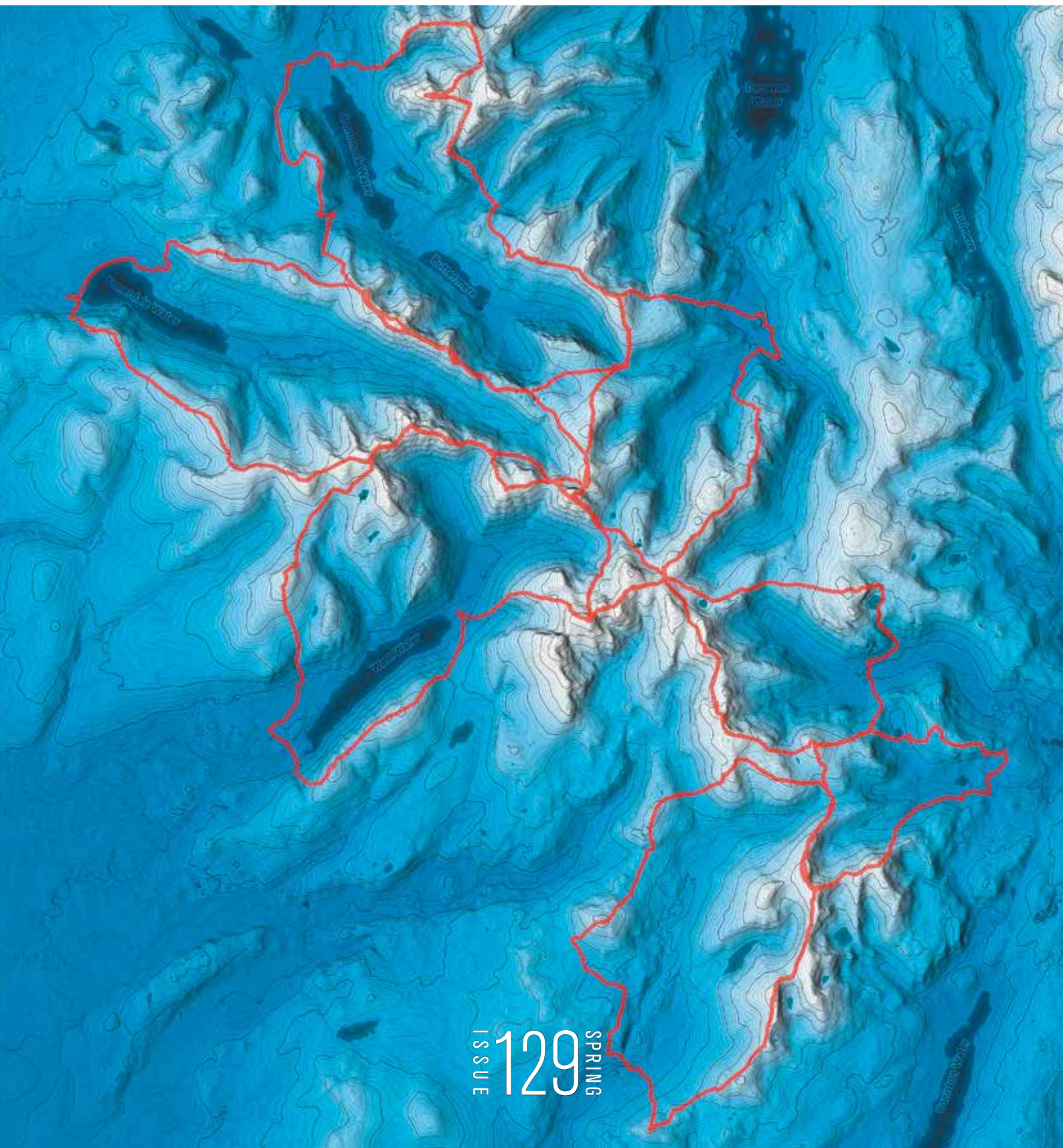


*The*  
**FELLRUNNER**



ISSUE 129 SPRING



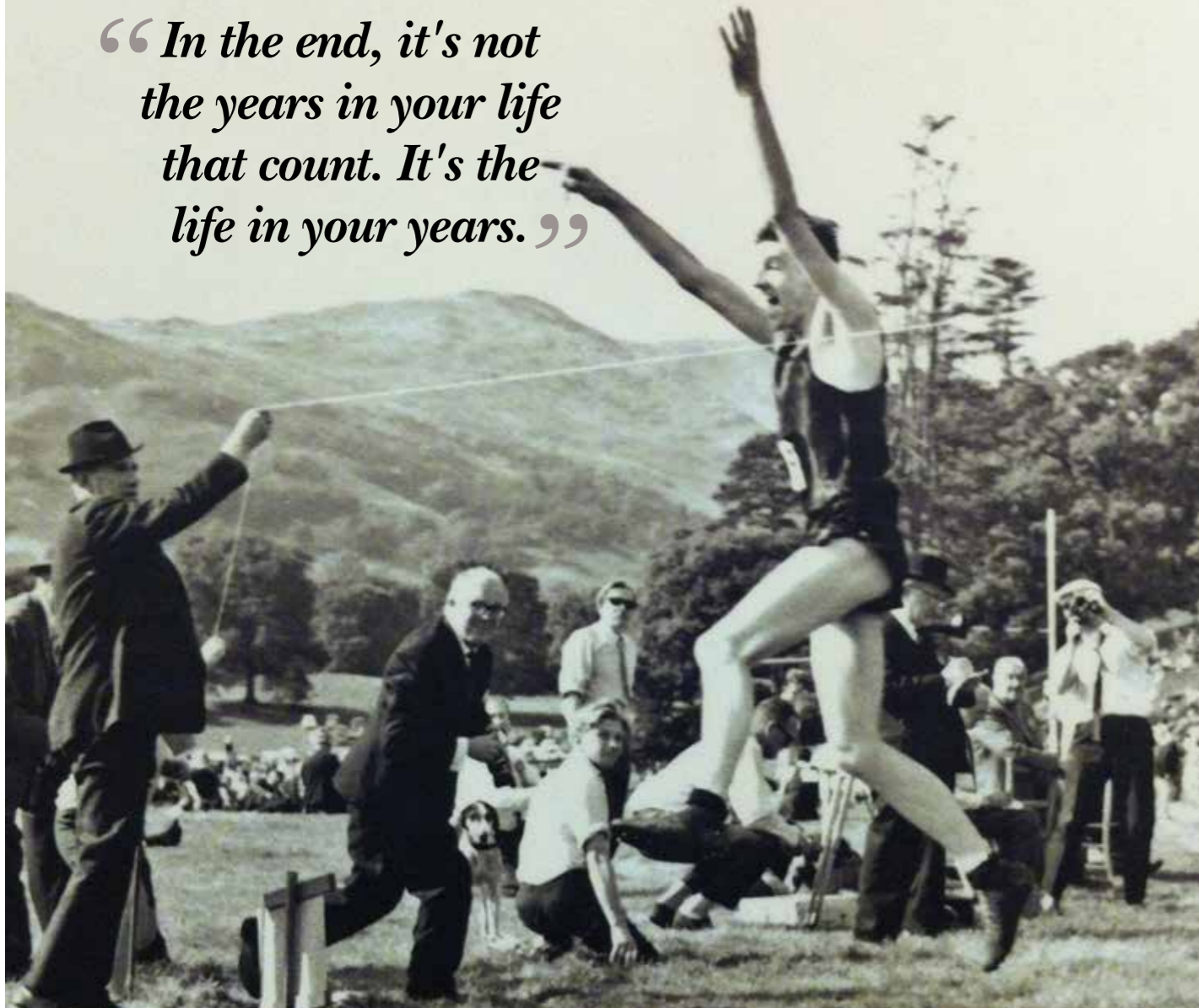
# Pete Bland

9TH NOVEMBER 1941 - 28TH NOVEMBER 2020

Pete devoted most of his life to two things, family and running. A long running career in the Lakeland fells, with the odd spell on the roads, led him to open Pete Bland Sports 39 years ago. Once the legs grew tired, Pete turned his attention to helping other runners. Ten years as England fell & mountain running team manager, forty years organising the Kentmere Horseshoe (as well as other races) and a long stint on the FRA committee are just some of his notable contributions.

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Please email membership or subscription enquiries and changes of address to Patrick McIver, [membership@fellrunner.org.uk](mailto:membership@fellrunner.org.uk)

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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](mailto: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](mailto: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.

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Below: Robert Mortimore (Helm Hill) at the Wasdale fell race in 2019 © Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)





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Tim Ripper's 'The Ripper Round' route linking up all the Lakeland Classics, designed by Andy Ford © Crown copyright 2021 Ordnance Survey. Media licence 053/21 © Otter Maps www.ottermaps.co.uk



## EDITOR'S LETTER

**W**elcome to the Spring 2021 edition of The Fellrunner. As I write this in mid-April, I feel a small sense of relief as fell racing has finally been able to begin, with Bilberry Fields, Pendle Way in a Day and Hoppit's Hill races leading the way. We have even managed to print some results, which didn't seem likely a month ago. But Covid-19 has had a terrible impact on people and communities. Fell running sadly lost one of its characters with the passing of Pete Bland. I thank Charmian for her efforts in making sure his life and contribution to the sport are honoured in the supplement to this issue.

Hopefully, we are going to see an exciting season in 2021 as runners make up for lost time; it is over a year since most people will have raced against someone - a virtual race against a stopwatch is just not the same. Due to uncertainty created by Covid-19, no fixtures were printed in the Handbook, but Andy McMurdo, FRA Fixtures Secretary, has been working hard to catch up as Race Organisers begin to feel more comfortable with the new regulations around Covid and start to obtain permits for their races. There is a bumper Calendar Update in this issue as we have tried to include all the races that have been issued permits at the time of printing. There are many races still to apply so the list is not complete. As always, please check the website<sup>1</sup> for all up-to-date information.

During the lockdowns I have had time to catch up with some of the history of our great sport through the online archive of Fellrunner magazines. Peter Hartley was a regular contributor to The Fellrunner over many years, with over 400 photos and 47 covers to his credit. Graham Breeze has written a review in this issue of a book about Peter's fell running photos which he describes as a '*definitive, photographic record that will live for as long as fell running exists*'. Praise indeed.

But it was another of Graham's articles, where he discusses safety in fell running, that made me stop and reflect. Chris Lewis was a member of a group of volunteers, one of the many Mountain Rescue Teams, who gave his time freely to help people in trouble who use the mountains for work or play. As you may have seen in the news or can read about in this issue, during a rescue he suffered serious injuries in a fall. Accidents can happen to anyone but try to mitigate any risks you take. It might not be you who suffers the consequences.

The FRA takes safety seriously and Race Organisers must satisfy both themselves and the FRA that a race is safe before a permit is issued. But are you as safe as you can be on the hills? To help you in this regard, the FRA organises both navigation and first aid courses

which are heavily subsidised by the FRA. Both types of courses are restarting shortly, and details will be posted on the FRA website and advertised in The Fellrunner. We also have the second part of Ian Winterburn's navigation article in this issue to help you brush up on your navigation skills and stay on course as you search out the checkpoints.

There are a wide range of people involved in putting this magazine together, perhaps the most important are the contributors. If there are no articles there is no magazine. So, if you have thought about an article that is suitable for your magazine, please get in touch at [editor@fellrunner.org.uk](mailto:editor@fellrunner.org.uk) and we can discuss getting your thoughts into print.

Stay safe on the hills and I hope to see you all at a race sometime.



DAVE LITTLER, EDITOR OF THE FELLRUNNER

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## STOP PRESS

A photographic and memorabilia exhibition celebrating fell running in the Yorkshire Dales is taking place this summer. Perfect if you want to see photos, memorabilia, stories, the evolution of fell shoes and even Tommy Sedgwick's bib.

Run the Dales Photographic and Memorabilia Exhibition opens at The Folly, Settle (May 18 – June 25) before moving to the Dales Countryside Museum, Hawes (July 23 – late Sept).

<sup>1</sup> <https://www.fellrunner.org.uk/races.php>

## CHAIRMAN'S LETTER

**A**s I write this, almost 30 million UK citizens have received their first dose of Covid-19 vaccine and the FRA is working towards a cautious return to racing on the fells. The first English Championship race will be at Ennerdale on Saturday 12th June and we are grateful to Colin Dulson, the race organiser, for his hard work behind the scenes to allow the race to go ahead in a Covid secure way in order to keep everybody safe.

Helene Whitaker and her team are also working hard to enable a Junior Championship series to go ahead and the first race was to be at Trawden but will be subject to a change of date so West Nab on 29th May is the first confirmed race of the series with Up the Nab on 13th June hosting the Inter-Counties.

Sadly, the vaccine did not come soon enough to protect a lifelong supporter of fell running and the FRA, Pete Bland. We were shocked and saddened to learn of his passing at the end of November last year and I have been working with his family and a fraction of the people whose lives he touched and inspired, to produce the supplement published with this edition of the Fellrunner. I am grateful to all those who have helped me with personal tributes and memories – thank you.

As more race organisers (and the communities the races take place from) gain confidence, we hope to see more fell races licenced and listed on the FRA website which should enable us to restart the aborted 50@50 race series. Inevitably, there will be more clashes than had been planned for 2020 as a greater number of races try to pack into a shorter timeframe but this will also offer more choice to participants. Watch this space as further details will be published on the FRA website and the official Facebook page.

We have been very lucky to have a proactive Covid working group led by Jamie McIlvenny from Trawden. They have regularly trawled through all the Government guidance and legislation to ensure that our Covid page on the FRA website has been kept updated with current advice. Due to this approach, England Athletics were so impressed that they were happy to defer all Covid related guidance for fell running to the FRA.

I was concerned that we might see a significant drop in the number of FRA members due to Covid but I am pleased to say that there is just the normal rate of late renewals which we always see at this time of year.

Now that there is the prospect of a return to some kind of "normality", I expect that we will see our membership numbers return to pre-pandemic levels in excess of 8000 before too long.

We are currently working with UK Athletics to develop a specific fell/hill/mountain/trail coach training module to bolt onto the standard qualifications which should enable participants to follow a specific pathway if they wish to develop their off-road coaching skills. We are grateful to Sarah Rowell for her expert guidance and hope to be in a position to launch the new module later this year.

Another massive piece of work which is progressing behind the scenes is the development of a new FRA website which is being led by Andy Watts (in addition to his substantive role as Treasurer). A developer has been engaged and work is currently being undertaken on the fixtures database and interface with race organisers. Tory Miller has produced some great artistic options for the look and feel of the new site and we look forward to rolling it out later in 2021. Meanwhile, we are grateful to Brett who continues to oil the wheels of the existing site which he has been managing since 2005.

Although there were very few races in 2020, the FRA Committee were kept very busy and I am especially grateful to Helene Whitaker who has gathered a very effective team to manage all aspects of the Junior Championships and related activities. Helene agreed to commit to two years to help us to develop and devolve the role and she will step down at the 2021 AGM having achieved what she set out to do. We will therefore be looking for someone to pick up the reins and work as a figurehead for the Junior sub-committee.

Nicky Spinks, who has worked tirelessly in her Access and Environment position, has also indicated that she would like a change of role going forward and so I would be pleased to hear from anyone who might be interested in joining us in either the Junior Co-ordinator or Access role and I can provide further details. Please contact me on [chair@fellrunner.org.uk](mailto:chair@fellrunner.org.uk)

So, with some more positive vibes, I really am looking forward to seeing many of you out on the fells or at races in the not too distant future.



CHARMIAN HEATON, FRA CHAIRMAN

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## SECRETARY'S CORNER

One of the benefits of helping to proofread this magazine (apart from the sneak previews) is that I can make last-minute changes to Secretary's Corner - especially useful for those occasions when it is found to be entirely absent shortly before publication. The punchy timeframe in which this column is being written therefore allows me to increase Charmian's estimate for the number of Covid vaccine first doses administered in the UK to 33 million, thank Dan Taylor (Todmorden Harriers) for having organised England's first post-lockdown fell race (Bilberry Fields on 30th March), congratulate Kim Collison on breaking the record for the Paddy Buckley Round with a brilliant run of 16h 20m and celebrate Leicester City reaching the FA Cup final for the first time since Neil Armstrong walked on the moon - my apologies to anyone I startled when the semifinal goal went in.

Despite the lack of racing the Committee has been extremely busy. With all recent meetings having been online we achieved 100% attendance for our February Zoom call - surely a first? Not so! Graham Breeze (FRA Honorary Committee Member) duly informed me that there were no apologies nor absences for one FRA meeting in 2004. On that occasion an "issue" needed to be resolved and the meeting reputedly included two resignations (one mid-meeting), one temper tantrum and a slammed exit door (in contrast to February's call, which saw merely a couple of tentative Jackie Weaver impressions). Other historical high attendances have correlated with votes of no confidence and radical secession proposals - so if you want a full house, arrange a controversy!

### FRA "FAQ" PAGES

One of the FRA's more significant lockdown projects has been the development of some FAQ (Frequently Asked Questions) pages for the FRA website, which are now available from the main menu. These are not intended to be totally comprehensive but we hope they will prove more readable than the formal rules and be useful browsing material for newcomers as well as more experienced runners and Race Organisers. We have tried to include a range of topics which commonly cause confusion or misunderstanding, and in some cases "infrequently asked" might be a more apt description of the questions, but hopefully they will be beneficial and ease some of the burden on Committee members' inboxes.

If you see a question posted on social media or elsewhere which you know is covered by the FAQ pages, please help out by posting a link to the relevant page. If the question isn't covered but would be a useful addition then please let me know by email, and likewise if you spot any errors on the pages.

### FRA CLUB AMBASSADORS

On the FAQ pages you might notice a couple of questions relating to the FRA Club Ambassador scheme. This new initiative, mentioned in previous magazines, seeks to promulgate fell running news and information to clubs via FRA members. Hopefully many of the club members amongst you will have received such an update from your FRA Club Ambassador in March. If you didn't, please ask your Ambassador to publicise the update via your club's newsletter, website or social media - you'll find a list of Ambassadors on our website (under the 'FRA' menu item). If your club isn't listed then no-one has yet put themselves forward - if that's the case, please consider volunteering for this low-effort but valuable role. (For readers in Wales, please contact the Welsh FRA through WFRA Chairman Craig Jones or WFRA Secretary Andrew Blackmore - diolch!)

### FUTURE STRUCTURE OF UK ATHLETICS

"Consultation on the Formal Membership of UK Athletics" is a phrase to set the most stoic of fell runners' hearts racing, and it was on this topic that some of the FRA Committee recently devoted an evening for a webinar hosted by England Athletics (EA). The consultation (of EA-affiliated clubs and athletes) sought to canvass opinions on the restructuring of the legal... no, sorry, I can't bring myself to go on. (It's online, if you're really interested.) Suffice to say that consideration of fell running in the process was conspicuous by its absence; it remains to be seen whether the FRA's petitioning for recognition in the reshuffle will cut any ice as the national associations play out their game of Risk/Diplomacy/Junta.

### JUNIOR TRAINING CAMP

A rather more engaging webinar took place a few days later on 28th March, when Duncan Richards (Helm Hill, FRA International Officer) hosted an online training camp attended by around a hundred Under-18 athletes. This was a great success, despite Duncan casually dropping in a reference to an interview with Iain Dowie from when he was Crystal Palace manager in 2004, before most of those on the call were born (as Duncan said afterwards, they probably all now think he was a runner). Many thanks to Duncan, Helene Whitaker (Harrogate Harriers, FRA Junior Co-ordinator), Anne Buckley (UK Athletics) and guest speakers Helen Clitheroe and Jake Smith for helping to inspire the next generation of fell and mountain runners.

### JUNIOR CARTOONS

On the subject of Juniors, we are delighted that Jim Tyson (Ambleside AC) has once again lent his artistic talents to fell running, this time

to produce a set of cartoons to encourage fair play by Juniors. Rule-breaking and disciplinary issues in Junior races are very rare, and usually nothing more than the result of over-exuberance, but there are a few more regular problems such as parents running alongside children or kit not being carried correctly. You can see Jim's cartoons in this magazine or at forthcoming Junior races, and we can provide printed copies for clubs, Junior coaches or parents - please contact Charmian (chair@fellrunner.org.uk) or Helene (juniors@fellrunner.org.uk).

### MAGAZINE WRAPPING

You might have noticed that the last magazine of 2020 came wrapped in paper, not plastic. The main driver for this was not environmental (although we hope there might be a small benefit there), nor monetary (though again there was an associated saving), but because of the number of magazines found to go missing in the post and the resulting time cost to the FRA Membership Secretary in following them up. The change seemed to do the trick, with far fewer reports of missing magazines last time round - hopefully this will continue in future, although in fact we have reverted to a one-off plastic wrap for this issue because of the extra size and weight from our tribute to Pete Bland.

### HYPERTHERMIA

You should have received with this magazine a leaflet on the dangers of hyperthermia (heat exhaustion and heatstroke). Many thanks are due to Ian Winterburn (Dark Peak FR, FRA First Aid Co-ordinator) for the leaflet's content and Britta Sendhofer (Ambleside AC) for the design. Whilst less of a risk overall to fell runners than hypothermia (an inconvenient homophone), heatstroke can nonetheless be fatal; in 2019 there were at least two hospitalisations for hyperthermia following summer FRA races. Please take the time to read the leaflet and consider how to mitigate the risks in very hot weather. The leaflet will also shortly be available on the FRA website.

### FRA RULES AND DUAL ENTRY FEES

As race entries start to re-open, you will notice that some Race Organisers have chosen to implement dual entry fees, with FRA members invited to pay a slightly lower price than non-members. One reason for this is to recognise the financial support that you provide to the sport through your membership - thank you. Another is that it had become clear that many runners were entering races without having even heard of the FRA, let alone being aware of the heightened risks in fell running (compared with e.g. low-level trail running), such as hypothermia. This most serious of topics is uppermost in our minds as we continue to discuss ways in which we can communicate with non-members and ensure that those

entering our most challenging races are appropriately informed, equipped and prepared.

The FRA's Safety and Rules sub-committee met this month to review our rules and documentation, but with the 2021 rules having barely been used in anger yet, the intention is to make very few changes for 2022.

### REGIONAL CHAMPIONSHIPS

As part of his role as FRA Race Liaison Officer (RLO) Lead, Stuart Ferguson (Northumberland FR) has been working to establish closer links between the FRA and various regional fell running championships. This initiative will be piloted through the North-East Championships, organised by John Tollitt (also NFR), whose reports you might recognise from previous issues of the magazine. If successful, we hope to extend this to other regional championships around the country. Stuart has already been in touch with a number of organisers but there might be other championships of which we're unaware, so please drop him a line at rlo@fellrunner.org.uk if you organise a regional race series and haven't yet been contacted.

### AGM AND COMMITTEE VACANCIES

All being well, we hope to hold the FRA's 2021 AGM after the Langdale Horseshoe Fell Race in October. As Charmian notes in her column, this will see a few members of the FRA Committee (hopefully not too many!) step down or sideways. If you might be interested in taking on one of the vacancies we would love to hear from you. You will find a little more information about the roles both in the 2021 FRA Handbook (pages 7 to 11) and in the job descriptions on the Committee page of the FRA website, but please don't hesitate to get in touch with any member of the FRA Committee if you'd like to chat through any of the positions.

All the best, and let's cross our fingers for a fantastic summer of almost-normal fell running.



NEIL TALBOTT, FRA GENERAL SECRETARY

secretary@fellrunner.org.uk



# TREASURER'S REPORT

## FINANCIAL SUMMARY FOR 2020

Of course, 2020 was an unusual year! First draft accounts show income of £124k and expenditure of £92k giving a net surplus of £32k, considerably up on 2019 which had a surplus of £9k.

Our subscriptions for 2020 were all paid before the Covid crisis, and so our income from subs and donations was unaffected. Our other sources of income dried up completely, as we held only one course early in the year and gave all the advertising in the Fellrunner free of charge (to acknowledge that some of our advertisers were having real problems during the year).

We published three Fellrunner magazines and the Handbook as usual, but our other normal costs were drastically reduced: with no support to Championship races, no Navigation or First Aid courses to subsidise, and no FRA 'Do'. One positive achievement was to hold an Under 23 training camp, which just fitted between lockdowns. Overheads, which partly arise from the travel expenses of Committee members going to meetings, were also very much reduced – we held the same number of meetings as ever, but they were all by Zoom. Perhaps we will continue to make this saving in future years!

But overall, the FRA came out of 2020 financially stronger – and determined to plough the windfall back into the sport in several

ways. Charmian has already announced a subsidy to fell races to enable them to introduce online entry, thus helping to make the race 'Covid compliant' by avoiding crowded registration areas.

We have also committed to support Junior Championship races to offer online entry and automated timing at no cost, or reduced cost, to the Race Organiser. This will allow these races to keep their entry fees very low – junior races at the moment normally cost only a few pounds to enter and the additional cost of online entry and chip timing would be a major blow without this subsidy. This will help to encourage junior participation, and may allow many races to keep going, especially if online entry becomes essential in the 'post-Covid' era!

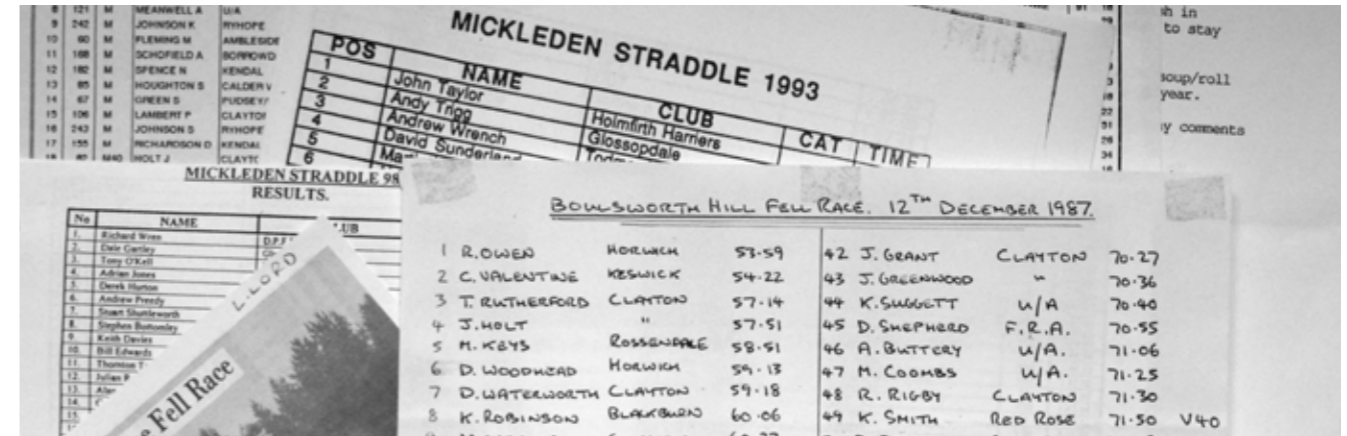
A further investment is being made in development of a new website, which will be more visual and easier to maintain. It will also include a new system for Race Organisers to submit their races for FRA licences. The new site should be available mid-year.

ANDY WATTS, FRA TREASURER

[treasurer@fellrunner.org.uk](mailto:treasurer@fellrunner.org.uk)



Rob Jebb (Helm Hill) and Matt Elkington (Ambleside AC) at the Wasdale fell race 2019 © Stephen Wilson www.granddayoutphotography.co.uk



## AN UPDATE ON THE FRA HISTORICAL RESULTS PROJECT

*Thank you for getting us started!*

As you will be aware from the last edition of the Fellrunner, the FRA is piloting a project to collect and preserve race results. To be sure of capturing as many results as possible we need to know what we are looking for! It is great to see that so many clubs have included race results on their websites, but equally there are so many race results which are kept in boxes under beds, files in the attic, and bags in the garage.

We don't want to lose any pieces of the rich story that race results tell. To this end, a great deal of time has been invested by Steve Taylor in putting together an amazing spreadsheet of past races, going back decades. The FRA race calendars have been pored over, and the Fellrunner checked for possible "updates": Steve is thorough in the extreme.

Now the exciting job has begun of turning the spreadsheet into a database of the results we've found and locating those still missing. Dave and Eileen Woodhead, with their almost encyclopaedic knowledge of the world of fell running, have searched for and compiled a staggering number of results so far.

We are so grateful to the many people who have been in touch following the last edition of the Fellrunner to say they have results to share. What an absolute joy it has been to be in correspondence or conversation with such a smashing group of individuals who all share a common passion for the world of fell running. From those of mature years to those still racing, it has been fascinating to discover the vast trove of results just waiting to become part of the project. We can't thank you all enough for getting in touch and bearing with us while we were producing the spreadsheet - it took

longer than anticipated. We will come back to you again in the coming weeks. Many of you had stories to tell around fell running and we will ask your permission to turn these into future articles.

The actual format of race results is a story in itself. In earlier days, many were handwritten, with race reports part of the sheets themselves. The picture above was one such example, found by Dave and Eileen Woodhead, of the very first Boulsworth Hill Fell Race in December 1987. Like many results we have included there is that well known highlighted line showing where the owner of the results came in a race. Lovely to see Team Woodhead were running that day!

You may have the one result we don't have. For example, does anyone have Beacon Hill Halifax 1979 or Borrowdale 1974 (we only have number 20 and below) or Borrowdale 1979 (we only have the first 10 places) or Ingleborough Mountain Fell Race 1973?

Are you, or were you a race organiser? Do you have sets of race results for one particular race, or covering several years? Are you someone who regularly ran a particular race? We would love to hear from you! Please do contact us via the details below. This has already been a smashing journey. It's been an honour to hear the stories of those who have run through years of mud and adventures. This is just the start, and we look forward to completing it – it may take a while!

RUTH THOMPSON, FRA HISTORICAL RESULTS CO-ORDINATOR

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# The RIPPER ROUND

## Lakeland Classics

WASDALE, ENNERDALE, BORROWDALE, LANGDALE, BUTTERMERE, DUDDON, THREE SHIRES.



3,000 ft

2,000 ft

1,000 ft



**W**asdale. Ennerdale. Borrowdale. Langdale. Buttermere. Duddon. Three Shires. Every fell runner has a story about at least one of them: from recounting epics of years past, to building up to running your first 'big race'; from going astray in the clag, to nailing that elusive racing line.

For quite a few years I had wanted to race all of them in a single year and had never quite managed to make it happen. It turned out 2020 wasn't intending to be helpful with this so, as the racing calendar shut down, thoughts turned to what else could be done. Beth (my wife) and I had talked for a while about linking race routes together (she has her own future plans around this) and the idea had quite quickly moved to running all the Lakeland Classics as a continuous round. Now that would be something!

As the year wore on, it started to look like this might actually be possible...

The first challenge was creating the route. Initially I thought about running each race, from the official start all the way round to the finish before running to the next start. This would have been a huge undertaking and (more worryingly) would have involved a large number of road miles. Try again!

Linking all the checkpoints didn't seem 'pure' enough, as it would lead me off the race routes. So I decided to try and run all of the racing lines of each race at some point throughout the round, even if this meant going over the same ground twice, but not necessarily all of one race at the same time. A bit of playing around with this idea (initially centred on Esk Hause - would someone come up and camp there all weekend?!) resulted in a full circuit of all seven 'classics', starting and finishing at Brackenclose in Wasdale. Perfect - not far from home, the start of the Wasdale race, what could be better?!

When planning this I thought there were only three sections that were not on the race route (i.e. sections that were necessary to 'link' the routes), and a couple of 'double reps' (of Great Gable and Pike of Blisco). I should probably pay more attention to my planning in future, as during the round I (correctly!) figured out that these weren't necessary! As for the schedule, I used a rough view of the length of each leg, combined with an estimated average speed for that section depending on the amount of ascent and my own knowledge of how rough the terrain is, varying between 2 and 2.8 miles per hour.

Sticking with the lack of planning, I only actually decided on a date a week before, so had a slightly mad week trying to arrange what little support I could. Fortunately, fell runners are a top bunch and in a few days I had what seemed to be a pretty solid plan with at least one support runner for most sections and luxury road support from Charmian Heaton, who can get her camper van anywhere in the Lakes!

And so - at 7am on a chilly Friday at the end of September, after a short chatter with Lindsay Buck (off on her daily Scafell litter-pick - what a star!) - John Fletcher and I started the clock and set off up towards Ill Gill Head and the Wasdale screes. We were off!

It was great to get started and I had to tell myself to hold back and just take it steady. Somewhere along here we realised that the GPS tracker wasn't working properly, leading to lots of messages being passed around to try and sort this out! I'm not particularly enamoured with the idea of having my every move tracked whilst out on a fell adventure, but the tiny OpenTracking devices certainly make life much easier for supporters and family back home wondering how it's all going.

We had a great run through Greendale (coffee and second breakfast - almost as good as Joss's drinks stop on the race!) and all the way



Previous page: Ennerdale fells and a stunning sunset, with Bill Williamson © Paul Wilson. Above left to right: Tim on Lingmell nose and almost finished © John Fletcher; The final descent down Lingmell nose - back home in Wasdale © John Fletcher; At Brackenclose, finally finished © Bill Williamson; Opposite page: Tim's route linking up all of the Lakeland Classics ©Crown copyright 2021 Ordnance Survey. Media licence 053/21 © Otter Maps www.ottermaps.co.uk



out over the northern Wasdale fells, before turning at Great Gable to join the Borrowdale line down to Windy Gap. Here we turned left and joined the latter half of the Ennerdale race route. All was going very smoothly so far, although it was a bit breezier than I'd hoped.

Jimmy Walsh joined us on Caw Fell, and I managed to slice my finger open on some barbed wire - gloves back on to make a good bandage! With forestry work going on over the normal descent down to the finish, John had recce'd an alternative line down the beck - the only deviation to a race route, but preferable to tackling the chainsaws.

Bill 'local legend' Williamson joined me here and we trotted off along the lakeside towards Great Borne. As we reached the short section of road, Beth arrived in the car and ran up - I'd forgotten to pick up my head torch whilst at the stop! It turns out it takes as long to drive around here as it does to run, as anyone who knows the Ennerdale/Bowness Knotts road will attest to! Bill and I chatted all the way along the ridge about long winter runs and other adventures, until Paul Wilson met us around the back of Haystacks. I'd recently supported Paul on his Steve Parr Round, so it was good to catch up again. He ran with us to Honister (via Windy Gap, to complete the Ennerdale race) and we managed to reach the camper van without turning on the head torch, but only just...

Bill and I then turned around and followed the Buttermere Horseshoe (Darren Holloway Memorial Race) route back out along the ridge we'd just run (with the few required variations) until we parted ways by Scale Force. It was pitch black by now and

quite fresh, but a stunning, clear night. I headed off up Mellbreak, with occasional glimpses of Bill's light over towards Floutern Tarn. The steady trot into Loweswater was quite enjoyable, although the lights of the Kirkstile Inn were very tempting!

I was starting to feel quite tired and hungry by now and had fully expected to be on the next section on my own. However, with some quick calling around, Charmian had managed to magic up some support in the form of none other than Neil Talbott. What a treat to have some company for this section! Neil's lines were perfect, and I think the most memorable part was navigating off the Grasmoor summit by following the stars. Forget the GPS ban - how about night-time racing with no compass and only the stars to guide you?!

Neil left at Newlands Pass and I was on my own again for the trudge up Robinson and over to Dale Head, then for my first 'hill rep' down to Honister and back up again. Buttermere race complete. Dawn broke on Dale Head and it was quite a pleasant run into Rosthwaite. I had a proper rest here, enjoying a short nap for ten minutes after breakfast, followed by some strong hot coffee and then set off again. It was a long slog up to Bessyboot (it felt even longer than in the race!), but it was great to see Aleks Kashefi on top. He had run out from Wasdale and joined me all the way out to Scafell Pike and then back down to Styhead. Everyone's favourite fell runner, Darren Fishwick, joined us somewhere near Broad Crag, but it was hard to spot him behind that beard he's been cultivating...

It was sunny now and I was almost feeling warm, with good chat going on around to keep me motivated. The rest of the country seemed to be out on Scafell Pike and not really being one for crowds I moved quickly on and over to the Borrowdale race scree descent.

Aleks's running flip-flops were getting quite a bit of attention ('Are you off to the beach, mate?') which kept us amused. Daz spent this time insisting that if I completed the round, he would ensure it was known as the Ripper Round. I'm still not sure whether to be very flattered or utterly embarrassed by this!

Hill rep number two arrived in the form of Great Gable. Aleks decided to opt out of this and head back down to Wasdale (something about already being a few hours late for work!) so Daz and I headed up (Borrowdale race now complete), then back down again for a Styhead picnic brought up by John Fletcher (who had also battled the crowds all the way up Wasdale) - hero!

I was now over halfway through and had completed the majority of the 'really big' races, but it still felt a long way to go and I was starting to feel a bit tired again until I heard shouts of



Previous page: Dawn arrives on Little Stand © Dan Hartley. Above: Time for a rest - the most comfortable bed in the world © Aleks Kashefi



Look what we found on the fell! © John Fletcher



'What are you doing, Daddy?' Tim's daughter Charlotte joins him at a breakfast stop at the Old Dungeon Ghyll © Howard Dracup

encouragement from up ahead. Sabrina Verjee (fresh from a little trot along the Pennine Way a couple of days before) and Tory Miller had brought a full tea party - tea, cakes, chocolate, and big smiles of encouragement. Thank you! Feeling much refreshed, Daz and I carried on along the 'rough' Esk Pike traverse and then over Bowfell and round to Crinkle Crag. It was nice to be able to see this section as Langdale race weekend normally involves thick clag - it also helped us find Harry Stainton and Dave Greaves who had been looking for us for a while!

I was about 70 miles in and had been on the go for 33 hours, and I think the chocolates had worn off by now, as I was really starting to question why I was doing this at all. My parents, who I hadn't seen since Christmas, were up for the week, and Beth and Charlotte (my little daughter) were at home. I should really be spending time with family, not running across the fells for no real purpose. As we plodded down off Pike of Blisco, I'd pretty much decided to stop here. It had been a fun adventure, but there was no point in dragging out the misery.

Fortunately, Beth had come to see me in the car park by Blea Tarn. I was allowed ten minutes rest, then given food, a hug, and a boot up the backside and told to get on with it! Exactly the kind of loving support I needed.

Daz headed off here (thanks for sticking around for so long!), and the rest of us went on over Lingmoor. I felt refreshed now and this section seemed to fly past, until suddenly we were dropping back into the Three Shires. Beth, Charlotte and my parents were here again and Mum had even managed to persuade the pub to give us some take-away chips - heaven! Properly re-fuelled we set off for the bracken-bashing climb directly up Wetherlam. Matthew Allen joined us, and it was great to have a little group of Black Combe Runners (my club) doing what we do best - being unsure of the way, having three working head torches between four of us, and generally having a good time!

Steve Wathall joined us at the Three Shires Stone and we turned around and headed back up onto Wet Side Edge to start the Duddon race. I was still feeling OK for this section and even managed a reasonable bit of running along the tops of the Coniston fells. I especially enjoyed the section over to Caw with the sneaky race route through the bogs that have caused a fair few race day mishaps. The feeling of moving well didn't last though, and by the time we were climbing back out of the Duddon Valley towards Harter Fell I could barely stay awake. I forced myself up to the summit with only a two-minute rest on the way up but my mind kept trying to find excuses to allow me to lie down: 'If I just pretend to trip on that rock, I can fall over and just lie down for a bit...'



“...the most memorable part was navigating off Grasmoor summit by following the stars”



**“ Is falling and breaking a leg really that bad if you get to rest? ”**

A couple more short power naps followed, but Steve was always brilliant at just keeping me moving and Dan Hartley (who had joined us at Seathwaite) tried to keep me awake with various conversational topics. Slowly we climbed Little Stand. It was cold, with ice on the ground in places. I still wanted to lie down every hundred yards, but eventually, as we neared the top, it started to get light and I knew from past experience that, once the sun was up, I'd move much better. Reaching Three Shires was great - Charmian had prepared some warm food and more coffee – the night was over. I'd completed the Duddon race and all that was left was to get back to Wasdale. Dan and I practically flew up Pike of Blisco (Three Shires race now done!) and met Howard Dracup on the top. I'd supported Howard on his record Steve Parr Round the weekend before, so now it was his turn to trot steadily along while I was the one looking slightly ruined. We reached the Old Dungeon Ghyll ahead of schedule and, while I was eating a second breakfast, Beth and Charlotte raced into the car park - they'd wanted to try and catch me here so had driven across first thing. It was great to see them both and there was a general buzz around - this was the last leg!

We headed off up towards Stickle Tarn and Sabrina turned up for a short section to say hi, and then we were back up into the fells. It was steady going - I felt good and my legs were strong, but having



Shiny shoes - the same as Joss Naylor's © John Fletcher

been on the go for over 48 hours I wasn't exactly racing along either. But the ground was good and dry and we made good progress through to Angle Tarn and up to Esk Hause. This marked the end of the Langdale race and all I had to do now was finish the Wasdale and get back to Brackenclose. For the first time all weekend it was actually starting to get hot - the wind had dropped, and the clouds were clearing to make way for a stunning day. Eventually, we topped out on Scafell Pike and Dan produced a little dram of whisky he had carried for this moment since the Duddon. I wasn't sure it would help my concentration, but it certainly tasted good!

And then it was all downhill! John Fletcher appeared again just off the summit and managed to show this local a couple of new lines through to the Lingmell nose descent. We trotted down the hill, legs feeling surprisingly fresh. Joss was waiting at the bottom of Lingmell, which really topped off the feeling of satisfaction. I had been getting some abuse all the way round for my very shiny yellow Scott shoes that never seemed to get dirty (a last minute panic purchase!), but it turns out I'm in good company - Joss was sporting a pair of shiny yellow shoes too! We had a good laugh, then he told me to get a move on and finish the round. It was a final few hundred yards along the river and down to the bridge at Brackenclose to close the loop of the Wasdale race and complete the Lakeland Classics Round.

I loved this challenge - in an unprecedented year, from having very limited running options through to watching records tumble, I really wanted to do something big I could be proud of. The idea of linking all the Classics routes had initially seemed far-fetched, but remarkably the whole route linked up really well, with only the section between the finish and start of the Duddon Race (which unusually are in different places) not being on 'race ground'. Plus, it actually turned into a great continuous round of many of my favourite parts of the Lakes.

More than that, it was brilliant as always to see how fell running friends were so willing to drop any other plans and come out to support at all hours of the day, and it was brilliant to enjoy time on the fells with everyone. A huge thank you to everyone who came out and supported, in particular the tireless Charmian who drove all over the Lakes and probably had less sleep than I did. Thanks also go to everyone who enabled my helpers to get out on the fells with me. And finally, thank you to Beth for pushing me to do this, for looking after our Charlotte whilst I was out running, and for giving me a push to carry on when I wanted to stop! If anyone else ever feels the urge to take this on, please get in touch - I'll happily be out there supporting, and I need an excuse to don the shiny yellow shoes again!



# LAKE, MERES & WATERS WINTER RECORD ATTEMPT

**WORDS & PICTURES** ROB ALLEN

**T**he 26 Lake, Meres and Waters has always held a fascination; a chance meeting with Joss Naylor in Wasdale in summer 2020 while supporting Paul Wilson's Steve Parr Round pushed me over the edge to attempt it. Joss spoke in glowing terms about the route and later, in a phone call, confirmed that it would, in his opinion, make a great winter route given the lack of extended time on the high tops.

A plan was hatched to try a winter attempt, with a period of leave booked and the intention to watch the weather and find a good window. Despite the interruptions of Covid-19, I was able to recce most of the route in the autumn, and with a good few months of training on top of a decent performance in the Thames Path 100 I felt physically ready. I was fortunate through the interventions of many, including Paul Wilson, Damian Hall and Tory Miller to assemble a crack crew of pacers as well as the undoubted Queen of road support, Charmian Heaton. No excuses, then.





Previous page: Rob dipping his toe into Overwater to finish the LMW; Above: Heading up Garburn Pass with Carol Morgan on support © Simon Franklin

As we rolled to the start in Charmian's smart new camper I was nervous like seldom before. The scale of the challenge, the kindness of so many to make it possible weighed heavy and I hoped I had the wherewithal to make it count. I was enormously glad to dip a toe in Loweswater at 00:00 on Saturday 12th December and set off for Crummock Water in the company of Chris Swanepoel and James Halse. We rolled along to Buttermere, up and over Red Pike and, after a tricky descent and bit of route finding, dipped a toe in Ennerdale Water. Four down.

Putting a schedule together had been a challenge, with so few completions of the route to compare. I worked off my recce pace, but it was clear I was moving more slowly than that – a theme that continued throughout the day. James, Chris and I climbed Black Sail Pass, and after a brief diversion towards Pillar, thought better of that and headed to Wasdale where Chris and James handed over to my Keswick clubmate Jacob Tonkin. Tonk was in great spirits as ever as we tagged Wastwater and headed past Burnmoor Tarn towards Devoke Water. I popped on road shoes for the section to Turner Hall Farm where we were accompanied by Charmian's partner Steve, who expertly fed me Hula Hoops from his mountain bike. Another shoe change, then we headed up Walna Scar Road. Having felt a bit flat all the way, I started to come alive here, just in time for a very cold windy section to Goat Water, around the Old Man and down to Low Water. Both Tonk and I got really cold and it was touch and go for a while whether we would have to turn back, although luckily the route we needed to take was not that dissimilar

**“ I think it's very likely that her intervention at that point saved the whole attempt. ”**

from what I would have done if I needed to bail out. After Levers Water I warmed up a bit, and was very glad to tag Coniston Water and get into Charmian's warm van.

At this point Charmian's mastery of her craft showed – I had told her it wasn't likely I'd want the hot meals I'd packed, but she just made one and handed it to me with a look that suggested this was not a negotiation! She also encouraged me to put on a complete dry set of clothes, and, when I warned her that nudity was imminent, remarked without missing a beat that she wouldn't let a little thing like that bother her! I think it's very likely that her intervention at that point saved the whole attempt.

Leg 3 beckoned in the company of the irrepressible Daz Moore and Kevin Barron. It was the first time all day I was moving at the scheduled pace and feeling good as we headed to Esthwaite Water, Elterwater, Grasmere and Rydal Water. When we got to Ambleside, another hot meal and a big crew for leg 4 awaited: Carol Morgan, Simon Franklin, Robin Regan and Andy Fid. I was really concerned

about being behind schedule and holding everyone up, but the pacers handled it all with good humour. A long section from Windermere to Skegges via Troutbeck and Kentmere followed, before we turned north. It had been my plan from the beginning to run this route as a tribute to Joss Naylor and so I took the route he had, including Kentmere Reservoir (as it happens, I don't think it's much further or slower than the alternative). We tagged that, and Small Water, before meeting Charmian at Haweswater. She had encountered terrible trouble, including road closures, and had had barely any sleep: I think we both agreed that given our time again we wouldn't have had her go to Mardale Head. We continued to Blea Water, over High Street where Paul Wilson was waiting, down to Hayes Water, Brothers Water and Ullswater. I stopped only to try and manage what by now was pretty awful chafing, only succeeding in making it worse, and set off with chilli and rice in hand towards Sticks Pass with Charlie Sproson and Kim Collison.

As it had been all day, it was a pleasure and an honour to be looked after by such classy and accomplished mountain runners. Their calm assuredness and good humour made all the difference and they seemed intuitively to understand what I needed. I wasn't feeling too chatty but it was great to tag along as the two of them caught up with the latest news and swapped stories. Sticks Pass was dealt with in good order, and we met Charmian at Legburthwaite for a

final shoe change outside Tonk's house. Despite his promises to come out, he'd turned in for the night. Fair enough, too! Charlie turned back and ran home to Patterdale, Kim continued with Alan Dorrington to Thirlmere and Derwent Water where we met an understandably very tired Charmian for the penultimate time. Kim said farewell at Keswick, as Alan and I continued along a deserted A591 to Bassenthwaite Lake and, finally, the interminable pull up to Orthwaite, before trotting down to Overwater to finish in 29:21. A new winter best time (subject to ratification) and the third fastest ever – albeit a long way behind Messrs Naylor and Heaton!

I can now say confidently that Joss was spot on about the route. He had said, and I concur, that he wished more people would attempt it. I hope in some way I've contributed to that happening – come and have a go, folks, the outright record might be a stretch but the winter one is definitely beatable!

Deepest thanks to Charmian Heaton, Chris Swanepoel, James Halse, Jacob Tonkin, Daz Moore, Kevin Barron, Carol Morgan, Simon Franklin, Robin Regan, Andy Fid, Kim Collison, Charlie Sproson and Alan Dorrington for support on the day; Martin Cox at V02 Max for coaching; James Thurlow at OpenTracking and David Thunder for getting my body in such great shape again.

Below: Rob at Hayeswater © Andy Fid







# 26 LAKE, MERES & WATERS

**WOMEN'S RECORD ATTEMPT**



I was first introduced to this challenge in 2017 by Tony Marlow who was planning an attempt. For the next 20 months, I joined Tony on reces and subsequently navigated two legs on his successful attempt in June 2019. He completed it in Leo Pollard's memory, the first completer. I became immersed in the route and found myself excited to give it a try myself.

So, early in 2020, I set a date and had a full team ready to support me. Unfortunately, Covid-19 hit us and training from home became the new challenge! My official date came and went amidst thunderstorms, so it was quite a relief that I was unable to start!

Thankfully, travel restrictions were lifted and I spent every opportunity getting lots of climbing and recceing in. I tested my fitness on a rescheduled LM40 and ran my perfect race finishing 1st Lady, despite the soaring heat. My legs recovered quickly and with less than 10 days to go, I gathered my team. 5:30am, Saturday 29th August 2020, I woke up in my car at Braithwaite. I wanted to recreate the events that led to my successful race only two weeks before. After a breakfast of two boiled eggs, porridge, and coffee, I made my way to the Illingworths where my leg one man, John Thompson, was waiting and we headed down to the start, with a minor detour...

