

# *The* **FELLRUNNER**



ISSUE 131 AUTUMN



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Members also receive the annual FRA Handbook including (in non-COVID times!) over 500 fixtures, race rules and safety requirements.

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

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

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

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Background image: Benjamin Gibbons (Poole A.C.) just after descending 'The Bad Step' on the Langdale Horseshoe fell race © Harry Bolton



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A montage of Carnethy Hill Runners on some of the 282 Munro summits  
© Mark Hartree, read the article on page 43.

## THE FELLRUNNER 130 SUMMER ISSUE FRONT COVER:

Julian Hood competing in the Coniston Gullies fell race  
© Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)



# EDITOR’S LETTER

Hello! I was hoping to write something witty but - after a few weeks of minimal sleep, my laptop morphing into what seems to be another limb and a caffeine intake that should really be illegal - I’ll spare you any attempt to do so.

I have loved designing the magazine for a number of years and particularly working with Dave, so I was sorry when he announced he was stepping down two months ago. His influence on the magazine has been profound and I hope he’ll continue to be involved in some capacity in future. (Dave, I’m putting this in print so the intentions are clear).

It has been an honour to edit this issue and I feel very privileged to work with such an incredible team of people who have worked tirelessly behind the scenes to make it come together. A massive thank you needs to be said to: Neil Talbott, for endless hours of work; Ricky Parrish, who stepped up over recent weeks and has been a tremendous help; Stephen Wilson (Grand Day Out Photography) for an endless supply of exceptional photography (often sent through at the drop of the hat, at some ungodly hour, before a print deadline); Charmian Heaton and Andy Watts for their help and support... and that’s to name a few! What a team we have!

# A NOTE TO SAY GOODBYE

After editing The Fellrunner for the last few issues, a change in personal circumstances and job means I cannot commit the time required to continue. I’d like to thank Charmian and the committee for the chance to contribute and understanding my decision to stand aside.

Of course, my job was made easier by the efforts of the contributors who have been a pleasure to work with. I’d like to give a special thanks to two people. Martin Stone who works so hard behind the scenes and made sure that material was available when racing was suspended and Tory Miller who kept me on the straight and narrow whilst working her magic on the design.

It can sometimes seem a thankless task editing a magazine. But the feeling when a special article arrives can make you go giddy

We hope you enjoy reading the stories and reports as much as we have, and I encourage you to please get in touch with ideas and stories for future editions. This really is your magazine and we want to publish what you want to read.

Wishing you a wonderful winter, filled with epic fell days and cherished adventures with family and loved ones.



TORY MILLER, EDITOR OF THE FELLRUNNER

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and run around the room in excitement. Please keep writing and sending articles in - it is our magazine, and we write it.



DAVE LITTLER, FORMER EDITOR OF THE FELLRUNNER

# CHAIRMAN’S LETTER

2021 draws to a close, we can celebrate a fantastic, albeit compressed, season of racing at both Senior and Junior levels. This would not have been possible without the hard work and determination of our wonderful race organisers and I thank every one of them. The Junior Do took place at Sedbergh on 3rd October and the Senior Do will have taken place at Penrith by the time you read this. Massive thanks to Helene Whitaker and Lesley Malarkey (the outgoing Championship Co-ordinators) who made all the arrangements so that we could all have fun. As I mentioned in the Summer edition, both Helene and Lesley have now left the FRA Committee and I am delighted to welcome Gareth Hardcastle (Juniors) and Nic Barber (Seniors) and am confident that the future of our championships is in good hands.

Dave Littler has stepped down as Editor of the Fellrunner and we are very grateful to Tory Miller who has worked so hard to get this Autumn edition ready for print. Many thanks to Dave who has done a great job during the Covid pandemic to ensure that the Fellrunner has continued to be a quality publication and valued member benefit.

As the new website nears completion, race organisers have been invited to register their 2022 races on a new platform which will save Andy McMurdo, the Fixtures Secretary, a lot of manual intervention. Sadly, we have said “Goodbye” to Brett Weeden who has been a loyal and hard-working member of the Committee since 1999 when he joined as a Members’ Rep. He has been looking after the old website (helped by his son, Jack) since 2004 and has kept the (sometimes creaky) wheels oiled and turning. I am especially grateful for his help and support during my tenure as Chairman.

Nicky Spinks has taken a sideways step to take on the vacant Education and Coaching Co-ordinator role and she is now working with UKA Content Development specialists on the new Fell/Hill/Mountain/Trail (FHMT) bolt-on modules which will supplement the standard LiRF and CiRF awards. I am also delighted to report that John Rawlinson from Steel City Striders has agreed to replace Nicky in the Access and Environment role and he will be building a regional team to work with race organisers in this challenging area.

At the 2019 AGM, I was given a box with eight old Junior trophies which had been retired when the age groups changed. On closer inspection, they were engraved with a wonderful history, including many Juniors who went on to excel in Senior and International competition. Victoria Wilkinson had been Junior Champion for five years running and through three age-groups. FRA Equipment



Above: Historic Junior trophies which have been repurposed.

Officer Steve Wathall has employed his woodworking skills to turn new plinths for the cups and new bases for the shields and these fabulous trophies will be awarded to the clubs which have fielded the biggest number of runners in each category throughout the season. So, every time a Junior dons their club vest and runs in a Championship race they will earn their club a point. We hope to present the trophies at a reunion of founder members at Barley on 20th November (in conjunction with the Long Tour of Pendle race).

The 50@50 race series has given me an enormous amount of pleasure and the online “shop” to order the exclusive T-shirts (for 12 races) and Hoodies (for 18 races) should be open by the time you read this. Wendy Dodds and Darren Fishwick have already earned and been presented with their commemorative engraved glasses for completion of 24 races.



CHARMIAN HEATON, FRA CHAIRMAN

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



SECRETARY’S CORNER

After a turbulent 18 months it feels like life – or at least fell running – is slowly returning to normal. Particular thanks are due to Lesley Malarkey and Helene Whitaker for having organised successful Senior and Junior English Championships in 2021 against the COVID odds, and to Jamie McIlvenny for his sterling and unenviable work as the FRA’s COVID Co-ordinator in adapting our guidelines to runners, organisers and spectators in response to the ever-changing rules.

One consequence of the pandemic was a late start to this year’s Senior Championship, with the first race (Ennerdale) not until June and a compressed timeframe thereafter leaving athletes little time for rest and recovery. Many congratulations to all this year’s Champions and medallists, especially Open champions Billy Cartwright and Hannah Horsburgh whom we are delighted to feature in this issue.

At October’s AGM (covered separately on pages 15-16) the FRA Committee met in person for the first time since February 2020. Despite the overhead in terms of travel, this was a very welcome relief from Zoom and provided an opportunity for valuable group discussions which had proven challenging on conference calls. The intention for the next 12 months is to follow a hybrid approach, meeting partly online and partly in person.

FRA RACE ASSESSMENT MATRIX

As regular racers will know, FRA races are categorised as short (S), medium (M) or long (L) based on distance and A, B or C based primarily on ratio of ascent to distance (A being > 50m/km, B > 25m/km and C > 20m/km).

One shortcoming of this system is that (for example) two AL races could be radically different in their nature. The present system does not convey to entrants, especially inexperienced ones, these differences and in particular the hazards of certain races. It is not uncommon for runners to enter Lake District AL races without any real understanding of the characteristics of the event, which is a clear and significant safety risk.

The FRA Committee has worked hard over the last 12 to 18 months in considering how we might mitigate this risk. After consulting with many Race Organisers and runners we are now introducing

the FRA Race Assessment Matrix, an example of which is shown opposite (by kind permission of the RO for the Kinder Downfall race).

This concept was trialled at the Great Lakes Run in June, where over 100 runners completed a feedback survey, and (following adjustments based on that feedback) at several further races over the last few months.

The intention of the Race Assessment Matrix, or “Colour Matrix”, is as follows:

- to complement (not replace) the ABC/SML system;
- to convey simply, quickly and visually to runners the relative difficulty of a given race and the specific skills needed;
- to be clear and eye-catching, so as to get the attention of runners (e.g. at the point of race entry or at race registration);
- to provide information in a common format which will become recognised and even expected;
- to achieve the above whilst requiring *as little extra effort as possible* from Race Organisers (ROs).

The RO may add brief notes below the matrix if required.

For 2022, ROs are invited to complete an assessment form which the FRA will convert to a PDF (or image) file, printed copies of which can be posted on request. ROs may then display the matrix on their race website, at the point of entry (e.g. via an online entry provider) and also at race registration.

I would like to thank everybody who has provided feedback on the system so far – your input has been invaluable. The matrix is certainly not perfect, and we may adapt it further in light of experience, but we believe it is a major step forward. We encourage all ROs to use the matrix for their next race, not least because it will demonstrate clearly their efforts to ensure runners “know what they are in for”.

The format is final for 2022 but any feedback on the system, from ROs or runners, would be welcome, and will be reviewed over the course of the next year.

FRA race assessment matrix for: Kinder Downfall fell race

Grade: <b>BM</b>	Distance: <b>c. 15.4 km</b>	Climb: <b>c. 600m</b>	Race records: <b>1:01:46 (M), 1:14:46 (W)</b>
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Assessed on: 13/10/2021 by: Will Meredith (RO)

	1	2	3	4	5
General area	Mainly accessible lowland areas	Mainly accessible low-lying moorland and/or open fell	Includes upland moorland / open fell, or more remote low-lying areas	Significant fell and mountain and/or less accessible or more remote areas	Less accessible fells, high mountains or very remote areas
Height	Rarely above 1,000 ft (300m)	Up to approx 2,000 ft (600m)	Up to approx 2,500 ft (750m)	Some up to approx 3,000 ft (900m)	Much up to or above 3,000 ft (900m)
Terrain	Easy grade trails and tracks	Some moderately challenging terrain, e.g. reasonable tracks over moorland or good fell paths	Largely rough tracks and/or challenging but runnable off-track terrain over open fell and hill	Mostly very rough tracks and/or off track with difficult underfoot sections (e.g. bogs, tussocks, boulders) or steep ascents/descents	Mostly off track with several difficult underfoot sections (see left); some scrambling may be required
Exposure (drops) and hazards on or near route	No exposure, minimal terrain hazards	No exposure but mild risk from e.g. ground holes, bogs, or river crossings	Occasional moderate exposure and/or terrain risk (see examples left)	Some exposure, possibly occasionally severe, and/or increased terrain risk (see examples left)	Severe exposure and/or significant terrain risk (see examples left)
Navigation skills required (GPS not permitted)	None: navigation is simple or route is fully waymarked	Basic: route may be mostly obvious or waymarked, but some basic navigation required in parts	Competent: possibly some waymarking but runners must be confident in self-navigating without obvious features	Advanced: no waymarking, and runners must be confident in self-navigating over challenging routes and in low visibility	Expert: no waymarking, and runners must be confident in self-navigating over very challenging routes and in zero visibility
Mountain skills required	None: little or no off-trail experience needed	Basic: off-trail experience helpful, e.g. in route planning, preparation and emergency considerations	Competent: suitable only for skilled movers with increased problem solving and self-reliance required	Advanced: suitable only for skilled, experienced movers over open, high ground in all but the worst likely conditions	Expert: suitable only for skilled, experienced, confident movers in an exposed, high-level environment in all conditions
Escape routes	Lots of options for a retiring runner throughout the course	Lots of options but with possible “decision points” before some sections	Some escape routes but a retiring or injured runner would face difficulty in some sections	Limited escape routes; a fatigued or injured runner might require basic survival kit and skills	Few if any escape routes; a fatigued or injured runner would require survival kit and skills
Season, time & likely effects of weather	Effect of weather likely to be minimal	Any inclement weather unlikely to present serious challenges	Conditions could be challenging and/or route may be prone to sudden weather changes; effect may be significant	Difficult conditions likely (e.g. high/winter/night) and/or route prone to bad weather or sudden changes; effect may be severe	Very poor conditions likely and/or route prone to extreme weather or sudden changes; effect may be debilitating
Notes	Majority of route not marked and ability to self-navigate needed.				

v1.0  
Note: This assessment is subjective. Entrants remain fully responsible for their own safety and should study the route.







Runners at the FRA Under-23 training camp in Ambleside © Sarah McCormack

## UNDER-23 TRAINING CAMP

Another very successful FRA Under-23 training camp was held in October, based from YHA Ambleside and sponsored by inov-8. Enormous thanks are due to Sarah McCormack for co-ordinating the camp, which saw a night run on Wansfell, navigation exercises on Loughrigg and daytime runs over Fairfield and Red Screes with a true mix of Lakeland weathers. It is hard to overstate the value for young athletes of being mentored by a world-class runner such as Sarah and the FRA is immensely grateful to her and her team of helpers for giving up their time to run this event.

## DISCIPLINARY CASES

After a long period with no disciplinary cases it was very disappointing to receive a report from the Wasdale fell race of a competitor who, after being ‘timed out’ at a checkpoint by 15 minutes, had refused marshals’ instructions to go directly to the finish and instead continued on the full course. This was especially upsetting considering the Race Organiser, Richard Byers, was in charge of his first FRA race, though you would not have known it from the impeccable organisation.

An FRA disciplinary panel was formed and issued to the offender a six-month ban from all FRA races, three months of which are suspended conditional upon the runner marshalling at an upcoming Lakeland Classics race.

All competitors are reminded that it is a condition of FRA race entry that the instructions of the RO and race officials are final and binding. This is the first incident of this kind in an FRA race that I am aware of and I hope it is the last.

## RULES AND DOCUMENTATION

After a thorough review of the FRA’s rules and documentation in 2020, there will be only very minor changes for 2021. As previously reported, there is a clear consensus that the use of poles for competitive advantage should be prohibited in FRA races; we continue to seek an appropriate wording which will allow a degree of flexibility in this for Race Organisers, particularly of mountain marathon events.

## BRITISH FELL AND HILL RELAY

I had a great day out recently at the British Fell and Hill Relay Championship, organised expertly by the team from Helm Hill Runners. Thank you very much to Tim Murray, Alistair Hearn, Michael Ainsworth and everyone else on the organising team who overcame many obstacles to make the event run like clockwork.

Many people continue to refer to the British Fell and Hill Relay race as the “FRA Relays” but in fact it is now a British Athletics event, held under the authority of the Mountain Running Advisory Group (MRAG) of UK Athletics. The same is true of the British

Championship, which this year will return to its traditional format after last year’s one-off race. This division of responsibilities occasionally presents challenges but the FRA will continue to work closely with the other Home Associations (WFRA, SHR and NIMRA) to ensure that the ethos of fell running is championed and preserved.

## FRA HANDBOOK 2022

The 2021 FRA Handbook was a slim affair, owing to the absence of the usual Race Calendar. I am very pleased to report that the Calendar will make a welcome return for 2022, albeit probably slightly reduced from its usual size owing to continued uncertainty over some races. Gremlins permitting, next year’s Handbook will be with FRA members in approximately mid-December.

May your stockings be filled with new fell shoes, buff-shaped hats and jelly babies, may your new year abound with fell runs and may your navigation-enabled GPS watch be eaten by your dog. Merry Christmas.



NEIL TALBOTT, FRA GENERAL SECRETARY

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

# ANNUAL GENERAL MEETING

The FRA’s AGM for 2021 took place after the Langdale Horseshoe Fell Race in October. Many thanks to the 23 FRA members who attended and everyone that dropped in for tea and cake beforehand. Thank you also to the 19 members who submitted a proxy voting form.

The draft minutes of the 2020 AGM were accepted as final.

Key points from the Chairman’s and Treasurer’s reports included the following:

- The new FRA website is well advanced and in use for 2022 race registrations.
- Good progress has been made on the new fell coaching modules, being developed in tandem with UK Athletics.
- The 50@50 race series, now nearing its conclusion, has been extremely successful and well received.
- The FRA’s membership and accounts are in a healthy state, with no likelihood of membership fees needing to be increased in the near future.
- The 2020 surplus was larger than usual owing to reduced outgoings, but this will be offset by some major expenditures in

2021 as well as various initiatives to support a post-COVID return to racing, especially on the Junior side.

On behalf of the FRA, the Chairman thanked the outgoing Committee members – Brett Weeden, Helene Whitaker, Lesley Malarkey and Dave Littler – for all their hard work over the last few years, or – in Brett’s case – decades. Nic Barber and Gareth Hardcastle were warmly welcomed to their new positions of Championships Co-ordinator and Junior Co-ordinator respectively.

As is customary, a general discussion about fell running took place after conclusion of the formal business. Topics included the following:

- FRA race assessment matrix. This is explained in more detail on the preceding pages.
- Access and permissions. This topic was discussed at some length, following a number of issues that had arisen both at FRA level and with individual races. It is a very high priority for the FRA as we seek to protect traditional fell races in the face of increased competition from other events such as trail races, ‘rat races’ and charity events and increasing pressure and, in some cases, resistance from landowners and landowning bodies.



- Non-commercialism. It was suggested that in stressing the uniqueness of fell racing to landowners, the FRA should focus particularly on our principle of non-commercialism, which is now explicitly stated in our Race Licensing Policy.
- Race accounts. Several present felt that the FRA should require greater transparency from Race Organisers in their race accounts (to protect against commercialisation of races); the Committee will consider this request.
- GPS. The FRA confirmed that the use of GPS for navigation was, and would remain, prohibited in all FRA races – another key distinction with other disciplines.
- The Fellrunner magazine. The FRA confirmed that this will remain a print-only publication.

Formal tributes were paid to Pete Bland and to Steve Batley, who ran the FRA’s navigation courses for many years.

The complete minutes, and full details of the post-AGM discussion, are available on the FRA website (under FRA => AGM). These will remain in draft form until next year’s AGM.

Finally, congratulations to Keswick’s Matthew Atkinson who won the Langdale race beforehand and has therefore earned himself the opportunity to attend a Committee meeting of his choice for free.



Above: Some of the FRA Committee members at the AGM © Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk). Opposite page: Matthew Atkinson (Keswick AC) on his way to winning the Langdale Horseshoe fell race © Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)





# MEMBERSHIP REPORT

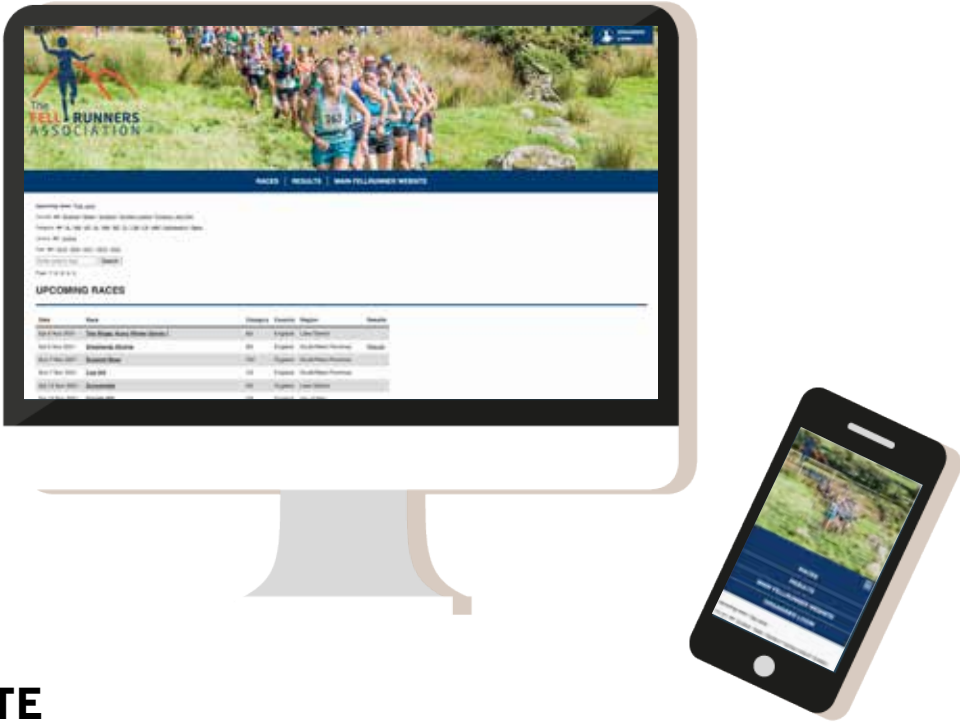
With an upsurge in new memberships coinciding with a return to a busy racing calendar, followed by opening of the 2022 membership year to new joiners (15 months for the price of 12), I have been kept busy stuffing envelopes with Fellrunner magazines and handbooks. However, such has been the level of interest, by mid-October we had exhausted stocks of both publications. So, if this Autumn edition is your first Fellrunner magazine, then welcome to the FRA!

The brief interlude from postal duties has afforded me time to analyse the FRA membership (numerically, not psychologically). Here are a few facts and figures drawn from the membership data:

- At the time of writing we have 8,454 members, of whom 1,950 are female and 6,504 male.
- These members collectively represent 662 clubs, with Dark Peak topping the table at 328 paid up FRA members.

- There are 233 clubs counting just one FRA member each in their ranks (is it you and do you share your Fellrunner magazine with club mates?)
- A surprising 1,850 members record that they are “unattached” suggesting they are proudly independent or happy to share their relationship status with the FRA.
- Our oldest member is in his 97th year and our youngest in his 1st: it is unclear if either is currently competing.

- PAT MCIVER, FRA MEMBERSHIP SECRETARY



## NEW FRA WEBSITE

Anyone looking on the FRA website for races or results during the last couple of months will have been presented with a page looking rather like the one shown here. This is because we are now quite advanced in building a complete new website, which will take over from the existing site which has served us well for many years. The present site was built, and has been maintained, by Brett Weeden and his son, who have done a magnificent job of keeping the information accessible and up to date for over a decade. This can be a very demanding task, and the new site will enable several people to share the workload. Brett stood down as Webmaster at the AGM, and the Committee now needs someone to replace him in that role.

The new site will take over the job of presenting information about fell running and the FRA. It also has a new function, which is to enable Race Organisers to submit their races directly, or to make changes to races already on the books. This will give the Fixtures Secretary more time to go running, compared with the current system which requires a lot of manual activity in processing race application forms. Race Organisers can create an account on the new system, which then gives them full scope to create or change race details for approval by Fixtures in order to grant an FRA race licence.

Since its launch Race Organisers have been signing up, and we now have around 325 accounts in place. Races are also coming in at a

great rate at the moment, to ensure that 2022 races are registered in time for the Handbook – over 200 have already been listed, with a further 50 waiting approval and lots more being submitted every day. The Handbook promises to be back to its normal thickness, after the rather skimpy version of ‘Covid year’.

The new site currently only serves the Race Organiser account process, and displays races and results (which are also shown on the old site). Race Organisers will go direct to the new address, while anyone wanting to look up a race would normally go the old site and be re-directed to the page shown here. Work is going on at the moment to move the full contents of the old site to the new format. We preserve a huge amount of information – not only the very important safety documentation, but also race results and Championship records going back many years. When complete (hopefully this year) the new website will take over fully from the old one, including giving access to the historical Fellrunners, SMOTS, and various FRA archives.

For any more information on the new website, how it will work and how progress is going, please contact me.

ANDY WATTS, FRA TREASURER

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

Opposite page: Hannah Barber (front) and Ruthie Stanley, running for the Cumberland Fell Runners Ladies team at the 2021 Hodgson Brothers Relays.  
© Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk). Above: Background graphic © vecteezy.com



# BILLY CARTWRIGHT

INTERVIEWED BY NEIL TALBOTT

**B**illy Cartwright (Matlock AC) is the English Fell Running Champion for 2021. He won his first Championship race in June at the Ennerdale Horseshoe and never looked back, eventually finishing 9 points ahead of the silver medallist, his Matlock teammate Dan Haworth (200 points to 191). He also won the short Championship race at Black Combe Dash and has recently competed for England at the Senior Home International and been selected to represent Great Britain at the upcoming World Mountain and Trail Running Championships. Recently I caught up with Billy to discuss his stellar season, his route to the top and his future ambitions.

## EARLY DAYS

### Q: WHERE DID YOU GROW UP AND WERE YOU INTO SPORT DURING YOUR SCHOOL YEARS?

I grew up around the Matlock area and have always been into team sports. At school I did a little bit of everything including once getting selected to run for the school at cross-country. I can't remember why, but I ended up dropping out of the race and pretty much stopped running after that. Then I was a skateboarder for 6-7 years!

### Q: HOW DID YOU GET INTO FELL RUNNING?

I broke my ankle around seven years ago, when I was about 22, and dropped to zero fitness. When I started walking again I found that as I got fitter it became addictive. Then one day my brother Ben, who is a really good runner and triathlete, suggested I go and do a fell race. It was Wolf's Pit and it

was three times harder than he'd said it would be! It was absolutely horrendous, I felt all my organs aching, but the feeling at the end of the race was amazing.

### Q: WHO INSPIRED YOU DURING YOUR EARLY RUNNING CAREER?

Definitely Ben, my brother. I'd always borrow kit from him or ask for advice. Watching his training ethic was a real inspiration – he was preparing for the Ironman World Championships in Hawaii and would spend five hours on a turbo trainer rugged up to prepare for the heat! I also read *Feet in the Clouds* so the stories of the fell running heroes in the book were always a source of inspiration.

### Q: WHAT WAS THE NAUGHTIEST THING YOU DID AT SCHOOL (THAT WE CAN PRINT IN THE MAGAZINE)?

I used to draw inappropriate images on my friends' homework diaries. When I got found out I was made to see the school nurse [*perhaps for an anatomy lesson?* – Ed.].

### Q: WHERE ARE YOU BASED NOW AND WHAT DO YOU DO FOR A LIVING?

I live in Keswick with my girlfriend Nichola Jackson. I've just finished a degree in Sports Coaching at Loughborough University and I'm in the process of setting up my own online coaching business – watch this space!





**THIS SEASON**

**Q: WHAT WAS THE HIGHLIGHT OF THE SEASON FOR YOU?**

Winning the Ennerdale Horseshoe race *[the first English Championship race in June]*. Because of the long break from racing during the pandemic I had no idea what shape I was in compared to everyone else. Every year I seem to have been chasing people in Championship races so it was nice to be able to set the pace at Ennerdale, feeling reasonably comfortable for the first part of the race. *[Billy won in 3:32:16.]*

**Q: THIS WAS YOUR FIRST CHAMPIONSHIP RACE WIN – CAN YOU TALK US THROUGH THAT RACE?**

Brennan Townshend and Matty Atkinson *[both Keswick AC]* were setting the initial pace with *[Matlock teammate]* Dan Haworth, Tom Adams *[Ilkley Harriers]* and me just behind. The first climb was a bit of a shock to the system but after that I tried to keep the intensity high along the ridge, cross-country style, and people kept dropping off. Eventually it was just me and Dan looking at each other, thinking “it’s me or you!”. Over the last few tops neither of us really knew where we were going – I was asking walkers, “is this Haycock?!” – but we reached the bottom of the last climb up Crag Hill together. I got a sudden twinge of cramp but managed to push on and I could hear Dan swearing under his breath as I left him! By the summit I knew I was going to win. Near Haystacks I had also passed Nichola who had a good lead on her way to winning the women’s race, which was a nice boost.

**Q: HAD YOU TARGETED THE ENGLISH CHAMPIONSHIPS THIS YEAR?**

Yes, but more in the sense of targeting individual races. The overall Championships just seemed out of reach – more of a dream than an ambition.

**Q: HOW DID RACING THIS SEASON DIFFER AFTER THE LONG GAP BECAUSE OF THE PANDEMIC?**

One thing I’ve noticed is that many people have got really fit just through training. Maybe that shows that the need to “race yourself fit” isn’t quite as important as people think – you can reach very high levels just by training smartly. It’s also been difficult because of the short gaps between races – you’re racing almost every two weeks, so you have a few days to recover, a couple of days to train and then you’re tapering for the next race.

**Q: YOUR MATLOCK TEAMMATE DAN HAWORTH WON THE SILVER MEDAL IN THE ENGLISH CHAMPIONSHIP AND WAS SECOND TO YOU AT BOTH ENNERDALE AND BLACK**

**COMBE. HAVE YOU TRAINED TOGETHER MUCH AND DO YOU FEEL THAT YOU HAVE SPURRED EACH OTHER ON TO REACH NEW LEVELS OF PERFORMANCE?**

We’re both from near Matlock. I started fell running before Dan, but as soon as he started he was beating me straight away, so we’ve been training together a lot, and with Harry Holmes as well. We’re all of similar abilities so it works really well. Also, because I’ve trained with Dan and know we are similar speeds, when I see him pushing up ahead of me in a race it never feels too far out of reach.

**Q: YOU CAME THIRD IN THE ENGLAND TRIAL RACE THIS YEAR AT THE ALDERMAN’S ASCENT CHAMPIONSHIP RACE AND SUBSEQUENTLY RAN FOR ENGLAND AT THE SENIOR HOME INTERNATIONAL. HOW DID YOU FIND THAT EXPERIENCE?**

I had previously run for England at the Snowdon race in 2019 *[finishing 9th]* which was held earlier in the season. This was different – I think everyone was cooked going into the race, partly because of the compressed season we’ve had this year. There was definitely a team feel to the race – Mark Croasdale, England Team Manager, knew we had a good chance and everyone was ready to empty the tank! I was lucky to be part of a brilliant team to run with – Joe Dugdale, Chris Richards, Joe Baxter, Daniel Connolly and Chris Law. *[Billy finished an impressive 6th as the English team were pipped by Scotland by just one point.]*

**Q: WHAT ARE YOUR FUTURE INTERNATIONAL AMBITIONS?**

I’ve been selected to represent Great Britain at the World Trail Running Championships in Thailand but we’re waiting to hear whether it will be going ahead. All being well I’ll be racing the “short” course (still 40km!) with Tom Adams, Jon Albon, Seb Batchelor and Ricky Lightfoot. I picked up a niggle just before the Scafell Marathon trial race but fortunately made the team based on my other recent performances.

**Q: TOWARDS THE END OF LAST YEAR YOU WON ONE OF THE UK’S ‘GOLDEN SEGMENTS’ TO WIN A PLACE AT THE GOLDEN TRAIL RACE CHAMPIONSHIPS IN THE AZORES. WHAT DID YOU LEARN FROM THAT RACE AND HOW DID THE VARIOUS STAGES COMPARE TO FELL RACES?**

That route was a fell runner’s route through and through! It was a nice experience going over especially after the last year – everyone was vaccinated so apart from the travel it was almost like normal life again. It was five days of racing with over 3000ft of climbing and descending each day, and the DOMS *[Delayed Onset Muscle*

*Soreness]* was ridiculous – my legs and especially calves got so tight – but you learn that your body will just get going again, once everything’s warm.

**TRAINING AND RACING**

**Q: WHAT DOES A TYPICAL TRAINING WEEK LOOK LIKE FOR YOU?**

Normally 60 to 80 miles, with a lot of easy running. One of the biggest things is just listening to your body. I like running before breakfast at whatever pace my body wants to run at. Harder sessions might include intervals/repetitions and tempo running *[segments at approximately racing intensity, continuous or with short breaks]*.



Previous page: Billy on his way to winning the Ennerdale fell race © Stephen Wilson, [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk); Above top to bottom: Billy and partner Nichola Jackson representing England at the Home International © Dan Connolly; Billy racing Snowdon International © Sports Cymru

**Q: WHERE DO YOU TEND TO RUN?**

Living in Keswick I hardly ever have to drive anywhere – there’s so much variety including flat running, which is important, and plenty of long climbs to choose from.

**Q: WHAT ARE YOUR FAVOURITE AND MOST HATED TRAINING SESSIONS?**

My favourite sessions are long runs, maybe with a few tempo efforts, where I can just go out and enjoy the hills. Worst session has got to be hill reps of one or two minutes – necessary, but evil!

**Q: WHAT’S YOUR GO-TO MEAL AFTER A TRAINING SESSION?**

Definitely Nichola’s homemade pizza.

**Q: DO YOU SET YOUR SESSIONS YOURSELF OR WITH THE HELP OF A COACH, AND HOW FAR AHEAD?**

I set my programme myself. I’ll have a rough overview for a couple of months ahead but I adjust it based on how I feel at the end of the week, at the end of the day and in the morning when I wake up. You’ve got to be so flexible and adapt to how you feel, to learn when to push and when not to push by listening to your body – and then telling it to shut up when you’re racing!

**Q: HOW MUCH NON-RUNNING TRAINING DO YOU DO?**

Between October and March I’ll do a lot of cycling and swimming as well as strength and conditioning, focusing on core and (especially in winter) legs. I’ve recently got a cyclocross bike which really builds up leg strength over the winter whilst reducing the constant impact of running. Mind you I’ve got a long way to go to keep up with Nichola on the downhills!

**Q: DO YOU GET NERVOUS BEFORE RACES OR ARE YOU YOUR NORMAL SELF UNTIL THE START LINE?**

For the first race I did I was ridiculously nervous, almost to the point of not wanting to run. These days I hardly get nervous at all – it’s just another race, I know I’ll give 100% and that it will hurt but you more or less know what’s coming!

**Q: WHAT’S YOUR PERFECT RACING WEATHER?**

Good weather! I’m not a navigator and on a claggy day I’ll be looking around for someone to follow. Dan and I reced the Turner Landscape route once and our Strava traces just show us going round in circles on Grey Friar before heading back to the car defeated.



**Q: WHAT IS YOUR FAVOURITE RACE OR ONE YOU'D MOST LIKE TO WIN?**

I would have to say Borrowdale. It's a legendary race, a proper honest fell race and definitely a target for me – I'd love to try to get near the record although I think the route has changed slightly.

**Q: WHAT IS YOUR MOST MEMORABLE MOMENT IN A FELL RACE?**

I've had a few, but one would be racing with my brother for Matlock AC in the British Fell and Hill Relays. My brother tripped and slipped down a rock face but somehow just bounced back onto his feet and just ran on – it freaked me out but was hilarious at the same time.

**Q: IT SOUNDS LIKE MATLOCK HAVE THE CORE OF A FANTASTIC TEAM?**

I've done the British Fell Relays for the last five years and I think we've gone from being almost last, to mid-pack, to about 12th and then 7th in 2019. We just need a couple more people and we'll have a really strong team but we don't have yet have the strength in depth that's needed for the Championships. *[STOP PRESS: Matlock finished third in the 2021 edition in October!]*

**Q: WHAT'S THE MOST LOST YOU'VE EVER GOT IN A FELL RACE?**

I've never got badly lost, but I remember the Mourne Highline in Northern Ireland, a long British Championship race, where no-one wanted to take it on because of the poor visibility. In the end we dropped down out of the clag, into the forest, and it turned into a one-mile sprint down through the forest and the park to the finish! And the party afterwards in O'Hare's was legendary ...

**Q: WHAT ARE YOUR GOALS FOR THE WINTER AND NEXT SEASON?**

The World Championships in Thailand are definitely my main focus for now, but I'd like to give the British Championships a good go as well as exploring other areas of the UK.

**Q: WHAT ELSE KEEPS YOU BUSY AND HOW DO YOU UNWIND?**

Because I'm living with Nichola in Keswick, life mostly revolves around outdoor activities – if we're not running, eating or sleeping we're probably out on the bikes or swimming in the lake or something! There's so much of the Lake District still to explore for us.

**Q: HOW MUCH SLEEP DO YOU AIM TO GET PER NIGHT?**

Easily over eight hours. It's the biggest performance enhancer you can get!

**Q: WHAT MAKES FELL RUNNING SPECIAL FOR YOU?**

It's just like meeting all your mates every time there's a Championship race on. It's the camaraderie, it's down-to-earth, no-one's competing for anything material, and it's about pitching yourself against a course as much as against other people. I love that fell running takes you to places you wouldn't otherwise visit.

**Q: WHAT'S THE BEST PIECE OF FELL RUNNING ADVICE YOU'VE EVER BEEN GIVEN?**

Recce!

**Q: WHAT WAS YOUR WORST MOMENT ON A MOUNTAIN?**

I've been lucky not to have too many, but I do seem to spend a lot of time waiting for Nichola's wardrobe malfunctions... coat off, back on, off again, shoes too tight, the wrong colour... sometimes we spend more time stationary than running!

**AND FINALLY...**

**Q: COMING INTO THE LAST FEW MINUTES OF THE MOST IMPORTANT RACE OF YOUR LIFE, WHAT SONG DO YOU WANT TO HEAR OVER THE LOUDSPEAKERS TO MOTIVATE YOU?**

Something by Jungle – *Keep Moving* or *Busy Earnin'*.

**Q: FAVOURITE BOOK?**

*Lord of the Rings.*

**Q: FAVOURITE FILM?**

Something funny like *Happy Gilmore* or *Dumb & Dumber.*

**Q: FAVOURITE FRIENDS CHARACTER?**

Ross. It was Joey until *Top Gear*...

**Q: WHAT 'LITTLE' THING ANNOYS YOU THE MOST?**

Arranging to meet Dan for a run but he'll arrive 20 minutes late, not in his running gear, be digging around in his van for his clothes, then he'll want to go for a coffee beforehand... but all worth it for the company!

Opposite page: Billy on his way to winning the Ennerdale fell race © Jacob Adkin

**Q: CELEBRITY CRUSH?**

Helena Bonham Carter as Bellatrix Lestrange. That's a bit of a guilty one!

**Q: CELEBRITY FELL-RUNNING CRUSH?**

I'll say Nichola Jackson or I'll get into a lot of trouble!

**Q: DESERT ISLAND DISCS LUXURY ITEM?**

A helicopter (and the skills to fly it).

**Q: TEA OR COFFEE?**

Tea.

**Q: ON A SAUSAGE SANDWICH, WOULD YOU HAVE RED SAUCE, BROWN SAUCE OR NO SAUCE AT ALL?**

Red sauce every time, although we're vegetarian so it would be veggie sausages!

**Q: AND FINALLY, WHAT'S THE BEST CAFÉ IN THE LAKE DISTRICT?**

This one *[Treeby & Bolton Gallery & Café in Keswick]*. People haven't lived until they've sampled the lemon cake!



# HANNAH HORSBURGH A PROFILE



**H**annah Horsburgh (Keswick AC) triumphed in both the English and British Fell Running Championships this year, winning the English series with a maximum score of 128 points (four wins from four counting races). Her performances were some of the finest ever seen in the history of the Championships, with records smashed, several finishes in the top 10 overall and an extraordinary result at the one-off British Championship race at Dufton where she was beaten only by the three male medallists. Hannah kindly took time out of her very busy schedule to answer some questions for the magazine.

**Q: WHERE DID YOU GROW UP AND WHAT WAS LIFE LIKE?**

I was born and brought up in Keswick. Life was always competitive – I have four sisters!

**Q: WERE YOU INTO SPORT AS A CHILD OR TEENAGER?**

I was always into sports, mainly team ones like netball, hockey and rugby. I was identified for a scholarship in Manchester but it was too far from home. They wanted me to throw the javelin but all I did was throw tantrums!

**Q: WHEN AND HOW DID YOU FIRST GET INTO RUNNING?**

I never enjoyed running unless I was chasing a ball. But in 2013, after returning from living in Australia, I started running regularly to remove the excesses of two years of beach life.

**Q: HOW DID YOU GET INTO FELL RUNNING?**

I started fell running after competing in triathlons in the Lake District. The running element of the triathlons was always over the fells. I was winning the triathlons and seemed to be better at running and cycling than swimming. I had to borrow a wetsuit and a bike, but all you need to run is a pair of trainers.

**Q: WHERE ARE YOU BASED NOW?**

I'm based just outside Keswick, which is my home. I cannot afford a mortgage, but I'm happy where I am, with the people I love.

**Q: WHAT DO YOU DO FOR A LIVING?**

I work at a racehorse training yard in Greystoke (near Penrith), for Nicky Richards. I ride three lots of racehorses every morning and work on our farm in the afternoons.

**Q: THAT SOUNDS LIKE A LOT OF EXERCISE IN ITSELF! HOW DO YOU MANAGE YOUR TRAINING AROUND THAT?**

Both jobs are physically demanding. Sometimes I cycle to work and fit in running in between jobs. When you work with animals things are never predictable and I often have to run at a drop of a hat.

**Q: WHAT'S THE BEST PUB IN THE LAKE DISTRICT?**

I do not drink – drinking is for losers, I am a winner!

**Q: IN YOUR FELL RUNNING CAREER, WHICH PERFORMANCE ARE YOU MOST PROUD OF?**

The Blencathra English Championship race of this year because it was the first chance to see if my new training regime was going to work. *[Hannah won in an amazing 59:56, breaking the previous women's record by more than ten minutes and finishing in ninth overall.]*



**Q: YOU HOLD MANY FELL RACE RECORDS – OF WHICH ARE YOU MOST PROUD?**

The Kentmere Horseshoe because I got lost and still managed to win. [This was another of this year’s English Championship races; Hannah finished in an incredible seventh place overall.]

**Q: AND IS THERE A RACE YOU WOULD REALLY LIKE TO WIN OR RECORD YOU WANT TO BREAK?**

I would like to win Grasmere Sports, because I need the money for a mortgage!

**Q: WHO ARE YOUR SPORTING HEROES?**

My sporting hero is Jesse Owens because he won all those golds in 1936 at Hitler’s Berlin Olympics despite all the prejudice he faced as an African-American.

**Q: WHAT DOES A TYPICAL TRAINING WEEK LOOK LIKE FOR YOU?**

There is nothing typical – I am as free as a bird. It depends on work and weather.

**Q: WHAT’S YOUR MOST HATED TRAINING SESSION?**

I do not have a hated session; if I didn’t enjoy it, I wouldn’t do it.

**Q: ARE THERE ANY FOODS YOU COULDN’T LIVE WITHOUT, OR THAT YOU AVOID?**

I eat lots of red meat and I can’t do without doughnuts.

**Q: DO YOU SET YOUR SESSIONS YOURSELF OR WITH THE HELP OF A COACH?**

My coach, Paul Barnes, sets my whole schedule and helps with the doughnuts. The only time he has run competitively was for a bus and he missed that.

**Q: HOW FAR AHEAD DO YOU PLAN YOUR TRAINING AND RACING PROGRAMME?**

I have a rough plan, but plans have to be fluid; there’s more to life than running.

**Q: OTHER THAN WORK, RUNNING AND SLEEP, WHAT ELSE KEEPS YOU BUSY?**

I like walking and looking at man’s impact on the land, all over the rural landscape. I also have an allotment and my own poultry, who I love.

**Q: WHAT ARE YOUR HIDDEN TALENTS?**

They’re so well hidden I am not telling you. But I once won the Queensland jelly wrestling contest and won \$1,000.

**Q: WHICH TALENT DO YOU NOT HAVE BUT MOST WISH YOU DID?**

I would love to play the saxophone and dance like the professionals on Strictly Come Dancing.

**Q: WHAT WOULD BE YOUR PERFECT HOLIDAY?**

The last one I had – I was away for three years around the world.

**Q: WHAT ARE YOUR GOALS FOR THE WINTER AND NEXT SEASON?**

Winters are so tough – my goal is to survive.

**Q: WHAT MAKES FELL RUNNING SPECIAL FOR YOU?**

Running on the fell sets me free. Some of it is talent, most of it is grit. Paula Radcliffe was marvellous but she was from the city; if she were a fell runner, she couldn’t live with me.

**Q: WHAT ADVICE WOULD YOU HAVE FOR GOOD ATHLETES ASPIRING TO BE GREAT ATHLETES?**

Remember you might achieve what you’re aiming for, but it might cost you too much to get it.

**Q: IF YOU WERE TO GET STUCK IN QUARANTINE FOR TWO WEEKS WHILST COMPETING ABROAD, HOW WOULD YOU PASS THE TIME?**

I would just walk home.

**Q: WHAT’S YOUR FAVOURITE BOOK?**

*Elephant Bill* by J H Williams.

**Q: YOUR FAVOURITE ALBUM?**

*No Guru, No Method, No Teacher* by Van Morrison.

**Q: AND YOUR FAVOURITE FILM?**

*Cool Hand Luke*.

**Q: AND FINALLY... DID YOU KNOW THAT YOU’RE THE FIRST ENGLISH OR BRITISH FELL RUNNING CHAMPION, MALE OR FEMALE, AT ANY AGE CATEGORY, WITH A FIRST NAME AND SURNAME WHOSE FIRST AND LAST LETTERS ARE ALL THE SAME? AND IS YOUR MIDDLE NAME HYACINTH?**

No and no!

Previous page: Hannah racing the BB Kong fell race in August ’21 © Stephen Wilson, [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk). Background photo: Hannah on her way to setting a new women’s record for the Kentmere Horseshoe fell race © Stephen Wilson, [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)



“I have a rough plan, but plans have to be fluid; there’s more to life than running”



# FINLAY WILD CHASING THE CATALONIAN

**WORDS** FINLAY WILD, **PHOTOS** JACOB ADKIN



**T**he Bob Graham Round is the oldest and best known mountain endurance run in Britain, and a contender for both of those titles globally. Billy Bland's 1982 record went effectively unchallenged for 36 years until international juggernaut Kilian Jornet took an hour off it in 2018. Since then Keswick's George Foster has also run under Bland's old record time.

Following my success on Ramsay's Round in August 2020 I was hooked on the immersive experience of big rounds and so a logical next step was to attempt the Bob. While my previous rounds have been solo and unsupported, I decided to fully embrace the supported style in the Lakes due to several factors. Firstly, this is in the style and tradition of the Bob Graham and not being a local runner I wanted to fit with the existing ethos that requires a contender to be accompanied on every summit of the round for verification. Secondly, the record is incredibly strong and to stand any chance of coming close I would need an equally strong support team. Thirdly, the route of the Bob splits nicely into five legs with transitions at road crossings, something that doesn't exist on the more remote Scottish rounds. Fourthly, a profusion of fast support runners living in the Lakes made it much easier to assemble a suitable team at short notice and without particularly complicated logistics. Finally, I was interested to experience a fully supported effort with all its advantages - and try to use that support to push myself harder than ever before.

I trained on the route, getting to know each leg and practising some fast efforts over the ground. Runners were generous with their time and information and I almost attempted in May before postponing due to suboptimal weather. I realised that I just had to wait for great weather as I needed as many factors as possible to be in my favour. In an unexpected turn of events I fell off a skateboard and broke my wrist in early June, so was out of action for a while. I kept training while I recovered and having completed the Rigby Round in the Cairngorms in record time, I felt ready to head for the Lakes.

A good spell of weather arrived at the end of August and I was able to put together a strong support team in less than a week. Martin Stone was very generous with his time and logistical expertise, as were all my support runners. In fact, there wasn't really much stress for me in terms of organising the team as it all came together pretty seamlessly, at least from my perspective.

I got up at 3am to eat some breakfast, then didn't sleep much due to excitement. It had been a cool clear night and conditions looked great. Soon we were at the Moot Hall and I was joined by George Foster and Steve Hebblethwaite who would support me on Leg 1. At 6am we set off, finding a rhythm on the long ascent of Skiddaw. It was actually slightly chilly to start with and I wore a windproof for the first few summits - later I knew it would get up to around 20 degrees in the valleys. I remember thinking about how the pace felt fast but okay at this point, but having some fear about what I would feel like in 2, 5, 10 hours' time. I planned to be around



3 minutes slower than Kilian on this leg as I knew he had set off pretty hard. I had an enjoyable, strong descent of Hall's Fell and arrived at Threlkeld basically as planned.

My strategy was to run straight through all the leg transitions with no rests, therefore gaining the 8 minutes or so for which Kilian had rested. Running into Leg 2 I was joined by Jacob Adkin and Ricky Lightfoot. I mentioned to Ricky on the way up Clough Head that I was fine, but maybe not feeling quite as 'good' as I had hoped I would at this point in the round. He reminded me that as I was trying to run at record pace, I really wasn't going to feel good from this point on - I found that strangely reassuring and put my head down! Once on the Dodds the running is fast and undulating, with short split times between each of the summits. Fairfield is a bigger descent and climb, and I chose to go straight up on a steep direct line. Reaching Dunmail Raise at the end of Leg 2 I felt things were going well. It didn't feel like I had already run 41km.

For Leg 3 I had support from Sasha Chepelin, Matthew Atkinson and Eóin Lennon. It was a great feeling to just run straight through and be met by yet more brilliant runners. I found the first half of Leg 3 a bit harder than I had hoped, particularly the initial grassy and runnable trods. I made a fairly minor error going up Harrison Stickle which was entirely due to me not taking Matthew's better line, but as this was the only real route choice error of the whole round and being very minor (maybe 30 seconds at most), I'm fairly pleased. As the ground got rougher up onto Bowfell I enjoyed trying to match each record split time - I was a bit behind, but not too much. Broad Stand was nice and dry and Matthew had run ahead to check the way was clear. From Scafell we dropped down scree lines into Wasdale, with a glorious stop for me to lie fully immersed in a river for a few seconds.

Climbing Yewbarrow I was into Leg 4. My support runners were the trio of Carl Bell, Scoffer [Andrew Schofield] and Andy Fallas. Matthew Atkinson also ran some water up to us at Beck Head and before Green Gable. I was prepared for Yewbarrow to be a hard, hot slog and it ended up being not too bad; the next climb to Red Pike I found harder and I lost a few minutes on the splits here. The rest of the leg is terrain I really enjoy, but this was the hardest section for me: I had hoped there might be some time to make on these hills but was feeling nauseous and finding it hard to eat anything other than gels. Water and gels would get me through from here, but I knew I needed to keep getting them down as a top priority. I had drunk a lot of water and electrolyte as it was fairly



hot by now, although some high clouds came and went. I think the relentless pace and many ups and downs were making it harder to digest and my stomach felt full and bloated. My legs felt rubbish descending Great Gable, as Carl tried to show me the short cuts. By Grey Knotts my mental preparation kicked in as I knew there was time I could make up on this short descent. I gained 8.5 minutes here, and 3 minutes by not taking a rest at Honister.

We were onto Leg 5, the final section. Dougie Harvey, Jon Morgan and Jacob Adkin were my support runners - Dougie and Jon having also taken water to Sticks Pass on Leg 2. I told the guys that I was feeling sick and couldn't go any faster, but would do what I could. By this point, mentally I was just focusing on running - I couldn't really think about split times or have any spare capacity to worry about how far off the record I was - and it almost seemed irrelevant in a weird way, as I was doing all I could and had this incredible support to help me achieve it. A caffeine gel got me up Robinson and I think I even enjoyed the scree short cut further down; now it was just the road. Starting off downhill on tarmac it was actually a relief to have some faster terrain.

I had decided to change my shoes to trail shoes as I had sore feet and rubbing on my ankles. It was a really fast pit stop and in a video I am just standing there. a bit punch-drunk. With some flat Coke, different shoes, and this massive crew of runners leading me back into Keswick I found something extra and pushed along hard. As we approached Keswick I realised that although outside Kilian's 12h 52m record, a sub 13h run was just about possible. For the last 20 minutes I knew the others were thinking it too and, although it wasn't mentioned out loud, I felt they were willing me on. The only thing to do was run as hard as I could on tired legs, running the final split from Robinson in 53min. Reaching the busy roundabout in Keswick others ran ahead to ensure I could pass straight through. Touching the Moot Hall, I stopped my watch at 12h 59m 16s.

I sat at the top of the Moot Hall steps exhausted and elated, legs aching in all the usual places and some new ones too. I fought off the nausea to take a few sips of my Bob Graham beer and enjoyed the moment, shaking hands with my fantastic support runners who had made it possible for me to put in my hardest effort so far.

Background photos, previous page and below: Finlay running on Helvellyn Lower Man. Photos right, top to bottom: Finlay and Ricky Lightfoot climbing Seat Sandal; taking the direct line up Fairfield; finishing in 12h 59m at Moot Hall © Jacob Adkin





# JASMIN PARIS

## 24-HOUR MUNRO RECORD

“Against the flurry of these male records, the absence of a female 24-hour Munro round was striking.”

The challenge of the 24-hour Munro round is pleasingly simple: to climb as many Munros as possible within 24 hours, starting and finishing at the same place. With distance, ascent and terrain playing key roles, the round has fuelled discussion for decades in long distance running circles. Unsurprisingly, record attempts have focused on areas with the maximum concentration of Munros (Lochaber, Glen Shiel). In 1988 Jon Broxap ran a round of 28 Munros in the Glen Shiel area, which with the 1997 revision of the Munro tables got bumped up to 29, while at the same time Adrian Belton's 28 Munro round in Lochaber got bumped down to 27. This record survived a couple of attempts by Spyke [Stephen Pyke], standing until 2017, when legend has it that Jim Mann received a note in the post telling him to switch his focus to the Cairngorms, where he duly clocked 30 Munros in 22:05. That route was extended by Sasha Chepelin in 2020 to 32 Munros in 23:10, and again by Kim Collison in 2021, to 33 Munros in 23:48.

