U9		
1. F. Welsh	Unatt	4.03
2. H. Atkinson	Spenb	5.00
GIRLS U9		
1. A. White	Unatt	2.59
2. H. Carter	Ilk	3.07
3. B. Bailey	Mercia	3.32
80 finishers		

CANNOCK CHASE TRIG POINTS

Staffordshire / CL/27km/540m / **12.01.20**

The 34th Trig race went without the drama of last year’s “lost” runners and avoided the forecast very heavy rain. Maybe the forecast put a few off as numbers were well down. Nonetheless, 103 starters and 100 finishers had a very muddy day on the Chase. The course was shortened by about a mile to avoid forest work and mountain bikers but no-one complained. This also meant that the ever-willing marshals (thanks to all again) were back a bit sooner as well.

The race pattern was set early on and once the top order was established by Checkpoint 1 there was little change and no dramatic pace or navigation errors. Will Laye had a narrow early lead but dropped 30 seconds on the long drag back from Moorse Gorse and eventually finished just over a minute down from local runner, Lee Gratton. The next three places were taken by MV40 or MV45 men, with previous winner Pete Vale coming in third.

Lee will be a new name on the shield, as will ladies’ winner Kelly Butler, who held off a close challenge from Mel Price and Frances Vickers. Splits from SI show that Kelly was down for two minutes during the first three quarter of the race

but came strong at the end to gain her win. All of these ladies are vets. In the FV50 categories Shere Forrester crept ahead of Julie Pattyson and had a close race with just two seconds separating them at half way.

In the more senior categories there were decisive wins by Andrew Soltyski (MV50s), Jon Embery (MV60s) and Alan Evans (MV70s), although Kevin Uzzells, a winner in all vet age groups over the years, did decide deliberately to take a more scenic route that cost him several minutes – but he was happy!

The smaller field seemed to make the day a lot more relaxed and meant even more food for each finisher. Again, all our thanks to the Cricket Club for excellent and warm, facilities, much needed showers and a ready-made car park. As well as marshals, I must mention the support and co-operation I get from both the Forestry Commission and Staffordshire County Council who make permissions, route planning and access as easy as it can be. Lastly, to Wrekin Orienteers who provide all the SI support that again came into its own when one of the last finishers, who we checked had punched the finish, went home without downloading. There is always one.....

Bob Dredge

CLOUGH HEAD, KONG WINTER SERIES 3 / Cumbria

AS/7.3km/570m / **12.01.20**

Our series is a ‘Winter’ series but the weather at Clough Head was possibly the worst yet! Storm force winds meant running over the exposed Clough Head was out of the question. The safety of all of our marshals and competitors was our priority and so a shortened course running over Threlkeld Knotts was implemented.

154 hardy runners turned out in horrendous conditions and battled against the wind. All came back with smiles on their faces and reported a feeling of exhilaration and comments such as ‘I’ve never run as fast in my life! ‘I couldn’t control my legs – the wind got hold of them!’.

First back across the line was Billy Cartwright, followed by teammate Dan Haworth, and hot on his heels was the talented 16-year-old Robin Regan. In the ladies’ race, a very high quality field saw Nichola Jackson just edge out Scout Adkin, who was chased all the way to the line by Vic Wilkinson who finished twelve seconds behind her!

Lou Osborn

OPEN		
1. B. Cartwright	Matlk	29.05
2. D. Haworth	Matlk	29.43
3. R. Regan MU23 (1)	Eden	30.03
4. M. Atkinson	Kesw	30.18
5. M. Yeomans	CFR	30.26
6. B. Abdelnoor	Amble	30.38
7. T. Simpson	Amble	31.17
8. M. Reedy M40 (1)	Amble	31.32
9. S. Holding	CFR	31.39
10. B. Jackson M40 (2)	Eden	31.49
S. Angus M50 (1)	Kesw	35.25
C. Knowles M50 (2)	Ellenb	35.30
F. Smith M60 (1)	Saltw	37.31
P. Pearson M60 (2)	NFRC	38.54
J. Downie M70 (1)	Kesw	44.51
D. Fell M70 (2)	CFR	49.05
LADIES		
12. N. Jackson	RibbV	32.11
14. S. Adkin	Amble	32.56
16. V. Wilkinson F40 (1)	Bing	33.08
26. S. Taylor F40 (2)	HelmH	34.54
37. E. Pannone FU23 (1)	Eden	35.58
45. S. Likeman	CFR	36.54
46. B. Hanson	Amble	36.55
52. J. Darigala F50 (1)	Pstone	37.57
53. R. Hodgson FU23 (2)	Amble	38.00
60. E. Holt	Morp’	38.43
71. S. Hodgson F50 (2)	Kesw	40.22
115. C. Glover F60	Wharf	46.23
120. M. Ockenden F60	Bowl	47.02
154 finishers		



Clough Head - Scout Adkin (Ambleside AC) ©Grand Day Out Photography

TARRENHENDRE / Gwynedd

AS/9.7km/610m / 25.01.20

83 runners turned up on a cool still day which after a dry week gave pretty good conditions underfoot. Clouds soon rolled in though, adding to the navigational challenge of the run over the top. Sadly, another navigational challenge came at the bottom of the course where some “joker” turned an arrow around sending some runners off route. Navigation was no problem to Gareth Wyn Hughes who led from early in the race and finished in 50:25 comfortably ahead of Chris McLean in 52:28 and Tristan Evans in 54:11. The first woman, in 11th place overall, was Sophie Horrocks in 59:46. Alice Forster was hot on her heels in 59:50 with Miranda Grant ensuring all three women beat the hour (59:58).

Rhys Jones got under the hour (59:48) to take the Junior Men’s prize. Mathew Fortes was fourth and first M40 (54:21), with Michael Reynolds taking M50 in 1:03:54 and Stephen Jones was first M60 in 1:03:04. The only record broken was Phil Jones’ 2013 time of 1:23:22 in the M70 category. Tony Hodgson, just returning to the sport, turned in an impressive 1:19:55.