At 07:13am, Steph and Guy waved us off from Loweswater. The trot along the shore of Crummock Water was surreal - finding my pace and the realisation of what I'd started! We soon arrived

at Buttermere where Chris Usher greeted us having offered his support only the day before! I felt really positive climbing Red Pike recalling the foul conditions of the recce and the contrast of today's weather. Before long, we were descending to Ennerdale. I felt so relaxed with the chatter and laughter, I almost forgot what I was here for! The climb out of the valley was a real pleasure, it made reaching the top arrive in no time. We traversed to Pots of Ashness where Chris left us. John and I continued our descent to Greendale where a small crowd ringing cowbells awaited. Tony welcomed me with a hot cuppa and some food after forfeiting running to do the entire road support! The glue that held the entire weekend together!

Before I got too comfortable, I was sent on my way with fellow Lostock AC member Chris Taylor leading us out of Greendale. Comedy duo Andy Ford and Paul Swindles kept me entertained as we headed off to touch Wastwater. From here to Devoke Water, it was a magical mystery tour. The only section I hadn't recceid. The mixed terrain was dominated by wild fell and bogs on the climb out of Eskdale. Sharing my rendition of 'We're going on a Bear Hunt' seemed most appropriate here until we reached Devoke Water. Several tussocks later, we stood on Green Crag taking in the amazing views and tightening our laces for the soft, wet descent. I loved the spongy terrain, so I stretched out adding some pace as I finished the leg.

The Coniston Leg started with a long slog up Walna Scar Road out of Seathwaite. The wind had picked up but nothing could stop the

Opposite page: Leaving Haweswater as the sun rises with Peter McNulty. 66miles into the journey © Paul Taylor; Above left to right: Ascending Sticks Pass in good company © Rob Green Jnr; the Bear Hunt out of Eskdale to Devoke Water © Chris Taylor; leaving behind the hidden gems on the climb to High Street © Paul Taylor



banter with clubmates Adrian Hope and Mark Shuttleworth. The rocky traverse to Goatswater was exciting and I was enjoying the new terrain. There was reminiscing of Tony's attempt which they'd both supported. The last stiff climb of the leg was followed by such a fun descent to Low Water. I took the lead on the unnerving traverse to Levers Water before hot footing to Coniston Water.

From Coniston, Mark Sammon, Rachel Hancock, and Sam Sale led me to Esthwaite under the setting sun. As darkness fell, the waxing gibbous moon seemed to follow us and the bats hovered above. We made swift progress to Elterwater along the country lanes. It was nice to be in a rhythm and add a bit of pace. On the final climb before Grasmere, we had a singalong though it felt like I was dreaming. After Grasmere and Rydal Water, I was on the home straight for Windermere. 4km of pretty flat road running. I went into a meditative state at times where my legs were on autopilot going faster and faster. Without realising, I knocked 1.5 hours off my schedule.

I left Ambleside with Paul Taylor and Peter McNulty. As we looked down at the moon reflecting on Windermere, the tiredness was creeping in along with stomach cramps. My poor eyesight made the descent into Kentmere down the Garburn pass painfully slow. We thankfully arrived at Skegges Water, which is much easier to find by day! The long trudge up to Gatesgarth Pass was eerily quiet but for the sound of foxes fighting. We descended to Haweswater with Tony, who had come up to meet us. I felt drained and got cold really quickly. Tony suggested a power nap so I shut my eyes! Waking to daylight 20mins later felt so strange! It felt like 2 hours! A quick coffee and I was on my way up to Small Water and Blea Water, the hidden gems. With the sunrise came heat to warm me up and get me moving well again. After touching Hayeswater, I was glad to be

descending to the end of the leg after what felt like a long night. Arriving at Hartsop was quite emotional. I was met by Leo's daughter Diane, Rob Green Snr and Jnr. and a surprise guest appearance from Maria, Honor and Becki! Cue happy tears!

My spirit was well and truly lifted and ready to go! Rob Snr set a good pace to Brotherswater and there was no easing all the way to Ullswater. The climb up to Swart Bridge required a couple of sit downs and a few sweets but by Sticks Pass I was recharged. Rob Jnr led the speedy descent to Stanah where I'd taken another hour off my schedule.

Sat in a layby for the changeover, I was totally overwhelmed by the people that had come to show their support including fell running photographer Stephen Wilson who caught every smile! I had to tear myself away from the party atmosphere and set off on the final leg, first stop Thirlmere. Alison Wainwright stepped up to navigate me to Derwentwater with Rob Jnr, Tony Miller was a surprise addition en route. Rob left us at Keswick but we welcomed Steph who led us to the only Lake, Bassenthwaite, where Tony met us. The only thing between us and the finish at Overwater was 6 miles/1000ft! I had so many mixed feelings on this uphill journey. I wanted it to be over so I could stop running, but at the same time I didn't want it to end because I'd had such an amazing time. I had tunnel vision as I ran towards the small crowd of friends cheering. That last 100m to the water had me choked up.

I calmly touched the water. That's it! The most amazing weekend and now it's over! It took a moment to sink in before I could celebrate. I did it! 103mi/22,000ft in 33hours 39mins and a new ladies' record. Only made possible by great friends. Thank you!



Above left to right: A speedy descent of Sticks Pass with Rob Green Snr and Jnr; Tony Marlow (the 7th person ever to complete the 26 Lake, Meres and Waters route and the inspiration behind the attempt) running the final stretch with me; Finished! Touching the water at Overwater © Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk); Opposite page: Map of the route Josie took when setting the ladies' record for the 26 Lake, Meres and Waters © David Rumsey Map Collection, David Rumsey Map Center, Stanford Libraries © Otter Maps [www.ottermaps.co.uk](http://www.ottermaps.co.uk)







# A WINTER BOB GRAHAM ROUND

SHANE OHLY, SOLO & UNSUPPORTED MID-WINTER BOB GRAHAM ROUND

30<sup>TH</sup> DECEMBER 2020

WORDS & PICTURES SHANE OHLY

&

**I** am standing at Moot Hall in the centre of Keswick. It's 00:05 on Wednesday morning 30th December 2020. The market square is completely and utterly deserted. Silence. I haven't seen a soul since leaving my friend Phil Winkill's house where I'd prepped my kit before heading out. It's clear and still with a full moon illuminating the outline of Skiddaw above the town. Perfect conditions for a Bob Graham round. I make a final adjustment to my laces, click my poles together, fold my map precisely for the first section and wait for my Suunto to confirm it has locked on to a satellite. The night's peace is broken by a single 'bleep'. We are good to go and I press start.

Around four hours later, cresting the Clough Head ridge, I turn right, south west, expecting the summit cairn to appear shortly. It didn't, and I'd underestimated how far away it was. I started to feel nervous as I probed forward, slowing down all the time and increasingly doubting myself. I was relying on my memory of Clough Head to find the cairn whilst following a few ad-hoc footprints in the snow. Stop. You idiot. You know you're relying on luck, and you can't bingo your way down the Dodds Ridge in these conditions. Get your compass out, get your map in hand and take a bearing! The cairn appears. Ok. I am in the right mindset for proper navigation now. Map-in-hand, thumb compass pressed against the map. Distance. Direction. Duration. The three most basic components of a navigation leg. Next stop Great Dodd. I am going to descend south west for 1km to the col, it'll take me 8 minutes. I'll feel the

ground flatten, turn south and gently climb for 500m, this will take another 4 minutes. I'll be slow climbing in these conditions, because of both the poor visibility and effort of moving in the slippery snow. Therefore, I estimate a further 15 minutes to ascend 1km, heading south east to the summit. My thumb compass has a fixed bevel and simple coloured blocks to align it. There is no such thing as taking a bearing whilst using it and I need to always know where I am and rotate my whole body, rather than moving my hand or wrist, to head in the correct direction. The ground starts to flatten, the timing is right, but no cairn. Ok, use the Force (if you have no idea what I mean you'll need to read some of my blogs). I pause, then turn to my left and adjust by 10m, using an old Jedi trick of not looking directly where I am going to allow my peripheral vision to pick out the cairn. Trust me it works, and it can double your effective vision in these conditions. Bingo. I love this.

Well, I wanted winter conditions and I have definitely got them. The snow is not as hard as I'd hoped and far from optimal. With no freeze-thaw cycle I knew that there'd be no neve, so I just have to contend with the energy sapping conditions underfoot. With most steps, I sink a little, slide a little, and consequently time and energy ebb away centimetre by centimetre. It is subtle at first, but hour after hour means this cumulative drain on time and energy turns a 20-hour round into something far more marginal.

The eastern horizon starts to burn and brighten, marking the arrival of dawn. I'd deliberately not checked any splits throughout the

Background photo: Shane on the summit of Scafell at 2:56pm





Above: Shane on the summit of Fairfield at 7:56 am; Opposite page: On High Raise at 10:18am looking at Dodds Ridge.

night, as I'd been very clear to myself about the type of experience I was after, and it wasn't one filled with the stress of chasing a time. Adventures like these have become deeply personal for me: replenishing and restoring a sense of inner balance, and that would be hard to achieve if I were chasing a particular result. In the days before starting, I had deliberately done no research about other winter rounds, particularly solo and unsupported rounds, and I absolutely didn't want to know who had the (rather niche) record for the fastest solo and unsupported winter round, and what their time was. However, I knew a few facts and there was no escaping from that. I knew for example, that Martin Stone had completed the first solo and unsupported winter round in 1987 (listen to his brilliant audio diary<sup>1</sup>), after many attempts spread over many years. I knew Jim Mann's 2013 winter record had been 18h 18m because I'd supported him. I knew that Kim Collison had improved that winter record in 2019 with an impressive time of 15h 47m. I knew I was running well, and my Cumbrian Traverse ten days ago neatly confirmed that. I was confident that I could run about 20 hours, although in reality I had been adjusting that outlook throughout the night. Climbing Fairfield, I resisted looking at my schedule. Climbing Seat Sandal, I resisted looking at my schedule. However, I could recall it well enough to know it shouldn't be daylight as I dropped down to Dunmail Raise if I had been on track for a 20-hour round.

I make a spur of the moment decision to go to High Raise first, rather than Sergeant Man, then High Raise. It wasn't a logical

decision at all. I had been following a well-trodden path in the snow until that point, and on a route I knew well. Now I am veering up Birks Gill just because I fancied going a different way. It was a mistake. There were no footprints to follow the entire way to High Raise, and the snow in the sheltered Birks Gill was the deepest of the entire round, occasionally sinking to my knees. I walloped step after step but just had to live with the decision. It takes 50 minutes to get to High Raise.

The long traverse to gain height towards Bowfell drags. The rocks are slippery with snow and again there are patches of ice that even my dobbed running shoes struggle with. The snow also obscures the occasional cairns that mark the route. It can be difficult to find and follow this trod in perfect weather, but today I keep finding myself standing still and peering ahead trying to identify a buried cairn or make out the tell-tale sign of the trod. I wonder if Martin's route up was different to mine: he describes really difficult conditions, and, having left his heel-crampons at Dunmail, had to make a series of dangerous lunges across consolidated snow between pimples of rock, totally committed to ascending. I suspect that there was a lot more snow on the ground to create these conditions for Martin, which would have been typical for 1980's winter.

Turning my back on Great End and heading south for Ill Crag, I suddenly feel lethargic and the soft snow seems to be clutching at my feet. I've gone without a night's sleep, and I've been on the move for over 13 hours, so it wasn't much of a surprise. My pace seems so slow, and I think back to running this section with Beth Pascall and how we had skipped across the boulders leading to Broad Crag, feeling strong and buoyed by the knowledge of her potential record-breaking time. Initially the impact of running in the snow is subtle, but the unrelenting extra energy it takes just to maintain even a 24-hour pace means you need to be capable of going much faster in summer conditions. How much faster? I don't know, but I am tempted to find out...

There are large numbers of people gathered at Scafell Pike summit, and I choose to tag the base of the giant war memorial cairn rather than join the small queue of people all trying to stand on the very top of England. I'd been mulling over my plan for getting up Scafell for some time. The previous night when Phil had quizzed me, I was adamant that I'd be going via Foxes Tarn. It's the slowest route

up but I thought it would be safer than Lord's Rake, and certainly Broad Stand, and besides, I wasn't expecting to be chasing a time. Now, with second after minute slipping away I am re-considering my plan and thinking I might go via Lord's Rake after all. Reaching Mickledore, I glance across at Lord's Rake, and up at Broad Stand. I decide that with more consolidated snow cover and a second axe, I'd go via Broad Stand and note that for the future, but that is largely theoretical for now. "Stick with the plan", I say to myself and start descending under East Crag, traversing high on virgin snow, to lose as little height as possible. I'm surprised by conditions in Foxes Tarn gully: it's a mess of unconsolidated snow, ice formations and, under it all, melting water that bubbles up to the surface here and there. The weight of time ticking away ever present on my mind, I take the most direct route up the gully, but need my axe to make progress pulling over the icy bulges and steps.

I was looking forward to the scree descent down from Scafell, but the scree is frozen into a carpet of immobile rocky blocks, which is difficult to run on. I'm much slower than I had expected, and it takes me 31 minutes to reach the bottom of the valley, compared to just 19 minutes when I was last here speeding down with Beth.

Dusk is approaching and the light is fading noticeably by the minute. I'm relieved to find the trod zipping under Stirrup Crag to Dore Head, but the climb up Red Pike is tedious, and I am feeling tired again. I really don't have much food left, so I eat one mouthful of something, and ration the remainder in my pocket for later. I keep pushing my thoughts forward to maintain some focus and remind myself of what a great summit Steeple is. It is dark again by the time I arrive there, and the gullies either side of the ridge look

ridiculously steep as blackness and torchlight play tricks on my sense of scale.

The long and gentle downhill from Pillar is a joy and I'm relishing the cold, fresh blackness of the night. I really do love being in the mountains in winter. The small tarn just before Black Sail Pass is incredibly beautiful with moonlight bouncing off the icy frozen surface to create a mesmerising and ethereal dance of light and shadow. It literally looked as though the tarn was alive with movement and I am compelled to stop and take a picture, despite knowing I'll never capture the moment.

I make another impulsive decision and decide to go up Kirk Fell by Red Gully. It's not a route I know well, but it's quicker than the normal ascent route and all of a sudden, I've decided that minutes count. Another short, stiff climb brings me to the summit of Great Gable, and I am relieved to be joining the Cumbrian Traverse route, which I'd been on only days before. The familiarity helps and I head off in the general direction of Green Gable confident again to be relying on the Force. I do my best to maintain some speed on the rocky descent, but accept that I have to slow down, or even stop, to carefully negotiate a few ice-smearred rock steps. There are many icy sections now as the temperature drops and a hard freeze is occurring all around me. I really don't want to fall and hurt myself having come this far and I temper my newfound enthusiasm just a notch or two.

I pause under the veranda of the Honister Pass café and re-organise my kit for the final time. I am out of food. "Oh well," I think to myself, "at least I've been doing a lot of fat adaptation runs



1 Martin Stone's audio diary can be found on the following link: <http://bit.ly/STONEBGR>



**“ I begin hallucinating with all kinds of different animals and creatures appearing on the fringe of my headtorch light. As soon as one beast merges back into a hedge or tree, another appears... ”**



Above: Shane at Moot Hall, shortly after finishing in 23 hours 26 minutes

this year. I guess we are going to find out how adapted you really are!” Whilst stopped, I check the schedule again, confirm to myself that I’m still on course for almost exactly 23 hours and compose a message to my wife Heather. I know I won’t be able to send it until I climb out of Honister and get stuck into the ascent without much more faffing around.

I want to drop down the steep slope that the Anniversary Waltz Fell Race ascends, rather than continue along the ridge of High Snab Bank, and I am preoccupied with trying to remember exactly where I need to drop down and forget about the rock steps before it. Suddenly I’m confronted by some very steep ground. The darkness and snow play tricks on my perspective and despite knowing it wasn’t actually that steep, briefly it feels like I’ve made some kind of horrendous navigational error. There is no evidence of any footsteps or the rocky path, so I just opt to go straight down... straight is great after all. Again, I need to use my axe to make safe progress but find myself making a few wild jumps down between ledges to save myself the hassle of puzzling out a safer route. “Careful Shane,” I tell myself. Martin Stone also had difficulties descending off Robinson and again I feel the minutes slide away.

And all of a sudden I am on the track leading to Newlands Church. A wave of relief rushes through me and I resolve myself to work hard on the road into Keswick, and I chuck in my last refresher bomb and push on.

And then things start to get weird. I begin hallucinating with all kinds of different animals and creatures appearing on the fringe of my headtorch light. As soon as one beast merges back into a hedge or tree, another appears just ahead. “Oh s\*\*\*, I really am on the verge of a massive bonk,” I say to myself: my sugar-starved brain is giving me one final warning as I find myself involuntarily walking again. “Come on, keep running”. Or rather, keep shuffling.

I know that Heather is planning to welcome me back to Moot Hall, and I hope Phil will be there as well. As I run past the Derwentwater Hotel, I see my first imaginary people. They are talking to each other in a conspiratorial manner in the shadows by the side of the road, and I move to the opposite side to give them a wide berth. They too morph back into the undergrowth just as I pass.

Heather is swapping rapid fire text messages with Martin Stone, who is now watching via the Keswick High Street webcam. There is a little cheer from Phil and Heather and a big hug, quickly followed by Boris from The Round arriving to offer me a pint of my choice. Nice. 23:26.

*This is an abridged version of the original article. The full and unedited version can be read on: [www.ShaneOhly.com](http://www.ShaneOhly.com)*



**WORDS** SABRINA VERJEE

**O**n 22nd December I received the announcement that the Winter Spine race was postponed. It wasn’t a great surprise but nonetheless I had been training optimistically just in case. I was fit and raring to go and I had always fancied racing in the Open Adventure Northern Traverse Race held in April but it never seemed to fit in with my other running plans. It seemed like the perfect opportunity to give it a whirl – given that all counties that the Coast-to-Coast route crosses were in Tier 2.

I set off at 8am on 26th December from St Bees running on my own to Ennerdale. The conditions were calmer than expected – it was dry and not too cold but it was forecast that Storm Bella was brewing and I knew that the first third, crossing the Lake District through to Shap, was going to be challenging.

I met James Thurlow at Sandwith where I stuffed in some Christmas cake and water and cracked on. The next part was a mixture of roads, boggy fields and tracks with slightly tricky

navigation in parts but it didn’t take long to get to Cleator. I headed up to Dent, the wind was picking up a little but thankfully it was still dry. I arrived swiftly into Ennerdale where Mike joined me. A slightly technical run alongside the lake: a bit rooty and rocky in places so it’s not the fastest flat running. Storm Bella was picking up momentum – fortunately, we were headed eastward and the tail wind was like a gentle hand shimmying me along my way. The run along the forest track up to Black Sail Hut was easy and before I knew it we were at Seavy Knott. The wind picked up some more and the grassy descent down to Honister was speedy! In fact we took Steph by surprise as she only just made it there.

At Rosthwaite it started spitting as we turned southward into the wind. It felt a bit slow pushing up the Cumbrian Way and I tried to hide behind Mike as much as possible. He did a great job of sheltering me, navigating and providing my food and water for the leg. As we had anticipated Storm Bella was raging and we were not able to speak much between Calf Crag and Helm Crag! We got blown over a few times and sometimes my feet wouldn’t go where I





wanted and I'd be pushed off on a tangent to then have to fight my way back to the path.

We descended off Helm Crag and out of the wind to Grasmere and I was spurred on by some cool purple writing on the road saying "Go Sabs". I headed up to Grisedale Tarn with Scott White and Laphroaig (the collie) as the darkness was setting in. It was fairly calm in the valley but as we ascended we felt the wind grow stronger and stronger on our backs; it was noisy. The paths were turning from bog to ice and there was a persistent rain spatter. I was glad for the studs I'd put in my shoes as they gave me some nice extra grip without the faff of putting spikes on. Grisedale Tarn was raging with sea horses – I'd never seen it like that. We were blown over a lot, so much so that one had to adopt the brace position for the gusts and crouch as low as possible. Poor Laphroaig would slip on some ice and then get blown for metres down the valley but he never failed to get himself up and trot off again with his tail wagging!

By Patterdale it was raining hard and I donned some extra layers for the brutal conditions ahead on the highest part of the route over Kidsty Pike. A balaclava was needed to protect my face from the potential sleet/hail/snow that Bella could throw at me. My husband Ben and I knew the route well so at least the navigation was not challenging although Bella tried her best to push us off the path at every opportunity. It was true, we could barely stand up. As we got up around Angle Tarn the storm was raging and fierce and really unpleasant. I was getting really annoyed with not being able to see because the wind kept blowing my hood over my headtorch so I had no light and the balaclava kept slipping over my right eye. There was no possibility of adjusting it there so I just had to put up with it but it made me fall over even more as I couldn't see where or what I was putting my feet on!

The rain was now heavy and there were torrents of water coming down the paths – I was so grateful for my knee high waterproof socks! The descent was tricky – ice, slippery grass, bog, fast-flowing streams and being shoved by Bella – it was hard to stay upright. The fields across from Burnbanks were so waterlogged, it was like wading through soup and you couldn't see the path. The roads weren't much better as they were like swimming pools! Should have brought a kayak! Scott had an endless supply of cakes – rocky road, tiffin, Battenburg and orange and almond cake.

Andy, Scott and I arrived in Shap like three drowned rats! I changed my clothes and ate cheese and pasta before heading out across the Orton Fells with Paul Nelson. Through horrendous bog, ice and streams we just kept ticking along and the rain kept pattering down. I did wonder how much more water could be left in the sky.

The track up to Nine Standards was pretty good and quick but I was lacking a bit of energy. Getting food in now was becoming a little hard despite all the yummy things I'd been offered. So I just kept banging in the jellies. The Cola ones also had caffeine in and so prevented any sleepiness. I wanted to be able to push on a little faster and keep up with Paul but I was now feeling it. It seemed to take far too long to reach Nine Standards Rigg. The very boggy and icy descent was tricky and seemed to drag. At least the dawn was coming and the rain was easing off. I fell in a deep bog – one that fills your clothes with muddy water – Paul pulled me out quickly and we changed my gloves. "Just over a mile to go to Keld Sabs" – phew that's not so bad. Then 30 minutes later "About a mile to Keld Sabs" ... err ... I'm sure we've done at least 2 miles since you last said that. Another 30 minutes "About a mile to Keld now Sabs". – "Paul you can take your mile and shove it!" ... I think I'm hangry!!!

Here we are about a mile from Keld... or maybe 10!

Sunny, cold, Keld – icy roads and deep river crossings and then finally – Debs' campervan but no George. I decided to take some time out here, I was not in a good place – I knew I hadn't eaten enough and my energy was low, I managed a porridge with a recovery drink in and a bit of pasta. The bad news was that George who was supporting me on the next leg was not here so I would have to go it alone to Reeth. I couldn't complain as I'd had such

amazing support and people had pulled together at very short notice to come and help – I just hoped he was ok. I set off with plenty of clothes and stuffed a bit of cake, my soft water flask and a gel into my pockets and just hoped that I'd meet some support soon so that I could refuel. As the food kicked in my mood improved and my legs found a way to trot along the icy paths. This section was stunning, snowy covered hills and glinting sunlight, I was happy on my own.

Not far from Surrender Bridge Sam came to find me – he had brought fresh filter coffee – I was being really spoiled! I managed to eat a banana and some cookie flapjack thing.

Not much further and we ran into George! He had set off from Richmond and just not made it to Keld because I was quite a long way ahead of my schedule.

At Reeth there were quite a few people to greet me. Jennifer, Caroline, Ian and Sam inundated me with food and I also got a panini from the Dales Bike Centre. The next section was fun on fairly easy road sections intersected with annoyingly boggy fields but it went quickly as we were all just chatting and I was managing to get food in. We were joined by Matt and Dave for bits – fellow ultra runners who knew what I needed – tea, home-made guacamole and humous with falafel and lentil chips!



Previous page: Sabrina encountering proper winter conditions en route © Samuel Johnson, Above top to bottom: Approaching Keld © Paul Nelson; Running into Richmond © Samuel Johnson

“  
...one had to adopt  
the brace position for the gusts  
and crouch as low as possible.”



Above: An icy descent © George Marchant



We arrived in Richmond just before 4pm. I remembered because all I wanted to do was sleep. But I didn't want to let myself sleep during daylight so I pushed on past Richmond to Colburn where I could finally lay my weary body to rest. Sadly, I laid down and couldn't sleep. My breathing rate was too fast at 90 breaths a minute and I was wheezing and coughing. I don't know how I hadn't noticed that my asthma was so bad! I tried to use my inhaler but I just kept coughing the Salbutamol out before I could inhale it. But as I lay there my breathing started to settle. I might have managed a few minutes asleep before Caroline came to get me up.

So off into my second night with Jess and Ian. Jess knew this section which was great because in the dark the navigation was impossible and the GPS trace was dodgy here. Unfortunately, although this section is flat it was hard to gather speed because the ground conditions were terrible – muddy, boggy, fields and waterlogged ways. There was a lot of road to Danby Wiske, which was tedious but a hell of a lot better than bog! The full moon was a welcome distraction and so bright and clear that we could turn the headtorches off. Caroline did an amazing job of meeting me frequently as I could then eat some proper hot food and she always found something new and exciting to cook! Ian made what could have been a terribly long night a fun adventure – chatting and distracting me and making sure I ate and drank. I felt stronger and stronger as I got the calories in. I was so glad when I got to Ingleby Arncliffe and this was definitely a turning point - I felt better and the route was getting more interesting again



Sabrina on the final stretch to the finish, accompanied by Claire Antrobus and Ali Dyke.

It was such a beautiful night – the moonlight, it was dry, it was not too windy – it was so enjoyable to trot along the paths and climb up the hills. The only problem now was that after 40 hours on my feet and only one hour of kip I was getting quite sleepy. I kept taking cola gels but the effects would not last too long, so I had three more 10-minute naps during the rest of the night to get me through to morning. These were short and efficient and also gave my body some time to digest some food – chorizo pasta, noodles, a fried egg bap, couscous, cheesy pasta – all good sustenance that I ate when we met Caroline in the van. Out on the hill it was mainly gels and occasionally some Christmas cake and fruit and nuts.

The footpath up from Claybank would normally provide a nice easy surface for a trot but it was covered in ice and snow and water and bog and it was hard to see what was what so you had to really watch your footing. As we approached Lion Inn another day was dawning – another good day promising sunshine and a beautiful end to a wonderful journey. Adrian took over here and I scoffed his Snickers, then the Tracker Bar and I was about to polish off yet another Tracker when a wonderful lady turned up with two mince pies – so I ate those! I got an energy burst and a spur on from the sun and pushed it on into Glaisdale almost on schedule. I tried not to waste too much time here and just stuffed some more food in and continued. Adrian knew the way which made things a lot easier, but unfortunately the roads were icy and we had to watch our step. There was a fair bit of bog slog from Littlebeck but I could smell the sea! At May Beck I was joined by Claire and Ali – it was great to have a good female contingent for the final run in. Adrian left us at Hawsker – he'd done a great job of nav and feeding and I was feeling good. Not far to go! I'll admit the Wainwright route here is massively frustrating – it's a long detour to run along the coast which I wouldn't have minded except that the coastal path is just a boggy mess and slippery and slidey and so slow when all you want to do is get to the Bay!

I completed the journey in 2 days 7 hours 58 mins, and it was both an amazing journey and a fun adventure. I would recommend the Coast-to-Coast route to anyone and whether you walk it over 14 days or run the Northern Traverse Ultra in a few days it is a beautiful route. Thanks to everyone for helping me – I couldn't have done it without you.

# The GUY *in the* BACKGROUND PETE BARRON

WORDS ROSS BRANNIGAN





**W**e come to a halt, our breath steaming slightly in the crisp November air. Pete Barron and I are walking along the bridleway above Rosthwaite, on the western slopes of the Borrowdale valley.

He has paused to point out Helvellyn, which stands out in brilliant clarity against the pastel blue sky. It's a mountain he has had a connection with for many years: essentially his office since 1991, first as a National Park Ranger for 23 years and now as property manager for the John Muir Trust.

"No joke, I know every stone", he says, pointing out Helvellyn and Swirral Edge. "Not that I've put them in – some of them I have – but on this side, you could see that path up the front from Keswick about 25 years ago."

I could imagine thousands of people who visit Helvellyn every year hardly batting an eyelid at the work going on around them - never knowing who was often doing it quietly in the background.

I first met Pete when I started working for the John Muir Trust. Living and running in Scotland at the time, I wasn't well-versed in the fell running scene south of the border. As I got to know Pete, I knew he was a good runner in his day, but that was as far as it went.

That was until I was flicking through a copy of *It's a Hill, Get Over It*, when an instantly recognisable figure jumped out at me: there, in a Helly Hansen baselayer and Keswick AC vest, already sporting a receding hairline, was Pete Barron, right next to Billy Bland at the end of his record-setting Bob Graham Round.

The incident was repeated when I read the 50th anniversary edition of *The Fellrunner*, noticing the same lanky individual next to Jon Broxap at the end of his 1988 Munro 24-hour record.

Fast-forward a few months, and I am sat on a wooden stool outside his home in Rosthwaite – with a mince pie in one hand, cup of tea in the other, and a collie jumping on my knees – ready to learn more about that guy in the background.

He holds out two thick scrapbooks. "Take a look at these." I open at the first page. "Recognise anyone?" he asks.

Centre-frame is the gaunt figure of Joss Naylor, jacket falling like a skirt past his shorts. To the right, Mike Short, Harry Walker and, in the background, a headband-wearing Pete Barron looking over Walker's shoulder. The caption reads "Ennerdale Horseshoe 1977".

Running from the mid-70s, Pete was toying the line with some of the giants of the sport of fell running: so much so his personal best at the Ben Nevis race of 1:30.51 (1983) placed him 10th, the top 10 crammed with Wild, Stuart, Bland and Broxap. Nowadays (route changes aside), that would place him comfortably in the top three.

"The depth of quality – though we definitely have quality now – I don't think has been replicated since then. It was phenomenal, really," he remarked.

Born in Kendal, the Barrons moved to Preston when Pete was nine. Ten years later, however, he "did a runner" back to the Lake District. It became a bit of a habit: any attempt to urbanise his nature failed, with two university degrees dropped to return to the Lakes.

It is not surprising. At school, his teacher would take some kids to the Lake District for weekend trips, for the princely sum of 30 pence.



Ben Nevis 1981 © Pete Barron

By the end of school, Pete had completed all the Wainwright's (as well as picking up an A-level in Art, much to his wife Annette's shock).

"[That teacher] set me up for what I ended up doing for most of my career, which was working as a National Park Ranger for 23 years."

Before becoming involved in conservation, Pete worked in youth hostels, which is where he discovered fell running. Working at Wasdale Hall, he got chatting to fellow warden John, who had a loop from the hall, up to Wasdale Screes and back.

Pete 'fancied a crack at that', and casually smashed poor John's best time. "He was really cheesed off", Pete says, with his trademark mischievous grin.

"In the mid-70s, in the youth hostels, there were quite a few big names working for YHA. It was a phenomenally competitive place to be as a runner.

"And we had our own races, and they could be really cutthroat – they were fierce. Fast as any championship race!" he laughs.

I ask, as his running and racing developed in the mid-70s, what his

ambition was: was he there to win, or just to enjoy it? He tends towards the latter.

"I don't remember it being a real problem. It was fun with some serious intent because the amount of time I used to put in running – around 70 to 100 miles a week – or skiing about 2000km at the start of the year, there's some seriousness there, isn't there?"

"Sure, I have done well; won cameras, percolators, sleeping bags – but that's not why you do it. It's for the buzz and the," he searches for the word: "Endomorphins, or whatever they are!"

We chat for a while about this, reflecting on my own racing and challenges when the clock becomes everything, but it's refreshing to be reminded to check in with the real reason you love the sport.

While we've been chatting, we've been walking up through a woodland behind his house, eventually emerging on the slopes of High Doat. There's a great view up the Borrowdale Valley, where the sun appears to set about two hours early.

Ash, his collie, drops a crab apple at his feet. "She's obsessed with these things", he says, and turns to look down the valley.

"I'm growing apple trees at the minute. There's a few in Borrowdale, but they're all old, and I've got this idea of getting crab apples back in the valley – this is PB's legacy, so to speak!" he chuckles.

"But she finds them. I'll throw them away, but she keeps picking them up!"

Something else growing in the valley back in the late-70s, though, was a friendship with Billy Bland. Both living in Borrowdale, Pete and Billy – occasionally accompanied by other Blands and Broxap (Broxy, as Pete calls him) – often travelled to races together, such as Ben Nevis.

Pete laughs at a memory he has of when he and Billy used to run together. "I remember a run from Honister to Keswick and back: we were running up a bridleway at the finish. He was ahead of me and he just turns around and says, 'What you doing? Saving yourself for a sprint finish?'"

"There's just no mercy, is there? I could've killed him, but I couldn't catch him!"

Before helping on Billy's record-breaking round in '82, Pete completed his own Bob Graham Round in 1978, alongside Jon



Previous page: Ennerdale Horseshoe 1977 - centre-frame is Joss Naylor and to his right, Mike Short, Harry Walker. In the background, a headband-wearing Pete Barron looking over Walker's shoulder. ©Pete Barron; Above: Pete behind Billy Bland after supporting Billy on his Bob Graham Round in 1982 © Billy Bland Collection



Broxap, who went on to run 20 hours 16 minutes. Pete, on the other hand, was suffering, his feet knackered after a hot Duddon Fell Race the week before.

They split up at Dunmail Raise (going anti-clockwise), Pete hobbling back in around 22 hours to become member number 90 of the Club.

Eventually, we come to Billy's 1982 round, when he set a record which stood until 2018. The timing of this in our walk could not be better: Pete supported on leg two over the Dodds and Helvellyn, the top of which now appears around Grange Fell on our right.

Steve Chilton's *All or Nothing at All* captures some of the events of that day. In Pete's words: "I was under a fair bit of pressure that day as I was navigating along the Helvellyn range in really bad weather... It was thick mist and for me to have got that wrong would have been a terrible thing. Billy might have been a bit upset!"

Pete tells me: "I'd like to think he only picked people who could keep up!" He pauses, and then says: "I personally think they've got a huge advantage now: the atmosphere's changed; it's been done; you've got a target; you've got a schedule.

"[Billy] just set off and ran with a few folk, with no set time or schedule, just by the way he felt. He sat down for 23 minutes, so

now people know they've got 23 minutes if they don't stop. He met someone with a bag of sandwiches and stopped to have a crack. All that stuff."

Pete isn't ever one to romanticise, though, and makes it clear he's hugely congratulatory towards Kilian and George Foster (who recently beat Billy's time to set the second fastest time on the Round). Indeed, in keeping with tradition, Pete's son Martin supported Kilian on his super-fast round.

"I think Billy's pleased it's broken now, too. It's everyone's round."

No doubt Pete drew upon the navigation skills he built up over many mountain marathons over the years to get them across the Dodds in one piece. Beside him on many of those mountain marathons was Jon Broxap.

"I met Jon through YHA; he was at Patterdale Youth Hostel. Jon was a brilliant runner – he was so driven. I remember at Kinniside fell race, you finish in the rugby field, and Jon and I were running neck and neck."

"And the difference between me and Jon was he would turn himself inside-out to win, he would throw up on the line. I just couldn't do that."

Pete chuckles: "I remember we got stuck behind some sheep on our Bob Graham, and Jon was so angry because we lost about 30-seconds!"

It's that kind of drive, though – sheep or no sheep – that helped Jon set the Munro record.

"We dropped off the north ridge and started towards Beinn Fhada, which is about as steep as grass can be, and I just stopped dead". And he does, mimicking his dumbstruck face on that day. "And he ran it, he ran the whole thing. It was phenomenal to see."

It isn't all about the big challenges and the racing: sometimes nature can be just as awe-inspiring.

"I helped on the last leg, too, onto Mullach Fraoch-choire, and we had Scotland at our feet: we were on the top, with an inversion. And I tell you, that is what this business is all about.

"It's the experience of what you accumulate over time, these memories – and I can go on all day – but also to be with someone who has just put themselves through a ringer and done something that's never been done before."

What I notice as we talk is Pete speaks very little about himself and his work in these stories. Despite being an integral part of Bland and Broxap's support, he talks much more about their achievements.

His humility is admirable, and he represents much of what people love about the sport of fell running.

Nowadays, Pete, who has reached bus pass age, isn't running, but that deep passion for nature discovered as a young boy persists. The pull that took him from his first job at a desk drawing maps to working in youth hostels continues to pull him to the outdoors, and not a day goes by he isn't power-hiking up High Doat or working on the slopes of Helvellyn.

For many years, he volunteered with Mountain Rescue, accompanied by his search dog, once again giving far more than he asks in return.

He speaks with pride about his work at Bassenthwaite Lake, working to reintroduce ospreys to the Lake District, and having been out planting alpine plants in secluded corners of Helvellyn.

I can see the buzz it gives him – a new kick of "endomorphins".

But there's a despondency lurking within him: "I've done duck counts on Bassenthwaite for 20-odd years, and when I first started, we had around 600 coots on the lake. Couple of weeks back, I went to do my survey – not one.

"We have to remember the dangers of shifting baseline syndrome," he says. This is the idea people believe what is 'normal' to be what they have grown up with.

He uses me, 40 years his junior, as an example: "What you, as a younger person see as normal, I don't see as normal."

He indicates the woodland around us: "It's a wonderful environment this, but it's degraded, and it'll be a massive challenge to turn it around."

Pete concedes he has been part of that, though, admitting his tendency to run the shortcuts over the fells, or to take the racing lines over the BGR.

"I've played in the Lake District as much as anybody, and I still do.

**“ We do need to recognise fell running has an impact, and there are things we can do to minimise it by not cutting corners or doing lots of recces on trods. ”**



Left to right: Pete at the Ben Nevis race in 1984; Pete running the Borrowdale Fell Race in 1979; Billy Bland and Pete being awarded the team prize at the Ennerdale Horseshoe in 1979 © Pete Barron



"It's kind of ironic," he muses. "One of the people who damaged these hills is also one of the ones trying to fix them all the years. So, I have got a bit of a conscience, I suppose!"

In a way, that's why I wanted to speak to Pete and learn more about him. He stands in the background of photos with Bland, Broxap and others, and even now works in the background to repair and care for the natural environment he loves, and we all enjoy.

We near the end of our walk, coming down the grassy slopes of Castle Crag, and I ask him what he makes of the name 'The Guy in the Background'.

"It's about right, really. I'm not a foreground kind of person; if I do something, I do it, know I've done it and go away.

"It was amazing to run with these people and run to a standard that stands up to today's times. In those days though, I was nowhere – I was the man in the shadow, but I think I liked that."

Just as the sun sets behind us, he reflects on his previous memory on Mullach Fraoch-choire, on that fateful day in 1988:

**“ You don't remember the hurt, you just remember the sunshine, and that's what it's all about, isn't it? ”**

So, next time you run across Helvellyn, take a moment to appreciate a man of the fells, whose unwavering commitment to his friends and this landscape epitomises much of the good in our sport.



Pete Barron on the fells © David Lintern

WORDS STEVE CHILTON

# GAVIN BLAND

## IN PROFILE (PART 1)

*"To win a British Championship you have got to be dedicated. If I didn't give the time to it there was always a runner who was better. When I was super fit I was as good as anybody. I had to do a proper winter's training if I wanted to do well. I don't miss training when I am not doing it; that is my problem. When I was injured, I didn't miss racing. When I was fit, I would rather race than do three weeks training. I'd race myself to fitness."*

**T**hat is Gavin Bland summing up his attitude towards being a top fell runner. Billy Bland reckons that Gavin, who is his nephew, was the most natural runner he ever came across. When I reminded Gavin of that not long ago, he laughed and said, "if you had seen me recently, you'd know there was not a lot of natural ability left". He had some of the same genetic material as Billy, but in many ways was a very different runner, and indeed personality, to his uncle.

Gavin Bland was born in the hospital in Penrith on 21 November 1971. His family lived at Nook Farm in Borrowdale at the time. His father, David, took over the farm even though he was the youngest of the Bland brothers. Gavin was the oldest of three children. He went to Borrowdale School and then on to Keswick School. "I went



Gavin Bland, Borrowdale Fell Runners, 1995 Elidir Fawr © Peter Hartley

through school thinking I was going into farming," he says now. "I was good at school until I realised that I didn't really need all the things they were trying to teach you. I left school at 16. A lot of my classmates went to agricultural college and things like that, but I had to come home and start working right away as I was needed on the farm."

Gavin ran at senior school and just as he started getting good, he suffered from Osgood-Schlatter's (a knee issue) and completely stopped doing sports. He didn't really start running again till he was 15. He explains how he got into competitive running. "We would be spending the summer going to sheep shows and there were races at them. At the time the sport was split into pros and amateurs. But as a junior I could please myself what I did. I could win Junior races





Gavin at the FRA 40th Anniversary © Peter Hartley

Gavin ran his first Senior race a week later, finishing tenth. He says it was further than he had run before, but that he found it easier than the flat-out pace of a short race and enjoyed the increased competition of running in a larger field.

Gavin was an immediate success and was soon picked for the Junior World Cup team. His first World Cup race was on 16 September 1989. Reading from his diary he shows how fiercely proud of his achievements he was: 7th in Junior. 2nd Englishman, being only the fourth best runner on the team. "It was a red-hot day; I still remember that. One of the lads collapsed. I could cope with heat when I was young, as pasty as I am!"

The international races were certainly different, as Gavin noted at the time. "They are flatter and faster and not rough enough for me, but I like them." He reflected recently on what this meant to him as a youngster. "The Junior World Cup was a nice incentive because we had been nowhere. I had never been abroad. There was no two weeks in Spain when you worked on a farm. For a boy from the fells I got abroad for a couple of years courtesy of the FRA."

At one point I asked about the Bob Graham Round. Gavin replied, "it is a long way is that! When we were at our best it just wasn't popular." But bizarrely he did do the BGR in rather unusual circumstances. Billy had vowed that he would walk every step of the way, and not run any of it – not even on the downhills. This he did in 1989, accompanied by Gavin, who was just seventeen. They were separated by ten minutes during the walk-in to Keswick (they went anti-clockwise), both getting under 21 hours without running a step. "The day that Billy and I walked it Jonny did the first leg with us (to Honister) and I bet he still wishes he had carried on with us that day just to do it," Gavin chuckles now.

Gavin reckons the step up from Junior to Senior was hard. "I was built like a 12-year-old, even when I was sixteen. I was just skin and bone. In 1990 I would have been doing quite a lot of running with Billy." Another diary entry: 24 Feb 1990 - 10 mile with Billy up Borrowdale: Mt View, Stonethwaite, Rosthwaite, Grange, Watendlath, Mt View.

For them both it was just a Saturday training run. "Soon after I did 15 miles, then five miles on road, ten-mile, ten-mile, ten-mile. I did five in the morning and then I played rugby and twisted my ankle and the diary goes blank. I wasn't doing big mileage. If you go out the gate and up a steep fell, your heart is doing 160 and you are just pitter-pattering, so I was getting fit without destroying myself. If I had tried to do what Billy did consistently then I'd have broken down."

Gavin's brother played rugby for Keswick for 15 years and for two or three years in the early 1990s Gavin would play for the third team. "Just socially really, but sometimes I wish I hadn't arsed about like that."

Running the Borrowdale race in 1990, Gavin feels he should have won. "We start clipping sheep in July. In the lead up to Borrowdale, if it is a late Borrowdale (like the second week, which is as late as it can be), we have finished, and I would be recovered from clipping. This time I went up Borrowdale looking at bits of the course with Billy, and I was goosed when I got back. Billy said, "you need to start off steady, don't go off trying to win. Get round your first one". I think I was about 22nd on Scafell Pike (that might be completely made up). But I was with Bob Ashworth and we passed Billy going into Honister. Mark Rigby won the race. I still to this day think that if I had set off to win then I would have won. I did win it in 1991, 1992 and 1993. And should have won everyone for the next 20 years if you ask Billy!" Gavin certainly seriously misremembered how far down the field he was. The lowest he was at any point was fifth, but he did pull through for second place.

Gavin's 1991 season really picked up and he managed to win some of the Lakeland classic races, including the Blisco Dash, and the longer Three Shires and Borrowdale races. He began to realise he was in with a chance of the British Champs title, and ended up finishing second to Keith Anderson, but having the consolation of winning the English Champs title, which had been competed for alongside the British Champs since 1986. He hadn't planned to target the English Champs, preferring to focus on World Cup races, saying that "running for England in the last four World Cups has been more satisfying."

He recalled the finale that year, as he scanned his training diaries. "I just went and did the races and ran against whoever was there. Keith Anderson was top man at the time. I beat him at Borrowdale, and I knew then that I could win big races. I have never come as fast off Scafell Pike as I did then. I ran with Keith down the Corridor and going up Gable I knew I was better uphill than him and I left him. Strangely, I can read these diaries now and think, "did I really get to such and such a place? Other races I can picture them still. Some people can remember them all, but I can't."

Gavin added his perspective on the breakaway Borrowdale Fell Runners club that formed in 1991. "Billy and Dave Wilkinson thought Keswick AC wasn't what they thought it should be. I didn't fall out with anybody. It was "do we all join Borrowdale?", and "yes we do", and that was that really. Keswick were not being as competitive a club as they could be. But I said last year we should

just fold now. Keswick are the up and coming club now. It has gone full circle."

In 1992, aged just 21, Gavin proved he could run long and short courses equally well. His early season was affected by a sprained ankle, but he struck form and won twelve races that season. These included victories at Borrowdale and Ben Nevis, but he also won the short Butter Craggs race in 12:43, just holding off John Atkinson. The race report notes that Atkinson had plunged into the lead coming down, following Mark and Craig Roberts' dominance on the climb, with Gavin taking a narrow win in an exciting finish. This was just one example of where his proficiency at descending would serve him well, garnering him comparisons with the best descenders.

There was a changing of the guard in 1992 when Gavin Bland beat his uncle Billy into second by three minutes at Borrowdale. Gavin had first beaten Billy in a race back in 1990 (noted above) and was really establishing himself. The 1993 Three Shires race was run in unsettled weather but still resulted in a new course record for Gavin Bland in 1 hour 47 minutes 59 seconds.

Gavin admitted to never training over courses, although he used to look around Long 'A' races. In 1993 he says he "looked around Duddon the week before the race with Billy, but we didn't look around Borrowdale or Ennerdale in one go but did them in stages. I can navigate if needs be, but prefer to know where I'm going in a race. I won the Mountain Trial without ever using my compass." I had thought that Gavin was not the best of navigators and casually mentioned that, only to be strongly reprimanded. He came back immediately. "I dispute that completely. That was printed by someone once and it is absolutely not the case. I am a really good navigator. When we were doing the FRA relays, we had some good navigators in our teams. If there was a decision to be made, I wouldn't let them make it because 99 times out of 100 I would be right." Suitably chastened, we moved on.

In 1993 Gavin Bland became the youngest ever winner of the Three Peaks race in appalling conditions. Gavin says it was his luckiest win ever. "We had gone around the course a fortnight before, three of us – me, Scoffer and Bob Whitfield. I was absolutely knackered and hanging on. I thought, "what am I doing this for?" Meanwhile, Scoff fell off a sink and he couldn't run in the race. Paul Sheard was up there but went wrong halfway round, so myself and Mark Roberts ran around with Paul Mitchell, racing as we thought for second, third and fourth places. We got to the last field and Mark Croasdale, who had been in the lead, lost out as he had run out of petrol coming off Ingleborough. Mark and I left Paul, who had showed us the way round, and sprint finished that last field and I won it."



Mention of Scoffer leads me to a story that he told me the other day when I asked him for his memories of going to events or competing with Gavin. He recalls doing the Old County Tops with him (a pairs event). "Gavin got a bit tired but refused to drop out despite my protestations. This resulted in him lying down somewhere near Swirl How and me giving him the 'Naylor shake' (for those who don't know,



Gavin Bland racing in the 1991 Ian Hodgson Relay © Peter Hartley

the casualty lays on their back whilst the attendant holds onto their ankles and shakes their legs vigorously). This made no difference whatsoever. We just crawled to the finish about an hour and a half after we should have been, while I nearly died of exposure."

Gavin Bland is 5 foot 11 inches tall and weighed 10 stone at his racing peak. He admits to not being a brilliant climber. His stated preference is for steep, rough courses and he does better in longer races. In the early days he claimed he wanted to run on the roads later, and wanted to beat Billy's Bob Graham Round record. But his career took a different path. Early on he says that his cousin Jonathan and John Atkinson were his main rivals, and that Kenny Stuart and Colin Donnelly were runners he particularly admired.

In 1997 he set the present course record of 1 hour 45 minutes 8 seconds for the Three Shires race. Although he couldn't find his diary for that year Gavin explained about having a difficult lead-up to that record. "I had my appendix out in April. I was in real bad fettle till the middle of July. They stitched us up wrong. But I got right again and Borrowdale [in August] would be one of my first races back, and I ran well to come second behind our Jonny. If Borrowdale had been a week later, I would have won it. Until the end of that October I was unbeatable. That was one of my mini peaks. Because I had been unable to eat, I lost weight. I won the Ben that year as well."

Gavin also commented at this point on the vagaries of memory. "I once went to the Ben and finished second and I can't remember a thing about it. The two times I won I can remember them clear as day. I was coming to the road the second time with a good lead and was told my time wrong, so I didn't put it all in. If I had been told right, I would have been a lot closer to Kenny's time than I got."

Scoffer had another Ben Nevis story that Gavin seemed to have neglected to tell me. Scoff says they once went to the Ben Nevis race and had to be back for a 21st birthday party the same evening. "So it was a case of straight across the finish line into the car and go back home. Gavin was a bit too hasty as he slammed down the hatchback of Stuart Bland's car, catching the buckle of one of the bumbags in it and the back window smashed. We had to drive back to the Lakes with no back window and all covered in glass."