Against the flurry of these male records, the absence of a female 24-hour Munro round was striking. Konrad and I speculated that I might already hold it by default for my Ramsay Round (23 Munros), in 16:13, although one could argue that Helene Diamantides' Ramsay Round included 24 Munros at the time it was set (the loss of Sgor an Iubhair that affected Adrian's round also affecting the Ramsay)! Either way, it was clear that a serious effort for a female 24-hour Munro record was well overdue.

I scheduled a date for 24th July (the one week in a block of 6 during July/August that I wasn't going to be on clinics at work and could therefore guarantee some decent sleep in the lead-up) and crossed my fingers that the weather would be kind. It was almost too good, the ground was bone-dry, and the visibility was incredible, but it was uncomfortably hot for long-distance running. (Finlay Wild ran a record-breaking solo Rigby Round the same day, in 16h 40m, and drank 16 litres of water in the process!)

It was hard to know how many Munros to aim for, since I wasn't sure just how much long-distance fitness I'd regained since having my son Bryn (born in July 2020). With Konrad's help, I settled on an anti-clockwise attempt, based on Jim Mann's round, with a variety of finishing options, aiming to do anywhere from 29 to 32 Munros, or fewer, if time was running out.

With two small children to factor into the planning, I opted to run from midnight to midnight, which meant that Konrad could drive me up to our starting point at Invercauld Bridge (after we'd had dinner with the family and prepared the children for bed) and pace me on the first leg, before driving back to take over from my wonderful mum at home.

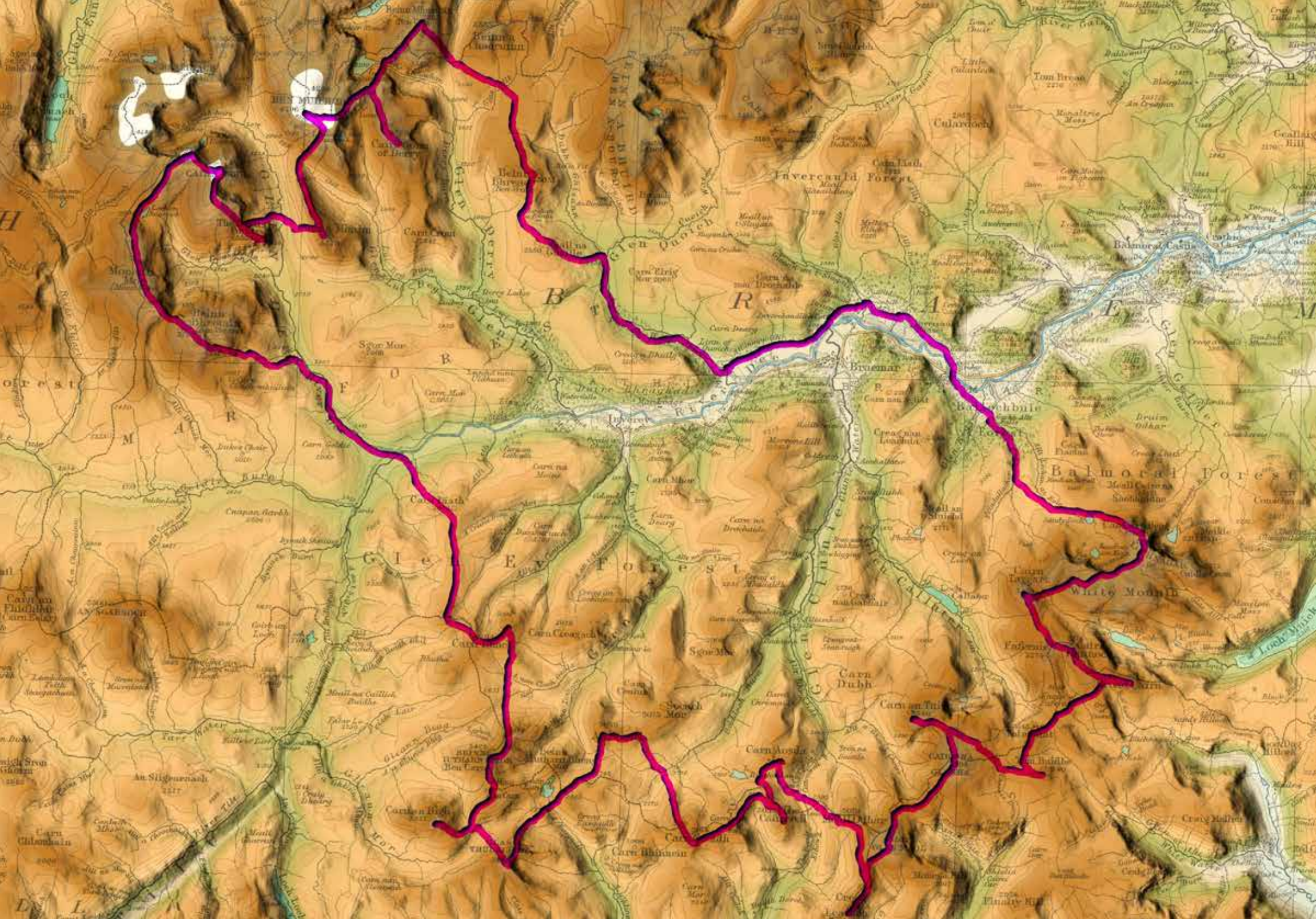
**LEG 1 - Invercauld Bridge to Glenshee (Konrad Rawlik, Jim Mann, and Moss our border collie dog):** The first leg was incredible; easy grassy running by the light of a huge full moon, with a sea of cloud inversion below us, and herds of deer streaming past in the half light. We made fast work of the Lochnagar Munros and crossed to the Glenshee group for a stunning sunrise of pink and orange, finishing the leg just one minute short of Jim's split, in 5h 38m.

**LEG 2 - Glenshee to White Bridge (Sasha Chepelin and Ally Beaven):** The heat was kicking in, but I still felt reasonably good, and we made steady progress over the remaining Glenshee group and other Munro's towards White Bridge. I stopped to lie in every stream we passed and was glad I'd remembered Vaseline to prevent chafing – the bits I'd missed soon reminded themselves to me! The time passed quickly, chatting to Sasha about his own round, and Ally about his experiences at Barkley Marathons, and we descended to White Bridge a few minutes up on my schedule of 6h 10m.

**LEG 3 - White Bridge to Corrour Bothy (Eoin Lennon and Ali Masson):** It wasn't feeling so easy any more, and the ascent of Beinn Bhrotain was the first split where I lost time on my schedule. Coming off the summit my toe caught a boulder, and I sand-papered the skin off my knees and elbows, knocking my confidence temporarily. Nevertheless, I relished the fantastic views over the next summits lining the west side of the Lairig Ghru, especially as I'd seen so little of them on my recent clagged-out Rigby round. At the changeover point I lay spreadeagled in the river, preparing myself for the challenges I knew the coming hours would bring. At this stage I had ticked 24 Munros, and was going beyond the Ramsay total.

**LEG 4 - Corrour Bothy to Invercauld Bridge (Graham Nash, John Ryan, Eóin Lennon):** The steep gully climb up to Càrn a' Mhàim felt just as hard as it had on my Rigby Round, and the subsequent pull up to Ben Macdui took just as long. At least we didn't get lost on the traverse to Derry Cairngorm this time, although we were now losing time steadily on the schedule. Whilst I was still trying to run the flatter sections, it was clear how feeble my efforts must be, as my supporters were walking along chatting beside me. Graham guided the scramble up the summit tor on Beinn Mheadhoin, before the horrible rough descent of heather, rocks and holes down its eastern flank. This was the point at which I needed to decide how I would finish the round, based on the time I had remaining of the day. By now it was clear that I needed to be getting back, but we opted to include Beinn Bhreac on the way, hoping that the improved descent line John had in mind would have us back on the final 14 km of flat tracks in good enough time. The line was indeed much better, but my slow progress by this stage, combined with rough and





trackless ground, left things tighter than any of us would have liked by the time we reached the valley.

John and Graham thrust a banana and a bar into my hands, ordered me to eat, and then set off running, telling me I needed to keep up. I dug deep, focusing on their backs in front of me and the rhythm of my stride, thankful that we were on a track at least. At Linn of Quoich, Graham peeled off for the car, whilst John and I continued along the darkening valley, towards the lights of Braemar twinkling teasingly in the distance. We were making steady progress, and it seemed that we would reach Invercauld Bridge comfortably before midnight, but then we took a wrong turn, and ended up in a field waist deep in grass, with John telling me to 'Turn right', and me finding myself face to face with a 2m high deer fence and no way through. 'Back here, over this fence!', went the cry, and I grabbed the twine to lift my leg over before an electric shock sent me flying backwards in surprise. 'Cross the gully!', 'But there's a river there!', 'It's not a river, it's a stream!' went our exclamations, before we finally hauled ourselves back onto a track, still trying to work out which way to run next.

With precious minutes ticking by to midnight, the record seemed to hang agonisingly in the balance, but at exactly that moment the lights of two torches appeared from above, and with them the very welcome figures of Sasha and Ali. We raced along with them leading the way – I'd never have believed I could still run like that if I hadn't needed to – passing through a field of sleeping cows, and finally reaching my starting point at 23:48 (although by the time I'd worked out how to stop my new watch it was 23:49:02, so that's the official time).

It was an exciting and memorable end to an incredible day, which I was fortunate to spend in the best of company – talented runners all, and equally great friends. I was delighted to have given it everything, and to have persevered when it started to hurt and doubts were creeping in. I'm pleased there is now an official ladies' 24-hour Munro round, and I have no doubt that the figure of 29 will only be temporary, as others take on the challenge for themselves.

Top left: Map of Jasmin's route, designed by Andy Ford © David Rumsey Map Collection, David Rumsey Map Center, Stanford Libraries © Otter Maps [www.ottermaps.co.uk](http://www.ottermaps.co.uk). Photos on the bottom row, left to right: Jasmin and Jim Mann descending Creag Leacach; Jasmin on Beinn Bhreac summit; Jasmin, John Ryan, and Graham Nash running off Carn a'Mhaim; coming off Sgor an Lochain Uaine with Ali Masson and heading towards Càirn Toul and Devil's Point; a quick swim in the river to cool down; Jasmin on Carn a'Mhaim summit.





WORDS NICKY SPINKS

# Breaking the women's LAKELAND 24 HOUR FELL RECORD

65 PEAKS 23 HOURS 45 MINUTES

Ten years ago, in July 2011, I broke the Ladies' Lake District 24-hour record by adding two peaks, Fleetwith Pike and Sand Hill, to the mark set by Anne Johnson (née Stentiford). While training for my attempt I ran the Fellsman Hike and had an amazing run, finishing 3rd overall and breaking the record, in a time of 11.51 hours. Before I did the Fellsman I was only aiming to add two peaks but my result made me realise that maybe I was faster than I thought and so with only three weeks to go until my Lakes 24-hour attempt I quickly recced Grisedale Pike and tried to estimate how long I would need to add it into my record. I used the conservative estimate of one hour. I had no time to change the schedule and so I told my support that I would try and get one hour up on my schedule in order to add Grisedale Pike.

I set off on July 5th 2011 on a warm day that quickly turned very hot. Everything went well until Leg 3 when the heat got to me and I started to be sick. At this time I was still making time up on my schedule and carried on to Leg 4 much the same. I added Fleetwith Pike in but by the time I got to Leg 5 from Honister I was barely keeping any food down, and when I got to Newlands I was 55 minutes up on my schedule but felt shocking. Mark Townsend asked me what I was going to do and I replied "Sand Hill only". And that is what I did and I was ok with my decision at the time finishing in 23.15 hours. It was only a matter of weeks before I knew I should have suffered for that little bit longer and added Grisedale Pike in.

So for ten years, whenever I am in the Lakes supporting on the Bob Graham on Leg 3, I look out to Pavey Ark and then to Loft Crag and remember that hot day; when racing the Teenager with Altitude as I climb Sand Hill, I see Grisedale Pike to the right, waving at me, reminding me that it was so close yet seemed so far. I rarely run in the Lakes without a reminder of that 2011 record run.

And when I was asked "What round am I most proud of?" the Lakes 24-hour record was at top of the list because I wasn't a known fell runner when I attempted it. I had no idea what a stir it would cause, that I would become Vice-President of the Bob Graham Club, or that I would receive the Long Distance Award, when I broke the record. To me, it was something that a friend had suggested, that I had recced and worked hard to train for. I had put a schedule together using very little information, caused a minor rumpus on forums by moving the traditional start from the Moot Hall to a "Fence at Stair", chose a date and gathered support from many local friends. I was, and always have been, very proud to break the record on what I would consider now to be very little experience of record-breaking. But the fact that I hadn't had the courage in 2011 to include Grisedale Pike bugged me. I had thoughts of doing the record again but after trying to break my own Bob Graham record and only doing so by 6 minutes I decided that maybe re-attempting wasn't always worth the huge efforts it took and that I should keep moving on.



Previous page: Nicky descending Lord's Rake © Fi Pascall. Above top to bottom: Nicky on the summit of Blencathra © Damian Hall; Nicky and Jasmin on Leg 1 © Damian Hall; Nicky with her support team including runners Damian Hall and Jasmin Paris © Britta Sendlhofer





That all changed in August 2020 when I learnt that Carol Morgan had broken my record by moving the start to Braithwaite, adding in Grisedale, and finishing in 23.57 hours.

I had been travelling up and down to our property in Galloway and dipping into the Northern Lakes to run with dogs up and around Bowscale and Bannerdale Craggs. I had looked at Bowscale back in 2011 but the horrendous valley crossing had ruled it out very early on. Now though, with the little thought that I should have another attempt in my head, I spent the time floundering back and forth across the valley until I found a line that I was happy with. I then turned my attentions to recceing the last leg where Carol had run the tops in a completely different order than I had in 2011. I did many recces in many different, all seemingly horrid, weathers but with the same reliant friends and wet dogs!

As to when to attempt? I like May for my round

attempts since it is cooler than in the summer months and often I am fitter in the spring than after a summer of racing. Not that there was much racing predicted to go ahead with Covid in 2021. I set a date in May and contacted my support, who were all very keen to help out. The May weekend came around and the forecast was not looking great, but it was to improve during Saturday. While at the campsite I learnt that Carol Morgan had aborted her Wainwrights attempt due to bad weather and this filled me with trepidation. It didn't feel right to me to be setting off on a record attempt in bad weather but at least, I thought, it would be a good warm-up attempt and give me a good idea of my fitness. I set off at 3am and we soon were engulfed in clag, wading through knee-deep puddles and then hit by a blizzard! I couldn't really believe what was happening as I pulled on more and more layers. Strangely we weren't losing too much time on the schedule though. My feet got progressively colder and more numb until I actually jogged up Bowscale to warm them up. Heading across under Bannerdale Craggs I was in a sombre mood but trying to stay upright down the ski slope off Blencathra soon woke me up. Arriving at Threlkeld I wanted to stop to change clothes, but not wanting to lose more time I carried straight on. Leg 2 felt fast and hard but I couldn't make any time back and in fact lost more in the clag and wet underfoot conditions. My feet thawed out but my right ankle was solid and immovable making any descents tricky. I made a huge effort on Leg 3 to stay on schedule which roughly worked; however, my ankle would not work properly and the descent off Lingmell was little more than a fast walk.

In hindsight I should never have set off on Leg 4 but always a believer in never giving up until

you have to, I did set off up Yewbarrow only to abort on Stirrup Crag and walk the never ending "Quitters Road" to Honister while repeating to everyone that I would never attempt again. I was completely exhausted mentally and physically and could only think of my bed.

Three days later, while I was decorating our house in Galloway, I began analysing what had gone wrong, what I needed to do and when I needed to do it by. Out came the diary and in went a new attempt date.

The date was the 14th August, to work around races and round support that I had offered to do. I gathered a reasonable number of supporters which gave me the go-ahead. Amanda Heading offered to do the road support, as she had in 2011, so I was happy and a little nervous that I had her to answer to! In terms of training I was conscious that without racing my speed had probably suffered and so I set myself a training plan which included a lot of tempo runs as well as the more enjoyable long days out in the mountains with lots of ascent. Over the summer I worked hard and on the Great Lakes Race I ran a PB by 15 minutes which was encouraging. It was weird studying my own 2011 splits and the May 2021 splits and working out how I could be faster than myself. It was like knowing my rival inside out. I knew where and when on both attempts I had felt good and where I hadn't. Without a fancy watch in 2011 I couldn't look back on my training data but I knew I didn't spend as long in the mountains as I do now and I didn't have the years of round experience that I do now. I was banking on experience and specific training being able to outrun youth and speed.

By August I felt well prepared though, and as the date grew nearer I began watching the weather forecasts with renewed interest. Typically the forecast was, again, fairly rubbish. I talked through my options with my good friends Helen Elmore and Kirsty Hewitson: we all agreed that dropping the extra peaks and going for a faster time, if the weather stayed unsettled, was to be the plan. Driving up to the lakes on Friday afternoon, the weather over Shap cemented my decision and I let my support know to give them time to adjust to the new scheduled timings.

Setting off at 3am with Jasmin Paris and Damian Hall we soon headed into very thick clag as we approached Skiddaw Little Man. It was so thick that you couldn't see from one side of the path to the other. I hugged the right-hand side and went quiet. This was all too familiar. Coming back off Skiddaw, Jasmin had a bearing and we headed off the hillside towards Sail How. It wasn't exactly my line but the fence caught us and then we dropped out the clag and could see right across to Great Calva as the sun was rising. This cheered us all up! I was determined to eat a lot and it was easy at this early stage. The ground conditions were so much better than in

May. I touched Great Calva, looked across to Bowscale and said to myself, "not this time". I hope I didn't mean that there will be a "next time" though! It felt right and I was happy going down and up to Blencathra even though I hate that descent and climb. Approaching the top of Blencathra the sunrise was incredible and Jasmin exclaimed that every time she supports me, we get a great sunrise. It was lovely running into Threlkeld with one leg done, this time on schedule, feeling happy and confident.

The new support team of Neil Talbott, Ben Abdelnoor and Jean Brown were ready and soon we were off. I was worried about this leg as I'm not a natural fast trail runner. Climbing up Clough Head Ben turned to grin at me and said I was much stronger than I had been in May. I felt more like I had on my 2011 attempt, instead of cold and tired as I had in May. Running off Clough Head I knew I had to keep the pace going but it was surprisingly easy and I soon got a routine going where I would run the gentle uphills, then walk and ask for food, then eat the food and ask for the poles. Neil and Ben were out front and Jean by my side. I got a bit jaded of the fast running and Catstycam was a nice scrambly relief. I mentioned that I was actually looking forward to the proper climb of Fairfield too. Descending Fairfield I could see a person in the col and it was Mark Townsend who had come out to take photos and cheer me on. I was amazed that I had done another leg and it had gone so quickly.

On to Leg 3 I went with Tom Pape, Fiona Pascall and Tim Rippon. Again, I got myself into a running routine as the Langdales need to be run before the climb to Sergeant Man. The weather was cool and dry which was pleasing as this leg is tricky when the rocks are wet. My stomach had started to play up and once I had finished the rice puddings I struggled to find something to eat: a fruit salad made a reappearance but a pot of baked beans helped. It was disappointing but quite normal for me to be sick. I was looking forward to rock-hopping now that my ankle was sorted by physio treatments and we were soon dodging tourists on Scafell Pike and heading down Mickledore to Broad Stand. I had made the effort with Jim Paxman to recce Broad Stand and it had been a very useful exercise as I'm not a climber and so knowing exactly where to ram my elbow and put my feet really helped. In May I had been very tired by now and Broad Stand was such an effort. Jim Paxman and Louis Ashton had set it all up perfectly and soon Tom and I were up and on our way to the summit.

Across to Lingmell we all ran and on reaching the summit on the split, I disclosed to Tom that this is where I had stolen two minutes to add to what he called my "Kilian split" between Sergeant Man and Raise! Down into Wasdale I ran, only stopping to hug and kiss Joss Naylor at the stile, as he had walked up with Charmian Heaton to cheer me on.





Nicky on the bench at Braithwaite, seconds after breaking the record for the second time © Amanda Heading

Through Wasdale I went and on to Leg 4 which, with the additions of Haycock and Fleetwith, makes for another long leg of over 5 hours. Simon Rippon, Gwilym Rivett and Jess Birchell were supporting me on this leg and Simon was very chatty up Yewbarrow. I was climbing well but the stomach issues were affecting my flat running now. It seemed miles out to Haycock but we made it on the split and then back to Steeple OK. I knew I had to keep eating and so got a couple of rice puddings down and some gels to keep me going. Gwilym and Jess were encouraging but I was quiet especially when we started to lose a bit of the time I had gained. I was only too aware of the downward spiral that can soon happen. Wobbling a bit up Kirkfell I made myself eat some more. The clag came down quickly and it was then up to me knowing the route and running out front. This actually took my mind off my stomach to Kirkfell East and once up Great Gable I was happier, as Honister always seems nearer then! The sun was setting as we approached Fleetwith and I was glad that this big leg was done. I always like Fleetwith, and running off down to Honister, being joined by Fi and Dibble, her happy spaniel, things seemed brighter.

Looking at my food options on offer though I struggled to find anything and tried some spicy pasta but that did not stay down long. Slightly annoyed at myself I asked Amanda for “different

food for Newlands”. A big ask when I hadn’t given her any and she only had 1.30 hours to get it and get to Newlands. Being a “diva” is not usually my thing but I was very worried about the lack of eating now.

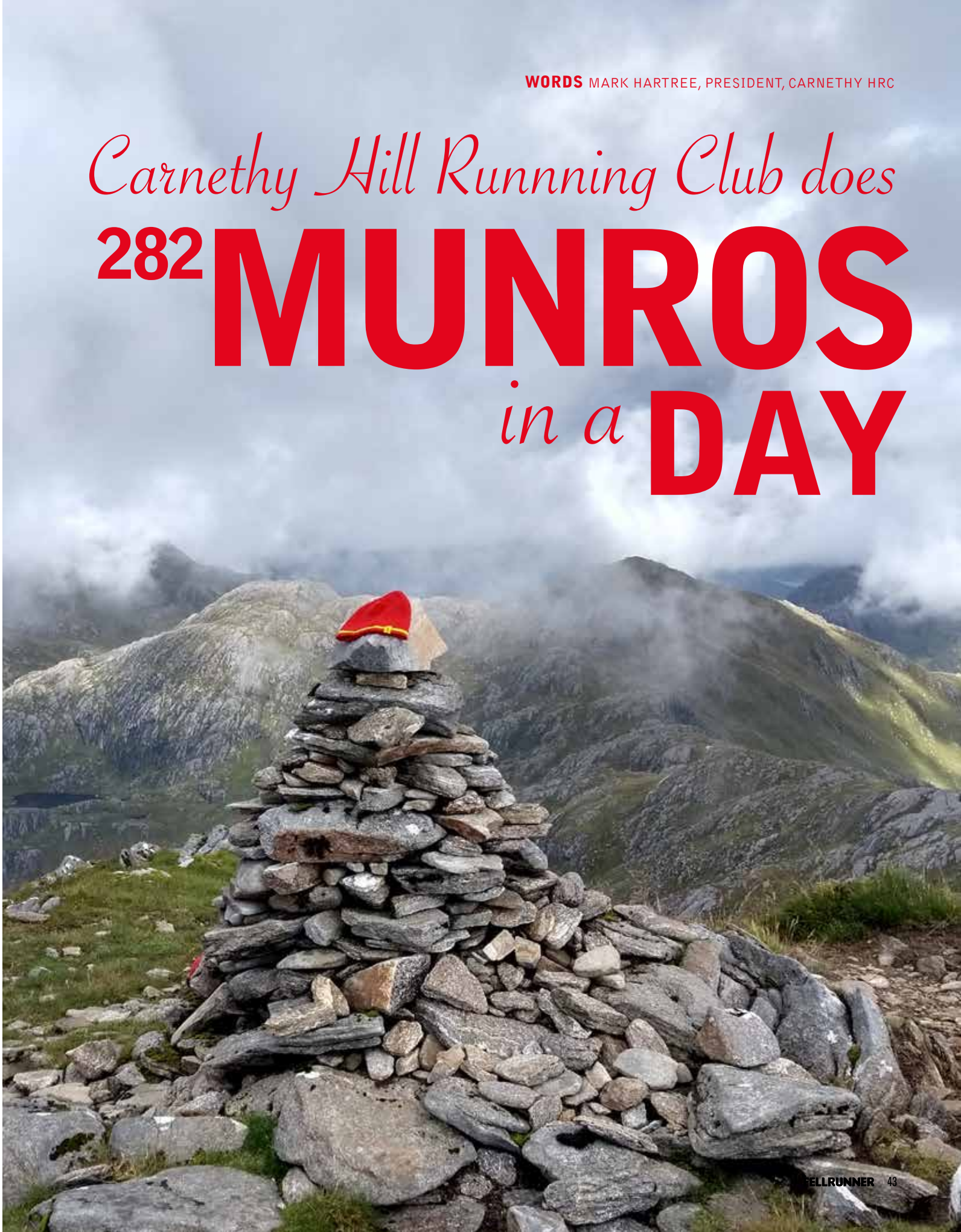
Setting off up Dale Head with Keith Holmes and Steve Sanders I was still climbing well. It was as if the legs hadn’t noticed the lack of energy that was coming their way. I got gels and two rice puddings down on that leg so I was pleased with that as we descended to Newlands. Now I just wanted to keep going. It sort of didn’t register that Amanda wasn’t there as I said “I’m not stopping” and powered on through, throwing all my support into a panic as the supporter’s new plan had been to swap everything over from the previous leg. Adam Micklethwaite went up out front and Helen Elmore was by my side, leaving Kirsty Hewitson to frantically stuff what I hadn’t eaten from Leg 5 into her rucksack and then catch us. I was oblivious and asked for gels etc which were forthcoming until about halfway through the leg when that was it. No more food. We passed Flora Ballister cheering us on and it lifted me to see that she obviously thought I had the record.

The weather had turned again, it was claggy with drizzle making the rocks slippery. Climbing was my saviour. However, there was too much running on that leg for me to stay on schedule. I lost time on every split. I tried a gel of Kirsty’s but then spent so long feeling sick before I was sick that I decided that enough was enough and water would have to suffice to the finish. With that decision made we ran on, watch-checking and torch-swapping until the final climb to Grisedale and descent down to the bracken path that I had chopped back twice in the last month. I was so pleased that I had made it to there and wouldn’t have to chop bracken back again. We slithered down the steep hillside to the track at the bottom and it was quite a joyful run in, with the knowledge that only garrotting myself on the fence (like I had at the end of one recce) would prevent me from breaking the record now!

Running down to the bench at Braithwaite I at last allowed myself to relax and be as happy as I had dreamt of. A huge smile broke across my face as I sat on the bench and looked at all my support, finishing in a time of 23.45 hours. What a wonderful day, one that I’m so proud of. To break the record again, after ten years is quite incredible and the best congratulation I received came from Selwyn Wright who wrote “I’m absolutely flabbergasted that you’ve gone and broken the record again after all these years” and I replied “So am I!!”

WORDS MARK HARTREE, PRESIDENT, CARNETHY HRC

# Carnethy Hill Runnning Club does 282 **MUNROS** *in a* **DAY**





Covid had been dismal for everyone and we wanted a challenge that would bring Carnethy members together while recognising the ongoing restrictions. With 214 Wainwrights summited in one day, Iain Whiteside suggested doing the Munros in a day. This was orders of magnitude more tricky. We'd heard that in 1988 over 2,000 people tried this in the 'Boots Across Scotland' challenge. They failed to summit two Munros. In 2007 Water-aid came quite close.

The 'Munros in a Day' became a logistical challenge requiring planning, commitment, teamwork, reasonable weather and a dose of luck if we were to succeed. Alex broke the problem down into short, medium, long and extra-long hill days using Steve Fallon's website. Club members selected their preferred groups of hills until the spreadsheet had names allocated to all 282 Munros and back-up people allocated. The Carnethy Ladies grouped together under the guidance of Nicki Innes who co-ordinated the masterplan with efficiency and friendly persuasion. Various members opted to go solo, or to combine hill groups into larger days. There were several overlaps with some hills summited multiple times in different combinations; some members treated the day as a short day out with family and friends; others treated their day as a hill running race training session; while others used them to recce bigger routes or develop new rounds.

An online planning sheet allowed people to form groups and to be aware of who would be on the hills closest to them. This ensured a minimum level of back-up in case of an incident or if a hill was not summited. The sheet also allowed transport and accommodation to be co-ordinated and WhatsApp groups greatly enhanced communications. Previous attempts were at a clear disadvantage with the improvements in communications, equipment, food, travel and navigation that are now available.

The safety of participants was important with guidance for a safe day sent to everyone on the basis that if Storm Apocalypse hit Scotland on the day a common sense approach would prevail and we would go anyway and see what happened. Everyone was to decide if individually they were happy to proceed in the conditions that they experienced on the day. No heroics. Safety instructions instructed members to treat this as a long hill race carrying full body cover etc. A photo with Carnethy clothing was to be taken and sent in a message to Control proving that that the hill had been ticked along with, at the end of the day, a report that they were safely off the hill. On 14th August, 53 days later, we started.

THE DAY

The weather was mixed with heavy rain in the northwest but better further south. Some on the bigger remoter rounds were off at first light in pouring rain; others had a more relaxed and sunny start. One of the first Munros completed was Beinn Dearg (Atholl), summited at 07.55hrs by previous club President Keith Burns (79). The youngest Carnethy member to summit was Rowan Rawlik (3.5) who ticked her 5th Munro – Carn Liath (Glen Tilt), accompanied by her family. Around 120 Carnethies participated with family and friends.



Jasmin Paris and her family on Carn Liath (Glen Tilt) with Rowan Rawlik (3.5) the youngest Carnethy member to take part © Jasmin Paris. Previous page: Luinne Bheinn © Declan Valters

Some big days were put in:

- Alex McVey, Iain Whiteside and Eóin Lennon on the 12 Munro Mullardoch Round: 57km, 4,400m, 12hrs.
- Michelle Hetherington on the Monar Munros: 50km, 4,300m, 14hrs 20min.
- Alan Renville on the Beinn Dearg Munros: 44km, 2,700m, 7.5hrs. Described as 'a character-building day out, rain, thick cloud, wind and a swamp underfoot'.
- 35km, 2700m, 8.5hrs for Rachel and Will Normand.
- Sasha Chepelin and Ali Masson managed 65km, 5,100m in 12.5 hrs on a new South-of-Glen Shiel Round which was 'longer than I signed up for, a pretty spectacular day out though'.
- Declan Valters of well over 55km with 5,000m of ascent in Knoydart on the roughest terrain in Britain.

'The jeopardy' that had us on the edge our seats was the race by Jamie Paterson and his pal on the Skye Ridge to get Sgurr Nan Gillian done before midnight. At the same time, Declan Valter had committed solo to the remotest of Munros in Knoydart then adding in the Munros south of Loch Cuaich to make a huge round. Was he going to get to his last top, Gairich, before midnight?

The following are extracts from different perspectives and stories of the day:

‘THE JEOPARDY’

- CONTROLLER KEN FORDYCE

This day was without doubt the most thrilling hill-related event in my life and I barely left my kitchen table in 17 hours. It was tremendous watching the hills get knocked off, although it was very difficult to keep up with it in the early to mid-afternoon. A few people went off grid for a while but thankfully re-emerged to confirm another set of hills climbed. I had updated the Twitter feed to say Declan had 4 more to go and at 20:16hrs John Busby tweeted back 'is anyone close enough to get up Gairich? Not that I don't have faith in Mr Valters'. This intervention would prove key to achieving the final hill.

There followed some back-and-forth between John, me, and Nicki Innes. Mick James established what was required to get to Gairich (40 mins by car, 5 miles and 700 metres of ascent). At around 21:15hrs the decision was made: it was now or never, and at 21:23hrs, Mick and Jonathon Marks (fresh from 7 Munros earlier in the day) were ready to set off; their account follows below. Between 22:00hrs and 23:00hrs news came through that the incredible Cuillin ridge guys had finished.



Mick James on top of Gairich © Jonathon Marks

WYVIS GALORE: THE MUNROIST, THE VIRGIN, AND THE HIDDEN TREASURE

- CAT MEIGHAN AND DAWN WAITT

Cat was a Munro virgin whilst Dawn was a recent Munro veteran having completed them all in June of this year. We set off 2 hours after the planned time, to minimise the Met Office's morning forecast of thunder and lightning, and we were delighted to discover it wasn't in fact raining. Cat announced that her second cousin's ashes were released near the summit of Ben Wyvis 22 years earlier and in his memory there was a secret stash of malt whisky somewhere on the mountain! OMG: not only were we part of the Carnethy Munro challenge, but we had stumbled upon a treasure hunt. We summited Ben Wyvis, the 89th Carnethy Munro of the 282 to climb. We agreed to have a go at finding the treasure and re-read the text of instructions looking for cryptic meaning to help find the 'needle in the haystack'. We had zero visibility but unbelievably we stumbled upon the treasure; it was utterly thrilling, emotional and worth every moment for there, hidden under rocks, was a crystal glass to pour a 'Cardhu Gold Reserve single malt whisky' into. We had never tasted a dram so delicious and we toasted my second cousin.



Cat and Dawn on Ben Wyvis © Mark Hartree

ARE YOU GEOCACHING?: THE BIZARRE TALE OF A RUN FOR GLORY UP GAIRICH

- MICK JAMES

We'd got back to Cluanie from our original Munro runs of 26km, 2500m of ascent around 5.30pm and had spent the time firing up the hot tub, having a nice pasta feed and seeing off a few beers.





In steps Nikki Innes: 'Mick, it looks like we have a problem, can you get up Gairich, Declan's running a bit late?' What can you do though? We actually have a sober driver, so I put on my last remaining dry clothes, re-pack my sack, find a map and a fully working torch, grab Jonathon Marks and we are set to go. We arrived at the bottom of Gairach at 10.10pm, leapt out and started up. Fair to say it was a dark boggy stumble for most of the way with the occasional submersion, but the track is good and we were making progress by using a single headtorch. The rocky top section was a welcome relief as we knew we were in touching distance and then we are on the plateau and there's a tent with a light on! Too tired to process this we head for the cairn and take a photo at 23.48hrs, the last of the Munros in the bag. We pile on all the clothes we have and start to realise how poorly we've planned this. If Declan's not here we will have to wait. Unsure of the etiquette for approaching a stranger's tent, at midnight, on the summit of a Munro, when you are soaking wet, I just unzipped it and crawled in. Our two new best friends were actually happy to see us! Buoyed up by the empty Prosecco bottle at the far end of the tent and a genuine sense of incredulity the young lovers asked us 'are you geocaching?'. I didn't really know how to reply. Inside the tent, and now about 10 degrees warmer, we set about trying to explain why we were there and what our plans were. We'd had the phones off for the ascent, trying to save battery in case of a forced descent by iPhone torch, but now the messages came flooding in. Declan had made his summit 2 minutes before us and confirms that he is going to bivi and that means we can get the hell out of there. 3am and we are back at Cluanie for the remains of the pasta bake and a welcome bed.

**UNEXPECTED ITEMS IN THE BAGGING AREA – TALES FROM KNOYDART AND BEYOND**

- DECLAN VALTERS

I set off from Kinlochourn at 5:30am, intending to cover the Knoydart and Loch Cuaich Munros, finishing back at my bike at Cuaich Dam. This was already 'Plan C'. Plan A had forecast near gale force winds on the summits. Progress to Barrisdale was slow. I reached Ladhar Bheinn around 10am; it was clagged in on the summit but it seemed like I was making reasonable progress. Fate duly tempted, the route to Luinne Bheinn quickly became pathless, and navigation was by compass and dead-reckoning for a while until finding the path up to the summit and quite a bit of time was lost here. At Meall Buidhe the clag lifted for a while and there was a fantastic view across the Sound of Sleat, with the Cuillin Ridge visible in the distance.

I dropped back down to sea level and jogged along to the ruins at Carnoch. I wasn't feeling great here, I'd started feeling a bit

nauseous on the descent for some reason. I stopped on the bridge not far from Sourlies Bothy, seriously considering it as a potential bail-out option. Finally, back in contact with Carnethy HQ on Sgùrr na Cìche, it was early evening now. I'd slowed down a lot and was exhausted from the long climb up to the summit.

I was really feeling the day's mileage and ascent now, and my feet/legs/knees were knackered and struggling with anything other than flat ground (which there wasn't much of up here). I think I had just done the third to last Munro, Sgurr nan Coireachean, and was about to switch off my phone to save battery until the next summit when a message came through 'is anyone close enough to get up Gairich? Not that I don't have faith in Mr Valters'. Clearly John (Busby) had been following the map and the drama and realised I was pushing it to be reaching Gairich anywhere this side of midnight. I just had to make it to Sgùrr Mòr before midnight and disaster would be averted. Sgùrr Mòr is preceded by the deceptively named Sgurr Beag (little peak), which somehow seems a bigger hill, despite its name. The last climb seems to keep going forever as the path twists and winds its way up to the rocky summit of Sgùrr Mòr. There is not much here apart from a small cairn. I double and triple check I am on the actual summit. I am. 'Sgùrr Mòr, 23:46' I text Ken, with 14 minutes to spare. A few minutes later a photo comes through of Mick and Jonathon at the summit of Gairich.

We've done it. I can't face moving on any further past Sgùrr Mòr now. My feet are badly blistered from being continuously wet through for the last 17 hours. I tell HQ I'm bivvying here for the night and will walk out in the morning when it gets light. At around 11:30am I get back to my tent at Kinlochourn, 30 hours after I set off.

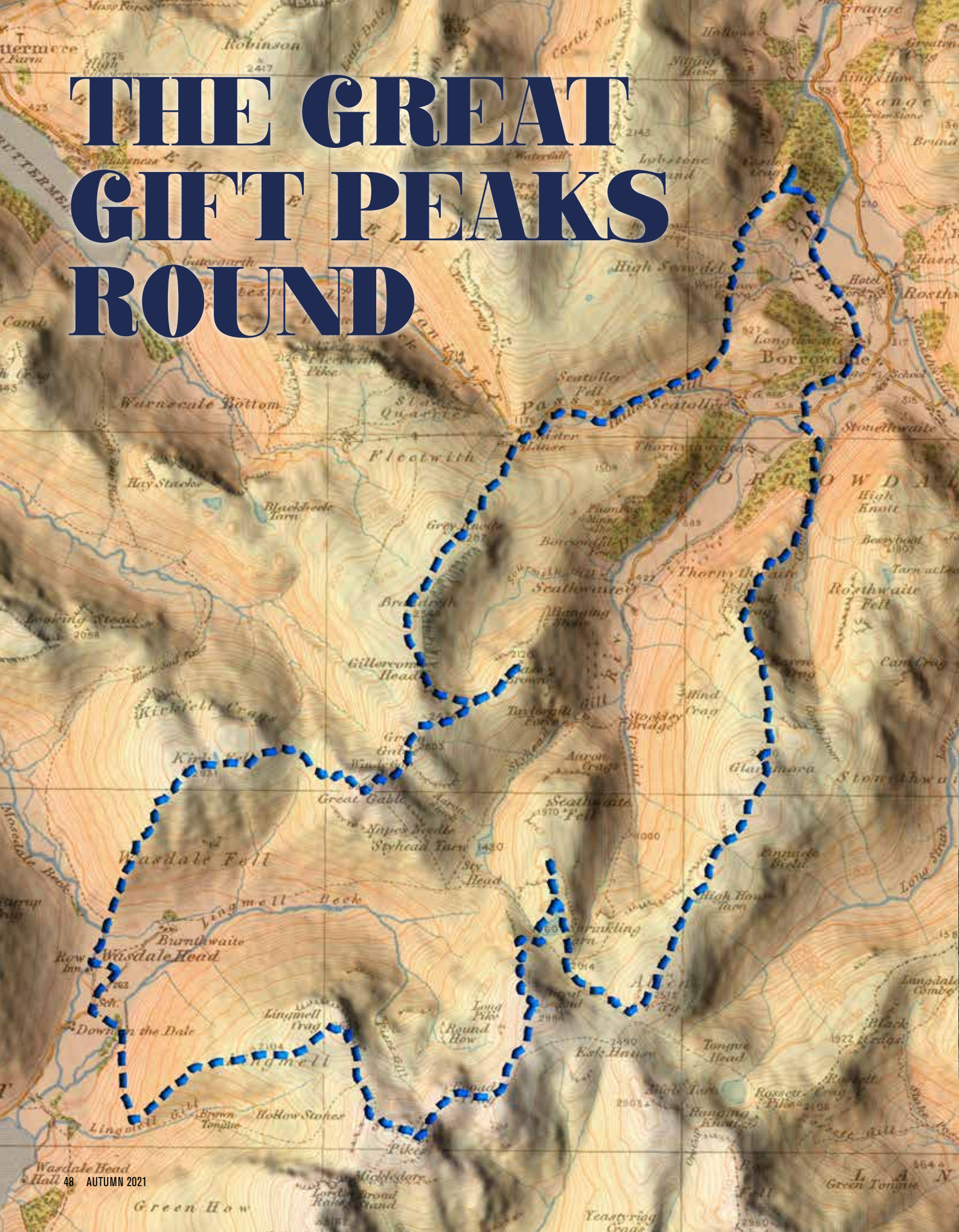
**MAYBE WE WEREN'T THE FIRST!**

After the news broke on our completion, Carnethy was contacted by a member of the Edinburgh University Mountaineering Club claiming that they did the Munros in a day between the 16-17th June 1979. Their approach grouped the hills into smaller groups with 75 people and was done from midday to midday over a 24-hour period. With no lightweight kit, communications limited to payphones and letters, and hill-walking the hills, this is outstanding. Carnethy congratulates this achievement.

EUMC did 279 Munros, which was the number at the time, compared to our 282 Munros. Our time to complete 282 Munros was 16hrs 48mins from the first summit to the last; the total distance travelled on foot on the day was 3,000km with 143,000m of ascent. A special club journal will contain every write up, story, summit photo and the stats for all those involved. Next year's challenge is being planned!

A collection of images of Carnethy club members on some of the 282 Munro summits © Mark Hartree





# THE GREAT GIFT PEAKS ROUND

WORDS MATTHEW ATKINSON

In September 2020, Matthew Atkinson and Harry Bolton completed the Great Gifts Peaks Round and now hold the record for the fastest completion. At the time Harry was still an U21 junior fell runner. Matthew recounts their record-breaking round.

After getting to know young Harry over the summer, including him supporting on my 25@25 and my BG, we were out doing a scramble route together when Harry told me about this round he had heard about while visiting the Wasdale Head Inn, which immediately sounded like a classic. The 14 fells in the GGPR were gifted to the National Trust after the First World War. The idea of the GGPR was first conceived by Aleks Kashefi. The start and finish location is at St Olaf's Church in Wasdale, which is home to the original memorial plaque from Great Gable. The GGPR includes some of 'The Lakes' best fells, including ones you might not usually link together. We spent much of our day out discussing the best route and optimum lines between the tops.

I don't actually think we decided on a date during our outing, but during the week after Harry must have noticed the weather was good the following weekend. "I'm going to do a GGPR on Sunday, fancy it?", "Yeah, why not!" I think is roughly how it must have gone.

After actually planning it out and realising it came to about 23 miles, I had to check with Harry that his previous longest ever run was still the 23 miles he had done supporting me on my 25@25 just a few months earlier. This had, unfortunately, brought back a previous niggle/injury he had with his hip. However, he seemed happy enough to give it a go, not one to complain, up for the challenge! I do often forget Harry was only 20 at the time.

Now, the only drawback to the route is the long drive round to Wasdale, just to run back to Borrowdale. However, this is all part of the day out and part of what gives the round its allure. After getting to Wasdale Head and squeezing into one of the few parking places left, we wandered up to the Church ready to start. For a young lad, Harry already knows the fells well, and after having discussed potential lines on our previous day out we both agreed that an anticlockwise round seemed optimal. It also seemed more aesthetically pleasing, enabling us to stand and look up at what would be our last two fells, Great Gable and Kirk fell, before we started. We hoped to be able to crest Kirk Fell later in the day, look down into Wasdale and know we'd done it.

We set off up Lingmell in good spirits, although I soon realised my cross bike ride the day before was ill-advised and keeping up with Harry was going to be tough, especially on what was such a warm



Opposite page: The peaks that one must visit in The Great Gift Peaks Round, map designed by Andy Ford © David Rumsey Map Collection, David Rumsey Map Center, Stanford Libraries © Otter Maps [www.ottermaps.co.uk](http://www.ottermaps.co.uk). ; Above left to right: Harry Bolton on the scree descent off Great Gable © Matthew Atkinson; Matthew Atkinson at Sprinkling Tarn on Seathwaite Fell © Harry Bolton





day. Soon enough we were powering through the crowds up to Scafell Pike, then skipping along over Broad Crag and onto Great End. The descent down The Band was great fun and we managed to nicely veer right to then head out to Seathwaite Fell. Getting back up round to Allen Crag was a bit of a drag and I don't think either of us enjoyed the rolling terrain towards Glaramara where we both were already starting to feel it in the legs. I say this, but I think it was probably just me complaining about my legs. Harry just kept plugging away, too polite to mention anything that might have dampened the spirits.

After descending into Borrowdale we headed across towards Castle Crag and reminisced about our battle at the King of the Castle race where he had been my 30s man. From here there is a long slog back toward Honister and Grey Knotts, probably the least enjoyable part of the round, but compared to most other rounds that often have long road sections or run ins/outs it's really nothing to complain about.

From there it's on over Brandreth and on up to the Gables. Ah no, wait, don't forget Base Brown! The traverse round the head of Gillercomb is a bit tiresome, however, once it was done and we were on our way up to the Gables we knew we pretty much had it cracked.

A bit of scree surfing off Great Gable, again Harry has already acquired this key fell running skill, and we were off up Kirk Fell.

Now, here I must admit I put the hammer down a bit to see what Harry had left; could I drop him? No... From my 25@25 day out really tiring him out, to now being a runner who still has it after 20+ miles, he had certainly come on in just the last few months; fell running scene watch out!

We hadn't set off to squeeze all the time we could out the round, carrying our own kit and stopping for photos etc. However, we did have an idea of something close to 6 hours in mind which we knew would set a new fastest time. Upon summiting Kirk Fell and knowing we just had to get down to the Church we could see in the valley we started to get a little greedy and thought maybe even 5:45. And so we put the hammer down and raced that steep and endless descent off Kirk fell, our tired legs burning more and more, and then sprinted along the track to make it back to the Church in 5:42. Mission accomplished! "Ah, we've not done badly there" Harry rather modestly said after setting a new record time.

The GGPR is a fantastic route linking famous peaks via some classic lines. Being slightly shorter but similar to the popular George Fisher Tea Round, or the Cumbrian Traverse, it is to be recommended to anybody looking for a long (but not BG sort of long) fell running challenge in the Lakes. Can any other young runners get close to super Harry Bolton?

## THE GREAT GIFTS PEAKS ROUND - FROM ITS FOUNDER ALEKS KASHEFI

On my first visit to the Lakes, I decided to run a loop of the fells around the Wasdale National Trust campsite. I started by heading up Kirk Fell, heading into clag before pushing through and finding myself above the clouds. There was nothing but blue skies above and snow covered fell tops ahead. I ran from top to top and had no idea of their significance.

A few years later, I returned to the same campsite, but this time spotted a tourist information sign titled "The Great Gifts". Suddenly the tops became more and the seeds of a round were planted. Following some research, I was surprised the round didn't already exist. The idea turned into route plotting, route plotting led to more route plotting, and I ultimately set off on Remembrance Sunday, 2019, as a way of paying remembrance and respect to my late Dziadek (grandfather).

It was a terrible day to pick! Strong winds, drizzle, temperatures that can only be described as Baltic and horrendous visibility. I knew it wasn't going to be by the time I'd hit the first summit (Kirk Fell), so I decided instead to tick off the local seven tops. Descending my final peak, Lingmell, left me with a wind-scoured face, cold feet and numb finger tips, a sensation that hung around for a few weeks. The second attempt was a grand day out with David Barker and after 11hrs 54mins we plodded back, knowing that the route (an attempt to have little to no out and backs) was quite possibly the worst ever devised. All through the attempt the poignancy of the fell tops and importance of preserving and highlighting their history was at the front of my mind. The round needed to exist as a thing, as opposed to just a day out for me and my mate.

The idea of the round was discussed with others, who helped set the rules. After discussions ended, we had to go out again... we'd not visited the correct tops.

Attempt two was in mixed weather and followed a circular route; the second-worst route ever devised, but we made reasonable time, reaching the gate of St Olaf's church around 10 or 20 minutes faster, establishing a round that I felt should already have existed.

The ethos of the round is to remember the history of these fells and celebrate one of the most important times in human history... a time that humans realised the folly of their ways and collectively took steps to make amends

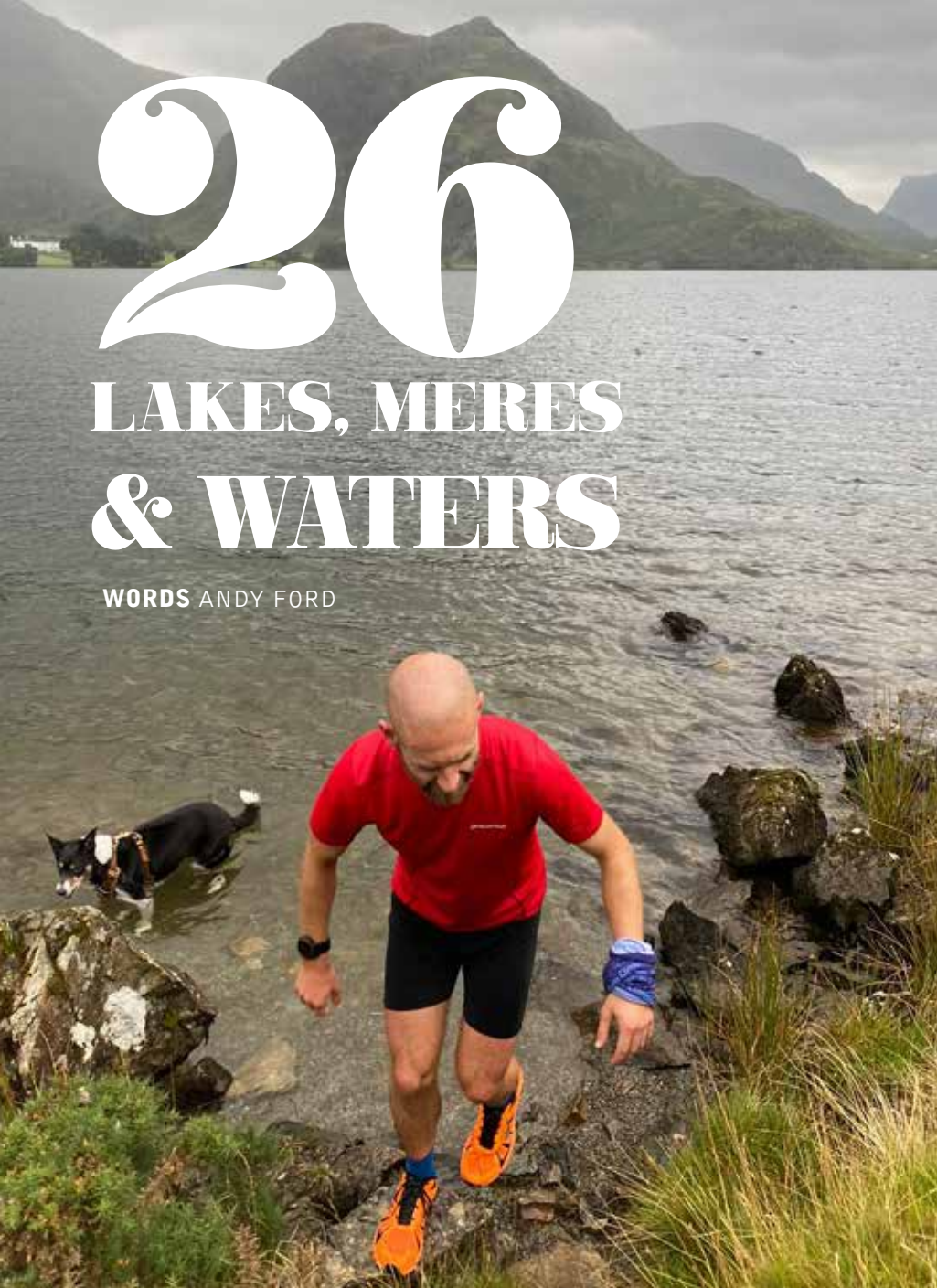


### THE RULES OF THE ROUND ARE AS FOLLOWS:

- 1 All rounds should start at St Olaf's Church gate, the new location of the original memorial plaque from Great Gable.
- 2 A gpx file or timing sheet (time at each summit) and evidence of having visited each peak (time & gps stamped images) should be provided to ratify your round.
- 3 Time limit for the round to count is 11hrs (just because ceasefire was declared at 11 O'clock, on the 11th day of the 11th month)
- 4 You should respect the land you travel on, be responsible for your safety and collect any litter you see on route.
- 5 Anyone attempting the round should consider making a donation to raise money for Fix The Fells (you are welcome to raise money for another cause as this is only a suggestion).
- 6 All 14 summits (highest points on each fell as shown on OS maps) should be visited in any order. They are Grey Knotts, Base Brown, Great Gable, Green Gable, Kirk Fell, Scafell Pike, Lingmell, Broad Crag, Great End, Glaramara, Castle Crag, Seathwaite Fell (Great Slack), Allen Crag, Brandreth.