Sarah Ridgeway was first F40 in 1:04:33, Juliet Edwards took the F50 in 1:16:57 and Maggie Oliver F70 in 1:45:04. A strong Eryri presence took both team prizes. 81 runners finished with two having an extensive exploration of the wrong side of the mountain!

Thanks to all marshals, timekeepers caterers, Aberdyfi Mountain Rescue, Natural Resources Wales and WFRA for the loan of radios.

Nich Bradley

OPEN

1. G. Hughes	Unatt	50.25
2. C. McLean	Cerist	52.28
3. T. Evans	Meirion	54.11
4. M. Fortes M40 (1)	Eryri	54.21
5. R. Roberts M40 (2)	Eryri	54.29
6. R. Bentley	Eryri	59.02
7. J. Gomes M40 (3)	Wrex	59.11
8. M. Nichols	Mat	59.20
9. G. Roberts	Meirion	59.32
10. P. Jones M40 (4)	Oswest	59.39
20. S. Jones M60 (1)	Eryri	63.04
23. M. Reynolds M50 (1)	Mercia	1.03.54
28. J. Randell M50 (2)	Meirion	1.05.31
35. V. Belshaw M60 (2)	Denb	1.07.36
62. T. Hodgson M70 (1)	Meirion	1.19.55
77. R. Griffiths M70 (2)	BroSDys	1.41.17

LADIES

11. S. Horrocks	Ross	49.46
13. A. Forster	BlkCmbe	59.50
14. M. Grant	Eryri	59.58
24. S. Ridgeway F40 (1)	RSnowd	1.04.33
31. J. Lee F40 (2)	Eryri	1.06.24
40. E. Davies F40 (3)	Meirion	1.09.37
45. R. Bye	Unatt	1.13.42
48. J. Artist	Eryri	1.14.17
55. J. Edwards F50 (1)	Meirion	1.16.57
60. M. Padma F23 (1)	Unatt	1.18.43
65. C. Havard F50 (2)	Unatt	1.25.38
79. M. Oliver F70 (1)	Eryri	1.45.04

81 finishers

STYBARROW DODD, KONG WINTER

SERIES 4 / Cumbria

AS/6.5km/700m / 01.02.20

This was the fourth race of our Winter Series and the elements were against us yet again! With another horrendous day of gales, hail and rain, we took the decision to shorten the course to miss out Stybarrow Dodd checkpoint. This turned the race into an out and back up to Sticks Pass – a 750 metre climb so still tough. All of the competitors were unanimous in their agreement with shortening the race for safety reasons and everyone came back off the hill after experiencing an extreme facial exfoliation!

At the sharp end of the field, Mark Lamb came home victorious ahead of Billy Cartwright, who was being chased rapidly by Mario Yeomans.

The ladies’ race was won by the youthful Hannah Russell, followed by teammate Sharon Taylor and a short way behind, Nichola Jackson.

Another great race with 164 competitors braving the elements. A massive thanks to the hardy marshals yet again – standing out in those conditions was definitely character building!

Lou Osborn

OPEN

1. M. Lamb	Kesw	33.03
2. B. Cartwright	Matlk	34.27
3. M. Yeomans	CFR	34.30
4. M. Atkinson	Kesw	35.16
5. R. Regan MU23 (1)	Eden	35.18
6. M. Reedy M40 (1)	Amble	35.36
7. R. Brown	Kesw	35.37
8. B. Abdelnoor	Amble	35.42
9. T. Simpson	Amble	36.18
10. B. Jackson M40 (2)	Eden	36.29
18. M. Robinson M50 (1)	DkPk	39.35
21. S. Angus M50 (2)	Kesw	39.52



Stybarrow Dodd, Kong Winter Series 4 - Mark Lamb (Keswick, in yellow) and Billy Cartwright (Matlock AC, in blue) ©Grand Day Out Photography

42. J. Tullie M60 (1)	Teviot	43.33
45. P. Pearson M60 (2)	NFells	43.54
103. J. Downie M70 (1)	Kesw	51.40
127. D. Fell M70 (2)	CFR	56.18

LADIES

13. H. Russell MU23 (1)	HelmH	37.51
15. S. Taylor F40 (1)	HelmH	38.43
20. N. Jackson	RibbV	39.42
32. C. Spurden	Kesw	41.36
48. J. Oates	HelmH	44.19
53. B. Hanson	Amble	45.16
54. J. Darigala F50 (1)	Pstone	46.08
59. E. Holt	Morp	46.29
74. J. Dean FU23 (1)	CFR	48.00
75. R. Vincent F40 (2)	Tyne	48.18
81. K. Parker F50 (2)	Border	49.16
107. J. Casey F60 (1)	BlCmbe	53.04
110. C. Glover F60 (2)	Wharf	53.35
156. L. Malarkey F70 (1)	Kesw	60.56

164 finishers

PENDLE WAY IN A DAY / Lancashire

BL/68km/1870m / 01.02.20

For over 30 years, the Pendle Way has been around for locals to enjoy, linking the villages of Barrowford, Earby, Wycoller, Higham and Barley in a circular route.

Many fell runners have used parts of the Way and it was featured in a summary of Pendle Running in Bill Smith’s article in *The Fellrunner* of February 1993. Pendle Forest Orienteers established the inaugural record

of 10.56.00, reduced by Clayton’s Dennis Beresford to 06.32.00 and then by his clubmate Mike Wallis 06.17.00 which stood until at least 1993 (possibly longer). During the winter of 1987, Clayton-le-Moor U17 juniors held a fantastic challenge event on the Way in a paced relay event, completing it in 06.08.00.