Let's leave the final word to Gavin though. At one of our conversations he ended one particular thread of enquiry (on racing the Ben) with a triumphant statement. "I won the Ben Nevis race one more time than Billy."



# SOME THOUGHTS ON PHYSIOLOGICAL TESTING OF ATHLETES

WORDS STEVE CHILTON

**B**illy Bland, Fred Reeves, and Tommy Sedgwick were all top fell runners. Back in the early 1980s, Tommy Sedgwick noted that a sports professor contacted himself, Bland, and Reeves to test their physiology and find out how they trained. Sedgwick explained to me:

'Fred was more technical than me and was coached by Dennis Beavins. I tried to explain to the professor what training I did, by writing it down for him. I have the greatest respect for Billy Bland, but he is rumoured to have responded, 'I go out the back door, run on the fells till I'm knackered and then come home'. No technical stuff with him, but his stamina was tremendous.'

Billy Bland, whom I consider to be the best fell runner of all time, admits that he did not take up the offer of being tested, and that the assessment of his training is pretty accurate. I get a strong feeling now, having interviewed him numerous times whilst writing a biography of him, that he is sorry that he did not participate in the testing.

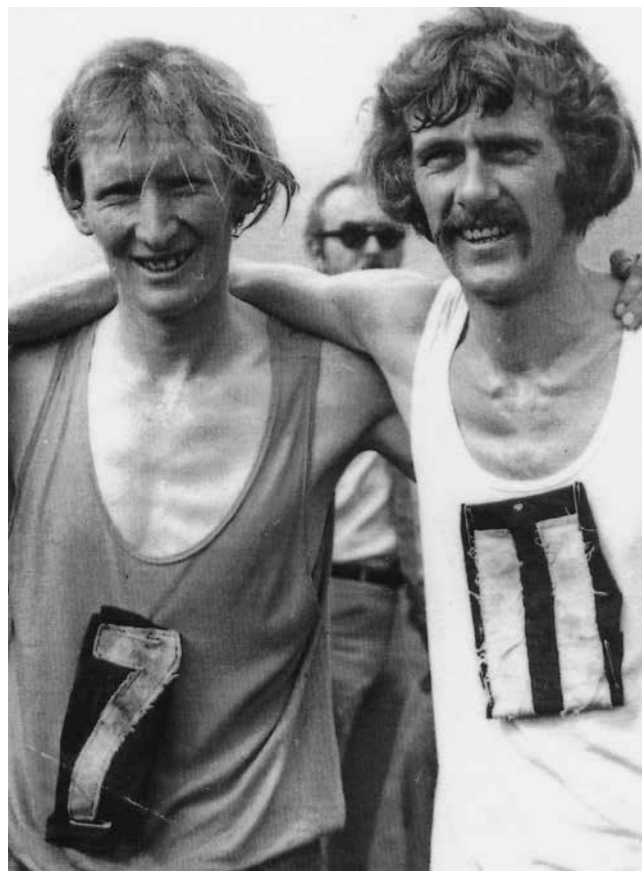
It would certainly be interesting to have access to some data to assess him by. Even now Bland's resting pulse is around 48 bpm, and he claims it used to be in the low 30s. He is 5 ft 10 ins tall and was around 10 st 7 lbs when fighting fit, although he says he wanted to be 10 stone. For comparison Fred Reeves is also 5 ft 10 ins tall and weighed 9 st 7 lbs in his peak years. Richard Askwith



(in his book *Feet in the Clouds*) reported on tests done on Reeves at Leeds University in 1981, which prompted the national marathon coach to suggest at the time that Reeves still had potential at the marathon, even though he was already 36 years old. These were quite probably the tests that Sedgwick refers to, which gave the following details:

'Reeves was recorded as having a body-fat ratio of just 6.64 per cent, a resting pulse rate of 42 beats per minute, and a VO2max of 79 millilitres/minute/kilogram.'

Mulling over this, I had the idea that it might be possible to get Billy Bland to a lab now and find out what his current physiological measurements status was, as he is still obviously phenomenally fit, being capable of winning his age group at a national level in cycle races.



Previous page: Billy Bland training in 1982 © Billy Bland Collection; Above: Tommy Sedgwick and Fred Reeves, rivals & great friends, at Grasmere in 1973 © Tommy Sedgwick

I am very much aware that research shows that in the general population, VO2max tends to decline by about 10% per decade after the age of 30. However, work by Christopher Minson (at the University of Oregon) suggests that:

'Athletes who continue to compete and train hard can reduce the drop by about half, to 5% per decade after the age of 30.'

Minson concludes that:

'The reason VO2max declines with age is that our maximal heart rates go down as well. And this decrease reduces both cardiac output and oxygen delivery to the muscles, which translates to a lower VO2max and thus to lower performance in endurance events as we age.'

Even if oxygen delivery to muscles goes down, the ability of your muscles to efficiently utilize the oxygen they do get relative to a given workload (this is called exercise economy) is well maintained into our 60's and 70's, though total muscle mass tends to decline as we age and can contribute to declines in performance as well.'

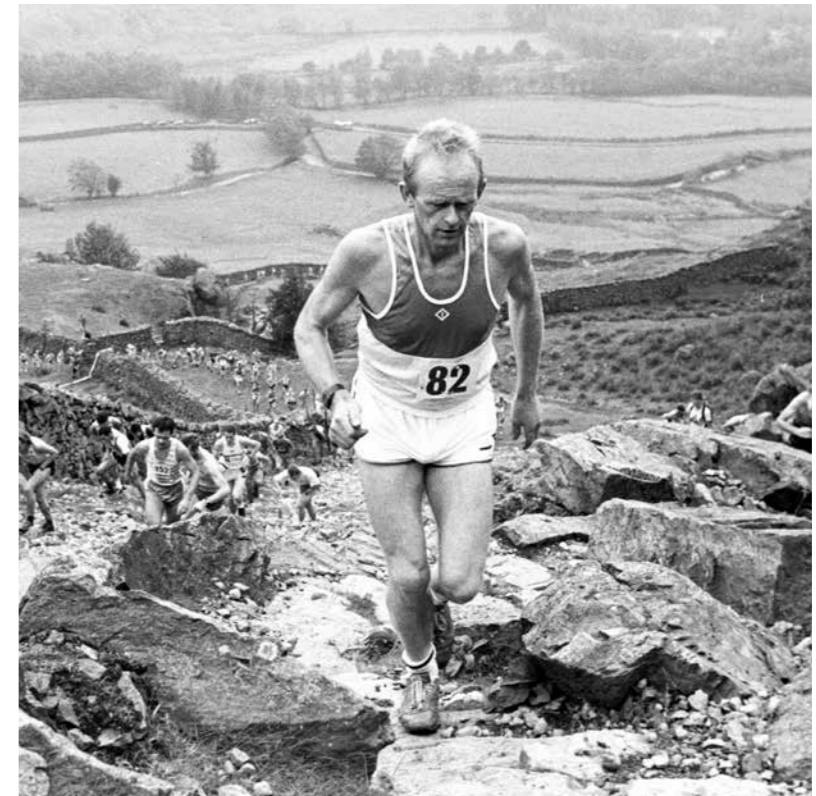
Having said that and knowing how well he was performing now on the bike, I was interested to know Bland's VO2max and extrapolate to what it might have been at his peak, which was when he was somewhere between 33 and 40 years old. He was born in 1947.

Making enquiries across my network of contacts in the field of sports science, I identified a couple of laboratories in the North of England that might be able to do the appropriate measurements, and duly approached them.

Sadly, I drew a blank at both.

The first lab responded by saying: *'Having spoken to multiple members of the team and considering the age of the participant, we agree that we wouldn't be able to carry out the tests without the appropriate safety precautions. We don't currently have a CPET system that allows us to monitor 12-lead ECG and blood pressure during maximal tests, which we all feel would be necessary to conduct this test safely.'*

There was a remarkably similar response from the second laboratory. I was initially extremely disappointed. It all seemed



Above: Billy Bland racing at Langdale in 1990 © Pete Hartley

to be overly safety conscious. Is an acknowledged fit older person really a risk to test in this way? It seems we will not now get an intriguing window into the physiological makeup of this great athlete.

It did produce an interesting exchange between Billy Bland and his wife Ann though. "Get you physiologically tested?" says Ann. "Psychologically, did you mean!"

Ignoring the jibe, Billy just suggested that he would be, "a long way off the engine that I had". He closed the discussion with a typical frank assessment of himself. "They might be very disappointing results."

I tried to question Billy on his mental strength, but he insisted on playing that aspect of his makeup down. "I never considered myself particularly hard anyway. My approach was to get as fit as I could and do the best I could on the day. Then I just tried my hardest. If I went wrong and had petrol left, then I would chase hard." Despite that response there are enough examples in the race accounts to show that he was, in fact, particularly strong mentally.

The attempt to get these tests was done towards the end of 2019. Reading Rasmus Ankersen's *The Gold Mine Effect* recently gave me cause to think again about physiological testing, and its usefulness,

and also the efficacy of a less scientific approach, as evidenced by Billy Bland, and many runners of his era.

Ankersen quotes Brother Colm O'Connell, coach to many Kenyan World and Olympic champions, as saying: "Here, nobody needs a heart monitor to tell them that there is no more petrol in the tank". Toby Tanser, who has worked with the Kenyans and written about their training, is also quoted. "They are instinctive, organic runners who know a hell of a lot about running and the body's potential with no knowledge of expressions like VO2max, lactic acid or anatomy."

Maybe all my thoughts about physiology are irrelevant. Bland's rivals may all have had really good physiology (such as high VO2max scores) and the reason Bland beat them all (most of the time) was because, when he needed that extra push, he refused to give in to the signals from his brain that said 'you can't do it'. He evidently could do it.

Steve's fourth book *All or Nothing At All* was published by Sandstone Press in 2020.

He blogs at <https://itsahill.wordpress.com/>





WORDS STEVE DUXBURY

# GRAHAM WRIGHT BEM

## A fell running legend honoured

**A**long with three others from the athletic community including two Olympians, Rossendale Harrier Graham Wright was awarded the British Empire Medal in the 2021 New Year Honours list for his outstanding contribution to sport and the community. Graham, now in his 70th year, is well known in fell running circles having been a successful runner in his prime and later for his role as prolific race promoter: including championship races at Whittle Pike and Cowpe, and various popular long-distance fell relays. He has also been Lancashire County Fell Team Manager and has been heavily involved in FRA junior events for some time.

I have always had serious misgivings about the honours system with “gongs” often given for seemingly quite spurious reasons but when Graham phoned to tell me that he had been awarded the British Empire Medal in the New Year Honours I was very pleased that here was someone who richly deserved recognition for many years of service both to athletics and the wider community in Rossendale.

I have known Graham, or “Lefty”, as he is affectionately known by young and old alike at Rossendale Harriers & AC, for over thirty years. I joined the Harriers in the early '80s but Graham was a founder member of the club when it was formed in 1967 and has been active ever since, with roles as Fell Secretary in the past and now Chair for several years. He was 17 at the time the club was founded and under the guidance of his schoolteacher, Eddie Roberts, who was instrumental in forming the club, he became a committed fell runner and a pretty good one, especially in the longer races where navigation skills are often required. Graham was the first Rossendale Harrier to successfully complete the Bob Graham Round and is a veteran of several Elite Class Karrimor

mountain marathons (now the OMM), the Three Peaks Yacht Race and most of the tougher category A races. The club has been a large part of Graham’s life, and of course that of his wife Valerie too, who has always been there to provide help and support.

Over the years Graham has coached hundreds of youngsters, including England and GB mountain running international, Matty Mackay, imparting his love of the outdoors onto the next generation of fell runners and up until the pandemic he rarely missed a club night, opening up and locking the pavilion at Marl Pits. Most of the club’s portfolio of fell races are the result of Graham’s organisational skills and attention to detail and many people will fondly remember the Rossendale Way Relay and the Pennine Bridleway Relay which he planned and organised for several years as well as the popular Liver Hill race that marks the clocks going forward. The wider Rossendale community has also benefitted over the years as Graham has raised considerable sums of money through his various races and challenges, which have helped several good causes; and his love of the outdoors and particularly the local fells, where he has led campaigns to save the moorland from further Wind Farm development and, specifically, the historic Rooley Moor Road which could have been damaged by this.

Graham still gets out on the fells regularly, although mostly on his bike these days; in fact he has forged another successful sporting career in cyclo-cross with considerable success in his over 65 and 70 age groups and at the end of March when we are allowed to resume our activities I’ve no doubt he’ll be opening up the club at Marl Pits again.

Graham Wright running in the 1980’s © Steve Bateson runningpix.com



# Summit (IN)DIFFERENT

## A TOUR OF SGURR A' MHAIM

WORDS FINLAY WILD

**S**gurr a' Mhaim is a favourite hill of many, me included. Although its Gaelic name 'peak of the large rounded hill' is descriptive rather than poetic, it's a real beauty - the white quartzite summit pyramid often catches the light impressively when seen from Glen Nevis. From that angle, the bright screes and steep bulky north-west ridge obscure the more technical ground beyond, where the Devil's Ridge continues to the rest of the Mamores.

It's a special mountain for me: I've ascended it many times; run reps up it (two reps, once!); raced down it; skied its north bowl and south flank; and looped out to it when running various Rounds - Tranters and Mamores - or on other great runs like the Ring of Steall and the locally popular Mullach - Stob Ban - Sgurr a' Mhaim loop. But I've never run around it.

Es Tresidder spotted an interesting dotted line on the 1:40,000 Harvey's map which traverses the north of the mountain after leaving the north-west ridge at around 650m elevation. It then wiggles round the eastern aspect dropping south below and to the east of the Devil's Ridge before climbing to the Stob á Choire Mhail (Devil's Ridge) - Sgorr an Iubhair col. From there, we could descend the well-established track to pretty Lochan Coire nam Miseach and then see how much of a path the map's intermittent petering out continuation of the traverse line actually indicated. A dotted line on a map can mean many things, from basically nothing visible right up to very prominent, highly engineered stalkers' tracks - what would we find?

Aaron, Es's eight-year-old son, decided he wanted to join us as he's a keen runner and cyclist. The trip was planned as more of an exploration than any sort of speedy session, so it suited me fine and, impressively, he didn't actually slow us up very much anyway. It was a fine, warm June day, sunny with a little high cloud as we made our way up the steep north-west ridge. Reaching the obvious start of the circumnavigation track above Sron Sgurr a' Mhaim, we headed off northwards along what I now know to be a good example of a 'rock slope failure' where part of the hillside has slipped downhill slightly to create a horizontal ridge with adjacent hollow.

Cloud moved slowly across the sky, casting transitory shadows over the rugged southern slopes and ridges of Ben Nevis and the Aonachs. The path was variable - mostly obvious and well defined, but at times vague and easily lost for a short time. Rounding a spur, it took a gentle rising line across Coire Sgorach, more reminiscent of an alpine hut approach trail through rocky meadows than an obsolete Highland stalking trod. We crossed the north-east col and



Above and previous page: Es Tresidder and his eight year-old son, Aaron  
© Finlay Wild

views into the centre of the 'ring' of Steall opened up, the Allt Coire a' Mhail meandering unhurriedly towards An Steall waterfall and the glen below. The twin ridges of An Gearanach and Binnein Mor stood out beyond in the afternoon sun.

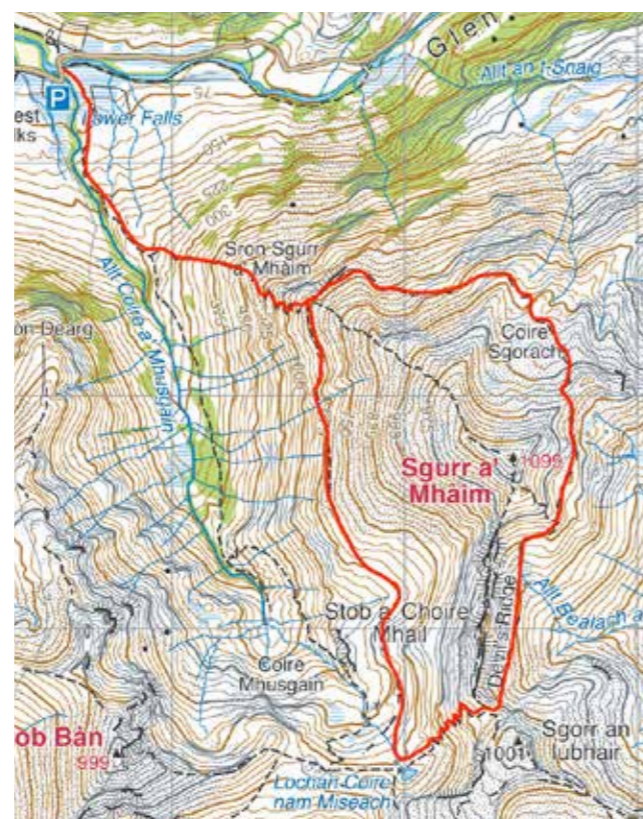
We lost the path under several small snow patches which were clinging on in the shade, but it remained defined right to the south-east ridge, where a branch curved off up towards the summit. We chose the low path which led us down below the steep east flank of the Devil's Ridge and then back to the col north of Sgorr an Iubhair. Aaron seemed to be enjoying himself. Even when it transpired that some of the snacks had been forgotten, he didn't seem too fussed - I know I would have been pretty inconsolable when faced with the same revelations at his age!



For a short time, we zigzagged down the pony track of Coire nam Miseach then got a long cool drink at the emerald lochan. The high path here was reasonable for a while, then faded out in the shallow boggy corrie below Bealach a' Chip of the Devil's Ridge. We persevered northwards and discovered a quality continuation that traversed gullies and streams above rarely-viewed rocky spurs where deer rested below. This section took us back to our starting point on the north-west ridge after about 1km, where Aaron humoured me with a laugh at my comment about another lap.

Several times we had commented on the effort that must have gone into building these paths. We wondered when they were built, and how they had been used. The Mamores in general are brimming with similar tracks, many of which don't go where the modern walker or runner would go. I asked Noel Williams of Lochaber Geopark what he knew of these tracks and it transpired that the outing we had done is one of his Lochaber favourites and actually features in his book 'Exploring the Landscape of Ben Nevis and Glen Nevis'<sup>1</sup> in a very similar form. An article he sent me by Iain Thornber<sup>2</sup> tells of King Edward VII's visit to Mamore Lodge in 1909 to take part in the annual stag cull. Grainy newspaper photographs remind us of a different age, where the summits and ridges were less prized than the beasts roaming below. The King - one of the most powerful individuals in the world at that time - had a knee injury which prohibited usual stalking methods, and so the Estate men were required to move hundreds of wild stags around the Mamores in order to place them within shooting range for him. That the Royalty and nobility frequented these hills on hunts probably explains the network of well-built paths - ponies would have been used as much as possible to ease passage on the rough terrain. Back in the present, the mind reels to imagine ponies ascending switchbacks towards the Devil's Ridge in a harder, wilder time.

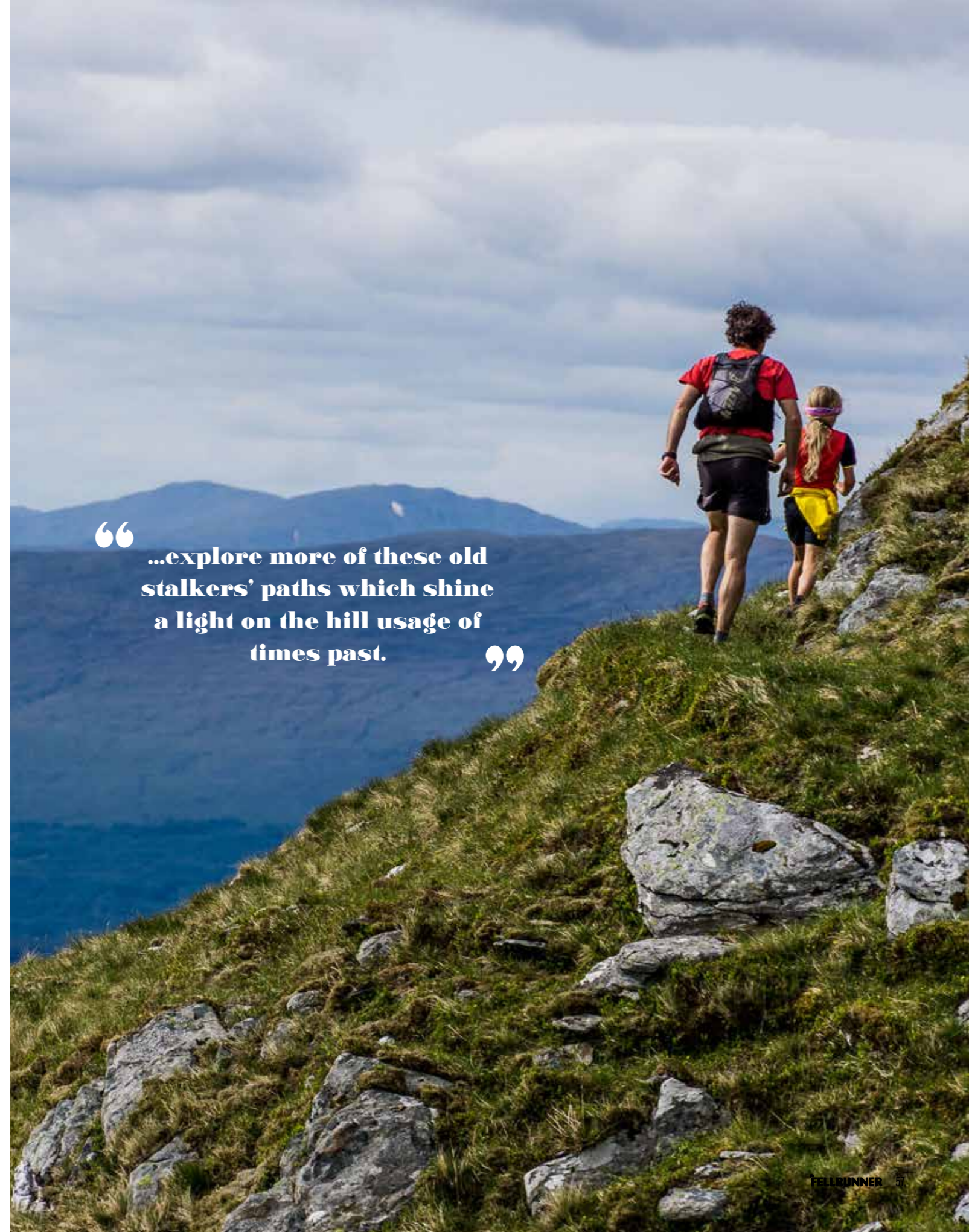
We were delighted to have found such an interesting track on a hill that we both would have said we knew well. Clearly there is always a new way or a different variation worth exploring, and the summit isn't everything. I will definitely run this route again, and plan to explore more of these old stalkers' paths which shine a light on the hill usage of times past.



Map reprinted with permission © Harvey Maps; Next page: Es Tresidder and Aaron, closing the loop on the west flank of Sgurr a' Mhaim © Finlay Wild

<sup>1</sup> "Exploring the Landscape of Ben Nevis and Glen Nevis" (Geologic Map and Guidebook) by Noel Williams. Lochaber Geopark 2016

<sup>2</sup> "Tales of King and the tailor" by Iain Thornber. The Oban Times (26 Jul 2018)



“  
**...explore more of these old stalkers' paths which shine a light on the hill usage of times past.**  
 ”





# The DYFFFRYN Round

WORDS & PICTURES DAVID APPLETON

**D** yffryn Mymbyr (Vale of Mymbyr) is a valley in the Snowdonia National Park, delimited by the Plas y Brenin National Outdoor Centre to the north-east and the Pen-y-Gwryd hotel to the south-west. Approaching Dyffryn Mymbyr along the A4086 from the north - assuming the weather is being reasonable - you will see the landscape open up broadly and dramatically with the bulk of Moel Siabod ("Shapely Hill") to the left, the Glyderau (derived from Cludair or "Heap of Stones") to the right and the impressive massif of the Yr Wyddfa (Snowdon) group looming directly ahead. Dyffryn Mymbyr is steeped in history, it is the location of Thomas Firbank's best-selling autobiographical novel "I Bought a Mountain", the same farm at which founder member of the Snowdonia Society, Esme Kirby, made her home. The valley was also home to Evan Roberts, an internationally renowned Welsh botanist and conservationist. Plas y Brenin (PyB) has, of course, a rich mountaineering history and reputation. Likewise, the Pen-y-Gwryd (PyG) hotel was made famous for its mountaineering

connections, including the hotel's notable association as a base for those training for the first successful Everest expedition in 1953.

During 2018 my mate Jack Tyrie and I had spent some time discussing the idea of a Dyffryn Mymbyr Round. When we met up at a Mountaineering Club Hut in the Vale we'd sit outside in an evening, admiring the surrounding hills and working out how they could be linked up in one outing. It would be a grand route around the horizon of Dyffryn Mymbyr and be of a similar distance and height gain to the Welsh 3000s traverse. This route, however, would be circular and avoid the logistical constraints of a linear route, comprising a mix of steep ascents and descents on mud and rock, upland bogs, rocky plateaux, contiguous high ground, exposed ridges, some easy scrambling, some sharp navigation and no out-and-backs. The route would be around 35km with 2,000m ascent, visiting 10 summits (5 above 3,000ft) on the Glyderau, Yr Wyddfa and the Moelwynion. The route would start and finish outside PyB with one hand on the gate at the roadside of the A4086. Jack and

I did some reces together, but then ended up in different places for a year or so, which slowed progress a little. In December 2019, I went for a full recce lap in absolutely stunning conditions but ended up with cramp two-thirds the way through and only just completed the route. Finally, just after the first lockdown in 2020 and when it was permissible to exercise in North Wales again, I landed an opportunity to have a proper go.

On Saturday 5th September 2020, I set off from the gate at PyB (GR 718 579) at 10:05, ran across the road to the gate (GR 715 579) and then north-east along Nant y Benglog behind Capel Curig, then north-west until picking up the trod (GR 719 588) leading up towards Cefn-y-Capel; the ground immediately becomes boggy and saturated here and I am yet to find a dry way up! From here, it was a case of following faint trods towards Bwlch Goleuni where a more established 'path' can be joined, then climbing steeply on grassy tussocks to the first summit of Gallt yr Ogof (763m). Heading roughly west-south-west on faint trods takes you

across upland bog to the second summit of Y Foel Goch (805m), before skirting round the edge of Llyn y Caseg-fraith (I opt for the northern side, it's slightly drier). On a clear day here, you are met with incredible views of Tryfan reflected in the lake, with the Glyders, Ogwen Valley and Carneddau beyond.

After passing Llyn y Caseg-fraith, the route goes west and joins the Miner's Track up to Glyder Fach. Here, the terrain changes abruptly from mud, bog and grass to rock, stone, and scree. A reasonable incline takes you up onto the rocky plateau, from where the route heads south to the summit of Glyder Fach (994m). The true summit is on the highest point of pile of large rocks, and the sporting thing to do is clamber up and over.

The fastest route is then to pick your way across the moonscape terrain towards and around Castell y Gwynt on its south side (no need to go up and over), before descending steeply on a good path and then up to the broken terrain of Glyder Fawr.





Above: Looking over to Moel Siabod on the descent into Cwmffynnon. Previous page: A December sunrise on the summit of Glyder Fach

If you're unfamiliar with the area and there is low cloud, it may be sensible to take a bearing here, although there are sparsely distributed cairns to guide the way to the true summit. Upon arriving at the summit of Glyder Fawr (1001m), the next step is to navigate your way to an intermittent trod heading south (approximate GR 643 579) and down the steep shoulder of Cwmffynnon. Those who have run the Welsh 1000m Peaks Race will know this section and may have a good line memorised, however I don't think I've ever found a good line or ran the same twice. I generally stick closely to the shoulder, avoiding the urge to drop down too soon and aiming to meet the rocky slabs in the centre of the broad rib then meander across faint trods to the path south of Llyn Cwmffynnon and north-east of Pen-y-Pass (GR 647 559).

The Youth Hostel and facilities at Pen-y-Pass offer a good place to refill water bottles and resupply. There are also toilets and if you're lucky enough to get a space, a car park to leave or meet a support vehicle. If you prefer to get past this hotspot as quickly as possible, cross the road from the Youth Hostel and head up the Pyg Track. After weaving in, out and overtaking for about 2 kilometres, leave the Pyg Track by crossing the stile that's clearly marked for Crib Goch. Slog up the path until you start encountering steeper ground, where endless possibilities present themselves: aim generally for the east ridge, sticking to the centre where possible. This is not the place to describe in detail the scramble for those unfamiliar to area, for this I strongly recommend *Scrambles in Snowdonia* (ISBN 9781852840884) or *North Wales Scrambles* (ISBN 9780992969202). For some, Crib Goch is a serious outing while for others it's just a morning jog – both perspectives are valid – and this is certainly the crux of the round, one that's worth getting

acquainted with (it's ace). Scramble up by your route of choice to the initial steep section and then onto the broad incline, where it's possible to run freely up the ridge proper. On a good day, the views here are outstanding. Even without the views, the atmosphere and settings are awesome.

A breakdown of the Crib Goch traverse is superfluous as there is only one way to go, but for technical tips, please see the aforementioned guidebooks. Cruise by the summit of Crib Goch (923m), then the sporting (and arguably safer) thing to do is take in the Pinnacles. Enjoy the sensational exposure and then, having reached Bwlch Goch, continue onto Crib Y Ddysgl. Lines are abundant here, but I generally find it most efficient to stick directly to the ridge, as going over the harder sections brings you onto the flatter, runnable sections more quickly. Take in the summit of Carnedd Ugain (1066m), then run south to join the convergence of paths towards the summit of Yr Wyddfa or Snowdon (1085m). Avoiding the trig



Jack Tyrie running around Llyn y Caseg-fraith on a May afternoon

point here is understandable, as joining a queue is not consistent with the fluidity of this round. Head south-west briefly towards Bwlch Main but ensure that you drop off east after approximately 100m towards Bwlch Saethau. The path can be a bit awkward to find initially in low cloud, but soon becomes obvious as a steep, zig-zagging descent. Plunge down here, taking care on the loose scree, then head southeast past Bwlch y Ciliau where the Watkin Path emerges and continue south-eastward before scrambling up to Y Lliwedd. The official (east) summit is 893m, though I find it quicker and more enjoyable to head straight up as soon as possible and take in the subsidiary (west) summit (898m).

Leave the summit on weary legs and descend steeply down the well-worn path to Llyn Llydaw, with some brief down-scrambling at

GR 631 536. Follow the path around to join the Miner's Track to Pen-y-Pass, then from the car park join the path heading east (GR 648 556) and be careful to turn left at the junction to bring you out at the A498 and the trot north to the PyG Hotel. If you've not resupplied again at Pen-y-Pass, the kind people at the hotel have refilled our water bottles in the past (and sold us chips and lemonade on one particularly warm summer's day – highly recommended). The next bit is a relatively tricky one to get right: cross the A498 and over the stile onto a vague trod at GR 661 558, which takes you over another fence and onto an obvious boggy section of ground. There are an infinite number of ways you can head from here to the next summit Clogwyn Bwlch-y-Maen (marked as Bwlch Rhiw'r Ychen on some Harvey maps), but the most practical suggestion I can offer is to contour around the hillside east at around 375m until you are on the left hand side of the broad flank of Carnedd Y Cribau, then head directly across very wet ground and cross the stream heading directly and steeply up wet, bleak uplands; I usually save some good food for this section as it's a bit of a slog. Having reached Clogwyn Bwlch-y-Maen (548m: the rocky outcrop north of Carnedd Y Cribau), turn to face north and head for the broad, grassy south-western spur of Moel Siabod. At this point I usually play Peter Gabriel's Salisbury Hill out loud and eat a pie or Scotch egg.

Grind up this turbo-slog for 2.5km to the top of Moel Siabod (872m), your final summit. Leave the trig point running north-east and join the path at GR 709 551, hopping over boulders at first

then letting loose on a brilliant path to take you all the way back down to Braich Bryn-Engan. Once the path enters the woodland, continue until you meet a gravel road 100m or so after the stile, turn left then immediately right. Follow this on a pleasant forest trail before emerging at the eastern end of Llynau Mymbyr. Run across the bridge (bonus points if you jump the gate), and finish by running uphill and grabbing the gate at the A4086. Job done!

There are, of course, lots of options for more efficient and direct lines on this round that will emerge with repetition and different perspectives. In an area lacking in middle-distance 'rounds', I am hopeful that there will be repeat attempts before long. My time on the round following the route described here, starting with one hand on the gate at PyB, was 6 hours, 6 minutes, and 25 seconds. I am aware that James Bayford went out a week later and ran the round in 7 hours 50 minutes and 34 seconds, a great time for running in some seriously grim weather. I've no doubt that others will have run a similar round and I have tried to research previous efforts. Those I have found all vary greatly in style, direction and summits included. Hopefully, the details provided here offer something repeatable, with defined tops to include and a specific start/finish. If anyone wishes to go out and have a look (and hopefully set a blistering time) please do let me know. My email is david-appleton@hotmail.co.uk. It is a really grand day out. Enjoy!



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# ORGANISING THE INAUGURAL WADDINGTON FELL RACE

WORDS MATT BOURNE

PICTURE DARREN TAYLOR

**N**ote to self: whilst enjoying yourself at your annual village beer festival be careful who you tell, 'I've always fancied organising a fell race from Waddington'. Two days later I received a call from a member of the club's committee: 'You know that fell race you were talking about? We think it fits in really well with the club's ethos, so fancy meeting up to discuss it further?' Food, beer, and scarecrow festivals take place in the village, not to mention the annual duck race which brings hundreds of people in. So, to add a fell race wouldn't take too much organising would it? Think again.

First things first, we needed a route. We also needed to make sure that it constituted a fell race. I'm used to running up the fields either side of the Waddington Fell Road on a regular basis but it's a bit different to say to local farmers that there may be potentially 100+ runners traipsing across their land. A small committee met at the club to study an Ordnance Survey map to devise a compatible route, where I also stuck my neck on the line volunteering as race organiser. My preference had always been to run up the right-hand side, as it seemed the most logical route. Other committee members, with better local knowledge, suggested the left-hand side may be better. Why? Because we'd be dealing with significantly fewer landowners. Whilst a route on an OS map looks relatively straightforward with regard to public footpaths, it doesn't take into account land ownership, stiles etc.

Fortunately, and you won't be surprised to know, a number of the local farmers were in the village club enjoying a light ale or two that evening, their enthusiasm and support was heart-warming. We knew the majority of the landowners but thanks to some fine investigatory work by fellow runner Martin O'Gorman, that included driving to and physically knocking on farm doors: it turns out we found a guy, who knew a guy, that knows a guy who has the same land agent as the missing landowner. So with the landowners' blessing I set off one rainy morning armed with map, Garmin and hangover to run the route. More importantly I needed to make sure that we were able to get to the piece of open access land leading to the trig point, which is the summit and turning point of the race. Without that access we would have no race. To say it was relief to find a gap in a wall is an understatement. The landowner gave us permission to use the gap. We had our route and, more importantly, one that fulfilled the FRA's criteria of containing 'genuine fell terrain'. With the height over 1,000 feet and length over six miles it was a classified BM.

I applied for the FRA licence. I also took time to study the various Guidelines for Race Organisers downloaded from the FRA website. The guidelines reiterate how to run a successful and, more importantly, safe race. The website is an invaluable source of information and guidance. With the licence granted, the next potential obstacle was to fathom out if our route crossed any SSSI

(Sites of Special Scientific Interest). Nicky Spinks was very helpful in sending me details as to where to search, and after running a simple report online we had another green light. I formally notified all landowners in writing. Things were looking good.

I chatted to a number of members of my club, Bowland Fell Runners, to check it was okay to run it as a club race - which of course it was. The feedback and guidance that I received from other club ROs proved invaluable. I'm not ashamed to say that I copied the basis of Leigh Warburton's Bleasdale Circle race and safety plan almost to the letter. And why not? Anyone who has run that race will know it is expertly organised. Even down to the soup. Club members Pam and Anne kindly offered their services at registration, and I approached Steve Taylor with regard to recording the results.

So on 16th October 2019, details of the first ever Waddington Fell Race were listed on the FRA website - quite a proud moment. My vision for the race had always been to make it as much of a community event as possible, so I approached a couple of village businesses about sponsoring prizes, numbers, signs etc. Everyone was enthusiastic. 'I would've been upset if you had asked anyone else', was one typical response. The village club was heavily involved and I'm indebted to fellow race committee members for ensuring health and safety certificates, and risk assessments were in place. Not to mention tapping up a chef for affordable post-race food. We've promised to leave it nice and tidy post-race, so don't be surprised if you see a number of 'No Muddy Shoes' signs on the day. I was determined to make sure that the race should go ahead with minimal disruption so deliberately included a

'limited parking' line in the race description. After all, for race day we would need several marshals, many of whom would be villagers. Despite the kindness of farmers in offering to remove any livestock from fields on race day, I was conscious that I wanted someone on every gate, as if any sheep did decide to go AWOL all trust with the landowners would have been lost forever.

In January I attended the FRA's RO meeting in Preston and came away laden not only with positivity, but with my own body weight in hypothermia and FRA membership leaflets, along with Jim Tyson's 'Kindly Refrain From' posters. Pita Oates was at the same meeting and I asked her if she be willing to be our Race Liaison Officer, as I was keen to draw on as many levels of experience as I could. Pita was more than obliging and was a great soundboard for any potential issues.

As we'd engaged with local schools and clubs in designing posters and a potential race prize, I was conscious that we'd attract a few new faces to fell running - some of whom might not be aware of





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what they could be letting themselves in for. I was keen to have every safety measure in place, including asking local runner John Graham to act as a sweeper on the day. I know how much John was looking forward to running the race so it's to his great credit that he agreed, especially considering he would have to carry a stack of red and white race tape on the way back down too. Ian, the paramedic in the village, also offered his support. The parish council asked me to outline the race at their next meeting, where the local vicar even said he'd postpone any weddings or funerals to allow for more parking. Apologies if you had plans to get wed in Waddington on race day.

There was a real buzz about the race with more offers of help coming in, plus enquiries about entering. I thought long and hard about the FRA's dual entry fees, but my policy had always been to keep the pay on the day entrance fee as low as possible (a fiver) to encourage people to enter. Any monies leftover would go to local charities. Although toying with the idea of pre-registration, the inaugural race would hopefully be a safe, well-organised but relatively informal affair, as traditional fell races should be. On training runs over Pendle, I was mentioning it to runners and some local clubs decided to choose the race as part of their club championship. Not only that but some offered to help marshal rather than run it, should we need it. That to me is the true spirit of fell running.

Although only one name appears as race organiser, to say it's a team effort is an understatement. My retired next-door neighbour designed a website and volunteered as race photographer. My planning notes include requirements ranging from course marker

lollipop canes to safety pins; display boards to storm shelters; post-race cleaning to 'Caution Runners' signs; post-race water/cups/bin bags to 'metal poles to keep the cattle in Gav's big field'.

But, of course, the one thing we didn't plan for was a global pandemic. That scuppered everything. It was key having the Covid-19 updates that were available on the FRA website. The information was clear and concise, and, having run the socially distanced Lowther race at the beginning of August, I have nothing but admiration for those organisers. A quick read of the 'Covid Guidance for Race Organisers' section on the FRA site will give you an idea as to the level of extra measures that need to be in place. With regards to our race, I held on as long as I could but ultimately felt that we stood more chance of ruining any goodwill we'd built up if we'd tried to run the race. So I formally notified the landowners in writing, the parish council, Race Liaison Officer, volunteers, and mountain rescue of the cancellation.

To confound matters further, United Utilities have recently announced that they are upgrading 108km of pipeline that delivers water from Haweswater Reservoir to Manchester. A key section of the new pipeline will pass through a newly excavated tunnel near, yep, Waddington Fell. So in addition to all the plans and measures we have in place, we may now have to consider the various impacts of this project, too.

So the whole planning process must start again. We now have a provisional date for the first Waddington Fell Race of Sunday September 26th 2021 instead - a mere twenty months after first suggesting it. I say provisional because, with the pandemic still around, it seems a tad insensitive to approach landowners and volunteers at the time of writing, unaware of what challenges they may have faced. Although I don't envisage any issues, the trials and tribulations of organising a fell race must pale in comparison to the heartache suffered by some villagers and their families over the past year or so.

It's been quite a journey to date: challenging, illuminating and it's given me a greater appreciation for the level of work that goes into organising a simple fell race - let alone one of the Lakes monster ones. It certainly is a team effort. So, fingers crossed, at the end of this September there'll be several tired but relieved fell race committee members sat in the corner of the village hall. Feel free to buy us a pint - but make sure you know who's in earshot when you are discussing organising a fell race of your own.

WORDS TOM PHILLIPS

# BAY LIMESTONE ROUND

**BORN OUT OF LOCKDOWN THIS NEW TRAIL RUNNING CHALLENGE  
OFFERS SURPRISINGLY ADVENTUROUS AND VARIED TERRAIN:  
LUSH MEADOWS, ANCIENT WOODLANDS, COASTAL TRAILS,  
LIMESTONE PAVEMENTS AND GLORIOUS VIEWS.**



- A 55 MILE TRAIL RUNNING CHALLENGE COVERING 13 SUMMITS AROUND MORECAMBE BAY

- CERTIFICATE AND INSCRIPTION ON "ROLL OF HONOUR" FOR ALL THOSE WHO COMPLETE THE ROUND (SOLO OR RELAY)

- OVER £12,000 RAISED FOR CHARITABLE CAUSES

- WWW.BAY-LIMESTONE-ROUND.ORG.UK

## TOM PHILLIPS DESCRIBES THE FIRST SOLO COMPLETION

### KENTS BANK TO HUMPHREY HEAD (ALT 52 metres - 2.7 km - 1.7 miles)

The nine-minute train journey over the estuary from Arnside to Kents Bank is an unusual way to start an adventure. Early June 2020 at 7.30am the train was virtually empty. With limited access to my more normal haunts in the Lakes and Dales I had explored my local area to a greater degree using bike and foot to visit all the local limestone summits with my partner Penny and our new companion Bud the Collie. The summit of Arnside Knott was where I developed the idea of a route connecting even more summits. Those over "The Sands" including Hampsfell and Lord's Seat are not far away as the crow (or osprey) flies but any connecting route would have to draw an arc well to the north. The route was eventually crystalised after a few long runs which also allowed me to build up at least some kind of endurance. 55 miles was more than double any distance I had run since a near fatal bike crash a few years before resulting in major spinal surgery, and this was compounded by some quite serious foot surgery the previous year.

After the driest spring on record the trails were in great condition, plus the recent warm temperatures had faded somewhat to give a cool showery day that would be just about perfect as long as the strong winds forecast didn't become too severe. As the train headed off I started my timer/GPS and tracker on the shore alongside the station and headed south along the edge of the salt marsh

towards the first and lowest summit, Humphrey Head. Jutting out into the bay it provides spectacular views despite its diminutive stature. Legend has it the last wolf in England was shot here, perhaps trapped by the sea and sands on what is almost an island, with no way out. A short section of trail is submerged at very high tides (above 10 metres) so you have to check beforehand or you could be wading through quite deep water.

### HUMPHREY HEAD TO HAMPSFELL (ALT 222 metres - 6.8 km - 4.25 miles)

Now the route heads north and there is some delightful running through meadows, past an outdoor centre, under the railway line and then on to Alithwaite. There are a couple of sections of quiet lanes but soon you start the ascent to Hampsfell - 222 metres. On the summit is a shelter and viewpoint known as Hampsfell Hospice. At this point my legs were still fresh and after a couple of early showers the day was starting to brighten up. Bud (our collie) had boundless energy and was keen to forge ahead pulling on his lead, which it has to be said did make the ascent a bit easier. Over to the east, just a few miles away on the other side of the estuary the last summit of the round, Arnside Knott, was tantalisingly close.

### HAMPSFELL TO LORD'S SEAT (ALT 215 metres - 12.7 km - 7.9 miles)

A gradual descent heading north gives some fast running whilst your legs are still fresh. The route follows tracks and fields north towards Newton Fell (a ridge of volcanic rock). At High Newton Reservoir my partner Penny met me and I had a refill of food and drink before the 1 mile descent on lanes into the Winster valley

leading to a delightful path through conservation woodland just after the bridge over the Way Beck. Some deer ran alongside me for a few metres, and later a couple of large hares sprinted away with speed that made me envious. The beck is followed through Cow Head Wood and then to a bridge over the River Winster. Shortly after there is a stiff climb through woodland before coming to Witherslack Hall, where a local club member Steve provided me with a nice cup of tea! At this point you start the steep ascent of Lord's Seat on Whitbarrow finishing at the Hervey Memorial. Alfred Wainwright said "beautiful it is every step of the way... All is fair to the eye on Whitbarrow". I was slightly ahead of my schedule here, but still having completed only 14 miles I knew that fatigue and pain were awaiting me at some stage, so I made the most of the joy I was feeling in these early miles.

### LORD'S SEAT TO CUNSWICK SCAR (ALT 207 metres - 12.4 km - 7.7 miles)

After the initial descent from Lord's Seat you enter woodland and then emerge surprisingly in well manicured damson orchards just before the quaint hamlet of The Row. Beyond the Lyth Valley Hotel you have to navigate through fields, old bridleways, and a couple of short lane sections with the prominent limestone cliffs of Scout Scar beckoning you onwards. Good running through slightly more rugged terrain leads you to Gamblemire Lane which you follow for nearly 1km before heading North to Cunswick Tarn and the rocky wooded ascent to Cunswick Scar. There are extensive views of the Lakeland peaks from the large cairn at the top - 207 metres. My friend Marcus met me here and provided a welcome milk drink and some jelly babies. Fatigue was starting to build in my legs.



Lead image on page 65: Near the start, Humphrey Head point © Bodil Oudshoorn; Opposite page: At the top of Whitbarrow Scar © Bodil Oudshoorn; Above: Penny Attwood on Humphrey Head ©Tom Phillips



“

**The view from the cairn is vast, with all the Lakeland peaks providing a stunning backdrop to the sands of the Bay.**”

”

**CUNSWICK SCAR TO SCOUT SCAR (ALT 229 metres - 3.9 km - 2.4 miles)**

With some relatively easy miles ahead I was still really enjoying the running despite the fatigue. The short section to Scout Scar was over in a blink of an eye as I was joined by Dallam club member Jessica and we chatted about the strange pandemic world we were all living in. The car park at Scout Scar provided another much welcomed refuelling point, and here I handed Bud the collie back to Penny, although he was very much keen to carry on. I now continued past the iconic mushroom shelter to the trig point. Heavy showers were blowing across to the south and way in the distance Humphrey Head looked (satisfyingly) a long way away.



Penny Attwood heading towards Hampsfell © Tom Phillips

**SCOUT SCAR TO HEVERSHAM HEAD (ALT 126 metres - 9.5 km - 5.9 miles)**

With the easiest bit of the route ahead I was pleased that my legs had not tired too much. The halfway point beckoned on the gradual descent to Levens. Heversham Head is a hill most people will not have heard of. It's another minnow but offers great views and from the trig point you can see all the remaining summits. Many decades

before, I attended a school at Heversham and PE lessons often included a run up to this point. I hated it. Today it was much more fun and club mate Karen brought along more refreshments which were very welcome at this stage.

**HEVERSHAM HEAD TO FARLETON KNOTT (ALT 263 metres - 9.6 km - 6 miles)**

Farleton Knott will be a familiar site to most visitors to the Lake District. Its wedge-like shape and steep slopes dominate the view as you approach junction 36 of the M6. The Bay Limestone Round navigates this section via an old railway line and the beautiful towpath of the Lancaster Canal: more fast running if your legs are still up to it at this stage. Bud rejoined me for this section but my GPS was telling me that my pace was slowing with each passing mile. At Crooklands I swapped Bud the collie for a club friend Greg who was to run with me for the next ten miles. Leaving the canal the ascent of Farleton Knott is gradual (the route avoids the steep loose paths on the west face) but it is still tiring. My feet were starting to complain and by the time I got to the summit cairn they were actually pretty agonising. It took me a while to work out that all I needed to do was loosen my laces slightly to relieve a bit of pressure. The view from the cairn is vast, with all the Lakeland peaks providing a stunning backdrop to the sands of the Bay and the limestone summits you have just visited.

**FARLETON KNOTT TO HUTTON ROOF CRAGS (ALT 274 metres - 4 km - 2.5 miles)**

You will now cross some of the best limestone scenery in the UK. There are some huge expanses of limestone pavement and to the east there are great views to the Howgills and the Yorkshire Dales. Surprise support at the minor road after Farleton Knott was very welcome with a warm cup of tea and cake provided by Elizabeth. The paths here become narrow, with a few rocky sections that can be difficult in wet weather. After crossing the splendidly named Uberash Plain you reach the next trig point at Hutton Roof Crags and the highest point of the round (274 metres).

**HUTTON ROOF CRAGS TO CRINGLEBARROW (ALT 119 metres - 9.2 km - 5.7 miles)**

A long gradual descent through delightful limestone pastureland leads towards the next summit, Cringlebarrow, whose summit cairn is hidden amongst ancient yew trees. Along the way you cross the M6, A6, the West Coast railway and canal and pass through

fields with crops and long grass which is really quite energy sapping! Greg finished his ten mile stint and now I was joined by Jon, another club member and keen local runner.

**CRINGLEBARROW TO WARTON CRAG (ALT 163 metres - 4.2 km - 2.6 miles)**

Warton Crag is not far from Cringlebarrow, but with tired legs the going is not easy on rocky, twisting paths through the ancient woodlands that cover these rugged slopes. I was really starting to suffer now, but the prospect of reaching the southernmost point encouraged me onwards. It felt like the end was within reach with the 50 mile point beckoning.