Above left: Aleks Kashefi. Above right: Natalie Hawkrigg at the start of The Great Gift Peaks Round, at St Olaf's Church gate, the new location of the original memorial plaque from Great Gable © Angela Wilson





Having known of the 26 Lake, Meres and Waters for some time through Tony Marlow and Josie Greenhalgh, and having enjoyed helping them both complete the route, I'd been mulling over having a go myself. But I had a few doubts as my only previous attempt on a 100-mile run had ended after 10 or so miles through an injury.

However, as restrictions eased and more was happening out on the fells again, with records being broken and even the odd race in one format or another, I wondered about having a new challenge, as I hadn't done anything particularly big in the hills since my BG in

2015. LMW felt like just the thing to target. With restrictions once again coming in and no clear point where racing would really return, I committed to the idea and sought a plan to train for it. Through helping on John Kelly's Grand Round I'd got talking to Damian Hall about my idea and, figuring he knew a thing or two about doing pretty well on long distance runs, I asked him about a plan to lead me up to the attempt and have me in the best condition possible for the day.

The training block passed well, and in what felt like no time it was late August and the weekend of the attempt was upon us. My only real issue during that period was my self-imposed absence from

racing, which left me slightly envious of everyone else being back out and enjoying it while I quietly went out at all hours to get the distance and sessions done. I reasoned that if I had raced, it'd be my luck or possibly lack of agility that would lead to a rolled ankle, broken wrist, or maybe a dislocated knee and a ride in an RAF Sea King (and I'd already done each of those at least once), and so blow the whole plan apart.

On the day itself we set off under some grey clouds at 7am from Loweswater and only saw the odd shower of rain as far as Ennerdale. That said, what had recently come down made for some greasy descending; I wasn't sure if I was going too hard (being 25 minutes up at Ennerdale) or we'd slid down the hill with our fell slippers on as Mr Swindles suggested. After a couple of wrong turns due to yapping, we headed up and out toward Haycock, which is where it really started to come down and get cold. A layer on and a climb out the way, we then dropped to Greendale and came in exactly on time in 3 hours 45 minutes, only to discover I'd neglected to pack milk and sugar for everyone's brews.

Sensing unrest, I quickly set off for Wastwater, further upsetting people by using more road than is the custom. No matter, I was away and my super road support fixed the milk and sugar issue before the next stop. After a possibly unhealthy amount of road, during which we ticked off Devoke Water, we arrived at Turner Hall Farm for a slightly painful change of shoes and taping of feet. We then set off in a mainly CVFR colour-schemed group over the Coniston fells in yet more wind, rain and clag.

I've always liked Coniston Old Man, but the views were pretty poor on the day so we didn't stop long and instead headed down to Coniston, only to make the most laughable nav error of the day and take a small detour round the shore to the right car park. Onward from there to a little more off-road running in places, including witnessing Skelwith Force churning and making a huge noise before we headed to Ambleside. I set off with three supporters on this leg, and finished it with only Karl Gray and a sense of guilt for making him run on so much road.

From Ambleside, we had a long leg of 20 or so miles to Hartsop sheep pens (but no relay handovers this time) via Mardale Head, which was almost Mardale Village as the water was so low. This section takes in the jewel in the crown of Lakeland waters – Skeggeswater. If you've not been, you don't know what you're not missing. I did drink from it, though, thanks to John Kelly's water filter, so that was pretty novel!

I had a bit of a rough patch between Haweswater and Hartsop, losing some time, though I had still been within 10 minutes of my plan up to Haweswater and the 72-mile mark. I blame the incessant wind and rain, along with the several hundred metre excursion into the reservoir to actually find some water to touch.

After a saturated trip up and over High Street, we got to Hartsop for some fixing of me and my feet. We left first for Brotherswater, then north to Ullswater and over Sticks Pass, which like Ennerdale earlier on was shrouded in clag and lacking grip to be coming down at a decent pace. The final road stop was Legburthwaite Village Hall for some more pot noodle refuelling, then the final 17 miles of almost entirely road to Derwent Water, Bassenthwaite and "it's finally" Over Water.

The one thing I haven't mentioned so far is that I thought that if I trained well I could run a reasonable time. That had been my aim, inspired by so many going out and breaking records in the previous easing of restrictions. I'd quickly ruled Joss' time out, very quickly in fact - almost 'day one of training' quickly. However I felt that on a good run I could better Alan Heaton's LMW time for the route that Leo Pollard had first run in 1981. There was also an element of homage to Leo, as he was a great supporter and advocate for me as a decent runner when I joined Achille Ratti.

That's not to suggest Alan's time was easy; nobody other than Joss had been within hours of it, nor bettered it for 38 years and, of course, Alan is member number 1 of the Bob Graham 24-Hour Club. After sharp intake of breath, Dave Makin also pointed out that "they were machines back then you know, Andy". I noted he hadn't told me not to try, so took that as a sign that it was a good challenge to set myself. What would the point have been anyway if it was easy?

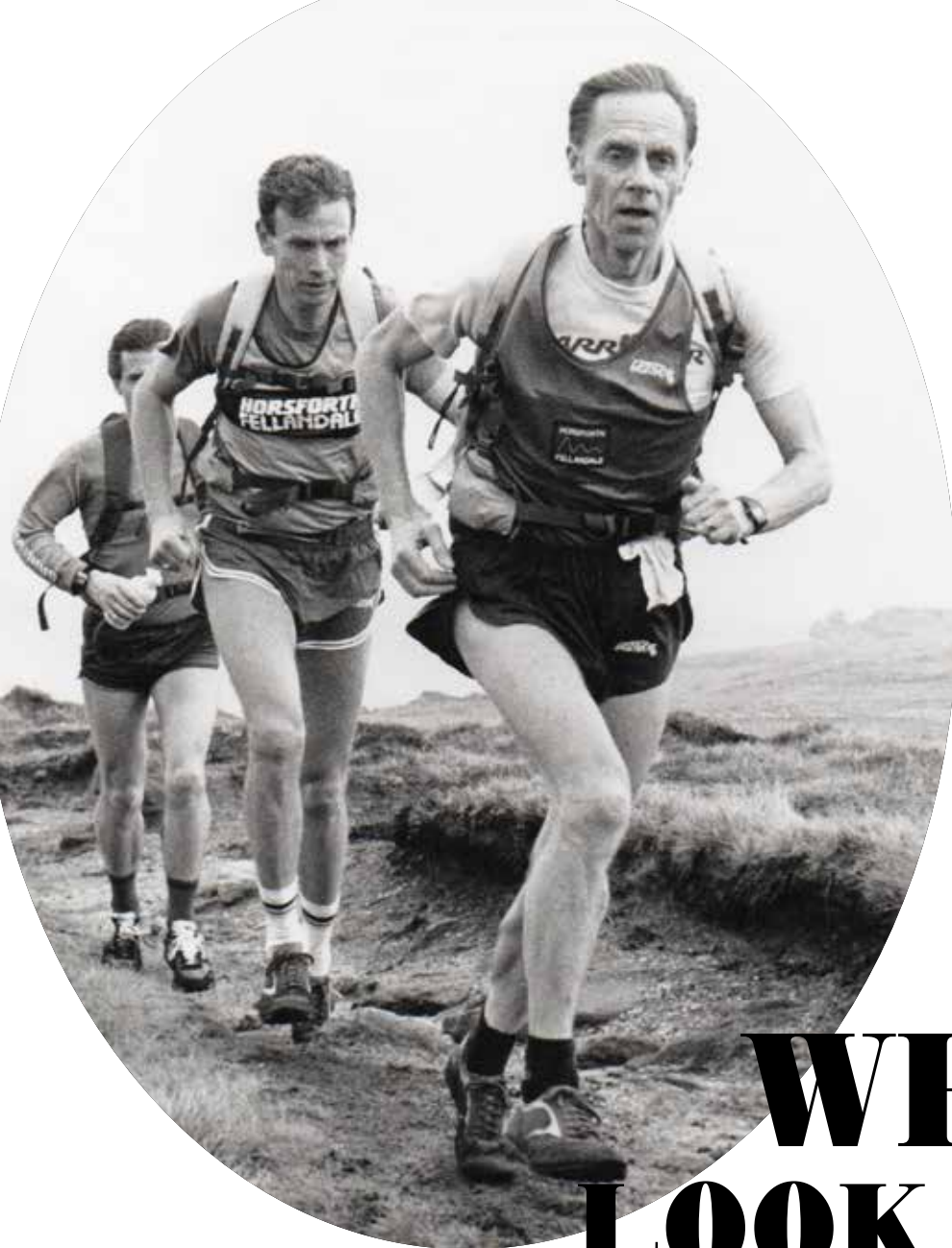
In the end, I reached Over Water a little over my plan of sub-24 hours, but in a still respectable 24 hours and 42 minutes, 34 minutes ahead of Alan's time. A huge thank you to all of those there on the day who were part of it, especially those who helped keep me thinking it was not only possible to get round, but in a decent time too.

No thank you to those who've suggested I go back and look at Joss' time!

Thanks to: Sophie Cunningham & Elias, the Fords, the Cunninghams, Pete Todhunter, Joss Naylor, Tony Marlow, Damian Hall, Tory Miller, Paul Swindles & Joss Dog, Matt Dunn, Tim Campbell, Guy Illingworth, John Millen, Martin Howard, Paul Haigh, Matt Owens, Alice Swift, Karl Gray, John Kelly, Tom Hollins, Josie Greenhalgh, Rob Green Jnr, Sara Hollins, Dougie Zinis, Charlie Parkinson, Ambi Swindells, Andy Slattery and Rob & Diane Green.

Photos opposite page left: Andy at Buttermere with Joss dog © Paul Swindles. Right, top to bottom: Andy and his leg one crew © Sophie Cunningham; Struggling with foot pain at Walna Scar Road support point (Ed - but he now had milk and sugar for the brews!) © Alice Swift; Descending with Rob Green, John Kelly and Tom Hollins © Josie Geenhalgh; touching the final 'water', Over Water © Rob Green Snr.





WORDS GRAHAM BREEZE

# WHEN I LOOK BACK: TEN CHAIRMEN REMINISCE

## INTRODUCTION

**F**RA Chairmen generally serve for three years and, including Charmian, there have been sixteen.

As part of the celebrations for the FRA 50th Anniversary I developed a suggestion from Ben Abdelnoor and approached every available Chairman to invite them to look back on their period in office and provide a short personal reminiscence - in 250 words. I am grateful that, despite having long laid down their heavy burden of office, all were willing to contribute. Their thoughts follow.

In 2003, when Alan Barlow would normally have stepped down, the absence of any omniscient candidate ambitious for power led to Alan serving for a further three years. Even so I only asked him to provide the same short contribution. The recent pandemic means Charmian is now serving for a fourth year and so, whilst not quite yet a past-Chairman, she has contributed some thoughts on her story so far.

Contributions have only received minor editing.

Photo above: Dave Hodgson at Widdop in the 1990 Haworth Hobble, photograph by Pete Hartley © Denise Park. The rest of the photos throughout the article are those of the various Chairmen.

## NORMAN BERRY, 1985–1988

I served with people like Peter Knott, Danny Hughes and Selwyn Wright, all later Chairmen, as well as other great figures like Malcolm Patterson and John Blair-Fish. And Pete Bland whom I helped as Membership Secretary to administer the renewals using my computer, which was an advance from a big red ledger and provided a better understanding of how the membership was made up, such as the huge numbers in CLM and Dark Peak. The children would open the hundreds of envelopes and sort out the cheques, and my wife Hilary would input the data.

I represented the FRA on the AAA at the time of its Centenary and so I attended a memorable celebratory lunch in Oxford, where the AAA was founded. I also received complimentary tickets to athletics meetings in Gateshead and Birmingham. On committees I, along with the Tug of War representative, was seen as independent and so many tried (but failed) to influence me on crucial votes!



Because I used to visit Northern Ireland on business I would race there and got to know Jim Patterson and the NIMRA crowd and I am pleased that I was able to get Northern Ireland included in the British Championships. I was England Team Manager and Chair of Selectors, which can be an unenviable task: I did cause controversy when, for good reasons, I left out one very good athlete from the World Cup team - but my instincts proved right!

The World Cup came to Keswick in 1988. The Italians didn't want to run downhill but during the planning I, with Danny Hughes and others, showed the Italian team management the proposed course and, subject to the descent being a proper track, got their support for what became a great success. In subsequent years there was an FRA supporters' bus trip which was always memorable and great fun.

## DAVE HODGSON, 1988–1991

Prior to being elected Chairman I spent three years as Treasurer and two years as England Team Manager. However, I only fully appreciated the honour of being Chairman when I was given an unexpected discount in a Lake District Outdoor Pursuits shop. When I queried why, I was told it was because I was FRA Chairman. Fame at last! Please accept my apologies for any errors in my recollections bearing in mind they go back over thirty years.

I think positives during my watch were: introduction of the FRA Relay Championship (later British Relay) and the Inter County Fell Race Championship; persuading Pete Bland, with help from Selwyn, to take on the job of England Team Manager; changing the Championship Races format to its present number of races; and introducing the use of sub-



committees to reduce the length of full Committee meetings. Also organising a competition for the design of the FRA medal.

Negatives I can remember were: a very difficult meeting with BOFRA officials at a smoke-filled pub in Grassington - I was outnumbered 3 to 1 because Selwyn had a migraine attack and my pitch was not well received; failing to turn up for the second FRA Relay in Derbyshire one Saturday - I wrongly assumed the event was on Sunday; and being pelted with paper aeroplanes by Pudsey & Bramley members for going on too long with my Chairman's speech at an FRA dinner.

I was very fortunate to have Selwyn Wright as FRA Secretary during my Chairmanship and made many long-time friends during my time on the Committee.



# SELWYN WRIGHT, 1991–1994

From the very early days of the FRA there has been a consensus about what we are there for. So, providing a Race Calendar of vetted events, a Magazine, a Championship and running the finances and the membership service, were core activities that I had to oversee and from time to time get involved with.

But one event shaped my tenure and that was the death of a competitor from hypothermia in the Welsh Water Reservoirs Relay in 1991. I attended the Inquest and took part in a full revamping of the FRA Safety Rules. As well as taking place in the full glare of TV and Press coverage the Inquest forced a close focus on what the FRA role should be.

As a race organiser myself I immediately wanted to provide support to the organising team and the local club. But it was important also to identify any shortfalls in the organisation together with the event’s compliance with FRA Rules



and their fitness for purpose. This was certainly the most difficult thing I had to do in those 3 years. I remain painfully aware that I can appear very jovial and light-hearted when running and organising. As Chair it was necessary to project a more responsible and professional face both publicly and to those more closely involved.

The last thing to say is also the most important! The Chair should always be on the lookout to develop new initiatives which move the FRA towards what its membership wants. In my case it was the FRA Relays, Junior Home Internationals and organising a coach to the annual World Cup races.

Yes, I loved my years as FRA Chair!

## ALAN JUDD, 1994 – 1997

Alan now lives in New Zealand and could not be contacted.

# RICHARD DAY, 1997–2000

Nothing can prepare you for the position of “Chairman of the FRA”, which in the late 1990s was such a diverse organisation. Many illustrious names from the fell running world had been before me and it was a daunting task to try and fill their shoes, especially as some were still active members on the Committee. I quickly became aware that there were also some real characters within the FRA with some very different opinions and I particularly remember one Committee meeting where I almost had to break up a fight between two individuals with opposing views and neither wanting to back down. The other issue was the telephone. Many of my evenings were ruled by ‘phone calls, which magically began as soon as I walked through the door and continued until way after my bedtime. In the end



I had to purchase an answering machine just so that I could at least have some time to eat a meal.

I took over as Chairman in October 1997 and within six months British Athletics went into administration. British Athletics were the main governing body for fell running and holders of the insurance policy for all fell races. They also funded our athletes to run in international races. The problems over insurance caused a number of issues which proved very time consuming and also caused some sleepless nights. Of course, in the end it was all sorted and a small delegation from the Committee attended various meetings in Birmingham with the newly formed UK Athletics. Needless to say, our agenda and theirs seemed to be completely different. So, nothing changes.

# ALAN BARLOW, 2000–2006

Fellrunners can be a passionate lot and that includes the Committee. Yes, I was in the Chair for the 2004 meeting that had 100% attendance together with door slamming, temper tantrums and resignations. As ever we bounced back with new faces.

More memorable for me was the 2005 World Masters championship which we hosted in Keswick. This all started back in 2003 when we made our bid to hold the World Mountain Running Championships and the Masters. Sadly, the voting delegates decided they would rather travel to New Zealand than Keswick. However, there were no other bids to hold the Masters and so we were asked if we would agree to host just the one event. So, after a frantic ‘phone call we agreed to go ahead.



A sub-committee was set up to organise things and I spent many afternoons/evenings travelling back and forth to meetings at the Theatre by the Lake. Thanks again to Patrick for sorting this out for us. As ever there were a lot of people working behind the scenes to ensure all goes well.

When it came to race day the sun shone and all went well despite most of the Committee taking part in races, and it is still the highest attendance at a World Masters. It was comforting to receive so much praise, although so many contributed in so many ways to ensure such a success.

Even Jennings, the sponsoring brewery, were happy: initially they were reluctant to supply us as they thought much beer would be wasted, but instead the thirsty fellrunners ran them dry.

# TONY VARLEY, 2006–2009

I became Chairman in 2006 after serving 9 years on the Committee as Treasurer and succeeding Alan Barlow, who had served an extra 3 years as Chairman. My immediate task on becoming Chairman was to deal with the issue of whether the FRA remained affiliated to UK Athletics. I had been elected Chairman at the AGM when a non-binding vote was taken that we should leave UKA. A lot of what Trump would call “fake news” was being circulated about the matter and one member of the FRA Committee did resign. We set up a sub-committee to look into the pros and cons of affiliation and its view was that we should remain: this was accepted by the members in a postal vote by a very large majority.



Two events were successfully held during my term, although this was due to the work of their organising committees and had nothing to do with me. The first was the Commonwealth Games Mountain and Endurance Running Events held in Keswick - Alan Barlow was heavily involved in this. The other was the World Mountain Running Association Long Distance Challenge held in 2008 and organised by the Three Peaks Race committee.

A new editor for The Fellrunner improved a good publication to a professional level. Whilst the emphasis tends to be on the Chairman, I believe the Secretary, who in my case was Alan Brentnall, has a far more difficult job.



# GRAHAM BREEZE, 2009–2012

In The Fellrunner in 2015/16 I contributed a four-part history of the FRA: A Sense of Perspective, in which I referred to the issues that dominated my 3 years in office. These included a more rigorous approach to ensuring compliance with race rules, the death of Bill Smith in 2011, transforming the FRA into a Limited Company in December 2011, metrication of the Calendar from 2012 and, perhaps most important, representing the FRA at the Inquest following the tragic death of Brian Belfield in 2012.

However, an unreported challenge as Chairman was dealing with the issues surrounding the status of Lauren Jeska. At the time this issue endangered the FRA with



potentially huge legal and financial consequences - which, with little help forthcoming from the governing bodies, had to be dealt with initially by the FRA alone. Fortunately, the Committee at the time included a doctor, a lawyer, a wise ex-Chairman, and my successor as Chairman and their support and advice helped steer the FRA through a precarious period when its future existence was placed in jeopardy. All highlighting that any Chairman can only be as good as the members of the FRA Committee they serve.

# MADELEINE WATSON, 2012–2015

Prior to becoming Chair in November 2012, I had served on the FRA Committee for 9 years as Statistician, Junior Co-ordinator, and Treasurer and so, having a pretty good idea of what was what, I thought I would enjoy being the first woman Chair. But the death of Brian Belfield at Buttermere Sailbeck in the previous April meant safety matters dominated my three years.

FRA safety rules had developed piecemeal, often in reaction to the circumstances of a fatality, and I sensed that a full and rigorous review of the rules was then necessary. Well in advance of the Inquest I therefore set work in motion to ensure that the FRA could convince a Coroner that the FRA was a responsible organisation upholding the highest safety standards.



I attended the 4-day Inquest in September 2013 with Graham Breeze (who was the FRA Witness) and legal support. Revised rules were then implemented from 2014. During the review process matters arose which initially provoked considerable disagreement about what changes were necessary, especially amongst so called "safety experts", but finally communicating the new rules to race organisers in a series of eight workshops for me was a very rewarding experience. I am also pleased that the new role I initiated of Race Liaison Officer has continued to develop and now warrants a lead officer on the FRA Executive Committee.

So, looking back, although my term started with a sense of gloom, I left office confident that fell running could be optimistic about its future.

# NICK HARRIS, 2015–2018

Crises are soon forgotten but my term was caught up in the after-effects of the rule re-drafting after the death of Brian Belfield in the Buttermere Sailbeck race in 2012, as it had during my period of Secretary. Brian's death had a personal significance as he was my age and was just behind me in the race: doubly so as I may be the only runner who was also in the Kentmere race when Judith Taylor died.

I took over as Chair whilst still Secretary. Steve Cliff (Bowland) and I had run a lot together, including at his wedding day run, later the Anniversary Waltz. I was therefore really pleased when he stepped in as Secretary but equally sad as he already had Motor Neurone Disease from which he was to die.



Len I'Anson (Borrowdale FR) provided excellent behind the scenes support without which I and the Committee may have struggled.

Most members may have forgotten the controversy over the Women's championship club winner following the formation of Ribble Valley Harriers and the sad conviction of an ex-women's champion for assaulting a UKA official, but these were stressful issues to deal with. More positively we broadened the tendering basis to sponsor championship events and membership numbers continued to increase. The problems faded as I remember the tremendous feeling of the Committee working together to overcome the challenges we faced together. Thanks to all of them.

# CHARMIAN HEATON, 2018–PRESENT

Leading up to the AGM in 2018, I found myself reluctantly standing as the next FRA Chairman and stepping out of my comfort zone as Membership Secretary. During discussions with Ambleside AC regarding the use (or not) of GPS, I had pointed out that I was the only Committee member living in the Lake District, which was clearly a nonsense, and Neil Talbott and Ben Abdelnoor rose to the challenge, standing as Secretary and Member Rep respectively. We now have a much more balanced Committee with representation from a wider range of clubs and geographical area. I have also been pleased to welcome several much younger Committee members who have brought a fresh perspective.



It gave me great pleasure to meet with many race organisers at a series of regional meetings and, following wide consultation, GPS has now been banned in all FRA - registered races. Our work will continue to protect the unique and special character of our sport and to preserve its non-commercial nature (see the FRA Principles of Fell Running).

Following the easing of Covid restrictions, the highlights of 2021 include delayed celebrations around the 50th anniversary of the FRA including a reunion of founder members and a 50@50 race series. I was delighted to edit the 50th anniversary edition of The Fellrunner but then saddened to produce the Pete Bland tribute which was published as a supplement to the Spring 2021 Fellrunner following the tragic loss of Pete due to Covid-19.

## ON THE SHOULDERS OF GIANTS

The first five Chairmen, all now deceased, in order of appointment were: Alf Case (1970), Frank Travis (1973), John North (1975), Peter Knott (1979) and Danny Hughes (1982). Their contributions in nurturing the FRA through its early years should be recognised with gratitude.





WORDS JAN FORRESTER

# MAC ATTACK

## THE MAKING OF MATLOCK ATHLETIC CLUB

**M**atlock Athletic Club (MAC) in Derbyshire’s White Peak has been making waves on the fell running scene, mainly due to Billy Cartwright and Dan Haworth. How can this be when the highest point is only 461m at Bradwell Moor where the Limestone Way divides it from the Dark Peak? Known for the former railway track beds - High Peak, Monsal, Manifold and Tissington Trails - constructed for carrying minerals and goods, the landscape comprises valleys, dales and moors, defined by quarrying and mining for lead and coal and interspersed with gritstone escarpments such as Froggatt Edge. There are a few ‘peaky’ peaks such as Thorpe Cloud (287m) and Shutlingsloe (506m).

MAC capitalises on this diversity of terrain, enjoying cross-country, road, trail, fell, ironman, ultras, triathlon, duathlon and aquathlon with several members having represented GB in age

Dan Haworth and Billy Cartwright racing in the British Fell and Hill Relay, 2021 © James Appleton Photography



group competition both internationally and in Europe. Matlock is a spa town where patrons visited, particularly in the 19th century, to 'take the waters' for health reasons.

MAC was formed in June 1976 having had connections with Matlock College, which specialised in PE at the time. Brian Howitt, 86, was a founding member who became the first Chairman. Gary Thorpe (25 years with Ambleside AC, who recently completed the Joss Naylor Challenge) recalls "It was Mike Cudahy, a college lecturer and new record holder of the Pennine Way, who introduced me to MAC, aged 12." Membership was 10 seniors and 5 juniors. Current membership is 151 seniors - 47 of whom are ladies – plus 45 juniors, with a waiting list.

MAC had a 'harrier' feel back then but accessed fell running via the Wakes Week and Well Dressing Carnival Celebrations, where village water sources are decorated with designs created from flower petals. Winkle Trout FR (9.5k/320m) give prizes of brown trout, Bakewell FR (10.4k/200m) present a Bakewell Pudding and Longnor Sports Races boast a gymkhana, harness racing, motorbike racing and a fell race. Chrome Hill FR (6.4k/213m) is a toughie - a limestone reef knoll; the steep climbs and narrow "Dragon's Back" ridge give an almost alpine feel.

MAC's Black Rocks Fell Race (9k/250m) was devised by Brian in 1978 and the route improved in 1993. Gordon Cresswell perforated an eardrum on a twig in the wooded section one year! A farmer, who trained in his wellies by running to the gates from his tractor, Gordon was arguably MAC's first 'proper' fell runner and excelled on the steep rough terrain. The record holders are MAC's Christine Howard in 2010 and Andy Wilton in 1994. 2021 lady winner was Lisa Palmer-Blount, Derby AC, and the overall winner Finn Lydon, Carnethy Hill RC.

Next came Ricky's Race (7.3k/240m), instigated by Ricky Wood, later a champion

kickboxer who, in 1991, organised a 3 mile run and although only 12 people turned up he raised £400 for the RSPCA. Many assume it is a memorial race, but Ricky is alive and kicking and still represents MAC. In 1998 Brian planned the current course, taking in Oaker Hill trig point, with MAC's Simon Brister, now in the MV70+ category, winning the event. The record holders are Stuart Bond 2010 and the 2021 lady winner Caroline Brock from Steel City Striders who broke the 10-year-old ladies' record by 7 seconds. 2021 overall winner was MAC's Greg Hopkinson.

Some other local races in *The Fellrunner* magazine calendar are Stuart Learmouth Wirksworth Undulator 13.5k/384m; Tansley Hills 8.5k/305m; Winster 6.5k/177m; Calver Peak 8k/275m; Pilsley 9.8k/245m; Peat Pit Woods FR 4.7k/106m; Bluebell FR 6.5k/136m; Longshaw Sheepdog Trials 8.6k/320m and Leg It Round Lathkil 11.5k/290m.

There are several hill races which MAC enjoy – Parwich, Bonsall Carnival, Brassington and the Dovedale Dash, first held in 1953. Clive Russell has run 35 Parwich races and 52 Dashes with 3 wins in the MV60 category. In 2018 MAC's Elspeth Grant was 1st lady and Dan Haworth 1st overall, seconds from the course record. 1,500 runners take part, many in fancy dress and the high point (apart from running up and down Thorpe Cloud) is crossing the River Dove – stepping-stones or through the freezing water?

MAC's debut in fell running was in 1976 at the Bamford Fell Race where they won the first 7 places. Many races were disorganised then and after winning a race Brian was asked whether he had run the full course. At Parwich runners were offered drawing pins to attach their numbers! Brian did most of his fell races as a V60 in the Totley Races and won the category in the Tiger's 10 every year in that period. "Stormin'" Norma Kuszynski joined in 1997, the Mexican Marathon Lady Champion in 1983 in 2 hours 43 mins, world class in those days for women. She too, frequently ran at Totley.

Karl Webster's inspiring write-up in the Club newsletter encouraged Gary Thorpe onto the fells and the Bens of Jura became an obsession.

In 1984 Mick Moorhouse designed and constructed his incredible treadmill from washing machine parts as it was deep snow outside and he wanted to continue his training in the garage. Mick, now 69, still competes for the club and has been a regular in fell races, with many successes.

The surge in interest in the 1980s with the jogging boom and the London Marathon saw an increase in membership. MAC's fastest marathoner is radio presenter Matthew Parris in 2 hours 32 mins

57 secs. He was MP for West Derbyshire during his MAC time and still lives locally where he keeps alpacas and holds the record for the fastest MP in the West(minster)! Gary Thorpe remembers him training on a freezing day donning a tea-cosy for a hat. Tracey Erskine, Rob Atkin and Tony Barrable all excelled in road racing with many wins over the years, Tony still representing MAC.

At the same time more members were enjoying fell running – Malcolm Taylor, Barry Moseley and George Cummins (whose son, Jack, is a current MAC member) to name a few – and MAC affiliated to the Fell Running Association in 1986. In 1987 John Armistead was the first MAC to successfully complete the Bob Graham Round. Other BGR successes included Andy Whittaker, Richard Bradbury, Greg Hopkinson and Rob Tresidder; Andy also completed the Joss Naylor Challenge and was one of only 3 MV50-55 to complete in under 12 hours in 2012.

In 1989 Ann Armistead and Helen Finlayson won the ladies' team prize in the Karrimor MM in Cumbria. Steve and Sian Mead won the Mourne Mountain Marathon Vets on 2 occasions. The Saunders Mountain Marathons were popular and Paul Keetley competed in many, even after a hip replacement. Les Thurston MV70+ has completed 20 as well as the Welsh 1000m Peaks Race.

In 1996 Es Tresidder was leading the U16 English FR Champs but missed 2 races as he won a scholarship to study in New Mexico. He represented England in the U20s at the World Trophy on Reunion Island. Now living in Scotland, he broke the Cuillin Ridge, Snowdon Horseshoe and Ramsay Round records, won Isle of Jura fell race (2011) and excels in ski mountaineering, representing GB.

Christine Howard joined in 2000. Her win in the English Fell Running Championships at Lad's Leap, Derbyshire, is mentioned in Richard Askwith's book *Feet In The Clouds* : "When a pregnant Chris took the win from Lou Sharp on an unseasonably hot day". Chris was first lady at Ennerdale Horseshoe in 2006 and runner-up in the English Championship that year. She finished 3rd for England in the World Trophy Mountain Race in Wellington NZ and at the Snowdonia International Fell Race. She has had a phenomenal career on the fells, holds many records and still competes in international adventure races as well as taking on the toughest ultra marathons and triathlons.

Randell Tassell coached several promising juniors including Polly Veazey-French, Jenny Reed, Hayley Cameron, Josh Moody, Lee Jones, Alex Metaxas and Dan Yates, several representing England internationally in fell running. Polly (daughter of Tess and Andy Whittaker) was also 1st lady at the Helvellyn Tri on 2 occasions.

Josh Moody ran his first fell race in football boots and finished 25th, well beaten by Blue Haywood. He has won 2 English Fell Running Championships in 2005 U14s and 2007 U16s. In the first U16 race Josh was 2nd to Jonathan Brownlee. He had two wins at the British and Irish Championships in 2005 and 2007. Josh was 1st and Lee Jones 4th representing England in the British and Irish International in Ireland in 2005 and Josh 1st U14 in Bashir Hussain's England Squad in the Marco Germanetto Mountain race in Susa, Italy. Lee won the U14 English Fell Running Championships in 2006. Josh also won the British and Irish Mountain Championships at Abergavenny. Lee died aged 19 in a climbing accident on Scafell Pike.

George Tighe, now in New Zealand, is another MAC junior star - 2008 1st English U12 FR Championships and 1st English U12 Uphill Championships; 2009 3rd English U14 Championships and 2nd English Uphill Championships.

Joe and Alex Currie did well on the fells in 2014-2016, Joe setting a new course record at Gt Longstone FR. In 2018 in the Accelerate Junior Gritty Series Joe won U16 Boys, Sophie Harrison U14 Girls, Caitlin McCloy U12 Girls and Will Croft U10 Boys.

MAC's first race was in 1977. Dave Mitchell suggested a marathon on the Tissington and High Peak Trails, named the White Peak "26", because under current AAA rules a marathon had to be on the road. He measured the route by calibrating his bicycle and counting the revolutions of pedal strokes the length of the trails. A field of 19 faced the gun at Ashbourne with Chris Bent of Salford becoming the first winner in 2.45.45 and MAC's Clive Russell 3rd.

The race was renamed the Ian Milne White Peak Marathon in memory of Ian who was Treasurer for many years; a great runner and supporter of the Club. In 2020 it became The White Peak Festival of Running because, as well as the Swift Half Marathon, the 'Down In A Shot' 10k was added. However, due to Covid, this has yet to take place – hopefully in May 2022 all 3 races in the Festival will go ahead. The only other time the marathon was cancelled was because of Foot and Mouth in 2001.

Ian knew Joss Naylor well and was part of his support team (including Chris Brasher CBE, creator of The London Marathon and a founding father of long-distance running) in a Pennine Way attempt in 1974. They covered the 271.5 miles in 3 days 4 hours and 35 minutes. Joss and Mary stayed with Ian and Lyn the night before he went to Buckingham Palace to collect his MBE.

The next club race was the Flash 7 road race; the route taking in Flash Dam. This race is long defunct but was recently resurrected



by Dan Haworth as a ‘virtual’ race twice during Lockdown.

On Boxing Day MAC members take on The Beetroot Race. Devised by Brian, the route goes from the High Peak Junction up to the Trig at Black Rocks and back down. The race is so named as it snowed one year and Brian marked some of the course with beetroot juice, the last placed runner winning a beetroot.

The MAC Members’ XC is a popular annual event with seniors and juniors.

Matlock Triathlon was the brainchild of Karl Webster, costing £10 to enter, organised with Matlock Swimming Club and Matlock Cycle Club - 400m pool swim, 11 mile bike ride and 3 mile run with proceeds going to charities of the winners’ choice. It did not take place this year, but will be back in 2022.

The Whitworth Thread 5k takes place monthly in Whitworth Park, Matlock.

MAC’s latest annual race is the Peak Rail 7 Runner v Steam. In 2018 Vice-Chairman Jim Thorneycroft, after months of negotiations with Peak Rail and Derbyshire CC, declared it was full steam ahead! The route is on The White Peak Loop from Rowsley to Matlock (out and back 7 miles) close to the railway line, the train full of cheering spectators. It takes 56 minutes; all you have to do is beat it! This year 72 did just that and £1,500 was raised for local charities. The joint winners were Caroline Brock, Steel City Striders and Sean Bott, Belper Harriers. Caroline enthused “MAC organise some great races!”.

MAC are well represented in Team Gladioli in The Great Kinder Barrel Challenge where teams of 8 hump the full barrel across Kinder Scout from the Snake Pass Inn to the Nag’s Head, having won on many occasions and being current champions. In 2019 six MAC ladies helped to win the ladies’ trophy.

MAC encourage walkers and joggers to run in a non-competitive and social manner, thus promoting local Sole Mates group with funding and assisting with coaching and offering free sessions. Many have joined MAC and have also taken over the organisation of the Whitworth Thread.

In recent years Nicky Dick (Director of Age Group Teams, British Triathlon) coached MAC’s ladies’ section and Andy Mellor

(Chairman) and the current Committee have been supportive during lockdown keeping members motivated with virtual races. The most memorable was the relay over 36 hours. 70 MACs took part running from home for 30 or 60 minutes each and £6,600 was raised for Ashgate Hospice.

Presently the junior section participate in a wealth of different races, including school championships, assisted by a team of keen coaches and parents. Other seniors enjoying the fells include Ben Cartwright, Max Wainwright, Harry Holmes, Joe Oldfield, Kieran Allanson, Bob Foreman, Geoff Cooper, Scott and Sam Thompson, Andy Hall, Colin Davenport, Alasdair Campbell, Alaina Bond, John Thorpe (Men’s Captain), Jan Forrester and Shelley Fairey and several new members are getting hooked too. Richard Bradbury organises the High Peak Marathon and Riber Fell Run.

Billy Cartwright had an amazing experience in his first multi-day stage race (112 km/6,100m) in the Azores last year. He won a golden ticket place for his winning performance in the Lakes and performed strongly against tough global competition.

MAC participate in the annual British Fell and Hill Relay, finishing in an all-time best 3rd place in 2021 with a team of Joe Oldfield, Harry Holmes, Max Wainwright, Billy Cartwright and Dan Haworth (who also recorded the fastest leg) and Alasdair Campbell. However, had never had a Senior British or English Champion until this year. Billy and Dan have been creeping up the rankings, achieving 1st and 2nd at Ennerdale Horseshoe and Black Combe in the English FR Championships 2021 with Billy taking the title of English Fell Running Champion and Dan Haworth runner up. MAC could not be more proud. By going back to the roots where the seeds were sown for MAC fell runners to nurture, the future looks bright.

Billy was born in Chesterfield and lived in Ashover, Derbyshire, moving to Keswick just before the Pandemic. He has recently completed a University Course in Sports Coaching at Loughborough Uni. His family live near Matlock and his older brother Ben has won many local and national fell races and competes in Ironman competitions. Dan was born in Derby and lives in Cromford, 3 miles from Matlock, and is a music teacher at Lady Manners School, Bakewell and also teaches piano. He was a member of Keswick AC prior to MAC. His sister, Victoria, lives in Keswick.

# MAC ATTACK!!!

Photos next page, top row left to right: Es Tresidder on Mullach nan Coirean during the Ramsey record; Geoff Cooper, Ben Nevis. Second row, l-r: John Thorpe, Snowdon '18; Les Thurston, Snowdon '19; Gary Thorpe, Shining Tor '94. Third row, l-r: Dave Curtis and Chris Howard BF Relays Grasmere '18, Race Train '19, Fourth row, l-r: Yvonne and Paul Keetley, Brian Howitt and Simon Brister; Josh Moody; Gordon Cresswell; Clive Russell crossing Dovedale stepping stones '74. Fifth row, l-r: Gary Thorpe, winning Curbar '80; John Armistead; Bonsall Carnival. Sixth row: Ricky Wood and Brian, Ricky's Race. Mick Moorhouse's running machine. Karl Webster, Jura '94.







Victoria Wilkinson, World Mountain Trail Running Championships, Uphill only at Skiddaw  
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## A SELF-HELP GUIDE TO THE MOST COMMON FELL RUNNING INJURIES

### PART 4

WORDS DENISE PARK

This is the last in a series of four articles looking at the 12 most common fell running injuries, based on the results of a study I carried out in 2011 for the book 'Adventure and Extreme Sports Injuries'.

The nine injuries already covered are:

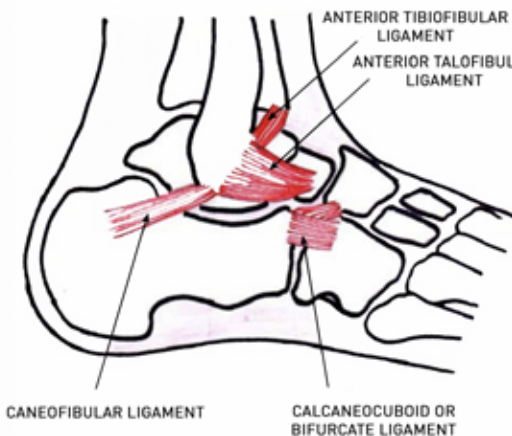
- 1) Low back pain (Winter 2020)
- 2) Buttock pain (Winter 2020)
- 3) Pain on the outside of the hip (Winter 2020)
- 4) Pain at the front of the hip or groin (Winter 2020)
- 5) Pain at the top of the back of the thigh (Spring 2021)
- 6) Pain at the front of the knee (Spring 2021)
- 7) Pain at the back of the knee (Spring 2021)
- 8) Muscle pain, mainly in the thigh or calf (Summer 2021)
- 9) Pain in the Achilles tendon at the back of the ankle (Summer 2021).

The injuries which remain to be described are located around the foot and ankle. These account for 29% of the injuries which were experienced by fell runners during the 6-month period prior to undertaking the survey.

**10. PAIN ON THE OUTER ASPECT OF THE ANKLE** (usually after twisting the ankle)

Pain on the outer aspect of the ankle is often due to a traumatic twisting of the ankle when the foot is forced inwards, damaging the ligaments on the outer aspect, often referred to as a 'sprained ankle'.

Ligaments consist of dense, tough, fibrous collagen which attach adjoining bones together, and if the bones are forced apart, the fibres of these ligaments can be over stretched and damaged. The ligaments on the outer aspect of the ankle are more commonly injured as the ligaments on the inner aspect of the ankle (the deltoid ligament) are much stronger and are less frequently damaged.



Above: Ligaments on lateral (outer) aspect of ankle

The degree of damage to the ligament can vary significantly, and it is possible to 'roll' your ankle whilst training or racing and still be able to continue running without any major reaction. The amount of post-injury bruising or swelling often indicates the extent of the damage, and this determines the best way to proceed.

If the force of the injury is significant, the ligament can be torn, but it can occasionally be pulled away from the bone or the bone itself can be damaged. If the pain is severe and there is a strong suspicion of bone damage, then the hospital should be the first point of call, but if there is any doubt it is worth waiting a day to allow the acute symptoms to settle. It is much easier to assess the area more successfully once the symptoms aren't quite as intense.

If there is any doubt regarding a diagnosis, the A&E's 'safest response' will be to recommend wearing a below-knee walking boot which immobilises the ankle in case of any bone damage. Unfortunately, if there is no bony injury, this is not the best course of action as it will result in extra fibrous tissue forming at the injury site. I recently saw someone who had a sprained ankle and had been recommended to wear a walking boot for 6 weeks – but early mobilisation is far more effective when there is no bone damage.

#### PRESENTATION

- Usually a recollection of turning or twisting the ankle or the feeling of a sharp 'pop' on the outside of the ankle

- Swelling on the outside of the ankle

- Bruising on the outside of the ankle or the foot (gravity encourages the blood to drain into the foot so there may be very little bruising around the ankle itself)

- Pain usually around the ankle bone on the outside of the ankle. As there are many ligaments in the foot and ankle, the nature of the injury will determine which ligaments are affected

- Pain on weight-bearing or walking

- Pain when turning the foot inwards as it stretches the injured tissues

#### POSSIBLE SELF-TREATMENTS

1. As with other acute injuries, until more evidence becomes available, it is still sensible to begin the RICE (Rest, Ice, Compression, Elevation) protocol for the first few days. (see Summer 2021 article)

2. Avoid taking anti-inflammatory medication such as ibuprofen for the first few days as it could delay the healing process. Painkillers such as paracetamol can be taken to help reduce the pain.

3. If it is painful to walk or weight bear, keep this to a minimum for the first 48-72 hours. As the symptoms subside, try to walk

normally to encourage the healing process. If it remains very painful to weight bear, consider going to the hospital for further investigation and assessment.

4. As the discomfort eases, try to move your foot and ankle up and down, inwards and outwards, round in circles, and also practice writing the alphabet or your name. This will encourage more normal movement of the tissues as they repair. As pain reduces, these exercises can also be done using a lightweight elastic resistance band.



5. It is possible to apply kinesiology tape (the brightly coloured tape that is often seen) to help reduce the initial swelling and bruising (see above).

Research suggests that taping or strapping the ankle to enable an early return to sport appears to be beneficial as it doesn't cause weakness to the structures, but instead appears to help improve the strength and prevent re-injury.

6. Gradually increase the amount of walking, and once the pain is more manageable begin to incorporate some balance and proprioception exercises such as:

- a. standing on one foot on the floor
- b. progress to standing on an unstable base such as a cushion or pillow, then try to do it with your eyes closed
- c. exercises on a wobble cushion or wobble board
- d. hopping forwards and backwards, side to side

7. When possible, try jogging a few steps whilst out for a walk. Whilst it is initially uncomfortable, it often becomes easier with activity. Wait to see if there is any adverse reaction before gradually increasing the time spent jogging. Recovery can be anything from less than 2 weeks so do not be over-cautious but be sensible and listen to your body.



8. Physiotherapy treatments can be beneficial to accelerate the healing process and also help reduce the pain and swelling. Self-massage can be beneficial, but you would need some knowledge of the anatomy of the ankle ligaments to determine which ligaments required treatment and the direction of the massage. Following assessment, a physiotherapist can often advise how to continue this treatment at home.

OTHER POSSIBLE CAUSES OF PAIN ON THE OUTER ASPECT OF THE ANKLE

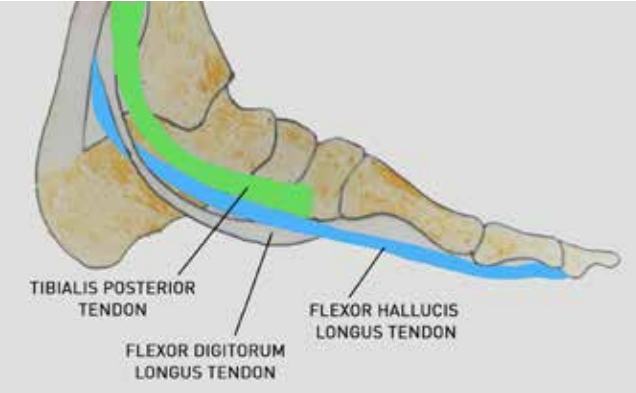
Pain on the outside of the ankle may also be due to damage to the peronei tendons. When the peroneal muscles contract they pull the foot outwards, so sometimes when the foot is forced inwards as in a sprained ankle, the force and speed of the action can cause damage to these tissues. If the tendons are damaged, the pain will be around the back of the ankle bone and it is often painful to push the outer aspect of the foot against resistance, such as a chair leg. If the peronei tendons are injured in conjunction with the ankle ligaments, this injury must also be addressed, or it will delay the return to activity.

11. PAIN ON THE INSIDE OF THE ANKLE

Pain around the inner aspect of the ankle - often just below the ankle bone or around the back of it - is often due to an injury to the tibialis posterior tendon. This is not the same as shin splints which causes pain or an ache on the inner aspect of the shinbone and is more common in road running - often a result of overuse or increasing training loads too quickly.

PRESENTATION

The tibialis posterior tendon supports the arch on the inner aspect of the foot and is responsible for pulling the foot inwards and upwards. The pain may be located just below, around the back, or just above the ankle bone where the tibialis posterior tendon lies within a sheath to protect it from chafing against the bone.



Above: Image showing the position of the tibialis posterior and flexor hallucis longus tendons

The pain may be present:

- when walking barefoot
- when walking or running on a camber especially when the foot is rolling inwards
- when changing to less supportive or flatter shoes.

POSSIBLE SELF-TREATMENTS

1. Try to identify the cause of the problem to avoid further aggravation of the injury. If it is due to a particular training route that involves running on a camber or the roadside for any distance, temporarily change or avoid this route.

2. Initially, wear more supportive shoes to take the excessive stretch off the tendon until the acuteness subsides. If you ultimately want to return to less supportive shoes, gradually decrease the level of support as things improve – but don't suddenly put on a pair of racing flats and expect things to be ok.

3. If the area feels hot or swollen, use regular cold treatment to help decrease the swelling and inflammation. This doesn't have to be an ice pack. Even placing your foot and ankle in a bowl of cold water or wrapping the area in a towel wrung out in cold water will help to reduce the temperature.

4. To minimise the development of any fibrous / scar tissue, it is beneficial to self-massage the tendon at 90° to the direction of the tendon fibres (see image).

5. Exercise the tendon by carrying out eccentric exercises. Stand with the toes pointing outwards in a 10 to 2 position, raise up onto the toes, then roll the heels inwards and slowly lower back down. This helps to avoid degeneration of the tendon and will also help to reduce the pain. This can be done 10 times, 3x per day, building up to 3x10, 3x per day as the injury improves.

6. Gradually increase exercise levels as pain allows but avoid surfaces that have particularly aggravated the symptoms previously – such as running on a camber, or shoes which have allowed your foot to roll too far inwards into pronation.

7. Supportive insoles are sometimes beneficial to help support the tendon and improve the biomechanics and alignment of the leg until the injury settles, but given fell running isn't a repetitive running style, they may not be necessary long-term. Orthotics aren't as relevant in off-road running as the injury is often due to reasons other than just biomechanics.

12. PAIN ON THE UNDERNEATH OF THE FOOT

It is important to remember that the sole of the foot is very complex, with muscles, tendons, ligaments, fascia, and nerves. As

soon as pain is experienced on the sole of the foot, it is assumed that it must be due to plantar fasciitis, but there are many other possibilities, and an accurate diagnosis is important to determine the best treatment.

One common cause of pain on the sole of the foot in fell runners is damage to the flexor hallucis longus tendon – the structure responsible for pushing the big toe downwards. Whilst this injury is regularly reported in ballet dancers and sprinters, fell running puts considerable strain through this structure – particularly when running uphill. Given I covered plantar fasciitis in the Autumn 2015 copy of The Fellrunner, I am going to explain more about a flexor hallucis longus injury given it is quite an unusual injury and is often mis-diagnosed.

PRESENTATION OF FLEXOR HALLUCIS LONGUS TENDINOPATHY

- Pain may be located under the big toe, under the arch of the foot, around the inside of the ankle, and there may be some deep aching in the calf as the muscle belly lies underneath the main calf muscles

- The pain is aggravated by the push-off stage of walking or running

- The pain may be aggravated by wearing supportive shoes or orthotics as they often put pressure on the injured structure

- There might be a sensation of 'cracking' or 'popping' as the thickened tendon catches against other structures

- You may have started to run with your foot turned out slightly to avoid loading the tendon on push-off

POSSIBLE SELF-TREATMENTS

1. Modify your activity. If the injury has been caused by uphill running or uphill reps, adapt your training schedule or your running

style to avoid a strong push-off through your toes until the injury has settled. You might need to temporarily avoid running on your toes or slow your pace. Total rest from running isn't usually necessary unless it is aggravating the symptoms.

2. Check your footwear -

- a) Shoes with anti-pronation correction or high arch support can sometimes put pressure on the injured structure causing further irritation (this may also apply to orthotics if you wear them).

- b) Make sure that the area of the shoe under your big toe isn't over compressed (feel inside the shoe) and also check that the sole of the shoe isn't cracked or split where the forefoot bends.

3. Self-massage the tendon focusing on any particularly tender areas. The massage is at 90° to the direction of the tendon, but do not be too aggressive and cause further irritation. It may be necessary to massage under the big toe, in the arch of the foot, around the ankle, and even into the calf.

4. Exercise the injured tissues :

- a) Loop an elastic band around the big toe and practise flexing the toe, and, whilst maintaining some tension on the band, allow it to come back to straight

- b) Practice picking up marbles or pencils with your toes

- c) Put a towel on the floor and practice 'scrunching' it with your toes

- d) Once the pain has subsided sufficiently, practise walking around on your tip toes

- e) Practise hopping forwards / backwards / sideways.

# CASE HISTORY A RARE INJURY FOR FELL RUNNERS

In 2009, Victoria Wilkinson was in my treatment room, along with Sarah Tunstall and Candice Heys. They had all been part of the winning team at the 2008 European Mountain Running Championships and were laughing and reminiscing about the trip. Suddenly Victoria announced that something had gone 'twang' in her foot whilst she had been doing some hill reps over the weekend. She had continued with her session but noticed afterwards that there was a small bruise on the sole of her foot but, more worryingly, that her big toe wasn't working properly.

On examination, she was able to lift her big toe off the floor but was unable to push it back down onto the floor. It wasn't particularly painful, but ruptured tendons don't tend to be as they are no longer attached. I suspected she had ruptured the flexor hallucis longus tendon under her big toe and I needed her to have an MRI scan as soon as possible to confirm my suspicions.