Living in the Pendle, I wanted to set up a firm fixture on the calendar to bring many runners from outside the area to enjoy the area and see what Pendle has to offer (naturally the Tour of Pendle shows runners how gnarly the area can be!).

The event offers two courses - the full 45 mile route (originally thought to be more like 42 miles) and a shortened 30 mile option. A small tester event of the ‘short course’ - otherwise named an ‘alternative’ to respectfully label it! - was held in 2019 in aid of local fundraising.

Perfect weather conditions last year made for fast times with Andy Berry of Barlick Fell Runners finishing in 04.38.00 and Fiona Lynch of Radcliffe AC in 05.47.00.

Purposefully billed as a Winter Ultra, the expectation of cold, chilly weather this year was replaced with a balmy 9°C but high winds that would make for an interesting day on the hills. On the full course, the first home was Adam Potter, taking the organisers by surprise in a commendable 07.22.00. First Lady was Lorraine Slater in 08.33.00, with both setting event records to be relied upon in future.

In the 30 mile course, first home Dan Anderson

pipped local Dan Grundy by a mere 30 seconds, in 05.33.00; first lady honours were taken by Helen Andrew in 06.57.00.

With 138 finishing the courses, it is noteworthy to commend all 163 that started as it was truly a testing day out. Those who managed to make it to the latter stages were in for a treat at Higham and Barley checkpoints with plenty of food and drink on offer along with a warm smile and a friendly boot back out of the door.

Donations from the event are made to the Pendle Heritage Centre, local village halls of Wycoller, Higham and Barley and towards the maintenance and future improvement of the Pendle Way.

Next year’s event takes place on 6 February 2021 with entries opening on SiEntries on 1st March 2020.

Jamie McIlvenny

OPEN

1. A. Potter	Unatt	7.22.00
2. K. Hoult	CaldV	7.41.28
3. D. Chetta	Mercia	7.41.28
4. E. Melbourne	Unatt	7.45.22
5. C. Stainsfield	Clay	8.02.10

LADIES

7. L. Slater	Barlick	8.33.41
16. K. Nash	FRA	9.23.58
19. C. Nance	Lonsd	9.41.56
21. K. Kennedy	Clay	9.50.52
31. S. Challans	Lincoln	10.16.00

ALTERNATIVE ROUTE

1. D. Anderson	Sunder	5.33.00
2. D. Grundy	Trawd	5.33.30
3. M. Hounslow	Trawd	5.46.02
4. C. Atherton	Trawd	5.46.04
5. R. Bridgewater	Swinton	6.17.18

LADIES

7. H. Andrew	Radc	6.57.18
10. D. Robson	Unatt	7.12.33
11. D. Airey	Clay	7.12.33
13. B. Grimshaw	Unatt	7.12.55
15. J. McLaughlin	Marsden	7.27.37

138 finishers

MICKLEDEN STRADDLE / Derbyshire
BL/23km/741m / **02.02.20**

Mickleden Straddle ALWAYS falls on the first Sunday in February. Seeing as this was the fifth time I have organised the race, you would think that I would have the date imprinted on my brain by now. So, I haven't quite worked out what made me book a flight to go skiing on race day, just general numptiness on my behalf! Luckily I was able to call on one of my clubmates who is an experienced fell runner, but a rookie Race Organiser. Having made sure that everything was in place for the day and letting the FRA know of the change of RO, I confidently handed the reins over to Jo Worboys-Hodgson who, according to my club mates, did such a good job on the day that I am thinking of getting her to do it again next year! Anyway, having had a debrief from Jo I found out that the day itself was very wet underfoot

following a very heavy night of rain. There were still some showers around and the wind strengthened throughout the day. Despite this, Jo set off 186 runners with the winner overall being Andrew Worster in 01:43:05. The stand-out performance of the day, however, was Phillipa Williams, who came in second overall in 01:49:19. This obliterated the previous female record set in 2013 by Helen Fines by over five minutes! The men's team prize went to East Hull Harriers and the ladies' prize was picked up by Steel City Striders. Well done to all who ran. Many thanks to the marshals and volunteers, especially to Woodhead MRT without whom we wouldn't have a race.... and finally to Jo Worboys-Hodgson for bailing me out! Cheers Jo! The skiing was great!!

Simon Browne

OPEN

1. A. Worster	Tod	1.43.05
2. P. Williams F (1)	Sheff	1.49.19
3. B. Cartwright	Matlk	1.52.06
4. J. Dale	VictPk	1.53.20
5. K. Swainson	Unatt	1.53.39
6. L. Wood M40 (1)	SteelC	1.54.41
7. P. Morris	Clowne	1.54.47
8. M. Hayes M40 (2)	EHull	1.55.16
9. D. Gilbert M40 (3)	Horw	1.55.48
10. M. Wade	Tring	1.56.30
22. D. Nockels M50 (1)	Pstone	2.02.17
30. N. Sisson M50 (2)	EHull	2.04.41

90. K. Taylor M70 (1)	Ross	2.30.07
111. M. O'Brien M60 (1)	Stainl	2.38.08
118. A. Gledhill M60 (2)	Skegn	2.40.47

LADIES

2. P. Williams	Sheff	1.49.19
28. R. Lundgren	Totley	2.04.25
31. C. Brock	SteelC	2.04.46
33. S. Fawcett	DkPk	2.06.41
37. J. Buck	Wakef	2.07.46
70. R. Timms F40 (1)	Pstone	2.22.59
92. L. Parker F40 (2)	Pstone	2.30.50
158. R. Hammond F50 (1)	Stainl	2.58.18
161. K. Sinkinson F50 (2)	Holmf	3.00.07
166. A. Baldwin F60 (1)	Stainl	3.05.57
170. E. Stewart F60 (2)	Holmf	3.08.58

186 finishers

KONG MINI MM ROUND 1 / North Wales
MM / **02.02.20**

The first round of the Kong mini mountain marathon 2020 series was held on the Carneddau in North Wales starting in Abergwyngregyn. With very strong winds for setting out the controls we wondered if we would need to shorten the course but even in these conditions with some low cloud as well, Neil Talbott managed to visit all but three controls with Eleanor Johnstone doing well for the women (and kindly braving the wind on Monday to collect checkpoints). The event was supported by the National Trust, Natural Resources Wales, Snowdonia National Park and the Aber Falls Hotel.