**WARTON CRAG TO HEALD BROW (ALT 70 metres - 3.7 km - 2.3 miles)**

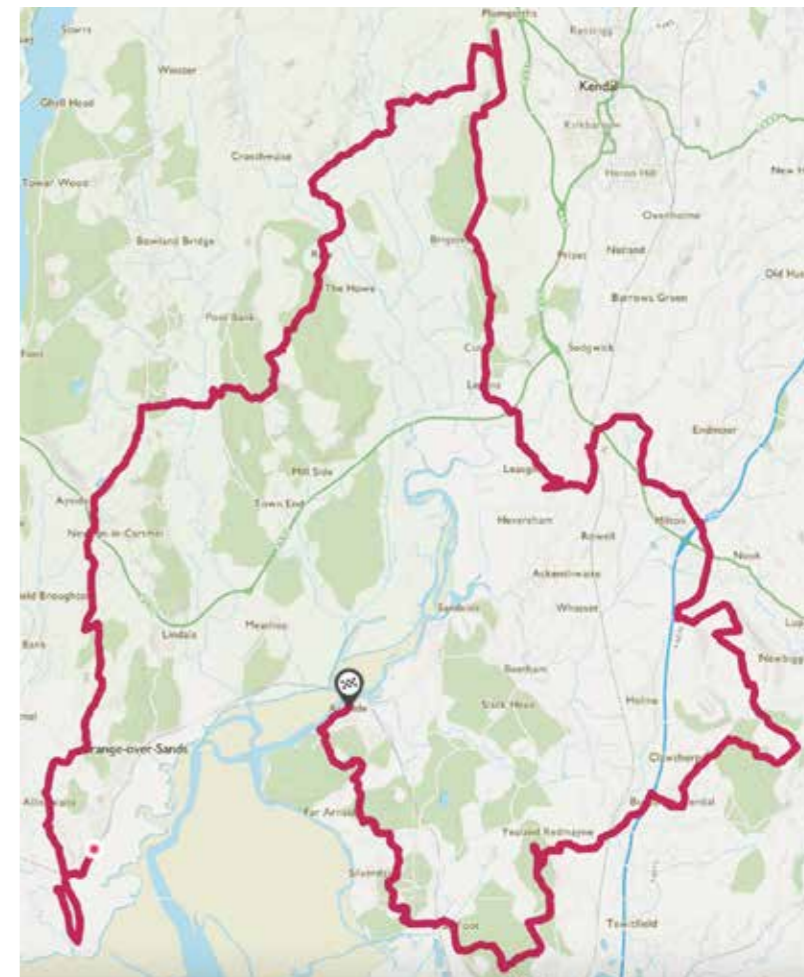
Another short leg, but now I was really starting to tire and my run felt more like a shuffle. The high stiles over the fences at Quakers Stang close to Leighton Moss Bird Reserve were excruciating and nearly brought on some spasms of cramp. Heald Brow summit has to be searched out if you don't know where it is, a small mossy cairn almost hidden on a plinth of limestone pavement.

**HEALD BROW TO KING WILLIAM'S HILL (ALT 87 metres - 3.2 km - 2 miles)**

The monument on the top of King William's Hill is to Queen Victoria and is known as "The Pepperpot". Jon had finished his section now and gone in search of the legendary Arnside Fish and Chips so I was joined by Penny and also by Jessica again for the remainder of the round. The familiar paths close to home had never felt so challenging on tired legs that were now really wanting me to stop!

**KING WILLIAMS HILL TO ARNSIDE KNOTT (ALT 159 metres - 2.1 km - 1.3 miles)**

Arnside Knott is the lowest Marilyn (i.e. a hill with at least 150 m of topographic prominence) in England. It's a steep ascent, though, via Arnside Tower and I was feeling every one of the 8000 plus feet



The Bay Limestone Round route, north of Morecambe Bay © Crown copyright 2021 Ordnance Survey. Media licence 053/21.

of ascent in my legs. The views are amazing on a clear day and it's a fitting final summit to a great journey. Just beyond the estuary, almost within touching distance, were those first two summits of Humphrey Head and Hampsfell.

**ARNSIDE KNOTT TO ARNSIDE PIER (2.6 km - 1.6 miles)**

Today there was no time to rest and enjoy the view (I think I would have seized up anyway!) so I fought the pain and tried my best to keep some kind of running style going past the giraffe tree, down the meadow and onto the coast. I was feeling every stride but a warm welcome awaited me at Arnside Pier. 12 hours 2 minutes since I got off that train, and a long return journey - but it was a great way to return home.



# THE TOD GRAHAM ROUND

WORDS RICKY PARRISH

**A**t a distance of 17-18 miles and elevation profile of 1600–1700m, there is no doubt that there are tougher routes out there, but it's starting to feel as though the Tod Graham is becoming a bit of a local classic for fell runners in the South Pennines and the Calder Valley, with various runners now tackling the route, battling for records and enjoying a few hours out on the Todmorden Skyline, taking in some of the town's toughest hills.

The round was born out of my frustration with AL fell races. I started fell racing with Todmorden Harriers in summer 2018 and within a year I was trying my hand at my first ALs at Holme Moss and Borrowdale. Needless to say, both races absolutely kicked my head in. After bonking severely and stumbling over the finish line feeling very sorry for myself, I began to question why the hell I was doing this!

I dusted myself off and spent some time delving into maps and realised that you could link some really tough local hills to create a proper AL style fell route within and on the fringes of

the Calder Valley. Some sections of the route take in parts of the Turnslack, Bridestones and Flower Scar fell races, which all utilise some of Todmorden's toughest terrain. To add a navigational challenge, I have only designated checkpoints, so route choice, with Todmorden's myriad paths, green lanes, and sheep trods is an important consideration.

The route begins and ends at Todmorden Town Hall, an impressive building that I believe used to sit directly on the border between Yorkshire and Lancashire and creates a great 'moot hall' type focal point for the start and end of the round. After a quick run out of the town centre, the route takes you on a small climb below Dobroyd Castle and up to Stones Lane. It's a nice little warm-up and I always find it to be a great little pace setter as it's a quick, runnable section. After a short drop into Gauxholme, runners need to settle in for a fairly long climb up and across Inchfield pasture, and beyond to Inchfield Moor, to the trig point at Trough Edge End. This section has caused many a debate over route choice, with some runners opting to take a straight line from the valley floor, up the steep slopes and straight across Inchfield Pasture, whereas others

“  
**I was  
cursing you  
for devising  
that**  
- HOLLY PAGE  
”



Top right: It may not be the Alps or Nepal, but local jet setter and 2018 skyrunner world champion Holly Page is all smiles and thumbs up after her record-breaking round © Holly Page; Bottom left: Ambi Swindells looking fresh faced after a great run on the round © Ambi Swindells

prefer the more runnable, but longer route up the track and around the edge of the moor. I guess it comes down to personal preference, but I tend to hedge my bets and take a mixture of both.

Trough Edge End is a steep pull, offering expansive views over Manchester and much of Lancashire and Cheshire from its summit. But there is no time for stopping and admiring the view. Following the same route as the Turnslack race, runners head down to the back end of the disused reservoir at Ramsden Clough, up over the plateau of Ramsden Hill before traversing down to Cranberry Dam. I still don't know if I've found the best line up to Noon Hill, but it seems that whichever line you take you are greeted with chest high tussocks (historically known as 'Clunters' in these parts) and deep bog on the side of a very steep climb. It may be a short climb, but it is certainly a challenging one. The focal point for the climb is the wind turbine sitting at the summit of Noon Hill.

From Noon Hill, the descenders have a chance to make up some time on a nice gradual descent towards Walsden. This is perhaps one of my favourite parts of the round as it is one of the faster

sections, although during wetter seasons runners will have to work on their front crawl during one particularly nasty section of bog, before taking a very steep and satisfying drop to the valley floor just south of Walsden.

The section from Walsden and over Gaddings Dam is where I find the challenge starts to kick up a notch. During that first section, there is quite a lot of rough ground so I tend to err on the side of caution and just pace myself steadily, but after Walsden the terrain becomes much more runnable and it's time to get a move on. This starts with a short sharp climb up through Bottomley and up towards Cat Stones where runners are to aim for the northern tip of Warland Reservoir. The gradient at this stage is fairly gentle but constant and always ends up with a pick-up in pace, settling in before the flat section over to Gaddings Dam, the next checkpoint on the round.

The descent from Gaddings Dam is always great fun. It is steep, technical and rocky, which is quite unusual for this area, but terrain I really enjoy. You can really slalom your way down the trail and





Above: Ricky Parrish boulder-hopping up to the trig point at Bridestones, arguably at the crux of the round © Ricky Parrish

back towards the valley floor yet again. The Shell garage at this stage is a good place to stock up on refreshments if you're taking it more leisurely. Otherwise, it's straight over the road and through the estates, trails and tracks up towards the trig point at Bridestones. For me, this is where things get really tough. The climb to Bridestones from the valley floor feels as though it goes on forever. It's also paving, tracks and wooded trail for a lot of it, so I always feel a sense of guilt when I'm inevitably reduced to a bit of a walk by this point. The summit offers a complete panoramic view of the entire round. It's well worth taking a pause to enjoy the view before your legs are inevitably chewed up and spat out on the descent down towards Lydgate, where there is no respite at all.

Instantly, it's straight up the steepest section of the day to the prominent lip of Flower Scar Hill, which looks a horrendous proposition as you watch it charge towards you from the other side of the valley. From here, I always find it's an absolute grind and really tough going as I settle in for the 'death march' to the summit. This is another section where there is a lot of debate over the best route choice as you can take more direct lines but with much more quad bashing terrain, or opt to take a bit of a detour at a more runnable gradient. Interestingly, both the overall and MV40 records were set taking the latter option.

After Flower Scar, it's fast road legs for the descent through Sourhall and back into Todmorden. I always struggle on this as I don't spend any time running on roads, but it is a great section for the road runners out there to really claw back some precious minutes towards the end.

### RECORDS & NOTABLE ROUNDS (AT THE TIME OF WRITING)

The first completion of the route, in August 2019, was by me and Anthony Lee (Todmorden Harriers) in 5 hours 13 minutes. The route profile looked a lot different as we got our lines horribly wrong. I went back later and took over an hour off that time in 4:10. However, it wasn't long before word got out and the records started tumbling. Richard Adams (U/A), a local resident yet to join a club (hint hint...), was the first to drop below 4 hours in 3:40:24. Local long distance specialist, Ian Symington (Todmorden Harriers) was next to take the overall and MV40 record in 3:31:16, before knocking that down again to 3:27:11, instigating an intense battle with Anthony Lee over the succeeding months for both the overall and MV40 records. Anthony first responded with an overall record of 3:17:34 before local speedster Andrew Worster (Todmorden Harriers) took the overall crown in a superhuman 2:33:37. Ian and

Anthony continue to battle for the MV40 record, with Ian putting in a time of 3:08 in June 2020. Anthony instantly responded with a sublime 2:59:58, coming in a desperate 2 seconds under the 3-hour mark that he had been targeting for some time. Back over to you Ian...

At the time of writing, the current MV50 record is held by Andrew Wrench (Todmorden Harriers) in 3:05:44, who claims he was "just out for a recce". I suspect that record will go below 3 hours soon enough if that's the case. Geoff Reade holds the MV60 crown in 5:15:44 and Nick Harris & Malc Bird hold the MV70 together in 6:39:39.

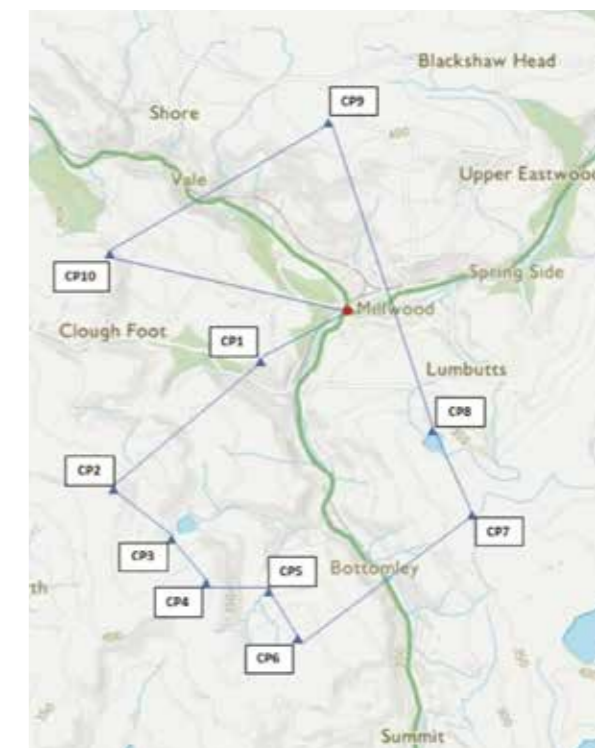
So far, Andy Ford (Todmorden Harriers) holds the record and only completion of the round in the opposite direction in 3:22:39. There is also talk of a double round by one or two people at some point, so watch this space.

Sadly, there don't seem to have been many female attempts at the round. At the time of writing, I only know of Holly Page (Calder Valley), who holds the record at 3:16:33 and Ambi Swindells (Todmorden Harriers) who dragged me round hanging on to her heels before leaving me for dust on the road section to finish in 3:35:58.

I'm pleased to see the route is becoming popular and we're seeing some exciting performances on the route. I think it has really helped some of the locals stay a little competitive during the pandemic as well as providing a fantastic day out on some of my favourite hills. Of course, I urge runners to be responsible on the route and treat the landscape with care. Please get in touch to let me know your time if you'd like me to add it to the list of completions.

### ROUTE

- Start – Todmorden Town Hall – SD 93659 24137
- CP 1 – Stones Lane – SD 92595 23473
- CP 2 – Trough Edge End – SD 90600 21882
- CP 3 – Ramsden Clough (Reservoir Western Entrant end) – SD 91269 21057
- CP 4 – Ramsden Hill – SD 91708 20695
- CP 5 – Stile crossing at Cranberry Dam – SD 92602 20420
- CP 6 – Noon Hill (1st wind turbine after crossing the gate) – SD 92962 19923
- CP 7 – Warland Reservoir (Northern corner) – SD 95452 21466
- CP 8 – Gaddings Dam (Northern corner) - SD 94825 22550
- CP 9 – Bride Stones Trig Point – SD 93236 26730
- CP 10 – Flower Scar – SD 90545 24880
- Finish – Todmorden Town Hall – SD 93659 24137



The checkpoints on the Tod Graham Round route © Crown copyright 2021 Ordnance Survey. Media licence 053/21.

For more info email [southpenninefellchallenges@gmail.com](mailto:southpenninefellchallenges@gmail.com) or go to [www.facebook.com/southpenninefellchallenges](https://www.facebook.com/southpenninefellchallenges). The route notes are also on the 'sub ultra' section on [gofar.org.uk](https://gofar.org.uk)



# 55 at 55

WORDS JULIE CARTER

7.30 a.m. Ready. In a long-sleeved synthetic running top  
with fresh legs hung with hamstrings, chunks of quads,  
every muscle cell packed with potential energy.

I am a molecular event waiting to happen  
bursting with desire to use myself up,  
to be expended and want no more.

Rising up from the valley, hoping to run into myself,  
soon it's warm and the sunshine is blinding  
and the layers come off and the fell-tops tick off  
one by rocky ruggly one, all day long, and on  
over the trods on the mountains, my mountains  
until my own sunset, until the night, until the cold.

At fifty-five years old I'm after the same in summits  
and dark comes and rain comes and doubt comes  
and pain comes, and there is a long hard way to go  
and inside my body defences are breaking down, a  
whatever it was I needed to dismantle, it is happening  
and by 2 a.m. there isn't an awful lot left.

There is only footstep, only heartbeat, only a ghostly rock  
ridge lurking in the black wet night, soaked all through  
and still so thirsty with no spare water to use for crying.  
My friends have got out of bed, and tied up their laces for me,  
to run with me into the dawn, a small bowl of fierce red  
cradled in a dip on the horizon, like a fire cauldron.

The big-sky is grey, the wind is strong, my body is weak.  
Is there one more peak? I have shredded the skins off my feet.  
I'm sorry feet, for all I've put you through, but you know  
I am empty right down to the soles of my shoes.  
7.18 a.m. I wipe off the crusted layers of snot for a photo.  
My Content. I could not ask for anything more.





© Stephen Wilson www.granddayoutphotography.co.uk

## A SELF-HELP GUIDE TO THE MOST COMMON FELL RUNNING INJURIES

### PART 2

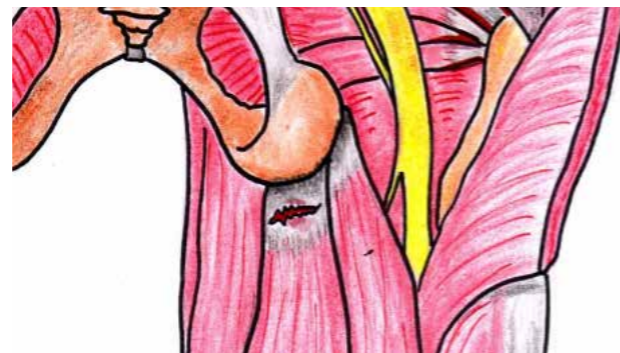
WORDS DENISE PARK

**F**ollowing on from the last article, we are going to continue looking at some of the most common fell running injuries to enable you to possibly diagnose and self-treat your own niggles. The first part to this guide is included in the Autumn 2020 edition of The Fellrunner.

The injuries in this article account for a high proportion of all the fell running injuries that I see in my own clinic, reinforced by the research study that I carried out in 2010. Unfortunately, they also seem to be the most frequently misdiagnosed injuries given they are more specific to fell running. If you seek professional help for a fell running related injury, try to find someone who understands the nature of the sport, as it is vastly different to road running. Whilst this seems an obvious statement, some people do not appreciate those differences. Also, remember that this self-help guide is not a replacement for seeking appropriate medical advice, and there are many other reasons for pain apart from those described here.

#### 5. PAIN UNDER THE BONE IN THE BUTTOCK ('SIT-BONE') OR AT THE TOP OF THE BACK OF THE THIGH

This is a common injury which can appear suddenly due to a trauma such as a slip or a fall, or you may become aware of a discomfort which gradually becomes a pain, perhaps coinciding with a change in training or 'different' runs, such as running through heavy mud. The damage may be at the top of the hamstring where it attaches to the bone in the buttock, or just below this attachment. It is often uncomfortable to bend forwards to put shoes or socks on (when the hamstring is stretched), when trying to remove footwear using the other foot (when the muscle is contracting) or when sitting on a firmer surface.



Hamstring injury just below the insertion to the ischial tuberosity (sit bone) in the buttock

This injury is notoriously stubborn to resolve, and without early intervention it can slowly deteriorate until it becomes a long-standing chronic injury. It does not usually prevent you from being able to run, but it can be painful when striding out on flat or a descent, pushing upwards on a steep climb, or when climbing over stiles, so if anything exacerbates the pain it should be avoided or done with extreme caution to avoid causing further damage. It may even be necessary to shorten your stride for a while, so the hamstrings are not repeatedly overly stretched whilst trying to heal. If there has been a traumatic injury with a more sudden onset, it may be necessary to rest from exercise until this acute stage has passed, but it is important to start putting some stress through the tissues as soon as possible as the feedback from the tissues tells the body how to repair the problem. Continuing to run also helps to maintain the strength in the muscles which will decrease very quickly with complete rest. As this area does not have a particularly good blood supply, any exercise (which does not aggravate the injury) will also help to increase the blood flow, essential for the healing process.

#### POSSIBLE SELF-TREATMENTS

- Remember to avoid doing anything that aggravates the injury and which may cause further damage, but continue to do comfortable exercise to encourage the tissues to repair and improve the blood flow to the area. If running is painful, consider walking, cycling, or swimming until it becomes more comfortable.
- Massage the injured area as this will help to increase the blood flow and encourage the fibres to repair in the correct direction, minimising any restrictive scar tissue. Ideally the massage should be carried out at 90° to the direction of the hamstring fibres by sitting on a ball or the end of a roller, and then rocking side to side. The aim is to mobilise the tissues – not to cause pain by applying deep compression – so don't be over-enthusiastic or it could cause further irritation.
- Carry out some eccentric hamstring exercises as they may help to stimulate the repair and accelerate the recovery process. The evidence is still inconclusive, but inconclusive does not mean the exercises don't help, there just isn't sufficient evidence currently available for us to be sure. An eccentric contraction is an activity which allows the muscle fibres to actively lengthen whilst still contracting. Research looking at eccentric exercises for Achilles tendinopathy suggests that around 90 of these exercises per day achieve the best results (3 sets of 10, 3 times per day, or 3 sets of 15, 2 times per

day), so it might be sensible to apply these recommendations until further evidence becomes available for this specific injury. However, it has also been found that if the injury to the Achilles tendon is at the insertion to the bone, these exercises are not beneficial, so this may equally apply if the hamstring injury is at the bone insertion. There are several eccentric hamstring exercises available online, but a few examples are:

- Remove your footwear and go into a bridge position on the floor. Raise the good leg off the floor, then gradually slide the foot on the affected side away from the body to straighten that leg. Then use both legs to lift back into the bridge position and repeat again.
- Do a slow single leg squat, being conscious of the hamstring slowly lengthening.
- Slowly step backwards off a step keeping the affected leg on the step so it controls the descent until the opposite foot touches the floor. Then take the affected leg to the floor to step back up with the unaffected leg and repeat again.



Eccentric hamstring exercise in bridging position

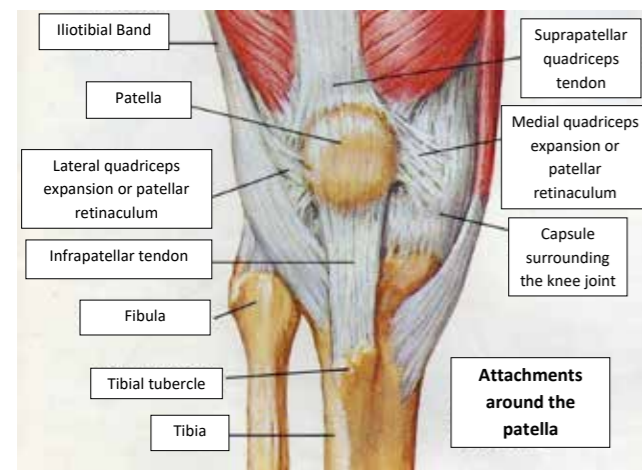
- If the injury has been there for a while it may have become chronic and needs the repair process to be re-stimulated. This often needs to be done by someone who is suitably trained as there is a fine line between activating this process and causing more damage to the already injured tissues. If the injury has been there for some time and it isn't improving after trying the above suggestions, it may be necessary to seek further advice or assistance.

#### 6. PAIN AT THE FRONT OF THE KNEE

This is, without doubt, the most common fell running injury seen in my clinic and in most cases appears to be due to damage of the quadriceps expansion or retinaculum. Sport's injury books



often refer to a condition called runner's knee, which covers a multitude of possible causes of pain at the front of the knee, but in my experience, this is a different condition to that experienced by fell runners. Tim Noakes describes the injury in his book 'Lore of Running' suggesting it is the most common injury in long distance running, but if we throw in a few hills and some rugged terrain, it becomes even more prevalent in fell running. Reports suggest that only 30% of runners receive effective treatment, with many being advised to rest, stop running, or even worse, have surgery – but unfortunately this condition does not resolve with surgery and instead is often made worse.



Anatomy of the front of the knee and quadriceps expansion

#### PRESENTATION

- Pain localised around the kneecap (patella), often at the lower, inner aspect.
- No loss of movement of the knee joint, although it may be uncomfortable to fully bend the knee due to the stretch on the affected structures.
- Often no 'memorable' injury, but it can be caused by falling onto the knee or a sudden change in direction whilst running.
- It may be painful to kneel or squat.
- It is often aggravated by a longer run, or during or after downhill running.
- Walking up or down stairs, especially downstairs, is painful.
- It is often worse after sitting or driving for longer periods.
- It may be painful to press the pedals whilst driving.

#### POSSIBLE CAUSES

When the terrain is rough and undulating, combined with the extreme demands on the muscles when running downhill, the

ligaments and muscle fibres surrounding the knee are forced into positions which can cause micro-trauma to these tissues. Biopsies have shown that injuries occur in these small muscle and ligament fibres surrounding the patella, which causes the pain. As this injury is not usually visible on an MRI scan, other red herrings are often assumed to be the cause of pain, leading to inappropriate treatment.

#### POSSIBLE SELF-TREATMENTS

1. Feel around your patella to see if you can pin-point any specific area which is more tender or feels 'thickened'. This may be because there is fibrous scar tissue present restricting the normal movement. Whilst scar tissue is an essential part of the repair process, it is important to make sure that it is as mobile as possible so that it does not cause any restriction of the knee joint or the patella. This can be done by massaging across these fibres, and whilst the massage needs to be deep enough to introduce movement, it should not be so aggressive that it causes more discomfort afterwards. Do not apply the motto 'no pain no gain'!
2. Tissues respond to warmth, so as long as the knee does not appear to be inflamed (warm to the touch and/or swollen), it can be beneficial to warm the affected area, particularly before doing any form of exercise. This can be in the form of a warm hot water bottle, or a warmed microwaveable pack.
3. Exercise rather than rest is usually more beneficial, but it is important to avoid activities that particularly aggravate the injury, such as longer runs, or steep descents. A shorter distance on alternate days helps to maintain muscle strength, prevent the formation of excessive scar tissue, and helps to stimulate the healing of the damaged tissues.
4. Check your running footwear. If your shoes are collapsing inwards this may 'encourage' your knee to drift inwards whilst running, causing unwanted stress to these tissues. Look at your running shoes on a firm surface, and check that the heel counter is still vertical, and that there is no twisting of the shoe in the mid-foot area which could influence your biomechanics.
5. Minimise the stress through these tissues by making sure that your muscles are strong enough to help maintain a good posture whilst running. It is important to have:
  - i. core muscle strength to help maintain an upright trunk position.
  - ii. gluteal strength to help maintain the position of the pelvis and prevent excessive inward rotation of the thigh.
  - iii. quadriceps and hamstring strength to minimise and control the stresses applied through the knee.

- iv. shin and calf strength to help control foot and ankle position.

Weakness of any of the areas could lead to an injury at some point, which will not recover without addressing the problem. To work on these structures, practice single leg squats whilst standing in front of a mirror. The knee only needs to bend until it is just covering / hiding the 2nd and 3rd toes so that it strengthens the tissues but does not aggravate the patello-femoral joint (between the kneecap and the knee joint). Whilst doing the single knee squats, check that:

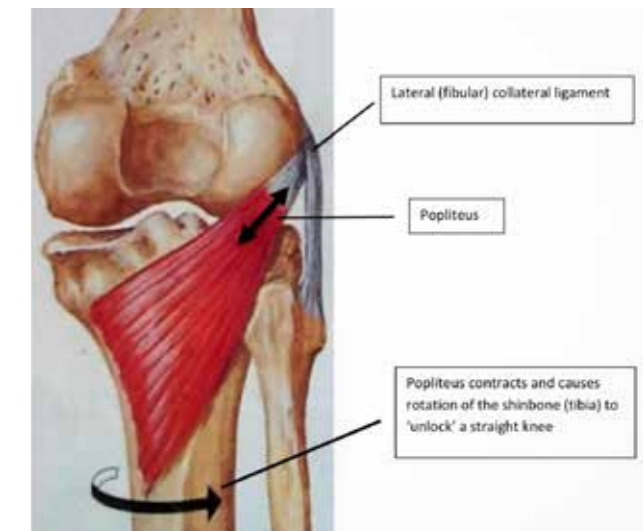
- you are standing upright with a neutral level pelvis and you do not shift sideways as you lift one leg off the floor,
- there is no thigh rotation on the weight-bearing leg as you lower into the squat,
- the patella stays pointing forwards,
- the ankle and foot stay in a neutral position.



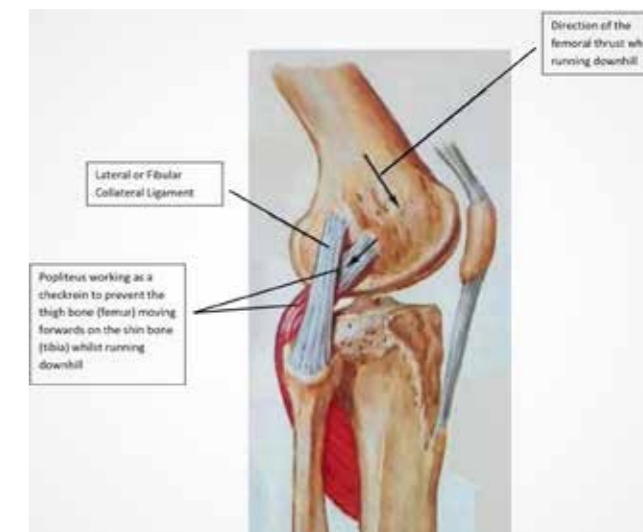
The starting position for single leg squat

If you use orthotics, make sure to do your squats whilst stood on your orthotics so you are in your corrected position. As you get stronger, you may be able to remove your orthotics if you can maintain your alignment without the additional support. This can be progressed to hopping off a step and pausing the landing position to check that you are still able to maintain a good biomechanical position.

#### 7. PAIN AT THE BACK OF THE KNEE



Anatomy of the popliteus muscle



The popliteus muscle acting as a checkrein

Pain at the back of the knee is often caused by damage to a muscle called popliteus, which is a major stabiliser of the knee joint. This muscle:

- initiates bending of the knee.
- 'unlocks' the knee when it is fully straight by slightly rotating the shin bone inwards until the hamstrings take over.
- rotates the thigh bone outwards when the foot is fixed on the floor.
- acts as a check rein to prevent the thighbone from sliding forwards on the upper surface of the shinbone on impact, particularly when running downhill.



- helps rotate the lower leg inwards whilst the foot is in the air, preparing for the next foot strike.

Whilst popliteus is often considered to be a small insignificant muscle, it plays a key role in fell running so can be damaged more frequently than in any other forms of running. It is often injured in combination with the quadriceps expansion at the front of the knee due to the change in biomechanics. You will not find this injury in most sports' injury books, so unless the person assessing your knee is familiar with fell running, it can often result in a misdiagnosis of a cartilage (meniscus) tear or a Baker's cyst. The injury may be visible on an MRI scan, but it often requires the expertise of a Consultant Radiographer specialising in musculoskeletal injuries to be able to identify the problem, in conjunction with a detailed history of the signs and symptoms.

#### PRESENTATION

Some or all of these may be present:

- a sensation of tightness or of something 'blocking' the back of the knee,
- pain at the back of the knee, especially when walking or running downhill or downstairs,
- inability to fully straighten the leg due to pain or tightness at the back of the knee,
- sitting with the foot resting across the opposite leg may cause discomfort,
- inability to squat down onto your heels due to pain at the back of the knee (this is also a test for other conditions, so if this is painful it may be sensible to seek further medical advice),
- tenderness on palpation at the back of the knee, (palpate the back of the knee with caution as there are several important nerves and blood vessels in this area).

#### POSSIBLE CAUSES

- an acute injury such as a fall onto a straight leg, or a slide forwards whilst descending,
- popliteus weakness – when the muscle is not strong enough to act as the check rein on long or steeper descents,
- poor running style or footwear – especially if the foot is falling into excessive pronation,
- a recent change in training – more downhill running or more contouring (running round a fell rather than up and down),
- spasm or tightness of the muscle due to other causes – such

as following knee surgery when the knee may not be able to fully straighten properly, or if the knee joint is swollen due to other causes. It is thought messages are sent from the joint structures causing popliteus to tighten to prevent fully straightening the leg to protect the knee joint when there is other damage present,

- poor quadriceps or hamstring function, making popliteus work harder to try to stabilise the knee,
- unresolved pain at the front of the knee which then results in a gradual weakening of the quadriceps muscle due to the inability to engage the muscle properly,
- chronic overuse - repeated trauma (especially running downhill) causing micro-damage and the formation of scar tissue.

#### POSSIBLE SELF-TREATMENTS

1. Gentle massage across the fibres of the popliteus muscle (see diagram for the direction of the fibres). The knee should be in a slightly bent position, and the pressure must not be too deep given there are important blood vessels and nerves in the area.
2. Strengthen popliteus. This can be done by sitting on a chair with the feet dangling off the ground. Secure a loop of elastic tubing around the chair leg nearest to the affected side and position the other end of the loop around the inner aspect of the foot. Then rotate the foot and lower leg inwards against the resistance. It is sensible to do this with a low resistance band and a high number of repetitions to help build up the endurance fibres of the muscle. It is very important that the hamstring muscles aren't engaged, so position your hand under your thigh to make sure that they aren't tensing.
3. Once the injury is resolving, incorporate more difficult exercises such as single leg squats, lunges, and controlled hopping off a step to help strengthen the muscle and improve stability around the knee.
4. If there is an underlying reason for the popliteus problem, make sure to address it - whether it be your training regime, your footwear, any muscle weakness, or any other underlying injuries.
5. minimise any muscle tightness in your thigh or calf by doing self-massage, using a roller, or seeing a sports masseur once allowed.
6. Incorporate some downhill training to become more proficient at descending. Practice descending with gravity rather than constantly braking which puts more strain through popliteus.



## A FELL RUNNER'S KNEE PAIN

Mr S went for a 6-mile run in January 2019 and was not aware of any problem. 2 days later he began to experience pain around the front inside aspect of his kneecap. Initially it was just a dull ache, but this gradually worsened over time until he had to stop running. Despite 3 months of physiotherapy which focused on the iliotibial band, his pain remained unchanged. An MRI scan did not identify anything seriously wrong, so he was advised that the injury would probably settle with time.

By August 2019, the problem remained the same, resulting in a referral to an Orthopaedic Consultant with a specific interest in sport's related injuries. In November, surgery was performed to remove some tissue around the knee which appeared to be inflamed. Unfortunately, the recovery from this procedure was incredibly slow, with Mr S still struggling to walk up or downstairs 3 months after the

surgery. The country then went into lockdown so there was no further assistance available.

Things did not improve as expected. The knee started to give way, and a new pain appeared on the outer side of the knee. Stairs became progressively more painful, and the thought of being able to return to any form of activity was a distant dream.

Mr S continued to try to rehabilitate himself, and a further appointment with the Consultant suggested the only option was further surgery to have 'another look inside'. It was now December 2020, and keen to avoid further surgery, Mr S came to see me at my clinic for another opinion. By this time, he was able to walk a very gentle 6 miles and was also able to cycle as long as he didn't need to get out of the saddle which increased the pain. It was also impossible to squat as it was too painful to return to standing.

Following assessment, I decided to work on the quadriceps expansion and the popliteus muscle and encouraged Mr S to begin a walk / jog programme, albeit very carefully. Following the first treatment he was able to jog 3 x 60m on three occasions and had no adverse reaction. I also recommended daily cycling to help mobilise the tissues and improve the muscle strength and following the second session he introduced single leg squats to his rehabilitation programme. As his pain became less, this was gradually progressed to hopping off a step, and then a hop off a step with a paused landing. Following his 6th session of physio, he reported he was able to run comfortably for 20 minutes with no adverse reaction afterwards.

I am confident that Mr S will make a full recovery, but it is now 2 years since his initial injury and he now must overcome the issues relating to the original injury, plus the surgery which didn't resolve the problem. He isn't symptom-free yet, but things are definitely progressing in the right direction.

*Denise Park is a Musculoskeletal Chartered Physiotherapist based in Clitheroe, Lancashire and is the FRA Accredited Physio.*

*She started working with fellrunners in 1989, becoming physio to the England Mountain Running Team in 2004. Receiving recognition from the WMRA (World Mountain Running Association) in 2008 for her work with elite international runners, she is world renowned for her knowledge of fell and mountain running injuries.*

**NOTE:** This article aims to help you make an informed decision and be aware of potential treatments that may be available. It is not intended to be a substitute for consulting a medical professional or seeking appropriate medical advice. Whilst information is correct at the time of publication, it must be remembered that medical practice may change in the light of new research and that self-diagnosis may not be accurate.



# MARTIN STONE'S LONG DISTANCE ROUND UP

MARCH 2021

WORDS MARTIN STONE



## 2020 FRA LONG DISTANCE AWARD

After all the amazing adventures of summer/autumn 2020 reported in the previous magazine, it was quite remarkable that the 28 members of the Long Distance Panel awarded John Kelly (Pennine Way Record and Grand Round) and Donnie Campbell (Scottish Munros Record) the same number of votes. Although it is no coincidence that these two adventures were the longest of the 11 journeys, it definitely isn't just about completing a long trudge. These two videos paint a great picture of their epic adventures, speed over distance, powers of recovery as well as the challenges and struggles that they faced and conquered:

- John Kelly - Grand Round  
<https://www.youtube.com/watch?v=uV05PwEYj-E>

- Donnie Campbell – 282 Munros Record  
<https://vimeo.com/ondemand/donniemunroround>

In any other year, attempts by all the other nominees would have been more than worthy of the award. Congratulations to Damian Hall, Sabrina Verjee, Finlay Wild, Kim Collison, Beth Pascal, Carol Morgan, Howard Dracup, Math Roberts and Sasha Chepelin.

## SOLO UNSUPPORTED WINTER BOB GRAHAM ATTEMPTS

To the best of my knowledge, until the recent Christmas period I was the only person to have completed a solo unsupported mid-winter or winter Bob Graham Round in 34 years. It took me 4 attempts between winters 1980-86! Thirty-three years would pass before Tom Saville made a clockwise solo unsupported mid-winter

attempt in 2019, which fizzled out at Wasdale. But what in heavens could have triggered the 6 clockwise solo unsupported attempts throughout the recent mid-winter period? Never has there been so much interest in travelling solo unsupported in mid-winter. Maybe the exuberance of last summer and the December COVID-19 rules which limited contact with friends were contributing factors.

Dan Duxbury, Paul Wilson and Howard Dracup made unsuccessful attempts during the mid-winter period, but for various reasons none got past Rossett Pike.

**TOM SAVILLE** - On the shortest day, Tom Saville made his second attempt within 12 months. He had learned a great deal on his 2019 attempt and made this attempt in the purest style possible – he carried everything from start to finish, navigated entirely with map and compass (no GPS) and kept his phone switched off throughout. The weather was very challenging with strong winds, horizontal hail and freezing rain on the first two sections. There was a fine covering of snow on the highest peaks. Low cloud during the extended darkness made navigation a serious challenge but apart from a few nav wobbles, Tom was confident that he was bossing it. He arrived back at Keswick in 22hrs 10mins, but his elation was short lived. It was his dad's painful duty to inform him that he had missed the summit of Bowfell by 250M, turning to head NW when he reached the subsidiary summit above Bowfell Buttress. I can't imagine how disappointing and shocking it must have been standing by the Moot Hall at what should have been a moment of triumph. The quest for purity of style with no GPS cost him. Tom has written a great article that is must read for any solo unsupported aspirant on [www.mountainsmudandmoor.co.uk](http://www.mountainsmudandmoor.co.uk).

**JOHN KELLY** - Never short on ambition, John had been hoping to find three weather and COVID-19 lockdown windows in the home countries that would allow him somehow to do a solo unsupported mid-winter Paddy Buckley, Ramsay Round and Bob Graham within the 23-day mid-winter period. Quite apart from the weather, the second lockdown put paid to the plan. However, a few days before Christmas, John made a solo unsupported attempt on the Paddy Buckley Round starting from Llanberis. The weather was mixed, and the rocks on the Glyders, Tryfan and the Carneddau were coated in a veneer of ice! He suffered a serious and shocking setback during the afternoon near the Moelwyns when he head planted into a boggy pool and completely submerged himself. Everything he had was soaked and a few hours later in darkness with worsening wind and rain, he was freezing cold on Moel Lefn. It was time to bail while he had the energy to make the steep descent to safety. When he stopped he was still on schedule to break 24 hours.

In view of the latest Scottish rules, John discarded Ramsay's

Round and undeterred by his very recent adventure in Snowdonia, he set his sights on a Bob Graham. He set off early on Wednesday 30th December in classic winter conditions. The weather conditions were excellent, but some sections were slow in softer snow. However John failed to appreciate the difficulty of picking up water en route. Frozen streams and pools turned the Lakes into a virtual desert and by not grasping early opportunities to take a good drink when they arose, John became more and more dehydrated. This is the most unexpected and underestimated challenge on a solo unsupported winter round when it is undertaken in classic winter conditions. When I made my attempt in winter 1986, I didn't get a drink from Red Pike all the way to Keswick. It is super important to keep body temperature between cool and chilly by managing clothing and monitoring energy output so that one sweats minimally. There's a lot of faffing when you are a solo unsupported traveller on a winter round!

Returning to John's plight, the less he drank the less he ate and his cushion of about 2 hours evaporated between Wasdale and Honister. By Honister he had eaten and drunk next to nothing for 9 hours and he arrived there completely wasted. Although it was all over for John, he had no inkling throughout the day that a few hours ahead of him Shane Ohly was making best use of his extensive winter mountaineering experience and was coping with the conditions.

**SHANE OHLY** - Of the 6 who dared to attempt a solo unsupported mid-winter Bob Graham, Shane was the only person to succeed, 34 years after my own journey which was also in classic winter conditions. He completed in 23hrs 26 mins, about 14 minutes quicker than my time. Shane set off a few hours before John and until the 3rd section was blissfully unaware that someone else was out there. This experience isn't new for Shane as some years ago, he made solo unsupported winter attempts at Ramsay's Round. The experience gained would prove key to his BG success. I won't write any more as you can read Shane's excellent article elsewhere in the magazine.

In addition to the solo unsupported attempts Richard Anderson made a very speedy supported BG completion on the shortest day in 19hrs 57mins. Mingma Sherpa of Keswick AC took advantage of some decent weather and completed a superb solo unsupported round at the beginning of March in 22hrs 13mins.

## WHAT DOES IT REALLY MEAN TO BE SOLO UNSUPPORTED?

This is a burning question that has recently been debated by a small group who have all been undertaking solo unsupported adventures



in recent times - Kim Collison, Finlay Wild, Carol Morgan, John Kelly, Damian Hall, Shane Ohly, Tom Saville and myself.

Back in the day there was no GPS and no mobile phones to keep you socially connected with friends and family. Tom Saville wanted to maintain this purity of approach for his solo unsupported BG with no GPS and his mobile phone switched off (only to be used if bailing out). He cites the definitions in the Cambridge English Dictionary online: Solo is being alone, without other people. Unsupported is not receiving any help and encouragement from other people.

It surprised me that most of the others in the conversation, who are all at least 10 years older than Tom, saw it differently or at least felt that it was problematic if one was too prescriptive. They felt that new attempts should be appropriate to the modern day and not be historical re-enactments. In their view GPS should be allowed because it makes it possible for those who live far from a mountain area with less opportunity to gain local knowledge to participate in a solo unsupported experience. They also felt that people should be able to 'fritter away time' checking their phones for messages of support if they wished. I have to admit that (not too surprisingly) I subscribe to the Tom Saville purist ethos and all this makes me wonder if it will ever be possible to be truly alone again on a solo unsupported journey.

But I can see the argument from both sides. Whereas back in the day I felt comfortable dropping off items at road points if I knew they would be collected later by those who were monitoring my safety or possibly by myself the next day, it was felt that in the modern day, this is not appropriate. The wording we settled on for the updated guidance for future solo unsupported mountain journeys in the UK is below and will be regularly updated to reflect latest technology and thinking. I would ask all aspirants to think carefully about the ethics and style of their solo unsupported adventure.

#### SOLO UNSUPPORTED

*Carry everything you need from start to finish except water from natural sources. Public taps along the route are acceptable but if you ask for water, that's Solo Self-Supported. Do not pick up anything from a cache or leave anything for collection later. Do not arrange to meet anyone en route. Accept no external support of any kind, nor any contact where moral support is offered. (See full guidance for long distance mountain challenges at the end of this piece.)*

If you would like to contribute to the conversation above, please contact me at martin@staminade.co.uk.

#### WINTER STEVE PARR ROUND ATTEMPTS

In the summer of 1984, Steve devised a round, which he initially called "Beyond the Bob Graham Round". More recently it has been named the "Steve Parr Round" in his honour after he tragically disappeared in the Himalayas in 1990. The route visits every peak above 2,500ft (57 Wainwright's and 4 tops) in the Lake District starting and finishing at the Moot Hall in Keswick. It is about 125 miles and 13,150M ascent, approximately 1.7 Bob Grahams.

**PAUL WILSON** – On 2nd December Paul made the first ever winter Steve Parr attempt, anti-clockwise. He was trying out a cunning new variation to the route with a major re-ordering of the peaks that would take him from Buttermere to Ennerdale and miss out Wasdale. It saves a few miles and the amount of climb is similar to the original route but how fantastic it is that Steve Parr Round is an evolving challenge that continually reveals new options. Paul was supported on his attempt, but conditions were extremely challenging with snowstorms and zero visibility during darkness on the Scafells, Bowfell and Crinkles. Paul stopped his attempt at Three Shire Stone after 22 hours.



Kim Collinson reascending Swirral Edge, Helvellyn © Steve Ashworth

#### KIM COLLISON – 2 SOLO UNSUPPORTED WINTER ATTEMPTS

When he learned that the January Spine Race was cancelled, Kim felt the need to spend some of the fitness benefit he had acquired during months of autumn training. With a number of Bob Grahams and the Lakeland 24 Hour Record under his belt, he was searching for a next level challenge. He settled on a clockwise solo unsupported mid-winter Steve Parr Round and set off at 06:00 on Wednesday 23rd December. It was a day of full on winter conditions,

snow storms and gale force winds on the summits. He successfully crossed the northern fells, the Helvellyn Ridge and the Far Eastern fells. He found himself being lifted off his feet on Fairfield and after 17 hours very wisely called it a day at Grasmere.

Undeterred by his epic skirmish, he spent Christmas regrouping ready for another attempt almost exactly a week later. This time it was to be an anti-clockwise solo unsupported attempt starting from Threlkeld, making use of the Paul Wilson optimisation which avoided dropping into Wasdale. His run overlapped with Shane/John's Bob Grahams and he was blessed with much better weather than for his first attempt. When you consider that this was an attempt in true winter conditions, his progress over the first 30 hours to Grasmere was nothing short of extraordinary. It was now deep into the second night and Kim needed to take a short nap in the open at Grasmere to give his brain the chance to regroup. The cold shamed him back into action and he set off up Great Rigg with only 3 medium length sections remaining. Not only was he likely to complete within the 48-hour target time that folk aspire to in summer, but if the weather held it was possible that he wouldn't be too far adrift of the summer supported record. This is testament to Kim's exceptional fitness and mountain skills.

Kim writes "So close and I had committed to the suffering on leaving Grasmere to get the job done no matter what. However, a blizzard blew in on Fairfield making life on the tops inhospitable. I was coping but on the edge. I reached the top of Red Screes at 2.20am and hoped to drop down to Kirkstone to allow the snow showers to pass. But with lots of windblown snow, ice covering the rocks and visibility minimal I could not find a safe passage through the cliffs. Before an uncontrolled descent, I took the decision to abort." For Kim, aborting meant retracing his steps and climbing back up to the summit of Red Screes, before descending the easy valley from Scandale Pass to Hartsop. How disappointing it must have been to have almost completed the section in 33½ hours and only have the Far Eastern Fells and the Helvellyn Ridge remaining. Hats off to Kim for knowing when its time to stop on both his attempts. There is no doubt in my mind that Kim's was the most challenging solo unsupported winter mountain journey at speed that's ever been (nearly) completed in the UK.

#### JAMES GIBSON – FIRST WINTER COMPLETION

After planning a winter attempt at the 214 Wainwrights Round this year, James had to postpone it due to COVID-19 and settled on a supported Steve Parr Round. He lives in Rydal which is on the route and this made it possible to have some rest almost halfway around. He was joined by one local experienced person on each leg.

At 3am on Thursday 25th February he set off with an improving forecast and on the first day everything went as planned. He arrived in Rydal in a time of 16hrs 50mins, an hour and a half quicker than planned and this allowed more time for rest. The second part was much bigger than the first, but with 69 miles to go and close to 9,000 meters of ascent left he finished on Saturday 27th in a total time of 53hrs 48mins. The weather was generally benevolent.

#### SABRINA VERJEE – FIRST MID-WINTER COAST TO COAST & LADIES' RECORD

I can't think of anyone else who would have set off from St Bees on Boxing Day knowing that the full fury of Storm Bella would be bearing down on them as they crossed the high Lakeland fells at night. The sight of Sabrina running along the flooded minor roads through the darkness into Shap, battling torrents of horizontal rain will remain in my mind for some time. Sabrina is a force of nature and her mindset that banishes negative thoughts and remains positive come what may is totally inspiring. Despite storm Bella and 32 hours of darkness, Sabrina completed her 190-mile journey in 55hrs 58mins 39secs, the first winter completion and the Ladies' summer/winter record. You can read Sabrina's great article elsewhere in the magazine. Quite extraordinary.

#### RUSSELL BENTLEY – SOLO UNSUPPORTED WINTER PADDY BUCKLEY ROUND

On 1st/2nd December Russell, who lives in Blaenau Ffestiniog, completed the first anti-clockwise solo unsupported winter Paddy Buckley Round. He set off from Aberglaslyn at 04:00, the closest road crossing to his home. The weather was benign with no snow and mostly clear skies for the first 16 hours. As Russell approached the summit of Snowdon in the darkness at about 8pm the wind



Russell Bentley entering the Western gully on Tryfan © Russell Owen



whipped up and he was enveloped in low cloud. From Snowdon to the end of leg 4 and for the entire length of the final Nantlle Ridge, Russell was feeling his way across the ground enveloped in whiteness. He dropped off the final peak, Bryn Banog, and emerged from the cloud not far above the road. He completed the third solo unsupported winter round in 22hrs 45mins. I completed a mid-winter solo unsupported clockwise round in 23hrs 40mins (December 1989) and Damian Hall a winter solo round in 21hrs 30mins (January 2020).