The MRI report confirmed the rupture – but also that the tendon had retracted 2.5cms into the foot. There had only



been 5 reported cases of this injury in the world, but the reports didn't document whether any of the individuals had been able to return to activity following surgery which presented us with several concerns. Due to the nature of the injury, the tendon ends would have to be pulled back together to be able to re-connect them. This could result in the repaired tendon being shorter meaning the big toe would remain permanently flexed which would affect the ability to push-off. Equally, trying to stretch the shortened tendon so the toe could straighten enabling a more effective push-off could cause it to re-rupture. Not an ideal scenario for one of our best female fell runners.

It was now 6 weeks post-injury and timing was crucial if a repair was going to be successful. The options were to have revolutionary surgery with an unknown outcome or do nothing and try to alter Victoria's running style. I did some video footage of her walking and running, and she was already compensating far too much for the injury. The most apparent problem was that the strong extensor tendon on top of the toe was pulling her big toe upwards, and without the opposing tendon functioning underneath she was unable to pull her toe back down so it was permanently raised. Without the surgery, Victoria was going to be at risk of further 'compensatory' injuries, but more seriously, a new running style would probably compromise her ability to continue performing at her current level.

On 30th March I accompanied Victoria for a complicated 3-hour operation to repair the flexor hallucis longus tendon. The consultant commented that he was glad that we hadn't delayed any longer as the tendon ends were seriously deteriorating. The tendon had frayed prior to the rupture so there was damage over a much wider area than we had anticipated. The tendon sheath was also damaged so both the tendon and the sheath had to be resected back to healthy tissue before they could be re-attached. After the repair, and whilst Victoria was still under general anaesthetic, I began to stretch the tendon under the guidance of the consultant. It was necessary to maintain the mobility of the tendon but not to disturb the repair. The surgical procedure was a success, but the rehabilitation could still result in a re-rupture.



Above: Victoria (far right), with Denise Park (far left), and fellow female team gold medalists from the Commonwealth Champs in 2009, Sarah Tunstall (second left) and Mary Wilkinson (second right). It was Victoria's first race back after her injury.

Rehab commenced – Victoria was to be in plaster for 2 weeks, followed by 6 weeks in a below-knee boot – but I started hands-on treatment and stretching the tendon from day 3. She had a strict routine of exercises, and she did everything to the letter. Because she had worked so hard at her rehabilitation, on 25th June, ahead of schedule, I allowed her to jog on grass for 30 seconds. With no adverse reaction, we gradually increased her jogging time in increments of 30 seconds and in September she matched a personal best time on Skiddaw. Whilst she wasn't ready to race downhill, she was then selected for the England Commonwealth Uphill Mountain Running Team. On September 18th, she finished in 5th place, was the 3rd England counter and was part of the gold medal winning team.

Since her surgery in 2009, Victoria has broken many race records, including her amazing Three Peaks Race Record of 3 hours 9 minutes and 19 seconds. Over the last 12 years she has received regular treatment to both flexor hallucis tendons to maintain flexibility and to keep them injury free, but I think we can certainly say that the operation was a success. Whilst this is quite an unusual injury, it is something that fell runners should be aware of given that the timing is crucial for any surgical intervention to be successful.

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

*She started working with fell runners 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

AUTUMN 2021

WORDS MARTIN STONE





After the frenetic activity on the long distance scene in the Spring and early Summer, the period since then has been quieter and more like that of a 'normal' Summer. However there have been some notable exceptions.

Before I get started, I must apologise to Vivian Scott who I wrote about in the previous magazine, mistakenly assuming he was a woman. This was the result of very poor homework on my part and rushing to complete my piece. I'm really grateful to Vivian for not throwing all his toys out of the pram and being so chilled about it. On the positive side, the episode has provided enormous amounts of entertainment for all Vivian's running mates and his circle of climbing friends from university days!

### FINLAY WILD – 2ND FASTEST BOB GRAHAM IN SUB 13 HOURS

One of the stand out feats of 2021 is Finlay Wild's superfast Bob Graham. You can read Finlay's account of his fabulous day elsewhere in the magazine and so I will just try to add some context below. Finlay's time of 12hrs 59mins 16secs set on Saturday 28th August was only 7 minutes slower than Kilian Jornet and 45 minutes faster than George Foster (3rd fastest) who completed his excellent round last year.

Having set so many extraordinary solo unsupported records in Scotland and Snowdonia, it was only a matter of time before Finlay turned his attention to a fast Bob Graham. The first part of 2021 was certainly not straightforward for Finlay as he endured 2 weeks of wintry weather while he was recceing the route in late April/early May. Despite the challenging conditions Finlay recorded fast times as he reced 2 legs back to back that were within minutes of the times Kilian Jornet set in 2018. Finlay returned to Fort William and a team of top local pacers was assembled for an attempt on 20th May. Finlay came back down to Keswick ready for the attempt but the weeks of monsoon had now been replaced by

freezing weather on the fell tops. The attempt was pulled with less than 24 hours to go and Finlay returned to Scotland, probably a little demoralised that he had been really well prepared physically and mentally, but had absolutely nothing to show for it.

Things went from bad to worse when he broke his wrist in a freak skateboard accident in early June, just as the Lakes was coming back into condition. I would say that the pacing team were incredulous rather than sympathetic when they learned of his accident! It all went quiet for a few months while Finlay recuperated and trained on a static setup in his house. During his return to fitness Finlay set a record for the Rigby Round (more below) and by the end of July he was back on track and heading towards top form again. Some more BG recceing in early August with superfast leg times posted for Leg 3 and 4 and Finlay was absolutely ready to go. A team of pacers, many of them different to the group assembled in May, were scrambled at less than a week's notice and the rest, as they say, is history .... One very nice touch was that when we arrived at the support point at Threlkeld (end of leg 1), a slightly older chap emerged from a camper van. It was Finlay's Dad, Roger Wild who had travelled down from Fort William to surprise Finlay and provide moral support for his son on this special day.

Finlay let out a "Hi Dad" as he sprinted through the support point. Roger has supported Finlay on many of his challenges over the years and so I guess Finlay wasn't particularly surprised to see him.

Finlay used Kilian's actual times for his schedule, so there was no hiding his ambition from the pacing team. It is difficult to imagine how Finlay coped with the pressure of setting his stall out to match Kilian and to then spend 13 hours

running just a smidgeon slower, not quite matching Kilian. I think the pressure would have broken many runners but Finlay seemed to rise above it. Knowing that he isn't quite as fast a runner as Kilian, he focused on the marginal gains to be made by steaming through the road crossings at top speed. He also wanted to avoid the time lost by Kilian (and Billy Bland) as they bonked on the descent of Grey Knotts to Honister. The support team and pacers felt a little despondent at Honister, realising that although it would be close, it was clear that Finlay wasn't going to beat Kilian. However, I think Finlay would quite honestly say that he didn't feel the same way about the situation at all – he was super positive. And how extraordinary it was that having chased Kilian all day, only losing literally a few seconds a peak, he was able to have the most storming final section from Honister to Keswick in 1hr 39mins. It was the shortest leg and the only leg that he ran faster than Kilian - but it was 7 minutes and 7% faster than Kilian. If Finlay had repeated this performance on any of the 4 other longer legs he would have beaten Kilian's time. It was a truly amazing finish to one of the greatest ever days on the Bob Graham Round.

With all the uncertainty and woes of the Spring, Finlay's overall BG journey from preparation to completion was certainly a great deal more challenging than it was for Kilian, who was parachuted into the UK on a Tuesday, reced on Wednesday, Thursday and Friday and set the record on the Sunday! It is interesting to compare Finlay's solo unsupported Ramsay Round time of 14hrs 42mins with his supported BG time of 12hrs 59mins. Making the simplistic assumption that the Ramsay Round is 30 minutes longer than a BG for Finlay, I concluded that for someone as efficient as Finlay at running solo unsupported, the pacers may 'only' have been worth about 75 minutes to him on the BG, so he might have expected to run the BG in 14hrs 15mins solo unsupported.

Finlay has a website [www.gomountaingoats.com](http://www.gomountaingoats.com) where he writes about his many running and mountaineering adventures and he also records podcasts, interviewing a variety of folk about their outdoor experiences. If you visit the website, you can listen to an in depth interview with Finlay about his Bob Graham and his Ramsay Round (2020).



**FINLAY WILD – RIGBY ROUND (CAIRNGORM MUNROS) RECORD**

Finlay attempted the Rigby Round while he was recovering from breaking his arm and it helped him to check that his fitness and conditioning were on track as he prepared for his BG. The weather was superhot and Finlay aimed to avoid some hours of heat by setting off from the Norwegian Stone at 01:30 on 24th July 2021. He was travelling anticlockwise and as usual solo unsupported, in the best tradition of the way Mark Rigby originally attempted the Round. It was an amazing night with a huge full moon and very still weather. Finlay took a bit of a tumble on Beinn Bhrotain and every walker he met for the next 10+hrs told him that he had been bleeding! Climbing out of Lairig Ghru he was thankfully in the shade but from then on (about 9am) it became very hot! His strategy was to drink prodigious amounts of water, filling up whenever he could and alternating 4 soft flasks. He was fortunate to find enough streams and never felt fluid overloaded despite drinking far in excess of 10 litres. A cap and sunglasses provided real benefit, although the heat certainly slowed him down. The long pull to Beinn Bhreac across the Yellow Moss was his low point as he couldn't get into a rhythm on the tussocky ground.

Finlay's time was 16hrs 40mins 14secs which was 33 minutes quicker than Oli Johnson's excellent solo unsupported time set a month earlier on June 18th 2021. Finlay also did a skimo variation of a clockwise Rigby Round last winter which was a very different but equally memorable outing!

**JASMIN PARIS – SCOTTISH MUNROS 24 HOUR WOMEN'S RECORD.**

The most recent records for the Scottish Munros 24 Hour challenge have been set in the Cairngorms. On 24th July, while Finlay was also active within a few miles on the Rigby Round, Jasmin set off from Invercauld Bridge on a quest to climb 29 Munros and set a women's 24-hour Munros record. Her attempt was only 3 weeks after Kim Collison set the overall 24-hour record of 33 Munros based in the same area. You can read Jasmin's article about her attempt elsewhere in the magazine.

Despite unusually high Scottish temperatures and getting lost close to the end of the challenge, Jasmin Paris set a new women's 24-hour Munros record. She climbed 29 Munro summits within 23hrs 49mins 2secs, a distance of 144km and 8100m ascent. She was supported by her family and close friends. Jasmin also holds the female record for the Ramsay Round (16hrs 13mins set in 2016).

Jasmin writes "It was great to be back out there, with friends in the mountains. The weather was uncomfortably hot, but on the plus side the first leg overnight was incredible, as were the views and the sunrise/sunset. I had a schedule which allowed me to do anything from 29 to 31 Munros, although I also had options to cut back after either 25 or 27. I feel like it's been harder to get fit again after my second child than it was first time around. I probably have a little way to go still to reach my previous best, but in the circumstances, and the heat, I was really pleased to manage the 29. The final run in was rather more exciting than I would have liked.

We got a little lost on the forest tracks at the end and I had to sprint the final few kilometres to make it back inside the 24 hours."

**NICKY SPINKS – LAKE DISTRICT 24 HOUR WOMEN'S RECORD**

Ten years after setting this very strong record, Nicky was back in action trying to regain the record that was captured from her by Carol Morgan last year. Carol reconfigured the final section on the NW fells and added a new final summit, Grisedale Pike, which has also been the final summit on the Men's 24 hour round since the 1970s. Carol completed 65 peaks from Braithwaite in 23hrs 57mins.

Nicky had already made an abortive attempt to regain the record in gruesome weather last May and after losing time in gale force winds, it was never possible to get back on the required schedule. She made her second and successful attempt on 14th/15th August 2021 and completed the same route as Carol, but 11 minutes faster, in 23hrs 46mins 8secs. You can read about her adventure in an article elsewhere in the magazine.

I have to admit that I didn't believe it would be possible for Nicky to go faster and further some 10 years after setting her previous record, so well done for confounding an old "pundit". How wonderful it is to still be able to run fast and long after all these years when many would be expecting her to slow down.

Nicky writes "It was amazing to find that my training and self belief had worked and my legs felt so strong for three legs. I was

steeling myself for a complete suffer fest and kept thinking I couldn't be trying hard enough as it was almost enjoyable! It was only my inability to keep food down that affected my energy from Leg 4 onwards.

I'm so happy to have done it. Not including Grisedale Pike has annoyed me for ten years. And although I didn't think I could be a faster runner, ten years older, I knew I had a lot more experience to draw on. It was interesting working out how I could beat myself. It was like knowing your rival inside out. I'll never know if I could have also added Knott and Bowscale as I'm NOT making another attempt! I think with perfect weather I could have added them."

**DOUBLE BOB GRAHAM RECORD – DOUGIE ZINIS**

This attempt definitely went under my radar and was a really exceptional performance. On September 10th/11th Dougie completed an anticlockwise BG round in 21hrs 44mins, he turned round and completed a clockwise round in 23hrs 19mins. This is mind boggling to imagine for all who aspire to complete a single round within 24 hours. His time for the double was 45hrs 3mins. Nicky Spinks was the previous record holder and completed her Double Bob Graham in 2016 in a time of 45 hours 30mins.

After suffering from a mini stroke in his early twenties, Dougie (who is now 41 and a member of Calder Valley FR) took up running at the age of 28 in an attempt to improve his health. He has run several ultra-marathons and first joined the Bob Graham Club in 2019 after completing his single round in 20hrs 27mins. He made





his first attempt at a Double BG last year but slipped and injured his hip flexor part way through his 2nd round. He was gutted and put it down to a lack of long days in the hills. Ahead of his second attempt, Dougie geared up his training plan so that he would be able to cope with the challenge. Dougie also completed a (single) 20 hour Paddy Buckley Round last year and came 5th on Lakeland 100 in July this year.

Dougie writes “I ran anticlockwise first because the clockwise route is familiar to me and so I felt better prepared to take that on later in the journey. I was actually stung by a wasp five minutes into the run which I thought must be a bad omen, but luckily my leg was fine and the plan went well.” Dougie was supported by 23 friends and club members.

### ANNA TROUP – PENNINE WAY WOMEN’S RECORD

Anna, who is 51 and hails from Henley-on-Thames, started running in her mid-40s and since then she has won a number of 100 mile races. Earlier this year she set the women’s record on the 268 mile Summer Spine Race (the entire length of the Pennine Way) in 80hrs and was fastest female in the Montane Lakeland 100. A mere two weeks later she was stood outside the Nags Head at Edale and started her journey north at midday on 14th August. For most, this build up would have proved a little excessive!

The weather was wet, windy and claggy and she even had to contend with a blizzard on one of the days. There were very few hours of sunshine and conditions were very boggy. Her lack of rest in the period before the challenge and the conditions were hardly conducive to setting a fast time. Despite feeling cold for much of the 268 mile journey and suffering from bouts of nausea quite early on and a very swollen knee for the final 60 miles, Anna completed her journey in 72hrs 46mins 52secs, an improvement on Sabrina Verjee’s 2020 time of 1hr 40mins.

### JEAN BROWN – SOLO PADDY BUCKLEY ROUND

Jean started in the centre of Llanberis at 4am on Friday 3 September on what was most probably the first solo journey by a woman. Despite the weather not being anything close to forecast, she completed the round in 23hrs 50mins. She spent many hours in wet mist / cloud and battled strong winds for the first two legs. There were some clear spells later in the day. Jean was supported at the road crossings by Mike Wallis and Katy Thompson – a top team!

### CARNETHY HILL RUNNERS – 282 MUNROS IN A DAY

On 14th August, 120 Carnethies and their families undertook a massive logistical and physical challenge to climb all the Munros within a day. Their time to complete the 282 Munros was 16hrs



Photos top to bottom: Jean Brown leaving the quarries on her solo Paddy Buckley Round © Mike Wallis; Jean at the finish in Llanberis © Mike Wallis; the Durham Fell Runners team together at Moot Hall after completed the fastest continuous club relay of the 214 Wainwrights in a time of 4days 6hrs 50mins © Patrick Bonnett

48mins from the first summit to the last. Mark Hartree has written a great article elsewhere in the magazine about how the club prepared for the day with short pieces by some of those who had the most remarkable adventures. Although club members were spread across the Scottish Mountains, the day proved one of the best ever bonding experiences for the club.

### DURHAM FELL RUNNERS – 214 WAINWRIGHTS RELAY

On Monday 30th August, a team of 27 members of Durham Fell Runners, running in pairs, completed the fastest continuous club relay of the 214 Wainwrights in a time of 4days 6hrs 50mins. It was a fabulous adventure with amazing teamwork, club spirit and effort on the hills, day and night. The attempt was 18 months in the planning. DFR would be delighted to see other clubs have a go at this challenge.

Eden Valley Mountaineering Club completed the first and probably the only other Wainwrights Club Relay 28 years earlier. Their much smaller team of 8 ran in pairs and completed the round in 4days 12hrs, following Joss Naylor’s original route. Eden Valley MC have laid down the gauntlet to Eden Runners and would like to see them bring the record back to Penrith next year!

### PHILIP WITHNALL – YORKSHIRE ROUND RECORD

Philip, a member of Lonsdale Fell Runners, completed the Yorkshire Round on 22nd May 2021 in a new record time of 19hrs 37mins. The route could be described as Yorkshire’s equivalent to the Bob Graham Round! The object is to ascend twenty of the two thousand foot summits which lie on or within the county boundary of North Yorkshire, starting/finishing at Horton-in-Ribblesdale. It involves some 85 miles and 17000 feet climbing within a 24-hour limit. What it lacks in ascent is more than made up for in distance and arduous Yorkshire terrain!

Philip writes “It was a great day out, and I enjoyed all of it (except the ascent up Plover Hill, where my line took me through unending burned heather). I’m hoping that the recent increase in attempts is a trend which will continue as I think more people should get to enjoy the variety of views and situations the route provides. I had 2 or 3 support runners on each leg, with me for company. I carried all my own stuff, restocking on food at the road support points. The weather varied from light snow on leg 2, through to full sunshine on leg 5 (which was a lovely way to end). Road support was a car at Garsdale, Hawes and Kettlewell, driven in by one of the support runners for the following leg. It’s worth noting that I moved Middle Tongue from leg 4 to leg 3, so the transport for my support was a bit easier. Leg 3 therefore ended at Cray and leg 4 started up Buckden Pike.”



JACK EDWARDS – DARTMOOR 500s ROUND RECORD

Jack Edwards set the record for the Dartmoor 500s Round on 5th June 2021. The route includes all 52 tors on Dartmoor above 500m, 100KM and 3,300M ascent. Jack started at 05:10 at the Warren House Inn and completed the route with his support team in 15hrs 10mins 52secs, reducing the existing record from 15hrs 56mins. It was a day of two halves - a bright morning with plenty of sunshine followed by an afternoon of continuous clag and heavy rain. The route was devised in 2018 and since then there have been only a handful of completions.

Jack writes “My Dad was diagnosed with terminal bowel cancer in February 2020 and I guess you could say this was the start of my running journey. Running helped me to cope while I was unable to see him due to the pandemic. In November 2020 he became more sick and with vaccines on the horizon, I made the decision to move home to Devon and Dartmoor became my new stomping ground.

My dad felt deeply indebted to a local cancer charity in Exeter called FORCE, who had helped support us through this difficult and strange time and I wanted to do some fundraising to support the charity. I had completed a run just short of 100km in January 2021 and I felt that an attempt at the record for the Dartmoor 500 was a challenge that would be worthy of people’s donations.

If you meet someone who is fortunate enough to have run on Dartmoor, they will probably tell you it is bleak, barren and littered with ankle breaking tussocks which can make progress slow and draining. But due to the difficult access to the centre of the Moor, if you brave the bogs and pathless expanses you will find a special kind of isolation which is rare in England. I spent about 4 months doing recces and scanning the satellite map to find the best sheep trods and the least boggy routes across the moorland. This resulted in a route with more out and backs and road running than I would have liked but it helped to shave off precious minutes. Previous rounds have made a loop out to the distant Hameldown Beacon but I planned to reduce the time by changing that to an out and back.

On the day family and friends provided support and my team made extraordinary efforts to help me achieve my dream. Despite the forecast being near perfect during the week, Dartmoor obviously had different ideas. We were in clouds with a gentle breeze for the first 40KM and from then on it was driving rain and mist. At 60KM my GPS watch failed but fortunately my time spent on recces paid off and I completed the route in 15hours10mins.



Above: Jack Edward hugging his mum after setting a new record for the Dartmoor 500s round © Samuel Crowe; Background image: Jack, his dad and brother on Ben Nevis © Jack Edwards.

We managed to raise over £14,000 which will make a huge difference to people and families suffering with effects of cancer in our area. In April, during the fundraising for this event, my dad passed away unexpectedly from the complications of his condition. He desperately wanted to see all our efforts come to fruition in a place he loved and treasured. However, even though he wasn’t able to be there in person, we could all feel he was there in spirit. I dedicate this record to him.”

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 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 have to 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 have to 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 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. 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.





# AMPHIBIOUS AMBITIONS

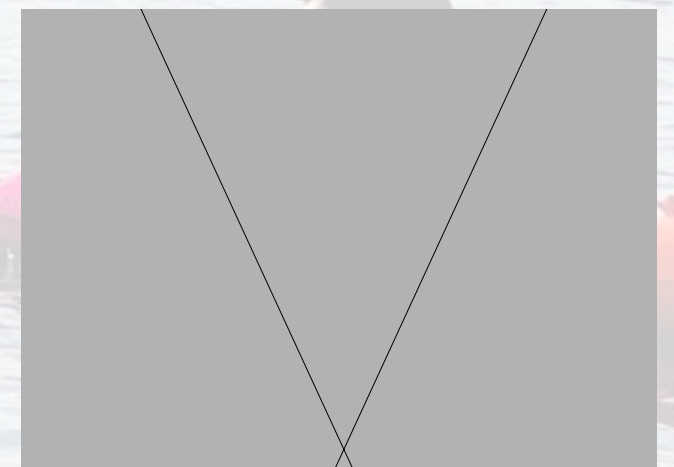
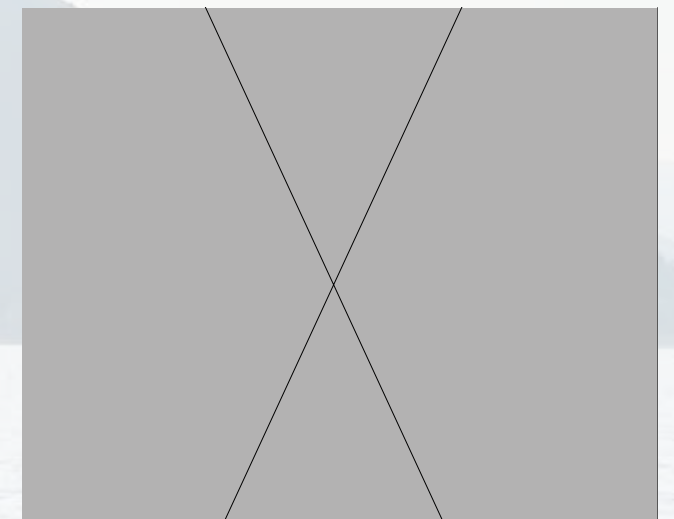
WORDS MARTYN PRICE, SECRETARY, FROG GRAHAM ROUND CLUB



The season is pretty much over for any aspiring Frog Graham Round contenders and it's been an interesting one: earlier in the year we had a large amount of queries via email and social media and that, along with increased sales of the excellent Harveys Frog Graham Round map, led us to predict a record year in terms of aspiring contenders. As it turned out, we were quite wrong and as I write the club's Roll of Honour has seen just 27 names added to it in 2021. I think this has to be indicative of the simple fact that the FGR remains a pretty formidable challenge, and that once people get to grips with the realities of it all and how different it is from other evolutions of its type, then expectations are swiftly realigned - that's a nice way of saying, "you're joking aren't you?". I quite often get messages from people who have been out on recce runs and come face-to-face with the vertical wall that is the Mellbreak climb, questioning if this is really the way you're expected to go and the answer is always that you can go any way you like, just as long as reach the correct summit! Talking of which, without mentioning any names, we would like to give huge credit to the successful contender who, having reached the summit of Skiddaw, just carried on going and eventually reached Bassenthwaite Church via Bakestall, the Cumbria Way and Peter House Farm. Route deviations are not unusual on the Frog Graham Round but this is the biggest one we've seen by some margin, so top marks for tenacity and getting it done! The fastest round we've seen this year was by Abey Lawrence in 14:21, while for the blokes it was Joe Osbourne in 14:41 - both excellent times.

The Tadpole Round has continued to be a popular challenge and quite often we see families tackling it as a collective group, which is just fantastic to see. We've had no less than five juniors complete the round who are aged ten or under, and in very decent times too: the youngest was Martha Pugh aged just seven, who completed the round under the watchful eye of mum Victoria. My favourite Tadpole Round of the year was completed by Charlie Dobson aged 9, a keen member of Rossendale Harriers Juniors. Charlie bombed round in 1hr 50 minutes supported by dad Andy. As far I can tell, he had a smile on his face from start to finish.

I think we'd all agree that in terms of great achievement, the last couple of years have been remarkable by anyone's standards. I was reading Ally Beaven's book *Broken* a short while ago, and it occurred to me that it will be hard for anyone to come up with something truly unique that isn't just a mishmash of other challenges, but how about this: I wrote in the last edition of *The Fellrunner* about Natalie Hawkrigg and Clare Regan, two adventurous ladies who have some definite "previous" when it comes to innovation - they were the first ladies to complete the Puddle Buckley for instance



Background photo: Steph Illingworth exiting Bassenthwaite after Leg 1 of her successful Frog Graham Round © Steph Illingworth; Above photos top to bottom: Abey Lawrence on her way to the fastest Frog Graham Round of 2021 to date © Abey Lawrence; Charlie Dobson and his dad, Andy, after Charlie's Tadpole Round © Andy Dobson; Charlie Dobson with his Tadpole Round certificate and t-shirt © Andy Dobson.



and of course, Natalie is the current ladies’ record holder for the Frog Graham Round. In August Natalie and Clare successfully completed their **FrogMan** round, a circuit of the 42 Bob Graham Round fells but with the addition of swims across Derwentwater, Buttermere, Wastwater and Bassenthwaite to make things a “bit more interesting” (not my words). This is a serious challenge: most normal mortals who’ve done the Bob Graham will remember only too well how knackered they were at the end, but having to finish off with a long swim across a potentially inhospitable lake will seem completely unreasonable to most. They went ACW, meaning they had a short run out along the Borrowdale Road before swimming Derwentwater and then the Cumbria Way to Rosthwaite prior to climbing Dale Head, then Hindscarth and Robinson before dropping down to Buttermere for their second swim and then on to Grey Knotts via Warnscale Bottom and very some direct lines. Finishing this was a pretty stupendous achievement and one I didn’t think would be followed anytime soon, but of course I was dead wrong – is anyone spotting a trend here? – and very soon Bob Graham Round Club Secretary Paul Wilson got in touch to ask if I would support an under-the-radar attempt on the fledgling FrogMan challenge, his aim being to become the first male contender to complete. Requests like that are hard to refuse, so despite a family wedding the next day and dire threats ringing in my ears on the consequences of coming home via a hospital or with any body part broken, I had a great time supporting Paul on Leg 2 along with his wife Angela. He definitely wasn’t messing about. Ground support was provided by erstwhile FRA Chairman Charmian Heaton and as far as I can tell, the whole thing went off without a hitch in the glorious September sunshine. For the benefit of those who are wondering, Paul chose to go CW meaning he ran from the Moot Hall to Beck Wythop and then across Bassenthwaite before climbing Skiddaw via Dodd Wood and Carl Side. He then followed the standard BGR line until Wasdale, where he swam Wastwater from Brackenclose to Overbeck Bridge, before climbing Yewbarrow via Dropping Crag and Great Door. I’m sure there will be more written about this pretty epic adventure so I’ll leave it at that, but in the meantime we offer our heartiest congratulations to all three on a fantastic achievement.

Photos top to bottom: Natalie Hawkrigg and Clare Regan on their **FrogMan** on Mungrisdale Common; Natalie and Clare swimming across Bassenthwaite with Elwood Razzetti on kayak support; Paul Wilson and his wife, Angela, on Helvellyn during his **FrogMan**; Paul and Leg 1 supporter Jacob Tonkin at Bassenthwaite. Opposite page: Jon Mold on his Frog Graham Round © Jon Mold.



## 2021 SUCCESSFUL FROG GRAHAM ROUND CONTENDERS

	FIRST NAME	SURNAME	DIRECTION	TIME (HH:MM)
-	Mike	Quinn*	CW	20:03
103	Daniel	Braun	CW	20:03
104	Andrew	Mochrie	CW	20:01
105	Angharad	Owen	CW	20:01
106	David	Berry	CW	20:01
107	Daniel	Reynolds	ACW	14:51
108	Tom	Whittington	ACW	15:14
109	Ros	Blackmore	ACW	19:57
110	Neil	Bowmer	ACW	19:57
111	Jess	Young	ACW	19:57
112	Steph	Illingworth	ACW	16:10
113	Elizabeth	Adams	ACW	18:04
114	Liz	Mahon	ACW	22:08
115	Lee	Mahon	ACW	22:08
116	Tim	Drummond-Smith	ACW	18:48
117	Christian	Hosking	ACW	18:48
118	Anne	Milner	ACW	24:07
119	Abey	Lawrence	ACW	14:21
120	Ranulph	Diggins	ACW	18:48
121	Joe	Osborne	ACW	14:41
122	Andrew	Douglas	ACW	14:47
123	Muir	Morton	ACW	16:05
124	Clare	Petrie	ACW	18:13
125	Stephen	Hancock	ACW	17:48
126	Jonathan	Mold	ACW	17:48
127	Andrew	Maiden	ACW	17:48
128	Kyle	Funston	ACW	21:34
129	Daniel	Nesbit	ACW	21:34

\*Mike Quinn is a previous completer







# JOSS NAYLOR LAKELAND CHALLENGE

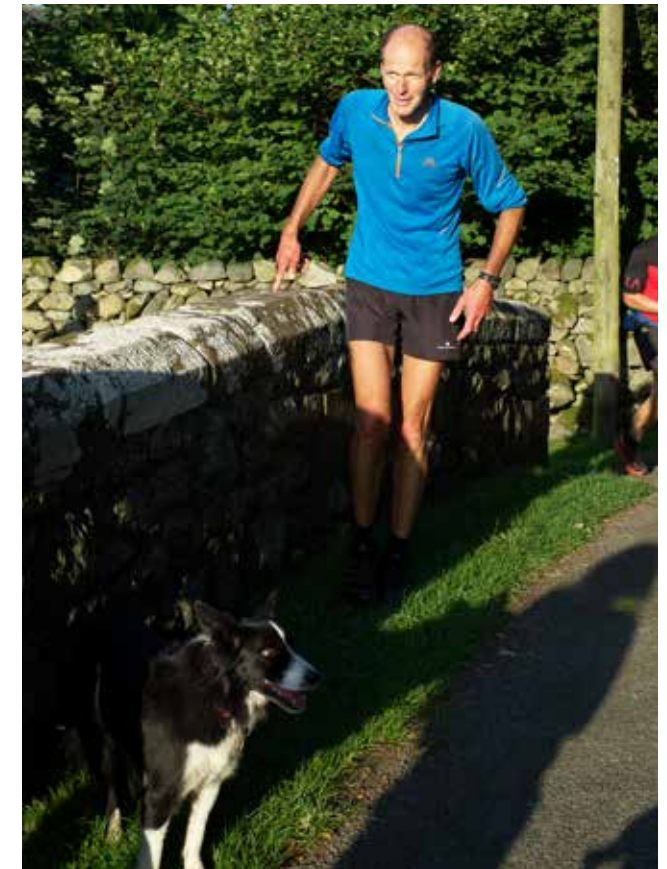
WORDS IAN CHARTERS

**F**our months ago, I wondered if restrictions over last winter would have a significant effect on the number of attempts this summer, especially by runners who would have been unable to travel to Cumbria to train and to reconnoitre the route. The number of successful Crossings this year will be fewer than in most recent years but comparable with other “quieter” years. So far there have been 15 successful Crossings and there are another four attempts planned for later in September. For comparison, 2020 saw 20 Crossings, 2019 saw 29, 2018 saw 16, 2017 saw 20 while 2016 saw 11.

In May Tyron Lewis (M55, Dallam RC) was successful and in June Mick Cooper (M55, Todmorden Harriers), Mark Domaille (M60, Wakefield Harriers) and Mark Seddon (M55, Horwich RMI) were successful. July’s only completion was by Selwyn Wright (M65, Ambleside AC) while in August Paul Tynan (M60, Lonsdale FR), Rae Pritchard (M55, Rucksack Club), Tim Rippon (M55, Dark Peak FR), Peter Murphy (M55, Tynedale Harriers & AC), Ken Murphy (M55, Lonsdale FR) and Mandy Goth (F60, Todmorden Harriers) were successful. So far in September Guy Illingworth (M55) is the only successful completer. Of the above, Paul Tynan and Mandy Goth’s Crossings are repeats and Mandy’s is of particular interest because she is the first woman to successfully repeat the Crossing. Mark Domaille’s Crossing is also of note because he is the first from Wakefield Harriers and, similarly Peter Murphy’s is the first for his club Tynedale Harriers & AC. My congratulations to you all.

To my congratulations I want to add my thanks to those of you who also sent an account and photographs of your Crossing. I’ll publish these on the blog over the winter where they will help and encourage others to follow in Joss’s footsteps from Pooley Bridge as well as triggering happy memories. If you are still thinking about putting together the story of your Crossing, please do put “pen to paper” and send me your recollections of the day.

The 2021 Presentation Dinner took place at Irton Hall on 9th October. Ian Roberts deserves special thanks for organising it this year in particular; the change of venue and change of date were forced on us adding to this already substantial task. I know the change of date didn’t suit everyone so I was very pleased to see so many at Irton Hall. As expected, it was a busy night when the 2020 Tankards were presented along with the 2021 Tankards. A great deal of ‘catching up’ was done both on the night and during the walk with Joss on Sunday morning. The Tankards have previously been provided by Jennings Brewery but they are unable to continue to support the JNLC so our thanks to them for their support in the past. We are actively seeking a new sponsor and would welcome offers of support, please contact me as below.



Background photo: Tim Rippon (M55) descending towards Greendale Bridge on his successful JNLC in August © Ian Charters; Inset: Rae Pritchard (M55) at the end of his successful JNLC, also in August 2021 © Ian Charters.

*Ian Charters is a member of the FRA with an active interest in many things outdoors.*

If you are interested and looking for more information, please have a look at <http://jossnaylor.blogspot.co.uk/> for the requirements, some history and a collection of individuals’ accounts from recent years. I am happy to try to provide answers to specific questions, especially if the information isn’t already available on the blog.

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<http://jossnaylor.blogspot.co.uk/>  
[jossnaylor1990@gmail.com](mailto:jossnaylor1990@gmail.com) (preferred)

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(Please enclose a SAE)



# runfurther update

## WORDS KAREN NASH

**W**e have now had all of the races in our slightly shortened 2021 series. Despite Covid, we managed a series of 10 races, only suffering losses at the start of the year when the Haworth Hobble and Calderdale Hike understandably had to cancel. While Fellsman was lost, we were lucky to replace it with the Yorkshire Trod and in doing so also help a new RO with some extra entries. What a wonderful route it was!

Lakeland 5 Passes seems a lifetime ago now, but my main memory is of just how happy we all were to be racing again. We started in waves to be Covid compliant and this made for a slightly strange race with runners not quite sure who was ahead in overall time etc. Despite some clag on the higher tops, the weather was kind and we were able to lie on the field in the sunshine and cheer other runners at the end. It is a beautiful route and I love the fell sections, especially from Gatesgarth over Thorntwaite and down to Kirkstone and then up Red Screes. First overall was Spencer Shaw in 5hrs 14mins, with Lawrence Eccles the first Runfurther runner in 5hrs 37mins and only 11 seconds behind 2nd place. Karen Nash was first female in 6hrs 56mins.

Nav4 Pennine 39 is a favourite for many Runfurther people. The low key and friendly atmosphere is great. Based at Alston Youth Hostel, we were treated to wonderful food, beer and a great social time. Again, we started in waves with the slower runners being encouraged to start first. The weather was mixed with some heavy rain around Dufton, but even this didn't dampen the delight of those approaching from the east who have never before experienced the surprise and wonder of High Cup Nick. Rory Harris was 1st in 5hrs 28mins and then Phil Withnall in 6hrs 1min. Karen Nash was 4th overall and 1st female in 6hrs 55mins and then Claire Nance in 7hrs 16mins.

The Beacons 50/100 seems to be dogged by bad weather and this year was no exception. It did not attract many Runfurther runners this year, perhaps because the summer holidays had started and people were away. The 50-mile race was won by Iain Best in 10hrs 38mins and Charles Colbourn was the first Runfurther runner in 12hrs 47mins. The 100-mile race had many retirees and only 5 finished. It is a very testing route and the weather was not kind. The winner was Matt Tomlinson in 24hrs 59mins and Runfurther's Steve Jones was 4th in 42hrs 55mins.

The Bullock Smithy Hike is a long established race taking a long loop from Stockport out into the Peak District and back. Nick Ham managed his 18th completion. First home was Rory Harris in 8hrs 19mins and not far outside the record. Lawrence Eccles was 2nd in 9hrs 39mins. First female was Jayne Lawton in 11hrs.

Round Rotherham is rather like marmite – love or hate. It is fast, flat (ish) and suits those who can keep running fast for 50 miles. Runfurther men swept the board with Rory Harris 1st in 6hrs 48mins, then Kevin Hoult in 7hrs 5mins and Adam Worrallo in 7hrs 28mins. Local lady Susan Keens was 5th overall and won in 8hrs 31mins, with Sarah Challans 2nd in 9hrs 10mins and Karen Nash 3rd in 9hrs 46mins.

The final race was the Yorkshire Trod 100km, a wonderful route through the Dales. Philip Withnall won in 11hrs 24mins with Martin Terry 4th and 1st MV60 in 14hrs 14mins and Tony Wimbush 1st MV70 in 16hrs 7mins. Karen Nash won the ladies race in 14hrs 42mins. This race could become a classic and should get bigger numbers next year as it becomes more widely known.

The leader-board has been updated on our website and we await our AGM and Awards in early December. Details are on our website and facebook page, where you can also find information on the 2022 series.

	MEN	WOMEN
1	Rory Harris	Karen Nash 1st V60
2	Lawrence Eccles	Jenny Wyles 1st V50
3	Martin Terry 1st V60	Sarah Challans
4	Charles Colbourn	Janet Hill 2nd V60
5	Colin Williams	
	Kevin Smith 2nd V50	
	Matt Hutchinson 3rd V50	
	Ken Wyles 2nd V60	
	Tony Wimbush 1st V70	

As always, runners are welcome to join – go to [Runfurther.com](https://Runfurther.com) and get a membership form and email it to [nash.family@talktalk.net](mailto:nash.family@talktalk.net). You will get a chance to win spot prizes and goodies at the end of the year. Short, medium and long races from 30 to 100 miles over a wide variety of terrain and in different parts of the country should mean there is something for everybody to enjoy. Thanks as always to our sponsors Mountain Fuel, Tent Meals, Ultimate Direction, Injinji, Icebug shoes and Romney's mint cake.



Opposite page: Runners on Cross Fell, taking part in Nav4 Adventure's Pennine 39 race and above, on high Cup Nick © Nick Ham.



# AN INTERVIEW WITH STUART FERGUSON

## FRA RACE LIAISON OFFICER LEAD & VICE-CHAIRMAN



Stuart Ferguson (Northumberland Fell Runners)

### FRA RACE LIAISON OFFICER [RLO] LEAD & VICE-CHAIRMAN - WHAT IS INVOLVED WITH THIS ROLE?

The role of RLO Lead has responsibility for a regional team of RLOs, who liaise with Race Organisers [ROs]. There are two primary functions of the RLO: to audit FRA races and ensure that correct procedures are followed, and to support ROs, especially inexperienced ROs or those running a new race or staging championship races for a first time.

Vice-Chairman is an informal role, working closely with the Chairman.

### WHAT IS YOUR SPORTING BACKGROUND?

The mountains have always played a big part in my life from fell walking with my parents. I have always run, beginning with cross-country and progressing to orienteering at school. School is also where I started my passion for rock climbing.

### HOW DID YOU GET INTO FELL RUNNING?

As primarily a rock climber in the day, as with many other people, I wore Walshes as approach shoes [many brands now have specific shoes], so there was a link to fell running. If it was too damp to climb, you went for a run in the hills. The climbing magazines at the time were always carrying articles on Mountain Marathons, such as the KIMM, that interested me a lot due to the navigation and mountain craft aspect but it was rock climbing legend Pete Livesey's fell racing exploits that got me started seeking out races.

### WHAT DO YOU LOVE MOST ABOUT FELL RUNNING?

A nod to my Scottish heritage - FREEDOM.

### WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

A Level 3 Fell and Hill running coach qualification. I have written a number of associated coaching books such as "Terrain Training for Off Road Runners" and co-wrote a few including "Navigation for Off Road Runners" published by Trailguides. Having won a few races in the day, these days a category win is nice: the last one is the best, in my case North Shields Poly Ingram Hills Race 2019.

### WHAT DOES YOUR ROLE INVOLVE?

There are several aspects to the RLO Lead role: (i) to identify which races should be audited and / or supported and arrange for an appropriate RLO to be assigned; (ii) to own, manage and publish the race audit list and other RLO related documentation; (iii) to manage the RLO team and support RLOs and ROs in delivering enjoyable and safe races and fair competition, adhering to FRA rules, regulations and fell running principles; (iv) to review completed race audits and identify good practice and learning points, with the aim of achieving year-on-year improvement and adherence to the FRA rules and guidelines for ROs and RLOs.

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

In the case of RLO Lead, it is to stabilise the regional team consolidating the relationship with ROs. This has a twofold benefit: gaining a higher degree of consistency of rules and obtaining feedback of good practice across races. The target is to audit 10% of FRA races in a calendar year.

As Vice-Chairman, my role is to work more closely with the Chairman on areas in which I have not previously had visibility. This will help to prepare me to stand for Chairman at the AGM in 2022 and, if elected, hopefully ensure a smooth and seamless transition of office. I have a good base at the moment from my coaching, Race Organiser roles and recent RLO activity and have also been working to support current Committee initiatives such as the new FRA website, the Safety, Equipment and Rules [SER] sub-committee and projects such as the FRA Race Assessment Matrix and the updated coaching courses programme.

### WHAT ARE YOUR FAVOURITE BOOKS??

*Savage Arena* by Joe Tasker and *The Push* by Tommy Caldwell. At the moment I am thoroughly enjoying the Steven Freeman series of fell running related books; just read *Gone Feral*.

### FAVOURITE MOVIE?

M\*A\*S\*H (1970).

### MUSIC?

Always listening to music. From my youth, Hawkwind and Free, through the punk years where I also got into Reggae [specifically at the Clash, London Calling gig]. Currently listening to Idles and Bodega along with reggae, Hollie Cook and Prince Fatty.

### WHAT WERE YOUR FIRST IMPRESSIONS OF THE SPORT??

Friendly and welcoming.

### WHO IS YOUR BIGGEST INSPIRATION IN THE FELL RUNNING COMMUNITY?

The late Dave Parry, a character for sure with awesome commitment to staging Junior and Senior races across the North York Moors all year round.

### WHAT WAS THE SCARIEST MOMENT YOU HAVE HAD ON THE FELLS?

Traversing Helvellyn summit in grim weather; the wind gusts were blowing people over.

### WHAT IS YOUR LEAST FAVOURITE FELL?

None, they are all fine in one form or another, good or bad weather, summer or winter.

### WHAT DO YOU THINK ABOUT WHEN YOU ARE ALONE IN THE FELLS?

Adders! I seem to have a very high rate of adder encounters on the fells; I do not want to squish one and I sure do not want to be bitten. I also occasionally think of ticks, especially when in waist high bracken.

### WHAT IS YOUR FAVOURITE FELL RACE AND WHY?

Kielder Borderer. Rough and relentless.

### WHAT IS THE WORST FELL RUNNING INJURY YOU HAVE HAD?

Broken wrist. KIMM 2000 SW Lakes.

### WHAT WOULD YOU LIKE TO SEE CHANGED IN THE SPORT?

Ban walking poles. The risk of being caught by a wayward pole when passing and also if the science is correct, gives the user an advantage.

### IF YOU WERE A FELL SUMMIT, WHICH ONE WOULD YOU BE AND WHY?

Helvellyn, laid back with a technical edge.

### GPS OR NO GPS?

Do you need to ask?! Ok then: NO.

### WHAT ARE THE MOST MEMORABLE FELL RUNNING EVENTS / CHALLENGES YOU HAVE BEEN INVOLVED IN?

The longer runs have always appealed: poring over maps and devising my own routes such as the Durham Hewitts round, Weardale Watershed, Durham Dales Reservoir Round and the North Pennines YHA round and others are ingrained in my psyche. As a solo racer, it would be winning my local challenge event, the Durham Dales Challenge, for the first time in 1998. It is an LDWA-organised event of 30 miles which allows fell runners to participate. Mountain Marathons, especially the LAMM, have also given me some memorable weekends of running, notably Glen Carron in 2004, where Steve Lumb and I were 9th in Elite category and Isle Of Mull 2005, we were 12th and 1st Vet Team in Elite category.



# AN INTERVIEW WITH GARETH HARDCASTLE

FRA JUNIOR CHAMPIONSHIP COORDINATOR



Gareth and Lucy Hardcastle at the finish line of the OMM Lite 2021 © Gareth Hardcastle

## FRA JUNIOR CHAMPIONSHIP COORDINATOR - WHAT IS INVOLVED WITH THIS ROLE?

To answer the question truthfully, I'm about to find out! I take over the role from Helene Whittaker, who, with the support of her team, did incredibly well to put on four races despite all the challenges that last year brought. As I write this Helene is finalising the dates for 2022, which will hopefully see all six races returning to the calendar. Having not been involved on the organisational side of putting on a fell race, I have a lot to learn but I'm looking forward to the challenge.

## HOW DID YOU GET INTO FELL RUNNING?

In 2007 I got asked to step in as a late replacement for a friend in the OMM 'A' class taking place in the Lowther Hills. I didn't have a clue as to the format of the event, and at that stage all my running had been on the road. Needless to say we didn't do very well, and barely found the first few check points! Despite the disappointment

of not finishing, I loved the whole experience and vowed to come back and try again.

Since then I've competed in the OMM most years with my running partner Richard Leeding.

## WHAT WERE YOUR FIRST IMPRESSIONS OF THE SPORT?

My first thoughts were simply "Why had I wasted all these years running on the road?" I loved the joy of running in remote wild places, and having spent many years chasing marathon PB's and losing a little of the enjoyment of running, fell running was just completely reinvigorating.

## WHAT DO YOU ENJOY MOST ABOUT THE SPORT?

With a busy work life and three children I don't get to as many races as I would like, but I love the simplicity and down to earth nature of the races. With so many of the other running events booked up months in advance, I love the way (pre-COVID at least) you just

turn up on the day, pay your money and run. The friendliness and inclusive atmosphere of fell races is just something I personally haven't experienced in other events I've done over the years.

## WHAT DO YOU DO FOR A DAY JOB?

I'm an Optometrist by profession and, together with my wife Jenny, we run an independent practice in Shrewsbury, Shropshire. A large part of my day is spent examining eyes in a dark consulting room with no windows, so escaping to the hills keeps my Vitamin D levels in check!

## WHAT ARE YOUR FAVOURITE FELL RACES?

I tend to race locally, and amongst my favourite races are the Long Mynd Valleys and the Breidden Hills Fell race. The latter partly because I can run to Rodney's Pillar from my house and it's my regular training route. The Long Mynd Valleys race is a deceptively hard race, and the first time I ran it I went out far too hard over the relatively easy first section, only to pay the price on the back half of the race where the climbs sap the dwindling energy reserves.

## WHAT ARE YOUR BEST RUNNING ACHIEVEMENTS?

I'd like to say completing the Elite course of the OMM in the Elan Valley in 2009. The only trouble with that claim is that I did it with my father who was in his late fifties at the time, so it rather detracts from any bragging rights.

I've never troubled the front runners of any fell race, but my best running achievement, and forgive me that it's not a fell running event, would be finishing second in the Yukon Arctic Ultra in 2019; a non-stop 300 mile foot race. I will say, though, that I was beaten quite convincingly by a fellow British female athlete, Marianne Heading.

## GPS OR NO GPS?

Definitely not. One of the best courses I took in my early days of mountain marathon running was run by Joe Faulkner and it gave me so much more confidence with my navigation.

## WHAT ARE YOUR MAJOR ASPIRATIONS FOR YOUR FRA ROLE?

This summer I took my middle daughter Lucy to the OMM Lite event in Grasmere. Seeing the sheer joy on her face running into the finish line was just a wonderful feeling, and I hope that in a small way I can play a part in ensuring future generations continue to experience the thrill of running and racing in the fells.



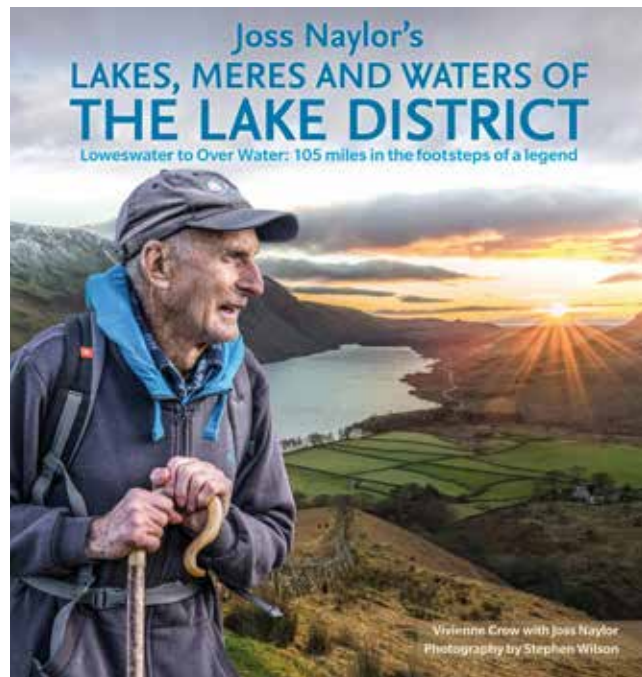
A multi-distance trail running event through the heart of the Lake District



To Enter Visit:  
[www.brathaychallenges.com](http://www.brathaychallenges.com)







# JOSS NAYLOR'S LAKES, MERES AND WATERS OF THE LAKE DISTRICT

BY JOSS NAYLOR

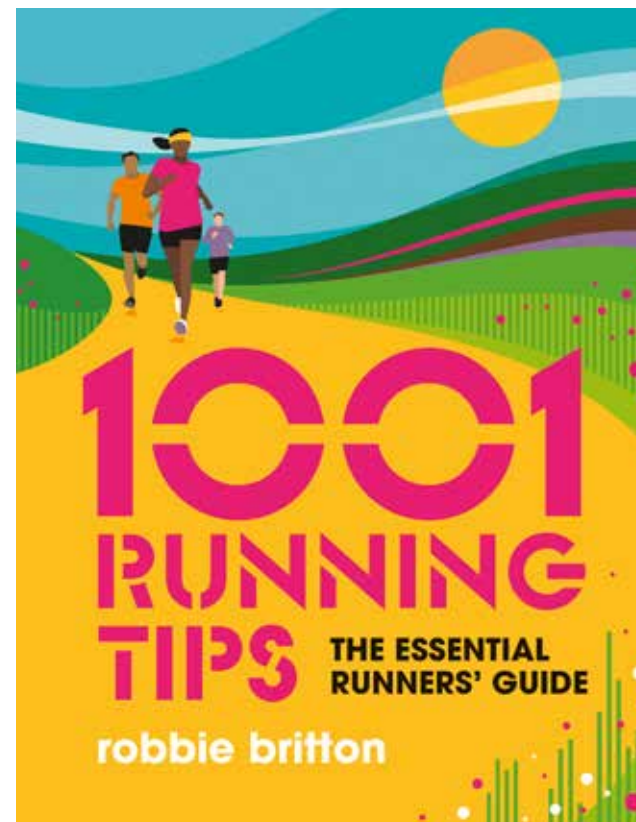
REVIEWED BY ROB ALLEN

**T**he Lakes, Meres and Waters is perhaps one of the lesser known long distance challenges in the Lake District, visiting as it does the largest bodies of water in the National Park. It clearly ranks as a favourite memory amongst many in Joss' mind, to the extent that he retraced his footsteps over several days in the summer of 2020, recording the journey here in words and pictures. An iconic figure, Joss' legacy transcends our sport and his anecdotes speak of a simpler way of life and approach to running. It's hard to escape the sense reading the book that he feels some of that may have been lost in the name of progress, and that to my mind makes this chronicle all the more important.