Alison Wainwright

OPEN

1. N. Talbott	Amble	740pts
2. H. Kingston	BristolU	690pts
3. M. Fortes M40 (1)	Eryri	640pts
4. M. Roberts/K. Gray M50 (1)	Unatt	630pts
5. C. Near M40 (2)	Unatt	580pts
8. P. Addison M60 (1)	DVO	540pts
13. M. Ansell MU23 (1)	Unatt	470pts
16. S. Jones/P.Jones M70 (1)	Eryri	470pts

MIXED TEAMS

33. B. Beachell/L. Elmquist V50	Eryri	420pts
36. N. Biggs/H. Brown V40	MynDu	417pts
61. K. Cole/J. Mackeddied	Unatt	346pts
92. R. Owen/S. Taylor V60	Eryri	290pts
103. J. Williams/J. Hill V65	Penn	280pts
128. J. Block/G. Block U23	Wreake	220pts

LADIES

9. E. Johnstone	Penn	505pts
10. S. Richmond F40 (1)	Penn	483pts
12. M. Grant	Eryri	479pts
28. C. Morgan F40 (2)	Nidd	445pts
30. K. Bryan-Jones/D/Claridge F50 (1)	DkPk	435pts
47. D. Pelly F60 (1)	Amble	390pts
89. M. Jagan F70 (1)	Unatt	290pts



Kong Mini MM Round 1 ©Grand Day Out Photography

WINDY HILL / Lancashire
BM/14.5km/390m / **09.02.20**

This year the weather was much improved on the previous year. Wind on the tops (hence the race name) but sunshine and no ice or snow: it was perfect conditions. We had record numbers on the start line and a great atmosphere before and during the race. The race times were well up on last year's average times and many previous runners who had revisited beat their time. The men's race was particularly quick with four runners going under the hour mark. The ladies' race was much more spread out but the first three ladies were quite substantially in front of the rest of their field. In the men's race only a sprint finish separated Rob James and Thomas Corrigan, with Thomas finishing marginally in front for third place. Second place went to Harry Holmes who was marginally beaten by Paul Pruzina who finished first in 57:41. In the ladies' race first place went to a FV50 runner, Julie Darigala, in a time of 1:13:43, who had an impressive one and a half minute gap on her nearest competitor. Second place went to Charmaine Horsfall and third place to Rowen Pymm who fought out an impressive battle with only 22 seconds separating them.

John Lloyd

OPEN

1. P. Pruzina	P&B	57.41
2. H. Holmes	RibbV	58.06

3. T. Corrigan	RibbV	58.51
4. R. James	RoytR	58.53
5. N. Leigh M40 (1)	Horw	1.00.10
6. L. Hinchcliffe	Roch	1.00.33
7. S. Godsman M40 (2)	CaldV	1.02.14
8. R. Mills	Prestw	1.02.42
9. L. Eccles	PennyL	1.03.25
10. M. Burton M40 (3)	CaldV	1.04.52
13. C. McIntosh M50 (1)	P&B	1.06.16
22. M. Walsh M50 (2)	Horw	1.09.12
56. B. Greaves M60 (1)	Royton	1.17.26
63. T. Thornton M60 (2)	Ross	1.18.37
121. K. Taylor M70 (1)	Ross	1.25.13
240. J. Hignett M70 (1)	Ross	1.41.21

LADIES

40. J. Darigala F50 (1)	Pstone	1.13.42
42. C. Horsfall F40 (1)	Unatt	1.15.09
44. R. Pymm	Sadd	1.15.29
64. G. Keane F40 (2)	Sadd	1.18.29
86. K. Macfarlane	PennyL	1.20.29
104. P. Pilling F40 (3)	Ramsb	1.22.38
106. S. Hobson	Ramsb	1.22.46
113. R. Sinclair FU23 (1)	Stockp	1.23.26
115. S. Harrison	Roch	1.23.37
119. E. Berg F40 (4)	SLeeds	1.24.39
174. F. Dyson F50 (2)	Sadd	1.31.02
277. J. Jones F60 (1)	Middlet	1.50.33
302. K. Conduit F60 (2)	Roch	2.00.36
320. B. Roberts F70 (1)	Sadd	2.14.11

322 finishers

BLEASDALE CIRCLE / Lancashire
BS/8km/381m / **15.02.20**

It was a close-run thing: the approaching Storm Dennis certainly landed some early hefty blows that forced the Bowlander's hand. But after a flurry of emails, a great deal of sound advice and a sleepless night, Bowland just came out on top with a points victory. The race was on, albeit in a shortened form. It was decided to run the race along the normal route up Fairsnape Fell to Paddy's Pole and back the same way. The run along the ridge to Parlick was abandoned as it was considered too hazardous for the runners and the marshals stationed on Parlick. This gave a course of almost four miles and 1200 feet of climbing in old money – throw in the odd gale force gust along with a few damp fields and there was enough to challenge anyone. In the sideshow that was the race, a reduced field of 59 set off from the village hall just as the wind started to pick up. Luckily for the runners it helped carry them up to the summit. Not that we could see from race HQ as anything above 200 metres was lost to cloud. Apparently, Sam Harrison was first to Paddy's Pole closely followed by Danny Hope. The race back home was won by Sam who had 15 seconds over Danny at the finish. Next home was a quartet of Bowland runners led by Oli Heaton and Sandy Lockett meaning that the men's team prize was staying close to home. The women's race was won by Finty Royle who had almost three minutes on her closest challenger,



Mickleden Straddle ©Jamie Rutherford

Debbie Gowans. Finty was also the winner in the U23 category – another strong performance by the England Mountain Runner who finished 16th in the race overall. Bowland ladies carried off the team prize – ably represented by Rowena Browne, Sophie Fosker and Mary Ockenden. This was quite a challenge for my first year as race organiser but the smiles and feelings of the runners at beating the course and the weather more than made up for the anxiety on Friday night. Of course, the race would not have been possible without an army of helpers and marshals. A special thanks to Leigh Warburton who has organised the race for the past few years who kept me on track and gave me the belief to get the race organised.