### ROB ALLEN – WINTER 26 LAKE, MERE & WATERS RECORD

Rob completed his winter journey on 12/13th December in 29hrs 21 mins. The route was established by Leo Pollard in 1981 and Rob's was only the 13th completion in 40 years! Although the weather was challenging Rob's completion was the fastest in winter. You can read Rob's article elsewhere in the magazine. He was the proud recipient of the Keswick AC Long Distance Award for 2020.

### MATH ROBERTS – BEDDGELERT BOUNDARY SUMMITS

Math completed this 35-mile round of the Beddgelert Community boundary with 11,800ft in 10hrs 6mins on 22nd December. Weather conditions were fine and it was a cool day. The route started/finished at Llyn Pen-Y-Gwyrdd and took in Crib Goch, Snowdon, Yr Aran, Craig Wen, the Nantlle Ridge, Cnicht and the less distinct Paddy Buckley peaks that complete the round.

### HOWARD DRACUP – HARVEY HOWGILLS SOLO IN WINTER

This outing is a circuit of the 40 tops of 400 metres or more that are named and identified by a separate contour ring on Harvey's Howgill Fells map. There are in fact 39 named tops but the distinctive spot height of 500 metres to the north-west of Docker Knott was added to make a round number! It was first completed by Tony Wimbush and Colin Brooke in April 1985 in 11h 58mins starting from the Cross Keys on the A683, north-east of Sedbergh. The round is about 60 km with 3500 metres of ascent. Howard completed his run on 29th January. It was a fine day with great views and all the snow had gone, leaving the ground very boggy. Howard completed the route in 8hrs 10mins but omitted a few miles of the low-level trail section that links the 1st and 40th top.

### OLI JOHNSON – 30 PEAK DISTRICT TRIGS

Last September 4/5th Oli extended Stuart Walker's 24-hour route around 27 Peak District trig points which he completed in 2016. He was able to add 3 trig points to make a total of 30 (all within the National Park) in a time of 22hrs 13mins 51secs. Oli writes "I was well inside my 24-hour schedule. It's not really a record, it's

definitely not an FKT, so let's call it an MKT (most known trig). I estimate that the route is around 170km with 4500m of ascent. My time begs the obvious question of whether I could have fitted in another trig or two along the way. It was a fantastic day out with a real variety of landscapes. Unlike Stu, I was supported on my run by my parents, which made things much easier than it was for him. Like Stu, my run was based at the Sportman, Lodge Moor. I think it is a great challenge and provides a perfect Peak District 24-hr challenge as a more esoteric alternative to the more popular Big 3. Given that it has evolved over time from its original incarnation run by Pete Simpson in 1991, I feel that it is now becoming a challenge in its own right, rather than a footnote to the more popular 15-trigs route."



Top photo: Oli Johnson descending from Birchin Edge © Paul Johnson; Above: Oli Johnson having a much-needed refuel © Jenny Johnson; Next page: The Glyderau Plateau just before sunset on Russell Bentley's solo Paddy Buckley Round © Russell Bentley

## CURRENT GUIDELINES FOR LONG DISTANCE MOUNTAIN RECORDS

To be clear, record attempts by individuals should be without physical support provided by pacers while the contender is moving, unless the contender intends to retire. Physical support to climb Broad Stand on the Bob Graham has traditionally been provided and this is the only exception! GPS navigation devices and poles may be used.

Timing needs to be to the second from now on as we head into a world of marginal gains. The support team should record the Start and Finish time of day using a device such as a mobile phone with a clock that automatically synchronises during the attempt. The time recorded should NOT rely on the contender starting and stopping a stopwatch as this is often poorly managed. Modern Android and Apple phones do NOT come with a Clock App that displays seconds. Please bear this in mind before the attempt and unless you have other options, download the [lightdotnet.digitalclock](https://play.google.com/store/apps/details?id=com.lightdotnet.digitalclock) app from the Google Play Store or My Digital Clock app from Apple App Store.

### Long distance mountain running records can be achieved in various styles:

**SUPPORTED** - You have pacers and supporters that meet you along the way. It can be one person handing you water once, to an entire team that accompanies you the whole distance giving you everything except physical assistance. Whether it's just once or continuously, any support at all means it is a Supported trip. Supported can enable the fastest trips due to the ability to carry less weight and be 'encouraged' by your pacers. For an achievement to be described as a Supported record you also have to beat the fastest Solo times.

**SOLO SUPPORTED** - As for Supported but with no pacers at any point on the route. For an achievement to be described as a Solo Supported record you also must beat the fastest Solo Self-Supported and Unsupported times.

**SOLO SELF-SUPPORTED** - You may have as much support as you can find along the way, but not from any pre-arranged people helping you. This can range from caching supplies in advance, purchasing supplies along the way, to finding or begging for food or

water. For an achievement to be described as a Solo Self-Supported record you also must beat the fastest Solo Unsupported time.

**SOLO UNSUPPORTED** – Carry everything you need from start to finish except water from natural sources. Public taps along the route are acceptable but if you ask for water, that's Solo Self-Supported. Do not pick up anything from a cache or leave anything for collection later. Do not arrange to meet anyone en route. Accept no external support of any kind, nor any contact where moral support is offered.

### FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

If you complete a long-distance mountain challenge that you think would be of interest, please send a schedule and brief details of any record-breaking run to [martin@staminade.co.uk](mailto:martin@staminade.co.uk) so that others can be inspired to repeat or improve on your achievement. The Award is presented annually and is not restricted to FRA members, although the recipient must be resident in the UK. It is for one or more long distance mountain achievements within a year and the majority of the journey/s should be on foot. Performances in races are not considered. The award year ends on 30th September and in the first part of October, Martin Stone canvasses a panel of about 30 long distance 'enthusiasts' and previous award winners. They review the list of outstanding performances and a suitable recipient of the award is chosen. The winner is usually presented with the award in November at the FRA Annual Dinner.

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](https://www.opentracking.co.uk). As soon as possible after a record-breaking solo run, please email the track to me and I will add it to the archive.

### 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 [gofar99@gmail.com](mailto:gofar99@gmail.com).



# AMPHIBIOUS AMBITIONS

WORDS MARTYN PRICE, SECRETARY, FROG GRAHAM ROUND CLUB

**T**hank you to everyone who gave such positive feedback on the pilot Amphibious Ambitions article. I'm pleased to report that the Editor has decided it was worthy of a regular column and so here we are. For our first regular column I hope to recap on 2020 Frog Graham Round attempts and some interesting developments.

So, 2020 – what a year that was, I don't think any of us will forget it in a hurry! COVID-19 lockdown restrictions meant a curtailment on many outdoor activities and for the fell running community it was hard not being able to run in many of the areas central to the sport, as you will all be only too aware. The FGR Club did our best to support the Lake District authorities in trying to curtail the spread of the virus and followed the Bob Graham 24-hour club in not recognising (and actively discouraging) FGR attempts during the lockdown periods. As soon as the first lockdown period ended there was a flurry of attempts and it was clear that despite the ongoing pandemic we were likely to have a record number of contenders: to put that in context we

expected somewhere in the region of 25 successful rounds. New for 2020 we introduced a registration system, not only to make contenders more accountable but also to track unsuccessful attempts, something that we had hitherto not done; in retrospect this was a wise move and is something that we will retain going forward along with the requirement for a contender to outline his/her biosecurity precautions prior to an attempt.

Mhairi Helme completed 2020's first successful Frog Graham Round on 21st July in a time of 17:06 and this was followed by a stream of successful attempts, contenders taking advantage of the warmer water conditions during the summer months. In all, there were 29 successful attempts from a total of 51 starts, making the success ratio slightly better than 50%. The fastest ladies' time was from Hannah Bruce in 13:45, while Richard Anderson was the fastest man in 10:25, Richard's time being the current course record. As we have often stated, the Frog Graham Round is not all about the fastest time and our aim is that the round is open to people of all abilities. There were some brave attempts that

won't have caught the headlines because they weren't blisteringly fast: Gethin Bermingham's 23:17 on 30 August springs to mind, particularly so because he followed that with a winter attempt on 5 December. The FGR Club doesn't recommend winter rounds as I'm sure everyone will appreciate, but it's hard not to be impressed when confronted with real fortitude: I was worried about Gethin on the day of his winter attempt and was relieved when he contacted me to say that he was safe but had pulled out after leg 1 following a freezing swim across Bassenthwaite. Drifting snow on top of Skiddaw had convinced him that it was going to be nigh on impossible to complete in anything like a reasonable or safe time and the extra equipment he was carrying slowed him considerably. An icy cold transition into his wetsuit at St Bega's church pretty much sealed the deal; about all I can say is that he showed some proper strength in even getting into the water! Bassenthwaite can be an unforgiving swim, particularly if the wind is coming from the NW and poor Gethin had to fight it all the way. One of Peter's maxims springs to mind here: "the single most valuable lesson to anyone contemplating the Frog Graham Round is to know when to stop".

I have been asked on several occasions what a "good" time is for the FGR and have been reluctant to answer, largely because of the round's ethos and the wide range of successful finishing times. However, I have tried hard to maintain an accurate record of the Frog Graham's history and can tell you that the average time for completion is somewhere in the region of 16 hours, but that figure is skewed by some very fast rounds. The bottom line is that there is no time limit and as long as you do it in a single, unbroken effort (i.e. no overnight stops in Buttermere etc) that's absolutely fine.

Remember, a strong wind in the wrong direction can add a lot to your swim time, something a lot of contenders will testify to.

In other related news, Harvey Maps have been in touch because they have sold out of their first print run of the Frog Graham Round map and kindly offered us the opportunity to correct some minor errors that crept into the first version – we thought that particularly encouraging! The second print run should be available soon; if you've already bought the map please rest assured that the changes are minor and you'll be hard pressed to spot them.

Another interesting development is that one of our successful contenders commissioned a commemorative poster from talented Lake District artist John Walker ([lakedistrictdesigns.co.uk](http://lakedistrictdesigns.co.uk)) and John very kindly offered to allow us to use his artwork for our social media and website, producing it in both male and female versions. I'm sure everyone will recognise the scene straight away as Buttermere with Fleetwith Pike in the background.

Finally, I'm really pleased to announce that Natalie Hawkrigg has agreed to join the Frog Graham Round committee. Natalie is a terrific fell runner and keen outdoor swimmer, she has a true love for the Lakeland Fells and will be a very strong asset. She completed her FGR in July 2019 in 13:19 and knows a thing or two about moving rapidly over the fells and in the water.

Over the next few columns I hope to report on other swim-run challenges of this type as there are some good ones in the offing. They're predominantly "run" it has to be said – perhaps we need our own nomenclature!

Background image: Emily Cartigny on the infamous Mellbreak Climb © Rob Swift





# Joss Naylor

## Lakeland Challenge

WORDS IAN CHARTERS

Since the last edition of the Fellrunner three more Crossings have been ratified; Gary Thorpe (M55) and Craig Smith (M50) on 12 September and Toby White (M55) on 26 September bringing the total number of ratified Crossings for 2020 to 19, without any repeats. My congratulations to Gary, Craig, and Toby.

Until conditions improve and, in particular, travel and socialising restrictions are eased I am not able to accept notice of or to ratify attempts. I would also ask contenders to take notice of advice from Mountain Rescue Services because now isn't the time to take risks or to put others at risk. That said, I do hope the situation this year will be better than last so that we will all be able to get out and enjoy the fells again before mid-summer. I know of one or two pencilled-in attempts for 2021 and I am sure there are others considering attempts too. As conditions ease I'll keep the blog updated, like last year, so that we all know when Joss will be happy to have attempts resume.

Thirty years ago, Don Talbot was the first to follow in Joss's footsteps from Pooley Bridge to Greendale Bridge and so I thought it appropriate to let Don tell you about his day.



### DON TALBOT (M60) - JNLC 06 SEPTEMBER 1991



A sprained ankle had delayed my attempt from 28th August until Friday 6th September and, having decided on a 05:00 start from Pooley Bridge, it became necessary to camp overnight near the start. Fellow club member Phil Taylor came to the rescue by providing his caravan and the loan of his son Jonathan as pacer/navigator. Len Farnsworth was also on hand to provide assistance on the early leg. He dropped Jonathan and I at the start and after the customary photo-call we departed on the dot.

A clear, starlit morning augured well for the rest of the day. As we climbed Barton Fell the sun began to break through and I found it necessary to stop occasionally and view the landscape to the North, East and West; it would have been sacrilege to have ignored such an ideal morning.

Arthur's Pike was reached 13 minutes ahead of schedule and the deer were out to greet us on Loadpot Hill. Inken Blunk, a Rucksack Club lady, met us at Kirkstone with a very welcome brew, which was an unexpected pleasure as she wasn't due to meet me until Dunmail. Jonathan cut back to Pooley Bridge at Fairfield as we pushed on. At Dunmail, after another brew, Len moved over for Inken and then took the car round to Wasdale. Where would we be without such stalwart helpers? Len had remarked earlier about the lack of people out on the fells on such a fine day; this pattern continued throughout the rest of the day. The afternoon passed pleasantly, with an ever-changing scene and, as Gable came nearer, I reflected on how, in the early morning it had looked miles away. Peter Cockshott, another Rucksacker, was waiting at Beck Head with fruit, rice pudding, cake and drinks, wonderful sustenance to see me to the end of the route. Peter stayed with me to the end, occasionally plying me with drinks and flapjack.

Atop Haycock it was especially satisfying to sit awhile and reflect on the day; a most invigorating trip in wonderful country with marvellous friends. This was living with a capital "L".

Len was waiting at Greendale Bridge and Joss had come along to welcome us in. It really was such a wonderful day. Thanks to all.



*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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(Please enclose an SAE)

Previous page: Craig Smith (M50) above Mosedale © Andrew Slattery; Above top to bottom: Don Talbot © Ian Charters; Bob Halstead (M60) at Greendale Bridge, after his successful Crossing in early 2020.





# runfurther update

A reminder of what we're missing, Lakes Mountains 42 © Nick Ham

**S**o far, as with most events nothing has happened, but we have not given up all hope just yet. We did put together a series of 12 ultra races as usual and we are keeping our fingers crossed that some of these can still go ahead.

The Haworth Hobble and The Fellsman have already been cancelled. The Pendle Way in A Day is moved to April and there should be a decision on that soon [STOP PRESS: It went ahead, and the results are in this magazine!"] The Calderdale Hike is taking expressions of interest but no paid entries yet. Once we know what is happening to the first 4 races in the series and perhaps the next two we can make a decision about the series overall. There are several options if lockdown eases.

We have sponsors lined up as in past years - Mountain Fuel, Tent Meals, Ultimate Direction, Injinji and Icebug shoes. I really feel for these folk as they are not getting the same promotion at races, on our postcards etc. However, most of us are still running so please when you can buy from these people so that they are still there when races return. We have just received our order of Feel Good bars and always take one out with us now in preference to various chocolate bars.

Races may be cancelled but I have seen many interesting challenges going ahead. Some are based on races that couldn't happen - I managed to DNF on The Hill yet again even when it was a hill of my choosing! On the positive side I did at least raise some money for the local Mountain Rescue. Other challenges have been really imaginative. On the South Pennine Moors people have been searching for 'Interesting Stones'. I had this all mapped out ready

to join in when lockdown prevented me travelling that far but I may still use it as an interesting run/runs later in the year when we are allowed to travel further. Some challenges are just silly - like The Accumulator where you run as a minimum the date in miles for a month. Several dozen finished this in January.

A number have a navigation aspect and so in addition to keeping our bodies ready for racing they are also a way of gaining or maintaining some useful skills. Most orienteering clubs have Permanent Orienteering courses and these clubs have also been using an app called MapRunF to put on virtual orienteering courses.

An activity that has taken the UK by storm in lockdown is Turf. Again it uses an app and requires a little navigation. There is also a website (Turfgame.com). It is a game where you run or cycle to 'zones' and gain points, medals and places on the leader-boards. Most areas of the UK have some zones now and if you are unlucky not to have many you can start and then request more. Many are in urban areas, which is perfect for lockdown but there are a fair number on the fells too. I was sceptical at first but it is quite addictive and although I will Turf less once we can travel to the hills and race again for the time being it is keeping me busy. Being able to cycle Turf has kept me sane as I am injured and cannot run.

Hopefully we will be able to meet, race and enjoy the hills again soon.

As always you can join us, find out more about the races, read race reports etc on our Facebook page and our website [www.runfurther.com](http://www.runfurther.com)

WORDS KAREN NASH

# EVERYTHING OUTDOORS



**Navigation and Hill Skill Course**  
Mountain Training qualified tutor.  
Do you want to get off the trail and explore?  
Learn the skills, be confident.  
Gain knowledge and experience.

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

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Contact Ian Winterburn at  
07733266595  
Ian@everythingoutdoors.co.uk  
www.Everythingoutdoors.co.uk  
<https://www.facebook.com/OutdoorNavigation>



**ENTRIES NOW OPEN**

## Saunders Lakeland Mountain Marathon

### 3th -4th July 2021

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

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

**Linear & Score Courses**

[www.slmm.org.uk](http://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.



# NAVIGATION FOR FELL RUNNERS

## PART 2: FURTHER SKILLS

WORDS IAN WINTERBURN

© Stephen Wilson www.granddayoutphotography.co.uk

First of all, many thanks for all the comments on the first part of Navigation for Fell Runners, published in the Winter 2020 Fellrunner; they were much appreciated. I hope that those of you I replied to directly found the information useful. It's been a difficult time, but I hope in the last four months you have been able to get out practising your basic techniques: setting your map, memorising the 5 Ds – direction, distance, duration, description, and destination – and ticking off features as you go. The best way to improve any skill is regular practice and so much the better if it gives you the excuse to run over new hills or unfamiliar terrain. We will now take it up a step and add some finer details and tips.

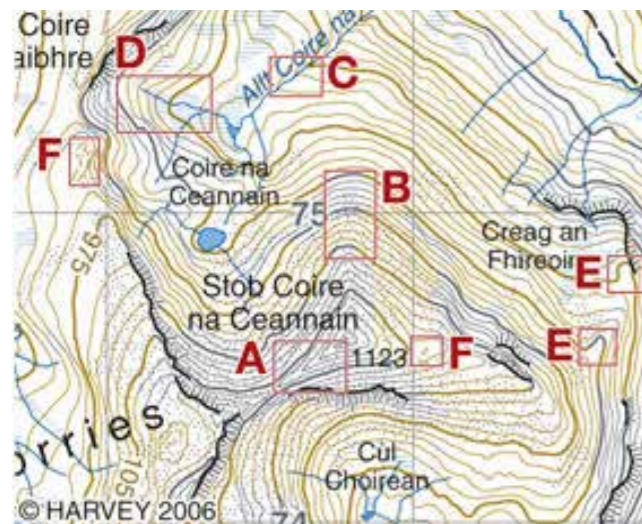
### READING CONTOURS

Once you've mastered reading contours a wealth of information can leap from the map such as angle of slope, direction and the shape of the ground.

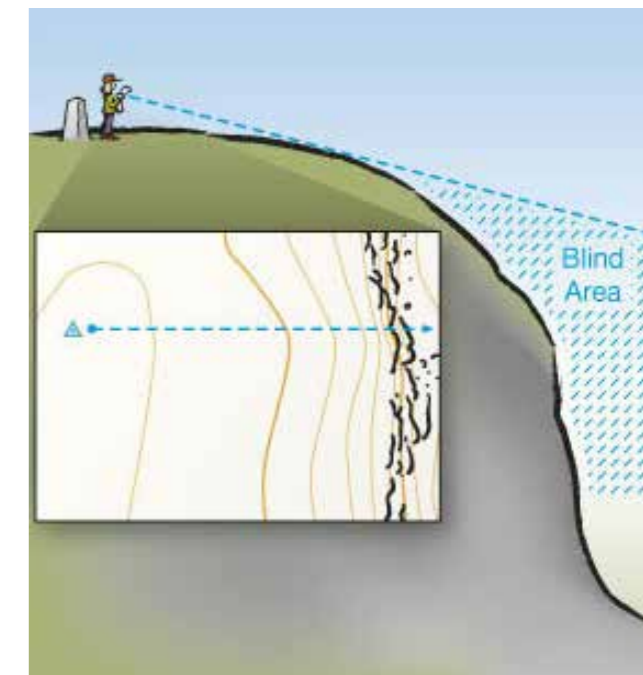
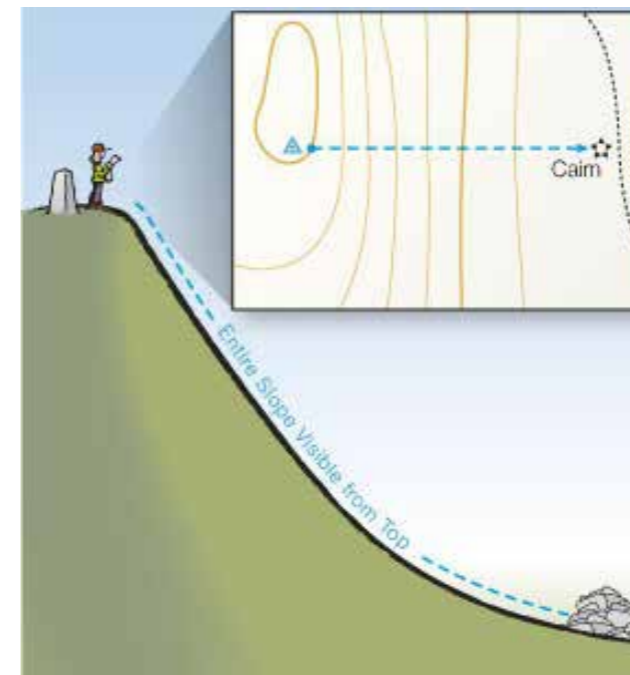
- A: Narrow ridge line ascending North East, note the sharp angle in the contour line.
- B: Blunt rounded hill side descending North.
- C: Stream gently descending to the North East.
- D: Stream descending a steeper concave slope, Easterly.
- E: A flat area on a spur.
- F: A broken contour shows a significant rise that does cross through the next full contour (OS maps do not show broken contours but may show a spot height).

Spotting the difference between concave and convex slopes is particularly important in the higher hills and where there is poor visibility. A concave slope starts steep but levels off, with the whole slope visible beneath. A convex slope gets steeper and can hide nasty surprises, particularly where the ground is rocky.

The angle of slope can be worked out from the number of contour lines per cm. For example, a 1:25,000 map has one cm to 250m. The contour interval in mountain and moorland areas is usually



The features on a Harvey map © MTUK/VG 2012



Left: A concave slope with the entire slope visible. Right: A convex slope where the lower parts may hide hazards. © MTUK/VG 2012

10m with thicker index contours at 50m intervals (every fifth contour). Five index contours over one cm on the map give a 45° slope.

The closer contours are together the steeper the ground, but always check your new or race map for contour heights: OS are usually 10m intervals, Harvey maps 15m and race/orienteering maps can vary from 5m to 20m intervals.

Some compasses come with a clinometer which can measure a slope for you. Check the pacing chart on page 97 for more on slope angles. The more you study the map the more you can spot even the tiniest of detail (see detailed interpretation of a section from a Harvey map).

### USING COMPASS BEARINGS

In Part 1 we looked at the basics of how to take a bearing. We will now look at using the bearing with more accuracy. Walking or running on a bearing can be quite an art. After taking your bearing, don't immediately start moving – think first. Are we heading for a big 'catching' feature like a river or wall line and aiming off (see Part 1)? If so, away you go.

### FEATURES ON THE BEARING

If you need to be more precise, look at your compass and aim for a point you can see on the line of your bearing. It may be a tree or

rock but you can now run to that feature without recourse to your compass. From that feature repeat the process until you get to your target. You will find this much more accurate and faster than just starting on the bearing from where you first took it, and it should mean you are much less likely to trip up and can make pacing to judge distance a little easier.

The dark, or thick fog, can limit the distance at which you can pick out an object. In these conditions it's sometimes worth pairing up and using a technique called leap frogging. One person goes out in front to the limit of sight and communication. They become the feature until the second person catches up. The first person then leapfrogs in front again. If you wander off line your partner can signal to go left or right until you are back on track. It's not fast but it is accurate. If both of you are pacing distance at the same time you can judge how far you have travelled.

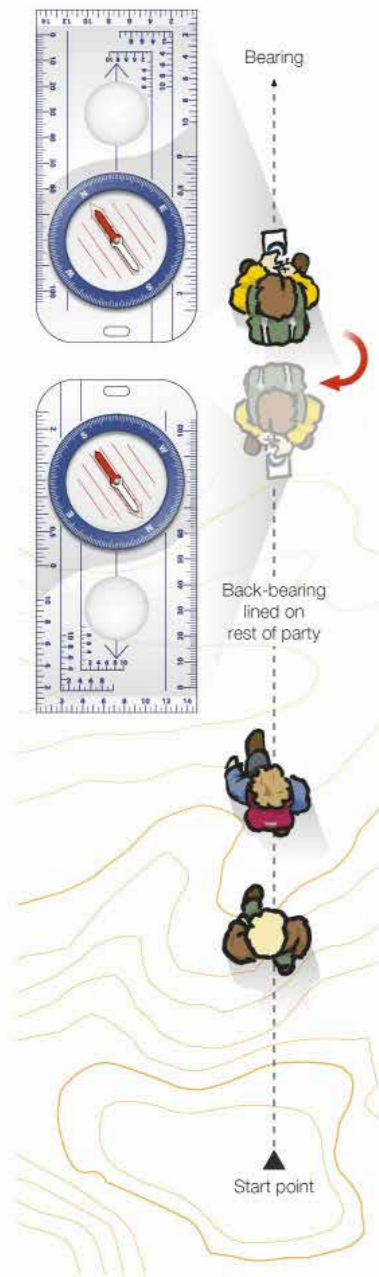
### BACK BEARINGS

If you think you have wandered off course, a good technique to know is the back bearing. Simply turn the compass round so the white (south) needle is 'in the shed' and the compass should now be pointing at the place you set off from (the red orienting arrow in the compass housing is called the 'shed' due to the shape of the arrow). If not move left or right until it does. You are then back on your bearing.

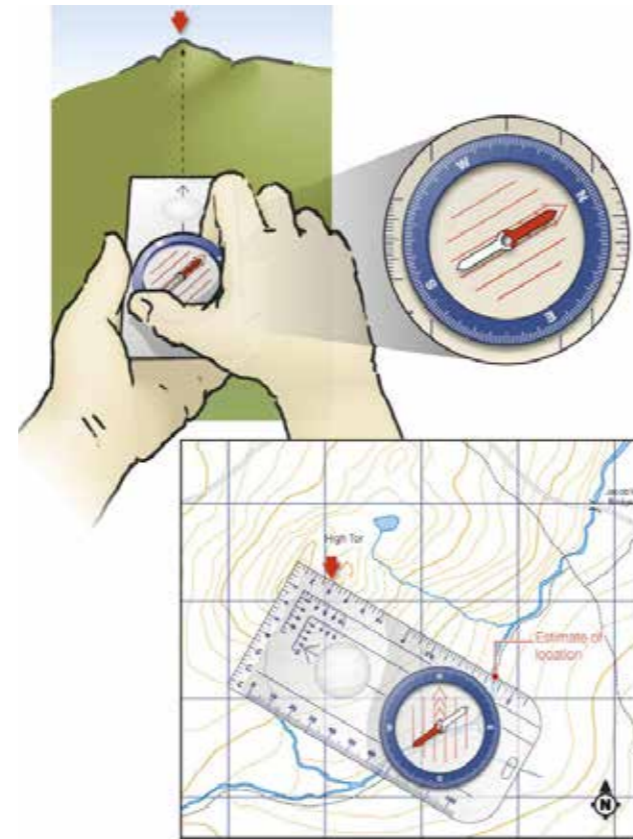


It is worth noting that whilst crossing a hillside or plateau you will take a line of least resistance, often resulting in you slipping down the hill or being blown downwind. By using features you can avoid this. However, by using back bearings you can move over the best ground and then return to the bearing.

In an emergency in the dark you can always leave a spare torch or light stick on a high point to use as back bearing, returning in daylight to pick it up of course.



Taking a back bearing: turn so the white (south) compass arrow is over the orienting arrow in the compass housing and the direction of travel arrow should point to the start point. © MTUK/VG 2012



Fixing location on a stream: Take a bearing to a known summit. Align the north-south lines on compass and map. Slide compass so edge is on summit. The location on the stream is where the edge of the base plate crosses it. © MTUK/VG 2012

If we need to find where we are whilst traveling along a hand rail such as a marked path, a ridgeline or stream for example, and we can see a known feature such as a trig point, church or crag, we can take a bearing from it. First point the compass at the feature then rotate the bezel until the red north needle is 'in the shed'. It's always worth repeating this a few times to make sure you have this as precise as possible.

Place the compass on the map making sure that the north-south lines on the compass match the north-south lines on the map. You can now slide the compass until one edge is on your known feature. If we now draw a line along the edge the point where the line crosses our path is our location.

Now, the feature can be miles away so we usually need to allow for magnetic variation. This is the difference between where your compass points (magnetic north) and the north on the map

(grid north). However we are at quite a special time as the zero variation line is moving across the country. The below is there for completeness only.

This information can found on your map legend. On the OS OL13 Brecon Beacons map, the variation stated on the map for this year (July 2016) is 0°.52'W (just under 1° west or half a mark on a good compass). This is decreasing annually by approx. 0.1' and actually speeding up so soon we'll be down to approx. 0°. Throughout most of mainland Britain though variation is less than 1° so for the moment we don't have to be too worried about it. But it's worth knowing for the future.

We don't use magnetic variation at the moment when walking on a bearing as the difference is negligible over shorter distances.

### PACING AND TIMING

There will come a time when you will need to know exactly how far you need to travel along a path, stream or ridgeline in the mist or dark or when there are few, if any, features to tick off. The two techniques used for this are pacing and timing. Both are very accurate after some practice. I tend to use pacing up to 1,000m but move to timing above this distance; counting out 3,000 metres can be somewhat tedious to put it mildly!

In pacing you count just every second step. For me, on the flat 30 double paces is 50m. This changes dependant on angle and terrain so the best way is to measure your own paces against a fixed distance. If you or a friend has a 50m rope, go out and lay it over various terrain, count your paces and make a note. You will soon work out how many you take. It is important to note that you need to take a 'normal pace' and not an exaggerated one. One way to make the counting easier is to fasten five button toggles to the lanyard on your compass or rucksack and slide one along every 100m, once you have moved them all you have done 500m and you can continue the count by moving them back.

For timing, I use a variant of Naismith's Rule. This is designed for walking so you need to check your times over a set distance if you are running. Again, measure it out on the flat first then do the same distance on a climb and note the difference. A Bob Graham pace will obviously be different to a two hour score event, so practise and take a notebook or create a pace card like the one below. Once you have this information you can make an algorithm which is very accurate. Make a small card and have it attached to a compass or

rucksack ready to be used.

PACE CALCULATOR			
Double paces per 100m	CONDITIONS UNDERFOOT		
	GOOD	MODERATE	BAD
FLAT	60	70	75
UPHILL	70	85	95
DOWNHILL	60	70	90
Slope angle	Index Contours per 1 centimeter		
1:25,000	2=22° 3= 30° 4= 40° 5=45° 6=50° 7= 55°		
1:50,000	4=22° 6=30° 8= 40° 10=45° 12=50° 14= 55°		

www.everythingoutdoors.co.uk			
Distance travelled in metres	Speed in kms/hr		
	5	4	3
1000	12min	15min	20min
900	11min	13½ min	18min
800	9½ min	12min	16min
700	8½ min	10½ min	14min
600	7min	9min	12min
500	6min	7½ min	10min
400	5min	6min	8min
300	3½ min	4½ min	6min
200	2½ min	3min	4min
100	1min	1½ min	2min
Add 1 minute per 10m climbed steady walking			
Add 30 seconds per 10m climbed fast walk/slow run			
Add 20 seconds per 10m climbed quick run			

These distance calculators use typical pacing (above) and timing (below) can be copied and used until you customise your own. A blank pacing PRIMARY AND SECONDARY FEATURES [www.everythingoutdoors.co.uk/pacing-notes/](http://www.everythingoutdoors.co.uk/pacing-notes/) © MTUK/VG 2012



We've already talked about ticking features; another phrase often used is 'telling the story'.

Imagine again how you would direct someone new to the area to get to a shop five miles away; just repeat this with a map using your five Ds. Now imagine you haven't been in that area for a while and try again. It's possible things have changed and the same is true for the hills: walls can be moved, paths redirected, woods cut down, so always navigate by primary natural features first such as rivers, crags, valleys. Only then use secondary man-made structures like walls, fences, houses, plantations or even paths. Remember man-made means it can be man-removed! Cairns are a good example as they do not tell us anything except where they are mentioned on a map. They are easily made and easily moved.

## HOW TO MAKE A ROUTE CHOICE

Whether to take a direct route or contour round is always a tough choice. By using your pace notes however, you can make the choice easier.

First work out the extra distance run by contouring round. This can be quickly done by first drawing the straight-line route then drawing a perpendicular line out to the furthest point on the contour line. This line is approximately the extra distance run.

Next follow the straight-line route and count the contours to work out how much extra climbing there is; for example, you may find you have to run 2km further but there is an extra 300m of climbing. If you know you can run at 6km/hr and climb at 30 seconds per 10m that gives you either about 20 minutes of running or 15 minutes of climbing, so the direct route is quicker.

Unfortunately, it's not quite that simple. There are often other deciding factors which can only be made on site and with experience. The contour path may be a smooth grassy path whereas the direct route is rough and tussocky for example. You will also have to consider how difficult the navigation will be; is there a good catching feature at the end to help you locate your check point? In a mountain marathon you may wish to save your climbing legs for later in the race: saving 5 minutes at the start by losing 15 minutes later is not a good plan. Another factor to consider is the environment; is the lower route more sheltered from winds or perhaps has better visibility, maybe it's a hot day and the shorter route crosses a stream which could hydrate or cool you down. If the clag is down I tend to go for the route which is easiest to navigate; it might not be the fastest but if you go wrong it could cost you even more time.



The distance x (blue line) is roughly the extra distance run by contouring compared to the direct route (red) © MTUK/VG 2012

## ALTIMETERS

I'll briefly mention altimeters as many sport watches have this facility and they do offer an extra layer of information as long as you use them appropriately. Altimeters work mainly off barometric pressure so need regularly calibrating: even during the course of a long race they can lose accuracy and my tip is to ignore the actual height shown and concentrate on the differential, for example if need to climb up a stream for 120m, zero your altimeter regardless of where you are and climb until it says 120. If you wish to keep the height real then remember to check it regularly against known spot heights, particularly in unsettled weather.

## NAVIGATING ON THE RUN

The more proficient you get at navigating, the faster you will want to move. This introduces the new problem of trying to be accurate whilst running. The answer to the problem is a traffic light system.

For example, from your known location you know you will run north east for two kilometres until you pick up a stream. You then need to turn left and follow it upstream until you reach a stream junction. This is easy navigation so go fast (Green Mode) only checking the compass briefly to confirm we are going the right way. It's also possible that during the green phase we can be planning ahead so when we reach our destination we do not have to plan our next leg.

From the stream junction you then need to head 380m up the right branch looking for a sheep fold. We need to be a bit more aware of distance and direction now so will concentrate more (Amber Mode).

Let's say, from the sheep fold you need to pace a distance on a

bearing to a prominent stone. Here full concentration is required (Red Mode). This method allows us to move fast when the navigation is easy and slow down when we need to take care. The other benefit of this is you can leave a checkpoint quickly thereby not guiding in other runners.

## RELOCATION, OR WHAT TO DO WHEN LOST

Let's be totally honest here, everyone gets lost at some time. The main reasons for getting lost are nearly always complacency or not paying attention; leaving map and compass in your pocket or rucksack and not following the route and ticking features. How you recover will depend on how you navigated.

First of all stay calm and think it through. Go over your 5 Ds. Look back over your route. How far have you travelled? In what direction? How long since you last looked at the map? What have you seen? From this alone and using your pace/time chart you should be able to narrow your location down to a probable area.

Now, consider if you can see any obvious features that will be evident on the map. Take a bearing down the fall line of the slope; does it match the probable area as shown on your map? Maybe there is some high ground nearby that would afford a better view?

Can you plan a route to a big catching feature? On the Kinder plateau for example, if you get lost you only need to travel 10-15 minutes north or south and you will find yourself on one of the edges and a safe route off.

In good visibility it is possible to relocate using a technique called a resection. Find at least two – preferably three – obvious identifiable features and sight a bearing on them as described earlier. The bearings should cross at the same point, however, what is more likely is you get a small triangle. Your position will be within the triangle.



PUTTING IT INTO PRACTICE See known features locating the taker within a triangle. © MTUK/VG 2012

Most of our medium and long races require navigational ability, even those where the route is fixed. Simply following someone else is not only risky in terms of your final position but can be dangerous should you get split off from the group. How many times do we read that a runner went the wrong way and took 20 runners with them? The way to avoid this is to navigate yourself with confidence.

## BEING PREPARED

Mark up your map with the route in advance and with the bearings off the tops and from check points. Note distances to turns and what you will see on your way there. Some of my maps have secret trods marked on them that I've found on reccies. When you mark your map up try to avoid writing on the route itself, however, as doing so could obscure a useful feature. Try not to mark a check point with a dot or a cross; draw an arc around it, leaving the route in the opening (imagine a letter C).

If you have specific questions please get in contact and I'll do my best to respond promptly.

*Ian Winterburn is an experienced outdoor instructor, professional Mountain Leader and member of Woodhead Mountain Rescue Team. He is a member of Mountain Training Association where he is a Mountain and Hill Skills tutor. He runs his own hill skill and navigation courses and has worked on the FRA Navigation course. He runs for Dark Peak Fell Runners.*

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*Thank you to MTUK for their kind permission to use the graphics from their book 'Navigation in the Mountains'*



# AN INTERVIEW WITH RICKY PARRISH

FRA MEMBERS' REPRESENTATIVE



Ricky running on his local fells © Ricky Parrish

## MEMBERS' REP, WHAT DOES THIS MEAN?

I see it as my job to try and fairly represent the membership as broadly as possible. So far I've been involved with things like the new FAQ's page. I also sit on the Communications sub-committee so help out with some of the things James Lowe is working on when asked. A lot of the time it's a case of reviewing certain documents before they're made public to the wider membership and giving my suggestions and feedback so that publications are relatable to all members.

## HOW DID YOU GET INTO FELL RUNNING?

I used to live in Salford and was one of the founding members of Salford Cycling Club back in my cycling days, where I would regularly cycle out into the Pennines, as well as go walking in the hills with my wife at weekends. I always used to see people running in the hills and I just thought "that's a bit of me". It fixated on

my mind for several years while I tried to fix imbalance issues in my hips, during which time I put on several stone in weight. After moving to the Calder Valley, I found a great physio and I put in a lot of strength and rehab sessions in the gym, lost the weight and got myself into a position where I could run without getting injured. I joined my first running club (Todmorden Harriers before recently moving to Calder Valley) and regularly started racing on the fells week in week out. I was absolutely hooked!

## WHAT DO YOU ENJOY MOST ABOUT THE SPORT?

It's just a buzz isn't it! I love the simplicity and freedom of the sport. I love that it's not purely down to fitness and speed and that less gifted runners can often pick up a decent result through smart nav and route choice and good hill/ mountain craft.

## WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

My best race was actually my last race, the inaugural 10 reservoirs race in Saddleworth, organized by friend and club-mate Darren Graham, where I placed 3rd. It was just shy of 26 miles with about 1200m of ascent, at least 7 or 8 miles further than I had raced previously. Before this I had really struggled on longer races, having practically crawled over the line at the 2019 Holme Moss and Borrowdale Races, vowing never to do an AL again. Once I got over it, I worked on my endurance and now it is probably my strongest asset in fell running, so overcoming that challenge was a real achievement for me.

## WHAT ARE YOUR FAVOURITE RACES?

Locally, Hoofstones and Midgley Moor are my favourites for their nav sections over rough, featureless terrain. Turnslack is also another favourite over some of the roughest terrain in the area. Further afield, I still have so many more to do, but I have particularly enjoyed running at Ras Y Moelwyn, Meall Nan Tarmachan, Settle Hills and Coledale Horseshoe.

## WHAT IS YOUR FAVOURITE PLACE TO RUN?

Probably the Calder Valley, where I live. It lacks the higher fells but the wooded valleys up and down the valley flow so nicely and there is such a variation in terrain. I can head out my front door and enjoy wooded trails and rough, seemingly remote moorland as well as steep, calf-crushing hills and be home within an hour. Lovely!

## WHAT IS YOUR MOST MEMORABLE FELL RUNNING EXPERIENCE?

In 2019 I did a traverse of the Lake District, organised by Darren Graham. It was an informal traverse over a couple of nights from Shap to Santon Bridge in any way we wanted. Daz has a well-deserved reputation for bringing bad weather with him, as it was chucking it down and clagged in all weekend. Out of several peaks covered en-route, we only caught any view on the final peak at Irton Pike. But particularly, I will never forget running down into Wasdale from Styhead in the pouring rain with the mist dancing violently over the tops of the high fells. It was incredibly atmospheric and just one of those unforgettable moments in the mountains.

## WHAT WAS YOUR SCARIEST MOUNTAIN EXPERIENCE?

I was hiking on Glyder Fawr in April 2018, not long after we had the 'beast from the east' snow storms. Most of the snow had melted, but it was still slippery and greasy in places. I approached the Y Gribin ridge to descend into the Ogwen valley, but dropped down a little early, clinging onto the side of the hill rather than straddling the ridge. Fortunately, I made it down without incident but it was incredibly hairy as I slid down on my bum, trying to pick my way through the greasy slabs to rejoin the path further along the ridge. Terrifying, but I brushed up on my nav not long after that and learnt from this mistake.

## WHO'S YOUR BIGGEST INSPIRATION?

My Dad, Mark Parrish. He was an orienteer and ran cross country when he was in the army and was quite a good runner by all accounts. It is his mental toughness that is so unbelievably impressive though. In recent years he has overcome life changing injuries from a motorbike accident and at the time of writing he is several months into an intense battle with COVID-19 which, thankfully is a battle he is now winning. He's incredibly adaptable and always rises to these

kinds of tests with a positive attitude that I just cannot begin to understand. So when I'm feeling tired and sorry for myself during a race or a challenge, I just think about my Dad and he'll usually push me through, even if it means walking to the finish line feeling fed up.

## WHAT ARE YOUR RUNNING AMBITIONS FOR THE FUTURE?

I have turned my attention to longer runs. This year I'm training towards a (hopefully) strong run around the local Upper Calder Valley 13 trigs challenge (45 miles / 2000m (ish) of classic South Pennine bog) and I've also been working on a 70+ mile / 4000m+ round in my local hills that I aim to run later this year. I'm calling it 'The Mark Parrish Round' in celebration of my Dad and will be using the run to try and raise some money for NHS charities.

Further afield, I think I'd love to do the big 3 major rounds and I would love to try and be somewhat competitive in things like the Lakeland Classics and a few ultras etc.

## GPS OR NO GPS?

No GPS for me. From a safety point of view I think it's worth learning to navigate but it can also be a competitive advantage. I've had a few decent results where I've made huge leaps up the field through good navigation and picking a decent line. Nothing beats that smug feeling having popped out from the heather ahead of typically faster runners having picked a better line. Having said that, a GPS has its place for getting yourself out of a sticky situation if you just need some reassurance about your exact position in an emergency.

## WHAT ARE YOUR AMBITIONS FOR YOUR FRA COMMITTEE ROLE?

First and foremost, I'd like to attend a committee meeting in person and not on Zoom, so that I can meet with my counterparts and colleagues. But aside from that, I'd like to just be active in helping to improve the sport for all, whilst keeping to its traditional, low key roots. I would also like to keep commercialism out of the sport as much as possible! I would also love to have a strong involvement with the publication of the magazine if the opportunity ever comes up. It's something that we as a membership should be incredibly proud of and in my opinion it's worth the membership fee on its own!



# FELL AND MOUNTAIN RUNNING: THROUGH THE EYE OF A LENS

## A TRIBUTE TO PETE HARTLEY: FELLRUNNER AND PHOTOGRAPHER

BY STEVE CHILTON & DENISE PARK

REVIEWED BY GRAHAM BREEZE



### A KIND AND CARING MAN

In *The Irrepressible Denise Park* (*Fellrunner*, Spring 2014) Denise mentioned that her partner, Pete Hartley, was cataloguing his photographs with a view to publishing a book. At that time Denise and Pete were a golden couple of fell running: Denise because of her astonishing sequence of articles (the 47th appears in this issue) absorbed by every fell running hypochondriac - and which of us is not? - and Pete as the photographer who could grant the humblest fell runner immortality with a brilliant photograph in *The Fellrunner*.

Pete told me that he was finally getting round to cataloguing his collection, but he said it with the resignation of a man who would rather be outside high up on the fells with his camera capturing new images than inside sitting behind a computer screen filing those of yesterday. Then Pete died in November 2014 and *The Fellrunner* in Spring 2015 devoted eight pages to his memory, including a few fragments of his artistry.

Now Denise, with the support of Steve Chilton, has at last published Pete's book - the masterpiece to his memory.

### TO PASS THE TIME OF AN EVENING

Poring over photographs with a view to publication might seem to be a pleasant evening pastime but Denise's task, starting with over 60,000 images, stored in many different formats, was work as well as pleasure as she discovered the breadth of Pete's picture library. She focused her selection on the 4000 images that Pete had favoured as "good fell slides", scanned them to produce a digital image and sorted those images into different categories for the book. She then sent them to Steve Chilton for a final selection, captioning and drafting of the accompanying text. Steve's other key roles were general encouragement and acting as a sounding board and Denise has emphasised that without Steve's support, she might never have embarked on such a mammoth task - and we in fell running would now be the poorer.

Anyone can take a photograph - and in the era of WhatsApp it appears that everybody does - but it takes an artist to produce an image that is timeless, that so delights the viewer that they return to it again and again. Pete had that special "eye" and, as a winner of the 1975 Fellsman, 1981 Haworth Hobble and 1982 Calderdale Hike, he was also fit enough to get high up the mountains to capture special images from where other photographers rarely ventured. Bill Smith was no mean photographer and in his *Fellrunner* profile of Pete in October 1999, after outlining his background and racing history, he expresses his admiration outright for Pete's "superb action shots of fell races".

### BUT WILL IT SELL?

Despite little publicity over 300 runners pre-ordered Pete's book, vividly illustrating that everyone in fell running just knew that the photographs would be superb and with Pete Hartley's name on the cover, how could they not be? But what Denise and Steve have produced is more magnificent than even the faithful 300

could have expected. I have books of photography by world class photographers - such as Graham Watson on cycling - and the biggest challenge is always to ensure that the last photograph in a book is as captivating as the first. *Through The Eye Of A Lens* achieves this by skilfully grouping these magnificent pictures into different categories. So there are sections on the Bob Graham Round, Lakeland Classics Trophy (albeit with some confusing text), Fell Relays - and every page is interesting with possibly the most fascinating category being the photographs that were Pete's own particular favourites.

Pete was an internationally renowned photographer and so naturally there are pictures of international races and of the best mountain runners in the world, such as Jonathan Wyatt who has contributed the Forward. And of course, the great Czech Republic runner, Anna Strakova/Pichrtova, whose rise to pre-eminence owed a great deal to Denise's physiotherapy skills. For *The Fellrunner* I interviewed Anna, actually at Denise's practice in Clitheroe, after she had won the 2008 World Long Distance Mountain Running Challenge at the Three Peaks Race and she told this star-struck interviewer that whilst, of course, there was physio support available in the many countries where she raced, she still always came to Denise. And on page 147 there is a picture of Denise and Anna taken by Pete: so, a picture of the best female mountain runner in the world and the best mountain running physio in the world taken by the best mountain race photographer?

### A REWARD OF RICHNESS

Some *Fellrunner* readers may misguidedly think they have already seen the best of Pete's work but in fact most of the 400 pictures here have never been published before - and some of the vantage points, such as of Broad Stand or Heptonstall, are refreshingly original. Even where pictures have appeared in *The Fellrunner* the cropping is often different, so the striking picture of Sarah Rowell (page 71) shows a far broader vista than the version that appeared in the June 2001 and Autumn 2008 magazines to accompany articles by and about Sarah. And there are other delightful surprises: whilst the image of Ruth Pickvance in the 1988 Edale Skyline (1998 is a typo) between Edale Cross and Grindslow Knoll is familiar from the cover of the 1992 *Fellrunner* wall calendar, the picture on page 88, representing Pete's delightful experimentation with multiple images, has never been previously published. *The Fellrunner* wall calendar appeared four times (1992 to 1995) and included a different picture for each month. Pete not only had the cover photo for all four editions but over 40% of the photographs



Sarah Rowell climbing Prison Band in the 1997 Three Shires fell race.

were his, with Steve Bateson and Bill Smith being the other main contributors.

Another section of the book is of *Fellrunner* covers where Pete had a presence 47 times between 1985 and 2012. Steve's research has determined that Pete's total matched the total of every other photographer who had had at least 2 covers.

### THE LEGACY

When the FRA celebrated its 40th Anniversary in 2010 and invited past Champions to the annual presentation and dinner it was to Pete that the FRA naturally turned to take the official photographs for publication in the Spring 2011 *Fellrunner*.

Of course, fell running has other excellent photographers and both Steve Bateson and Andy Holden have photographs included in the book. However, as Graham Wright wrote in the *Fellrunner* tribute after Pete's death: "he was the best photographer the sport has known but, most important of all, he was a kind and caring man who will be missed by everyone who had the privilege to know him".