As Joss says in his foreword, this route takes in parts of the lake district well off the beaten path (I'm looking at you, Skeggles Water!) and for experienced fell runners, the experience of using bodies of water as waypoints rather than summits is a refreshing change — not least because it's a whole lot simpler to know for sure, in the clag, if you've touched the lake. If your toe isn't wet, you haven't!

It's a delightful read, not least because it's so versatile — enjoy Joss' legendary storytelling, learn the history of the various sections, gaze at the spellbinding photography, or use it to plan your own days out on the route. If this book had been in existence when I planned my own LMW attempt, I'd certainly have made some different route choices, so detailed are the descriptions of the 1983 record breaking journey. I know Joss is keen for more runners to take on this challenge and have no doubt the book will play its part in ensuring that they do.

*Joss Naylor's Lakes, Meres and Waters of the Lake District is available from Cicerone Publishing, [www.cicerone.co.uk](http://www.cicerone.co.uk), or bookshops.*



# 1001 RUNNING TIPS : THE ESSENTIAL RUNNERS' GUIDE

BY ROBBIE BRITTON

REVIEWED BY DAVE LITTLER

**I**t's getting to the time of year when the heating is turned on and the partners of runners everywhere must get used to the miserable face in the corner. Training runs get shorter, the tights come out and runners get grumpier as they miss their full fix. A recent book from Robbie Britton might help to alleviate some of misery though — a timely release that would be a perfect stocking filler for the grumpy amongst us.

Britton describes himself as a 'world class ultra-distance coach, half decent runner, writer and insouciant ragamuffin.' His CV includes a decade of coaching athletes of all standards, adventure runs across the globe and writing for the Guardian newspaper. He can now add author of *1001 Running Tips – the essential runner's guide*.

The book covers most facets of running, and yes, fell running is covered alongside road and trail running. In the 1001 tips Britton does a great job in covering all aspects of running from the basics like joining a club, through training and racing and even cover the topics other books don't touch including running with the dog and *Toilets on the run* (avoiding those Paula moments).

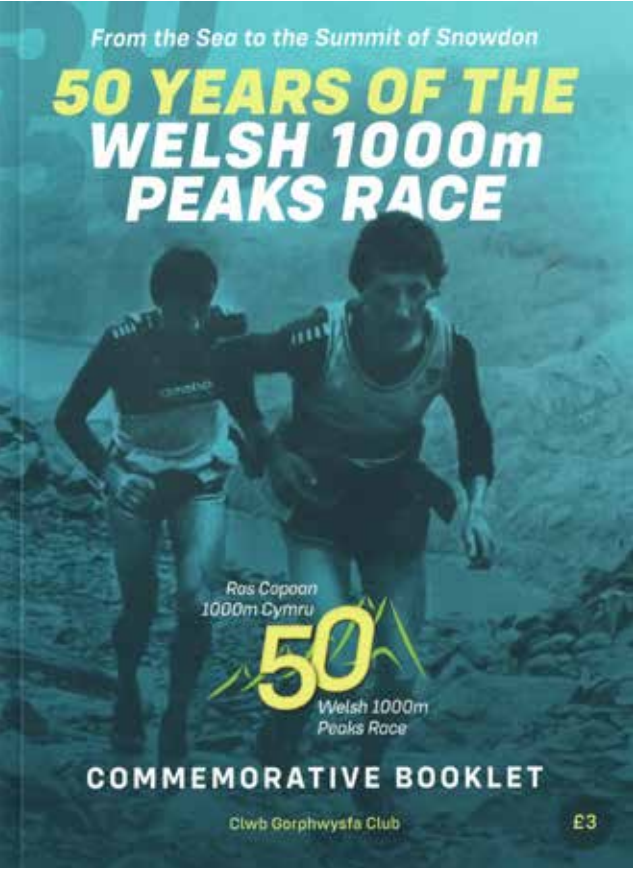
With such breadth in 166 pages, there is some depth missing and Britton doesn't go into specifics on training programs such as times, distances and HR levels. But the material he does cover in the training section includes periodisation, the benefits of a plan, why rest is important, and the different types of runs needed in a good training block. And as befits an experienced writer and coach, he has managed to explain all of this clearly and give reasons behind the advice.

Britton also does do a good job in introducing a whole range of topics that would benefit most runners, but especially those without a coach or a good running mentor to bounce ideas off. The importance of strength training, running in hot weather, how to eat during your run, racing and mental preparation and running skills are all covered in a humorous and easy to understand manner.

Will the book help elite level runners? Probably not. But if you need to keep your running mind ticking over during the dark months you could discover something in the book that might help you as you race around Langdale or up Blisco. It would also be a great read for anyone who is only just discovering the delights of running (or plodding) across the fells, trails, park runs, or roads be they young or old. Perfect Santa material.

*1001 Running Tips – The Essential Runner's Guide is available from Vertebrate Publishing, [www.v-publishing.co.uk](http://www.v-publishing.co.uk), or bookshops.*





# 50 YEARS OF THE WELSH 1000M PEAKS RACE

BY CLWB GORPHWYSFA CLUB

REVIEWED BY ROSS BRANNIGAN

The Ras Copaon 1000m Cymru/ Welsh 1000m Peaks Race has carved a formidable line down Snowdonia for now 50 years. The route is draped across Wales’ five highest tops, starting at sea level and reaching up to the summit of Yr Wyddfa – Snowdon.

To mark the 50th anniversary of this remarkable race the Gorphwysfa Club has published a fine booklet titled From Sea to Snowdon’s Summit: 50 years of the Welsh 1000m Peaks Race, covering the race’s history.

Within its covers are a collection of stories, each a building block in the story of this unique race. Each of the authors details how the race has impacted the people and communities connected with it and this landscape. Chief among these are pieces by Harvey Lloyd, who has brought 37 years as race organiser to a close this year.

Another wonderful article is written by Sarah Hargreaves, who tells the story of the pioneering women and women’s mountaineering clubs that have been part of this race for many years, though were once barely recognised.

This booklet makes a charming addition to any fellrunner’s bookshelf, and which will no doubt bring back many memories for those who have had the chance to experience this race over its 50 year history.

*The ‘50 Years of the Welsh 1000m Peaks Race’ booklet can be obtained from harveyrichlloyd@gmail.com at a cost of £5.*



Steve on his big run, June 2019 © Margaret Batley

# STEVE BATLEY 1947 - 2021

Many fell runners and all the instructors on the Fell Runners’ Basic Navigation Course will remember Steve with much affection.

He was a modest man with a passion and enthusiasm for the outdoors and fell running, the sport he loved. His enthusiasm was contagious, encouraging others to use the navigation skills learnt on the courses to go out on the hills exploring local areas and setting up new routes from their base.

It was through helping out at the Elterwater Navigation Course that Steve was asked if he would organise a second course at Kettlewell Youth Hostel by the late Mike Rose of the FRA.

Steve, with his wife Margaret, started the course with the help of colleagues from Skyrac Athletic Club. Margaret organised the Navigation Weekends initially at Kettlewell, then later at Elterwater, with Steve being the Course Director at Kettlewell and a member of the instructor team at Elterwater.

This started a long association with the navigation courses, over twenty years, enjoying friendships built up over the years with fellow instructors.

Steve achieved his Mountain Leader’s qualification at Plas y Brenin in Snowdonia, and then volunteered for the Upper Wharfedale Fell Rescue Team in Grassington.

He was a regular participant on the FRA Forum under the pseudonym “Big Compass”, contributing with help and advice where necessary. One of his teaching aids on the course was an oversize big compass he made to illustrate the main functions of a compass; maybe that was where it came from.

When Steve was at school he played football and later had trials with Doncaster Rovers. When he finished playing he took up running, initially on the roads, with the GPO team which he and Margaret helped organise.

When they moved to Guiseley, they both joined Skyrac Athletic Club, which at that time had a healthy fell running section. Both of them enjoyed the friendliness and camaraderie of the fell running scene. They both competed in the Skyrac Championship, which Steve won once and came runner up on a couple of occasions.

One of Steve’s favourite events was the Karrimor International Mountain Marathon, initially pairing up with male colleagues from Skyrac, before eventually pairing up with Margaret on Score events.

In the 1998 KIMM, which was held in the Howgills in absolutely foul weather with many teams retiring on the first day, they had a late start time and completed the two day Short Score event successfully. This was an achievement they were both proud of.

In 2017 Steve and I completed the Pennine Way, which was on his bucket list. On the way we met a fellow walker and introduced her to a different approach to long distance walking, looking at interesting features on the way from the map, instead of head down and battling on regardless of your surroundings.

Steve had also been a keen cyclist all his life having been on long bike rides in the Dales with his Father from an early age. He continued this by taking cycling holidays in Holland, Germany, France and Spain with Margaret, other members of their family and friends. He also planned and organised cycling tours of Ireland with friends from Skyrac, as well as the Coast to Coast route.

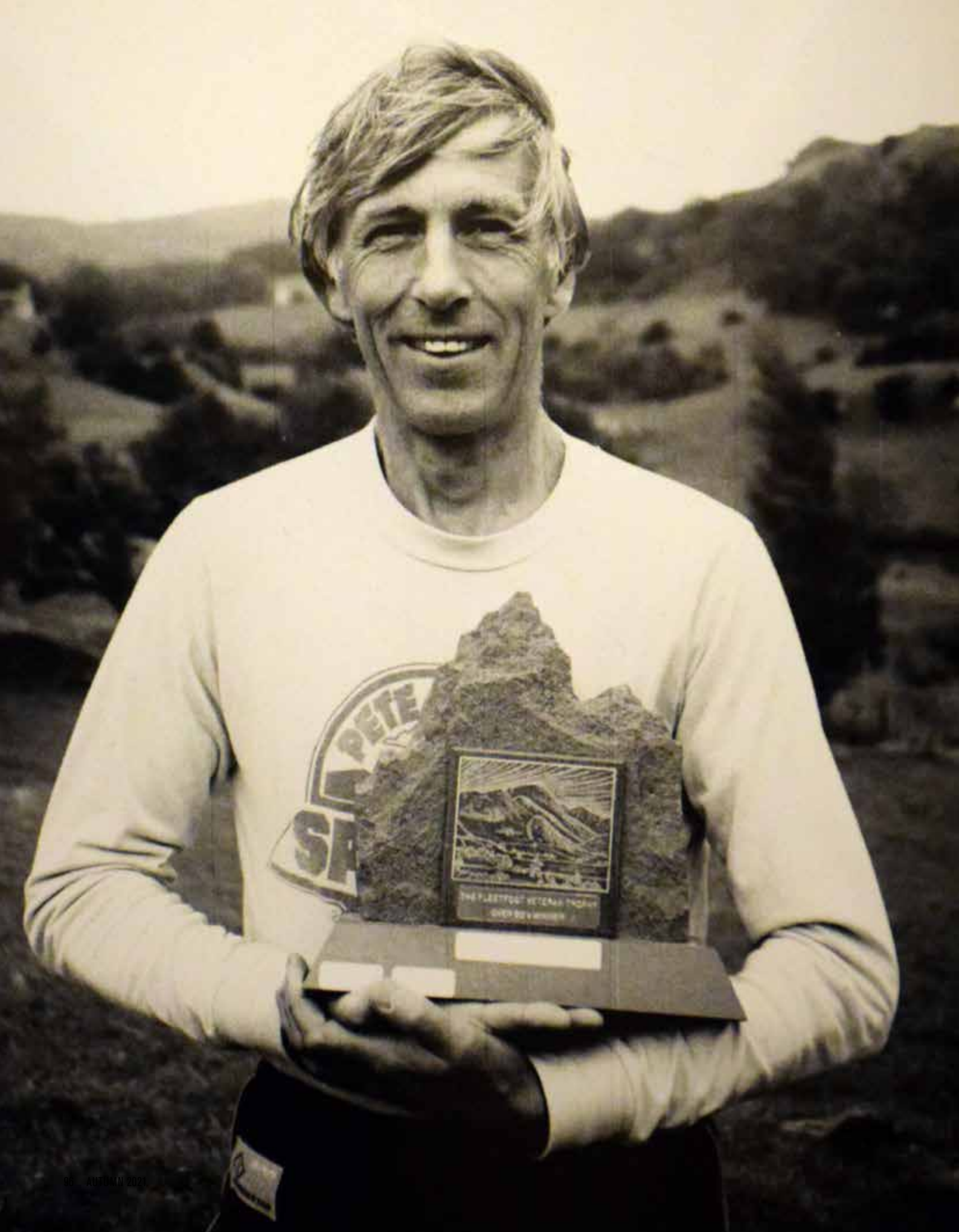
As recently as 2018 Steve, together with me and Mick Blyth, cycled the Way of the Roses and the following year completed the Yorkshire Dales Cycleway. All the accommodation was arranged by Steve; all we had to do was pedal from A to B.

He was a proud Yorkshireman and will be sadly missed by all his family and friends.

Our utmost sympathy lies with Margaret and his family.

- DAVID HILL





# ROGER BELL

1939 - 2021

Once in a generation someone comes along who makes a massive contribution to everything they do. When Roger Bell joined Ambleside AC back in 1989 we were truly blessed and our members – and fellrunners generally – have been benefitting ever since.

It was a cold dark evening running up the road back from Grasmere to Ambleside when I shared part of Roger's first training session with the club. He was new to the sport of fellrunning but was clearly a talented athlete with a silky stride. Back to running after many years concentrating on a career in computers with a massive global company, along with bringing up a family, he dropped into the chatter the fact that while at Oxford he'd run in the same team as Chris Brasher and Roger Bannister. Roger went on to run in at least two club training sessions a week for over thirty years along with countless fell races. And he was already retired from one career!

Roger's other abiding love, apart of course from Gilleean his wife for the best part of a lifetime, was pottery, and his huge creative spirit found a lasting physical release through ceramics. Over the years his work enjoyed a number of exhibitions and he and Gilly went on to open 'Dexterity', a shop showcasing the work of potters and other artists from around the UK. This gave him a very public face in Ambleside and he became involved in lots of community ventures as a result.

Within 18 months of arriving in Ambleside Roger had gone from virtual zero to a fully trained fellrunner, taking on the racing scene and winning age group prizes. In 1991 he became over 50s British and English Champion, as part of the Ambleside teams which swept the board that year. He was again English Champion in 1993 and was competing frequently right across the UK. Always a great social mixer Roger loved the residential trips to distant events and liked nothing better than bantering with a group. On one such visit to Northern Ireland Roger was fifth counter in a below strength Men's Open Team which nevertheless finished in third place. As a result Roger is the only 70 year old ever to win a British Championship open age medal!

He always took time to get to know new members and had friendships across many clubs from far and wide. He continued to

compete until the last year or two despite a tussle with cancer many years ago. It was this lymphoma which was to return suddenly and virulently a few weeks ago, causing a massive kidney failure.

Mere competition was nowhere near enough for Roger and his strong organisational skills quickly found a use as he stepped into a gap in the clubs list of volunteers, becoming first Membership Secretary and later Treasurer for many years. His ready smile and chilled approach to any problem enabled us to get through difficult situations, and good diplomacy and the ability to sort out any organisational issue solved many a problem.

In 2002 another gap appeared and Roger became Race Organiser for the Langdale Horseshoe, a complex event to manage with checkpoints in inaccessible places without radio contact. The job meant coordinating well over 30 helpers, often in poor weather, and the ability to maintain runners' safety as the priority in the face of many distractions. Roger went on to do this job for 15 years, including several occasions when it was a British Championship counter with even more distractions.

Each year the club organises around a dozen races and as Chairman Roger would be present at most of them, if not to help then to run, and later simply to be the face of Ambleside AC in his tatty blue and green vest and ancient tracksters. His talent (or weakness!) for stepping into a gap meant that when the club took on the biggest job in Fellrunning, the staging of the British Fell and Hill Running Relays in 2019, it was Roger who signed up as Race Organiser. He effectively organised the biggest fell race in history with over 1500 runners and more than 100 club members helping, and all at the age of 79. This would have been a huge feat for anyone, but at his age is probably completely unsurpassed!

It's tempting when writing about someone's life to talk about achievements and facts. Those aren't the things people will remember about Roger Bell though; folk are talking about the time that he had for everyone; about the complete shortage of ego in everything he did; about the lack of a bad bone in his body; his ability to inspire newcomers and pull people together. He probably didn't know this but people would end up helping the club out simply because it was Roger who was asking. He carried us along like an Ambleside Pied Piper!

We love him and we miss him! Our club is his memorial.

- SELWYN WRIGHT

Roger (Ambleside AC) with the Three Shires fell race V50 trophy in 1991 © Woodentops.co.uk





# JUNIOR FELLRUNNER

## SO LONG AND THANKS FOR ALL THE FISH\*

What can you achieve in two years? GCSE's, A levels or, if you are Kevin Carr, you could run around the world. Really, just Google him when you think your legs ache or it's too hard getting organised to go out for a run. But I digress, I have been honoured to have been Junior Co-ordinator for "The Covid Years". I have been humbled by the amount of work that goes on behind the scenes to allow fell running to continue safely and unencumbered on the hills. We race on the fells in the same way that the swan glides on the pond. We do not see the pedalling feet under water. To all those pedalling, thank you from the bottom of my studs for keeping our sport afloat.

I have thoroughly enjoyed being a small part of the FRA Juniors and the smiles of (mostly happy, if tired) young runners crossing the finish line is rewarding in a way I did not appreciate until volunteering. As someone who did not even know you could run in the hills until the age of 22, I think you are all amazing. So a huge thanks from me for all your enthusiasm and joy.

I have great pleasure in handing over to Gareth Hardcastle who will be introducing himself in this section. I am sure you will join me in thanking him for picking up the reins as Junior coordinator and support him as you have done me.

HELENE WHITAKER,  
stepping down as FRA JUNIOR CO-ORDINATOR



## HELLO AND HERE IS A 'NEW' FISH\*

I am delighted to be taking on the role as your next Junior Championship's Coordinator. I'm a 41 year old father of three, based in Shropshire and a member of Mercia fell runners. As an Optometrist and owner of a busy independent practice in Shrewsbury, my days are spent testing eyes in a dark consulting room. So come the weekends, I love nothing more than escaping to the hills.

Having enjoyed many aspects of fell and mountain running over the years, I am keen to play any part that will see the next generation experience the joy and pleasure of running in the hills.

Helene and her team have done a wonderful job over the last few years of keeping the Junior Championship races going despite all the hurdles of the Covid-19 pandemic. I very much hope to continue working closely with the junior team, and I look forward to the challenge of being your next Junior Co-ordinator.

GARETH HARDCASTLE,  
FRA JUNIOR CO-ORDINATOR



(\*For those of you yet to discover Douglas Adams, the fact that it is the fourth book of The Hitchhiker's Guide to the Galaxy "Trilogy of six books" should give you a pretty good indication of the absurd nature and humour of this writer. Enjoy. You're welcome.)

Opposite page: Sophie Rylance (U17) competing at the Junior English Fell Running Championships at Ilam © Jon Rylance



# JUNIOR FRA DO

A small but persistent group of junior fell runners and their parents made it through a global pandemic, a spike in Covid infection rates, road closures, torrential rain and a national petrol shortage to reach Sedbergh. As with the rest of this year, last minute illness resulted in changes and sadly we were unable to hold the activity session, which resulted in a shorter day. Hard-earned t-shirts and hoodies were distributed, and trophy and medal winners were able to get the recognition they deserved when many races were unable to hold prize-givings in 2021.



Photo top left to right: The Buxton AC English Junior Championship winning team from left to right: Rebecca Cudahy, Hannah Cudahy, Georgia Cudahy, Lucy Whelan, Finlay Grant, Rachel Cudahy, Will Longden and Grace Longden.; Finlay Grant receiving his U19B Championship trophy and Gold medal from Colin Driver. Bottom left to right: Helene Whitaker introducing Colin Driver; Jack Sanderson, Settle U15 English Junior Champion, 7th November 2021 © Jeanette Gudger

Finty Royle gave an inspirational and moving talk on her progression through the junior ranks into the England team as a competitive junior and senior athlete, overcoming significant obstacles to do so. Thank you to all our race organisers, without whom there would have been no championships, and to all our generous sponsors: Pete Bland Sports, inov-8, Bridgedale and Colin Driver. Thanks also to Jonny Whitaker for the fun quiz and to Joe Faulkner and his wife Lindsey who provided lunch of yummy veggie chili and wonderful cakes.



“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”  
-EARL NIGHTINGALE

## FINTY'S

Finty Royle is 19 and has just transitioned from doing the junior FRA series to the senior.

It's so easy to give up on something just because of the time it takes to get there, but you might as well be working towards it. I feel like it relates to where I'm at now with my fell running. In terms of how I got from where I was to where I am now, the answer is: with a lot of hard work. Here are the five things that running has taught me that I would like to share.

### 1. YOU ARE MORE CAPABLE THAN YOU KNOW

I am someone who likes to be in control and I think I used to focus too much on trying to control the outcome of a race. I'd focus on coming first more than anything else. But there are so many outside factors to winning that aren't in your control. I've learnt that it is better to control what you can; things like training, sleep and nutrition. With hard work, training, consistency and dedication you might surprise yourself. During the first lockdown, I really focused on my training and I really surprised myself with how fast I actually got. It's just a shame I went and got a full-time job in a warehouse and undid it all!

### 2. DON'T COMPARE YOURSELF TO OTHERS

Unless you're getting world records or winning world championship races, there will always be people faster than you. If you base your expectations on others, you'll be disappointed.

Most of us want to be successful in running. But I think a lot of us don't actually have a definition of what success would mean for us. We just strive for what society tells us to – to win and be the best.

In my opinion, success is living the life you want to live now and doing the things you want to do now. We should be choosing our goals based on how much we'll enjoy pursuing them.

Your motivation should come from within yourself. I try to just focus on myself and my training. I focus on training where I'm at and don't try to train at the times I think that I should be resting.

I was privileged enough to train with a talented group of runners but found that it just wasn't for me, so I went back to training on my own. The biggest thing I've learnt about training is that consistency is key. Small steps taken consistently over a long period lead to the biggest results.

### 3. CELEBRATE SUCCESS – NO MATTER HOW SMALL.

The same way you might break up the sections of a race as you go along, you can break up any challenge into smaller steps. Celebrating these small steps will motivate you to keep going and achieve your goals. It's not always about the end goal but more the smaller steps you take to reach those goals, and how you learn



and grow along the way. At one time, a small goal for me would be managing half a day without having a panic attack. One of my goals now is to not go over my weekly budget at uni!

4. EMBRACE OBSTACLES

Things rarely go to plan. Obstacles are part of life, and it is important to learn how to overcome them and be resilient. Whether it is adjusting your training to ensure you don't get injured or having to reevaluate your goals after missing out on a selection race – obstacles teach us lessons.



5. LOOK AFTER YOURSELF

In order to be our best selves, we have to look after our mind and body. It isn't about striving for perfection but striving to be a better person whilst looking after ourselves.

Now, I don't usually watch tennis but, a few weeks ago, I heard about Emma Raducanu winning the US open. In an honest statement she spoke of being overwhelmed and the whole experience catching up with her. She said that it was a great learning experience and that she hoped next time she'd be more prepared.

This commitment to looking after herself in order to build resilience makes her part of the growing movement of athletes raising the profile of looking after mental health in sport. Other athletes such as Marcus Rashford, and Simone Biles are also showing that you

don't need to sacrifice your mental health for sport. In fact, Biles said that she would treasure her bronze more than her golds after taking a break for her mental health.

You define your own success. Having aspirations is great but they can also be an issue because we end up focusing too much on failure when we should just be focusing on the present.

Being strong isn't carrying on until you can't do more, it isn't pushing through no matter what. It is deciding to do what is best for you despite your inner ego.

It has taken me a long time to reach a balance with my running and I want to keep it that way. Any winning is a bonus to me. I firmly believe it is healthy to have things to do outside of running. I am not my sport. It doesn't define me because there is much more to me than running.

If you are worried about yourself or someone else, please speak to your coaches, parents or trusted friends. If anyone has any questions, feel free to talk to or message me.

Communication really is the key to sorting things out, helping you stay fit and healthy, and being the best athlete you can be.



Previous page: Finty at the World Mountain Trail Championships, Uphill Only at Skiddaw © Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk). Above left to right: Finty at the Home Nations Mountain Running Championships held in Sedbergh © Woodentops; Finty enjoying a day of running Day of running in the Langdales as lockdown restrictions were easing and we were finally able to go to the Lakes again © Jon Royle

WORDS EMILIA WRIGHT & JD ANDERSON MARTIN,

PICTURES D.WRIGHT

# A JUNIOR DOUBLE Y3P

In June 2021, Emilia Wright and JD Anderson-Martin completed a double Yorkshire 3 Peaks challenge together, becoming the first juniors to do this and setting a new record. Here is their account of their epic challenge.

We are both 16 and live near Hebden Bridge. We also both attend North Halifax school and are members of Calder Valley Fell Runners. We came up with the idea of doing a longer distance run as a challenge, At first, we were planning to do a longer run around the Calder Valley, but then had the idea of the Yorkshire 3 Peaks route. Given we had both done it once round already, we thought that doing it twice could be the next challenge!

Our objective was just to complete a double loop within 24 hours. Our main aim was just to get round it as we had never done that distance before so we didn't really know what to expect. We said beforehand that it would be nice to complete it within 18 hours. Finishing in 15.5 hours was a very nice surprise, especially for our parents, who were glad they didn't have to wait for us for another few hours!

The second climb up Whernside was very hard. Mentally, the false summit syndrome was hard on motivation levels. Coming off Ingleborough at the end of the first loop was quite tough because we were thinking: 'Blimey! We've got to do all that again!'. But by the time we were heading back up Ingleborough at the start of the second loop, we were much more cheerful as it felt good to be over halfway. We both liked coming down off Ingleborough the second time, as we were able to whizz down after fuelling up in Horton and picked up lots of speed on the downhill.

We found that the run pushed us both physically because the distance was twice as far as we had ever run before, so it was cool seeing how our bodies reacted to a totally new sense of fatigue (and JD also gained a dodgy knee for a little while afterwards!). It felt good to complete a challenge that was much harder than anything we had done before so we gained confidence from that and a ridiculous amount of blisters!

We got on well doing it together and our paces pretty much evened out over the 50 miles as JD is faster on the uphill and Emilia was faster going down. It was a good feeling mentally to achieve something that we worked hard for. However, when the adrenaline had worn off, the aches and pains hit us like a ton of bricks! It felt



Emilia and JD at the start of their double Yorkshire 3 Peaks; a selfie on the summit of Whernside; at the road at the Ribbleshead viaduct and on their second summit of Whernside.

great to finish and it was nice to have an excuse to eat 4 butties and lots of cake on the way home. The food also tasted even better than usual after all that running.

We think we may have the record for the fastest double Y3P for the under 20 category but we are awaiting confirmation. In the future, we would both like to attempt a Bob Graham round, and generally do more longer distance stuff in the hills.





WORDS NATALIE HAWKRIGG

# RUN 'JONTY MAN' RUN

Jonty, my youngest son (aged 9 and 3/4), saw his older brother in Fellrunner and decided he wanted to get in the Fellrunner magazine too! It was promptly explained to him that it was not an automatic right just because his mum helped edit the magazine, and that he would have to do something worthy of mention.

Not a child to be easily deterred, he set his sights on a running challenge worthy of mention. He decided to run the Family 5in5 Challenge organised yearly by Yvonne and Duncan Booth to raise money for MS Research. I was sceptical and felt it most likely that his interest would dwindle, but we arranged an entry.

On the day of the challenge, as predicted, enthusiasm had waned somewhat and training hadn't been going according to plan (it had been non-existent!). Suddenly, the thought of running 5 peaks in 5 hours was less appealing. So, as an added incentive we invited along his friend Zack to try and booster his enthusiasm.

I was rather worried as we drove to the start that Jonty would pull out altogether, but a cunning move by myself of dropping him at the event centre first (whilst I went and parked) meant that he was greeted immediately by the ever enthusiastic Yvonne and team who



Photos top to bottom: Jonty on Scar Craggs © N.Hawkrigg; climbing Causey Pike © N.Hawkrigg; Jonty and Zack bum-sliding down Barrow © N.Hawkrigg; Jonty's sprint finish with Natalie and her heavy pack © A. Wilson; Jonty at the finish with his medals © N.Hawkrigg

whisked him under their magical spell. Before he knew it, he had his race number on and was ready for the off. Then the final secret ingredient was added. Yvonne announced to Jonty that, if he ran all the way, he would be the youngest child to ever have run the entire route. Game on!!

Never before (and probably never again) will I see Jonty move so fast over the fells. He was on fire. His friend Zack was working hard to keep up with him, as were myself and Angela, who were both loaded down with heavy bags crammed with lunch, surplus jackets, warm clothes and picnic blankets!! We had predicted a slow affair, and so had packed accordingly. We were regretting it!

The friendly marshals on the summits were the only ones able to slow Jonty down in his tracks, tempting him with sweets and drinks to refuel his running legs. We were grateful for the brief respite and opportunity to shred another layer to cram into our already overloaded bags.

Jonty's competitive side started to show after Causey Pike. He started asking all the marshals how many walkers were in front. On hearing that only 3 other groups were in front, he decided to set

chase. By the time we reached the final summit at Barrow, there was only one other group in front of him.

He ran, ran, ran down to the road. I suggested a short cut off Barrow but he was having none of it and wanting to do the route proper. Zack and Jonty ended up 'bum-sliding' some of the steep sections off Barrow while Angela and I struggled to stay upright.

When we reached the finish at the Swinside Inn Jonty and Zack had completed the Family 5in5 in 2 hours 34 minutes. They had set off the last of everyone and were the 2nd finishers. Jonty was immensely proud of his finishing medal and running achievement.

After the event, I asked him whether he would do it again next year. He replied, 'no, I am doing the 10in10 next year!'.



Above: Yvonne and Duncan Booth © Steve Razzetti

## YVONNE BOOTH, ON THE FAMILY 5IN5 CHALLENGE

The Family 5in5 started in 2019. Over the years, we have listened to people saying they'd like a new challenge which the whole family can take on, hence why we developed the Family 5in5.

As a family we have lived with Duncan having MS for many years, and learnt the importance of perseverance and resilience as a family. This challenge will certainly help develop these skills for all members of a family.

The Family 5in5 starts and finishes at the Swinside Inn, near Keswick. The route is approximately eight miles long and takes in five peaks – Causey Pike (637m), Scar Craggs (672m), Outerside (568m), Stile End (447m) and Barrow (455m).

Along the way, there are sweet treats and hidden treasures to make it super family friendly, and our peak marshals are extremely encouraging. It's fantastic that we have had children as young as

7 years old take part and our eldest participant was 93 years old! I think one of the best things about the Family 5in5 is that any age group can be involved. It's a great challenge for adults who don't fancy the 10 peaks and we have been delighted to see lots of teenagers taking part and then progressing onto the 10in10.

We were amazed by Jonty's incredible run over the 5 peaks and will always remember his huge proud smile at the finish line! What a boy!

If you are interested in the Family 5in5 challenge the date for 2022 will be Saturday 18th June 2022. <https://www.10in10.org.uk/events/family-5in5-challenge/>

Yvonne and Duncan have raised over £500,000 for the MS Society since 2011.



# TEXT TALK TIME



Lucy Bednall (left) interviews her fell running hero, Philippa Williams (right).

**LUCY:** Hey, thank you so much for doing this interview. Are you ready??

**PHILLIPA:** Yep, ready when you are. Though haven't done anything like this before so massively unprepared in that sense...

**LUCY:** No worries, I'm going to start by asking the obvious. How did you get into fell / mountain running?

**PHILLIPA:** I was living in Sheffield at the time, having moved up for work, and in my first summer one of my good friends took me along to a race in the peaks saying it was a good Sheffield thing to try and would be good fun!

**PHILLIPA:** And I kind of fell in love from there. Not only was running on the fells really good fun but the atmosphere after the race, inc the cake, made it.

**LUCY:** Yes the cake is definitely a good motivator up the hills!

**LUCY:** What is your favourite race you have done and why?

**PHILLIPA:** Ooh, I really loved the Mickledon Straddle. It was the longest fell race I'd ever done at the time and the coldest conditions - my first winter race, but it was really good fun and the tea party in the barn afterwards was fab!

**LUCY:** That looks a good but tough race! Do you have any pre-race rituals or lucky items?

**PHILLIPA:** [I've] got to have pre-race porridge with more peanut butter than oats... and I do have a pair of knickers covered in stars which I wear most races, trying to convince myself they are my lucky stars!

**LUCY:** You sound like me as I also have 'lucky knickers' - I know you are a doctor, so how did you balance studying and training/racing?

**PHILLIPA:** It can be tricky but maybe it's all the horrible shift patterns that gets you used to training at funny times of the day, and used to being tired... I think running is such a great way for me to deal with/ offload my stresses from work so not sure I'd have made it without it!

**LUCY:** Yes I find you always feel better after a run. Are there any races you have your eyes on for the future?

**PHILLIPA:** So I'm actually flying out to Gambia next weekend for a job out there, probably for the next 6 months. Planning to just keep myself ticking over ready to hopefully do some of the European mountain race series next summer.

**LUCY:** Oooh that sounds very exciting! Injury as an athlete is almost inevitable at some point in their career, so how do you mentally deal with injury?

**PHILLIPA:** Oh not great. Very sadly I currently have a stress fracture and have been out of running for the last 6 weeks :( Think I have to admit I probably haven't been the best company recently but I'm trying to channel my energy into other things like swimming and cycling. Injury is rubbish for all runners but I guess it's a good time to reflect how much I really love running and how happy it makes me, and use that as motivation to get back!!

**LUCY:** Yes, really good luck with your recovery, I'm sure you will be just as awesome when you're back on the hills. My next question was going to be "do you cross train and how do you think it helps your running?" but I think you have partially answered that one already. :)

**PHILLIPA:** I'm a huge fan of cross training, even when I'm not injured. Everyone is different but I've learnt the hard way that I can't run everyday and probably 5x a week max, so I usually do some cycling and swimming alongside it.

**PHILLIPA:** It being running.

**LUCY:** Yes I think they all complement running so much. - Just to finish off, some easier questions. What is your go-to shoe for training and racing?

**PHILLIPA:** I love ON's shoes - big fan of the Cloudventure Peaks for racing.

**LUCY:** What is your favourite food / meal?

**PHILLIPA:** Peanut butter and banana. Probably a classic runners answer but can't fight it

**LUCY:** Finally, what was the last book you read?

**PHILLIPA:** It was a book called 'Coasting' by Elise Downing who ran around the whole coast of the UK! V inspirational but perhaps not the most ideal choice when I was sat immobile in a moonboot

**LUCY:** I will take a look. Thank you so much for doing this text interview. Lucy xx

**PHILLIPA:** No, thanks for asking me, really cheered me up with this whole injury thing :)

Would you like to interview your hero?

To be the next junior who text interviews your fell running hero then please get in touch [junioreditorfellrunner@gmail.com](mailto:junioreditorfellrunner@gmail.com). Just let us know your hero and we will put you in touch.

## JUNIOR HOME INTERNATIONAL



U17 England team and winning ladies U17 team - from left to right; Isabel Holt, Charlotte Rawstron, Amelie Lane (2nd), Rebecca Flaherty, Emily Gibbins, Eve Whitaker (3rd), Jess Bailey (1st), Georgia Bell © Helene Whittaker

We set off at 7:30 from Skipton, on Friday 3rd September and made friends within our team. We all got on incredibly well; apparently our laughing was very irritating for the rest of the coach. "You haven't stopped giggling since we set off"- William. The ferry (a first experience for many within the team) was incredibly entertaining and lots of fun. We arrived in Northern Ireland around 5:30pm, and got to the YMCA camps just over an hour later. We enjoyed exploring the grounds in the evening and playing lots of

card games, relaxing before the race to come. We couldn't stop talking!

The next day the reality of the race ahead began to kick in as we got up early for a good breakfast and travelled on the u17 coach, with our competitors, to the event. The mountain towered over us and we found it a bit daunting. We slowly began to walk the course and suddenly even we were quiet in preparation. We made our way to the start and took our place in the starting pen with the other



nations (Wales, Scotland, Northern Ireland and Ireland). England had a strong start, leading the pack up a challenging ascent and after a while we turned up a very steep stretch to the top of the hill before making our way down the uneven rocky descent. Despite a strenuous course England finished with an all-England podium and all 8 England runners in the top 10! We were thrilled, and enjoyed supporting the other English teams. After the presentation we enjoyed relaxing and exploring Newcastle - we got ice-cream, took a walk on the beach and went on the dodgems. We also went to the cinema and watched Paul Tierney running the Wainwrights.

In the late evening we went outside and played lots of games with a lot of the other people from all of the other nations. We enjoyed games of sardines, bulldog, manhunt and hide and seek. It was a brilliant experience to have everyone together.

The next day we woke up before 6am to go on a 10km run up a mountain; Slieve Donard. After our departure from the location in Northern Ireland, we began the final journey home.

Thank you to all the staff and coaches who made the trip possible and an incredible experience for all.

CHARLOTTE RAWSTRON , U17 LADIES TEAM



Left to right: Matt Knowles 1st placed U20 at the top of Slieve Meelbeg; In the U17 race William Walker leads Joe Ormrod at the summit checkpoint © Karen Magee



This weekend has been an incredible experience. Trips like this are a perfect way to get to know people through a medium that you are all interested in. With a shared goal and opportunity teams bond and develop friendly rivalries with each other. Teams also create connections with people from other teams that are competing. One of the highlights has been enjoying games with athletes from other nations, manhunt in the dark and British bulldog being a favourite.

The race itself was an incredible experience. The course was superb. It was expertly crafted and gave a perfect taste of how fell running should feel. While the route was steep in patches and rough on

top, it was not overly technical. This created a fast and energetic race. With England claiming a clean sweep in team and individual competitions, the sense of success was almost tangible.

Everybody had contributed to the team’s success and we all revelled in it. In fields of between twenty and thirty, an English athlete topped the podium in all races, with the rest of the teams filling out the top ten. This weekend puts an emphasis on the camaraderie of fell running. It has been a true honour for myself and the rest of the athletes to represent our country and I am sure relationships developed recently will strengthen over time.

WILLIAM WALKER

# JUNIOR CHAMPIONSHIP AND CHALLENGE RESULTS 2021

It’s been a tough year finding a “new normal” and getting back to racing and mingling. Challenges faced the organisers, athletes, coaches and parents working with ever changing guidelines and restrictions. But ... YOU DID IT! Well done and congratulations to all. The results are here and bear witness to your effort, which made it all happen.

Whilst we managed with fewer races than usual, the competition was as hot as ever with the most number of competitors ever (six)

scoring the maximum number of points. This year saw some new clubs nudging ahead of established names, but fewer in the Club Challenge category which was only completed by four.

Next year, we will be back to the usual format of six races and I look forward to seeing you out racing on the fells again in 2022.

## FRA CHALLENGE 2021 - CLUBS CHALLENGE

CLUB	CREDITS
Ambleside AC	4
Buxton AC	4
Chorley AC	4
Horwich RMI	4

## JUNIOR CHALLENGE 2021

AGE GROUP	COMPETITOR	CLUB	NO RACES
U09B	James Canaway	Unattached	4
	Jasper Raby	Chorley AC	4
	Jacob Wilkinson	Horwich RMI	4
	Louis Yates	Horwich RMI	4
U09G	Georgia Cudahy	Buxton AC	4
U11B	George Bradley	St Theresa's AC	4
	Oscar Bundy	Salford Harriers	4
	Magnus Foxwell	Ambleside AC	4
	Joseph Green	Ambleside AC	4
	Thomas McCann	Chorley AC	4
	Benedict Raby	Chorley AC	4
U11G	Sophie Brady	Abbey Runners	4
	Alice Carr	Rossendale HAC	4
	Hannah Cudahy	Buxton AC	4
	Grace Freary	Horwich RMI	4
	Freya Hodgson-Jones	Ambleside AC	4
	Lily Mort	Horwich RMI	4
	Maddison Wilkinson	Horwich RMI	4
	Evie Willis	Buxton AC	4
	Ava Winstanley	Chorley AC	4
	Martha Wood	Unattached	4



# JUNIOR CHAMPIONSHIPS 2021

AGE GROUP	PLACE	COMPETITOR	CLUB	NO RACES	POINTS
U13 BOYS	1	Henry Ward	Chorley AC	4	146
	2	Zac Jardine	Keighley & Craven AC	4	138
	3	Joshua Hatton	Wirral AC	3	136
	4	Zeke Sumner	Ambleside AC	3	132
	5	Thomas Wood	Macclesfield HAC	4	132
	6	Harvey Shaw	Ambleside AC	4	130
	7	Oliver Holder	Ilkley Harriers	4	129
	8	Toby Davies	Eden Runners	3	118
	9	Daniel Davies	Eden Runners	3	115
	10	Mark Titmuss	Horwich RMI	4	113
U13 GIRLS	1	Clara McKee	Calder Valley FR	4	150
	2	Estelle Lowe	Westbury Harriers	4	144
	3	Millie Jebb	Helm Hill	3	141
	4	Oonagh McManus	Sale Harriers	4	138
	5	Cara Bradley	Ambleside AC	3	132
	6	Grace Mort	Horwich RMI	4	120
	7	Isobel Reid	Chorley AC	4	115
	8	Harriet Byrnes	Salford Harriers	3	113
	9	Millie Reid	Chorley AC	4	112
	10	Hannah Cleavin	Pudsey & Bramley AC	4	107
U15 BOYS	1	Jack Sanderson	Settle Harriers	4	150
	2	Ewan Busfield	Amber Valley & Erewash	4	139
	3	Ned Gallagher-Thompson	Otley AC	3	139
	4	Jack Lamb	Chorley AC	4	137
	5	Thomas McKee	Calder Valley FR	4	136
	6	Ewen Wilkinson	Keighley & Craven AC	3	121
	7	Michael Wood	Macclesfield HAC	3	120
	8	Alfie Bundy	Salford Harriers	4	119
	9	James Greenlay	Otley AC	3	112
	10	Benjamin Williams	Wirral AC	3	111
U15 GIRLS	1	Maisey Bellwood	Keighley & Craven AC	3	146
	2	Megumi Hoshiko	Wirral AC	4	143
	3	Graihagh Turner	Penistone Footpath Runners	4	143
	4	Izzy-Mai Wilson	Dark Peak FR	3	143
	5	Charlotte Chambers	Keighley & Craven AC	4	135
	6	Charlotte Peart	Settle Harriers	4	128
	7	Olivia Aldham	Wharfedale Harriers	3	126
	8	Heather Berry	Rotherham HAC	4	124
	9	Libby Rickerby	Chorley AC	3	120
	10	Matilda Duffy	Rossendale HAC	3	118

AGE GROUP	PLACE	COMPETITOR	CLUB	NO RACES	POINTS
U17 BOYS	1	Charlie Allmond	Ambleside AC	3	150
	2	Jacob Deacon	Chorley AC	3	144
	3	Alex Poulston	Wirral AC	4	142
	4	Dylan Cater	Helm Hill	3	137
	5	William Walker	Clayton-le-Moors	4	137
	6	William Hall	Keighley & Craven AC	4	131
	7	Theo Clay	Bingley Harriers	3	130
	8	James Bowen	Ambleside AC	3	129
	9	Joseph Ormrod	Rossendale HAC	4	129
	10	Jack Spark	Sale Harriers	3	122
U17 GIRLS	1	Amelie Lane	Wharfedale Harriers	3	150
	2	Eve Whitaker	Harrogate HAC	4	144
	3	Isabel Holt	Blackburn Harriers	4	143
	4	Georgia Bell	Leven Valley AC	3	134
	5	Emily Gibbins	Ilkley Harriers	4	134
	6	Maggie Preece	Telford AC	4	128
	7	Sophie Rylance	Ambleside AC	4	124
	8	Charlotte Wilkinson	Horwich RMI	4	116
	9	Grace Longden	Buxton AC	3	114
	10	Lily Philbin	Bolton United Harriers	4	113
U19 BOYS	1	Finlay Grant	Buxton AC	4	150
	2	Tom Spencer	Buxton AC	3	144
	3	Edward Corden	Stockport Harriers	4	142
	4	William Longden	Buxton AC	4	139
	5	Toby Middleton	Horwich RMI	3	136
	6	Hugh Mackie	Penistone Footpath Runners	4	133
	7	Will Curry	Rossendale HAC	4	125
	8	Joe Hopley	Rossendale HAC	3	124
	9	Harry Bond	Buxton AC	3	122
	10	Noah Kidd	Leven Valley AC	3	115
U19 GIRLS	1	Alexandra Whitaker	Harrogate HAC	3	150
	2	Lucy Bednall	Buxton AC	4	146
	3	Isabel Richardson	Holmfirth Harriers	4	141
	4	Amy Whelan	Buxton AC	4	138
	5	Ellie Richardson	Rossendale HAC	4	133



# FRA CLUB CHAMPIONSHIP 2021

POSITION	CLUB	POINTS
1	Buxton AC	580
2	Wirral AC	571
3	Ambleside AC	568
4	Chorley AC	561
5	Keighley & Craven AC	553
6	Calder Valley FR	539
7	Dark Peak FR	523
8	Rossendale HAC	514
9	Ilkley Harriers	495
10	Horwich RMI	483

# JUNIOR CHAMPIONSHIP RACES 2022

It is a pleasure to announce the races for the 2022 Junior Championships. It is with huge thanks to the hard work of Helene Whitaker and her team for finalising the Junior Championships for 2022. The races and dates are summarised below. We are very much looking forward to a Covid free year of Junior racing in 2022 and junior racing finally returning to full

normality. Please be aware that dates and races may be subject to change nearer to the time. Please check the website for the most up to date information - <https://www.fellrunner.org.uk/juniors.php>  
- GARETH HARDCASTLE, FRA JUNIOR CO-ORDINATOR

NAME	DATE
Trawden Junior Race	26th March
Black Combe	24th April
Todd Crag	7th May
Great Whernside	15th May
*Intercounties fell running championships*	
Guisborough Woods Junior classic	21st or 22nd May (TBC)
Helm Hill club organised race	2nd July

# JUNIOR FELL RUNNING WORD SEARCH

(SET BY QUIZRUNNER)

M	W	W	G	N	G	F	S	L	S	C	R	E	E	J
Z	G	A	F	A	L	R	R	U	H	I	T	G	D	U
Y	R	E	O	H	O	C	I	I	M	I	L	X	B	A
C	P	N	U	Y	C	E	H	T	N	M	K	L	R	T
F	O	O	T	P	A	T	H	A	S	Y	I	Q	A	A
D	E	T	C	U	A	A	R	B	N	T	M	T	M	W
U	Z	S	R	P	J	G	N	E	S	R	O	G	B	K
M	V	E	O	W	S	L	D	D	K	Z	L	N	L	E
R	E	M	P	T	K	S	Y	L	E	C	K	C	E	B
E	W	I	I	K	M	E	B	N	E	S	A	W	S	R
H	N	L	B	D	O	R	T	E	C	I	I	R	D	A
T	E	W	G	J	F	M	Y	A	C	F	F	T	T	C
A	O	R	B	B	A	G	I	R	J	N	V	X	E	K
E	A	J	V	M	Y	R	G	H	R	J	E	J	M	E
H	X	T	A	R	N	P	S	M	U	F	Q	F	U	N

Words related to countryside features – natural and manmade

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

ANDESITE	FENCE	GRITSTONE	SUMMIT
BECK	FIELD	HEATHER	TARN
BRACKEN	FOOTPATH	LIMESTONE	TRACK
BRAMBLES	GABBRO	MUD	TROD
CAIRN	GATE	OUTCROP	WALL
COL	GORSE	SCREE	
CRAG	GRANITE	STILE	





*The*  
**FELLRACER**



50@50 RACE SERIES TO CELEBRATE THE 50TH ANNIVERSARY OF THE FRA

When the Committee were considering how we should celebrate the 50th anniversary of the FRA which was formed after the Pendle race on 4th April 1970, James Lowe suggested a series of 50 races. The original concept was to include as many as possible of the surviving races which were in the first FRA calendar in 1970 plus a selection of races of different distances and categories (including the six English Championship races) with a wide geographical spread.

The first counter was the Captain Cook’s Race in North Yorkshire on New Year’s Day 2020. The series progressed with the Tigger Tor, Long Mynd Valleys, High Cup Nick, Ilkley and the Haworth Hobble races before the world changed in March 2020 and we were forced to suspend fell racing in the UK for the foreseeable future.

Then, in May 2021, Covid restrictions were eased sufficiently for a cautious return to racing and the longest serving FRA race organiser, Kevan Shand, was able to host the Blackstone Edge race. It was lovely to see old friends again and all the smiling faces as runners nervously pinned on their numbers and laced up their shoes for a SW Pennines extravaganza. Inevitably, we lost some of the races from the original list but were able to find replacements and we are now just five races away from completion of the series which will close with the classic Auld Lang Syne near Haworth.

We decided that we would award prizes for the first three runners in each 10-year age group but my priority was to reward participation rather than performance and so we are offering specially commissioned commemorative garments for completion of a fixed number of races. I later revised the number of races required owing to inevitable clashes caused by the compression of a full year’s races into 7.5 months. So now members will be eligible for a T-shirt if they complete 12 races and a Hoodie for completion of 18 races with a special engraved glass for those who complete at least 24 of the possible 50 races.

I have been delighted by the response and this is just one example of countless messages:

*I have been an FRA member for quite some years but this year, even with COVID, has been better than ever with the 50@50 race series. I am a long-serving member of Orion Harriers based in Epping Forest, Chingford on the edge of East London.*

*I have tried to get along to as many races as possible, which has been testing. The reward has been great, doing new races which I may not otherwise have travelled the miles to do. I have met so many runners, most of them better than me! It’s nice to meet a face rather than see the back of a person getting away further and further! The organising, miles travelling, accommodation and cost have been a test (the family have been understanding)! The rewards have been the great races organised by so many clubs around the country supported by you, the FRA.*

*The latest race was the great Langdale Horseshoe which, for my sins, I had never done before (now I know why). Race-day came and so did the low cloud, thick pea soup which has never been seen before in Epping Forest. So, I took to my navigation skills, all 7 check points were visited and, albeit slow, I finished. Even the Bad Step was conquered (quite pleased with that)! To the bar for beers, food and new friends. Stories were told. Great day on the fell had, I think?*

At the time of writing, after Dunnerdale, my spreadsheet records the results for 2093 FRA members with 105 of those within striking distance of a T-shirt and 29 able to achieve a Hoodie. However, some Fishwicking will be required for some of those.

Speaking of Fishwicking, I spoke to Darren at the Captain Cook’s Race back in January 2020 and he told me that he had decided not to be so obsessive regarding fell racing and that he wanted to spend more time with Alison. Roll on to the Eldwick Gala in August 2021 and Wendy Dodds told him that he had done ten of the fifty races and that he was at the top of the leaderboard. He immediately came out of self-imposed racing retirement and booked three nights off work to run the Reston Scar Scamper, Crowden Horseshoe and Sedbergh Hills the following week and is now up to 26 races and just two behind Wendy who was the first to earn an engraved glass.

Many thanks to Fellrunner Art Director, Tory Miller, who has created a fabulous design for the T-shirts and Hoodies, based on a profile of Pendle Hill where it all began. Thanks also to James Lowe who came up with the idea and to all of those members who have taken part and given me endless hours of number-crunching pleasure.

50@50 SERIES RESULTS TO DATE

SCORES AND STANDINGS FOLLOWING THE DUNNERDALE RACE ON 13TH NOVEMBER

CATEGORY	NAME	TOTAL	CATEGORY POSITION	RACES
F	Katherine Klunder	901.94	1	18
	Annie Hassell	527.20	2	7
	Rachel Pilling	455.10	3	6
	Antonia Fan	446.75	4	6
	Sarah Hodgson	436.10	5	6
F40	Nina Mason	816.37	1	17
	Sharon Taylor	568.01	2	7
	Sue Richmond	517.11	3	7
	Lisa Carter	454.88	4	8
	Kate Archer	426.28	5	6
F50	Alison Weston	759.65	1	18
	Rowena Browne	738.14	2	14
	Alison Wainwright	702.13	3	14
	Tania Wilson	682.67	4	14
	Denise Tunstall	657.73	5	17
F60	Wendy Dodds	864.79	1	28
	Julie Gardner	662.06	2	14
	Mary Ockenden	552.22	3	8
	Caroline Glover	548.79	4	9
	Ann-Marie Jones	441.05	5	7
F70	Linda Lord	614.59	1	14
	Lesley Malarkey	358.84	2	7
M	Tom Day	1,080.69	1	17
	Will Carter	938.79	2	13
	Alistair Thornton	825.01	3	9
	Tom Simpson	813.11	4	9
	Sam Holding	807.19	5	9
M40	Matt Dunn	945.51	1	17
	Luke Appleyard	938.79	2	18
	Garry Greenhow	847.41	3	9
	Dan Gilbert	818.23	4	10
	David Riding	787.84	5	14
M50	Darren Fishwick	1,086.43	1	26
	Ian Haigh	882.77	2	23
	James Leigh Baron	853.07	3	12
	John Hunt	842.97	4	10
	Ian Holmes	816.85	5	9
M60	Philip Pearson	898.36	1	17
	Simon Bennett	895.51	2	19
	Steve Wathall	850.83	3	21
	Paul Burchell	823.98	4	23
	Andrew Johnson	786.32	5	21
M70	David Tait	457.11	1	8



Photos top to bottom: Tom Day racing Black Combe Dash © Stephen Wilson www.granddayoutphotography.co.uk; Katherine Klunder tagging the crocodile before chasing Darren Fishwick at the Cronkley fell race © Jill Bridges; David Brock at Skiddaw fell race © Stephen Wilson www.granddayoutphotography.co.uk



LAKELAND CLASSICS TROPHY 2021

Bill Johnson, Calder Valley FR

This year, after an obvious absence last year, was the 19th year of the LCT. It remains a target to complete for many.