Dave Littler

OPEN

1. S. Harrison	Bowl	32.16
2. D. Hope M40 (1)	Horw	32.31
3. O. Heaton	Bowl	33.23
4. S. Lockett	Bowl	33.23
5. J. Simon	Bowl	34.33
6. S. Swarbrick M40 (2)	Bowl	34.39
7. J. Green M40 (3)	Prest	36.09
8. D. Hughes	RedR	36.17
9. S. Bland M40 (4)	Bowl	36.24
10. O. Wade	Bowl	36.29
11. G. Morris M50 (1)	Acc	36.55
17. T. Smith M50 (2)	Bowl	38.59
29. S. Wathall M60 (1)	BlCombe	42.28

40. C. Roberts M60 (2)	BlCombe	46.21
LADIES		
16. F. Royle FU23 (1)	Chor	38.37
26. D. Gowans F50 (1)	Acc	41.25
34. R. Browne F50 (2)	Bowl	43.51
36. L. Parker F40 (1)	Acc	44.15
37. S. Fosker F40 (2)	Bowl	44.37
46. J. Needham F40 (3)	RedR	49.34
49. H Driver	Barlick	50.09
50. M. Ockenden F60 (1)	Bowl	50.33

58 finishers

CARNETHY 5 / Midlothian AS/10km/760m / 15.02.20

'Storm Dennis became one of the most intense extratropical cyclones ever recorded' (Wikipedia), and this is certainly how it felt as it slammed into the summit of West Kip during the 50th anniversary of the Carnethy 5 Hill Race. There were marshals wearing ski goggles, competitors literally crawling on all fours to reach the tops, and any running only being possible at a 45 degree angle. At times the sum total of your forward momentum was consumed simply keeping you stationary, the air moving so quickly across your face there was none left for your lungs and any exposed skin whipped raw from fat rain droplets being fired horizontally into you at 65 mph. Why would any rational person want to do this? But into this maelstrom 510 hardy souls started

and judging by their enormous grins and saucer-sized eyeballs at the finish line, I got the answer I was looking for. There definitely seems to be a correlation between wild conditions and people's enjoyment, and the feedback so far has been nothing but glowing. The race was only made possible in such conditions with the input of over 150 volunteers, many of whom had to endure much worse hardships than the runners. Sincerest thanks to each and every one of you.

As part of the 50th race celebrations we were honoured to have six participants from the very first race present, two of whom, Bobby Shields and Ewart Scott, ended up competing in both events which is a mind-boggling achievement. Meanwhile, Angela Mudge and Robert Cranston received their Quaichs for completing 21 races. The race was also notable for having its very first male winner from the host club, Alexander Chepelin, in a conditions-defying time of 53:17 (NB the race has had several female Carnethy winners already!). First woman this year was Hannah Russell in 1:01:58 and this ordering was reflected in Carnethy and Helm Hill winning the men's and women's team prizes respectively. Anniversary celebrations included a delicious curry, a commemorative mug, specially brewed beer (5 hops, 5 malts no less), beer mats, an optional t-shirt, and a Ceilidh in the evening too. Thanks to everyone that helped organize all of this and roll on the next anniversary!

On a personal level, it felt amazing to be part of the race again, my 14th and final as race organiser and a marked contrast to the health issues I was facing one year ago. Give me a battering from Storm Dennis any day over lymphoma and six rounds of chemo. How very lucky I am to be back to health surrounded by such a great group of people and involved in hill runs like this again. It's been an absolute honour and privilege to have served the race since 2007. I've met some amazing and inspiring people, and I wish my successor, John Ryan, every success during his tenure. Hopefully, conditions next year will be a bit kinder, although maybe that's exactly what makes a mid-winter race like this so memorable.

Olly Stephenson

I think it deserves a few words as it is the 50th race and the biggest hill race in Scotland (more finishers than the Ben) and also, as Olly says above in his report, it is his 14th and last year of organising and a very emotional year for him as last year on race day he was extremely ill in hospital on chemo (he had done loads of pre-race organising but had to hand it over to others including me for the race day). A year on, he actually finished the race in atrocious conditions as well as being organiser (this is mentioned in his report).

Andy Spenceley

OPEN

1. A. Chepelin	Carn	53.17
2. E. Lennon	Carn	54.08
3. A. McLeod	Shettle	54.35
4. M. Elkington	Amble	54.42
5. A. Fallas M40 (1)	Carn	54.45
6. F. Lydon	Carn	56.02
7. J. Wright	Amble	56.25
8. R. Jebb M40 (2)	HelmH	56.32
9. S. Alexander	Westlds	57.39
10. M. Ainsworth	HelmH	57.47
22. K. Richmond M50 (1)	Shettle	1.00.29
62. G. Nash M50 (2)	Carn	1.07.24
212. P. Simpson M60 (1)	Carneg	1.20.56
213. N. Neilson M60 (2)	Hartf	1.20.58
435. R. Sloan M70 (1)	Carn	1.44.59
449. R. Murdoch M70 (2)	Lochab	1.49.03