And now, thanks to Denise and Steve, *Fell And Mountain Running: Through The Eye Of A Lens*, in displaying the artistry of Pete Hartley, has presented the sport with its definitive, photographic record that will live for as long as fell running exists.

*Fell And Mountain Running: Through The Eye Of A Lens* is published by Denise Park and is currently available from [dp@deniseparkphysio.co.uk](mailto:dp@deniseparkphysio.co.uk) as well as Pete Bland Sports, Fred Holdsworth Books, Bookends and Sam Read Bookseller.



A SELECTION OF SOME OF THE BREATHTAKING PHOTOGRAPHS TAKEN BY THE LATE PETE HARTLEY

## FELL AND MOUNTAIN RUNNING : THROUGH THE EYE OF A LENS

A tribute to Pete Hartley: fellrunner and photographer

By STEVE CHILTON AND DENISE PARK

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# MY 70 AT 70 EVEREST CHALLENGE

WORDS GEORGE YOUNG,  
FRA MEMBER NUMBER 312

I first became a member of the FRA in 1973 when I was running track, road and cross-country, but hills and mountains were always my favourite terrain, having run and walked the 3 Peaks and Lyke Wake when I was 13 years old. My first fell race was Pendle Hill in 1973, finishing in the 40s but I was hooked. Next was the Cairngorm race when I was on holiday: I found myself leading at the top into a 50mph headwind wearing only Tiger Cubs road shoes with no socks (showing my lack of experience - although there wasn't much choice in those days). Descending, my feet were blistered badly on the stones and I dropped to 5th - a lesson learned! Next was Ben Nevis and a decision of what to wear. I was still a footballer then and so football boots it was, a change to rubber studs for road and rock. It was a foul day but, still learning fell running ways, I managed 1hr 52 mins and finished in the first 50, so not bad I thought.

From then on, I was mixing road and fell running. My best seasons were 1976 and 1979 when I was racing two or three times each week all over England and Scotland, not at the top level like Harry Walker, Mike Short, Martin Weeks, Andy Styan and Billy Bland, but finishing in the top 10/20 in most races with good class fields. We were all racers in those days. I was holding my own in short and medium races but treated longs as training days (events like Wasdale, Ennerdale, Borrowdale, Welsh 1000m, Three Peaks, Langdale and the Karrimor 2 Day Elite). All my holidays were spent in the Lake District or Scotland, staying in Youth Hostels or camping, and I have managed to run or walk up most of the mountains in England, Scotland and all the main islands as well as walk/run the Pennine Way, Dales Way, Cleveland Way, Coast to Coast, Wolds Way and White Rose Way. I was mainly on my own but a group of us went to Scotland for a week each year for 25 years between 1974 and 1999, which was my last fell racing season.

At the same time, I was racing on the bike on the road, in time trials and cyclo-cross (3 Peaks), averaging 8-10,000 miles each year for the last 45 years. Then, in 2000, my life was changing. I met

my new wife, Michelle, at a gym in York where we were spinning on bikes, rowing and Versaclimbing, on which I got hooked. It turned my life around and I was training hard, setting and breaking British and World records for Versaclimbing of the time at 5,000ft, vertical mile, 10,000ft and Everest. Then, in 2003, the gym closed down and so no Versaclimber but I was now doing a lot of cycling time trials with Team Swift, spending a lot of time on the bike, jogging and walking in the Dales where we have a lodge at West Witton with Penhill and lots of trails around us for mountain biking and running.

Then came the Covid pandemic and lockdown. What to do, with all my racing and holidays cancelled? I had a turbo, rowing machine and a type of climber in the garage but no Versaclimber. So, I phoned Neil at the company and he remembered me after 17 years due to my records. He managed to find me a second-hand machine and fitted it in my garage (not a lot of room with 8 bikes). So I was on my way again, mainly doing 3 Peaks (7000ft) or Ben Nevis, Snowden, and Scafell Pike (11000ft) or both. I now needed a challenge and I was on 500,000ft after three months. I focused



Above: George finishing his last Everest climb © George Young



on Everest which has become a popular challenge for both runners and cyclists. I was in my 70th year and so fixed my sights on 70 ascents of Everest (just over 2 million feet) before my 70th birthday on 14th February 2021. I had to consider whether it was feasible and whether my body would cope on top of cycling 30 miles to work (as a joiner in York) and back each day. I discussed my plan with Neil and Michelle who were both very supportive, so it was game on. Each ascent of Everest took me around four hours and I was averaging eight Everests each month. Finally I took that last step on Sunday 24th January after approximately 270 hours in total.

During lockdown there has been a lot of attention on older folk and I thought my story might inspire people to keep active, fit and healthy. Routine is so important and a challenge keeps you motivated. Feeling fit makes you feel better and the climber is a great low-impact machine which burns a lot of calories. I plan a lot whilst in a good rhythm and listening to good beat music. I also wanted to support two charities which are close to my heart, being the Yorkshire Air Ambulance and Dogs Trust. I have already started my next challenge: all the Munros and Corbetts of Scotland totalling 1.55 million feet...

<sup>1</sup> Incidentally, I can still remember most of my PB times on the fell, e.g., Burnsall 14.28, Latrigg 18.30, Ben Nevis 1hr 40mins.

## CHRIS LEWIS



Chris Lewis, Patterdale MRT © Mike Blakey

As many readers will be aware, Chris Lewis, a member of Patterdale Mountain Rescue Team (MRT), was seriously injured in a fall early on the morning of 6th February. The Team was responding to a casualty with chest pains who was wild camping above Red Screens near Kirkstone Pass, between Ullswater and Ambleside. Chris was airlifted to the Major Trauma Unit at the Royal Preston Hospital by HM Coastguard helicopter after suffering severe facial and spinal injuries.

In the hours, days and weeks since the incident, everyone involved has received tremendous support and good wishes from mountain rescue colleagues, supporters and donors across England, Wales, Scotland, Ireland and beyond. Neighbouring teams (particularly Penrith, Keswick, Cockermouth and Langdale Ambleside) and LDSAMRA (Lake District Search and Mountain Rescue Association) and MREW (Mountain Rescue England and Wales) officers have given invaluable practical help, not only on operational matters but also on media support and other advice. The Team would like to thank everyone.

"This is the sort of thing that no Team would ever want to face," says Mike Rippon, Patterdale MRT Team Leader, "and it has been a shock for us all. The first couple of weeks were hectic with everything seeming to be both important and urgent. Our first responsibility was to Chris and his family but we also needed to look after everyone in the Team, to set up some sort of fundraising focus that could tap into the support for Chris and, of course, to deal with all the media enquiries flooding in. We're still reeling on a lot of this but the Chris Lewis Support Fund on Just Giving is approaching £1 million and that has been a huge encouragement. I hope something like this never happens to another Team but, in case that's too optimistic, we hope to share some of what we've learned in the months ahead."

Shortly before this magazine went to press, Chris had been transferred back to ITU following a short period of time in high dependency. He is expected to remain in hospital for the foreseeable future.

The Fund to support Chris and his family in the months and years ahead is still open and can be found at <https://www.justgiving.com/campaign/Chris-Lewis-Support-Fund-LDSAMRA-Patterdale-MRT> or by searching online for "Chris Lewis support fund".

## GORDON BOOTH

1932 - 2021



Gordon and Sheila at the Langdale Half Marathon

The final finishing line has arrived at the age of 89 for a remarkable Hebden athlete, Gordon Booth, who had hitherto set the country alight in veterans' competitions.

A native of Almondbury, Huddersfield, Gordon grew up nearby the former world mile record holder and Olympic Games 5000 metres medallist, Derek Ibbotson, but whereas the latter had already become a worldwide legend in the 1950's era, Gordon only took to the sport when he was fifty-four.

However, he certainly made up for lost time, and, with similar fashion to what Ibbotson had done in open age competition, Gordon

- likewise a member of Longwood Harriers - promptly proceeded to scoop veterans' awards in endurance races over track, road, fell and cross-country. Indeed, on numerable occasions, falling not too far short of winning the open age event for good measure. And - like old wine - he seemed to mature with age, not least of all since his frequent visits twenty-nine years ago to Hebden after befriending Shelia Ely and also befriending the glorious scenic surroundings.

Thus, in the mould of the Scandinavian long-haired loners who dominated the World distance running scene in the 1970s, Gordon became a familiar figure pounding the roads and fells around Hebden, but comparatively few people ever knew who he was.

A likeable personality though, for those people - particularly his rivals - who did acquaint with his identity, and just a few of his truly phenomenal chest of achievements, tell much of an amazing chapter in his life.

Twice under three hours for a marathon when already eligible age-wise for a free bus pass, Gordon recording 2 hours 53.04 seconds in 1995 won the over 60's award in the London Marathon which attracted rivals from all over the World.

Meanwhile, on the fells he was three times winner of the over 60's award in the Three Peaks Race and in 2004 he was the Fell Runners Association Over 70's British Champion.

Not done yet amongst winning top national honours, in 2007 Gordon also won British titles in the over 75's category, including him setting new records in the 800 metres, 5000 metres and 10,000 metres on the track and added the 10 miles British title for good measure. All this just being a bit of a very lot.

What a man, what a star!

- ROGER INGHAM





# JUNIOR FELLRUNNER

## GETTING READY FOR COMPETITION... FINGERS CROSSED

**A**nyone got a crystal ball out there? Please can I borrow it? As we go to press so much is uncertain and whilst we continue to work towards a full race calendar, we need to be realistic that restrictions and guidance may necessitate changes to our plans. Make sure you check the website for the latest up to date information.

It's been a very long time since any of us stood on a start line, and unlike coming back from an injury, everyone is in the same boat. It's going to feel strange and very different setting off on my own in an interval start. I like running with people and I also like to know where I am in the race. How am I going to manage pushing myself instead of being pulled along by others? It's going to be tough getting my head around that one. I guess I won't be the only person wondering about these things, but it sure feels like it when I can't meet up and train with my club mates or run with my usual friends. The problem is the uncertainty. It's uncomfortable to live with, impossible to plan and its disappointing if races are cancelled. But, unlike swimmers, we are so lucky that we are able to continue with our sport; we have the hills, and our health. Above all, remember we do this for FUN. So smile, lace up those shoes and enjoy the mud under your feet, the wind in your hair and the freedom of the fells.

Finally, I hear a lot about "staying positive" but very little that seems to apply to me. With one exception. Today whilst out for a walk in the icy blast of a bright winter's day, a friend told me of Liz McColgan's view of lockdown as being a golden opportunity for athletes to work on their weaknesses. So be kind if you happen to see me waddling along a road like a penguin, I'm actually working on my speed... even if it doesn't look like it.

### BE PREPARED

We may not be able to recce routes so check out the race maps available on the websites for each event. Look at the contours - is the race steep with lots of climb? Runnable? Tracks or farmland? You can see an awful lot on Google Earth. What were the previous record times? These will give you an idea of how long you will be out for. Chat to someone who has done the race before and get their thoughts about the course.

### GET ONLINE

Check out the closing dates and rules which may vary as regulations change. Enter online wherever possible. Make sure you have the required face masks/hand gel as well as the usual bumbag & waterproof jacket.

### FIND SUPPORT

I don't just mean family and friends getting you through this, to the correct place with the right size fell shoes on your feet. Consider if you need a pal to team up with to find your way through this brave new world together. Your friends are probably feeling like you do and will be pleased you asked. After all, none of us have ever lived through anything like this before.

Happy running everyone, in whatever form that takes in 2021.

HELENE WHITAKER, FRA JUNIOR CO-ORDINATOR



## CAN YOU HELP?

The FRA Junior Fell Co-ordinator post is up for grabs in October.

It's a lot of fun and not onerous, with an excellent team of experienced volunteers who pick up most of the tasks. I am happy to continue in a supporting role for as long as needed to hand over, but why not get involved now to see if it something you would like to try?

Contact Helene Whitaker on [juniors@fellrunner.org.uk](mailto:juniors@fellrunner.org.uk) or 07950 033781 to find out more.

## STOP PRESS

Updates on the resumption of the Junior English Championships Calendar. All changes and updates throughout the year will be published on the FRA Juniors page: <https://www.fellrunner.org.uk/juniors.php>





# TADPOLE TALES, THE TADPOLE ROUND

THE TADPOLE ROUND IS A 7-MILE SWIM-RUN CHALLENGE IN BUTTERMERE IN THE LAKE DISTRICT. THE TADPOLE WAS THE BRAINCHILD OF ANDREW GRAHAM (NO RELATION TO BOB GRAHAM) AND WAS CONCEIVED AS A CHALLENGING SWIM-HIKE EVENT FOR JUNIORS. THE FIRST PERSON TO COMPLETE THE TADPOLE ROUND WAS ANDREW'S DAUGHTER LOUISA.



Top: Ruben Razzetti swimming across Crummock © Natalie Hawkrigg; Above: Emma and Ruby Duxbury with their dad, Dan © Dan Duxbury

“  
**W**e were 8 and 9 years old when we first did the Tadpole in 2017. Only 10 people had completed it at the time, and it was not very well known. We were doing triathlons a lot and wanted to push ourselves to get the fastest time for the Tadpole Round if possible.

The Crummock swim is the longest and the coldest so we wore wetsuits, and our dad carried a dry bag and rucksack with our stuff in. We wore our trainers for the swim to avoid the faff of changing at each end. The first swim was completed with a mix of breaststroke, backstroke and front crawl. We kept our wetsuits on as we ran along the beautiful lake shore towards the second swim across Buttermere.

The Buttermere swim is surrounded by big steep fells and was really enjoyable. At the end of this swim, we looked at the time and saw that we could probably get the fastest time if we worked hard on the final run.

This final run was my favourite because the view from the top of the steep climb and high point of the route was amazing – and we knew that the end was in sight and it was downhill all the way. We jogged down back to the start to complete the route in 2 hours 18 minutes which was the fastest time... or so we thought! What we did not know was that two days earlier, a 15-year-old triathlete called Ellen Patton had whizzed round in 1 hour 17 minutes (still the fastest female time!).

It was a great day out and we were really proud of getting round the route and our names on the Roll of Honour! The cake at the farm café in the village made it worth it! Still today, at 8 years old, Ruby is still the youngest person to complete the Tadpole Round.



- EMMA DUXBURY



Robin Regan © Natalie Hawkrigg



I did the Tadpole Round in August 2018 when I was 15 because I was really into triathlons at the time, and it was a nice combination of fell running and open water swimming. This therefore combined two sports I enjoyed, and it seemed a good summer time activity.

It was a fine day in the school holidays but I decided not quite warm enough to swim Crummock without a wetsuit, but I did do Buttermere just in my tri-suit.

I didn't do a lot of training specifically for it, but I had done a lot of triathlon competitions and therefore had been training in running and swimming quite a lot. I also did recce the route beforehand, so I knew the running route.

I had boat support on the lakes (kayaks), but I kept my running shoes on and so apart from the confidence from having water support if it had been needed, the kayak on Crummock only served to take my wetsuit back from the far side of the water so I didn't have to carry it.

The highlight of the round for me was the run over the back of Rannerdale Knotts and enjoying the descent back down to the start as it is a very nice attractive route.

The hardest part was probably the swim over Crummock and getting used to the temperature of the water at the start after diving in off the rocks.

It's a really nice course and a great introduction to swim-run events. It's definitely worth recceing it to make sure you know where you are going on the run stages and get good lines over the back of Rannerdale Knotts.



- ROBIN REGAN



“

I am not a triathlete, but I do enjoy orienteering. In Summer 2020 I was enjoying a day out with my family at Bowscale Tarn and I swam all the way across with my Mum. I remember my Mum saying something like 'You are a good swimmer now, why not do the Tadpole Round for a fun day out?'



Ruben Razzetti © Natalie Hawkrigg

That same day we decided I would do it on the next warm weather day. This happened to coincide with a day when my Mum's friend Nix was visiting from London. Nix decided she would do the Tadpole at the same time as me.

It was good to have her company on the first swim. She was really nervous about it all which helped me as I realised I was helping her by being with her. My Mum came across with us on a kayak for safety.

I ran round to Buttermere in my wetsuit and kept my goggles and swim hat on. This was hard as I was very sweaty and not very comfortable. My brother Elwood was on a SUP board on Buttermere and made sure I was safe getting across. Nix was way behind me by now, so Elwood went back on his SUP to support her.

I hadn't recced the run route over Rannerdale Knott area, so my Mum was at Buttermere cafe area to point me in the right direction up the hill. It was obvious where to go after that.

I was really pleased I did it. Nix was 1.5 hours behind me when she finished but so happy she had done it. My Mum presented us both with our certificates when we got home. You can print the certificate directly off the website.

”

- RUBEN RAZZETTI

## GRACE MOSEDALE

### A WINTER TADPOLE

Grace has done 'The Tadpole' a couple of times now in summer conditions but wanted to do an event that would stretch her both mentally and physically as well as being a challenge. So, she then hit on the idea of a first ever winter Tadpole Graham round.

She went for a couple of swims in Derwentwater at the beginning of December to get herself ready but found the water temperature to be very chilly. She realised that the swim across Crummock would be critical because it is the longer swim (550m) whereas Buttermere is 'only' 310m. After modifying her equipment accordingly, she felt that she was ready for the challenge.

The idea was to do the challenge as close to the winter solstice as possible. So even though the weather wasn't great at the weekend she had to commit to doing it in less than perfect conditions.

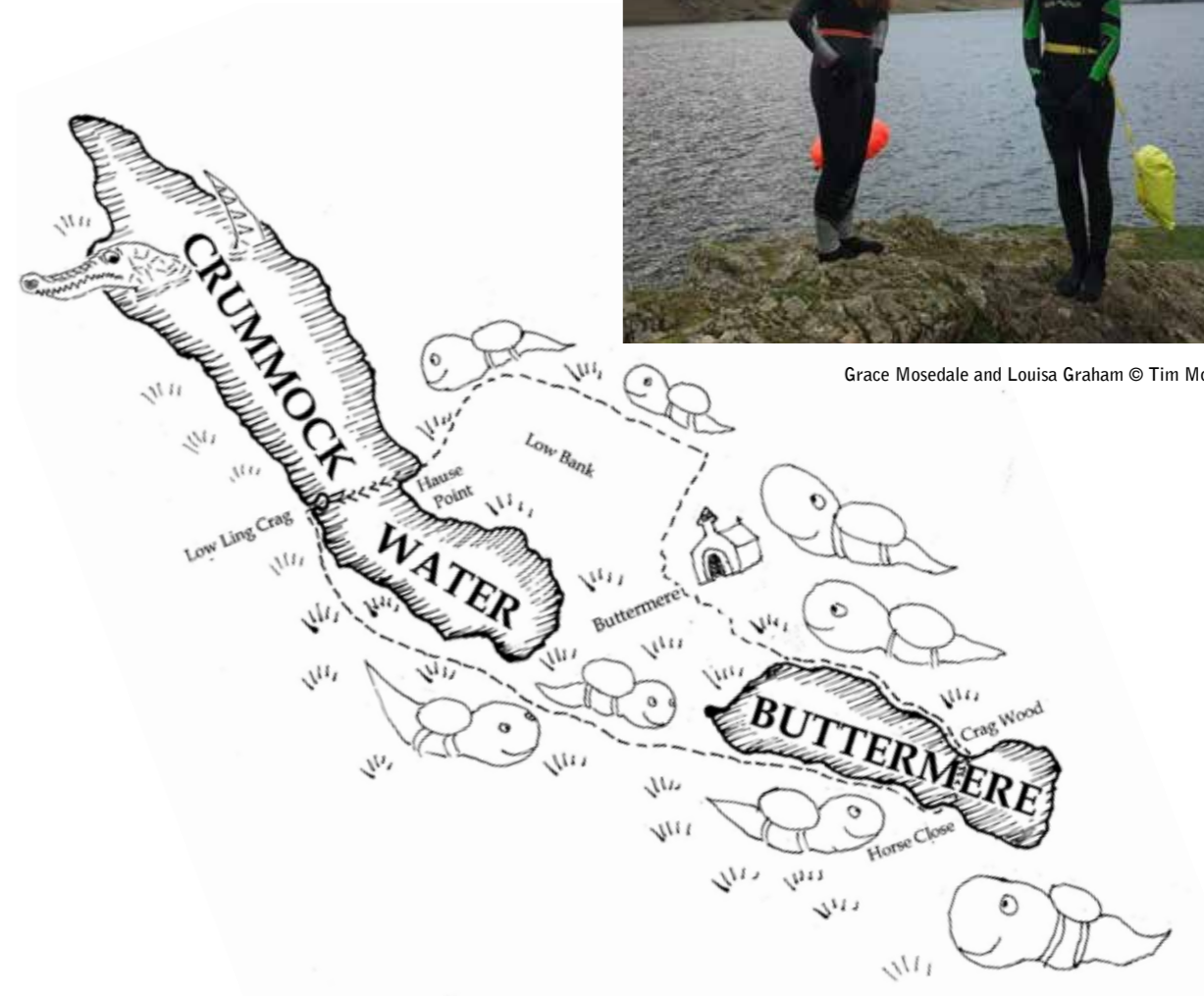
Her cousins Phoebe and Louisa volunteered to come and support the event and indeed Louisa ended up doing the swims as well. There was additional support from Andrew Graham who canoed alongside. For good measure her parents Ali and Tim also got in the water to ensure that safety wasn't compromised.

Throughout the day they had to battle wind, rain and hail amongst some brief sunny spells. There was also a huge squall just when they were crossing Buttermere when it got very choppy and the water temperature was down to only 6°C.

She completed the round in just over 4 hours which included a 45-minute stop after the Buttermere swim to get changed out of wetsuits, warm up and to have some soup and sandwiches to fuel them along the rest of the route.



Grace Mosedale and Louisa Graham © Tim Mosedale



**SAFETY NOTE** - It is a serious undertaking to contemplate doing the Tadpole Round in winter. You need to be well acclimatised to swimming in cold lakes, you need to be confident in choppy water and you need to be prepared for the worst that the environment can throw at you.

**BIOSECURITY NOTE** - Please always respect the need to adhere to the biosecurity guidelines that are set out on the Frog Graham website. Everyone should check their wetsuits beforehand to make sure that they aren't inadvertently introducing a stray piece of weed.





# JOSS'S JANUARY

JOSS TYSON IS 9 YEARS OLD AND A JUNIOR MEMBER OF AMBLESIDE AC. IN JANUARY 2021 DURING LOCKDOWN 3 HE RAN EVERY DAY TO RAISE MONEY FOR CATS PROTECTION.

10 | FEBRUARY 2021

## WHY DID YOU DECIDE TO DO THE CHALLENGE?

I was inspired to raise money for Cats Protection after seeing a neighbour's vegan cake sale that was raising money for the same charity, which was the first time I had heard of it.

## WHY DID YOU WANT TO RAISE MONEY FOR CATS?

We have a rescue cat from Eden Animal Rescue, so I wanted to help save other cats. I raised £1700!



## WHAT WAS THE HARDEST PART ABOUT YOUR CHALLENGE?

About 3 weeks into my challenge, I had a sore toe. I realised I had a blister from running every day. It hurt for a couple of days but after we put a blister plaster on, it soon went.

## WHAT WAS THE BEST THING ABOUT IT?

I loved running in the snow by Lily Tarn on Loughrigg!

## WHAT DID YOU GET OUT OF IT PERSONALLY & WHAT DID YOU LEARN ABOUT YOURSELF?

The challenge made me fitter and I could run up hills faster! I learned I love being outdoors in fresh air in any weather.

## WHAT WILL YOU DO NEXT WITH YOUR FELL RUNNING?

I want to run on different fells that I haven't been up before.

## WHAT WOULD YOU DO FOR YOUR NEXT CHALLENGE?

Next year in January I'd like to do it all again!



Joss Tyson running on Loughrigg Fell ©Jim Tyson

JOSS'S YOUNGER BROTHER BARNABY FOLLOWED SUIT, DOING A DAILY CHALLENGE EVERY DAY IN FEBRUARY TO RAISE MONEY FOR EDEN ANIMAL RESCUE.



# HELM HILL JUNIORS ROCK

HELM HILL JUNIORS CLUB WAS ON A MAJOR BUZZ BEFORE THE COVID PANDEMIC HIT IN MARCH 2020. JUNIOR TRAINING WAS BEING HELD EVERY WEDNESDAY NIGHT OUTDOORS WHATEVER THE WEATHER, AND THE KENDAL WINTER LEAGUE WELL UNDER WAY. THE PANDEMIC PUT A SUDDEN STOP TO EVERYTHING. JUNIOR CLUB COACH LORNA ASKEW TALKS ABOUT HOW HELM HILL JUNIORS KEPT THEIR CLUB BUZZING.



Above photo: Eleanor King taking part in the February 2021 half term virtual race.

WORDS LAURA ASKEW

**B**efore the pandemic junior members had a 'clubs colour' scheme. Half colours were awarded every year to any junior who completes 12 races, full colours for 24 races completed in the year.

When racing stopped, the team of junior coaches adapted the club colours scheme. They devised a "menu" of 25 challenges for juniors to complete. If they achieved 12 or 24 challenges, they earned half or full colours badge for the year. Any races already completed counted as one of the 12 or 24. Pictures of children making Helm Hill cakes, Helm Hill pebble art, summit selfies, pictures with postboxes (the "flying postman" challenge was to do a run which visited five or more postboxes, then draw a map of the route and post it home), to name just a few, were uploaded regularly

to the club facebook page and made great reading for the rest of the club!

In January this year, the club decided to repeat the success of last year's club colours, and devised a 2021 menu of challenges. If racing resumes later in the year, races will also count towards club colours.

*"One of my favourite club challenges was when I went for a run in the dark with my family up to the Helm trig."*

*"I really enjoyed the colour challenges. I found them fun and some were creative. I enjoyed them much more than racing."*

*"I enjoyed the junior challenges that the club set last*

*year as they were something different to focus on when there were no races to look forward to. My favourite one was the trig point challenge because we got to run up Brunt Knott which is a hill my mum and dad run up a lot!"*

*"Another Colours Challenge was when we had to do a circular run around Kendal. During the first lockdown, we ran to Kendal Castle, then Kendal Monument, Cunswick, Scouts Scar, Helsington Church, Helm Hill and back to the Castle."*

In February 2021 half term holiday week, one of the junior coaches organised a virtual race just for juniors. The route was quite straight forward, children had a week in which to do it, there was hidden chocolate at the top, and a league table was compiled at the end of the week.

We have held other virtual events as a club both last year and this year which are open to any club member, regardless of age (some seniors have been scared by this!).

*"I have done the 2-mile river challenge but had to run further than my sisters because my dad's watch isn't very good."*

*"The Helm Hill challenges have been great to create some competition and fun during lockdown."*

*"My favourite challenge last year was when we had to run 1500m as fast as we could because it felt like a race."*

*"Another one that was hard on the way up but really fun coming down was the Fairmile virtual race in the Christmas Hols. I slid down the steepest bit on my bum."*

*"The 'Stairway too Mushroom' is a (virtual) run that you have to push yourself. I thought it was very challenging and is fun because I did it with my daddy! It was two miles long, it was all uphill and I did it in 19 minutes 5 seconds! After the race we used a map to hunt for hidden chocolate."*

We restarted junior training in August 2020. We changed the format so that each of our eight junior training groups



Ned Brayshaw and Will Brayshaw with their Feb half term virtual race rewards.



Isla and Joss Jebb taking part in the Helm Hill Postbox Challenge.



Poppy Carter doing the Helm Hill Postbox Challenge.





Run to any trig point and take a selfie, Joseff Tancrel.



Ned Brayshaw and Will Brayshaw doing the Helm Trig - Dark Run.



Dylan Cater doing the Race to Trig Challenge.

could operate as an independent bubble. This meant that instead of all Senior and Junior training groups congregating at the start of our Wednesday night sessions, the Senior groups had their own separate places to meet in the environs of Kendal, and the Junior groups used our traditional training ground of the Helm. To reduce the risk of any junior group mixing with another one, four junior groups moved to training on a Monday night. Each junior group on a Monday and a Wednesday night met in a separate place on the Helm and did not mingle with any other group. We maintained this format when we moved into town for the darker nights – four groups meeting in four different corners of the leisure centre carpark on a Monday and a Wednesday night. The club Covid co-ordinator made sure that we did everything safely and supported us as we worked out how to adapt.

Training was suspended during the November lockdown, then we put on two weeks of training in December. The turnout of juniors has been good each time that we have resumed training – we do not seem to have lost many!

Coaches keep in touch with juniors via WhatsApp groups for the parents of the juniors in their group – communicating about the club colours challenges and other challenges/virtual events that are going on, also encouraging juniors to do any running of their own choice

choice or motivation. Parents post updates in the WhatsApp groups or on the club facebook page about the challenges completed by their children. Quite a lot of our juniors did RED January; this was of their own volition, not a club initiative.

*"I am missing the social side of running in a group and the competition brought to each session, which pushes me to run faster."*

*"Last Christmas I got some new fell shoes and only got to do one race and now they are too small!"*

*"I hope to get to do some running in 2021 and get back to training as I enjoy the running games we play with my coach."*



James Knox being interviewed by Megan Harris, Kendal Mountain Festival

*"Although I don't particularly miss the nerves of racing, I have found it quite hard to motivate myself to do the harder training sessions with no upcoming events to train for."*

*"My hopes are to be the best in Under 9s and to win in the BOFRAs and win in the Kendal Winter League! And to be better than my brother one day! One of my other fears is that races will end!"*

*"I am missing socialising with my friends at the club."*

Helm Hill juniors have also been able to take part in wider community events. They participated in a poster competition organised by Pete Bland Sports, and in the Kendal Mountain Film Festival where British pro road racing cyclist James Knox was a guest.

"I was asked to think of a good question to ask James Knox at the virtual Kendal film festival as he ran for Helm Hill as a junior. We found some photos of him doing the winter league in the Helm Hill archives so I decided to ask him which was his favourite race and would he ever do a winter league again. He said Fairmile and said he would find them very hard now as his legs are trained for cycling and not running! I thought he said a lovely thing to Billy though when he said he was "made on the Helm"."

(Billy is a reference to Billy Procter, our club President.)

Juniors are staying connected to Helm Hill by undertaking club challenges and events, they are keeping fit and their optimism is heartening and rewarding for coaches, and for the whole of the club. Helm Hill Juniors were buzzing before the pandemic, and we are proud to be still buzzing now!



Thomas Hearn and Harry Hearn with their Helm Hill cakes.



Ned Brayshaw on the Fairmile challenge.



# HOPE IN HOPPIT'S

ON THE 27TH DECEMBER 2020, THE HOPPIT'S HILL JUNIOR RACE WENT AHEAD JUST BEFORE LOCKDOWN. JUNIOR COMPETITOR ARCHIE PEAKER AND RACE ORGANISER NICKY SPINKS TALK ABOUT THEIR EXPERIENCES OF THE RACE UNDER THE NEW COVID GUIDELINES.



Race Organiser Nicky Spinks at the start in 2018 © David Woodhead

“

I was excited when I found out there was going to be a race at Hoppit's Hill, but I didn't want to get too excited as there was always the possibility of it being cancelled because of the pandemic. My Mum entered me online which she said was pretty quick and straightforward.

My Mum had been checking her emails regularly over the few days before the race checking to make sure the race wasn't going to be cancelled but the race was on! It was on the day after Boxing Day, and it had been pretty wet the night before but was fine and cold on the morning of the race.

## TIME TO CHECK IN

I had been allocated a check-in time to collect my number – this was very different to past races as there was no one else there! There wasn't the usual scramble to find pens and fill in forms and then queue up to pay. We just went up to the desk, gave my name and we were given a number and a timing bracelet – another difference from previous fell races. Luckily my friend from running club had the same check in time so we were able to see each other and warm up together (socially distanced of course!)

## LOW KEY START

The start was the major difference to previous fell races. There wasn't a crowd cheering and there certainly wasn't the usual jostling for position and pushing and shoving with everyone moving forward and then being moved back to the start line whilst waiting for the whistle to start the race.

It was very low key – we wandered up to the starter – with a face covering (most people used a buff so you could easily pull it down once you'd set off) my friend went first and then a little bit later the starter said "go" to me and off I went. I didn't have the same feeling I would normally have at the start of a race - I didn't get the same adrenaline rush. There were people in front of you all along the course, but you didn't really know how you were doing during the race and because people were starting over a long period there weren't many people on the course clapping and cheering you on – it was quite a quiet race. I didn't have a great race

that day – maybe too many late nights over Christmas – finishing 6th in the U16 boys race.

## RACING FRIENDS

The main thing I really missed compared to races pre-Covid was not being able to see all my fell running friends and being together after the race, watching the older races. This is what I really love about fell running – the friendships I've made, not just with my club mates but also from other clubs as well.

I hope we can race again soon – even if it is with staggered starts it will be great to race but I really hope that one day soon we can all race together.

”

- ARCHIE PEAKER- U16 BOYS COMPETITOR

## NICKY SPINKS, HOPPIT'S HILL RACE ORGANISER

### WHAT CHANGES WERE MADE TO ENSURE COVID SAFE RACING FOR THE JUNIORS?

All the pre-race information was sent out in an email prior to the race. Online Registration was the biggest change initially, but this worked well on the day. (A new system is being developed that can cope with family entries and changes as children have birthdays and move up race categories.)

Race routes were changed so that the start was near the registration and the finish was away from the Cricket Club. We staggered the registration times so runners went straight to their starts and line up to start. There was one toilet where it was Covid compliant, and we had plenty of hand sanitiser everywhere. Everybody on registration, start and finish had to wear PPE.

Registration was in a large tent where the marshals could be under cover. Timing was electronic and so the runners had a number worn on their chest to aid marshals, but the main timing system was a wrist band which was scanned at the start and the finish. There wasn't any prize giving and runners were told to depart for home asap after running.

### HOW DID IT GO ON THE DAY?

Most of the families turned up early to register. We had not laid out all the numbers and wrist bands when they arrived which caused congregation. We had a few runners that lost their wrist bands. I told families that spectators were not allowed as per England Athletics guidance. But actually, families could have been in the finish field (in their support bubbles).

I think everyone was so glad to be running that it went fine. In fact, I had so much good feedback - much more than in a normal year. The locals and other footpath/cricket club field locals were all very supportive.

It was a shame that we couldn't do prize giving but I think everyone thought this was a small price to pay to be allowed to race again. I had bought flat pack chocolate and posted out the medals with the chocolate which I think was a lovely surprise for everyone.

- NICKY SPINKS, HOPPIT'S HILL RO



## SUMMARY TIPS FOR JUNIOR FELL RACE ORGANISERS

- ▶ Allocate start times and not registration times
- ▶ Move registration to a larger open space
- ▶ Put the wrist bands in the plastic bag with the numbers
- ▶ Write the runners name on the number
- ▶ Encourage one member of the family to register the whole family
- ▶ Have a person at each start with a clipboard making sure the runner is wearing the right number (They would also record a rough time that the runner starts)
- ▶ Have a person at the finish taking numbers with a rough time
- ▶ Make sure the registration is ready to avoid congestion
- ▶ Encourage people/families into the finish field and allocate areas for spectators and a walkway for outgoing runners
- ▶ Give out more PPE to all marshals
- ▶ Consider having a back marker runner behind the last junior to relieve the marshals - it was a long day out for them.



Archie Peaker racing the Hoppit's Hill race © Tammany Batty

## JUNIOR FELL RACE RULES

There are only a small handful of rules in Junior fell races, so the FRA asked our Cartoonist-in-Chief, Jim Tyson, to illustrate them in pictorial form. Jim has produced some absolutely brilliant cartoons, as shown on the facing page – thank you Jim!

We have now taken delivery of some posters featuring these cartoons. Race Organisers of Junior races are encouraged to display one of these posters at their race registration. If any Race Organisers, coaches or parents would like a copy, please contact either Helene or Charmian on the addresses below.

HELENE WHITAKER, FRA JUNIOR CO-ORDINATOR: [juniors@fellrunner.org.uk](mailto:juniors@fellrunner.org.uk)

CHARMIAN HEATON, FRA CHAIRMAN: [chair@fellrunner.org.uk](mailto:chair@fellrunner.org.uk)





# READY TO RACE

WORDS JULIE CARTER

**N**obody knows when we will be able to race regularly again, but don't forget about racing because it will come back. Now just to help you be ready, when the time comes, I want you practice using one of the most important tools any athlete has – your imagination.

You are on a start line, number on your vest, shoelaces checked, your supporters are out there at the bottom of the first hill. How do you feel?

I can't be the only person who does not really enjoy these moments. Maybe you feel a bit sick, maybe there is an uncomfortable pounding in your chest, maybe there are thoughts in your mind, doubts, dreads. What if you just can't... no more time – you're off!

Then, in a few moments, you've settled down. You are keeping up and finding a rhythm in your breathing and your stride. You hear your supporters and it makes you smile inside. You hit the first hill, breathing hard, but in control and eager. Up you go, on you go. If you are a strong uphiller you overtake a couple more runners. If your strength is the down, you just keep a steady pace until you can let rip and extend yourself on the descent. By the time you are back in the field, mud splattered and wobbly with the effort – how do you feel?

And you might answer that how you feel depends on the result. But does it really depend that much on the result? Use your imagination – how does your body itself feel? And what moments of the race stick in your mind? Was there a view, a really hard bit, a really great bit where you were running fast and loving it? Was there a moment when you just felt: "this is great, I love it!". Now and again, if we feel unwell or for some odd reason, we can all have a bad race where we can say, no, I didn't enjoy it. But mostly in a fell race, for me there was a moment when I loved it.

Now think back to the start. It was not much fun on the line but you got over it. It would be a shame to miss those special moments for the sake of what some people call nerves. Why? Because life is not jammed packed with these special moments, so they are precious and also because you don't need to let nerves be a problem. Here's how:

Adrenaline = fast heart rate, blood to muscles not to brain = stomach churns, can't think straight = get me out of here = nerves. This isn't fun. I know it's horrible. Why would anyone do that to themselves? I used to get nervous and struggle before a race, on the start line and the first few minutes, until I settled in. And sometimes it felt so hard to get past those problems it nearly put me off altogether. Until I understood what was really happening. Adrenalin is there for a purpose, to get the changes in our body to happen that will give us the power to run. It's just biology. But we were designed for adrenalin to act there and then. See lion coming to eat me – run! But at a race you know the run is coming but you must wait until the start. We did not really evolve to see a lion and run in fifteen minutes time. Waiting, with adrenalin in the body does not feel good, to most people, because it is not designed to. What can we do about it though?

Imagine yourself on the start line again. Your body has the same sickly, heart thumping sensations. But this time you are happy those feelings are there. You know that they are there for a purpose, they are a sign that you are going to run well. Sometimes I even speak to them and say things like "hello sick stomach, pounding heart, glad you have turned up. Just stay around but try and save some energy because we'll be off in a few minutes and then I will really need you". In other words what I am trying to say is make friends with those feelings. Give them names if you want, "engine driver", "energy booster", make up your own names but I would caution against using the name "nerves". Those feelings are there, and you can use them to make you feel more confident instead of letting them lead you to doubt yourself.

I hope that this will help you look forward to racing again. I hope you keep enjoying running, because fell running is about a lot more than racing. Special moments, the times we just love it, don't just happen in races. I would even say that if you are one of those people whose special moments tend to happen without racing then perhaps there is no need for you to race. I encourage everyone to do things for their own reasons, not someone else's. And if racing does it for you then don't let start line jitters put you off, because now you know your friend adrenalin is there to help. And if racing doesn't do it for you, notice what does, look for the moments like feel like treasure, wherever you find them.

# FAQ FOR JUNIORS AND PARENTS

## Q HOW OLD DOES MY CHILD NEED TO BE TO COMPETE?

The minimum age for FRA registered races is 6 years old on the day of the race, but many vary upwards in age categories available on the day. Be sure to check the individual race organiser's information.

## Q DOES MY CHILD NEED ANY SPECIAL EQUIPMENT OR EXPERIENCE?

Most fell races involve mud! Whilst specialist fell shoes can be expensive, many trainers with a good grippy sole work well on the firmer surfaces. Your child may have to carry a cagoule or some other waterproof top, a thin hat or gloves on some of the longer or more exposed races.

Some clubs have second-hand kit for Juniors (shoes and other clothing that children tend to grow out of rapidly, rather than wear out). If not, it's well worth asking on a club's Facebook page/website and asking to borrow kit from friends, to try it out before purchasing.

## Q HOW SAFE IS FELL RUNNING?

FRA registered races for Juniors are fully flagged and well marshalled to ensure that no-one is lost on the hill and that help and support are readily available if required.

## Q CAN I HELP MY CHILD, OR RUN WITH THEM?

We encourage the children to be independent and we love enthusiastic supporters. However, it is not permitted to run alongside your child (as you may get in the way of other children racing), and juniors have to carry their own kit (if specified in the race entry details) for the whole race.

## Q WHAT OPPORTUNITIES ARE THERE FOR CHILDREN IN FELL RUNNING?

The FRA has a Junior Challenge series for Under-9 (U9) and U11 runners and a Junior Championship with U13, U15, U17 and U19 categories. Please see below for details of age categorisation.

Whilst this may sound like a scary and serious event, it's really an excuse to get together and run a race, with the emphasis on fun and participation. Everyone is welcome including beginners, and you will find we are enthusiastic and encouraging.

All FRA members who complete 4 or 6 races in the Junior Challenge or Junior Championship series are eligible for a T-shirt (4 races completed) or Hoodie (6 races completed) across all age groups.

## Q WHICH AGE GROUP IS MY CHILD IN?

Age categories are usually based on age at end of year. Details are in a table in the FRA Rules for Competition, which you can use to determine the correct age group for your child. For example, if your child is 10 but turns 11 in the current year, he/she will compete in the U13 category (even if their birthday is on 31st December).

## Q HOW DO I FIND A LOCAL CLUB?

Most running clubs have a "fell section" or will know if there is a specialist group in your area. Not all fell running clubs have a Junior section, so do check when you make contact with them.

## Q HOW DO I FIND OUT ABOUT FELL RACES?

The FRA licensed events can be found on the FRA website at <https://www.fellrunner.org.uk/juniors.php>

The Junior Fell Running Inter-County Championships is held for U15/U17 & U19 age groups. One of the English Championship fell races is selected and more information can be found on the FRA website. To compete as part of a county team, you will be selected by the county manager. Note that different counties have different selection criteria.

For details on the Senior Inter-County Championships, see <https://britishintercountiesfellrunningchampionships.wordpress.com/>

Note that the Junior Inter-County Championships is a race that is usually held as part of the English Junior championship series.

European / World mountain running opportunities are open to runners racing in the U17+ age groups. More information can be found on the England Athletics website. <https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/mountain-running-teams/>

The BOFRA (British Open Fell Runners Association) events are listed on their website.



# JUNIOR FELL RUNNING WORD SEARCH

(SET BY QUIZRUNNER)

N	S	I	Q	C	X	N	F	L	A	D	E	M	O	M
O	D	E	D	O	F	I	R	S	T	G	I	R	L	A
I	W	R	Z	V	J	P	L	A	H	Q	A	M	K	R
T	A	L	V	I	R	T	U	A	L	C	G	X	A	S
A	T	R	H	D	R	L	T	W	E	C	H	V	U	H
R	E	M	I	T	L	P	B	R	W	H	A	E	R	A
T	R	O	Y	R	O	G	E	T	A	C	R	O	E	L
S	P	A	S	D	C	N	F	F	C	T	G	N	N	R
I	R	T	Y	F	K	U	U	I	I	O	S	L	N	P
G	O	Q	R	A	D	B	N	R	N	W	E	I	I	R
E	O	A	Y	S	O	E	X	I	P	I	Z	N	W	P
R	F	P	O	T	W	A	L	T	B	A	S	E	R	K
I	U	Q	T	E	N	T	F	Q	Y	M	M	H	N	Y
G	W	L	H	S	J	I	B	U	M	B	A	G	E	C
X	E	G	B	T	Y	O	B	T	S	R	I	F	D	R

Words or terms related to racing in 2021

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

BOTTLE	FINISHER	MARSHAL	START
BUMBAG	FIRST BOY	MEDAL	TIMER
CATEGORY	FIRST GIRL	ONLINE	VACCINE
CHEER	FRA	PRIZES	VIRTUAL
COVID	LOCKDOWN	RACER	WATERPROOF
FASTEST	MAPRUN	REGISTRATION	WINNER

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# The FELLRACER



# SOUTH MYND TOUR, SEPT 19TH 2021

## ENGLISH CHAMPIONSHIP RACE PREVIEW

Tim Parker, Mercia Fell Runners and South Mynd Tour Race Organiser

This is the third year of a fantastic new race that involves a lot of steep ups and downs, like the Long Mynd Valleys race - but covering the Southern end of the hill that we haven't used much before. It is nearly all on smooth grassy tracks that will give fast running. Route choice could well be key in the race with choices from the start and for the finish. As the map shows, people will be going and coming from all directions which could well make for an exciting finish.

Route description follows:

Start (441921) to CP1 (top of Grindle 430926). We are positioning the start so that there will be two possible routes of equal distance, but because there are a few private fields in the way you will have to choose and go in completely opposite directions! Either up the valley, onto the Long Mynd (gate open near what I call the Haunted House!) and up the steep bank below Nills, OR down the valley, right, past the cottage to lead up the bridleway that goes around Callow. Please refer to the OS map.

CP1 to CP2 (Bottom of Minton Batch 421902). This is an open route that crosses the huge "Callow Hollow" but we have agreed with the National Trust to avoid the wet valley under Callow as it is a precious habitat. So initially take a narrow track through the heather on Grindle summit, then steeply down, I think best to the right of the wet area and across the Callow valley. From here most people contour around (initially on a sheep track) above Minton to go steeply down to the CP, but an alternative is to climb higher (but shorter distance) and run-down Rams Batch.

CP2 to CP3 (crossroads in the forest 406902) will be flagged. It is on the marked bridleway up.

To CP4 (Stream Crossing 408887) turn 90° left at the crossroads, through an area that has recently been harvested and looks like a tree graveyard! Sprinting across the field below you can see all of South Shropshire. Bear slightly right to go down through trees to the CP by the Woolers Batch stream - that will get your feet wet.

CP4 to CP5 (Gate & stile 398897) is again flagged through the forest. It goes through the footpath gate, then after 20m steep right and wind left to find the main up/down path marked on the map. Near the top it skirts round the forest to CP5 (which is also CP8 and where there is a First Aid point).

CP5 to CP6 (Southern ridge 393887), CP7 (Quarry on road 393895), CP8 (Gate & stile 398897) follows tracks. At CP6 we do cut the end bit off to give a steeper start to the downhill towards CP7, where there will be water. Beware there is a small section of public road here, so don't get run over!

From CP8 we must keep off the runway of the gliding club. It is only a few years since someone was beheaded by a wing!!! So either keep to the edge of the hill around the west of the clubhouse to get to the top road and then diagonally down the slope on the bridleway OR drop down earlier and go along the bottom permissive track to CP9 (Prolley Moor Road T junction 403929) where again there will be water.

CP9 to CP10 (Pole Bank 415944) is straight up the Stanbatch permissive farm track. There are no real short cuts through the heather and bog.

Finally, to the Finish! At the same place as the Start. Lots of choices again! It means people will be coming from either direction to finish, so only go in the funnel once please. Basically, you choose which side of Ashes Hollow valley to go or take the footpath along the bottom of it. Take note of the area marked out of bounds just to the southeast of Pole Bank due to the wetlands being classed by the National Trust as vulnerable. Happy navigation! It will give our sweeps a bit of a nightmare following you all!

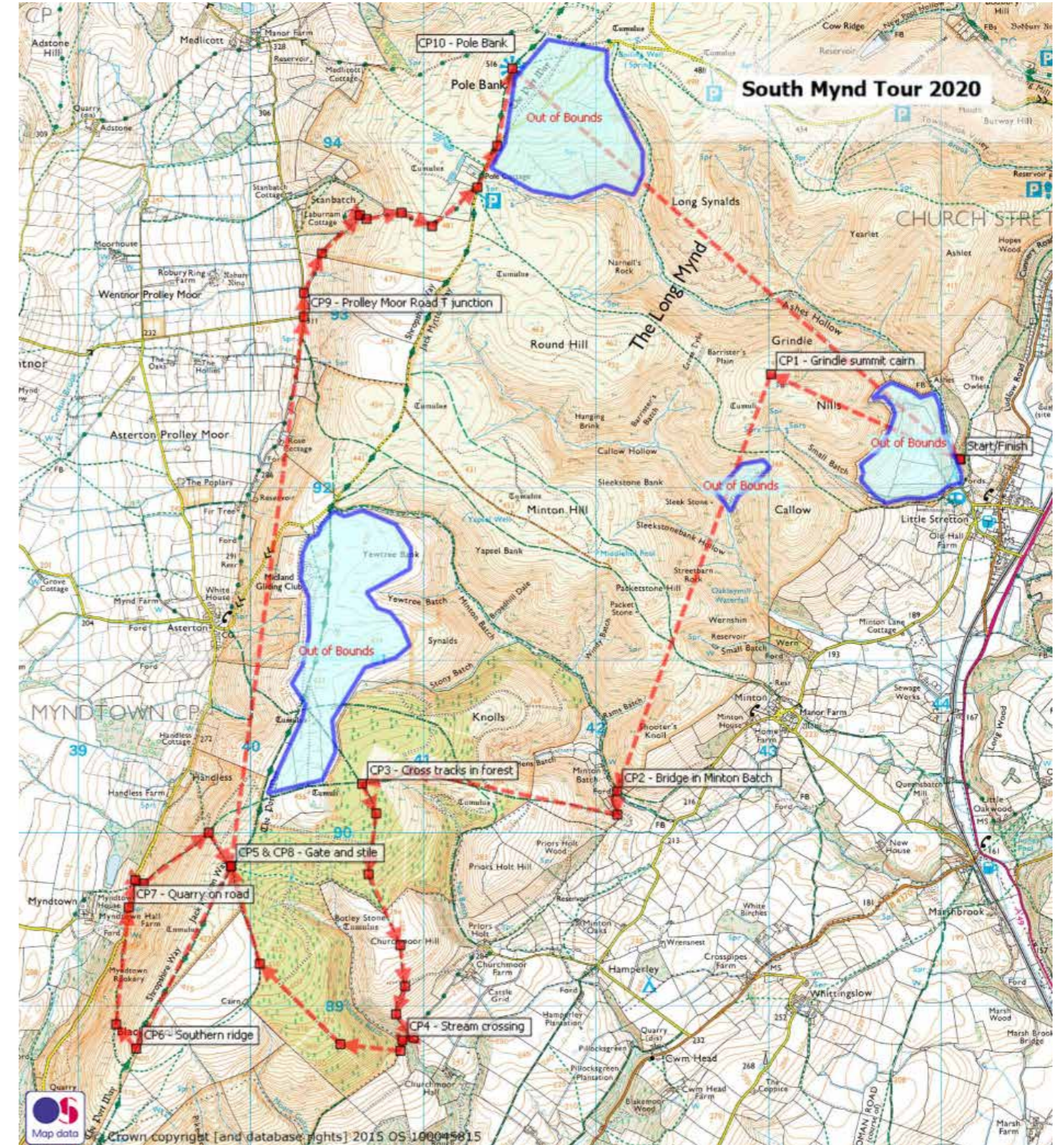
We will have live tracking at CP8.