Each year the big four Super Long races are included in the trophy: Duddon, Ennerdale, Wasdale and the Darren Holloway Memorial Buttermere Horseshoe. Normally two of the three Long classics (Borrowdale, Three Shires, Langdale) are also included, resulting in a competition over six races, best 2 super-long and one other result to count. One of the Long races is 'rested' each year. However, when this year started we didn't know how many of the races would actually take place, so we included all seven races and hoped at least half of them would happen. Thanks to a lot of work from the race organisers, all seven races took place, so for the first time the trophy included seven possible counters. Next year we will return to the normal format, and it will be Langdale's turn to be rested.

By next year Ben Abdelnoor and I will have been custodians of the LCT competition for ten years – the same time that Graham Breeze and Brian Martin organised it for before us. Ben and I both feel that it is time we hung up our boots. So, a plea to the fellrunning community: would anyone be willing to take on the custodianship of the LCT? We are happy to do it alongside a new pair of people for next year and then you can take it on yourselves after that. I do the results and Ben does everything else. If you are willing to take it on, let Ben or me know – our contact details are on the LCT webpage. There is no requirement to have a comical pairing name, as per 'Bill and Ben', though if you are Anthony and Declan that would work quite well.

This year there were 60 LCT completers, slightly below the normal average of 70 – though of course it has been a strange year. The percentage of women completing (18%) was pleasingly more than the average over previous years (15%).

Sharon Taylor successfully defended her title to win the 2021 women's trophy. There was a new overall winner in Matthew Atkinson, in his first completion of the LCT. Rob Jebb successfully

retained the vet title, however there were brand new winners in V50 (Ian Holmes), V60 (Philip Pearson) and FV50 (Kerry Cornforth) categories. Arthur Raffle became only the second U23, after Jo Simpson in 2019, to complete the LCT – at least since I've been doing the results.

There is also a team title. Women and men can both count alongside each other in teams of 3 and every year many teams are reliant on their female counters. This year Ambleside won the team title for the third time in the last four competitions. They remain the club to beat.

Sharon Taylor and Matthew Atkinson put their mark on the competition from the start, gaining maximum points at the first race, Duddon, and holding onto their lead after strong performances at Ennerdale – though Rob Jebb moved up to just half a point behind Matthew. Both Sharon and Matthew missed Wasdale and Buttermere, allowing Sue Richmond and Peter Davies, and then James Harris, to take leads in the trophy after the Super Long races were completed.

After the first of the Long races, Borrowdale, there was a fourth different leader at the top of the table: Rob Jebb. Sharon Taylor returned to the top of the women's competition – a position she would keep over the remaining two races. And after the penultimate race, Three Shires, Matthew Atkinson returned to the overall lead with his race win. Matthew would win at Langdale too, his third win of this year's LCT races (the first was at Duddon), to seal victory.

Each year I work out the most improved runner, comparing LCT results with previous years. This year it was a close thing: Sam Dixon, Steve Jacques and Jamie Lawler posted remarkable improvements. But narrowly scoring the greatest improvement was Mark Burley (Macclesfield Harriers).

Hope to see many of you on these classic races next year.

Background photo: Lakeland Classics Trophy winner Matthew Atkinson (Keswick AC) on his way to winning the Three Shires fell race © Stephen Wilson www.granddayoutphotography.co.uk

LAKELAND CLASSICS TROPHY TEAMS 2021

RANK	CLUB	POINTS
1	Ambleside AC	282.0
2	Helm Hill Runners	278.2
3	Dark Peak Fell Runners	254.3
4	Keswick AC	239.8
5	Black Combe Runners	232.6
6	Cumberland Fell Runners	231.9
7	Pennine Fell Runners	220.2
8	Bowland Fell Runners	208.6
9	Northern Fells Running Club	194.2
10	Macclesfield Harriers & AC	163.1
11	Chorley Athletic And Tri Club	159.1
12	Clayton-le-Moors Harriers	158.0

LAKELAND CLASSICS TROPHY 2021

RANK	NAME	CLUB	CAT'	POINTS
1	Matthew Atkinson	Keswick AC	M	294.6
2	Robert Jebb	Helm Hill Runners	M40	290.9
3	James Harris	Ambleside AC	M	287.8
4	Philip Rutter	Helm Hill Runners	M	281.3
5	Sam Dixon	Helm Hill Runners	M	278.0
6	Peter Davies	Dark Peak Fell Runners	M40	277.6
7	Tom Simpson	Ambleside AC	M	272.2
8	Ian Holmes	Bingley Harriers & AC	M50	272.0
9	Sam Holding	Cumberland Fell Runners	M	262.6
10	Steve Jacques		M40	259.9
11	Josh Hartley	Black Combe Runners	M	258.6
12	Duncan Coombs	Hunters Bog Trotters	M	256.5
13	Ian Barnes	Ambleside AC	M40	244.7
14	Dave Ward	Pennine Fell Runners	M40	237.4
15	Mark Burley	Macclesfield Harriers & AC	M	237.0
16	Sharon Taylor	Helm Hill Runners	W40	236.6
17	John Hunt	Dark Peak Fell Runners	M50	233.8
18	Alistair Palmer	Preston Harriers	M	227.3
19	Arthur Raffle	Altrincham & District AC	MU23	223.2
20	Jamie Lawler	Keswick AC	M40	217.8
21	Adam Jackson	Northern Fells Running Club	M50	212.1
22	Sue Richmond	Pennine Fell Runners	W40	205.9
23	Barney Plummer	Horsforth Harriers	M	203.7
24	Philip Pearson	Northern Fells Running Club	M60	200.4
25	Darren Fishwick	Chorley Athletic & Tri Club	M50	198.9
26	Jon Morgan	Dark Peak Fell Runners	M50	197.6
27	Mike Harrison	Cumberland Fell Runners	M50	194.6
28	Sean Leckey	Ambleside AC	M	193.9
29	Leigh Warburton	Bowland Fell Runners	M60	186.8
30	Bryony Halcrow	Ambleside AC	W	183.7
31	Ben Simmonds		M	179.4

RANK	NAME	CLUB	CAT'	POINTS
32	Sarah Andrew	Glossopdale Harriers	W	173.1
33	Eleanor Wainwright	Dark Peak Fell Runners	W	166.8
34	Victoria Thompson	Helm Hill Runners	W	164.7
35	Sarah Hodgson		W	164.5
36	Matt Linnett		M	162.0
37	Roy Gibson	Kendal Amateur AC	M60	152.9
38	Dave Greaves	Black Combe Runners	M40	152.8
39	Katherine Klunder	Chorley Athletic And Tri Club	W	148.1
40	Darren Parker	Cumberland Fell Runners	M50	145.4
41	David Fort	Clayton-le-Moors Harriers	M40	143.4
42	Peter Tayler	Black Combe Runners	M50	142.4
43	Robin Hoffmann	Glossopdale Harriers	M40	142.0
44	Bill Beckett	Chorley Athletic And Tri Club	M50	141.2
45	Gary Bradley	Barlick Fell Runners	M50	137.6
46	Carlos Bedson	Cheshire Hill Racers	M50	137.5
47	Dominic Hoare	Bowland Fell Runners	M40	136.5
48	Stephen Coope	Bowland Fell Runners	M50	136.4
49	Paul Jackson	Dark Peak Fell Runners	M40	133.5
50	Richard Tunnicliffe		M40	133.3
51	Simon Franklin	Cumberland Fell Runners	M50	128.5
52	Paul Simpson	Ambleside AC	M50	123.5
53	Paul Mason	Cumberland Fell Runners	M60	118.7
54	Steven O'Keeffe	Northern Fells Running Club	M40	117.4
55	Kerry Cornforth	Keswick AC	W50	114.4
56	Alison Wainwright	Dark Peak Fell Runners	W50	111.3
57	Les Barker	Cumberland Fell Runners	M50	110.7
58	Robert Jarman	Ripon Runners	M	96.9
59	Jo Simpson	Ambleside AC	W	91.6
60	Barrie Thomason	Macclesfield Harriers & AC	M50	62.3



# THE LAKE DISTRICT MOUNTAIN TRIAL, 3-4 JULY 2021

Pete Nelson, Planner, and Andrew Bradley, Organiser.



## ‘ALWAYS HARD, SOMETIMES DESPERATE’

Planning and organising the 2021 Mountain Trial

The Lake District Mountain Trial was started in 1952 by the Lakeland Regional Group of the Youth Hostels Association as part of their twenty-first anniversary celebrations.

In 1956 a new organising committee was formed by the late A.H.Griffin. Representatives were drawn from mountain rescue teams, the Outward Bound Schools, mountaineering clubs and the Youth Hostels Association. The objective was ‘to encourage among fell walkers and mountaineers the highest possible standard of safe and fast traverse of difficult mountain country’.

A radical change in the event was made by keeping the course secret. The competitors were given an Ordnance Survey National Grid Reference for the first checkpoint. The other checkpoint references were revealed as they made their way around the course. In later events the competitors were started at intervals and given the grid references for the whole course a little way after the start. In 2003 maps were issued already pre-marked with the course. The Lake District Mountain Trial became the first event in England to be run regularly on orienteering principles, a decade before the sport became firmly established in this country.



### ORGANISATIONAL BACKGROUND

The Lake District Mountain Trial Association have an active committee who oversee the annual organisation of the Mountain Trial. The main roles are covered by different people from year to year, often not permanent members of the committee: in 2021 the course planning was done by Pete Nelson, the organisation by Andrew Bradley and the controller was Mark Seddon. The Association is always grateful for nominations of people who might fill these roles in future. Some regular jobs were done by the usual stalwarts – notably marshall coordination by Tony Richardson and entries by David Rosen. Like any event, it depends on the loyal army of volunteers who turn out on the day to make it all happen.

### THE TERROR AND THE MITIGATION

All this history gave me, as a first time planner, an initial sense of great responsibility – and dread. How to produce courses that were worthy of the long tradition? But with the history comes a lot of knowledge and experience, from which I greatly benefitted. We also had a great controller in Mark, who was never less than supportive, and made many useful suggestions.

There’s also lots of documentation and equipment to draw upon.

### EARLY PLANNING

This was supposed to be the 2020 race, but it got cancelled, like nearly everything else that year.

The Mountain Trial had never been to the Loweswater Fells (although it did visit Mellbreak in 1978) so I fancied using the multiple ridges and valleys they offer for some interesting route choices. First choice of venue was the Ennerdale Show Field at Leaps, with good access to the fell and proven good parking. However, a preference was expressed for somewhere with a building for use by the organising teams, so we moved to Loweswater Village Hall. This has been used many times before for fell races and navigational events.

After some comment about ‘orienteering’ type controls at the 2019 event, I wanted to get back to bold route choices and a minimum number of controls. Controls would be on obvious features. This was largely achieved. The checkpoint on Hobcarton End was moved off the ridge to avoid an increasingly popular mountain bike and walking route.

It soon became apparent that the Loweswater Fells cover too small an area to contain the Classic course. I then looked for options to extend into Ennerdale. Crossing the Ennerdale valley made the course too long, and using just the Ennerdale north ridge severely limited the route choice options: we had to go to the Northwestern fells, thus revisiting some ground from 2002. To avoid having two major valley crossings, we had a long run out to get started.

The Loweswater Fells offered enough scope for the Short course. This was kept fairly straightforward, to be suitable for people new to navigational events on the fells.

The Medium course was a bit of a compromise: too long for the Loweswater fells alone, but a bit short to justify the big valley crossing. I hope there wasn’t too much valley running for the competitors.

Once the courses were planned, I visited all the checkpoints over about seven visits. This was fairly hard work on my creaky knees. It is customary for both the planner and controller to visit all the controls in the couple of days before the event, and this looked like being a bigger challenge than competing in the event itself!

Mark, the controller, had an epic day out testing the courses. He made a couple of useful suggestions and after implementing them, the courses were finalised. Mark did feel that the courses might be a bit long. I’d planned them using a spreadsheet that takes account of height gain, distance, and rough ground. I applied the same process to the courses for the last five events for which I had data, and the calculations gave a good approximation to the actual winning times. This gave us confidence that the courses weren’t excessive.

The same techniques were used to work out the checkpoint opening and closing times. Ideally checkpoints would close after the last runner had been through. Looking again at previous events, the last finisher on the Classic and Medium courses takes about twice as long as the winner. The Short course is very variable, but the last runner takes about two and a half times the winner’s time. This is a bit of a circular argument, as slower people tend to get timed out anyway, but

gave a basis to work on. Applying these ratios to the expected winner’s time showed that if the slowest people started last, they would finish long after the race closing time. The race entry system says *if you might take a long time you must request an early start*. We had to hope that the slower entrants chose wisely.

Then I repeated all the calculations for the bad weather courses.

### THE MAP

The event map, pre-marked with the courses, is vital to the event. At one time, the event was sponsored by Ordnance Survey, and we had special maps provided by them. Since about 2009, we’ve used Harvey maps. This gives us a lot of flexibility in adding additional information. Harvey provided a digital file of the area we needed, and removed some information that was irrelevant. I added sponsors’ logos, courses, and a few minor map corrections around the controls.

I followed recent practice in giving each course the largest scale that would fit, within the limits of the A3 format.

The maps were printed by BML Print, one of the few internationally accredited orienteering map printers. They did a great job, turning the printing and lamination round in the short period between entries closing and having the maps available for the race.

On a casual visit to the Newlands valley, I noticed that one of the public footpaths through the fields doesn’t actually exist on the ground. This meant a hasty update to the map, as it was crucial to one of the major route choices.

Nearer the event, I created some A2 enlargements for use at registration, some blank maps, and an ‘all controls’ map for use by ourselves, the marshalls, and Raynet who provide radio cover. There was also a special low-res version for use with Routegadget.

### ORGANISING

We’d chosen to start in the Loweswater Fells, which has a complicated patchwork of ownership. Determining who owns what, and getting permissions, was time consuming. Permissions were generally given freely. Working with public bodies was more difficult. The National Trust and others were emerging from the pandemic lockdowns and furloughs with reduced staff and changed responsibilities. It was hard just to find the right person, never mind actually get a response from them. New and overlapping coordinating bodies such as the Cumbria Events Group had to be dealt with.

This is the bit the runners rarely see. We should all be grateful for the generosity of landowners in letting us run over their land. Just because it is Access Land does not give us the right to run an organised event over it.

Arrangements for the parking field, portaloos, village hall, caterers, map printers, and Sport Ident were all in place by mid-July.



# THE LAKE DISTRICT MOUNTAIN TRIAL



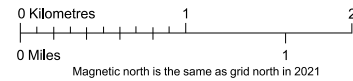
12th September 2021  
Loweswater Village Hall  
Loweswater

Sponsored by



## ALL COURSES

Scale 1:40000 Contour interval 15m

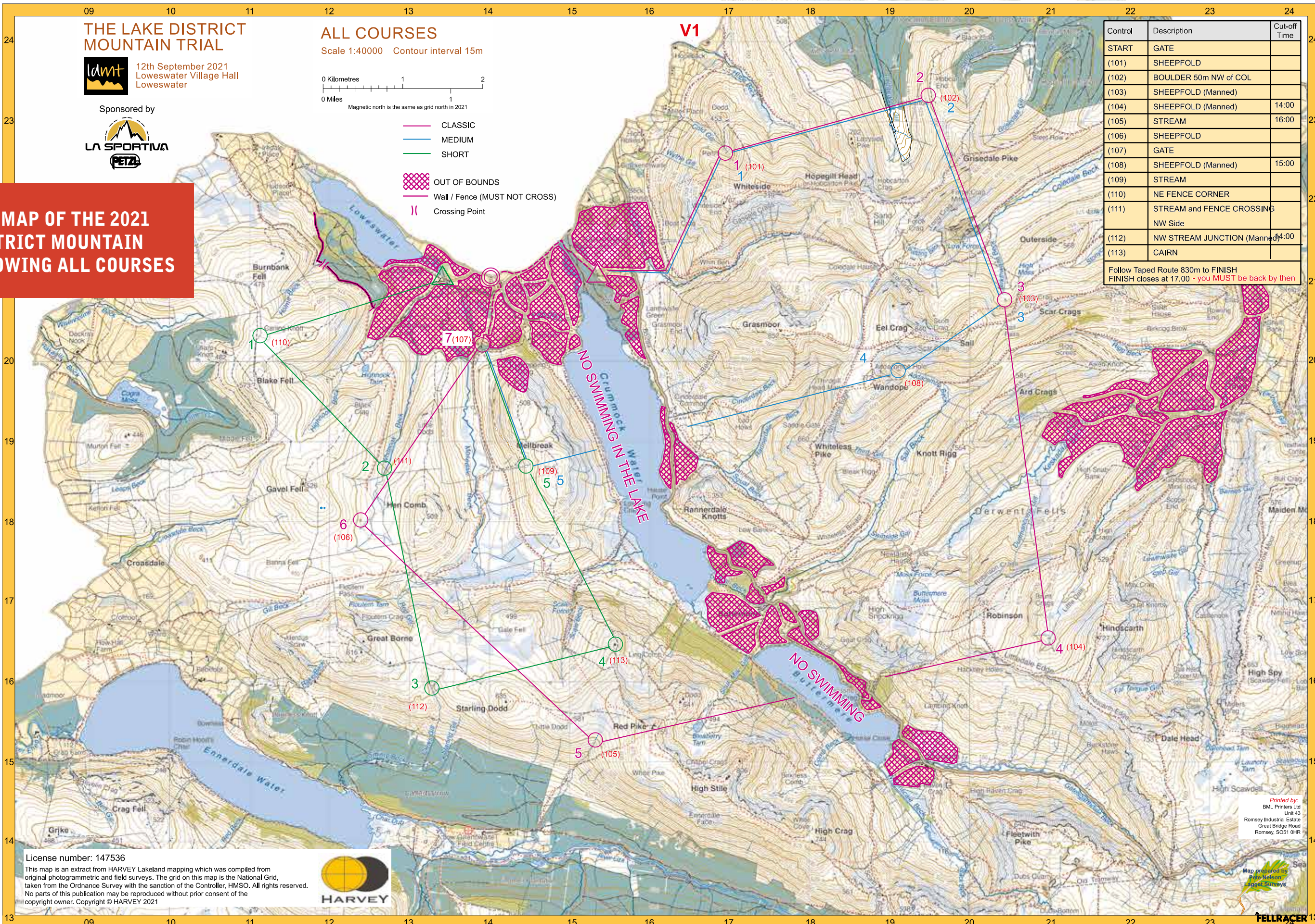


- CLASSIC
- MEDIUM
- SHORT
- OUT OF BOUNDS
- Wall / Fence (MUST NOT CROSS)
- Crossing Point

## THE FULL MAP OF THE 2021 LAKE DISTRICT MOUNTAIN TRIAL SHOWING ALL COURSES

Control	Description	Cut-off Time
START	GATE	
(101)	SHEEPFOLD	
(102)	BOULDER 50m NW of COL	
(103)	SHEEPFOLD (Manned)	
(104)	SHEEPFOLD (Manned)	14:00
(105)	STREAM	16:00
(106)	SHEEPFOLD	
(107)	GATE	
(108)	SHEEPFOLD (Manned)	15:00
(109)	STREAM	
(110)	NE FENCE CORNER	
(111)	STREAM and FENCE CROSSING NW Side	
(112)	NW STREAM JUNCTION (Manned)	14:00
(113)	CAIRN	

Follow Taped Route 830m to FINISH  
FINISH closes at 17.00 - you MUST be back by then



License number: 147536

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Great Bridge Road  
Romsey, SO51 0HR

Map prepared by  
Pete Nelson  
Lakeland Surveys



During July the process of identifying people to cover checkpoints, registration, starts and finishes was well underway.

This continued through August and into early September, when all the arrangements started to come together. A last minute push to chase up volunteers ensured we had (just) enough people to run the event.

On the day, everything went like clockwork, and there were many appreciative comments. Even better, everyone arrived back soon after the course closing time, so there were no anxious waits for missing runners

HOW DID THE COURSES WORK OUT?

COURSE	WINNERS TIME	PREDICTED	HISTORIC AVERAGE
Classic	4:29	4:39	4:33
Medium	4:08	3:39	3:56
Short	2:25	2:25	2:45

\*Average is average of the last 5 valid years: 2014, 2015, 2016, 2018, 2019 for Classic and Medium; 2012, 2015, 2016, 2018, 2019 for short.

Winning times came out ok. The Classic was about 10 minutes faster than I predicted, and the Short was exactly the predicted time. The Medium came out rather long, apparently because I overestimated the speed for the long valley crossing.

The planning emphasis was on big route choices (no fiddly re-entrants) this year, particularly on the Classic and Medium. The Short was a bit more straightforward, to cater for less experienced navigators.

WHERE THEY WENT

This discussion is based on those runners who'd put their courses on Routegadget two days after the event (thanks to Andrew Leaney of Sport Ident for setting this up).

On the Classic and the Medium, the choice on the leg from 1 to 2 was a long hard traverse, or a lot more climbing and then a ridge run. Contouring looked best on paper, but only by about 2 minutes. Out of 40 routes on Routegadget, 38 ran the ridge.

The two courses were still together from 2 to 3. This time the theoretical best route was a combination of an early ridge run and then a traverse – about five minutes faster than direct through the valley. All but three chose this route, with a variety of interesting traverses from Coledale Hause.

The Classic then went off across the Newlands valley to Little Dale. The less attractive valley route through the fields looked a bit quicker,

but there was plenty of good running on the ridges. The difference here would be the weather. Only 4 went through the fields, and there was an even split between those going over Robinson or through the upper Newlands valley (see Figure 1). To a course planner, this sort of pattern vindicates all the time put in trying to balance the choices.

There was a lake in the middle of 4 to 5. It was probably faster to go left, via Gatesgarth, and up Birkness Combe. No-one took this route: one went over High Stile, a few over Red Pike, and a few went for rough routes farther west (see Figure 2).

The last real choice was from under Red Pike to Whiteoak Moss. There's a nice line under Flouter Crag, but in good weather I thought it would be better to blast along the ridge. No-one did.

After leaving the Classic route at number 3, the Medium runners had to choose between ridge and plummet into Addacombe Hole, a seriously steep traverse, or drop down and back up again. Ridge was better, but no one went that way. A lot of people had a miserable time on the traverse.

Medium then had to choose between left or right round Crummock Water. Swimming was not an option, especially after a fatal accident in Crummock earlier in the summer. Going left was about 10 minutes faster, and much more attractive than going to the right, back through the start. I spent a long time trying to make this leg better, but it was always a compromise. On the day, everyone went left.

The Short Course was independent of the other two. It was designed to be suitable for people who hadn't done much fell navigation. The most significant route choice was to number 1, with three ways out of the valley. The best way for a strong runner was out of the SE end of Holme Wood then up the NE spur of Carling Knott. No-one went that way. After that, the choices were between easy ridge and fence running, or more complex traverses. Good navigators were rewarded with faster times on the traverses.

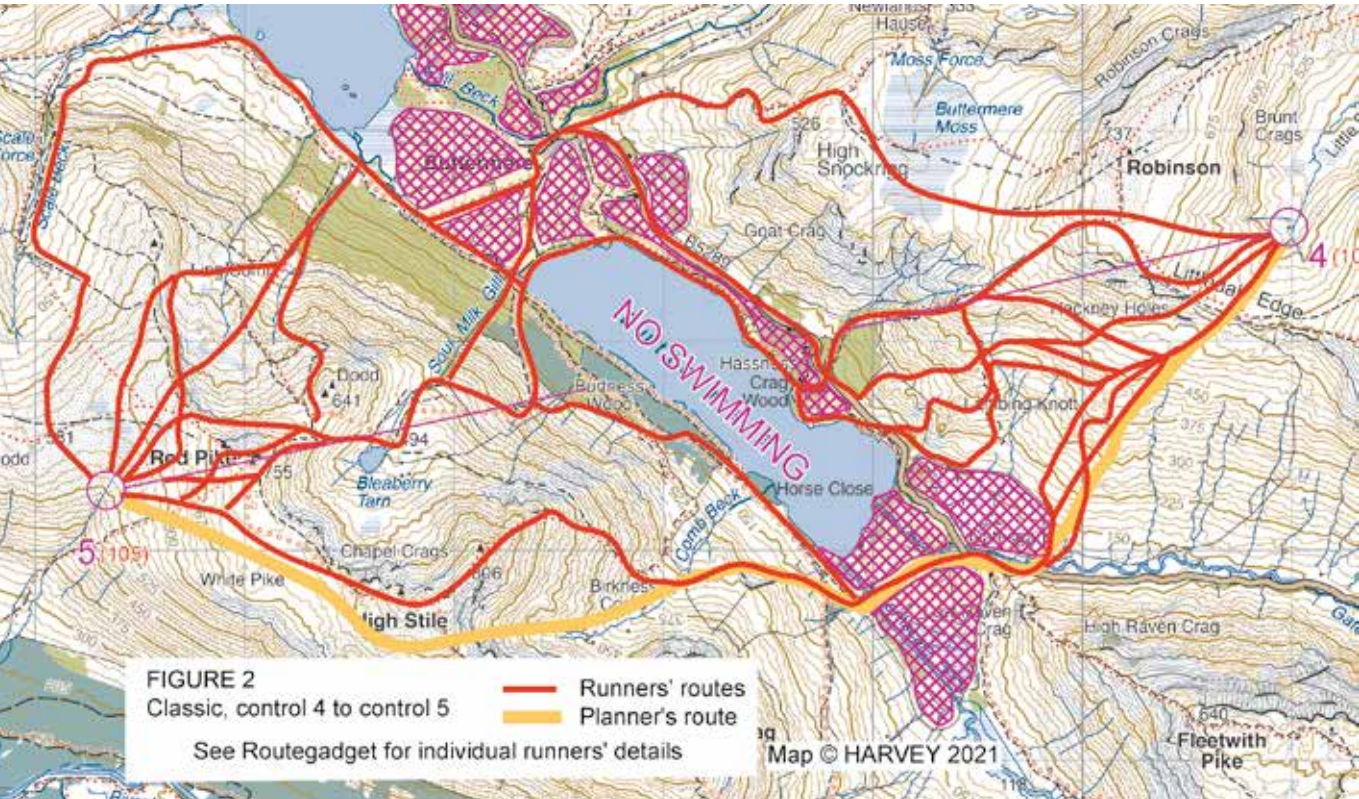
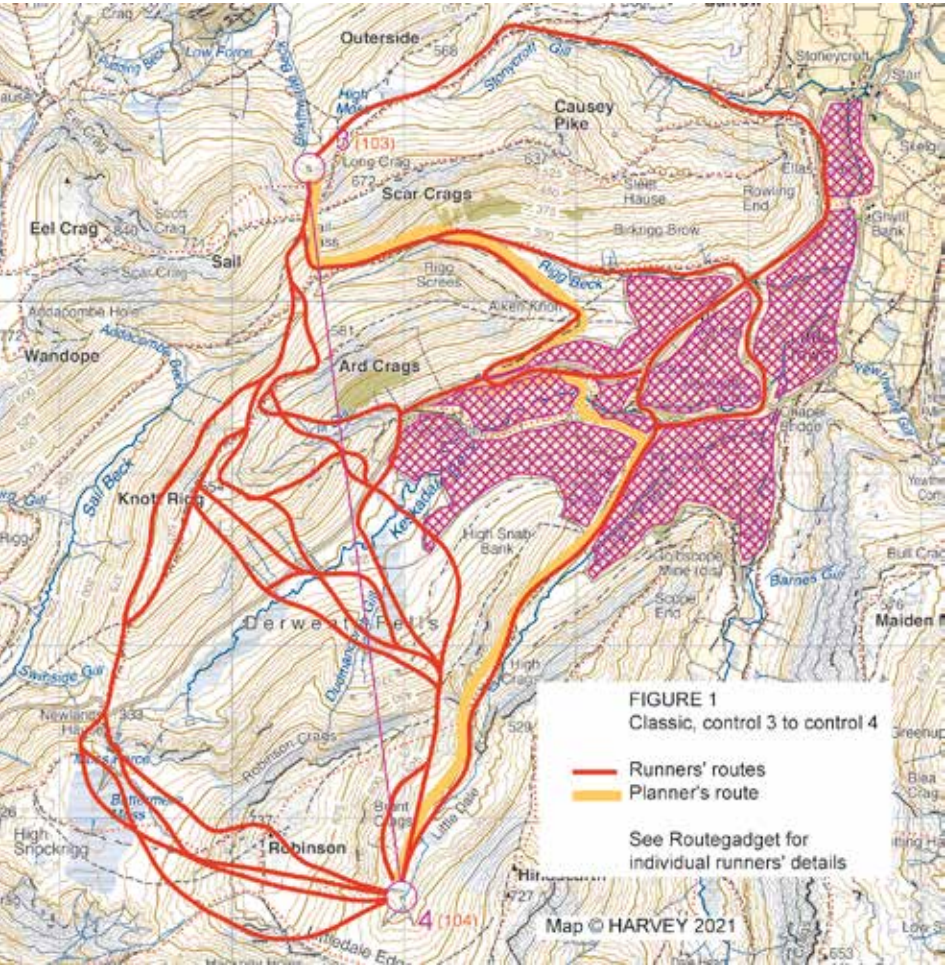
So as a planner I was rewarded with a lot of variation of chosen routes and a few compliments afterwards. It wasn't necessarily wise to greet the bloodied and battered runners right on the finish line, though!

See full results and a link to Routegadget at <https://www.sportident.co.uk/results/LDMTA/2021/LDMTA/>

‘ALWAYS HARD, SOMETIMES DESPERATE’

The tagline of the Mountain Trial was once again justified. Fortunately not ‘desperate’ – the weather was kind enough to avoid giving us that. But I think many would say they had a ‘hard’, but enjoyable, day out.

If you fancy a change from following the crowd, give it a go next year!



Left: Lines taken between control 3 and 4 on the Classic course; Top photo: Joss Naylor, Sue and Peter Ferris © Dave Fenwick; Above: Prizewinners of the Classic course, Eleanor Johnstone and Philip Rutter with sponsor Ben Lyon (centre) © Andrew Bradley; Bottom: Lines taken between controls 4 and 5 on the Classic course.





2022 ENGLISH FELL RUNNING CHAMPIONSHIPS - A PREVIEW

Ben Abdelnoor, Ambleside AC

Short: Bradwell & Buckden Pike (British counter)  
Medium: Guisborough Three Tops & Lower Borrowdale Skyline  
Long: Old Crown Round & Langdale Horseshoe

GUISBOROUGH THREE TOPS

Guisborough, North York Moors  
Saturday 30th April 1pm (women) 1.15pm (men)  
15.9 km/9.9 miles  
800 m/2625 ft  
www.eskvalleyfellclub.org

Venue: Guisborough Sea Cadets Hall, 74 Belmangate, Guisborough, TS14 7AQ. Parking at Belmont House, Rectory Lane TS14 7YD and within town; no parking at registration. The start is a ten minute walk from registration.

Entry: Via SiEntries to open during February 2022 and close April 2022.

Course: The Guisborough Three Tops fell race is perched on the northern edge of the North Yorkshire Moors. The course, with its 800m of ascent and a shade under 16km, takes in the local landmarks of Highcliffe Nab, Hanging Stone and Roseberry Topping. The 2022 Championship course retains the essence of the original Three Tops fell race (long course) enjoyed by competitors in the local fell race series with its classic woodland and moorland running, but with a newly devised opening 5km to checkpoint one at Highcliffe Nab. On the day this will be a marshalled and flagged route so no runners go astray in Guisborough Woods. The race title belies the route’s six climbs, with many a well-run outward leg to Roseberry Topping undone by under-estimating the return leg taking in Little Roseberry and a moorland crossing to the trig point at checkpoint five; the race is not done until it’s done, so leave some gas in the tank.

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

THE LOWER BORROWDALE SKYLINE

Low Borrowdale, Tebay, Cumbria  
Saturday 21st May 11am  
20 km/12.4 miles  
1000 m/3280 ft

Venue: Low Borrowdale Farm, just off the A685. Exit M6 at junction 38. Parking available (track is very rough), £5 per car, £2 if three or more in the car. Camping and food available.  
Entry: 500 entry limit. £15 pre-entry for FRA members (£17 for non-members) via SiEntries. Entry on the day £17/£19 if entry limit not reached. Profits mostly going to CALM (Campaign Against Living Miserably) and local charities.

Course: On the edge of the Lake District, in the shadow of the Howgills, lies the valley of Lower Borrowdale. There has been the occasional race in this area over the years, the most recent being a leg or two of the 2021 FRA Relays sneaking into the end of the range, but this race takes in the entire skyline of Lower Borrowdale. You start the race at Low Borrowdale farm in the middle of the valley and hit a good climb from the off to get you on to the ridge line. The race heads in a westerly direction towards the A6 before descending to Borrow Beck to cross the stepping stones - definitely better through the river! A steep climb up the south side of the valley gets you back onto the skyline and takes you through a totally different landscape of rocky outcrops and forest. You follow the small summits all the way to Whinfell trig point where the descent towards the M6 begins. Cross the temporary stile and continue the steep descent. A sharp pull up Jeffrey’s Mount gets you back on to the ridge where you follow the quad track back to the bridle way to descend to the finish.

Course Records: New course  
Contact: Ross Jenkin (ross\_jenkin@hotmail.com)

BUCKDEN PIKE

Wharfedale, Yorkshire Dales  
Saturday 18th June men/women separate starts  
6 km/3.7 miles  
486 m/ 1594 feet  
www.barlickfellrunners.org.uk

Venue: Buckden village green, BD23 5JA  
Entry: Check website for details.  
Course: This is only a short race, but it is a very challenging course that was designed by Peter Jebb. Very quickly into the race you are confronted by the beck, which can be fun to cross if it is in spate, but that is nothing compared to the challenge of the hill that has suddenly loomed up in front of you. Most runners are thinking, “I have not even

got warmed up and I am going to have to go up that”. Unbelievably, some choose to actually run up it, whilst others prefer to take a more steady approach and conserve their energy for later. At the top of this hill, you go through a gate and on to more conventional fell running terrain. The incline is now a little kinder and certainly runnable, but the ascent is relentless for just under two miles. The race changes again as you cross the plateau of Buckden Pike, where the going is virtually level as you head towards the summit cairn. You do not actually visit the cairn as it is inconveniently situated at the other side of a stile and instead, you turn for home. Welcome relief you might be thinking, but the race has a sting in its tail. What was a steep ascent at the beginning now becomes a steep descent and is a challenge to the descending skills and courage of those taking part. This race has everything and is certainly a very memorable day out.

Course records: Men: Colin Donnelly (30:51) 1988; Women: Carol Greenwood (36:32) 1993  
Contact: Graham Wadsworth (graham.wadsworth44@gmail.com)

THE OLD CROWN ROUND

Hesket Newmarket, Cumbria  
Saturday 23rd July 11am  
36 km/22.4 miles  
2200 m/7218 ft  
http://www.northernfellsrsrc.org.uk/

Venue: The Old Crown, Hesket Newmarket, CA7 8JG  
Entry: Pre-entry only, no entries on the day. £15 for FRA members, £17 for non-members. Entries via SiEntries.  
Course: The Old Crown Pub in Hesket Newmarket has a brewery attached with many of the beers named after the local fells. The Old Crown Round initially started as a walk over these summits. Barrels of beer were taken to each summit so that the walker did not get dehydrated. The race gives you a tour of the more scenic and quieter peaks of the northern fells with fantastic views and fast running. It starts and finishes on the Village Green in Hesket Newmarket and takes in the following checkpoints: Carrock Fell, Blencathra, Skiddaw House, Skiddaw, Knott and High Pike. The terrain includes some road, track, paths and fields but mostly open fell in remote areas. In poor conditions, navigational skills are essential. There is a lot of route choice, so plan carefully and play to your strengths.

Course records: Men: H. Bolton (3:31:44) 2021; Women: S. Brett & N. Hawkrigg (4:50:00) 2017  
Contact: John Horne, Smithy House, Hesket Newmarket, Wigton, CA7 8JG  
Tel: 01697478219  
Email: j.horne145@btinternet.com



**BRADWELL**

Bradwell, Peak District

Saturday August 13th 1pm (women) 2pm (men)

7.9 km/4.9 miles (subject to minor change)

390 m/1280 ft

[www.tourofbradwell.co.uk/short/](http://www.tourofbradwell.co.uk/short/)

**Venue:** Bradwell Sports Pavillion, opposite Samuel Fox Inn, Bradwell

**Entry:** £10 FRA members, £12 non-members. Limited EOD £15, check beforehand with RO. Entries open in May via Fabian4.

**Course:** 1935 saw the first recorded fell race in Bradwell, 87 years in the making, and 'Bradda' Edge remains the focal point of the modern race. The route has changed over the years, but you will find the most recent incarnation of it surprisingly challenging! Much of the route traverses private land so it is imperative that recces are confined to sections of the route on access land and public rights of way. We have published a suggested reccie route on our website. On race day, from 10.30am, if the mood takes you, you could have a run around the real course before your actual race. There's variety too: three significant climbs on steep pasture, worn paths and bracken covered slopes. Linking the climbs and descents together is the fast, gravel track of Brough Lane which forms the backbone of the route, creating a flowing rollercoaster of a short race. First run in 2019 the course was tweaked for the Juniors in the Championship races in 2021, followed by a running of the senior fell race in October, where the current men's and women's records were set. So, to Bradwell; a tidy little village nestling in the folds of the Hope Valley landscape, scattered with remnants of a bygone lead-mining industry and overlooked by the huge limestone quarry of the Hope Cement works. Locals are friendly and the facilities are good, well with four pubs you might want to make a weekend of it.

**Course records:** New course. Estimated winning times 30-36 minutes (men), 33-42 minutes (women).

**Contact:** Greg Rimmer (g.rimmer461@btinternet.com)

**50th ANNIVERSARY LANGDALE HORSESHOE**

Great Langdale, Cumbria

Saturday 8th October 11am

21.1 km/13.1 miles

1450 m/4757 ft

[www.amblesideac.org.uk](http://www.amblesideac.org.uk)

**Venue:** Old Dungeon Ghyll Hotel, Great Langdale. National Trust campsite nearby.

**Entry:** No entries on the day. Pre-entry via SiEntries from 1st August. £12 FRA members, £15 non-members.

**Course:** This late-season Lake District classic provides the finale to the English Championship series in 2022. A race full of rocky, slippery, sloppy sections largely away from paths; Langdale is a true test of fell-running prowess. The weather rarely plays ball and challenging conditions are the norm at this race. Andy Styan's record of 1 hr 55 mins has stood for 45 years and is the oldest record in fell-running. Will it go this year? The course takes you initially on a steep climb up the left of Stickle Ghyll, past Stickle Tarn and a rough climb up the back of Pavey Ark to the 'hard to find' summit of Thunacar Knott. A long cross country section then follows down towards Langdale Combe and the Bog Of Doom before climbing out past Rossett Pike to Angle Tarn and the big pitched path out to Esk Hause (a 'hard to make' cut-off of one hour 55 minutes is in place to protect the fell top marshals). At this point, the race proper begins with the next five miles covering some of the most iconic terrain in fell-running. Round Esk Pike, over Bowfell, Crinkle Craggs and Pike of Blisco; all the best lines are away from the paths and the ground underfoot is rough, rocky and treacherous when wet. In the clag this section is packed with navigational peril. The obstacle of the Bad Step after Long Top on Crinkles will focus the mind as will the descent off Blisco. In poor visibility, this descent at the end, when legs and brains are tired, regularly sees a dozen or so runners annually find themselves in Little Langdale in error. It is only when Blea Tarn cattle grid is reached that the runner can truly relax and enjoy the final descent through the campsite to the finish. This race is certainly not suitable for novice fell-runners and there is a strict vetting system for entrants. Experience of running and racing in the Lake District is essential, as is the ability to navigate and look after yourself in the hills. A recce or two is highly recommended. Ambleside AC looks forward to welcoming you to this iconic race with the best pies in fell-running.

**Course records:** Men: A. Styan (1:55:03) 1977; Women: V. Wilkinson (2:22:50) 2016

**Contact:** Dan Duxbury (danmunro2014@gmail.com)

Opposite page: Mingma Sherpa (Keswick AC) enjoying the final run into the finish at the Langdale Horseshoe fell race © Stephen Wilson  
[www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)



# Race Results



**BLACKSTONE EDGE** / Lancashire  
AS/5.6km/366m/**19.05.21**

Well, to say the race nearly didn’t go ahead, and then to get 190 runners, is surprising. Our fantastic Chairman put my arm up my back and convinced me it would be OK within the Covid restrictions and with it being in the 50@50 Championship.

I think the SI Entries system is good but it’s been hard work for an old school non-IT wizard like me!

There was no trouble with the farmer who rents the land on the course. It’s surprising what a little inducement can do!

There were no church ladies this year due to Covid so we did our own refreshments with great help from my son and Jan, the farmer’s partner.

I was sorry that quite a few ladies didn’t wait for the prize-giving but due to Covid, I do understand.

We had a fresh face winning this year, Tom Adams, for possibly his first one of many. I mention that because it was quite dry and there was a big field, so the record might have been pushed. In the end, Tom was well ahead and wasn’t pushed and finished two minutes outside Colin Donnelly’s 1986 record. Multiple winner, Danny Hope, hadn’t had chance to train much and could only manage 7th. He loves this race. Thanks mate for making the effort every year.

There’s a new kid on the block in only his fourth race and first fell race, Lawrence Fairclough, who finished fourth. He runs now on the fells for Rossendale. He’s going places I predict.

Young Edward Corden, Under 23, whom I’ve never heard of, finished second which was no mean feat.

Anyway, now I’m getting ancient it’s getting harder to put my two races on. I always panic that I can’t get the help I need but, through the FRA website, I can put the word out and offers come along. Thanks everyone who helped me. I couldn’t keep this 37 year old race going without you. That is if my body holds out. I’m nearly retired from my building business so it should get easier.

*Kev Shand*

**OPEN**

1. T. Adams	Ilk	28.47
2. E. Corden MU23 (1)	Stockp	31.00
3. O. Bellby M40 (1)	Wharfe	31.07
4. L. Fairclough MU23 (2)	Bury	31.11
5. J. Holgate	Bburn	31.34
6. O. Heaton	Bowland	31.40
7. D. Hope M40 (2)	Horw	32.14
8. R. James	Royton	32.21
9. E. Hyland	CaldV	32.37
10. W. Carter MU23 (3)	Unatt	32.46
15. M. Sennett M40 (3)	Wharfe	33.07
30. M. Dunn M50 (1)	Holcmb	35.50
34. M. Keys M60 (1)	Ross	36.19
40. D. Garner M50 (2)	Tod	37.19
41. M. Wharton M50 (3)	CaldV	37.31
69. G. Schofield M60 (2)	Horw	39.18
95. S. Wathall M60 (3)	BlCmb	42.18
113. K. Taylor M70 (1)	Ross	43.59

**LADIES**

23. K. Walshaw	Holmf	34.48
53. B. Gay	CaldV	38.35
55. J. Darigala F50 (1)	PstnFP	38.46
74. C. Davies	DarwD	39.50
87. M. Blackhurst F50 (2)	Tod	41.16
98. J. Rogers	Unatt	42.29
104. F. Lynch F40 (1)	CaldV	42.51
108. R. Browne F50 (3)	Bowland	43.27
109. A. Matthew FU23	Longw	43.37
110. D. Hirst F40 (2)	Andems	43.42
140. W. Dodds F70 (10)	Dallam	48.14
156. J. Leonard F60-(1)	Tod	50.08
162. L. Lord F70 (2)	Clay	52.20
164. K. Thompson F60 (2)	Clay	52.57

**183 finishers**

**FAIRFIELD HORSESHOE**/ Cumbria  
AM/14.5km/914m/**22.05.21**

The 2021 Fairfield Horseshoe Fell Race kicked off in ideal racing conditions. The squally showers of the previous day had abated during the early hours, giving way to high cloud and a light breeze, with just a few millimetres of water added to the boggier lower section of the course. Only a very brief golf ball hail shower over the summits disrupted any feelings of bliss in the mountains for the runners and marshals.

This race, now in its 54th running and hosted by Ambleside AC, takes in the summits of Nab Scar, Great Rigg, Fairfield and Dove Crag along its nine mile length. With around 3,000 feet of ascent the course presents competitors with a classic blend of tough climbs, rocky descents and fast moorland sections.

Jacob Adkin stormed away from Rydal Hall towards the lower slopes of Nab Scar and never really looked back. By the time he had plunged down through the woods beside the falls of Scandale Beck and re-entered the Estate grounds it was clear that the course record was firmly within his grasp. After a further kilometre of fast stony ground Jacob crossed the finish line 31 seconds inside Mark Robert’s 2000 time of 01:15:16. This was a class performance! It would be a full four minutes before fellow international and clubmate, Brennan Townshend, entered the finishing funnel.

First M40 man was Garry Greenhow in a very creditable eighth, who was closely followed by Rob Jebb in tenth.

Sarah McCormack won the women’s race by just over two minutes, ahead of the tussling pair of Hattie Archer and Sharon Taylor. Hattie was to hold off Sharon, who had the consolation of winning the F40 category. Sarah was to finish 28th overall and all three leading women finished inside the top forty.

Further down the field Wendy Dodds finished in a highly respectable 2:21:45 and in doing so finished second F60 behind Ann-Marie Jones despite also winning the F70 category.

It was a joy to see so many happy faces and a

return to mass start fell racing. Looking forward to being able to hold a prize presentation next year.

*Jon Deegan*

**OPEN**

1. J. Adkin	Kesw	1.14.45
2. B. Townshend	Kesw	1.19.46
3. J. Baxter	P&B	1.21.00
4. G. Rush	Leeds	1.21.37
5. M. Atkinson	Kesw	1.22.04
6. P. Bray	Chorlton	1.23.15
7. D. Dry	Ilk	1.23.38
8. G. Greenhow M40 (1)	Amble	1.23.47
9. O. Dawson	Unatt	1.23.52
10. R. Jebb M40 (2)	HelmH	1.24.03
145. M. McGoldrick M40 (3)	Wharfe	1.27.02
43. J. Baron M50 (1)	HelmH	1.39.32
48. J. Haworth M50 (2)	Kesw	1.41.02
54. C. Balderson M50 (3)	Bowland	1.43.17
71. P. Pearson M60 (1)	NthnF	1.48.21
86. L. Warburton M60 (2)	Bowland	1.51.43
95. S. Bakers M60 (3)	Chorley	1.54.01
203. M. Walsh M70 (1)	Bowland	2.31.20

**LADIES**

28. S. McCormack	Amble	1.33.35
36. H. Archer	DkPk	1.35.47
37. S. Taylor F40 (1)	HelmH	1.35.50
38. R. Mather	Unatt	1.37.43
61. S. Likeman	CFR	1.46.52
75. K. Archer F40 (2)	Ilk	1.48.37
90. J. Darigala F50 (1)	PstneFP	1.52.54
121. R. Patrick F50 (2)	Tod	1.58.58
122. M. Blackhurst F50 (3)	Tod	1.58.59
147. A-M. Jones F60 (1)	Macc	2.07.41
188. W. Dodds F70 (1)	Dallam	2.21.45
207. L. Lord F70 (2)	Clay	2.34.56

**216 finishers**

**CONISTON GULLIES – BOFRA** / Cumbria  
AS/1.6km/274m/**23.05.21**

The summer fell running season re-opened with a bang at the system-jolting race that is Coniston Gullies. To add to the enjoyment, recent Cumbrian rain ensured several water features on the track marking the start and end of the race. Not satisfied with making the track muddy and interesting, the rain also made the steep rocks and grass treacherous underfoot.

The race starts deceptively on the relatively flat but muddy and rock-strewn track at the base of Pate Bield, but soon shows its teeth with a sharp right turn up Long Crag. Before the unwary have chance to acclimatise to the new conditions, horizontal running becomes near vertical climbing. From here until the top, it is not running speed but thigh strength and the skill of hand-over-fist crawling that count. A true lung-inverter of a race, the scramble to the top is unrelenting and not for the faint-hearted or unfit!

Reaching the summit at Yew Pike is an achievement in itself. As if the fell appreciates this achievement,

racers are treated to a relatively flat wander across the fell top before the descent commences. Whilst it returns via a different route, the clue is in the name of this race – gullies – as runners must now negotiate their way down a narrow steep sided gully that offers a bit of everything underfoot. The descent is a true “brain off brakes off” near vertical drop, kicking off with a jump from an outcrop and soon becomes a scree slope. Just as your feet get used to the unique form of fell skiing, grass emerges to trip you up, requiring a change of technique. It continues in its technical, everchanging nature until racers again meet the track where burning thighs are forced to sprint back along the track, through deep puddles, to the very welcome finish line.

Despite the poor weather forecast, 84 eager senior runners and 119 hardy juniors toed the start line champing at the bit to go.

During the senior race, the front runners chopped and changed with Simon Bailey and Finlay Grant battling it out until the bitter end for first place. Bailey just gained the upper hand to win in 14.29, a mere second ahead of Grant. Local favourite, Ted Mason finished in third place (15.01).

Fresh from the rigours of junior racing, Lex Whitaker stormed home to win the ladies’ race, in tenth place overall (17.04), from Elsie Butler (17.33) and Abi Plowman, (18.35).

The U17 race follows a different route up Mouldry Bank to Rascal How and back. While less technical than the senior race, it is no less challenging a climb for these younger runners. The boys’ race was a Helm Hill 1,2,3 as Dylan Cater won (9.49) from Henry Hunter, second (9.58), and Alex Tallon, third (10.22).

Chasing the boys all the way was winner of the girls’ race, Amelie Lane. Second overall to the summit, Lane finished third overall to win the girls’ race in 10.04 in a nail-biting sprint to the finish with second girl, Eve Whitaker (10.04). Third girl was Georgia Bell (11.48).

The U14 race follows the bottom part of the senior route and the boys’ race was won by a good margin by Tom Hooper (6.03) from Jack Sanderson (6.14), and Ewen Wilkinson (6.25).

Finishing in sixth place overall was the winner of the girls’ race, Millie Jebb (7.08). Jebb finished with a clear lead over the Keighley duo Katie Buckley (7.48) and Milly Timbers (7.55).

The fiercest race of all is always the U12 race. These eager young runners cannot wait to attack the fell and this race was no exception despite the girls and boys running separately this year. Both boys and girls sprint off and up the fellside like there is no tomorrow. In the boys’ race, Zeke Sumner showed everyone a clean pair of heels to win in 4.21 from duo Sam Oldham (4.32), and Reuben Eley (4.42).

The girls’ race was no less fierce with Bethan Buckley racing hard all the way to win (4.48) from Penelope Boyle (4.55), and Isla Jebb (5.06).

The U9 race might be short and the runners might be young but they are not short on competitive determination. Never underestimate this band

of teeny racers! Keeping podium finishes in the family, Joss Jebb won the boys’ race by a good margin, in 3.34, from second-placed Kit Evans (3.52) and third-placed Callum McGoldrick (4.14).

Giving the boys a run for their money was girls’ race winner, and daughter of senior men’s winner, Bleu Bailey in 4.05, closely followed by Isabel Sumner (4.07), and Hannah Nicholls (5.11).