LADIES

31. H. Russell	HelmH	1.01.58
50. S. Taylor F40 (1)	HelmH	1.05.17
52. C. Graves	EdinbU	1.05.36
55. K. Roberts	HelmH	1.06.04
57. A Mudge F40 (2)	Carn	1.06.23
94. H. Page FU20 (1)	EdinbU	1.10.43
174. V. Oldham F50 (1)	Cosmic	1.17.37
195. J. Jepson F50 (2)	DkPk	1.20.05
330. J. McLennan F60 (1)	Dunoon	1.30.56
402. S. Davis F60 (2)	NFR	1.38.09
463. G. Paul F70 (1)	Carn	1.53.02
500. S Strain F70 (2)	HBT	2.11.45

PEAK RAID 3 MINI MOUNTAIN MARATHON OVERALL SERIES 2019

After what seemed like weeks of constant rain, the morning of the first round (of the series of four events) from Alstonefield dawned bright and still with clear blue skies but after the many days of rain, conditions underfoot were very wet, muddy and slippery. The limestone hills and dales of the area provided a testing navigational challenge and the course visited parts of Wolfscote Dale, Biggin Dale, Ecton Hill and Wetton Hill. The senior men's race was won by Steve Franklin who visited all control points and achieved a maximum score of 500 points in a time of 2:36:57 and in the senior women's race Sue Richmond won with an impressive 455 points in 2:47:49.

Round 2 of the series started from Great Longstone, visiting Longstone Moor, Coombs Dale and Monsal Dale. The area offered a good variety of limestone hills and dales and although icy and cold, the competitors enjoyed a fine day and some tricky route choices. The Parent and Under 18 category proved to be very competitive with Ben and Alice Crane finishing in first place. Hot on their heels were last year's winners, Andy and Emily Barnett.

Round 3 from Grindleford, and Round 4 from Calver, were both based on the Eastern Moors. From Burbage Valley in the North, to Ramsley

Moor in the South, these two events provided competitors with challenging navigation requiring strong endurance and determination over the heather, marshes and tussocks. The overall men's series was won by Richard Robinson with three outstanding runs achieving the maximum 500 points within three hours each time, with Philip Vokes close behind. Sue Richmond won the women's series, narrowly beating Laura Goy, with an exceptional performance from V60 Dorothy Pelly to take third place. A big thank you to everyone who participated in the 2019 series and helped to make the events such a great success.

Paul Addison

MEN

1. R. Robinson	NOC	1500
2. P. Vokes	SLOB	1484
3. M. Zaleski	Matlk	1453
4. M. James	PortV	1355
5. S. Mills	DkPk	1305
6. M. Anderson M40 (1)	Totley	1265
7. J. Moulding M40 (2)	DkPk	1240
8. M. Tonkins	Unatt	1232
9. R Dearden M50 (1)	NOC	1215
10. J Whilock M50 (2)	StaffsM	1206
11. D. Harris M50 (3)	Dee	1195
12. D. Lawrence M40 (3)	MacclH	1190
16. P. Gorvett M60 (1)	DkPk	1142
23. G. Briggs M60 (2)	Penn	1071

WOMEN

1. S. Richmond F40 (1)	Penn	1240
2. L. Goy	SYO	1225
3. D. Pelly F60 (1)	Amble	975
4. J. Gardner F50 (1)	Macc	935
5. H. Barnett F50 (2)	Unatt	933
6. J. Nolan/J. Crowson F50 (3)	DkPk	845
7. R. Boston	Totley	845
8. A. Baron-Hall F40 (2)	Unatt	810
9. A. Haslam F50 (4)	Unatt	752
10. C. Elphick F40 (3)	YorkAlp	715
15. H. Winder F60 (2)	Macc	624
16. K. Turner F60 (3)	Macc	624

MIXED

1. C. Jones/H. Moulton	SheffHH	1193
2. B. Crane/A. Crane P/C (1)	DerwVO	1155
3. A. Fry/C. Fry	SteelCS	1055
4. A. Barnett/E. Barnett P/C (2)	DkPk	1045
5. H. Waring/C. Waring	Mil' AC	1031

MANX WINTER HILL LEAGUE

When winter winds are piercing chill
And through the hawthorn blows the gale
With solemn feet I tread the hill
That overbrows the lonely vale.

The Winter Hill League is a series of three races; each is under 5 kilometres and courses are flagged. The series is extremely welcoming and inclusive, with many novices and a large proportion of

juniors tackling these fast and furious courses. This year saw over 100 entrants for every race and a record number of 77 qualifiers running all three races. As club stalwart Nigel Maddocks remarked, "Who'd have thought running around muddy hills in often appalling weather would prove so popular?" The first WHL race, St John's, was mostly run in Slieau Whallian Plantation. Orran Smith finished five seconds ahead of former English fell running champion Lloyd Taggart. Ben Corkill was third. Alice Forster first woman, followed by Eleanor Miklos.

Cringle, the second race, was run in horrendous weather, with a bitterly cold south-easterly wind and driving rain that meant the traditional finish line had to be moved onto the shelter of the plantation. Orran beat Lloyd by 16 seconds. Joey Bond was in third. Year 10 girl, Catherine Perry, was first woman, with nine seconds between her and Eleanor Miklos, whom she overtook in an intense battle for the finish. The weather was better for the third race, Eairy Beg. Although it was muddy around the summit (not to mention the three metre high slippery rock competitors were forced to slide down on the descent), the ground was pleasantly firm underfoot in the plantation. Orran just held off Lloyd, with 25 seconds between them at the summit and 11 seconds at the finish. Joey Bond (who came 33rd in the final round of Sky Race World Series in October) took third place. Alice Forster finished leading woman, overtaking Eleanor Miklos on the descent, with Year 10 girl, Mia Dunwell, in third. Overall, Orran Smith, who is thought likely to make a splash at the English Fell Running Championships in 2020, won the men's series, with Eleanor Miklos, also of Manx Fell Runners, taking the women's crown.