Please note: For the event we will be starting in a private field to the north of Ashes stream (with the camp site and south side being out of bounds) but to recce beforehand please don't go in this field - just use the campsite and footpath along the bottom fields.

After the race in the Registration field our local Scouts are going to feed you all!

Full details of the race may be found on the Mercia Fell Runners website, Pre-Entry Only.

Entries will open to those on the English Guaranteed Entry List for 7 days before entry is opened to FRA members (up to 75% capacity). The remaining places will go on sale 7 days later. Please keep an eye on the FRA website for the exact dates that entries open.



FELLRACER COVER - Hinda Hardaker (Keighley & Craven AC) and Elena Davies (Cumberland Fell Runners) at the Darren Holloway Memorial (Buttermere Horseshoe) fell race in 2019 © Stephen Wilson www.granddayoutphotography.co.uk; Above: South Mynd Tour Map © Crown copyright 2021 Ordnance Survey. Media licence 053/21





## CALENDAR UPDATE

The fixtures listed in this section reflect races which have been licensed by the FRA. Due to the continually changing Coronavirus situation please check the FRA website, <https://fellrunner.org.uk/races.php>, which 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.

ANDY MCMURDO, 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.

**SAT. APR 24. CLOUGH HEAD (FRA).** AS. NG. 11.00 a.m. 7.3km/570m. Venue: Kong Workshop, Threlkeld Quarry, Threlkeld, Keswick, CA12 4TT. GR 325246. £10.00, pre-entry. Limit of 200 entries. Online entry at <http://www.sientries.co.uk/>. Teams. PM. Over 16. Records: S Bailey, 38.01, 2018; f. S Taylor, 45.17, 2018. Records for original start/finish. Race starts and finishes on private land in Threlkeld Quarry, please do not recce this section without permission of the organiser. Details: Lou Osborn, King Kong Climbing walls, Threlkeld Quarry, Keswick, CA12 4TT. Tel: 07765187651. Email: [lou@kongadventure.com](mailto:lou@kongadventure.com). Website: [www.kongadventure.com](http://www.kongadventure.com).

**WED. APR 28. TIGER'S TRAIL (FRA).** BS. 6.30 p.m. 8.75km/207m. Venue: Sheffield Tigers RUFC, S17 3AB. GR 299821. £5.00, pre-entry. Maximum of 90 runners, in wave starts. Teams of 3. ER/LK/PM. Over 18. Records: S. Bond, 31.50, 2010; f. J. McIver, 37.24, 2007.

2nd race in the Topley Fell Race Series. Toilets available but no changing facilities including showers. COVID measures enforced – Masks mandatory whilst not running. Details: Scott Blanks, S10 1SG. Tel: 07894 786470. Email: [scott.blanks@hotmail.co.uk](mailto:scott.blanks@hotmail.co.uk). Website: [www.topleyac.org.uk](http://www.topleyac.org.uk).

**THU. APR 29. COCKFIELD CHASE (FRA).** CS. NG. 7.00 p.m. 7km/160m. Venue: Top end of Cockfield High Street, County Durham. DL13 5HF. GR 115242. £5.00, pre-entry. 2 Laps - first lap (3.5km) is a group run to see the route, second lap (3.5km) is the race. Please bring a prize - anything will do, if you bring a prize you will win a prize. Park as directed by marshals at the carpark at the top of Cockfield main street. DO NOT PARK IN THE VILLAGE. No map required, you will be shown the route on race night. Suitable for beginners with off road running shoes. Over 14. Records: T Dobbing, 14.13, 2019; f. M McCarthy, 18.03, 2019. Details: Andy Blackett, 5 Esperley Lane, Esperley, Cockfield, Bishop Auckland, DL13 5AN. Tel: 07739 462684. Email: [andyblackett@googlegmail.com](mailto:andyblackett@googlegmail.com). Website: [cockfieldchase.fellrace.info](http://cockfieldchase.fellrace.info).

**SUN. MAY 2. SLOOBY DHOO (FRA).** AS. 1.30 p.m. 8km/750m. Venue: Ballaugh Plantation Car Park. GR 353918. £5.00, pre-entry. ER/LK/NS. Over 18. Records: T Cringle, 01.02.12, 2018; f. S Curphey, 01.28.13, 2018. Juniors: Scrappy Dho will be a 5km junior race for 12+ years. Details: Steve Taggart, 65 Ard Reayrt, Laxey, Isle of Man, IM4 7QQ. Tel: 07624 433404. Email: [steve.taggart@mcb.net](mailto:steve.taggart@mcb.net). Website: [manxfellrunners.org](http://manxfellrunners.org).

**WED. MAY 5. LOUGHRIGG (FRA).** AS. NG. 7.00 p.m. 6.4km/330m. Venue: Rothay Park, Ambleside. GR 374044. £5.00, pre-entry. Race registration at Ambleside Parish Centre, Vicarage Rd, Ambleside LA22 9DH. Teams of 3. ER/LK/NS. Over 14. Records: J Adkin, 25.59, 2018; f. S McCormack, 29.39, 2107. Details: Paul Tierney, Broomhill, Birthwaite

Road, Windermere, LA23 1BS. Tel: 07960470415. Email: [paultierney6@gmail.com](mailto:paultierney6@gmail.com). Website: [www.amblesideac.org.uk](http://www.amblesideac.org.uk).

**WED. MAY 5. WREKIN STREAK (FRA).** AS. 7.30 p.m. 4.5km/247m. Venue: Forest Glen, Wellington, Telford. GR 638093. £5.00, on day. Park sensibly and use free parking in the field near the start. PM. Over 14. Records: T. Davies, 16.38, 2003; f. K. Hill, 19.21, 1991. Juniors: Race after Senior race for over 10s. 2nd race in Shropshire Summer Series. Details: Simon Daws, 2 Belmont Road, Iron Bridge, Telford, TF8 7QT. Tel: 07598 451947. Email: [fellrunner2004@yahoo.co.uk](mailto:fellrunner2004@yahoo.co.uk). Website: [dawsy.bythost5.com](http://dawsy.bythost5.com).

**SAT. MAY 8. BOLLINGTON FESTIVAL 3 PEAKS (FRA).** BS. NG. 2.00 p.m. 9km/370m. Venue: Bollington Brewery, Adlington Rd, Bollington, Ches., SK10 5JT. GR SJ931781. £10.00, pre-entry. Entry Online only this year from February at [www.bollingtonbrewing.co.uk](http://www.bollingtonbrewing.co.uk). Includes food and refreshments in the Brewery. Teams. PM. Over 16. Records: S Bailey, 37.09, 2010; f. O Walwyn-Bush, 42.00, 2012. Popular race with fell novices. Details: Andy Skelhorn, 5 Waterhouse Avenue, Bollington, Macclesfield, SK10 5JP. Tel: 07748 692342. Email: [andrewskelhorn@apd-globalresearch.com](mailto:andrewskelhorn@apd-globalresearch.com). Website: [www.bollingtonbrewing.co.uk/news/threepinks](http://www.bollingtonbrewing.co.uk/news/threepinks).

**SAT. MAY 8. KONG MINI MM EVENING (FRA).** O. NG. 18:00-19:00. 0km/0m. Venue: Ilam Hall, Dovedale, Peak District. £12.00, pre-entry. Teams. ER/NS. Over 18. 14 if running with parent. 2 Hour score navigation event, Harveys map provided. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: [info@minimountainmarathon.co.uk](mailto:info@minimountainmarathon.co.uk). Website: [www.minimountainmarathon.co.uk](http://www.minimountainmarathon.co.uk).

**MON. MAY 10. TRUNCE 3 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: [andyplumm@aol.co.uk](mailto:andyplumm@aol.co.uk). Website: [www.trunce.org/information/](http://www.trunce.org/information/).

**FRI. MAY 14. HAYFIELD MAY QUEEN (FRA).** BS. 7.30 p.m. 4.7km/200m. Venue: Hayfield Scout Hut, Swallowhouse Lane, Hayfield, SK22 2HB. GR 035873. £4.00, on day. Teams. LK. Over 12. Records: A Jones, 18.51, f. C Rice, 23.10, Juniors: Juniors 12 and over on the day of the race run the full course as part of the senior race. No races for those under 12. Village fell race - part of May Queen celebrations and part of 3 Days in May series. Date TBC depending on May Queen procession date. Details: Mary Edgerton, Rowan House, Highgate Rd, Hayfield, SK22 2JL. Tel: 01663 742367. Email: [rowanho@dircon.co.uk](mailto:rowanho@dircon.co.uk). Website: [www.t42.org.uk/hayfield](http://www.t42.org.uk/hayfield).

**WED. MAY 19. BATCH BASH (FRA).** AS. 7.00 p.m. 4.8km/305m. Venue: All Stretton Village Hall. £5.00, pre-entry. This year max 70 runners. Kit includes hand gel and mask. Entries online via SI Entries . ER/LK/NS/PM. 12. Records: D Connelly, 24.50, 2019; f. M Price, 29.39, 2015. Please use the signed event car park. 7pm Staggered starts of 20 people every 5 minutes. Details: Tim Parker, Bank House, Stanyled Road, Church Stretton, SY6 6JJ. Tel: 07493 659514. Email: [tim.parker111@gmail.com](mailto:tim.parker111@gmail.com). Website: [www.merciafellrunners.org.uk](http://www.merciafellrunners.org.uk).

**WED. MAY 19. BLACKSTONE EDGE (FRA).** AS. 7.30 p.m. 5.6km/366m. Venue: Knowl Farm, Lydgate Hamlet, Blackstone Edge, Old Rd, Littleborough, OL15 0LL. £5.00, on day. Teams: men (4), women (3). ER/PM. Over 16. Records: C Donnelly, 26.33, 1989; f. A Mudge, 32.38,

2008. Refreshments by "famous" Calderbrook Church Ladies. Details: Kevin Shand, 13 Chichester Close, Smithybridge, Littleborough, OL15 8QL. Tel: 01706 370080. Email: [kshand@hotmail.co.uk](mailto:kshand@hotmail.co.uk).

**SAT. MAY 22. FAIRFIELD HORSESHOE (FRA).** AM. NG. 12.00 p.m. 14.5km/914m. Venue: Rydal Hall, Ambleside. GR NY367063. £10.00, pre-entry. Race will be set off in waves of 30. There will be an entry limit of 300. No prize giving ceremony and voucher prizes will be posted out. Results will only be available online as soon as possible after the event. Further details including method of wave allocation will be given on Results Base website. Entries on via Results Base from 7pm on Thursday April 1st 2021. Teams of 3. ER/LK/NS/PM. Over 18. Records: M Roberts, 01.15.11, 2000; f. V Wilkinson, 01.27.15, 2013. Parking £1. Tea & cakes at finish. You must park in the official race car park signed from the A591. There is strictly no parking at Rydal Hall and the lane leading up to the Hall, which will be policed! If you don't have the required kit (FRA rules) you won't be allowed to enter. Pete Bland Sports/Inov-8 Lakes Grand Prix counter. Details: Jon Deegan, 94 Windermere Road, Kendal, LA9 5EZ. Tel: 07788 730422. Email: [jondeegan@aol.com](mailto:jondeegan@aol.com). Website: [www.amblesideac.org.uk](http://www.amblesideac.org.uk).

**SUN. MAY 23. CONISTON GULLIES ( B O F R A ) (FRA).** AS. G. 12.00 p.m. 2km/350m. Venue: John Ruskin School, Coniston, LA21 8EW. £5.00, on day. PM. Juniors: U9, U12, U14 and U17 races. Entry £2. Parking, registration from 10:30 and prize giving at John Ruskin School. Details: Estelle Willis, 23 Hazel Grove Rd, Sutton in Craven, BD20 7QT. Email: [secretary@bofra.org.uk](mailto:secretary@bofra.org.uk). Website: [bofra.org.uk](http://bofra.org.uk).

**MON. MAY 24. TRUNCE 4 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: [andyplumm@aol.co.uk](mailto:andyplumm@aol.co.uk). Website: [www.trunce.org/information/](http://www.trunce.org/information/).

**TUE. MAY 25. TOTLEY MOOR (FRA).** BM. 7.30 p.m. 10.5km/440m. Venue: Cricket Inn, Topley, S17 3AZ. GR 302799. £5.00, pre-entry. Teams of 3. ER/LK/PM. Over 18. Records: S Franklin, 42.50, 2017; f. P Williams, 46.58, 2019. Changing and showers in new pavilion. Parking limited. Part of the Topley Race Series. Details: Tom Ricketts, Westering, Padley Road, Grindleford, S32 2HR. Tel: 07813 761132. Email: [office@thespokedwheel.co.uk](mailto:office@thespokedwheel.co.uk). Website: [www.topleyac.org.uk](http://www.topleyac.org.uk).

**SAT. MAY 29. HALF MANX MARATHON (FRA).** AL. 1.00 p.m. 21.5km/1200m. Venue: St Johns. GR 277815. Pre-entry. See website for further information including availability of entries on day. Teams. ER/LK/NS/PM. Over 18. Records: L Taggart, 01.49.47, 2014; f. J Taggart, 02.09.42, 2015. Total climb re-calculated, now an "A" category race therefore can be used as a Manx Championship counter. Details: David Griffin, Melvaig House, 32 The Park, Onchan, Isle of Man, IM3 1HS. Tel: 07624 464411. Email: [davidgriffin@manx.net](mailto:davidgriffin@manx.net). Website: [www.manxmountainmarathon.com](http://www.manxmountainmarathon.com).

**SUN. JUN 6. KETTLEWELL ( B O F R A ) (FRA).** AS. 12.00 p.m. 2.5km/250m. Venue: Kettlewell Cricket Field, Kettlewell, Upper Wharfedale. On B6160. £5.00, on day. Senior race follows junior races. PM. Over 17. on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £2. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 07419 990366. Email: [crabtree7@me.com](mailto:crabtree7@me.com). Website: [www.bofra.org.uk](http://www.bofra.org.uk).



**SUN. JUN 6. KONG MINI MM ROUND 1. MM.** NG. 8:15 to 10:00. 0km/0m. Venue: Lake District, Exact Location TBC. £24.00, pre-entry. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post-race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

**WED. JUN 9. THE D C R O DASH (FRA).** BS. 7.00 p.m. 8.5km/385m. Venue: Castleton. GR SK 148825. £5.00, pre-entry or on day. Some entries will be saved for EOD, but limit is 200. No dogs on the course (spectators or runners). Teams. PM. Over 18. Records: H Holmes, 37.00, 2019; f. L Williams, 45.57, 2019. Details: Lee Langdon, Villers Breton, Town End, Taddington, Buxton, SK17 9UF. Tel: 07738401689. Email: lee.langdon@btconnect.com. Website: derbyshirecro.org.uk/the-dcro-dash/.

**SAT. JUN 12. ENNERDALE HORSESHOE (FRA).** AL. 11.00 a.m. 36.8km/2290m. Venue: Ennerdale scout camp. GR 085153. £15.00, pre-entry. Entries accepted from 1st Jan to 31st May. Pre entry online via cfra.co.uk or sientries.co.uk. Teams of 4 - men & women. ER/LK/NS/PM. Over 18. Records: K. Stuart, 03.20.57, 1985; f. J. McIver, 04.01.33, 2008. English Championship Counter. No camping available at Scout Camp pre or post-race. Full toilet & shower facilities available. Details: Colin Dulson, 5 Sunnyside, Kendal, LA9 7DJ. Tel: 07778 175558. Email: colin@berrison.com. Website: www.cfra.co.uk.

**MON. JUN 14. TRUNCE 5 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: andyplumm@aol.co.uk. Website: http://www.trunce.org/information/.

**WED. JUN 16. LANGSTRATH (FRA).** AS. NG. 7.15 p.m. 7.5km/430m. Venue: Langstrath Hotel, Stonethwaite, Borrowdale, CA12 5XG. GR 263136. £5.00, pre-entry. Limit 100. Full prize list M/W U23 to M/W 60. pre-entries only. e-mail organiser for entry information. You will need to complete the entry form and return it by midnight on June 14th when entries will close. Teams. ER/LK/NS/PM. Over 16. Records: G. Bland, 35.22, 1999; f. L. Fairfax, 42.37, 1993. Details: Mike Hind, Fernwood, Chestnut Hill, Keswick, CA12 4LR. Tel: 017687 75298. Email: mike.hind@btinternet.com. Website: www.borrowdale-fell-runners.org.

**FRI. JUN 18. CARRAGHAN (FRA).** AS. 7.00 p.m. 4km/300m. Venue: East Baldwin. £5.00, pre-entry or on day. Registration open from 18:00. ER/LK/NS. Over 12. Records: L Taggart, 29.57, 2014; f. J Lee, 30.19, 2014. Venue and route subject to change due to plantation access issues, check website for update. Manx Championship Counter. Details: Chris Kirk, 17 Gainsborough Crescent, Ramsey, IM8 3NH. Tel: 07624 407584. Email: chrisk@suremail.im. Website: www.manxfellrunners.org.

**SUN. JUN 20. HAWKSWICK DASH ( B O F R A ) (FRA).** AS. 12.00 p.m. 1.9km/193m. Venue: Ausgang Lane, Hawskwick, Littondale, BD23 5PX. Off B10 between Grassington and Arncliffe. £5.00, on day. Age groups determined by age on 1 May. Senior race follows junior races. Over 17. Age on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £2. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 07419 990366. Email: crabtree7@me.com. Website: www.bofra.co.uk.

**WED. JUN 23. SUMMER SOLSTICE (FRA).** BS. 7.00 p.m. 8.3km/255m. Venue: The Dartmoor Inn, Merrivale, PL20 6ST. GR 548753. £5.00, on day. Teams. Over 18. Juniors: We intend that there will be junior races this year and have selected two routes that will be suitable for the appropriate ages. Parents should contact race organiser beforehand. Junior start time around 6.00 pm. It is the Bird nesting season so runners must stick to mandatory marked sections. No dogs allowed. There may be live firing on the moor. This race goes close to the range but stays outside provided instructions are followed. Please observe all race instructions and directions from marshals. Details: Andy Houghton, Glenmoor, Warren Lane, Whitchurch, Tavistock, PL19 9DB. Tel: 01822 612577. Email: tavyrunners@gmail.com. Website: www.runventureonline.com.

**THU. JUN 24. BLACKA MOOR CHASE (FRA).** BS. 7.30 p.m. 6.7km/252m. Venue: Totley AC Pavilion, nr Cricket Inn GR302800. GR 302800. £4.00 pre-entry, £5.00 on day. Over 14. Juniors: Juniors 14 and over will run the full course alongside the seniors, with their own category prizes. Counter in the Totley Series. Details: Steve Franklin, 330 Baslow Road, Totley, Sheffield, S17 3BG. Tel: 07749 646272. Email: steve.w.franklin@gmail.com. Website: www.totleyac.org.uk.

**THU. JUN 24. WALSH TWO LADS (FRA).** BS. 7.30 p.m. 8.4km/274m. Venue: The Ale House, 36 Church St, Horwich, Bolton, BL6 6AD. £5.00, pre-entry. Pre-entry via event website. Teams of 3. ER/LK/PM. Over 16. Records: R. Hope, 30.55, 2005; f. K. Ingram, 36.53, 2007. Car share if possible as parking limited. Start & Finish 300m from New Race Venue. Details: Alastair Murray, 38 Rossendale Drive, Adlington, Chorley, PR6 9AB. Tel: 07769 682439. Email: alastair.murray@gmail.com. Website: www.madbullevents.com.

**FRI. JUN 25. JOHN CLARKE MEMORIAL RACE (FRA).** AS. NG. 8.00 p.m. 5km/250m. Venue: Jubilee Retreat, Bury Road, Chingford, E4 7QJ. £2.00, on day. A free drink for all participants included. LK/PM. Over 16. Records: W Stanley, 20.20, 2017; f. R Thomas, 25.11, 2017. Details: Dave Brock, 59 Preston Road, London, E11 1NL. Tel: 02089890613. Email: thgirwmit@hotmail.com. Website: www.orionharriers.com.

**FRI. JUN 25. TIDESWELL (FRA).** BS. NG. 7.30 p.m. 7.1km/260m. Venue: Tideswell Dale picnic area car park. GR SK153742. £7.00, pre-entry or on day. Refer to website for full details. Entries on the day will be limited. Over 16. Records: A. Thake, 25.40, 2007; f. J. Lee, 30.54, 2007. Unique ceramic trophies. Refreshments. Details: Heather Marsden, Tor Top, Hungry Lane, Bradwell, S33 9JD. Tel: 01433 623314. Email: heathermm@hotmail.co.uk. Website: tideswellrunningclub.uk/club-events/tideswell-fell-race.

**SAT. JUN 26. BURRATOR HORSESHOE (FRA).** BS. 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 FB: 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 26. GREAT LAKES RUN (FRA).** AL. NG. 11.00 a.m. 21km/2130m. Venue: Stool End Farm, Great Langdale, LA22 9JY. GR 276057. £7.00, pre-entry. Pre-entry on SI entries. Teams No team prizes. ER/LK/NS. Over 18. Records: S. Booth, 02.37.41, 2009; f. G. Tindlay, 03.24.45, 2016. Details: Ben Abdelnoor, 2 Stable Cottages, Threlkeld,

Keswick, CA12 4TX. Tel: 07896 151179. Email: ben\_abdelnoor@yahoo.com. Website: www.amblesideac.org.uk.

**SUN. JUN 27. NORTH DEVON A O N B HALF MARATHON (FRA).** CL. 10.15 a.m. 21km/413m. Venue: The Green, Esplanade, Woolacombe, North Devon. GR 455438. £37.00, pre-entry. Online entry via website. Universal entry form not accepted. PM. Over 18. Records: R Richmond, 01.21.16, 2016; f. J Anthony, 01.36.39, 2016. Fundraising/sponsorship for N Devon Hospice only please - the event is co-organised by NDH for NDH. Event t shirt available to pre purchase for £12, every year a new design. £1 from every entry will go to the South West Coast Path to help maintain the paths we use. Details: Jess Burford, North Devon Hospice, Deer Park, Venn Road, Barnstaple, EX32 0HU. Tel: 01271 347232. Email: jessburfordredgrove@northdevonhospice.org.uk. Website: www.northdevonmarathon.co.uk.

**SUN. JUN 27. NORTH DEVON A O N B MARATHON (FRA).** CL. 10.00 a.m. 42km/1030m. Venue: The Green, Esplanade, Woolacombe, Devon. GR 455438. £37.00, pre-entry. Online entry via website. Universal entry form not accepted. LK/PM. Over 18. Records: J Ward, 03.03.51, 2012; f. M Menon, 03.33.11, 2017. Fundraising/sponsorship for N Devon Hospice only please - the event is co-organised by NDH for NDH. Event t shirt available to pre purchase for £12, every year a new design. £1 from every entry will go to the South West Coast Path to help maintain the paths we use. Details: Jess Burford, North Devon Hospice, Deer Park, Venn Road, Barnstaple, EX32 0HU. Tel: 01271 347232. Email: jessburfordredgrove@northdevonhospice.org.uk. Website: www.northdevonmarathon.co.uk.

**WED. JUN 30. EDDIE'S REVENGE (FRA).** AS. 7.30 p.m. 6.1km/323m. Venue: St Saviours Church, Buckstones Rd, Shaw, OL2 8NB. GR SD999232. £5.00, on day. Bring a homemade cake for the raffle and get free entry. Teams: men (4), women (3). PM. Over 16. Records: J. Brown, 23.05, 2008; f. A. Lupton, 27.17, 2009. Fundraiser for Deafblind UK and OMRT. Juniors 16-18 must have signed parental/guardian entry form - see FRA website for details. Please note new registration venue 200m from start. Details: Craig Sutherland, 428 Quebec House, Bury St, Salford, M3 7DU. Tel: 0161 832 6527. Email: craig.sutherland@myphone.coop. Website: www.middletonharriers.jimdo.com/our-races/eddies-revenge.

**THU. JUL 1. DON ASHTON MEMORIAL TOCKHOLES (FRA).** BS. NG. 7.15 p.m. 9.3km/335m. Venue: The Rock Public House, Tockholes Rd, Tockholes, Darwen. BB3 0LU. GR SD662234. £5.00, on day. Please park in designated area/field (as per 2019 race) - NOT on the pub car park or village hall car park - check website / contact Calvin nearer to race day for confirmed parking location. Teams. LK/NS/PM. Over 16. Records: M Cayton, 34.13, 2019; f. Katie Walshaw, 40.20, 2018. Race start on Weasel Lane 150 yards away. Cash prize for beating male or female record. Details: Calvin Ferguson, 126 Sandy Lane, Lower Darwen, BB3 0PN. Tel: 07803 179847. Email: cal.13@live.co.uk. Website: www.dashers.org.uk.

**SAT. JUL 3. BLENCATHRA (FRA).** AM. NG. 12.00 p.m. 13km/825m. Venue: Fellgate, Mungrisedale, CA11 0XR. GR NY363302. £15.00, pre-entry. Entry via SiEntries from early April. English Championship counter; updates on Eden Runners website & SiEntries. Teams. ER/LK/NS. Over 19. Records: R Lightfoot, 58.39, 2009; f. L Jeska, 01.10.51, 2010. Limited parking, please car share. Details: Dave Sargent, 3

Lamley Gdns, Graham St, Penrith, CA11 9LR. Tel: 01768 863000. Email: revdave.sargent@outlook.com. Website: www.edenrunners.co.uk.

**SAT. JUL 3. CHEVY CHASE (FRA).** BL. 10.30 a.m. 32.2km/1219m. Venue: Wooler Youth Hostel. GR 992278. £25.00, pre-entry. Online entry. Refreshments, T-shirt and Sportident timing included. ER/LK/NS. Over 18. Records: R. Hackett, 02.40.00, 1992; f. T. Calder, 03.04.20, 1991. Details: Karl Wait, Wooler Youth Hostel, 30 Cheviot Street, Wooler, NE71 6LW. Tel: 07734 566588. Email: ke.wait@talk21.com. Website: woolerrunningclub.com/chevy-chase/.

**SAT. JUL 3. SAUNDERS LAKELAND MOUNTAIN MARATHON (FRA).** MM. NG. 8.00 a.m. Staggered starts. 0km/0m. Venue: Lakeland venue to be announced with final details. Pre-entry. See website for entry fees. ER/NS. Minimum age depends on class - see website. 2 day event for teams of 2 or solo competitors involving navigation around a mountainous course in the Lake District each day. Experience of walking/running and navigating in the hills essential. Courses of varying lengths. Details: Stephen Ross, . Email: via "Contact" on Event Website. Website: www.slmm.org.uk.

**SAT. JUL 3. THURLSTONE CHASE (FRA).** BS. NG. 2.00 p.m. 6.4km/244m. Venue: Entry on Gala field. GR 226036. £5.00, pre-entry. PM. Over 16. Records: P Dugdale, 20.50, 1986; f. C Haigh, 22.40, 1985. Juniors: Kid's race (not FRA) at 1pm ( Subject to show going ahead). In association with Thurlstone Gala. £25 cash prize for 1st male and female beating course record. Ample parking. Small, friendly village fete. Details: Keith Gordon, 52 Gledhill Ave, Penistone, Sheffield, S36 6BD. Tel: 07801 730307. Email: keithgordon@me.com. Website: www.pfrac.co.uk.

**SUN. JUL 4. EDENFIELD (FRA).** BM. 10.30 a.m. 10.2km/396m. Venue: Edenfield Cricket Club, Gincroft Lane, BL0 0JW. GR GR802192. £5.00, pre-entry. Pre-entry only due to Covid limitations. Please email me to register yourself and I will give you my bank details to transfer the entry fee. Closing date for entry Sunday 20th June. No entry on the day. Teams of 3. LK/PM. Over 18. Records: P Mercer, 43.37, 2017; f. C Rice, 52.19, 2018. Limited parking, toilets, and refreshments at Cricket Club. Details: Matt Clawson, 51 Bleakholt Road, Turn Village, Ramsbottom, BL0 0RU. Tel: 07585 975800. Email: matt\_claw@hotmail.com.



Janie Oates (Helm Hill) Blencathra fell race 2019 © Stephen Wilson  
www.granddayoutphotography.co.uk



**SUN. JUL 4. ELLAN VANNIN (FRA).** AL. 10.00 a.m. 20km/1002m. Venue: Ballaugh Plantation, IOM. GR 352919. £5.00, pre-entry. ER/LK/NS. Over 18. Records: T Cringle, 02.15.54, 2015; f. R Craine, 03.24.44, 2015. Full kit MUST be carried. Manx Championship counter. Race venue and course subject to change due to plantation access issues, check website prior to race for update. Details: Steve Taggart, 65 Ard Reayrt, Laxey, Isle of Man, IM4 7QQ. Tel: 07624 433404. Email: steve.taggart@mcb.net. Website: www.manxfellrunners.org.

**MON. JUL 5. TRUNCE 6 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: andyplumm@aol.co.uk. Website: www.trunce.org/information/.

**SAT. JUL 10. WASDALE (FRA).** AL. 11.00 a.m. 34km/2750m. Venue: Brackenclose, Wasdale. GR 184073. £14.00, pre-entry. Pre-entry on form from website. Pre-entries to be submitted only between Jan 1st & June 29th. Cheques to "CFRA". Limit 250. Teams: men (3), women (3). ER/LK/NS/PM. Over 18. Records: W Bland, 03.25.21, 1982; f. J McIver/J Lee, 04.12.17, 2008. NT Wasdale Head Campsite accommodation near to start. Details: Richard Byers, 30, Lever Park Avenue, Horwich, Bolton, BL6 7LG. Tel: 07473194444. Email: rjbfell@gmail.com. Website: www.cfra.co.uk.

**SUN. JUL 11. BOLLINGTON NOSTALGIA (FRA).** BM. NG. 11.00 a.m. 11.4km/372m. Venue: Bridgend Centre 104 Palmerston St Bollington SK10 5PW. GR SJ936779. £8.00 pre-entry, £10.00 on day. Pre-entry preferred. Teams. PM. Over 18. Records: S. Bailey, 41.10, 2013; f. O. Walwyn, 45.40, 2011. Centre open from 10 a.m. to 1 p.m. Refreshments/

lunches available. 12:30 presentation of prizes. Details: Anna Hatley, The Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW. Tel: 01625 576311. Email: anna@bridgendcentre.org.uk. Website: www.bridgendcentre.org.uk.

**SUN. JUL 11. PEAK FOREST (FRA).** BS. NG. 11.15 a.m. 9.7km/247m. Venue: The former Peak Forest Village Store, Church Lane, SK17 8EL. GR SK115795. £5.00, on day. Registration at Peak Forest Reading Room SK17 8EG. LK/PM. Over 17. Records: D. Cartridge, 35.42, 1987; f. C. Greasley, 42.15, 1994. Parking on recreation ground. Refreshments available. Details: Chris Hopley, Hunters Park Farm, Peak Forest, Buxton, SK17 8EH. Tel: 01298 23358. Email: a.c.hopley@btinternet.com.

**TUE. JUL 13. CHAPELFELL TOP (FRA).** AS. NG. 7.30 p.m. 7km/400m. Venue: Chatterbox Cafe, 11 Market Place, St John's Chapel, DL13 1QF. GR NY885360. £6.00, pre-entry. Ensure you bring full kit. Online entry at www.sientries.co.uk. Teams. ER/NS. Over 18. Records: J Blackett, 33.12, 1999; f. K Robertson, 37.46, 1999. Ensure you bring a map and compass to navigate off the top! Details: Frances Blackett, 5 Esperley Lane, Esperley, Cockfield, Bishop Auckland, DL13 5AN. Tel: 07533 366211. Email: fblackett@outlook.com. Website: chapelfelltop.fellrace.info/.

**SAT. JUL 17. 50TH WELSH 1000M PEAKS.** AL. 32km/2440m. Venue: Abergwyngregyn LL33 SH653728. £20.00, pre-entry. Teams Pairs classes in short & long challenge races. ER/LK/NS. Over 18. Records: J Woods, 04.02.38, 2017; f. T Strain, 04.33.28, 2019. There is also a short fell race from Ogwen, and Short and Long Challenge Races. which can be entered as pairs. The Short Challenge can be entered by 14-18 year olds as a pair with their parent/guardian. See website for details. Details: Jean Hall, Sunnybank House, Pendle View, Giggleswick, BD24 0AZ. Tel: 01729 824325. Email: jean.hall1@btinternet.com. Website: www.welsh1000m.org

Below: Marie Robson (Helm Hill) at the Pike O' Blisco fell race 2019 © Stephen Wilson www.granddayoutphotography.co.uk



**SAT. JUL 17. INGLEBOROUGH (FRA).** AM. NG. 3.00 p.m. 11km/600m. Venue: Community Centre Sports Field, Ingleton, LA6 3HG. £5.00, on day. LK. Over 18. Records: M Croasdale, 44.15, 1991; f. H Horsburgh, 52.49, 2015. No dogs allowed on sports field. Details: Chris Beesley, 10 Craven Terrace, Settle, BD24 9DB. Tel: 01729 825755. Email: beesley52@outlook.com. Website: www.settleharriers.org.

**SAT. JUL 17. RANGERS ALDERMAN'S ASCENT (FRA).** AS. 11.00 a.m. 11:00 women, 13:00 men. 8.5km/400m. Venue: Shaw Hall Bank Rd, Greenfield, OL3 7LD. £11.20, pre-entry. Pre-entry via race website. Teams. LK/PM. Over 16. Records: A Worster, 39.52, 2019; f. C Rice, 47.15, 2018. English Championship counter. Details: Darren Graham, 4 Mount Pleasant, HX2 6UR. Tel: 07876 631490. Email: cragrunner@hotmail.com. Website: cragrunner.com.

**SUN. JUL 18. CRACOE (BOFRA) (FRA).** AS. G. 12.00 p.m. 4.2km/274m. Venue: Park next to Jackson's of Cracoe. On B6265 between Skipton and Grassington. BD23 6LB. £5.00, on day. Senior race follows junior races. Over 17. Age on 1st May. Records: J Hall, 20.54, 2013; f. A Mason, 24.12, 2012. Juniors: Junior races U9, U12, U14, U17 entry £2. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Estelle Willis, 23 Hazel Grove Rd, Sutton in Craven, BD20 7QT. Email: secretary@bofra.org.uk. Website: www.bofra.org.uk.

**WED. JUL 21. BLISCODASH (FRA).** AS. NG. 7.00 p.m. 8km/650m. Venue: Old Dungeon Ghyll Hotel, Great Langdale, Ambleside. GR 286061. £2.00, pre-entry. Entries now open to the first 100 FRA members to send me a completed FRA entry form. I will email bank details to successful applicants. Teams. LK/NS. Over 16. Records: J. Maitland, 36.01, 1987; f. L. Roberts, 47.25, 2004. Details: Selwyn Wright, Craighouse, Foxfield Road, Broughton-in-Furness, LA20 6EZ. Tel: 01229 716797. Email: selwyn.wright@btinternet.com. Website: www.amblesideac.org.uk.

**WED. JUL 21. FELLSIDE (FRA).** AM. NG. 7.00 p.m. 11.3km/580m. Venue: Fellside Village. GR 035373. £4.00, pre-entry. Entry will be online via SiEntries. ER/LK/NS. Over 18. Records: C Bell, 50.13, 2018; f. A Brand-Barker, 01.02.19, 1993. Organisation taken over by Northern Fells Running Club. Details: Adam Jackson, Midtown House, Bothel, Wigton, CA7 2HZ. Tel: 07901694344. Email: adam450@yahoo.co.uk. Website: www.northernfellsr.org.uk.

**WED. JUL 21. SLIEAU RUY (FRA).** AS. 7.00 p.m. 9.5km/489m. Venue: Glen Helen Car Park, St Johns. IM4 3NP. GR 294842. £5.00, pre-entry or on day. There will also be a shorter race for over 12 juniors. ER/LK/NS. Over 16. Juniors: Shorter 4km race for younger juniors. Minimum age 12 on day of race. Details: David Griffin, Melvaig House, 32 The Park, Onchan, Isle of Man, IM3 1HS. Tel: 07624 464411. Email: davidgriffin@manx.net. Website: manxfellrunners.org.

**SAT. JUL 24. OLD CROWN ROUND (FRA).** AL. NG. 11.00 a.m. 36km/2200m. Venue: The Old Crown, Heskett Newmarket. GR NY 341 386. £10.00 pre-entry, £12.00 on day. Online entry via SiEntries. ER/LK/NS/PM. Over 18. Records: A. McLeod, 03.47.00, 2017; f. S. Brett & N. Hawkrigg, 04.50.00, 2017. There are sections of open fell with no paths to follow, navigational skills essential. Details: John Horne, Smithy House, Heskett Newmarket, Wigton, CA7 8JG. Tel: 01697478219. Email: j.horne145@btinternet.com. Website: www.northernfellsr.org.uk.

**SAT. JUL 24. TURNSLACK (FRA).** BM. 2.30 p.m. 12.9km/610m. Venue: Calderbrook Church, Calderbrook Rd, nr Summit. £5.00, on day. Online entry forms here. Teams: men (4), women (3). ER/PM. Over 18. Records: P Marsden, 01.01.21, 2018; f. M Laney, 01.17.25, 2004.

Refreshments and prize giving in Community Rooms at the church. Parking limited, share cars if possible to keep residents happy. Route map. Details: Kev Shand, 13 Chichester Close, Smithybridge, Littleborough, OL15 8QL. Tel: 01706 370080. Email: kshand@hotmail.co.uk. Website: turnslackfellrace.myfreesites.net.

**SUN. JUL 25. HOLME MOSS (FRA).** AL. 11.00 a.m. 28.5km/1315m. Venue: Cartworth Moor Cricket Club, nr Holmfirth, HD9 2TU. GR 134067. £9.00 pre-entry, £10.00 on day. Pre-entries to organiser by July 17th. Teams. ER/LK/NS/PM. Over 18. Records: K Gray, 02.33.19, 2013; f. H Berry, 02.56.57, 2015. Food and drink after the event. Raffle for Holme Valley Mountain Rescue £1. Camping available nearby. All finishers will receive screw top reusable HMFR drinks cup. Details: Andy Hauser, 37a, Cinderhills Road, Holmfirth, HD9 1EH. Tel: 07715171644. Email: andy.hauser@hotmail.com. Website: www.holmfirthharriers.com.

**SUN. JUL 25. JAMES HERRIOT RUN (FRA).** CM. NG. 11.00 a.m. 14km/305m. Venue: Bolton Castle, Castle Bolton, nr Leyburn, N Yorks, DL8 4ET. GR SE031918. £12.00 pre-entry, £13.50 on day. Teams. Over 18. Records: R. Cole, 51.58, 2011; f. L. Brown, 58.16, 2011. Details: Barrie Whitfield, Hillside, Patrick Brompton, Bedale, DL8 1JN. Tel: 01677 450703. Email: barriewhitfield@gmail.com. Website: www.wensleydale.rotary1040.org.

**MON. JUL 26. TRUNCE 7 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: andyplumm@aol.co.uk. Website: www.trunce.org/information/.

**WED. JUL 28. NEOLITH (FRA).** BS. 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 18:20 Website 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.

**THU. JUL 29. STONEY MIDDLETON (FRA).** CS. 7.30 p.m. 8.5km/200m. Venue: Stoney Middleton playing field. GR 236752. £5.00, on day. PM. Over 16. Records: S. Bond, 30.44, 2010; f. K. Davison, 36.55, 2010. Beer and BBQ following the race Results and prizes - presentation will be on the field at approximately 9pm. Details: Sarah Eynon, 2 Dale Brook View, S32 4TD. Tel: 07862 233365. Email: sarahleynon@outlook.com. Website: stonemiddletonfellrace.blogspot.com/.

**SUN. AUG 1. TRIGGER (FRA).** AL. NG. 8.00 a.m. Start waves will be used to comply with Covid-19 restrictions. 33km/1650m. Venue: Marsden Cricket Club, HD7 6NN. GR SE044106. £20.00, pre-entry. Follow process on race website. Entries will be vetted for fell running and navigation experience. All profits donated to Woodhead Mountain Rescue. Teams. ER/LK/NS. Over 18. Records: O Johnson, 03.08.59, 2013; f. J Paris, 03.32.45, 2013. Linear route from Marsden to Edale visiting 3 Trig points. Details: Nicky Spinks, Liley Hall Farm, Mirfield, WF14 8EG. Tel: 01924 493095. Email: nicky@runbg.co.uk. Website: www.marsdentodale.co.uk.



**TUE. AUG 3. PARWICH PANORAMIC FIVE (FRA).** CS. NG. 7.30 p.m. 8.5km/200m. Venue: Sycamore Inn, Parwich, Ashbourne, Derbys, DE6 1QA. £5.00, on day. PM. Over 16. Records: H Holmes, 31.46, 2017; f. H Thornhill, 39.21, 2019. Details: Nia Linnell, Honeysuckle Cottage, Parwich, Ashbourne, DE6 1QJ. Tel: 01335 390661. Email: ed\_and\_nia@yahoo.co.uk. Website: www.parwich.org.

**FRI. AUG 6. SALT CELLAR (FRA).** BM. 7.00 p.m. 11.2km/393m. Venue: Fairholmes Car Park, Derwent, nr Bamford, S33 0AQ. GR SK173893. £10.00, pre-entry. Entry via: steelcitystriders.co.uk. Includes post-race cake. LK/PM. Over 18. Records: N Northrop, 53.42, 2013; f. J Jepson, 01.02.08, 2013. Parking available at the visitor centre and along the road. Race starts below Dam wall (5mins walk). Race is part of the Gritstone Series. Details: Dean Young, 54 Mulehouse Road, Sheffield, S10 1TB. Tel: 07985 525985. Email: deanyoung3@hotmail.com. Website: www.steelcitystriders.co.uk.

**SAT. AUG 7. TURNER LANDSCAPE (FRA).** AM. NG. 12.00 p.m. 17km/910m. Venue: Turner Hall Farm, Seathwaite, Duddon Valley, Cumbria. GR 234964. £10.00 pre-entry, £15.00 on day. Entry via PayPal (paypal.me/turnerlandscape) or cheque payable to 'Turner Landscape' to 111 Scotforth Rd, Lancaster, LA1 4JN. ER/LK/NS/PM. Over 18. Records: S Bailey, 01.22.52, 2013; f. H Horsburgh, 01.37.04, 2018. All proceeds to Alzheimer's Research UK. Details: Andrew Breslin, 111 Scotforth Rd, Lancaster, LA1 4JN. Tel: 07498 399834. Email: ambreslin65@gmail.com. Website: www.facebook.com/turnerlandscapefellrace.

**SUN. AUG 8. FORESTBURN (FRA).** BS. 2.00 p.m. 6.4km/150m. Venue: Gate Pub on B6342, NE61 4PT. GR NZ067963. £1.00, on day. PM. Over 15. Records: C Coe, 18.00, 2014; f. K Robertson, 20.21, 2014. Part of Simonside Country Fair, a traditional Show with fun and games for all the family www.simonsidefair.wixsite.com . Details: Robert Famelton, Newbiggin Farm, Ewesley, Morpeth, NE61 4PN. Tel: 01669 620512. Email: robertfamelton@gmail.com. Website: www.simonsidefair.wixsite.com.

**SUN. AUG 8. SADDLEWORTH ROUND (FRA).** BL. NG. 11.00 a.m. 26.5km/1000m. Venue: Cross Keys Inn, Uppermill, OL3 6LW. £10.00 pre-entry, £12.00 on day. Entry fee includes chip butties and cake at the finish. LK/PM. Over 18. Records: M Fanning, 02.40.03, 2018; f. H Page, 02.32.33, 2018. Race over Saddleworth Moor, Pennine Way and "Cotton Famine Road". Details: James Sheard, Prospecton, Tunstead Lane, Greenfield, Oldham, OL3 7NY. Tel: 01457 877230. Email: james@theaccountancypeople.co.uk. Website: www.saddleworth-runners.co.uk.

**WED. AUG 11. BURBAGE SKYLINE (FRA).** BS. NG. 7.30 p.m. 7km/189m. Venue: Fox House Inn, Hathersage Road, Sheffield, S11 7TY. GR SK267803. £6.00, pre-entry. Registration is 10 minutes from start of race. Over 16. No dogs permitted - nesting season. New route for 2021. Details: Paul Fauset, 157 Psalter Lane, Sheffield, S11 8UY. Tel: 07951 359665. Email: paul\_fauset@yahoo.com. Website: www.dpfr.org.uk/pages/view/burbage.

**WED. AUG 11. KILLER MILE (FRA).** AS. 7.00 p.m. 1.6km/180m. Venue: Lezayre Church, Church Hall Lane, IM7 2AL. £5.00, pre-entry or on day. PM. Over 9. Uphill only event. Runners started at 30 second intervals on a strict timetable. Runner's responsibility to be at the start on time. Part of the 'No rest for the wicked' race week. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: manxfellrunners.org.

**FRI. AUG 13. HOB HURST'S (FRA).** BS. G. 7.00 p.m. 8km/256m. Venue: Dukes Barn, Beeley, DE4 2NU. GR SK 266676. £8.00 pre-entry,

£9.00 on day. PM. Over 16. Records: H Holmes, 29.44, 2018; f. C Brook, 35.33, 2018. Please park with care in the village and car share where possible. A no cup event, bring your own bottle. Details: Chris Hopkinson, 85 Weston Road, Aston on Trent, Derby, DE72 2BA. Tel: 07739 037890. Email: chris-hopkinson@hotmail.co.uk. Website: www.peakrunning.co.uk.

**SAT. AUG 14. ARNCLIFFE GALA ( B O F R A ) (FRA).** BS. NG. 3.20 p.m. 3km/140m. Venue: Arncliffe Village Green, BD23 5QD. £5.00, on day. Junior entry: £2. PM. Over 17. Records: S Bailey, 10.14, 2005; f. J Prowse, 13.25, 1997. Juniors: U9 1.3km/33m, record 5:36 J Bentham 2015. U12 1.5km/80m, record 6:51 F Sproul 2013. U14 1.8km/108m, record 8:27 J Boyle 2014. U17 as seniors, record 11:15 D Shepherd 2004. BOFRA age categories based on age at 1st May. First race (U9) starts at 14:00 and races follow on at 20 minute intervals. No entry fee to Gala. 4 mile road race (non-FRA) at 13:00. Details: Mike McKenzie, Rose Cottage, Arncliffe, Skipton, BD23 5QD. Tel: 07769 685221. Email: michael@bluescarfarm.co.uk.

**SUN. AUG 15. LOWTHER LAKELAND FELL AND TRAIL RUN (FRA).** CL. 11.00 a.m. 21km/430m. Venue: Lowther Castle, CA10 2HG. GR NY521240. £12.00 pre-entry, £14.00 on day. This is a UKA/FRA approved trial event with extensive Covid precautions. ER/LK/PM. Over 18. Records: C Holdsworth, 01.18.56, 2019; f. J Zakrzewski, 01.35.35, 2016. Hilly circuit of Lowther Valley with an invigorating and entertaining ford of the River Lowther! Details: Martin Stone, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD. Tel: 01931 714106. Email: martin.stone@sportident.co.uk. Website: www.lowtherrun.co.uk.

**MON. AUG 16. TRUNCE 8 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: andyplumm@aol.co.uk. Website: http://www.trunce.org/information.

**WED. AUG 25. ENNERDALE SHOW (FRA).** AS. NG. 2.30 p.m. 3km/200m. Venue: The Leaps, nr Kirkland. GR NY087182. Free entry on day. Pay entry to show field. PM. Over 17. Records: J Wood, 11.25, 2018; f. C Spurden, 14.53, 2015. Juniors: U17 1:30 pm, U13 2:00 pm, U9 2:15 pm. Traditional Cumbrian Agricultural Show. Details: Tony Jewell, 66 Henry Street, Cockermouth, CA13 0AP. Tel: 07788 148018. Email: jewelltony@yahoo.co.uk. Website: www.ennerdaleshow.co.uk.

**WED. AUG 25. TAVY TRIO OF TORS (FRA).** BS. 6.45 p.m. 7.8km/270m. Venue: Dartmoor Inn, Merrivale, PL20 6ST. GR 548753. £5.00 pre-entry, £8.00 on day. Pre-entry via website, plus booking fee. PM. Over 16. Juniors: U9 & U11; U13 & U15 races from 17:30. New route & start. 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. AUG 28. ARNISON CRAG HORSESHOE (FRA).** AS. NG. 12.00 p.m. Ladies – 12.00 noon; Men – 15.00. 5km/305m. Venue: King George Playing Fields, Patterdale. GR 391161. £10.00, pre-entry. British and English Championship Race. Pre-entry via SiEntries. Entry fee includes entry to Patterdale Dog Day. PM. Over 14. Records: R Findlay-Robinson, 22.30, 2014; f. H Horsburgh, 25.49, 2019. Male record equalled 2018 C Bell. Part of Patterdale Dog Day. Details: Christine Kenyon, Grisedale Cottage, Grisedale Bridge, Glennridding, CA11 0PJ. Tel: 07770 729461. Email: christinekenyon@live.co.uk. Website: www.patterdaledogday.co.uk.