*Su Thompson*

**OPEN**

1. S. Bailey M40 (1)	StaffsM	14.29
2. F. Grant MU23	Bux	14.30
3. T. Mason M40 (2)	Wharfe	15.01
4. A. Whittem M40 (3)	CaldV	15.34
5. M. Fretwell	Settle	15.44
6. A. Perry	HelmH	16.01
7. B. Pennington M40 (4)	Howgill	16.38
8. J. Whitfield M40 (5)	Wharfe	16.47
9. I. Gibbons M40 (6)	Ilk	16.53
10. L. Whitaker FU23 (1)	Hgte	17.04
30. R. Haddow M50 (1)	Furness	19.45
36. J. Whitaker M50 (2)	Hgte	20.40
37. A. Creber M60 (1)	MynyddDu	20.47
38. T. Matthew M50 (3)	Bowland	20.48
41. C. Bedson M60 (2)	CheshHR	21.15
43. G. Bastow M60 (3)	Ripon	21.24

**LADIES**

10. L. Whitaker FU23	Hgte	17.04
18. E. Butler	Howgill	17.33
25. A. Plowman FU23	EdinbUn	18.35
40. K. Hall F40 (1)	RibbleV	21.07
47. J. Powell F50 (1)	Wharfe	21.45
54. K. Bailey F40 (2)	StaffsM	23.25
57. S. Marshall F50 (2)	Skip	25.12
58. N. Butler F50 (3)	Kesw	25.32
64. C. Harding F40 (3)	P&B	26.47

**UNDER 9 BOYS**

1. J. Jebb	HelmH	03.34
2. K. Evans	Amble	03.52
5. C. McGoldrick	Settle	04.14

**UNDER 9 GIRLS**

3. B. Bailey	StaffsM	04.05
4. I. Sumner	Amble	04.07
10. H. Nicholls	Unatt	05.11

**UNDER 12 BOYS**

1. Z. Sumner	Amble	04.21
2. S. Oldham	LevenV	04.32
3. R. Eley	LevenV	04.42

**UNDER 12 GIRLS**

1. B. Buckley	Kghly	04.48
2. P. Boyle	LevenV	04.55
3. I. Jebb	HelmH	05.06

**UNDER 14 BOYS**

1. T. Hooper	Wharfe	06.03
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2. J. Sanderson	Settle	06.14
3. E. Wilkinson	Kghly	06.25

**UNDER 14 GIRLS**

6. M. Jebb	HelmH	07.08
13. K. Buckley	Kghly	07.48
15. M. Timbers	Kghly	07.55

**UNDER 17 BOYS**

1. D. Cater	HelmH	09.49
2. H. Hunter	HelmH	09.58
3. A. Tallon	HelmH	10.22

**UNDER 17 GIRLS**

3. A. Lane	Wharfe	10.04
4. E. Whitaker	Hgte	10.04
12. G. Bell	LevenV	11.48

**84 senior finishers**

**119 junior finishers**

**KETTLEWELL - BOFRA** / North Yorkshire  
AS/2.4km/183m/**06.06.21**

God’s Own County provided the perfect backdrop of sunshine and beautiful scenery for this year’s short, sharp, Kettlewell Fell Race.

All races start with an adrenaline-fuelled sprint to the gate out of the cricket field. Shortly after leaving the cricket field, all courses take a sharp right turn, over gnarly loose rocks, to enter the field at the fell base. Runners now race along a flat track before the steep grassy incline to “the chimney” and the first false summit. After clambering and climbing through the chimney the course flattens off before the second of three climbs. Once over the third false summit, racers are allowed the luxury of a relatively flat, though tussocky, skyline trot, at the edge of Middlesmoor Pasture, before the sharp, varied and technical descent. The descent starts with a small cliff edge before competitors negotiate the scree at Gate Cote Scar. What follows are rocks and steep grass banking, to test all skill levels before the flat run back along the track, sharp left turn over the gnarly loose rocks, and mad dash across the cricket field to the finish line. The junior races follow the same outward route as far as the chimney summit, then turning at various points to return via the same route as the senior race. Only the very youngest of runners in the U9 race are denied the climb through the chimney and the chance to launch themselves from the cliff edge!

In a year where fell racing has to still fully get going again, it was great to see 112 seniors and 157 eager and enthusiastic junior runners toe the line to start.

Simon Bailey showed everyone yet again that he is a running force to be reckoned with as he shot off like a bullet and was already in the lead at the summit with Ted Mason and Alex Whittem following in his wake. Despite some varied route choices on the descent, the finish order did not change with Bailey taking the win (11.36) from Mason (11.40) and Whittem (12.17).

In the ladies’ race, Elsie Butler was first to the



summit followed by Hannah Cairns and Abi Plowman. However, the varied demands of the descent altered the rankings somewhat as Butler won (13.33) from Annie Hassel (14.34), and Lex Whitaker (14.42).

The U17 race follows the same course as the senior race allowing some interesting comparisons to be made. Amelie Lane was first to the summit, leaving the rest of the field trailing behind her. However, on the descent the first three boys showed their dare-devil brinkmanship to overtake Lane before the finish. Dougie Seggar-Staveley won the race (13.19) from Sam Bentham (13.33) and Charlie Pickens (13.47). Finishing fourth overall, Lane won the girls' race in a time that would have placed her second in the ladies' race (13.51)! Eve Whitaker took second place (14.44) from Georgia Bell (15.23).

Ewen Wilkinson enjoyed a fantastic race and a clear lead as he romped home to win the U14 race (10.05) from Ned Gallagher-Thompson (10.12) and Oliver Oldham (10.37). Millie Jebb showed her running pedigree as she won the girls' race by a country mile (11.16) from second placed Millie Timbers (12.13) and Charlotte Chambers in third(12.22).

Keeping podium finishes in the family, Sam Oldham won the U12 race (7.01) from Robert Carter (7.02) and Henry Ward (7.07). More running pedigree was on show in the girls' race as Bethan Buckley won (7.35) from Isla Jebb (7.48) and Lucy Bell (8.11).

The shortest race is the U9 race but it is also one of the most fiercely competitive as these tiny athletes fight all the way to the finish. Joss Jebb came home victorious (5.40) adding yet another trophy to the family cabinet. Calum McGoldrick was second boy in fourth place overall (6.42) from Harry Newman (7.07) in sixth place overall. Proving that girls are as good as boys at this running lark, girls' winner, Harriet Carter, romped home in second place overall (5.52) followed by Bleu Bailey 6.26) in third place overall. Third girl home was Jaya Benn (6.59) in fifth place overall.

*Su Thompson*

OPEN

1. S. Bailey M40 (1)	StaffsM	11.33
2. T. Mason M40 (2)	Wharfe	11.40
3. A. Whittem M40 (3)	CaldV	12.17
4. E. Evans	Unatt	12.24
5. B.Pennington M40 (4)	Howgill	12.56
6. J. Craig	Barlick	13.13
7. J. LogueM50 (1)	CaldV	13.16
8. P. Done	Unatt	13.23
9. E. Beaumont MU23	Kghly	13.27
10. J. Whitfield M40 (5)	Wharfe	13.30
24. S. Smithies M50 (2)	CaldV	14.58
25. R. Haddow M50 (3)	Furness	15.03
36. G. Schofield M60 (1)	Horw	16.05
55. C. Valentine M60 (2)	Kesw	18.57
59. P. Wilson M60 (3)	Wharfe	19.46

LADIES

1. E. Butler	Howgill	13.33
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2. A. Hassel	Tod	14.34
3.L. Whitaker FU23	Hgte	14.42
4. A. Plowman FU23	EdinbUn	14.46
5. R. Pilling	P&B	15.23
6. K. Hall F40 (1)	RibbleV	16.49
7. J. Powell F50 (1)	Wharfe	17.04
8. K. Bailey F40 (2)	StaffsM	17.20
9. H. Cairns	Skip	17.26
10. J. Buckley F40 (3)	Bing	18.28
14. S. Marshall F50 (2)	Skipt	20.12
15. L. Buck F50 (3)	CFR	20.30

UNDER 9 BOYS

1. J. Jebb	HelmH	05.40
4. C. McGoldrick	Settle	06.42
5. H. Newman	Skip	07.07

UNDER 9 GIRLS

2. H. Carter	Ilk	05.52
3. B. Bailey	StaffsM	06.26
5. J. Benn	Skip	06.59

UNDER 12 BOYS

1. S. Oldham	LevenV	07.01
2. R. Carter	Ilk	07.02
3. H. Ward	Chorl	07.07

UNDER 12 GIRLS

1. B. Buckley	Kghly	07.35
2. I. Jebb	HelmH	07.48
3. L. Bell	LevenV	08.11

UNDER 14 BOYS

1. E. Wilkinson	Kghly	10.05
2. N. Gallagher-Thompson	Otley	10.12
3. O. Oldham	LevenV	10.37

UNDER 14 GIRLS

1. M. Jebb	HelmH	11.16
2. M. Timbers	Kghly	12.13
3. C. Chambers	Kghly	12.22

UNDER 17 BOYS

1. D. Segger-Staveley	Settle	13.19
2. S. Bentham	Ilk	13.33
3. C. Pickens	CaldV	13.47

UNDER 17 GIRLS

4. A. Lane	Wharfe	13.51
9. E. Whitaker	Hgte	14.44
10. G. Bell	LevenV	15.23

112 senior finishers

157 junior finishers

MARILYN'S MELDON MADNESS / Devon AS/8km/415m/12.06.21

The Marilyn's Meldon Madness route takes runners to the highest point in the south of England with stunning views over Devon and Cornwall. The 1,362ft ascent is tough enough to make it a challenge but, at just 8 kilometres, it also offers a rare opportunity for anyone to try their first fell race.

The race was renamed in 2017 in memory of Marilyn Cooper and was this year sponsored by her son Peter, of Coopah Running. They kindly gave clothing as prizes for the winners and a generous donation to North Dartmoor Search and Rescue.

There was a great turnout with the maximum entry allowed of 50 runners competing in the senior race, on what turned out to be a bright and sunny day.

The first home was Adam 'Tango' Holland in a time of 38.54, and first lady was Jo Meek in 42.04.

The first ORC runner home was an Under 19 runner, Sam Priday, in a superb time of 41.10.

First ORC lady home and winner of the Marilyn Cooper trophy was Jo Page (having recovered from her 24 hour challenge of last weekend!) in a time of 49.45.

The race also had a juniors' section with children Under 11 competing in the 2 kilometre, Under 13 in the 3 kilometre or Under 15 in the 4 kilometre return races. Another great turn out from the juniors, with 20 runners in total. Well done to all of them.

Hugh Robinson

OPEN

1. A. T.Holland	Tavistock	38.54
2. A. Marples M40 (1)	Truro	39.00
3. O. Mitchell	Unatt	39.16
4. J. Dix MU18 (1)	Tavistock	39.38
5. T. Lenton M40 (2)	AxeV	40.43
6. S. Priday MU18 (2)	Okehamp	41.10
7. I. Luke M40 (3)	Poole	41.26
8. J. Lan	Okehamp	42.00
9. J. Meek F40 (1)	Unatt	42.04
10. H. Fletcher-Cooney	SWRR	42.15
21. R. Watson M50 (1)	Falmth	47.45
22. D. Banks M50 (2)	Kendal	47.57
23. H. Marsden M60 (1)	Exmth	48.47
26. R. Best M50 (3)	Tavistock	50.59
30. I. Ripper M60 (2)	Okhamp	52.00
43. P. Evison M60 (3)	Okehamp	61.22
47.l A. Houghton M70 (1)	Tavistock	68.54

LADIES

9. J. Meek F40 (1)	Unatt	42.04
17. W. Chapman F40 (2)	Cornw	46.15
20. A. Pelling	Unatt	47.09
25. J. Page	Okehamp	49.45
27. R. Morgan F40 (3)	Truro	51.01
46. D. Tweed F50 (1)	Exmth	67.42
49. M. Priday F50 (2)	Okehamp	72.36

51 finishers

CARRAGHAN / Isle of Man

AS/4km/300m/18.06.21

Conditions were perfect for the shortest and steepest race in the Callin Wild Manx Fell Runners league. A highlight of this race is that it is a counter for both the junior and the senior leagues, so 112 runners from young teenagers to some over 70s tackled the same brutal run

to the summit of Carraghan and back. The race route takes athletes up a steep path through the plantation and onto the hillside. The climb to the summit has the athletes gasping for air, while the technical descent requires total concentration and commitment.

The early leader in the men's senior and junior race was George Blackwell who was closely followed by Mark Burman, Joe Bond and U15B, Lucas Stennett. Once clear of the plantation, Mark took the lead and, from that point, he led the race to the finish for his first victory on the fells. Lucas, such a talented runner, finished fourth overall, well ahead of many very experienced fell runners. Charlie Teare was the second junior to finish, about a minute ahead of the very strong U13B, Freddie Griffin.

The first female senior/junior race was equally closely contested. Jessica Bryan, senior, and Madison McMullan (U17G) tussled for the race lead on the climb to the summit. Very little separated them but, despite Maddie's excellent descending skills, Jess pulled away from her younger rival to claim her first race win of the season. It was great to see a trio of other young female runners, Mia Dunwell, Lottie Stennett and Florence Griffin battle it out for the third spot in their race. Only 30 seconds separated these three young athletes at the finish. Moira Hall (F70) is setting records in every race this season and she did so again, finishing in a time of just over 40 minutes. Despite a tumble on the descent – unfortunately caught on camera - Peter Cooper (M70) finished in the top half of the field to take his age group win ahead of Geoff Hall.

Rebecca Hardy, third senior lady, made the climb look ever so easy: she is a relative newcomer to the fells, improving with every race. Rose Hooton (F60), in her 24th finish looked very comfortable as she crossed the line as did Chris Gledhill winner of the M60 category. Unbelievably, both Jim MacGregor and David Gibson took part in the Parish Walk the following day!

Chris Kirk

OPEN

1. M. Burman	MFR	20.45
2. G. Blackwell	MFR	21.02
3. J. Bond	MFR	21.27
4. L. Stennett BU15 (1)	Northern	21.59
5. O. Chambers	MFR	22.15
6. S. Looker	MFR	22.30
7. B. Corkill	MFR	22.38
8. C. Varley	MFR	23.13
9. C. Reynolds M40 (1)	MFR	23.15
10. C. Teare BU15 (2)	Northern	23.44
11. A. Watson M50 (1)	ManxH	24.02
12.; N. Brogan M40 (2)	MFR	24.12
13, P. Sheard M50 (2)	MFR	24.23
14. A. Sandford M50 (3)	IOMVAC	24.29
15. F. Griffin BU13 (1)	ManxH	24.49
16. G. Kelly M40 (3)	MFR	25.01
21. D. Dunwell BU15 (3)	Northern	26.09
64. P Cooper M70 (1)	MFR	31.50

68. C. Gledhill M60 (1)	Unatt	32.16
101. H. Jones M60 (2)	MFR	38.24
109. G. Hall M70 (2)	Western	42.55

LADIES

19. J. Bryan	MFR	25.47
23. M. McMullan GU17 (1)	Northern	26.29
31. M. Dunwell GU17 (2)	Northern	27.22
34. L. Stennett GU17	Northern	27.28
38. F. Griffin GU15 (1)	ManxH	27.58
43. E. Gawne	MFR	28.19
45. R. Harding	MFR	28.52
53. M. Watkins F50 (1)	MFR	29.46
56. C. Caren F40 (1)	MFR	29.58
59. J. Gledhill F50 (2)	MFR	30.38
60. S. Hinds F40 (2)	MFR	31.15
70. A. Cashin GU19 (1)	Unatt	32.38
80. J. Rose F60 (1)	MFR	33.41
91. R. Hooton F60 (2)	MFR	35.21
105. M. Hall F70 (1)	Western	40.07

112 finishers

SUMMER SOLSTICE / Devon

BS/8.3km/255m/23.06.21

This event was run this year for the fourth time. Despite understandably late approval from the Dartmoor National Park Authority and changing Covid rules, the organising team pulled together and the entry significantly exceeded previous years, especially in the youngest category.

The weather also came good for runners, although for marshals out on the moor the north wind was pretty cold with only weak sunshine coming through.

Under new ownership the pub owners made us welcome and, as before, the use of Nick and Doreen Fell's field behind the pub for parking was much appreciated.

In the critical places compliance with the bird nesting restrictions was fully observed and as usual no dogs were allowed to be taken on the route. The organizing team included an expert on these matters.

This type of running is becoming increasingly popular in our local area and this race was the first in a series of races held over the summer. This race aims to be run at minimal cost and seeks to break even on its accounts. This is to try and ensure that there is no financial barrier to prevent anyone in the community from entering and enjoying the unique atmosphere of Dartmoor. Juniors entered free of charge. What better way of learning to use the Moor responsibly?

Both senior times were broken. International runner Jo Meek by two minutes at 41.50 and by seriously fast running from Tim Lenton in 39.44

Andy Houghton

OPEN

1. T. Lenton M40 (1)	AxeV	39.44
2. O. Mitchell	Unatt	40.29
3. S. Priday	Unatt	40.55
4. T. Poland	Okehamp	41.04

5. P. Crease M40 (2)	Okehamp	41.06
6. J. Dix	TavistTri	41.11
7. J. Lane	Okehamp	41.37
8. R. Macdonald	PlymMu	41.47
9. J. Meek F40 (1)	Winch	41.50
10. P. Allen	Royston	41.52
12. R. Hicks M40 (2)	Okehamp	42.21
17. E. Shaw M40 (3)	SWRR	44.32
21. J. Horton M50 (1)	PlymH	45.52
24. H. Marsden M60 (1)	Exmth	47.08
28. G. Ash M50 (2)	TavistRP	49.22
32. I. Ripper M60 (2)	Okehamp	49.54
41. R. Atkinson M50 (3)	PlymH	52.41
47. B. Copeland M60 (3)	Unatt	55.23

LADIES

9. J. Meek F40 (1)	Winch	41.50
22. M. Horton F40 (2)	PlymH	46.10
35. N. Shaw F40 (3)	SWRR	50.18
39. K. Hill	Unatt	52.20
43. L. Godspeed	PlymH	53.19
53. L. Williams F50 (1)	PlymH	58.32
64. D. Teed F50 (2)	Exmth	63.31
65. K. Wilson F50 (3)	Okehamp	54.31
81. N. Morris F60 (1)	Unatt	70.35
92. K. Refson F60 (2)	TavistAC	87.51
94. G. Tucker F70 (1)	StormPI	88.40

96 finishers

TIDESWELL / Derbyshire

BS/7.1km/260m/25.06.21

2021 is the first year the race had been organised by Tideswell Running Club. Due to Covid-19 regulations the start had to be staggered into four groups and only online entry was allowed. The weather was ideal for fell racing, cool and dry.

The open quarry start allowed the groups to spread out before the loudest starter in Derbyshire got them onto the line. The runners sprinted down the dale, before heading up a steep hillside to a gravel trail along the top of the ridge. It was reported to be quite blowy and chilly up there. The runners then cruised down the hill, crunched out the last kilometre up the dale, and crossed the finish line. All starters finished the race. Sadly, due to Covid regulations there wasn't much hanging about or any presentations.

Tom Spencer won the overall race setting a new course record.

Heather Marsden

OPEN

1. T. Spencer	Bux	25.12
2. S. Soles	Bux	26.13
3. T. Stratton	CityYork	26.23
4. K. Allanson	Matlock	27.53
5. M. Beresford	Ripley	27.53
6. C. Brearley M40 (1)	HolmeP	28.10
7. B. Burrell	PortVP	28.14
8. A. Green	Unatt	28.39
9. W. Tatlow	Unatt	29.09
10. N. Stabbs M40 (2)	Totley	29.10



13. R. Nash M40 (3)	HattonD	29.54
19. M. Lynas M50 (1)	Macc	30.21
21. E. Gamble M50 (2)	CheshHR	30.54
26. P. Stuart M50 (3)	SteelC	32.58
29. P. Wright M60 (1)	HattonD	33.13
38. A. Renfree M60 (2)	Unatt	34.25
48. S. Wickam M60 (3)	ErewV	35.43
56. R. Taylor M70 (1)	Penn	36.41
93. L. Thurston M70 (2)	Matlock	43.59

#### LADIES

24. A. Whelan	Bux	32.11
27. J. Darigala F50 (1)	PstneFP	33.00
30. C. Bierchamp F40 (1)	PortVP	33.22
31. G. Cox	Unatt	33.38
33. E. Crownshaw	DkPk	33.53
55. B. Schofield F40 (2)	HattonD	36.39
60. C. Nowill F40 (3)	Unatt	37.15
65. J. Gardner F60 (1)	Unatt	37.50
69. N. Owen F50 (2)	Belper	38.16
79. J. Mello F50 (3)	Penn	40.05
105. J. Waller F60 (2)	Unatt	48.01

#### 106 finishers

#### JOHN CLARKE MEMORIAL RACE / London AS/5km/250m**25.06.21**

A torrential downpour in the lead-up failed to dampen the spirits for what was a record turnout for the only recognised fell race within the M25. Last year’s race being “virtual” and self-timed, this year’s was eagerly awaited. Wave starts to comply with Covid regulations made things a little tricky for the timekeepers but provided safety and reassurance for the runners. There was plenty of slipping and sliding, however, as some runners discovered that it is a good idea to listen to the weather forecast before setting out and to pack a second pair of shoes!

Neck-and-neck for most of the way, Joe Dale pulled away from Hugh Torry towards the end, and had the stronger ascent up the notorious Pole Hill to the finish line, with Roger Maidment not far behind in third place. Notably, the top three finishers were all V40. More hill rep training required for the younger runners. Mike Roberts was the first Orion finisher, although we are claiming Joe as well, as he is second claim Orion. Oliver Bushdari was the second Orion man home, in his first race for the club. A bright future beckons.

42 women took part this year – another record. Natasha Sheel was first lady and comfortably ahead from start to finish but, as we later discovered, appearances can be deceptive. Rachel Morison, who started in the wave 30 seconds behind, was much closer than any of us realised at the time and in the end there were only four seconds in it. We will be hoping for a photo finish next year, when normal racing returns!

One of the joys of this race, the traditional curtain raiser to Orion’s summer season, is the wide range of ages and abilities that it attracts. Truly, there is something for everyone. No fewer than 93 finishers were V40 or above, which either proves that southerners are not the softies that we have been led to believe or that the younger runners need to be a little tougher.

A huge thank you to all volunteers who helped out on the night. There was plenty to do, including managing to persuade some of the long-horned cattle, recently reintroduced to Epping Forest, not to join the race. A special mention to those on registration, who stoically carried on and managed to get everyone registered even after race lists and forms had turned to mush!

#### Roy Perrott

#### OPEN

1. J. Dale M40 (1)	VictPk	23.05
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2. H. Torry M40 (2)	Serpent	23.19
3. R. Maidment M40 (3)	LdnHeath	23.47
4. M. Roberts	Orion	24.00
5. P. Brown	ELndnR	24.12
6. A. Weatherhead	CitySalisb	24.26
7. O. Bushdari	Orion	24.38
8. W. Reed-Wright	Orion	24.48
9. T. Grimes	ELndnR	24.54
10. D. Richards	Orion	25.06
30.T.Wright M50 (1)	Orion	28.11
32. P.Jeggo M60 (1)	SpringStr	28.46
37. S. Reid M50 (2)	Orion	28.44
52. A. Lunn M50 (3)	Orion	30.42
56. J. Black M60 (2)	EtonM	31.28
69. P. Strokings M60 (3)	WoodfGr	34.42
131.J. Owen M70 (1)	Barnet	48.38

#### LADIES

37. N. Sheel	Serpent	28.53
40. R. Morison	VictPk	28.57
47. V. Crawford	Serpent	30.10
59. C. Frith F40 (1	ELndnR	32.21
67. L. Rossberg F40 (2)	Orion	33.59
86 D. Wilkins F50 (1)	Orion	38.03
93. H Pearce F50 (2)	Orion	38.50
108. J. Barrow-Green F60 (1)	VictPk	43.06
109. P. Cockman F60 (2)	VictPk	43.06

#### 137 finishers

#### KIRKBY GALA - BOFRA / Cumbria AS/5.8km/244m**26.06.21**

The Cumbrian sunshine blessed the incredible hospitality of the people of Kirkby-in-Furness who enabled the Kirkby Fell Race to go ahead this year, despite the Gala being cancelled.

In addition to unrivalled hospitality, runners could also enjoy completely new senior and junior routes. Instead of the usual charge round the

show field to the tight stile and out, runners were treated to a mad dash round the show field and an open gate onto the road. Along the road, a sharp left turn took runners between two houses and over a stile into open fields and time to take a breath in a short downhill section to a gate. From here there is a diagonal right turn across to a stile and the start of the real uphill struggle to a short section of tarmac. Now it’s into the woods for a few seconds over a technical rocky section and then on to the final climb. The climb starts as a pull up the fell proper to meet a track leading to the windfarm at Winnow. The track is deceptively steep and most runners were glad that the turn was at the first of the windmills. After touching the windmill, racers can now enjoy bounding down the return route, back to the very welcome finish line. Described as “an honest race” there was no hiding place for the unfit or those who might specialise in very steep ascending or descending skills. At just over 3.5 miles, this new route was shorter than older routes but as was said by many – you had to be able to run!

In his now familiar style, Simon Bailey led the pack out and all the way to the summit before turning and flying back to win the senior men’s race (22.00) from Rob Jebb, second, (22.41) and Ted Mason, third, (22.53).

Continuing her fine form, Elsie Butler romped home in ninth place overall to win the ladies’ race (25.07) from Sharon Taylor, second, (26.03) and Emma Hopkinson, third, (27.26).

The U17 race turned at a convenient mound and gorse bush on the fell and was won outright by Amelie Lane (19.15), who is enjoying an outstanding season this year. Second and third girls were Maggie Preece (21.12) and Olivia Aldham (24.08).

The boys’ race was won by second placed Jenson Bentham (19.19) from Harry Ewbank, second, (19.56) and Ted Bolton, third, (20.10).

Turning at a field gate before the second section of tarmac, the U14 race was won by Jack Sanderson (12.03), hotly pursued by James Brassington, second, (12.14) and Jamie Barnes, third, (13.13).

Millie Jebb won the girls’ race (14.11) from Charlotte Chambers, second, (14.14) and Millie Timbers, third, (15.07).

The U12 race turns at the stile marking the exit of the third field and was won in style by Joseff Tancrel (9.05) from Noah Cook, second, (9.37) and Isaac Reeday, third, (9.40).

The girls’ race was won by fifth placed Daisy Woodcock (10.00) from Isla Jebb, second, (10.34) and Isobel Reid, third, (10.42).

The U9 race takes the form of two laps of the show field, making it the shortest but still fiercely fought battle for positions. On the day, girls again proved that they can be just as good as, and often better than, the boys. Harri Tancrel won the race overall (1.59) from club mate Jos Jebb, second, (2.04). Third boy, Ollie Ewbank, was knocked to fourth place overall (2.19) by the first girl! Finishing in third place overall was girls’ winner Bleu Bailey (2.06) from Elizabeth Oakden, second,(2.26) and Victoria Hood, third, (2.30).

#### Su Thompson

Opposite Page: Runners taking part in the John Clarke Memorial Race © Ben Johnson

#### OPEN

1.S Bailey M40 (1)	StaffsM	22.00
2. R Jebb M40 (2)	HelmH	22.41
3.T. Mason M40 (3)	Wharfe	22.53
4. B. Pennington M40 (4)	Howgill	23.04
5. S. Godsman M40 (5)	CaldV	23.56
6. T. Millard	Wharfe	24.10
7.J. Logue M50 (1)	CaldV	24.21
8. E. Beaumont MU23 (1)	Kghly	24.38
9. E. Butler F (1)	Howgill	25.07
10. J. Villiers MU23 (2)	Clay	25.12
14. P Crabtree M50 (2)	Bing	25.46
25. R. Haddow M50 (3)	Furness	27.30
45. D. Allen M60 (1)	NthnMast	33.28
52. P. Wilson M60 (2)	Wharfe	36.04
59. P Wood M60 (3)	Skipton	39.19

#### LADIES

9. E. Butler	Howgill	25.07
16. S Taylor	HelmH	26.03
24. E.Hopkinson	Wharfe	27.26
26. B. Holt FU23	Clay	27.51
34. K. Hall F40 (1)	RibbleV	29.40
36. L. Thompson F50 (1)	Kesw	31.06
37. K. Bailey F40 (2)	StaffsM	31.16
38. J. Powell F50 (2)	Wharfe	31.29
49. K. Hood F40 (3)	Skipton	34.09

#### UNDER 9 BOYS

1 .H. Tancrel	HelmH	01.59
2. J. Jebb	HelmH	02.04
4. O. Ewbank	EdenR	02.19

#### UNDER 9 GIRLS

3. B. Bailey	StaffsM	02.06
5. E. Oakden	Kghly	02.26
7. V. Hood	Skipton	02.30

#### UNDER 12 BOYS

1 .J. Tancrel	HelmH	09.05
2. N. Cook	Furness	09.37
3. I. Reeday	Wharfe	09.40

#### UNDER 12 GIRLS

5. D Woodcock	Kesw	10.00
10. I. Jebb	HelmH	10.34
12. I Reid	Chorley AAT	10.42

#### UNDER 14 BOYS

1. J. Sanderson	Settle	12.03
2. J. Brassington	LancsM	12.14
3. J. Barnes	Wirral	13.13

#### UNDER 14 GIRLS

10. M. Jebb	HelmH	14.11
11. C. Chambers	Kghly	14.14
14. M. Timbers	Kghly	15.07

#### UNDER 17 BOYS

2. J. Bentham	Clay	19.19
3. H. Ewbank	EdenR	19.56
4. T. Bolton	Wrexham	20.10

#### UNDER 17 GIRLS

1. A. Lane	Wharfe	19.15
10. M. Preece	Telford	23.42
11. O. Aldham	Wharfe	24.08

#### 67 senior finishers

#### GREAT LAKES RUN / Cumbria AL/21km/2130m**26.06.21**

A close finish in the ladies’ race saw previous record holder, Georgia Tindley, overhaul Rose Mather and Bryony Halcrow in the final stages of the race. Tindley, Mather and Halcrow all finished within 40 seconds of each other with Georgia taking the victory in 3.25.51.

In the men’s race, a small group of 5 or 6 runners battled it out across the misty tops and it was left to the Ambleside duo of Jack Wright and Tom Simpson to battle it out at the front. Jack eventually took the lead and pulled out enough of a gap to comfortably take the win in a time of 2.46.16. Simpson finished five minutes behind, with Alistair Thornton taking third spot a further three minutes behind Simpson.

Kenny Richmond deserves a special mention, finishing 5th overall, first M40 and first M50, just 10 seconds over the 3 hour mark.

Our thanks, as always, go to all the marshals and helpers, especially those on the far-flung checkpoints. Thanks also to Cumbria Raynet Group for providing comms on the fells, Dave Higson for first aid cover, Kong Running for sponsorship and race numbers, Brathay for the loan of tables, as well as Keith & Jean Rowan at Stool End Farm for their kindness and generosity in allowing us to take over their farm for the day.

All profits from the race go to Keith & Jean’s nominated charity, Great North Air Ambulance, and this year we raised over £500 from the race and around £200 from car parking.

#### Britta Sendlhofer & Ben Abdelnoor

#### OPEN

1. J. Wright	Amble	2.46.06
2. T. Simpson	Amble	2.51.25
3. A. Thornton	Howgill	2.54.43
4. M. Fretwell	Settle	2.59.15
5. K. Richmond M50 (1)	Shettle	3.00.10
6. R. Findlay-Robinsaon	DkPk	3.04.25
7. N. Ward	Nthnf	3.08.24
8. P. Cornforth M50 (2)	Amble	3.11.13
9. A. Fleet	Sadd	3.11.22
10. H. Cooling	Howgill	3.12.33
13. S. Downey M40 (1)	Kghly	3.20.03
14. S. Shorrock M40(2)	Barlick	3.22.32
17. D. Williams M40 (3)	Ellenb	3.25.46
21. J. Baron M50 (3)	HelmH	3.26.30
32. I. Ferguson M60 (1)	Bing	3.31.19
39. P. Pearson M60 (2)	NthnF	3.47.23
42. L. Warburton M60 (3)	Bowland	3.47.14

#### LADIES

5. G. Tindley	HBT	3.25.51
19. R. Mather	Unatt	3.26.04



20. B. Halcrow	Amble	3.26.25
33. N. Spinks F50 (1)	DkPk	3.31.33
69. C. Litherland F40 (1)	Penn	4.14.50
79. P. Wakefield F40 (2)	Kesw	4.19.10
91. A. Wainwright F50 (2)	DkPk	4.33.39
99. N. Mason F40 (3)	ElvetS	4.40.58
107. R. Browne F50 (3)	Bowland	5.01.32

#### 122 finishers

#### NORTH DEVON AONB MARATHON / Devon

CL/42km/1030m/**27.06.21**

The 12th North Devon Marathon was a great success with 113 runners taking part on the day. They started in rain, which quickly cleared so that the runners could enjoy the stunning views overlooking the sea from Bull Point and Lee Bay.

The overall winner, Mark Jenkin, posted an incredible time of 03.04.22, missing the course record by under 60 seconds. Whilst Patricia Seabrook, seasoned marathon runner and regular competitor at the North Devon Marathon, completed yet again in her 81st year.

#### Jess Redgrove

#### OPEN

1. M. Jenkin M40 (1)	Bideford	3.04.22
2. J. Blackburn	PontyR	3.08.10
3. O. Wright	Parker	3.36.52
4. S. Spencer M50 (1)	Lincoln	3.39.19
5. F. Gordon M40 (2)	Unatt	3.41.57
6. T. Broadhurst	Unatt	3.44.28
7. J. Hastings	Bideford	3.44.55
8. K. Kucar F (1)	Unatt	3.47.30
9. D. Howard M40 (3)	Unatt	3.50.03
10. A. Carswell	Unatt	3.54.15
S. Scotthorn M50 (2)	Unatt	4.13.42
D. Piper M50 (3)	Unatt	4.27.31
L. May M60 (1)	Unatt	4.42.44
T. Insull M60 (2)	Unatt	5.17.06
M. Alsworth M70 (1)	Unatt	6.04.36
A.Bickle M60 (3)	Unatt	6.12.13
P. Rycoft M70 (2)	Unatt	7.50.43

#### LADIES

1. K. Kucar F40 (1)		3.47.30
2. A-M. Bayliss F40 (2)		4.00.07
3. F. Corrick		4.14.26
4. K. Beades F40 (3	Ilfcmb	4.19.36
5. Z. Binnion	Unatt	4.33.14
6. T. Spillings	Unatt	4.34.07
9. N. Yevko F50 (1)	SalisbTri	4.46.03
T. Baker-Gill F50 (2)	Unatt	5.02.08
A. Pontefract F60 (1)	Unatt	6.36.53
P. Seabrook F70 (1)	Unatt	8.43.49

#### NORTH DEVON AONB HALF MARATHON / Devon

The 12th North Devon Half marathon took place with 352 runners starting to take on the challenging and beautiful route around Baggy

Point and Saunton before returning along Marine Drive to race village in Woolacombe, Devon.

The winning male was Ben Blackburn who completed the course in 01.29.45, and in the women's race Amy Williamson won posting a time of 01.58.46.

The runners started in rain which was a change to the usual sun of the North Devon Half Marathon, but the sun came out in the afternoon for everyone to enjoy the traditional finishers’ Devon Cream Tea.

#### Jess Redgrove

#### OPEN

1. B. Blackburn	Unatt	1.29.45
2. A. Turner	LndnFr	1.32.07
3. S. Mitchell	Unatt	1.33.09
4. C. Hutton	LndnFr	1.33.43
5. J. Matthews M50 (1)	Unatt	1.35.55
6. K. Shapland M40 (1)	Parker	1.36.05
7. F. Joyce	LndnFr	1.36.14
8. J. McCormick	Barnet	1.37.38
9. J. Thornton	Unatt	1.38.42
10. J. Johnston	Unatt	1.38.42
D. Gorman M40 (2)	Unatt	1.39.43
D. Rathbone M40 (3)	Unatt	1.42.45
J. Batchelor M50 (2)	Unatt	1.50.13
G. Taylor M50 (3)	Unatt	1.52.10
N. Bolland M60 (1)	Unatt	2.21.45
A. Samuel M60 (2)	Unatt	2.21.45
G. Anderson M70 (1)	Unatt	2.21.48

#### LADIES

1. A. Williamson	Unatt	1.58.46
2. E. Kulikova F40 (1)	LndnFR	1.59.03
3. L. Wright	Unatt	1.59.32
4. N. Allmomen	LndnFR	2.01.57
5. T. Marrow F40 (2)	SMoltStr	2.03.06
6. H. Reade	LndnFR	2.04.44
7. Z. Betteridge F40 (3)	NDevRR	2.05.22
T. Duke F50 (10)	Unatt	2.44.58
C. Welchman F70 (1)	Unatt	3.20.19

#### CRAGG VALE / West Yorkshire

BS/6.4km/244m/**30.06.21**

A perfect evening village race! Sunshine, and a slight breeze to keep the midges at bay, meant perfect dry conditions for 100 runners to chase up the fields to the moor and back down through the woods in a 4-mile clockwise (now standard) direction.

It is a perfect race for beginners, youngsters and anyone who likes a short, sharp race. Great to see such local talent out: 30 CVFR, 24 Toddies, 9 Stainland and 5 Halifax Harriers (8 were unattached runners).

Well done to Thomas Hodgson, who won in 27.10 (the race record is 26.27) just beating Benjamin Griffiths and Alasdair Pedley.

Ladies’ winner, Annie Hassell, had a decent lead over Natasha Butterfield and Janine McGregor. But well done all of you!

Sorry entries had to go online and no prize-giving was allowed (Yorkshire Water permit rules).

I had 30 runners who didn’t make it to the race, but most let me know, so others could come off the waiting list.

Thanks also to all the marshals, the refreshment ladies in Cragg Church (we made over £1100 together with race entries, which is a record) and to our sponsors, Little Valley Brewery, who donated lots of organic beer yet again. There was no excuse to rush off afterwards and lots of runners and families sat around in the churchyard drinking ale afterwards. Organising fell races can be stressful, especially during Covid restrictions but you all put a massive smile on my face!

#### Jackie Scarf

#### OPEN

1. T. Hodgson	Unatt	27.10
2. B. Griffiths	CaldV	27.29
3. A. Pedley MU23 (1)	CaldV	27.53
4. E. Hyland	CaldV	28.24
5. M. Sennett M40 (1)	Wharfe	28.34
6. S. Hall	Stainl	28.41
7. E. Hassell	Wharfe	28.58
8. B. Crowther	Hfx	29.00
9. E. Peers-Webb MU18 (1)	CaldV	29.25
10. W. Curry MU18 (2)	Ross	29.50
11. J. Denton MU23 (2)	CALDv	30.05
12. L. Shaw M40 (2)	CaldV	30.09
13. M. Robinson M40 (3)	Unatt	30.18
14. A. Deavin M50 (1)	Unatt	30.22
21. I. Gee M50 (2)	Tod	31.58
23. A. McFie M50 (3)	Tod	32.18
35. J. Emberton M60 (1)	CaldV	35.04
48. D. Collins M60 (2)	Tod	37.56
54. M. O’Brien M60 (3)	Stainl	39.08
61. R. Spendlove M70 (1)	CaldV	40.46
100. A. Cardinale M70 (2)	Otley	71.36

#### LADIES

19. A. Hassel	Tod	31.42
25. N. Butterfield F40 (1)	CaldV	33.13
28. J. McGregor	Tod	33.57
30. S. Richardson F40 (2)	CaldV	34.15
32. R. Patrick F50 (1)	Tod	34.39
37. E. Fielder F40 (3)	Tod	35.28
45. M. Blackhurst F50 (2)	Tod	36.46
49. R. Beaumont F50 (3)		37.57
74. A. Baldwin F60 (1)	Stainl	42.51
87. J. Leonard F60 (2)	Tod	46.48

#### 100 finishers

#### WEAVER HILLS / Derbyshire

AS/3.5km/201m/**02.07.21**

The inaugural Weaver Hills Fell Race, an event that came about following a chance visit to the area and Daltons Dairy for ice cream, took place in great weather conditions. A traditional style of race: start uphill, run to the trig point and back down again, with a 140 metre “hands on knees” climb to the top . Opting for chip timing allowed a

“Covid-friendly” start, with a timing point at the trig doubling as a number check.

The juniors went off first, forming trods for the senior race, with Ewan Busfield (MU15) completing the full course in a creditable 17.38, a time that would have put him fifth in the senior race. Frank White in his first ever fell race was first back in 15.29 on the short course.

The senior race got under way with the uphill start sorting the running order before the fields and the “own route choice” climb. Fastest to the trig was Luke Beresford in 10.57 and with a fast descent and outsprinting Harry Bond to the line he set the course record of 16.47. The first locals’ prize went to MU13 Theo Churchward. Nicola Bowen set the ladies’ record time of 19.52.

Many thanks to Henry and the team at Daltons Dairy who opened gates, moved cattle, and altered fences before also running in the event! They also arranged for a pizza oven, ice cream and coffee to be available along with live music. Our thanks also to Rod Kirkpatrick for some amazing photos, including getting them into the Times and Telegraph, all in all making the event become more like a village fete.

#### Chris Hopkinson

#### OPEN

1. L. Beresford	Ripley	16.47
2. Harry Bond MU19 (1)	Bux	16.53
3. C. Perry	Matlock	17.08
4. J. Ross	StaffsM	17.34
5. A. Raffle	Altrinch	18.21
6. S. Chew	Barlick	18.25
7. C. Wilshaw	SheltStr	18.40
8. K. Malton	SheltStr	18.43
9. M. Evans M40 (1)	StaffsM	18.55
10. J. Thorpe M40 (2)	Matlock	19.16
11. K. Fitch M50 (1)	Unatt	19.26
13. M. Darling M50 (2)	SheltStr	19.33

18. R. Hutchinson M40 (3)	SheltStr	20.44
23. C. Gillot M50 (3)	Matlock	21.03
24. A. Maplethorpe M60 (1)	LongE	21.11
30. R. Bland M60 (2)	Ashbou	21.43
52. G. Moss M60 (3)	SheltStr	23.44
89. H. Murray-Smith M70 (1)	Ashbou	29.47
99. B. Mould M70 (2)	Leek	31.24
107. J. Kneeler M70 (3)	Unatt	35.31

#### LADIES

16. N. Bowen	Stockp	19.52
19. A. Whelan FU19 (1)	Bux	20.44
26. R. Keeley	Belper	21.27
28. A. Deathridge F40 (1)	Bghm	21.32
32. G. Ranford	NwcattleS	21.59
40. P. Holden F40 (2)	SheltSDtr	22.33
41. T. Latham F40 ((3)	Boally	22.34
49. K. Busfield F50 (1)	Ashbou	23.35
50. J. Mellor F50 (2)	Penn	23.40
54. E. Sanders F50 (3)	Ashbou	23.54
91. J. Dudley F60 (1)	Cheadle	30.33
109. L. Pymm F60 (2)	Bournv	42.01
106. J. Brand F70 (1)	Unatt	34.44

#### JUNIORS – FULL COURSE

1. E. Busfield MU15 (1)	AmberV	17.38
2. T. Gilver MU17 (1)	HighP	19.47
3. A. Aberley-Barker FU17 (1)	CityStoke	20.39
4. J. Young MU15 (2)	Heanor	20.59
5. M. Preece FU17 (2)	Telford	21.29

#### SHORT COURSE – 2.7km/87m

5. F. White MU13 (1)	Unatt	15.29
2. T. Churchward MU13 (2)	Unatt	16.20
3. L. Washbourne MU13 (3)	Unatt	19.03
4. J. Holden MU13 (4)	SheltStr	19.46
5. A. Churchward FU13 (1)	Unatt	20.13

#### 110 senior finishers

#### 12 junior finishers

#### BLENCATHRA (ENGLISH CHAMPIONSHIP) / Cumbria

AM/13km/825m/**03.07.21**

A change to the start and finish position for this year’s English Championships counter makes exact comparisons with previous records unprecise, but Hannah Horsburgh decimated any previous women’s record taking five minutes from the next runner and finishing about seven minutes ahead of the old record, running much of the race on her own. Her time of 59.56 would have put her ninth in the men’s race, but even the fastest men, starting 15 minutes later, never got near her! Second woman, Scout Adkin, in 1.04.57 and third placed Hannah Russell both finished within the previous women’s course record.

The men’s race, similarly fast at the front, was won by Jacob Atkin in a superb time of 56.15, very close to, if not breaking the old, slightly longer course record set by Ricky Lightfoot in 2009. Second man home Chris Richards, in 57.44, and third placed Billy Cartwright (57.49) led a total of 315 runners home.

Conditions favoured route knowledge, or careful navigation as low cloud and persistent drizzle made it challenging for runners and hard work for the many marshals, without whom there’s no racing at all. Some Strava traces evidenced scenic diversions, which others followed to their cost!

Impressive results in many of the age categories included Eve Pannone (FU23), Joseph Dugdale (MU23) and Sharon Taylor (F40), all breaking the previous category course records. The team winners (first four to count) were Keswick AC in the men’s race and Ambleside AC in the women’s race,

Bespoke 2021 Blencathra Winners’ plates, made by Mary Chappelhowe of Interlude Ceramics, Penrith were presented to Hannah Horsburgh and Jacob Adkin.

#### Dave Sargent





<b>OPEN</b>		
1. J. Adkin	Kesw	0.56.15
2. C. Richards	HelmH	0.57.44
3. B. Cartwright	Matlock	0.57.49
4. J. Dugdale MU23 (1)	CFR	0.58.09
D. Haworth	Matlocvk	0.58.29
6. A. Worster	CaldV	0.59.19
7. F. McGrath	Brist&W	0.59.23
8. M. Elkington	Amble	0.59.31
9. H. Horsburgh F (1)	Kesw	0.59.56
10. J. Battrick	Kesw	1.00.07
15. R. Jebb M40 (1)	HelmH	1.01.31
23. M. Roberts M40 (2)	CaldV	1.02.57
25. D. Kay M50 (1)	CaldV	1.03.03
27. G. Greenhow M40 (2)	Amble	1.03.07
31. K. Gray M50 (2)	CaldV	1.03.40
40. G. Mulholland M50 (3)	CaldV	1.04.25
116. W. Proctor M60 (1)	HelmH	1.14.49
138. I. Ferguson M60 (2)	Bing	1.18.03
171. P. Jeggo M60 (3)	SpringStr	1.23.01
251. J. Downey M70 (1)	Kesw	1.37.45
269. D. Tait M70 (2)	DkPk	1.44.18

<b>LADIES</b>		
9. H. Horsburgh	Kesw	0.59.56
42. S. Adkin	Amble	1.04.57
3. H. Russell	HelmH	1.08.32
71. N. Jackson	Kesw	1.09.10
75. E. Clayton	Unatt	1.10.21
82. S. Taylor F40 (1)	HelmH	1.10.57
133. E. Pannone FU23 (1)	Eden	1.17.04
151. F. Royle FU23 (2)	Chorl	1.20.10
153. M. Kunicka F40 (2)	DkPk	1.20.27
169. L. Higgins FU23 (3)	Halesow	1.22.55
177. K. Archer F40 (3)	Ilk	1.23.24
180. J. Darigala F50 (1)	PstneFP	1.23.48
189. J. Brown F50 (2)	Clay	1.24.22
207. J. Powell F50 (3)	Wharfe	1.27.19
213. A. J. Meeks F60 (1)	Borr	1.27.51
239. B. Weight F60 (2)	Bing	1.34.48
246. W. Dodds F70 (1)	Dallam	1.36.58
274. L. Lord F70 (20)	Clay	1.48.22

*315 finishers*

**CHEVY CHASE** / Northumberland

BL/32.2km/1219m/**03.07.21**

With all the turbulence of the last 18 months, the 64th Chevy Chase, which was due to be held in July 2020, had to wait until 2021, and as restrictions gently eased the organisers had their work cut out trying to make sure that the event ran with the safety of the competitors, marshals, and local community firmly in mind.

But with many hours of planning in place and runners desperate to get out into the Cheviot Hills again to take on this 20-mile foray along tracks, up hills and through peat bogs, on Saturday 3 July at 8:30 a.m. registration opened and the familiar scenes of runners descending on Wooler were once again a reality.

The weather forecast for the day was at best a mixed bag, with periods of sunshine in the morning, changing to rain and mist on the hills in the afternoon.

177 Runners readied themselves on the new, slightly different start line, which had been changed to enable a greater spread of competitors at the start, and at 10:30 a.m. the whistle blew and off they headed into the Northumberland National Park, which would take them up two of Northumberland’s highest hills (Cheviot, 815m, and Hedgehope, 714m) before returning via Langlee Craggs and Carey Burn.

As the runners were out bounding over heather and dodging the peat hags, the organisers were readying the finish line for their return which included a trailer full of freshly cooked chips from the event’s sponsor, local potato producer “Particularly Good Potatoes” who handed out chips to everyone, from runners to helpers.

First over the line was Northumberland Fell Runner (NFR) William Robson with a time of 2.52.00, followed by NFR runner Mathew Briggs (2.59.00). Third male was Hamish Murray of Cheviot Trail Runners (3.00.00).

First three females over the line were Frances Dembele of South Shields Harriers (3.49.00), Elizabeth Joyce (3.53.00) and Georgia Campbell of Jarrow and Hebburn AC (3.54.00).

The M40 age group prizes went to Mark Potts (3.08.00) and Liz Gray of Derwent Valley Trail Runners (4.08.00).

First M50 was John Duff (3.35.00) and first F40 was Gwenda Cavill (4.31.00), both of Northumberland Fell Runners.

M60 went to Philip Pearson (3.27.00) of Northern Fells RC, and F60 to Carol Cervenak of Gateshead Harriers (4.20.00).

The first male team (unsurprisingly given great individual results) was NFR (William Robson, Mathew Briggs and Mathew Heatherington). First female team went to Tyne Bridge Harriers (Charlotte Carpenter, Sophie Marr and Alison Dargie).

In the local category, the winners were Russell Walsh and Marie Louise Drozdowicz.

There is also a cup for the oldest competitor to complete the course and this year this was Frank Birch of Teviotdale Harriers.

Finally, the prize for ‘Spirit of the Chevy’ went to Shirley Murray, a former Wooler lass, for completing the race in under 4 hours while 20 weeks pregnant!

There are many people to thank for their help and support both before, during and after the event which include, and in no particular order: Northumberland National Park Mountain Rescue Team for their safety cover of the event, the landowners (Lilburn Estates), Mark and Sarah Robson from Particularly Good Potatoes and of course all the marshals who were out in the rather “dreich” hills or working on the finish line at Wooler Youth Hostel. But also to Chris from SI Entries who helped to manage entries and timings on the event.

After a brief rest, the organisers will start to think about the 2022 65th Chevy Chase on the first Saturday in July.

*Karl Wait*

**BRADDA** / Isle of Man

AL/24km/950m/**03.07.21**

**OPEN**

1. C. Varley	MFR	2.17.12
2. O. Chambers	MFR	2.22.48
3. J. Bond	MFR	2.26.05
4. J. Freeman	MFR	2.26.28
5. G. Kelly M40 (1)	MFR	2.27.24
6. P. Sykes M40 (2)	MFR	2.27.30
7. M. Burman	MFR	2.27.53
8. S. Downward	MFR	2.34.20
9. S. Looker	MFR	2.34.42
10. A. Watson M50 (1)	ManxH	2.40.04
11. A. Sandford M50 (2)	IOMVAC	2.40.51
13. N. Brogan M40 (3)	MFR	2.43.08
18. P. Sheard M50 (3)	MFR	2.53.47

**LADIES**

12. J. Bryan	MFR	2.41.00
14.N Arthur	MFR	2.45.44
17. R. Crainew F40 (1)	MFR	2.53.09
25. C. Brogan F40 (2)	MFR	3.03.25
28. R. Harding	MFR	3.10.45
35. L. Dunwell F40 (3)	NAC	3.20.18
55. N. Bowker F50 (1)	MFR	3.47.26
57. S. Donaldson F50 (2)	MFR	3.51.14
72. M. Hall F70 (1)	WAC	4.46.39

*72 finishers*

**THURLSTONE CHASE** / South Yorkshire

BS/6.4km/244m/**03.07.21**

After missing last year due to Covid, we were glad to be back again and, despite dire forecasts of thunderstorms, the race went ahead on a muggy afternoon with only a few spits of rain. Sadly, the planned Gala which usually accompanies the race was cancelled again but 83 runners turned up to run on a new course. The alteration was due to a fortunate (if this had happened during the race it would have been chaos) encounter when I ran the route the previous Thursday with a herd of cows and young calves. They were blocking the entrance to a field and were not moving and became aggressive when I tried to shoo them away. The new route was deemed an improvement so will be retained for the future, meaning that there are now two course records to be beaten!