Manx Fell Runners' Richie Stevenson (Isle of Man Sports Administrator of the year) was thrilled to see such a successful season. "It's brilliant to see complete novices having a bash at this tough and challenging series. As for the juniors, well they really showed fantastic talent and determination." Manx Fell Runners will now be concentrating their efforts on 2020's fiftieth anniversary of their flagship race, The Manx Mountain Marathon, which takes runners from the North to the South of the island. The off-island club that fields the most entries wins a crate of beer.

Eleanor Miklos

Bleasdale Circle - Finty Royle (Chorley) ©Steve Taylor

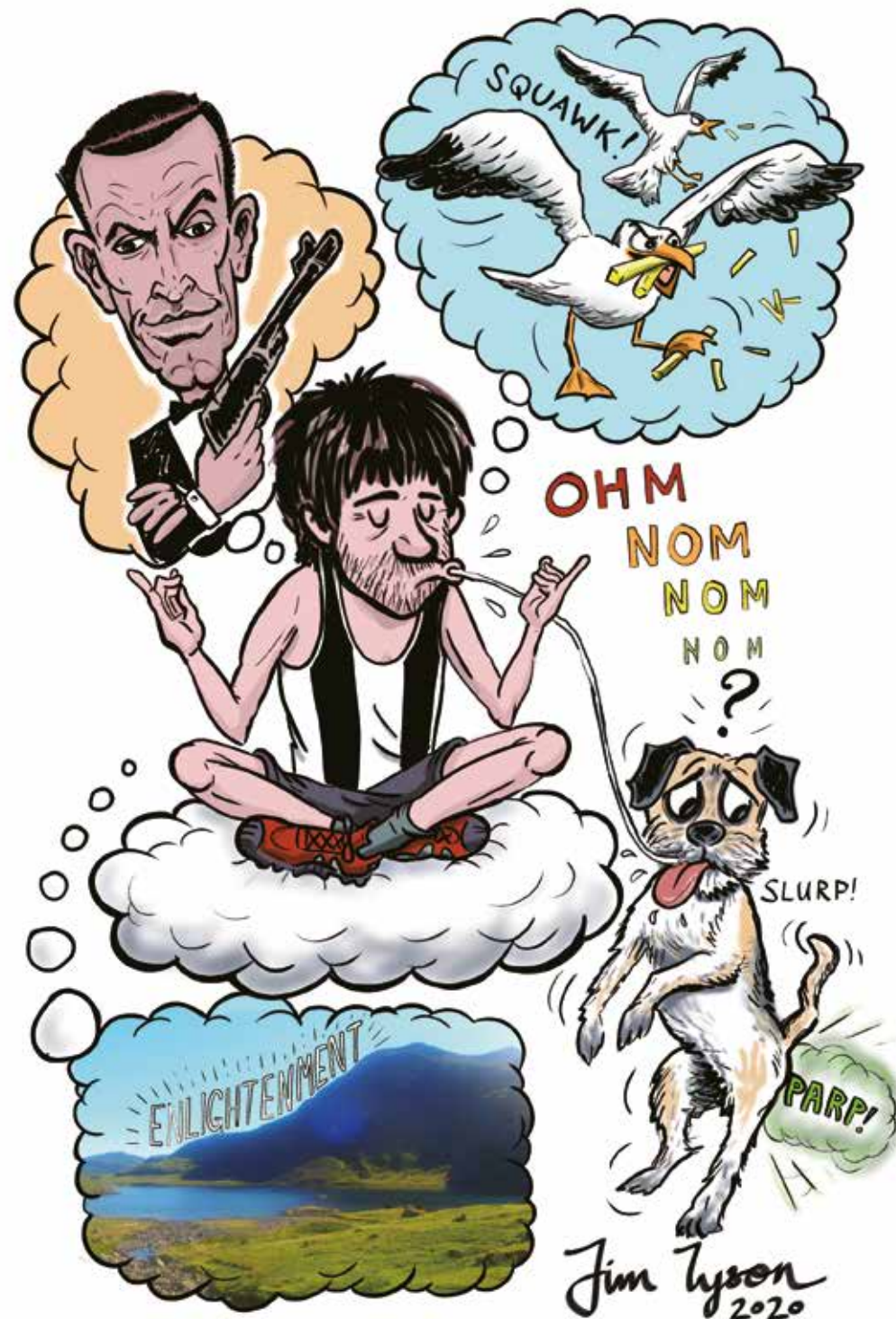
WADSWORTH TROG FELL RACE

A REPORT

**Ee bah gum
– them Yorkshire
folk aren’t as daft
as they sound!**

WORDS DARREN FISHWICK

PICTURES JIM TYSON



I’ve often heard the good folk of Yorkshire referring to Wadsworth Trog as ‘The Beast’. At 19 miles and 3650ft of predominantly undulating moorland it’s certainly a challenging early season endeavour; especially when taking into account the ungainly stretches of energy sapping bogs and tussocks that are frequently experienced throughout the route. Unquestionably, it’s fair to say ‘The Beast’ is a nickname that’s well and truly justified.