**SAT. AUG 28. BELLINGHAM SHOW (FRA).** BS. 2.30 p.m. 6.4km/183m. Venue: Bellingham Show field main ring. £8.00, on day. Runners pay show entry. Register free inside show. LK/PM. Over 16. Records: J Malley, 28.12, 2018; f. K. Robinson, 34.33, 2017. Country Show. Details: Andy Clark, Fourlaws Farm, Bellingham, NE48 2EY. Tel: 07712 535775. Email: andy@fourlawsfarm.com. Website: www.bellinghamshow.com.

**SAT. AUG 28. CHIPPING SHOW (FRA).** BM. NG. 2.00 p.m. 12.1km/549m. Venue: Chipping Show Field, PR3 2QE. GR 622428. Free entry on day. Pay entry to Show. Teams of 3. ER/LK/NS/PM. Over 18. Records: C Holdsworth, 58.07, 2018; f. N Jackson, 01.09.35, 2018. Agricultural Show. Details: Joe Howard, 9 Victoria Parade, Ashton, Preston, PR2 1DS. Tel: 01772 493098. Email: joehoward@uwclub.net. Website: www.prestonharriers.net.

**SUN. AUG 29. KONG MINI MM ROUND 2 (FRA).** MM. NG. 8:15 to 10:00. 0km/0m. Venue: Exact location tbc 1 month before event. £24.00, pre-entry. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post-race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

**TUE. AUG 31. EYAM (FRA).** BS. 6.30 p.m. 10.4km/460m. Venue: Eyam Sports Pavilion, Hawkhill Rd, S32 5QP. GR SK216767. £6.00 pre-entry, £7.00 on day. Pre-entry vi a SiEntries. Registration starts at 5.30 p.m. There is a Junior Race of 3km starting at 17:45, Ages 11-16. Start time 1745. Distance 3km. Teams. Over 17. Records: S Vernon, 37.55, 2008; f. H Archer, 42.53, 2019. Sponsored by Barrel Inn, Bretton. Details: Matt Killingley, Delf View, S32 5QH. Tel: 07977261629. Email: matt@killingley.co.uk. Website: eyamhalfmarathon.org.uk/fell-race/.

**SAT. SEP 4. LONGSHAW SHEEPDOG TRIALS (FRA).** BS. 10.30 a.m. 8.6km/320m. Venue: Longshaw Lodge on Sheffield-Hathersage road. GR 265800. £5.00, on day. Car share if possible. Entry information to be confirmed pending prevailing Covid guidance nearer the time. ER/PM. Over 16. Records: N Lawson, 36.38, 2019; f. E Downs, 46.08, 2019. Juniors: Junior races (see separate calendar entry) to start just after the senior race. Part of the world's oldest sheepdog trials. Pay to enter the Trials field and race for free! A short counter in the Accelerate Gritstone Series and incorporating the Notts Fell Champs Series 2020 race 3/3. Supported by National Trust Longshaw Estate. Details: Kris Groom, 8b Walshaw Road, Worrall, Sheffield, S35 0AS. Tel: 07912 347146. Email: longshawsheepdog@gmail.com. Website: www.dpfr.org.uk/pages/view/longshaw-sheepdog-trials.

**SUN. SEP 5. BURNSALL ( B O F R A ) (FRA).** AS. 12.00 p.m. 2km/350m. Venue: Burnsall. £5.00, on day. Senior race follows junior races. PM. Over 17. Age on 1st May. Records: S Bailey, 13.15, 2014; f. H Glover, 18.16, 2008. Juniors: Junior races U9, U12, U14, U17 entry £2. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Senior race follows juniors. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 07419 990366. Email: crabtree7@me.com. Website: www.bofra.org.uk.

**SUN. SEP 5. JAMES COULSON LAXEY FELL (FRA).** AM. 7.00 p.m. 13km/650m. Venue: Glen Ruy Farm, Laxey, IOM. GR 407837. £5.00, pre-entry or on day. LK. Over 18. Records: L Taggart, 01.05.08, 2003; f. K Burge (2011), J Lee (2014), 01.22.34, 2014. Manx championship counter. Check website prior to race for updates. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: www.manxfellrunners.org.

**SUN. SEP 5. MANX WILDERNESS CHALLENGE (FRA).** MM. 10.00 a.m. 0km/0m. Venue: Isle of Man Wilderness. £10.00, pre-entry or on day. Teams of two will navigate over a 2.5 hour course to score as many points as possible. Points deducted for late finish. Map will be provided. Start area will be released before the event. The course will test navigational skills and route choice. Where appropriate, pairs will both be awarded the same league points. Teams. NS. Over 18. 14 if paired with parent/guardian over 21. Full FRA kit will be required as a minimum. Further details will be released. Details: Chris Kirk, 17 Gainsborough Crescent, Ramsey, IM8 3NH. Tel: 07624 407584. Email: chrisk@suremail.im. Website: manxfellrunners.org.

**MON. SEP 6. TRUNCE 9 (FRA).** BS. 6.45 p.m. 6.4km/170m. Venue: Oxspring Playing Field, Oxspring, Sheffield. GR SE272012. £2.00, on day. LK. Over 16. Records: G. Gristwood, 22.44, 2010; f. S. McCormack, 25.50, 2012. Juniors: Over 10, 3km, £0.50. Part of a nine-race series - no prizes per race; trophies for 1, 2 & 3 in junior, senior and combined vet categories for series. Details: Andy Plummer, 17 Shelley Close, Penistone, Sheffield, S36 6GT. Tel: 07815 646262. Email: andyplumm@aol.co.uk. Website: www.trunce.org/information.

**SAT. SEP 11. GROOVY KINDER LOVE (FRA).** AL. NG. 11.00 a.m. 23km/1200m. Venue: Scout Hut, Swallow House Lane, Hayfield, SK22 2HB. GR 034871. £9.00, on day. Teams. ER/LK/NS. Over 18. Records: J Wood, 02.22.24, 2018; f. C Haines, 02.58.48, 2018. Changed route from 2018, see website for route details. As AL races go this is very much on the easier end of the spectrum, so it would be an excellent first "AL". Details: Patrick Barry, . Tel: 07770149757. Email: GroovyKinderLove@penninefellrunners.co.uk. Website: pennineridgefellrunner.blogspot.com.

**SAT. SEP 11. HODDER VALLEY SHOW (FRA).** BM. NG. 1.30 p.m. 6.4km/470m. Venue: Dunsop Bridge, BB7 3BG. GR SD 658 495. £10.00 pre-entry, £12.00 on day. Free entry to the race with admission to the show. Teams. PM. Over 18. Records: M Donnelly, 32.44, 2009; f. V Wilkinson, 39.41, 2015. Records relate to shortened course. Juniors: Races dependent on numbers, U13, U15 & U17. Details: Declan O'Duffy, 49 Old Mill, Caton, LA2 9HY. Tel: 07785382809. Email: oduffy.declan@gmail.com. Website: Hoddervalleyshow.co.uk.

**SAT. SEP 11. NINE EDGES ENDURANCE (FRA).** BL. 10.00 a.m. 32.8km/893m. Venue: Fairholmes carpark, Ladybower. GR SK173893. £30.00, pre-entry. Enter on-line on website from April 14th. ER/LK/NS/PM. Over 18. Records: D Palmer, 02.26.00, 2013; f. S Fawcett, 02.48.00, 2013. Linear course. Fund raiser for Edale Mountain Rescue Team. Sponsorship is encouraged. Details: Robert Small, EMRT HQ, Hope Cement Works, Hope Valley, S33 6RP. Tel: 07799 893040. Email: nineedges@emrt.co.uk. Website: www.edalemrt.co.uk.

**SAT. SEP 11. RIVINGTON PIKE (FRA).** BS. 3.00 p.m. 5.2km/213m. Venue: Registration at Crown Hotel, Horwich from 12 noon. Start/finish at Lever Park Avenue. £6.00, pre-entry. Teams of 4. PM. Over 16. Records: J Wild, 15.53, 1981; f. C Greenwood, 19.38, 1987. Juniors: Junior races U9 (over 6), U11, U13, U15, U17 (age at following 31st Dec) from 12.30. Toilets at registration. Details: Peter Ramsdale, 142 Greenbarn Way, Blackrod, Bolton, BL6 5TF. Tel: 07821 883610. Email: p.ramsdale@sky.com. Website: www.madbullevents.com.

**SUN. SEP 12. LA SPORTIVA LAKE DISTRICT MOUNTAIN TRIAL (FRA).** O. Interval starts from 08:30 to 10:15. 0km/0m. Venue: Loweswater Village Hall, CA13 0SU. £18.50, pre-entry. Hot food, map and dibber hire included. £1.50 discount for using own SI card. Teams. ER/NS. Over 18. 14 if in a pair with a parent. Three courses: classic 29km/2300m; medium 21km/1500m; short 15km/1100m (approx. straight line distances



& climbs). Pairs category on short course. Details: Andrew Bradley, Middle Farm, Tallentire, Cockermouth, CA13 0PR. Tel: 01900 827894. Email: andyandmel@btinternet.com. Website: www.ldmta.org.uk.

**SUN. SEP 12. YORKSHIREMAN OFF ROAD HALF MARATHON (FRA).** BL. NG. 10.30 a.m. 24km/650m. Venue: Haworth Primary School. GR 032374. £20.00, pre-entry. Entry on-line via SI entries. ER/LK/PM. Over 18. Records: B Mounsey, 01.36.42, 2009; f. T Seager, 01.48.40, 2015. T-shirt and hot food for all finishers. Regular reccy runs in July/August. See race Facebook site for full info. Details: Gary Chapman, 3 Belle Isle Road, BD22 8QQ. Tel: 07496096171. Email: scubagary@aol.com. Website: www.kcac.co.uk/club-races/yorkshireman/.

**SUN. SEP 12. YORKSHIREMAN OFF ROAD MARATHON (FRA).** CL. NG. 9.30 a.m. 42km/1000m. Venue: Haworth Primary School. GR 032374. £20.00, pre-entry. Entry on-line via SI entries. Also pairs at £36 per team. ER/LK/PM. Over 18. Records: G Devine, 03.09.10, 2009; f. K Threadgall, 03.46.55, 2013. T-shirt and hot food for all finishers. Reccy runs in July and August - see race Facebook page for full info. Details: Gary Chapman, 3 Belle Isle Road, BD22 8QQ. Tel: 07496096171. Email: scubagary@aol.com. Website: www.kcac.co.uk/club-races/yorkshireman/.

**SAT. SEP 18. CRONKLEY (FRA).** BM. NG. 2.00 p.m. 17.1km/560m. Venue: Farmhouse Kitchen Cafe, Low Way Farm, Holwick, Barnard Castle, County Durham. £5.00, pre-entry. ER/LK/NS. Over 18. Records: H Coates, 01.12.14, 2015; f. H Dent, 01.24.40, 2014. Maps provided. Full body cover to be carried - will be enforced. Details: Paul Hodgson, Westcroft, Avenue Street, High Shincliffe, Durham, DH1 2PT. Tel: 07737 445495. Email: paulhodgson344@gmail.com. Website: www.durhamfellrunners.org.uk.

**SUN. SEP 19. BRADDA (FRA).** AL. 10.00 a.m. 24km/950m. Venue: Bradda Glen Cafe. GR 193697. £5.00, pre-entry or on day. Teams. ER/LK/NS. Over 18. Records: L Taggart, 02.00.49, 2011; f. B Walker, 26.59, 1997. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: www.manxfellrunners.org.

**SUN. SEP 19. EMBSAY ( B O F R A ) (FRA).** AS. 12.00 p.m. 4.4km/244m. Venue: Main Street, Embsay, BD23 6RE. Off A65. £5.00, on day. Senior race follows junior races. Over 17. Age on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £2. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. No dogs allowed on course. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 07419 990366. Email: crabtree7@me.com. Website: www.bofra.org.uk.

**SUN. SEP 19. SOUTH MYND TOUR (FRA).** AL. 11.00 a.m. 23km/1270m. Venue: Field behind Manor House, Little Stretton, SY6 6RE. £18.00, pre-entry. Entry via SiEntries. Teams. ER/LK/NS/PM. Over 18. Records: P Vale, 02.05.11, 2017; f. A Partridge, 02.26.49, 2017. English Championship Counter. Start is in field, opposite side of stream to Ashes Hollow campsite. This is private land, only for use on race day. GR 921 441. Details: Tim Parker, Bank House, Stanyled Road, Church Stretton, SY6 6JJ. Tel: 07493 659514. Email: tim.parker111@gmail.com. Website: www.merciafellrunners.org.uk.

**WED. SEP 22. GT. LINKS TOR FLYER (FRA).** BS. 6.45 p.m. 9.5km/372m. Venue: Fox & Hounds, Lydford, EX20 4HF. GR 526 866. £6.00 pre-entry, £9.00 on day. Pre-entry via race website, plus booking fee. PM. Over 16. Race 2 of Dartmoor Fell running weekend - challenge to do all three races on day 1 - discounted price for three races Junior race on day start at 17:30. Details: Richard Best, Bastow House, Commercial Rd, Horrabridge, PL20 7QB. Tel: 01822 852494. Email: bestrm7@gmail.com.

**SAT. SEP 25. GREAT WHERNSIDE (FRA).** AS. NG. 12.00 p.m. 6.5km/475m. Venue: Start field, Scabbate Gate, Kettlewell, near BD23 5RH. GR 975726. £7.00, on day. Teams. LK/PM. Over 16. Records: S Bailey, 28.38, 2007; f. V Wilkinson, 34.29, 2014. Entry includes free parking; do not park elsewhere in village. Details about parking and pre entry on race website. Details: Sam Watson, 69 Gisburn Road, Barnoldswick, BB18 5HB. Tel: 07502116650. Email: samwatty@hotmail.co.uk. Website: www.wharfedaleharriers.co.uk.

**SAT. SEP 25. ISLE OF MAN JUNIOR HILL CHAMPIONSHIPS (FRA).** 1.30 p.m. 0km/0m. Venue: Knockaloe Beg, Peel. Pre-entry and entry on day. Juniors: Championships for school years 2 to 6 on various courses according to age. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: manxfellrunners.org.

**SUN. SEP 26. CALDERDALE WAY RELAY (FRA).** 8.00 a.m. 80.5km/3660m. Venue: North Dean Woods, West Vale, Halifax, W. Yorks. GR 080224. £66.00, pre-entry. For team of 12 on form from website. Limit 100 teams. No entry on day. Teams. LK. 18 for all legs except leg 3 which is 16 or over. Full body cover; hat, gloves, map, compass, whistle is required. No kit = no run. MUST run in pairs. Details: Nick Small, 1 Guidepost Farm, Causeway Foot, Halifax, HX2 8XA. Tel: 07761 072146. Email: nicholas.small@btinternet.com. Website: www.halifaxharriers.co.uk.

**SUN. SEP 26. KONG MINI MM ROUND 3 (FRA).** MM. NG. 8:15 to 10:00. 0km/0m. Venue: Exact location tbc 1 month before event. £24.00, pre-entry. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post-race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

**SUN. SEP 26. WADDINGTON (FRA).** BM. 2.00 p.m. 10.62km/324m. Venue: Waddington Village Club, Clitheroe Road, Waddington, BB7 3HW. GR SD 730 436. £5.00, on day. Full FRA kit required. Teams. PM. Over 18. First running of the Waddington Fell Race. The start & finish of the race is at the end of Belle Vue Lane behind the Lower Buck pub, 350 yards from registration. Parking is limited so please car share and park considerately. There is limited free public parking on Twitter Lane. Details: Matt Bourne, 46 West View, Clitheroe Road, Waddington, BB7 3HW. Tel: 077426 11999. Email: mcbourne@talk21.com. Website: www.bowlandfr.org.uk.

**SUN. OCT 3. HODGSON BROTHERS MOUNTAIN RELAY (FRA).** NG. 9.15 a.m. 40km/2450m. Venue: King George V Playing Fields, Patterdale. GR 391161. £100.00, pre-entry. Entries will be via SI Entries from early July. Entries close early August and are limited to 70 teams. Full details on website. Teams open male, open female, vet 40, mixed. ER/LK/NS. Leg 1 over 16 if partner over 18; other Legs over 18. Records: Dark Peak, 03.34.50, 2016; f. Ambleside, 04.32.52, 2013. Vets: Dark Peak, 4:00:07, 2012. Mixed: Black Combe: 4:16:58, 2016. For teams of 8 running in pairs. Classic Mountain relay. Details: Chris Hodgson, Haven Cottage, Rydal Road, Ambleside, LA22 9AY. Tel: 07811 199125. Email: hodgsonrelay@gmail.com. Website: www.hbmr.org.uk.

**SAT. OCT 9. 66TH THREE PEAKS (FRA).** AL. 10.30 a.m. 37.4km/1608m. Venue: Playing fields, Horton-in-Ribblesdale, North Yorks. GR 805727 on OS Explorer OL2. £32.00, pre-entry. On-line entries only from Feb 1st at 9am to April 11th or earlier if 999 limit reached. Places guaranteed to first 10 men and first 5 ladies from 2019. Substitutions accepted up to closing date and not restricted to same club but subject to

race entry qualifications. Entry fee includes post-race meal & £1 donation to "Friends of the Three Peaks". Teams of 3 including vets teams. ER/LK/NS/PM. Over 18. Records: A Peace, 02.46.03, 1996; f. V Wilkinson, 03.09.19, 2017. Details: Paul Dennison, 71 Leathley Crescent, Menston, Ilkley, LS29 6DH. Tel: 07836 268011. Email: 3peaksentries@live.co.uk. Website: www.threepeaksrace.org.uk.

**SAT. OCT 9. SLIEUWHALLIAN (FRA).** BS. 1.30 p.m. 5km/156m. Venue: St Johns. GR 275817. £5.00, on day. PM. Over 12. Records: L. Taggart, 17.19, 2010; f. J. Lee, 22.34, 2010. Juniors: Yrs 8-13 welcome. Counter in the Winter League, suitable for new fell runners. No toilets. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: www.manxfellrunners.org.

**SUN. OCT 10. MENDIP MUDDLE (FRA).** CL. NG. 11.00 a.m. 20km/420m. Venue: Charterhouse Centre, Charterhouse, nr Blagdon, Bristol, BS40 7XR. GR 502558. £18.00 pre-entry, £20.00 on day. On-line entry available via website - £16 for entries received by 1st Aug then £18 until 2nd Oct. or race full. Not for profit. Donation to charity included. PM. Over 18. Records: A Kenchington, 01.15.44, 1995; f. A Granger, 01.28.32, 2016. Details: Martin Hurcombe, 9 Stonewell Drive, Congresbury, Bristol, BS49 5DW. Tel: 01934 830109. Email: m.hurcombe@hotmail.co.uk. Website: www.westonac.co.uk/mendipmuddle.

**SAT. NOV 13. CRINGLE HILL (FRA).** CS. 1.30 p.m. 3km/75m. Venue: Cringle Plantation Entrance, IOM. GR 251742. £5.00, pre-entry. PM. Over 18. Records: L Taggart, 15.21, 2012; f. J Lee, 18.20, 2011. Juniors: School year 7 race in conjunction with seniors. Park at reservoir and plantation car park, not on road. Winter Hill league counter. Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: www.manxfellrunners.org.

**SUN. NOV 14. LITTON BIRKS LOOP (FRA).** BS. 12.00 p.m. 7.7km/372m. Venue: Queens Arms, Litton, BD23 5QJ. GR SD 914741. £6.00, on day. Entry fee includes food. ER/PM. Over 16. Records: T Mason, 36.44, 2018; f. K Hall, 44.11, 2018. . 5 minutes walk from registration to start. Registration and prizegiving in pub. Details: Jane Sheard, Park Bottom, Litton, BD23 5QJ. Tel: 01756 770235. Email: jane.sheard@sky.com. Website: www.golftondale.co.uk.

**SUN. NOV 14. ROACHES (FRA).** BL. 10.30 a.m. 24.1km/1128m. Venue: Village Hall, Meerbrook, Leek. GR 987608. £5.00, on day. Teams. ER/LK/PM. Over 18. Records: J Taylor, 01.50.10, 1991; f. K Parker, 02.20.40, 1992. Parking near village hall is limited. Overflow at Tittesworth Reservoir pay and display car park. Details: Andrew Addis, 10 Woolliscroft Avenue, Newcastle under Lyme, ST5 0NR. Tel: 01782 612838. Email: andrew.addis@lineone.net. Website: www.mowcoprunner.com.

**SUN. NOV 21. KONG MINI MM ROUND 4 (FRA).** MM. NG. 8:15 to 10:00. 0km/0m. Venue: Exact location tbc 1 month before event. £24.00, pre-entry. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post-race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

**SAT. DEC 11. GOLDEN WINTER HILL (FRA).** BS. 1.00 p.m. 4.5km/150m. Venue: Ardwhallan Outdoor Pursuit Centre, West Baldwin. £5.00, pre-entry or on day. ER/PM. Over 12. Records: L Taggart, 17.49, 2012; f. J Lee, 21.18, 2012. Plantation access issues may require change to venue and/or route, check website for details. Winter Hill league counter.



Karl Gray (Calder Valley Fell Runners) and Ian Holmes (Bingley Harriers & AC) at the 2019 Three Peaks race © Woodentops.org.uk

Details: Richie Stevenson, 5 Palatine Road, Douglas, IM2 3BQ. Tel: 07624 300407. Email: rstevenson@manx.net. Website: www.manxfellrunners.org.

**SUN. DEC 12. LITTON CHRISTMAS CRACKER (FRA).** BM. 11.00 a.m. 12.2km/360m. Venue: Litton Village Hall, SK17 8QX. GR SK163752. £8.00, pre-entry. Full kit required. Please car share as parking is limited. Teams. ER/LK/NS/PM. Over 18. Records: A Campbell, 48.21, 2016; f. L McNeil, 56.19, 2018. Juniors: The Litton Elf. 14yrs to under 18yrs on race day. 6.5k. 270mtr ascent. Full FRA kit. Mix of fell, technical and fast terrain, rough ground. Details: Sue Jeff, Ridge View, Main Road, Flagg, SK17 9QU. Tel: 01298 605092. Email: hightops11@hotmail.co.uk. Website: buxtonac.org.uk/.



# YR WYDDFA SNOWDON SKYRACE



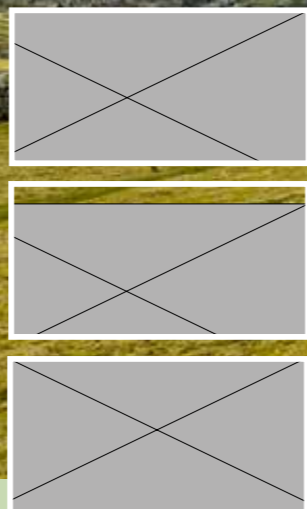
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## FRA NAVIGATION COURSE



### WHAT IS IT?

- An introduction to map reading and navigation on the fells (run as a weekend residential)
- Ideal for those new to fell running or wishing to try races requiring navigation skills

### WHEN / WHERE IS IT?

- Autumn - Elterwater in the Lake District (next course 24-26th September 2021)

### HOW IS IT STRUCTURED?

- Short classroom sessions (Friday, Saturday, and Sunday morning)
- Practical instruction sessions on the fells (Saturday, day and night!)
- A solo navigation exercise, monitored by a team of experienced instructors (Sunday)

### HOW WILL I BENEFIT?

Indoor theory sessions will cover the basic skills and other relevant topics on Friday evening. Time is dedicated on Saturday and Sunday to making sure skills learnt on the hill are consolidated. The course is focused more towards fell running and mountain marathon style navigation than pure hillwalking. However, we cater for people of all abilities from those who have not run off marked trails or who may be unfamiliar with maps through to those pushing into the top 10 of national level races.

### HOW MUCH DOES IT COST?

£85 for FRA members and £105 for non-members, including full board

### HOW DO I REGISTER?

Please download an application form at [www.fellrunner.org.uk/navigation](http://www.fellrunner.org.uk/navigation)  
For more information please contact **Pauline May** at: [navigation@fellrunner.org.uk](mailto:navigation@fellrunner.org.uk)



# Race Results

## HOPPIT'S HILL JUNIOR & SENIORS/ West Yorkshire

BS/5km/350m/ **27.12.20**

After many date changes because of Covid restrictions I was able to go ahead on 27th December 2020 with online registration, staggered starts and no prize giving. If the ground wasn't already very muddy the passing over of Storm Bella made it unbelievable. Then the cows had really churned up the gateways on the Green and Senior course, but the weather held off on the day and a glorious day was had by everyone. I can't thank all my helpers and marshals enough. With staggered starts everyone was out for much longer than usual so thank you as I couldn't have done it without you. The Cricket club opened up for toilets and also served food. Local residents were happy for me to go ahead and overall, the races were a success.

Chris Lawson of 360Events did a great job on the online entries and the chip timing. Results were published that evening and the prizes posted out. Bradfield Brewery and the Trunce donated a bottle of beer to all adult competitors which was well received. I enjoyed receiving the thank you emails

and photos of happy children with their medals and chocolates.

There wasn't the on the day "race battles" that I would usually talk about, but I have never seen so many happy faces and heard about the virtual race battles which went on which was worth all the organization and worry. Thank you to all the juniors, parents and senior runners who came along and complied with the rules. We all worked together to make it a very special day.

I'm going to put the races on again on Sunday April 11th, 2021 and hope to see you all there!

### Nicky Spinks

### OPEN

1.H. Mackie	Penistone	21.31
2.L. Parker	Stockport	22.49
3.J. Brogden	Otley AC	23.24
4.J. Bryant	Harrogate	23.31
5.D. Kilpin M40 (1)	Penistone	23.36
6.D. Middlemas M40 (2)	Valley Str	24.43
7.L. Kaznowski	Baildon	25.02
8.G. Edgley M40 (3)	Baildon	25.03
9.J. Croston	CVFR	25.08
10.L. Kelly	Chorlton	25.34

11.A. Whitaker F (1)	Harrogate	25.52
12.K. Groom	Dark Peak	25.53
13.T. Bradley	Dark Peak	25.55
14.J. Darigala W50 (1)	Penistone	26.37
15.H. Elmore W40 (1)	Dark Peak	26.52
16.A. Sunderland	Holmfirth	27.22
17.J. Nicklin	Baildon	27.22
18.C. Lawson	Dark Peak	27.32
19.R. Mackie	Penistone	27.34
20.N. Spinks W50 (2)	Dark Peak	28.02

### LADIES

11.A. Whitaker	Harrogate	25:52
14.J. Darigala W50 (1)	Penistone	26:37
15.H. Elmore W40 (1)	Dark Peak	26:52
20.N. Spinks W50 (2)	Dark Peak	28:02
29.Sarah Walch W40 (2)	Penistone	32:03
35.Alice Buttle	Meltham	34:04
38.Amy Linley	Dewsbury	34:58
43.Sarah Plummer W50 (3)	Penistone	41:20
44.Olga McMahon W40 (3)	Roberttown	42:09
45.Lynn Denton	Unatt	43:16
46.Lorraine Mackie	Penistone	44:40



<b>UNDER 8 BOYS</b>		
1.S.Chambers	Unatt	07:28
2.V.Kunicki-Holda	Unatt	07:40

<b>UNDER 8 GIRLS</b>		
1.W.Athey	Unatt	07:46
2.A.Yeoman	DPFR	08:35

<b>UNDER 10 BOYS</b>		
1.H.McFarlane	HolmH	13:57
2.B.Stewart	HolmH	15:30
3.F.Gerrett	Otley	16:34

<b>UNDER 10 GIRLS</b>		
1.S.Brady	Abbey	14:33
2.A.Gallagher-Thompson	Otley	14:53
3.A. McFarlane	HolmH	15:51

<b>UNDER 12 BOYS</b>		
1.O.Holder	HolmH	18:31
2.T.Kunicki-Holda	Penistone	18:48
3.M.Groom	Dark Peak	21:12

<b>UNDER 12 GIRLS</b>		
1.U.Bailey	UnAtt	21:42
2.O.Turner	Penistone	25:17
3.A.Chambers	K&Craven	26:15

<b>UNDER 14 &amp; 16 BOYS</b>		
1.J.Minchella U16	HolmH	24:03
2.E.Wilkinson U14	K&Craven	24:37
3. N.Gallagher Thompson U14	Otley	26:29

<b>UNDER 14 &amp; 16 GIRLS</b>		
1.E.Whitaker U16	Harrogate	24:27
2.C.Chambers U14	K&Craven	28:13
3. I.Wilson U14	Dark Peak	28:36

**PENDLE WAY IN A DAY /** South/West Pennines  
BL/72km/1870m/ **03.04.21**

With lockdown number-whatever announced early into the New Year, it became very clear to us organisers (my wife Roxanne & I) that the planned

early Feb date would be unavailable. We chatted about the options: cancel, a short postponement or defer until later in the year - an option neither of us were keen on as it's billed as a Winter Ultra; the usual date of first weekend in Feb is purposefully chosen as being the coldest day of the year locally.

We opted for a two-month postponement, putting the race luckily a few days after the relaxation of the lockdown. With another stroke of luck for competitors, the weather in the lead up to the Saturday was blissfully sunny, drying out much of the course underfoot with the odd boggy section still around for good measure.

With much of the preparation spent discussing the event with the local villages and venues, there were very few alterations to the planned event other than having checkpoint locations outdoors and a slight course diversion to avoid taking competitors through the Easter-haven hamlet of Wycoller.

The weather on the day started a chilly couple of degrees above freezing for a Covid-safe kit-check, registration, and phased start. It all went smoothly and a relaxed 'start when you like' nature of the phased start added to the feel of the morning - we were all ready for a grand day.

A time trial format makes for an interesting spectacle at the finish line. First back was Tim Piggott of Barlick Fell Runners on the 30-mile course on a mission to break clubmate Andy Berry's course record, finishing 10 minutes off the record in an equally epic 4hr 38mins 4secs. First Lady in the 30-mile course was Zulma Edmondson of Manchester YMCA Harriers in 6hrs 2mins 28secs.

In the 45-mile course, David Motley had made an intention of breaking the course record of 7hrs 22mins, set by Adam Potter in some pretty horrid conditions last year. Motley put in a fantastic effort for his first 30mile+ race in 7hrs 15mins 55secs and well within course record time.

But in the cruel twist of fate that is the time trial format, young Charlie Parkinson arrived at the finish later to complete in a superb 7:15:30, taking the race win and course record with it on his maiden Ultra event too. Stunning performances by both men and a very impressive start to Charlie's ultrarunning career.

In the Ladies, Lorraine Slater of Barlick Fell Runners was determined to improve her course record time of 8hrs 33mins 4secs and did not disappoint. Along with very favourable conditions this year, she finished in a brilliant 7hrs 48mins 40secs, taking 50 minutes off her course record time and more than accounting for any benefit underfoot.

All entrants seemed to have an excellent day out on our fells, enjoying racing and weather conditions that had not been seen for some months, hopefully the start of a brilliant Summer of fell racing.

Donations from the event are made to the Pendle Heritage Centre, local village halls of Higham & Barley, Coldwell Activity Centre, Rossendale & Pendle Mountain Rescue Team and towards the maintenance and future improvement of the Pendle Way.

Next year's event takes place on 5th February 2022 with entries opening on SI Entries 1st May 2021

**Jamie McIlvenny**

**OPEN 45 Mile**

1. C.Parkinson	Clay	7:15:30
2. D.Motley		7:15:55
3. L.Eccles		7:26:09
4. M.Whittaker	Trawd	7:44:00
5. M.Hounslow		7:48:38

**LADIES 45 Mile**

6. Lorraine Slater	Barlick	7:48:40
22. Victoria Rogan	Trawd	9:10:15
28. Amanda Sterling	K&C AC	9:31:19
36. Cloey Mason	Barlick	10:27:45
44. Sara Fabien	TRA	10:42:04

**OPEN 30 Mile**

1. T.Piggott	Barlick	4:48:31
2. M.Dobson	Trawd	4:52:56
3. J.McAllister	Tring	5:28:34
4. C.Campbell	Trawd	5:38:43
5. M.Haworth	Trawd	5:42:03

**LADIES 30 Mile**

6. Z.Edmondson	YMCA	6:02:28
9. K.Kennedy	Clay	6:12:55
10. A.Bennett	Sunder	6:17:02
11. J.Bowman	N.Pumas	6:19:00
19. J.Godsland	Red Rose	6:43:13

**141 finishers**



Opposite page: David Motley on his way to second place in the 45-mile Pendle Way in a Day race © Will Herman

Top right: Race Organiser Karen Nash presenting Charlie Parkinson his award for winning the mens' race in the 45-mile Pendle Way in a Day event © Jamie McIlvenny

Middle left to right: Lorraine Slater, ladies winner in the 45-mile Pendle Way in a Day race; Zulma Edmondson, first lady in the 30-mile race; Tim Piggott, first male in the 30-mile race © Jamie McIlvenny

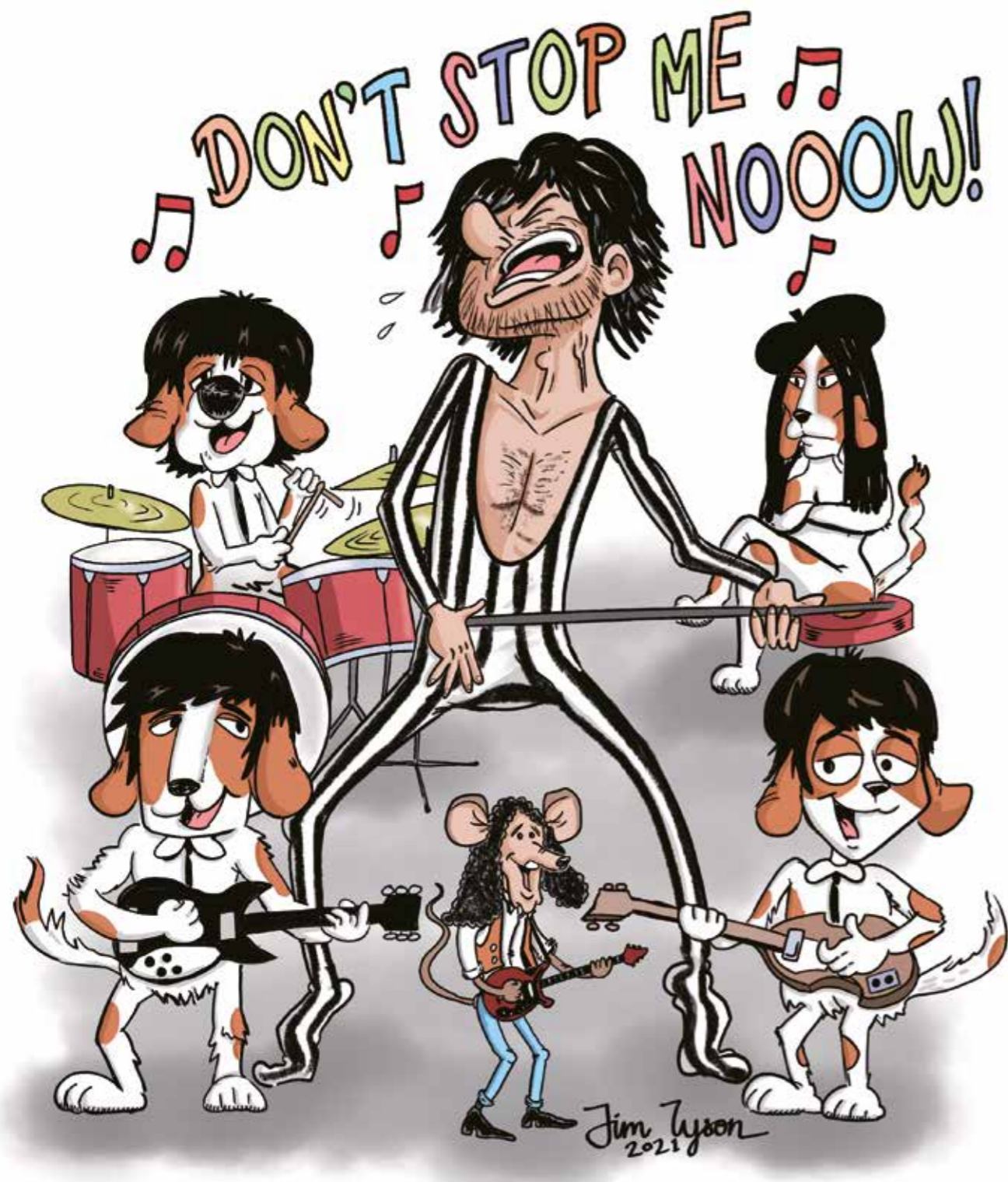
Bottom: Charlie Parkinson racing Pendle Way in a Day © Will Herman





# DARREN FISHWICK

## APPRECIATING THE LITTLE THINGS IN LIFE



It's hard to ignore the continuous uncertainty that surrounds the pandemic. Understandably the situation is having a demoralising effect on people's aspirations. At times everyday life can be challenging but a day on the fells will often bring clarity; even more so when racing for it's the perfect remedy - total escapism in the purest form. I've noticed that during these times of adversity and the coinciding absence of races my attention is focused more towards the soothing influences gained whilst appreciating the little things in life. I'm currently cherishing a collection of memorable recent events involving a compliment, a chance encounter, and an uninvited guest. These 'little things' have been uplifting and invaluable - priceless assets to help combat the trials and tribulations associated with the current 'new normal'.

### A COMPLIMENT:

"Tonight I'm gonna have myself a real good time, I feel alive. And the world I'll turn it inside out, yeah, I'm floating around in ecstasy. So don't stop me now, don't stop me now, 'cause I'm having a good time, having a good time" ...shouted the high-spirited online Zumba instructor in tandem with the music. Occasionally she'll deviate from song and emphatically shout to the watching online attendees, "come on, you're all amazing and don't let anybody tell you any different". Her enthusiastic tuition resonates at deafening levels from the precariously positioned iPad that's propped up against our bread bin. Its location is within arm's reach of a wayward shimmy; a potential accident waiting to happen, but I say nothing as I'm too engrossed witnessing the mix of low and high-intensity dance moves radiating across our kitchen floor. Credit where it's due, my wife seemingly matches the tireless online tutor step for each energetic step, all the while oblivious to my watchful presence from the back of the room.

Apparently, Queen's Don't Stop Me Now is regularly voted one of the happiest songs ever written. My own contentment could no longer be contained and right on cue I entered the fray to singalong, "I'm a sex machine ready to reload, like an atom bomb about to oh, oh, oh, oh, oh explode!". Without missing a beat my wife laughed and informed me at times I can be so irritating. Undeterred, I awaited the mid-song guitar solo with bated breath and I'm certainly not left disappointed as the Zumba instructor imitates a perfectly executed rendition on 'air guitar'. She displays an effervescent bubbly personality that leaps from the screen; typified by her exaggerated guitar playing techniques - imaginary virtuoso shredding at its best. I laughed wholeheartedly and applauded with appreciation towards the tablet. My wife said, "this is the most fun we've had in the kitchen since the time we had freshly baked heavily buttered Tiger bread whilst simultaneously popping the protective bubble wrap packaging from a recently purchased kitchen appliance". I agreed and happily reminisced, then went into the garage in search of the aforementioned wrapping. I found a piece and merrily popped away to my heart's content; once you pop, you just can't stop! I'm now feeling invigorated and enthusiastically grabbed a pair of my running shoes in anticipation to go for a run. 'I'm gonna, go, go, go, there's no stopping me'. Alison continued to follow the dance inspired workout, she's clearly 'having a good time, having a ball'. I interrupted the Zumba once again by making another flamboyant entrance only this time I'm belting out, "I'm burnin' through the sky yeah, 200 degrees, that's why they call me Mister Fahrenheit, I'm travelling at the speed of light" ... then I stopped mid flow as I noticed there'd been a change of song. Some bloody awful up-tempo dance number is now polluting the room. Such is the racket I'm forced into a hasty retreat, but not before I'd shouted to my wife, "I think you're more fun than bubble wrap, you're amazing and don't let anybody tell you



any different". Alison laughed at my compliment and I went for a run feeling fulfilled and content, I was like 'a shooting star leaping through the sky, like a tiger defying the laws of gravity...there's no stopping me'. Appreciating the little things in life!

#### A CHANCE ENCOUNTER:

In the absence of fell races my motivation to maintain 'race fitness' is lacklustre. My get up and go, got up and went in unison with the diminished race calendar. Whilst abiding by the sporadic restrictions, trips to 'proper fells' have been few and far between. Training runs are mostly enjoyed, but seldom endured - no pain, no gain. I've tried to incorporate structure into my running but frequently end up on a wild-goose chase in pursuit of seemingly unobtainable past fitness levels. However, on a positive note there are advantages with 'going through the motions' and 'just ticking over' when out running. Recently I had a chance encounter with The Beatles ... of sorts. I wouldn't have met the 'fab four' but for taking the easy option and cutting my run short. The chance encounter startled me initially as I was stopped in my tracks by four excitable Jack Russells. The little rough-haired terriers displayed high levels of boisterous energy; exemplified by playful energetic leaps for means of affection. I didn't disappoint and made a fuss of each dog in equal measure. They then showed a surprising amount of obedience when summoned to retreat by an elderly gentleman who bellowed out, "John, Paul, Ringo". I interrupted and said, "let me guess, this little fella is called George?". The old man laughed and said "no... she's called Yoko". On closer inspection I could see my mistake, but in my defence noticing the genitalia of a short-legged canine isn't always obvious. I'm intrigued why he'd chosen to name the female terrier Yoko, as many blamed Yoko Ono for the breakup of The Beatles. He must've noticed my puzzlement and informed me that he wanted to use the name Georgina, but his son had intervened. Apparently, his son's heart was once broken following a failed holiday romance with a Greek girl called Georgina and the mentioning of her name was still a painful reminder. I couldn't help but laugh and to be fair so did the old man. When I arrived home I regaled my wife with my chance encounter. We came to the conclusion that the son should've 'grown a pair' and the name Georgina should've stood for its Beatles themed authenticity. I was tempted to use poetic license and call the dogs 'mop-top terriers' but such a breed doesn't exist, and I always aim for factually correct reports. Out of curiosity I asked Alison the age-old question, The Beatles or The Rolling Stones? Without hesitation she chose The Rolling Stones - I'm in agreement, I get satisfaction. Appreciating the little things in life!

#### AN UNINVITED GUEST:

Fell shoes usually stink, especially when wet. Unsurprisingly they're nearly always wet and for that reason they reside in the garage beside

the combination boiler. When strategically placed around the boiler my sodden footwear inevitably dries - not too fast, not too slow - just perfect. Recently I've not been the only one 'dragging my feet' as the boiler is also underperforming. Upon close inspection a trail of destruction and filth was revealed in the form of insulation debris and mouse droppings. Evidently a small rodent had taken a place of residence within the warmth of the boiler. I don't blame the mouse, it gets extremely cold outside at this time of year, but obviously it's not an ideal situation. Our uninvited guest needed to be evicted, but not exterminated. Oh, what a conundrum! A trip to the local pet shop gave me the answer and a humane trip-trap was duly purchased. I asked the shop assistant is cheese the bait of choice. Apparently it's not, I'm told cartoons depicting mice nibbling on chunks of hard cheese is a myth that needs dispelling. Peanut butter is what mice find irresistible, plus the sticky substance prevents a grab and run food raid. I'm impressed with the shop assistant, he reeled off advice with such aplomb - he's clearly passionate about his job. The trap in question is a plastic container with a flap that closes shut once the mouse enters the device. It's recommended you check the trap every two hours to minimise the stress caused to any trapped mice. I suggested to my wife it's probably for the best to devise a rota for checking the trap. Alison made it clear it's probably for the best to leave her off the rota. I reluctantly agreed but needn't have worried as the mouse was caught within the hour. The shop assistant was indeed correct regarding the peanut butter. The face of the mouse was covered in the stuff. I called the mouse Brian, even though determining the sex is almost impossible, but given that recently I'd looked at the genitalia of a Jack Russell I'd decided to draw a line where the mouse was concerned - I didn't want things to get weird. I mischievously named the mouse after my mate Brian because I know there's no way he'd have humanly caught the mouse. I texted my mate and told him what I'd done. He texted back straight away - 'There's no way that's what I'd have done.' At times my mate can be so predictable. I released Brian the mouse on a patch of grass outside our house in the hope that he'd go into next doors summer house - he'd be cosy in there as I've always thought it looks nice whenever I've peeked over the garden fence. When I opened the trap he ran over my foot and before scurrying away he paused for a second and looked up. I like to think he was saying thank you. Well, it was my pleasure Brian, you're welcome and no doubt I'll see you again.

Blimey, happiness can be so simplistic. Appreciating the little things in life!

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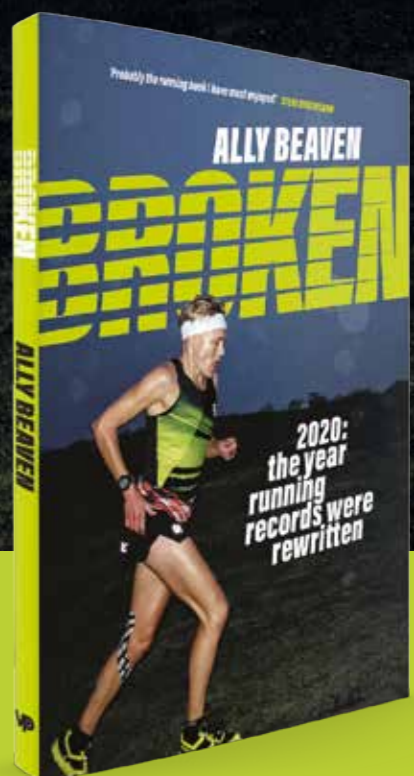
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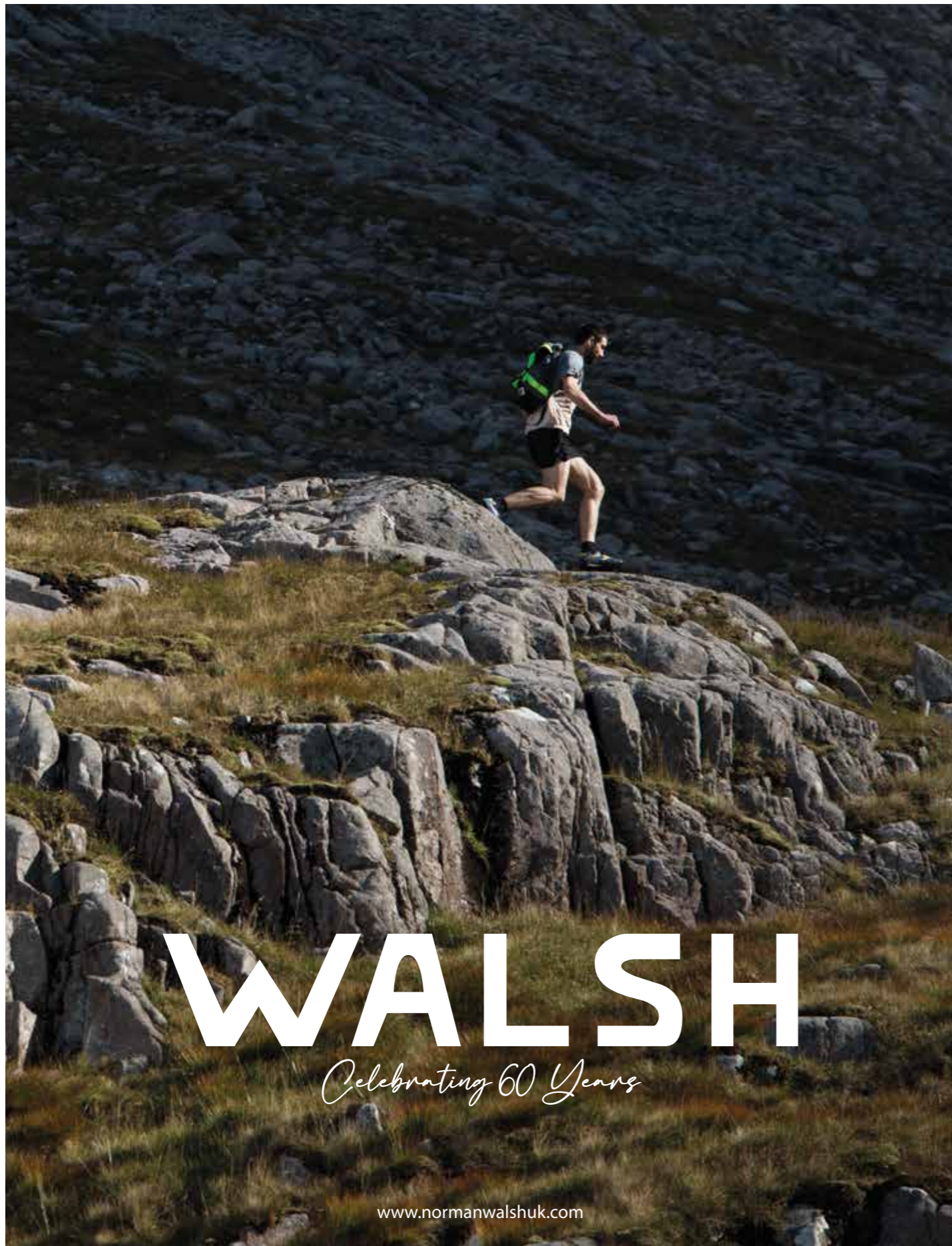


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