We have a beast at home. A beast of the four-legged variety, we call her Nellie. Occasionally Nellie also goes by the nickname of Cheeky Monkey. She’s a beloved border terrier and she relishes me doing races like Wadsworth Trog - for the night before an arduous event I’ll take onboard the carb-loading strategy of maximising the storage of energy in the muscles. Pasta is my carbohydrate of choice which subsequently enables me to play the ‘spaghetti game’. The rules of the game are simple: I dangle a length of spaghetti from my mouth and crouch down towards our excitable terrier. A parody of the scene from Disney’s animated Lady and the Tramp is then played out; whereby Nellie and I nibble away at opposite ends of the spaghetti and invariably kiss upon meeting in the middle. Unfortunately the ‘spaghetti game’ isn’t without its flaws as Nellie’s enthusiasm can sometimes result in a too close for comfort encounter with the tip of my nose. Once bitten, twice shy - these days I’m more inclined to break away from the ‘spaghetti kiss’ in fear of losing my substantial snout. There’s also the added drawback of flatulence as Nellie’s advancing years can sometimes play havoc with her digestive system; which is no longer forgiving towards pasta and she’s not self-conscious enough to withhold the gag-inducing evidence. She’s an old lady and has typically lost most of her inhibitions (my grandma Winifred went the same way). Nellie’s awkward body language displayed after her passing of wind is a sight to behold as she always appears surprised and embarrassed. Surprised by the act itself and embarrassed by our laughter that’s aimed towards her gas fuelled family fun. She’ll take umbrage and leave the room in a sulk, but she’ll return a few moments later and snuggle in between us without a care in the world. For that’s the nature of our beast...she’s a Cheeky Monkey.

My wife will always activity encourage the ‘spaghetti game’ as she finds the spectacle amusing. However, she’ll then call me uncouth whenever I participate as deep down she’s ever so slightly posh. When we first started dating over 25 years ago I was amazed to witness how all her family would sit around the dining room table for every meal. They’d never eat from the comfort of the sofa and experience the multitasking act of balancing a tray on your lap whilst watching television.

When I informed my parents about the dining etiquette of Alison's family they were suitably impressed. I also told my parents that Alison's mum never substituted custard with carnation milk whenever dessert was served. They were understandably flabbergasted for at the time evaporated milk was the housewives choice. My dad inquired if Alison's parents had tiles on their bathroom floor instead of carpet?...they did indeed. I didn't mention the separate shower cubicle and jacuzzi bath, as I feared my dad would've had an aneurysm. And to my recollection they certainly never played the 'spaghetti game' at meal times.

On the day this year's race calendar dropped through the letterbox I pencilled in Wadsworth Trog. At the start of the new season I promised myself I'd be more selective where my racing is concerned. I'd try to resist the urge to race 'willy-nilly' every single week. For in the previous 10 years I'd raced over a thousand times (1004 races to be exact) - it's been extremely enjoyable and rewarding in so many ways but also excessively hectic and expensive. I'm feeling a more relaxed approach to my racing will be adopted from now on and hopefully I'll benefit in the long term, especially as I'd like to perform to the best of my ability within my new V50 age category. To help curb my relentless racing urge my wife suggested I joined her in practicing Mindfulness.

I was intrigued by Alison's proposal and asked for some details - nothing too elaborate, just the basic facts. She passed me a leaflet which read: "Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, through a gentle nurturing lens"...there was more but I'd seen enough. Admittedly my actions of tossing aside the leaflet whilst proclaiming "what a load of hipster bollocks" wasn't to be applauded as mindfulness is evidently working for Alison. She proved so by remaining completely relaxed and totally composed following my act of ignorance. She calmly looked towards me and said "bell-end"...delivered in a manner of elegance that's uncharacteristic for such an insult. She then gently placed the leaflet back in the newspaper rack and returned to answering Bradley Walsh's questions on The Chase. When Bradley asked "what Kind of foodstuff is a clingstone?"...Alison instantly responded with fruit, which turned out to be correct. I was impressed and congratulated my wife on her general knowledge - she tapped the side of her head and simply said "mindfulness"...my scepticism was being tested. My wife could sense my guard was down and once again handed me the leaflet.

The night before Wadsworth Trog we practiced guided meditation. Before we started Alison said "open your mind to the experience...and don't take the piss". I promised to be on my best behaviour and remain fully focused. She then switched on a recording called Beach Walk. I was instantly drawn in by the sound of an acoustic guitar - it was a soothing introduction. The guidance was provided by a voice that sounded familiar. Alison must've read my thoughts and answered before I'd even asked my question... "no Darren, it's not the voice of Sean Connery". I couldn't resist and replied "the name is Bond, James Bond". Alison sighed and I whispered an apology (sorry) for my intrusiveness. I'm still convinced it's the voice of Sean Connery and visually think of him with each verbal instruction. I'm told to concentrate on my breathing, instead I take a sneaky peak at my wife methodically inhaling and exhaling. Her eyes are closed, she's already in the zone. Entwined with the soothing background music I can hear seagulls. I find their presence has an adverse effect on the ambience as I'm instantly reminded of the nuisance they cause whenever we're eating fish and chips on Whitby harbour ...from herein I started to loose my concentration. Next the voice instructs me to listen to the waves lapping the shoreline (I'm still convinced it's Sean Connery) but the more I hear the sound of water the harder it became to stay focused...I had to get up for a pee. Alison was soundly asleep, I'm mindful that meditation certainly works for her. I promised myself to try again in the not to distance future as the experience has left me 'shaken, not stirred'.

I hadn't done Wadsworth Trog since the route was slightly altered in 2015. It's now a marginally faster course since the last time I ran it, but there's still an abundance of bog and the navigation remains challenging over the often featureless moors. It's whilst trudging through a particularly boggy section on this year's race that I started thinking about the previous nights meditation. I can honestly say given the option of sand or peat between my toes - I'm bog trotting every time. Yeah, fellrunning can be tough and occasionally you'll question yourself, but blimey it doesn't half make you aware of the moment and the surrounding environment. All the while heightening your feelings - both physically and mentally. Well who'd have thought it?...unbeknown to myself, I've obviously been practicing mindfulness for years!

Congratulations to race winners Martin Howard and Sarah Hodgson. Many thanks to Jake and all the many helpers from CVFR. Special mention for the excellent hospitality at Old Town Cricket Club...I was bowled over.

Wadsworth Trog - beastly but beltin!



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