*Keith Gordon*

**OPEN**

1. J. Carnelly	Bing	26.15
2. I. Yates	Wakef	26.23
3. J. Ross	StaffsM	26.25
4. D. Middlemas M40 (1)	VallStr	26.26
5. N. Stabbs M40 (2)	Totley	26.34
6. P. Montgomery	PFR	26.42

7. P. Skuse M40 (3)	Gloss	26.43
8. S. Vas M40 (4)	Unatt	26.45
9. R. Jones F (1)	Salf	27.28
10. D. Hague	PFR	28.04
12. T. Wright5 M50 (1)	PFR	28.46
13. A. Davies M50 (2)	Hillsb	29.03
18. S. Bennett M60 (1)	Bowland	30.08
19. A. Doig M50 (3)	Stadium	30.30
42. P. Burchell M60 (2)	LongE	34.51
52. N. Whittingham M60 (3)	PFR	36.18
56. B. Phillips M70 (1)	PFR	37.10
79. B. Innes M70 (2)	PFR	49.03
83. J. Pozorski M70 (3)	PFR	57.14

**LADIES**

9. R. Jones	Salf	27.28
16. S. Pritchard	HillsB	29.35
17. J. Cartmell	Unatt	29.59
26. S. Gilliver F60 (1)	Wilms	32.15
29. R. Timms F40 (1)	PFR	32.28
37. A. Williams F50 (1)	Gloss	34/16
41. S. Walch F40 (2)	PFR	34.46
45. H. Wright F40 (3)	PFR	35.15
46. J. Gardner F60 (2)	Unatt	35.25
49. N. Owen F50 (2)	Belper	35.49
58. V. Wright F50 (3)	PFR	37.56
69. M Jeal F60 (3)	Ilk	42.10
74. B. Haigh F70 (1)	PFR	46.11

*83 finishers*

**COSDON HILL** / Devon

AS/5.2km/315m/**04.07.21**

Okehampton RC’s Cosdon Hill Race is part of the Dartmoor Fell Race Series. It usually coincides with Belstone Fair, but this, unfortunately, had to be cancelled again this year.

The day dawned bright, with just some light drizzle but by late morning it turned into what can only be called a monsoon! Hopes for a race that was dry with any visibility at all was looking very unlikely but in true Dartmoor fashion, the rain did eventually stop and by the start of the race the sun had even come out.

The juniors set off first in a 2 kilometre race for the Under 11s or 3 kilometre for Under 13s. Great racing by Thomas to win the Under 11 boys and Kelsey the Under 11 girls and by William and Neve in the Under 13s.

A great turnout of runners from the area took part in the main race with record holders Tim Lenton and Jo Meek both racing and hoping to keep their crowns. It was great to see Adam ‘Tango’ Holland in the line-up too - ‘fresh’ from just having completed his 10 marathons in ten days challenge, well done Adam!

The runners pick their own route up and down the hill, the only stipulation being that they must check in with the marshals at Cosdon Beacon. There are no easy routes with bogs, gorse and long grass to contend with – many of the runners also chose to take the quicker river crossing option on the final home stretch rather than go to the bridge,

even though the water was quite high after all the recent rain.

Congratulations to Samuel Kelly for coming home first in a time of 29:50, with Sam Priday the first ORC home and first U19 in third place overall and Tim Lenton in fourth. Jo Meek retained her title as winning lady and Karen Vallance was the first ORC lady home.

Well done everyone for taking part, and thanks to all the marshals and North Dartmoor Search and Rescue for their support.

*Hugh Robinson*

**OPEN**

1. S. Kelly	Exmth	29.50
2. C. Sandom	Unatt	29.54
3. S. Priday MU19 (1)	Okehmp	30.00
4. T. Lenton M40 (1)	AxeV	30.40
5. J. Best	Tavist	30.48
6. S. Deller	Unatt	30.53
7. A. Valance M40 (2)	Okehmp	31.58
8. A. T. Holland	Tavist	32.29
9. T. Ripper	BICmbe	32.30
10. T. Poland	Okehmp	32.49
11. I. Luke M40 (3)	Poole	33.44
24. I Ripper M60 (1)	Okehmp	40.17
25. R. Best M50 (1)	Tavist	40.21
26. H. Marsden M60 (2)	Exmth	40.37
30. S. Wood MU15 (1)	Okehmp	45.10
31. C. Johns M50 (2)	Unatt	45.11
35. G. Ripper MU19 (1)	Unatt	48.39
52. A. Houghton M70 (1)	Tavist	58.51
54. D. Guiterman M70 (2)	Unatt	75.57

**LADIES**

17. J. Meek F40 (1)	Winch	35.30
27. C. Grubb	Unatt	41.28
32. L. Godspeed	Plymth	45.42
34. K. Vallance F50 (1)	Okehmp	47.01
36. S. Marvin F40 (2)	Okehmp	48.56
38. H. Ratcliff F50 (2)	Tobay	49.05
55. K. Refson F60 (1)	Tavist	82.39

*56 senior finishers*

**JUNIORS – 2km**

1. T.	Unatt	10.40
2. E. Evans MU11 (2)	Okehmp	11.52
4. A. Lane MU9	Okehmp	12.11
6. K. Davies FU11 (1)	Okehmp	13.15
7. H. Grubb FU9 (1)	Okehmp	17.21

**JUNIORS – 3km**

8. W. Miles MU13 (1)	Unatt	10.40
9. N. Webber FU13 (1)	Okehmp	11.52

*9 junior finishers*

**WASDALE** / Cumbria

AL/34km/2750m/**10.07.21**

This year’s Wasdale fell race was organized by Richard Byers as the usual organiser, Richard Eastman, was stuck in Peru but oversaw all from afar, so a truly intercontinental affair.

Race day started inauspiciously with low cloud and drizzle at registration, but the Lakeland Gods were smiling and the clouds had parted and the sun was out by the time the race started with 169 setting off. The good weather held but the day was hot and humid and the conditions were hard with nearly a quarter of the field retiring due to the heat, giving a steady stream of disconsolate but wise runners reporting to the finish. All got their bottle of beer and food and cake though, and some of the retirees even asked for the coveted Wasdale race certificate, this year also given out to helpers, including Joss Naylor M.B.E.

The race for first man was one of two halves with Ricky Lightfoot blasting out at a record pace, then slowing following an ankle injury mid-race, but he held his lead to finish three minutes clear. An anxious moment when second place, James Harris, was reported as first at Scafell Pike but then Ricky appeared on Lingmell Nose in the lead, with a gingerly pace down to the finish – the mist, and crowds, had been so thick on the Pike he’d not been able to find the marshals despite circling the summit cairn several times, no doubt costing him a sub-4 hour time.

Jasmin Paris had a less eventful but equally impressive run, ninth overall, but times in general were down given the conditions.

The Ian Roberts memorial trophy was won by runner-up James Harris, and this year a new trophy, the Joss Naylor M.B.E. trophy, celebrating Joss’s pre-eminent place in fellrunning and Wasdale in particular, was awarded to first Cumberland Fell Runner, Sam Holding: the silver trophy was donated by Anita Byers and the generous prize of a night’s stay at the Wasdale Head Inn.

The team of marshals and site helpers were superb, highlighting how important they are for success of these races. As with many races this year it was difficult to stage but with Richard Eastman’s help from afar, the wonderful support team, support from landowners, and the smiles of the Lakeland Gods, the Wasdale mountains and valley rang again to the highs and lows of the hardy souls in the best race in the world.

*Richard Byers*

**OPEN**

1. R. Lightfoot	Ellenb	4.05.44
2. J. Harris	Amble	4.08.44
3. P. Rutter	HelmH	4.09.59
4. T. Mason M40 (1)	Wharfe	4.19.34
5. P. Davies M40 (2)	DkPk	4.23.03
6. S. Holding CFR	CFR	4.33.45
7. S. Jacques M40 (3)	Unatt	4.34.12
8. I. Holmes M50 (1)	Bing	4.35.13
9. J. Paris F (1)	Carn	4.35.34
10. K. Richmond M50 (2)	Shettle	4.27.15
35. P. Pearson M60 (1)	NthnF	5.17.50
36. J. Morgan M50 (3)	DkPk	5.20.56
61. L. Warburton M60 (2)	Bowland	5.50.13
85. M. Terry M60 (3)	Clay	6.04.43





Eleanor Johnstone (Pennine Fell Runners) at Wasdale fell race © Stephen Wilson www.granddayoutphotography.co.uk

<b>LADIES</b>		
9. J. Paris	Carn	4.35.34
19. C. Graves	Carn	4.48.54
34. S. Richmond F40 (1)	Penn	5.16.56
48. V. Thompson	HelmH	5.38.13
67. E. Bisson F40 (2)	Elvet	5.55.00
106. A. Wainwright F60 (1)	DkPk	6.25.28
111. K. Cornforth F50 (2)	Kesw	6.27.36
<b>130 finishers</b>		

**BRADWELL JUNIORS** / Derbyshire  
AS/7km/367m/**10.07.21**

In a strange year for racing, we were pleased to be able to help out the junior championships by providing the third race of their series. Taking care to observe UKA and FRA guidelines for outdoor competition throughout, we thought we had some great and challenging running in store for all age groups. This proved more than right in the humid conditions on the day. There was good feedback from both runners and parents, praising the tough courses and the marshals (who did a great job), and the design of the courses, which meant there were several races running at the same time. Although quite intense for the marshals and timekeepers, it meant the activity on the day was spread over just four hours. The great atmosphere and the Bradwell’s

ice creams and epic pizzas all contributed to a super day out. Representation from fell and athletic clubs from around the country got to sample Bradda Edge. The performances were great and I hope it was a suitable showcase for the area’s running possibilities. It was great to be able to host a competitive event after so many months of lockdown and I hope that many who visited for the first time can make it back to explore further the great little hills we have.

*Greg Rimmer*

<b>UNDER 9 BOYS</b>		
1. K. Evans	Amble	05.15
2. I. Higton	Amble	05.19
3. H. Davies	StaffsM	05.42

<b>UNDER 9 GIRLS</b>		
1. B. Bailey	StaffsM	05.18
2. I. Symington	CaldV	06.33
3. G. Cudahy	Bux	06.56

<b>UNDER 11 BOYS</b>		
1, J. Green	Amble	10.35
2. M. Foxwell	Amble	10.46
3. I. Reeday	Wharfe	10.46

<b>UNDER 11 GIRLS</b>		
1. A. Carr	Ross	11.33
2. S. Brady	Abbey	12.05
3. E. Willis	Bux	12.55

<b>UNDER 13 BOYS</b>		
1. D. Poulston	Wirral	13.59
2. H. Ward	Chorl	14.17
3. Z. Jadine	Kghly	14.50

<b>UNDER 13 GIRLS</b>		
1. C. McKee	CaldV	13.31
2. E. Lowe	Westb	14.53
3. O. McManus	Sale	15.57

<b>UNDER 15 BOYS</b>		
1. J. Sanderson	Settle	22.49
2. E. Busfield	Unatt	23.57
3. J. Lamb	ChorlTri	24.04

<b>UNDER 15 GIRLS</b>		
1. I-M. Wilson	DkPk	26.50
2. G. Turner	PstnFP	27.55
3. C. Chambers	Kghly	28.01

<b>UNDER 17 BOYS</b>		
1. C. Allmond	Amble	31.24
2. J. Deacon	ChorlTri	33.02
3. J. Brown	Amble	33.05

<b>UNDER 15 GIRLS</b>		
1. A. Lane	Wharfe	36.01
2. I. Holt	Bburn	37.09
3. E. Whitaker	Hgte	37.27

<b>UNDER 19 BOYS</b>		
1. F. Grant	Bux	31.08
2. T. Spencer	Bux	31.24
3. E. Patton	DkPk	31.33

<b>UNDER 19 GIRLS</b>		
1. L. Bednall	Bux	39.02
2. I. Richardson	Holmf	40.47
3. A. Whelan	Bux	44.06

**PETER BRINSLEY BOSLEY FETE** / Cheshire  
BS/7.5km/250m/**10.07.21**

Twenty five months after the last race, we finally managed a little bit of fell racing normality in our eastern corner of upland Cheshire, against the wishes of many, including the local council who heavily scrutinised our approaches to avoiding coronavirus, just days after that wonderful England victory in front of 67,000 spectators at Wembley!

I must convey a huge thanks to the FRA committee, particularly Charmian, for supporting and advising us on how to undertake a small field fell race with entry on the day. Using PayPal, an honesty box and online banking, plus entry completion away from race registration and copious amounts of hand sanitizer and the all important NHS covid app to record attendees, we finally set four juniors on their way, and ten minutes later 54 seniors, on

land that had not been run over for more than two years. Although a little wet underfoot, the weather was warm and dry, which was a lovely surprise.

Despite a clash with Wasdale, as we seem to do every year (even with a date change!) we were just pleased and grateful to everyone who came to run and support us. Hopefully, we will have the fete later in the year and we intend to run another race on the same course then, so watch this space for mid-September.

Local legend Simon Bailey, living just over the valley, was a clear winner with Michael McCarthy in his first ever fell race running a really strong second with Jack Ross, our other local fast man, finishing in third.

In the ladies’ race Wendy Smith finished in twelfth place overall and first lady, with Faye Waterhouse nudging out Allanah Birtwistle for second and third respectively.

In the junior race, Fin Petie won the junior boys, and Eve O’Donnell the junior girls.

*Sam Alston*

<b>OPEN</b>		
1. S. Bailey M40 (1)	StaffsM	30.14
2. M. McCarthy	Belgrave	32.29
3. J. Ross	StaffsM	33.18
4. D. Sleath	Unatt	33.50
5. C. Sleath	Unatt	34.18
6. M. Lynas M50 (1)	Macc	34.52
7. R. Hudson M40 (2)	Macc	36.26
8. M Hill M50 (2)	Wilms	36.31
9. N. Walker M40 (3)	Altrinch	37.34
10. S. Ellison M40 (4)	Unatt	38.10
11. J. Homer M50 (3)	Wilms	38.20
19. N. Clark M60 (1)	Macc	40.52
28. R. Taylor M70 (1)	Penn	43.53
31. D. Lodwick M60 (2)	RHLeics	44.19
41. T. Hargreaves M60 (3)	Stockp	47.03
44. I. Ankers M70 (2)	StaffsM	48.12
51. K. Jones M70 (3)	DkPk	50.32

<b>LADIES</b>		
12. W. Smith F50 (1)	Trenth	39.02
15. F. Waterhouse F40 (1)	Stockp	40.09
17. A. Birtwistle	Macc	40.28
22. C. O’Donnell F40 (2)	Macc	41.46
29. S. Smith F40 (3)	Mowcop	43.55
32. A. Frost F50 (2)	Macc	44.35
36. A-M. Jones F60 (1)	Macc	45.44
39. L. Miles F50 (3)	Tod	46.39
40. D. Tottle F60 (2)	Unatt	46.56

**54 finishers**

<b>JUNIORS</b>		
5. F. Pettie Boy	Unatt	17.13
2. G. O’Donnell Boy	Unatt	18.44
3. E. O’Donnell Girl	Unatt	23.00
4. T. Fisher Boy	Unatt	31.16

**4 finishers**

**CHAPELFELL TOP** / Durham

AS/7km/400m/**13.07.21**

It was great to be back to our traditional route and mass start on a fine summer evening for our race. We had a good turnout of 67 runners who lined up on the start line ready for an out-and-back blast up Chapelfell Top. The inclusion of this race in the FRA’s 50@50 series attracted runners from further afield than usual and it was excellent to welcome some new faces. We hope that they enjoyed the race and hope to see them again next year.

Runners took widely differing lines to the summit, with the majority trending too far left and having to come back in. The race was won by Richard Bateson, who had a clear lead in the end. Further up the hill there had been a close race with Craig Jones but unfortunately he missed the final left turn down to the finish. An error made by plenty in previous races! Tom Carter beat his twin brother Will for second place by 13 seconds.

Molly Pace was first lady home, backing up her win from 2019. Sophie Marr and Caroline Glover had a race for the line with Sophie just beating Caroline.

Northumberland Fell Runners were the best male team.

There was a great buzz around the evening, and we were very grateful for the efforts of Sarah at the Chatterbox Café who opened especially to provide runners with refreshments. Well done to all those who took part and thank you to all of our club marshals who play such an important role in making the race happen.

We look forward to welcoming runners back again next year.

*F Blackett*

<b>OPEN</b>		
1. R. Bateson M40 (1)	NFR	39.09
2. T. Carter	Unatt	39.28
3. W. Carter	DkPk	39.41
4. C. Henderson	Crook	39.57
5. J. Cherry	JesmdJ	40.24
6. T. Greenwood M40 (2)	Swaled	40.47
7. W. Lloyd	Tyned	41.15
8. J. Jeaney M40 (3)	NShldsP	41.20
9. J. Addison	Hunwick	41.32
10. S. Everett M60 (1)	DurhC	41.40
20. D. Wilson M50 (1)	Bowland	42.33
27. J. Rippon M50 (2)	DerwV	44.52
28. T. Bolton M50 (3)	NthnF	44.53
35. S. Wathall M60 (2)	BICmbe	47.49
49. B. Kivlehan M60 (3)	NFR	55.47

<b>LADIES</b>		
21. M. Pace	JsmkJ	43.34
36. N. Mason F40 (1)	Elvet	47.55
40. G. Lewis	Unatt	50.06
43. H. Heaney F40 (2)	NShldsP	52.04
44. W. Dodds F70 (1)	Dallam	53.16

46. S. Marr	TyneB	55.15
47. C. Glover F60 (1)	Wharfe	55.15
48. C. Norman	TyneB	55.40
54. N. Butler F50 (1)	Kesw	56.47
56. D. Tunstall F50 (2)	DFR	58.18
58. L. Lord F70 (2)	Clay	59.18

**66 finishers**

**BLACK ROCKS** / Derbyshire

BS/9km/250m/**14.07.21**

After a COVID-enforced absence, and cunningly scheduled to avoid a clash with the Euro semi-finals, Black Rocks made a welcome return to the race calendar, organised by Matlock Athletic Club.

The weather also decided that it was time to be summery once again, and runners were treated to a cloudless sky, with picturesque views from the start point at Cromford Rugby Club, looking up the Derwent Valley. Some might even have mused that Black Rocks are best viewed from a distance, and there was really no need to run up to the summit.

Runners were set off in waves of 40, to avoid overcrowding at the start. The route takes runners around a nice gentle field and along Cromford canal, before crossing the canal swing bridge and starting the ascent towards Black Rocks. From there, it is a fairly relentless climb – on trail, and then into woods, with 250 metres (820 feet in old money) of climb.

At the trig point, our marshal doubled as photographer, and some runners adopted the traditional smiling pose for the camera – many others just looked like they had tackled a hill. From that point it is plain sailing, and mercifully downhill. A moderately tricky descent, and some care needed to avoid any trip hazards, but with gravity on their side, the latter half of the race is mercifully downhill all the way.

Our thanks to The Derby Runner for providing race numbers free of charge, to the team of marshals and helpers that enabled the event to run smoothly, and to all those that supported the event by turning up to run it.

*A Mellor*

<b>OPEN</b>		
1. F. Lydon	Carnethy	37.51
2. T. Gill	Matlock	40.57
3. K. Malton	SheltStr	41.50
4. C. Brearley M40 (1)	HolmeP	42.34
5. J. Read M40 (2)	Ilkes	42.54
6. A. Squiire M40 (3)	HolmeP	43.37
7. C. Wilshaw3	SheltStr	43.40
8. L. Tarnai-Wilson	Unatt	43.58
9. K. Fitch M50 (1)	Unatt	44.48
10. D. Cross M50 (2)	SuttAsh	45.07
11. M. Russell M50 (3)	Unatt	45.10
29. H. Partridge M60 (1)	HPRC	48.53
37. G. McMahon M60 (2)	NttgmC	49.55
45. A. Maplethorpe M60 (3)	LongE	51.07



<b>LADIES</b>			
13. I. Palmer-Blount F40 (1)	Derby	45.25	
35. R. Keeley	Belper	49.48	
36. A. Deathridge F40 (2)	Mercia	49.50	
46. H. Lilley	Sinfin	51.12	
52. H. Warrener	Unatt	51.38	
67. R. Brandon F40 (3)	HolmeP	52.59	
81. T. Parker F50 (1)	SuttAsh	54.30	
89. K. Busfield F50 (2)	Ashbou	55.31	
92. P. Goodall F60 (1)	Totley	56.28	

*157 finishers*

**INGLEBOROUGH** / North Yorkshire  
AM/11km/600m/**17.07.21**

Due to the Covid situation, the start and finish were moved to Storrs Common to avoid the runners having to run through the Ingleton Gala field and the town (as my wife put it – runners emitting various bodily fluids as they finished would be less than welcome in a pandemic). Results are therefore not comparable to previous years. In order to be as safe and Covid-secure as possible, and following FRA guidelines, the runners set off in five waves, with a maximum of thirty in each wave.

It was a particularly hot day but 119 of the pre-entered 150 runners still turned up and set off to run to the summit of Ingleborough and back. The course was very dry underfoot, and testing in the hot conditions. Descending through Crina Bottoms was compared to running through an oven by several competitors. As the wave allocation was random, the finishing positions on the day were not necessarily the final positions. However, the first three runners were all from the first wave and after a good battle on the hill, Graham Rush was first home in 48.45 – nominative determinism triumphs. In second place, and also first M40, was Mark McGoldrick in 49.20 and Thomas Hodgson was third in 49.51.

There was an outstanding run from Helen Smith, who was first lady, 12th position overall, in a time of 58.11. Rachel Carter was the first F40 and second lady in 65.51.

I would like to thank all the runners for their patience and understanding in dealing with the changes we had to make this year. As always, we could not put on the event without all our helpers – planning and organising, registration and results, setting out the course, marshalling, clearing up afterwards, CRO for providing First Aid cover – a huge thank you to all of them.

*Chris Beesley*

<b>OPEN</b>			
1. G. Rush	LeedsC	0.48.45	
2. M. McGoldrick M40 (1)	Wharfe	0.49.20	
3. T. Hodgson	Unatt	0.49.51	
4. P. Pruzina	P&B	0.53.51	
5. M. Fretwell	Settle	0.54.02	
6. M. Athersmith	Wharfe	0.54.06	
7. A. Robinson	NiddV	0.55.14	
8. C. Jones	Unatt	0.55.30	

9. S. Bell	Baildon	0.56.26	
10. T. Carter	Unatt	0.56.46	
11. R. Bannerman M40 (2)	Unatt	0.57.27	
13. M. Bispham M40 (3)	Bowland	0.58.52	
23. M. Lofthouse M50 (1)	NiddV	1.01.36	
27. S. MacDonald M50 (2)	Bing	1.03.05	
28. M. Taylor M50 (3)	Horw	1.03.42	
51. D. Burton M60 (1)	Kesw	1.12.6	
59. R. Henderson M60 (2)	BordLO	1.14.44	
68. P. Dugdale M60 (3)	Clay	1.17.01	

<b>LADIES</b>			
12. H. Smith	RibbV	0.58.11	
32. R. Carter F40 (1)	Ilk	1.05.51	
49. N. Jackson F40 (2)	Roundhay	1.11.57	
52. K. Angus	Serttle	1.12.29	
58. J. Adamson	Horw	1.14.14	
69. N. Dugdale F60 (1)	Clay	1.27.13	
72. D. Hope F50 (1)	Unatt	1.17.28	
75. C. Speakman F40 (3)	Settle	1.19.24	
78. D. Mahoney F50 (2)	Settle	1.20.10	
80. R. Dorrington F50 (3)	NLeeds	1.20.19	

*117 finishers*

**WELSH 1000M PEAKS** / Gwynedd  
AL/43km/2440m/**17.07.21**

With the support of the WFRA and a mammoth effort by the team, led by Harvey Lloyd and Judith Holt, the 50th Welsh 1000m Peaks race took place, overcoming the Covid restrictions still in place. Sadly, some were unable to take part due to Covid, others were injured and many chose not to turn up due to the forecast of high temperatures. Indeed, conditions were extremely hot: “brutal” said some, and “the worst conditions I have done the race in”, which is surprising when one thinks back to the freezing temperatures, rain, wind, hail and even snow that race day has encountered. “The clear conditions and splendid views were amazing,” said the marshals. In spite of all these difficulties 315 competitors started and 252 completed their course.

The full race starts at Aber on the coast of North Wales, traverses the Carneddau, crosses the valley at Ogwen before scaling the Gribin Ridge to the summit of Glyder Fawr. Competitors then descend to Pen y Pass and take the PyG track to the Finger Stone, turn right to the summit of Carnedd Ugain and return to the Finger Stone for the final push to the finish on the summit of Snowdon.

The first race, the idea of Dr Ieuan Jones, took place in 1971. This was won by Dennis Weir with Joss Naylor winning the next five. It was an honour to have Dr Ieuan Jones and Joss, together with Colin Donnelly, 12 times winner, and Joan Glass, winner of the early ladies race, as guests for the weekend and a celebratory lunch. More about the history of the race can be read in the commemorative booklet, From the Sea to the Summit of Snowdon: 50 years of the Welsh 1000m Peaks Race, £5 including p and p. Please email harveyrichlloyd@gmail.com with your details.

This is the last year for Race Director Harvey Lloyd and the Gorphwyfsa Club, but Warren Renkel of Run Free Fell and Trail Runners will be heading up a new team for the 51st Race, proposed date Saturday 28th May 2022.

*Jean Hall*

<b>OPEN</b>			
1. M. Atkinson	Kesw	4.21.48	
2. J. Harris	Amble	4.25.01	
3. G. Roberts	Eryri	4.27.10	
4. O. Mitchell	Unatt	4.31.37	
5. L. Eccles	Unatt	4.44.05	
6. T. Wood	Eryri	4.49.37	
7. M. Davies M40 (1)	Eryri	4.51.34	
8. M. O’Keefe	MDC	4.55.21	
9. T. Haynes	Unatt	4.57.36	
10. D. Harris M50 (1)	DeesideOC	5.07.20	
11. J. Gomens M40 (2)	Wrex	4.51.34	
13. A. Squire M40 (3)	HolmeP	5.19.18	
21. J. Atyeo M50 (2)	Mercia	5.36.14	
33. N. Ashcroft M50 (3)	Amble	5.57.43	
62. R. Owen M60 ((1)	Eryri	6.32.58	
76. S. Darke M50 (2)	MDC	6.49.05	
78. D. Powell M60 (3)	Aberyst	6.50.36	

<b>LADIES</b>			
20. M. Price F40 (1)	Mercia	5.33.17	
30. A. Rowlands F40 (2)	Unatt	5.51.07	
31. R. Probert F50 (1)	MynyddD	5.54.20	
32. H. Brown F40 (3)	MynyddD	5.56.36	
94. J. Hemming F50 (2)	Eryri	7.09.27	
126. L. Carter F50 (3)	Holcmbe	8.12.55	

*252 finishers*

**CRACOE – BOFRA** / North Yorkshire  
AS/4.2km/274m/**18.07.21**

The hottest day of the year so far was the backdrop to this year’s Cracoe Fell Race. Armed with plenty of water and sunscreen, runners lined up to take on this deceptively difficult race to the war memorial at Watt Cragg and back. The race starts innocently enough in the lush pasture at Lumb Laithe. However, the incline of this first field spreads out runners so that by the time they turn into the next field and a less taxing incline, the race is now a long line of puffing and panting racers. To add spice to the race, runners must climb over a wall using a bailing trailer before a seemingly endless, slightly uphill drag to the wall at the fell base. Climbing this wall, runners drop onto the now tussocky and still boggy fell proper. After negotiating marsh grass strewn bog land, the final steep climb saps what might remain of thigh strength before the welcome sight of the memorial. Runners clamber round the rocks at the base of the memorial and commence the return route, down the steep descent, through the bogs and then the long run in to the finish line.

Simon Bailey continued his winning streak to win the senior race overall (20.54) from Ted Mason (21.45) and Brian Pennington (22.36). The now familiar smiling face of Elsie Butler romped home

in eighth place overall to win the ladies’ race (24.19) from Rachel Pilling (27.05) and Kirsty Hall (29.04) who has been running this race since she was a junior!

Being a relatively short race, the U17 route is the same as the seniors and was won by Samuel Bentham (23.53) in a time that would have placed him seventh in the senior race. Second and third boys were Theo Clay (24.22) and Harry Ewbank (24.54).

Finishing in a time that would have placed her a very good second lady in the senior race, Amelie Lane continued her superb season to storm home as winner of the U17 girls’ race (26.16). In a slight shuffling of a now familiar order, second girl was Beth Rogers (29.31) and third girl was Maggie Preece (30.34).

Turning part way up the fell, the U14 race was won by Jack Sanderson (14.11), who continues to enjoy a fine season. Second and third boys were Tom Hooper (14.16) and Daniel Ridehalgh (15.05).

Millie Jebb finished eighth overall to win the girls’ race (17.17) from duo Katie Buckley (18.16) and Charlotte Chambers (19.03).

The wall at the fell base marks the U12 turn and the race was won by Harry Cliff (8.22) from Robert Carter (8.24) and Noah Cook (8.26).

Fourth placed Bethan Buckley won the girls’ race (8.33), closely followed by Isla Widdowson (8.42) and Alice White (90.6).

The only runners not having to climb over the bailing trailer are the U9s, as their race turns here. This year the race was won by Charlie Porteous (2.56) from Dylan Alcock (2.59) and Jos Jebb (3.08). The girls’ race was won in familiar style by fifth placed Bleu Bailey (3.13), ahead of Ellie Walters (3.28) and Elizabeth Oakden (3.41)

*Su Thompson*

<b>OPEN</b>			
1. S. Bailey M40 (1)	StaffsM	20.54	
2. T. Mason M40 (2)	Wharfe	21.45	
3. B.Pennington M40 (3)	Howgill	22.36	
4. S. Godsman M40 (4)	CaldV	23.10	
5. E. Beaumont U23 (1)	Kghly	23.25	
6. F. Maier	Wharfe	23.45	
7. A. Stemp	P&B	24.14	
8. E. Butler F (1)	Howgill	24.19	
9. S Greenwood	Ross	24.31	
10. J. Logue M50 (1)	CaldV	24.41	
13. P. Crabtree M50 (2)	Bing	25.05	
14. J. Villiers U23 (2)	Clay	25.40	
15. J. Hiom U23 (3)	Unatt	25.48	
35. R. Hadow M50 (3)	Furness	29.19	
37. G. Schofield M60(1)	Horw	29.41	
48. J. Holt	Clay	32.22	
50. D. Allen	NthnM	33.05	

<b>LADIES</b>			
8. E. Butler	Howgill	24.19	
27. R. Pilling	P&B	27.05	

34. K. Hall F40 (1)	RibbleV	29.04	
42. J. Powell F50 (1)	Wharfe	31.10	
51. B. Reid FU23	Chorl	33.37	
56. A Preece F40 (2)	Telf	34.09	
62. S. Marshall F50 (2)	Skipton	35.24	

<b>UNDER 9 BOYS</b>			
1. C. Porteous	Bing	02.56	
2. D. Alcock	Wharfe	02.59	
3. J. Jebb	HelmH	03.08	

<b>UNDER 9 GIRLS</b>			
5. B. Bailey	StaffsM	03.13	
12. E. Walters	Wharfe	03.28	
15. E. Oakden	Kghly	03.41	

<b>UNDER 12 BOYS</b>			
1. H. Cliff	CaldV	08.22	
2. R. Carter	Ilk	08.24	
3. N. Cook	Furness	08.26	

<b>UNDER 12 GIRLS</b>			
4. B. Buckley	Kghly	08.33	
5. I. Widdowson	Colches	08.42	
10. A. White	Skipton	09.06	

<b>UNDER 14 BOYS</b>			
1, J. Sanderson	Settle	14.11	
2. T. Hooper	Wharfe	14.16	
3. D. Ridehalgh	Unatt	15.05	

<b>UNDER 14 GIRLS</b>			
8. M. Jebb	HelmH	17.17	
12. K. Buckley	Kghly	18.16	
15. C. Chambers	Kghly	19.03	

<b>UNDER 17 BOYS</b>			
1. S.Bentham	Ilk	23.53	
2. T. Clay	Bing	24.22	
3. H. Ewbank	Eden	24.54	

<b>UNDER 17 GIRLS</b>			
7. A. Lane	Wharfe	26.16	
11. B. Rogers	Ilk	29.41	
13. M. Preece	Telf	30.34	

*89 finishers*

**BLISCO DASH** / Cumbria  
AS/8km/650m/**21.07.21**

Time was when we worried about the future of fellrunning as old men formed the majority of every field. Well, not any more if Blisco is anything to judge by!

Young men and women put in some extraordinary performances on a very hot, breathless evening in Langdale with 19 year old Ben Sharrock running a shade over 40 minutes, chased in by an even younger Ben O’Dowd – too young for the American lager which had to be given to his dad!! Phillipa Williams ran superbly up the hill in the suffocating heat and may even come to challenge Hannah Horsburgh’s record of 44.34 with a little downhill practice!

The prize giving was its usual shambles so apologies to all the people who should have got

prizes and didn’t, and to those who expected a bit more than they got. As usual, those who didn’t wait for the prizes will go without and those who don’t normally win things might have gone away with a beer for their troubles.

Thanks to Paul Tierney and Ben Abdelnoor for summit duties, to Karen Goodyear for help at the finish and to the Simpson family for the lovely peaches which were redistributed (and to Tom for liberal help with who should win which prize!)

See you next year (back to EOD for £1).

*Selwyn Wright*

<b>OPEN</b>			
5. B. Sharrock MU23 (1)	Amble	40.15	
2. B. O’Dowd MU18 (1)	Eden	41.09	
3. T. Simpson	Amble	41.36	
4. H. Greenbank MU23 (2)	Kesw	41.53	
5. M. Atkinson	Kesw	43.29	
6. S. Dixon	HelmH	43.46	
7. R. Findlay-Robinson	DkPk	44.49	
8. J. Hartley	BlCmbe	45.23	
9. D. Hope M40 (1)	Horw	46.12	
10. J. Eyre	Eden	46.51	
17. S. Sillito M40 (2)	HelmH	48.51	
19. P. Reilly M40 (3)	HelmH	49.12	
22. D. Croft M50 (1)	Macc	50.28	
27. J. Evans M50 (2)	Amble	54.38	
33. D. Banks M50 (3)	Kend	56.25	
36. R. Gibson M60 (1)	Kend	59.41	
46. P. Dugdale M60 (2)	Clay	65.24	
47. J. Gomersall M60 (3)	Amble	65.43	
54. E. Dealtry M70 (1)	Kend	78.15	

<b>LADIES</b>			
14. P. Williams	Brist&W	48.27	
26. B. Halcrow	Amble	54.19	
28. J. Oates	HelmH	54.43	
30. A. Edwards	Unatt	55.11	
40. G. O’Dowd FU23 (1)	Eden	60.34	
49. N. Dugdale F60 (1)	Clay	66.45	
53. K. O’Donnell F40 (1)	Macc	68.17	

*61 finishers*

**FELLSIDE** / Cumbria  
AM/11.3km/580m/**21.07.21**

It was the only subject on every runner’s mind on the evening of 21 July - the heat! At least with a start time of 7:00 p.m. it wasn’t going to get any warmer....

We had a strong turnout of 74 runners, travelling from near and afar to the very quiet, time forgotten, extreme northern part of the Lake District, that is Fellside. It was a quintessential British summer’s evening, one to remember.

From the fell gate the runners set off and from the first checkpoint at Brae Fell, it was obvious that it was going to be a very interesting race, contested hotly between the local lads. When the runners had reached Knott, three runners, Mark Lamb, Harry Bolton, and Tom Humphries were vying fiercely for the lead. By the time of the last checkpoint



at High Pike, both Mark Lamb and Harry had broken free for a duel to the finish. Knowing that Mark was a fast descender, Harry had worked hard to put distance between himself and Mark on the final ascent to High Pike, but with the finish line in sight the two had almost caught each other, with Harry burning adrenaline to keep just three seconds between them at the finish.

In the women’s race there was a great win by a hugely delighted Jodie Gray, followed by Claire Russell and Carol Morgan.

Even though the notoriously spongy, foot-magnet peatbogs were quite dry, it was thought that, unlike the thermometer, records weren’t going to be broken. However, Claire Russell managed to clinch the F40 record by a few seconds and Jennie Chatterley also set the standard with a new course record for the F50 by a few minutes. It was not only Harry’s first outright win of a fell race but he also set a new MU23 record by 22 seconds. David Birch finished strongly to set a hard new M50 record, and Jim Downie set a new benchmark for the M70 record.

There was only just enough water at the end to quench some very dry runners, who were happy to sit in the shade and share their stories of their experiences until prize giving.

Well done and thank you to all the competitors, marshals, the local community and sponsors - Kong Running, who all came together to make a classic memorable evening at Fellside.

Adam Jackson

OPEN

1. H. Bolton MU23 (1)	Kesw	51.44
2. M. Lamb	Kesw	51.47
3. T. Humphries MU23 (2)	LancsM	54.34
4. T. Day	Kesw	55.27
5. S. Holding	CFR	58.26

6. D. Birch M50 (1)	Kesw	59.08
7. H.J. Brassington	CFR	59.47
8. A. Tod M40 (1)	NthnF	59.56
9. W. Carter MU23 (3)	DkPk	60.24
10. J. Conlon	CFR	63.33
11. S. Netherway M40 (2)	Kesw	63.52
13. C. Swanepoel M40 (3)	Kesw	65.08
17. A. Cresswell M50 (2)	CFR	65.41
19. P. Pearson M60 (1)	NthnF	67.10
20. M. Harrison M50 (3)	CFR	67.13
42. D. Burton M60 (2)	Kesw	78.40
47. J. Downie M70 (1)	Kesw	79.41
55. T. Symonds M60 (3)	NthnF	84.35
60. R. Wren M70 (2)	B-LOC	88.49

LADIES

16. J. Gray	Kesw	65.35
29. C. Russell F40 (1)	CFR	72.09
31. C. Morgan F40 (2)	NiddV	73.36
35. C. Spurden	Kesw	74.21
37. D. Hoskins F40 (3)	DFR	75.44
41. J. Chatterley F50 (1)	CFR	77.48
43. L. Thompson F60 (1)	Kesw	79.05
50. F. Summerfield F50 (2)	Gatesh	83.19
51. A. Cummings F60 (2)	CFR	83.23
52. M. Ockenden F60 (3)	Bowland	83.49
54. J. Carter F50 (3)	Kesw	84.34

74 finishers

OLD CROWN ROUND / Cumbria

AL/36km/2200m/24.07.21

It was hot and very dry underfoot which, despite the heat, made for fast running conditions. There were even whispers of some of the young locals going for the record – oh the confidence of youth! All the rivers and streams were very low, so no

rope was needed for the crossings, but this had the downside of less water on route for the runners.

Eighty-five runners set off from Hesket Newmarket at 11 00 a.m. At Skiddaw House check point four runners chose the ‘Half Pint’ shorter route missing out Skiddaw, with seventy-nine runners finishing the race.

As it turns out the whispers were correct. Harry Bolton (MU23) broke the record by just over 15 minutes in a time of 3:31:44, a fantastic achievement. Second and third were Jonathan Cox and Alistair Thornton. The first three ladies Nina Mason, Philippa Wakefield and Danielle Ledbury all arrived within five minutes of each other. Other notable achievements Phil Pearson M60 in 8th place, Adam Jackson M50 in 11th place and Sarah Hobson in 63rd competing in her first fell race. Congratulations go out to all runners who started the race.

The event could not have taken place without the help of all the marshals and helpers, with well over twenty-five different people involved on the day. Thanks to all who volunteered.

Many thanks also to The Old Crown for the use of their facilities, Denton House for preparing the food, the landowners and especially Skiddaw House for their cool, refreshing water.

John Horne

OPEN

1. H. Bolton MU23 (1)	Kesw	3.31.44
2. J. Cox	Eden	3.51.06
3. A. Thornton	Howgill	4.13.46
4. W. Carter MU23 (2)	DkPki	4.15.47
5. D. Jones	Eden	4.16.08
6. J. Eyre	Eden	4.20.45
7. R. Keefe	Eden	4.22.51
8. P. Pearson M60 (1)	NthnF	4.26.16
9. B. Grayson	Eden	4.27.31
10. P. Archer	CFR	4.28.06
11. A. Jackson M50 (1)	NthnF	4.30.36
13. C. McIntosh M50 (2)	P&B	4.33.46
14. J. Lawler M40 (1)	Kesw	4.35.20
15. C. Roberts M40 (2)	Amble	4.39.13
17. M. Davis M50 (3)	Carn	4.40.54
19. T. Carter MU23 (3)	Unatt	4.46.15

LADIES

32. N. Mason F40 (1)	ElvetStr	5.11.00
33. P. Wakefield F40 (2)	Kesw	5.13.00
37. D. Ledbury	Eden	5.15.45
41. D. Hosking F40 (3)	DFR	5.32.10
74. D. Tunstall F50 (1)	DFR	6.44.20
75. W. Dodds F70 (1)	Dallam	6.54.11
76. L. Malarkey F70 (2)	Kesw	7.00.18

79 finishers

BUTTERMERE HORSESHOE - DARREN HOLLOWAY MEMORIAL RACE (LONG RACE) / Cumbria

AL/35.5km/2515m/24.07.21

Isn’t it good to be back racing head to head again? None of this virtual stuff – although Brennan



Townshend could be forgiven for thinking that he was still doing a virtual race! It wasn’t long before he was out of sight of everyone, eventually winning by over half an hour. Meanwhile, further back in the field people appeared to make up their own challenges; with two runners either looking to get the full set of checkpoints from both the short and long and then thinking the better of it after heading most of the way to Buttermere or they forgot my advice at the briefing and followed the wrong runners down the short route before correcting themselves in time to make the Newlands cut-off. Also, according to my marshals’ check-sheet I had a large number of the leading runners try to introduce a swim-run section to the route at Innominate Tarn with many taking a dip – I’m not sure it will catch on guys!

Anyway, back to the race – half an hour after Brennan, James Harris and then shortly after Sam Holding arrived. Sorry if I was overly partisan with Sam’s finish and at the prize giving, but this is the highest placed result for our club... so far. Pennine won the team prize with three runners in the top 12.

For the ladies it was a 1-2 for Pennine with Ellie Johnstone arriving first, followed by Sue Richmond, which guaranteed the team prize making it a double for the Pennine club.

P. Jennings

OPEN

1. B. Townshend	Kesw	4.00.35
2. J. Harris	Amble	4.32.01
3. S. Holding	CFR	4.35.06
4. P. Davies M40 (1)	DkPk	4.36.03
5. T. Simpson	Amble	4.54.06
6. S. Jacques M40 (2)	Unatt	4.56.05
7. T. Sabey	Netherhall	5.02.48
8. B. Nikolich	Penn	5.09.36
9. S. Birkinshaw M50 (1)	Borr	5.12.36
10. D. Ward M40 (3)	Penn	5.12.49

15. M. Harrison M50 (2)	CFR	5.34.04
27. J. Tullie M60(1)	Teviot	6.28.14
40. R. Gibson M60 (2)	Kendal	7.11.11

LADIES

13. E. Johnstone	Penn	5.21.05
16. S. Richmond F40 (1)	Penn	5.36.33
19. B. Halcrow	Amble	5.54.00
20. C. Watson	Varegg	6.03.55
38. A. Wainwright F50 (1)	DkPk	7.08.42
46. A. Cummings F60 (1)	CFR	7.27.19

57 finishers

BUTTERMERE HORSESHOE - DARREN HOLLOWAY MEMORIAL RACE (SHORT RACE) / Cumbria

AL/22km/1518m/24.07.21

For the first time since including the so called ‘Short’ race (yes, it is a full AL in its own right) the number of starters was more than the full horseshoe. A great turnout from local club Netherhall AC helped swell the numbers. The short race also saw some closer racing than on the long, although Chet Gillespie led the way through all of the checkpoints, Richard Houghton and first lady, Katherine Maltby, weren’t far behind. Chet held on for the win by 1½ minutes, with Richard second and Katherine achieved sixth overall and first lady. Now that Katherine has moved up to the Lake District from Bristol, I think we’ll be seeing a lot more of her at the front of these races.

With their strength in depth, I had assumed that Netherhall would win both men’s and ladies’ team prizes – so I must offer my apologies to Barlick Fell Runners who managed to place three of their runners high up in the results table and win first team. Unfortunately, the guys had left by the time I’d worked out the results. So, I hope the bottles of Loweswater Gold managed to find their way to you from your team mates on the long....

As always, a big, big thank you to all the marshals

and helpers at the race HQ, to the cake bakers and to the support from Amanda, Norman and crew. So, hopefully, we’ll see you all next year back in our normal spot at the end of June (25th) when the bracken is hopefully a little lower.

P. Jennings

OPEN

1. C. Gillespie MU23 (1)	AxeV	2.27.24
2. R. Houghton	Ellenb	2.28.42
3. R. Fielding M40 (1)	Unatt	2.32.22
4. J. Collier MU23 (2)	Bowl	2.33.27
5. S. Leckey	Amble	2.38.37
6. K. Maltby F (1)	BristolW	2.40.38
7. M. Allen	BICombe	2.48.35
8. A. Frankham	Netherhall	2.50.27
9. B. Whitehead	Barlick	2.54.43
10. I. Cocks	Barlick	2.55.43
12. J. Byrne MU23	HelmH	3.01.51
14. D. Banks M50 (1)	Kendal	3.14.47
15. S. Entwisle M60 (1)	Penn	3.16.54
19. C. Norman M50 (2)	Unatt	3.23.12
20. M. Searson M40 (2)	Unatt	3.23.29
25. D. Burton M60 (2)	Kesw	3.30.35
42. D. Tait M70 (1)	DkPk	3.55.57

LADIES

6. K. Maltby	BristolW	2.40.38
13. C. Morgan F40 (1)	Unatt	3.13.5
29. S. Sale F40 (2)	Lostock	3.33.46
37. A. Graham F50 (1)	CFR	3.49.24
39. P. Conlon	CFR	3.51.40
43. A. Skillicorn F40 (3)	NLeeds	3.56.40
50. T. Taylor F50 (2)	Netherhall	4.21.42

64 finishers

HOLME MOSS / Derbyshire

AL/28.5km/1315m/25.07.21

After the predictions of thunderstorms earlier in the week, it was a great relief that the weather was almost perfect, especially for the marshals at the checkpoints. The recent hot weather meant the underfoot conditions were good, with just the odd bog to keep it interesting.

There was a great atmosphere around the cricket club before the start as this was the first weekend that races have been allowed since the Covid restrictions have been fully lifted.

An army of helpers from the club were in place to get all 101 runners through the kit check and registration and up to the start by 11:00 a.m. It was very reassuring to see that every runner had turned up with the full mandatory kit requirements.

Before reaching Laddow Rocks, the men’s race was closely fought between Karl Gray, Gavin Mulholland and Nathan Edmondson. By the second visit to Holme Moss, Karl and Gavin had broken clear of Nathan. From Holme Moss to the finish, Karl ran strongly to open up a gap of over three minutes, to win the race for the third time in 2:40:30. We also witnessed the unique

Above: Phil Pearson (Northern Fells) MV60 winner at the Fellside Race © Adam Jackson; Opposite page: The start of the Holme Moss Fell Race © Andy Hauser



occurrence of the first two finishers being in the M50 category.

In the ladies’ race, Kate MacFarlane was the early leader to Crowden. However, after a route mishap on the way to Bareholme, she was caught by Imogen Jones. From there, they battled it out all the way to the finish, recording the same time of 3:30:42, with the decision being awarded to Kate.

The men’s team prize was won by Calder Valley and the ladies by Fellandale.

While waiting for the results, all the runners and helpers were rewarded with drinks and a great spread of food, plus a commemorative recyclable cup. Many thanks to all the helpers and people who donated cakes and raffle prizes from Holmfirth Harriers, also to Holme Valley Mountain Rescue Team, for whom we raised £310, plus all the landowners and stakeholders and our sponsor Brooklands Nursery at Totties.

*Andy Hauser*

OPEN

1. K. Gray M50 (1)	CaldV	2.40.30
2. G. Mulholland M50 (2)	CaldV	2.43.38
3. N. Edmondson	Ilk	2.56.50
4. T. Lynch	Otley	3.02.35
5. M. O’Connor M40 (1)	CaldV	3.08.22
6. R. Pattinson M50 (3)	P&B	3.10.29
7. S. Mills	DkPk	3.11.08
8. K. Webster M50 (4)	Matlock	3.14.34
9. T. Brook	Unatt	3.17.30
10. P. Heeley M40 (2)	Felland	3.25.56
33. B. Foreman M60 (1)	Matlock	3.55.58
34. D. Brock M60 (2)	Orion	3.56.31
38. S. Bennett M60 (3)	Bowland	3.59.39
78. R. Kersey M70 (1)	Holmf	4.49.13

LADIES

15. K. McFarlane	PennyL	3.30.42
16. I. Jones	Pennine	3.30.42
31. J. Warboys-Hodgson F50 (1)	DenbyD	3.54.26
35. C. Litherland F40 (1)	Pennine	3.56.54
41. N. Jackson F40 (2)	Roundhay	4.01.11
46. T. Shepherd	Felland	4.08.00
54. S. Gilliver F60 (1)	Wilmsl	4.23.20
67. P. Goodall F60 (2)	Totley	4.38.35
89. R. George F50 (2)	NLeeds	5.20.05

93 finishers

BRASSINGTON HILL RACE / Derbyshire

BM/8.8km/292m/**25.07.21**

Back in 2010, 35 runners gathered on a late July evening outside the Gate Inn, Brassington and created the Brassington Hill Race. Since then, the race has grown year on year thanks to the fantastic scenery and the challenging, but runnable course which acts as a great introduction to off road racing. The race has become an integral part of village life, whether that’s competing, marshalling, spectating, or simply taking advantage of the beer tent!

Following the lifting of all Covid restrictions in

mid-July, the 2021 race took place with only a few modifications to limit congestion. The major change was moving the finish away from the pub. A shock to many! Fortunately, the pub moved the beer tent to the finish line instead!

There can be no doubt that Parkrun, Couch to 5k and lockdown have given more people the opportunity to take up running. To try and share our enjoyment of the summer evening racing scene and to give new starters an achievable goal, without putting them off for life, we created a short course option. The long course was extended slightly to avoid pinch points and, as a bonus, this eliminated some unwanted flat sections and introduced some more climbing.

In perfect weather, the 198 finishers were led home by Martin Dawson in a time of 38:31, setting up the course record. Chris Sleath repeated his second place from 2019 and was quickly followed by William Neill in third, with the first 5 finishers all coming home within 30 seconds of each other. First lady was Eleanor Wainwright in 45:58, followed by Wendy Swift and Emily Taylor. The U19 winners were Harry Bond and Amy Whelan, both from Buxton AC. The closest category finish was MV70 where Tony Hulme retained his title by just 4s from John Bush.

As always, the race couldn’t go ahead without the generous support of the local landowners (who not only gave permission but opened gates and moved livestock), the marshalls and this year’s sponsor, Longcliffe Quarries, who provided a permanent trophy for the winners.

After 18 months, it was a privilege to see the finish field full of people catching up with friends and friendly competitors, albeit at a distance and with the accompanying smell of hand sanitiser.

2021 was the year Brassington Hill Race came of age, here’s to 2022.

*Alun Richards-Jones*

OPEN

1. M. Dawson M40 (1)	NDerby	38.31
2. C. Sleath	Unatt	38.42
3. W. Neill	Unatt	38.49
4. J. Burgess M40 (2)	Bux	38.54
5. D. Sleath	Unatt	39.02
6. T. Horton	Unatt	39.07
7. D. Love M40 (3)	Bowland	39.39
8. H. Bond MU19	Bux	40.27
9. C. Wilshaw	SheltStr	41.17
10. A. Busolini	FairIndsVS	41.18
12. R. Bradbury M50 (1)	Matlock	41.25
15. M. Lynas M50 (2)	Macc	41.48
16. M. Jones M50 (3)	Ripley	41.53
76. C. Morrison M60 (1)	Sinfin	49.49
80. G. Hutchings M60 (2)	Ashbourne	50.07
93. M. Moorhouse M60 (3)	Matlock	51.27
138. A. Hulme M70 (1)	Unatt	57.42
139. J. Bush M70 (2)	Unatt	57.46

LADIES

40. E. Wainwright	DkPk	45.58
45. W. Swift F50 (1)	Trentham	46.33

50. E. Taylor	Belper	46.48
51. A. Whelan FU19	Bux	46.55
52. A. Neill	Stoke	46.57
74. C. LloydF40 (1)	PortVP	49.38
94. L. Rowley F40 (2)	Matlock	51.33
97. A. Wainwright F50 (2)	DkPk	51.48
98. J. Howlett F50 (3)	Ripley	52.05
133. S. Bradley F60 (1)	Bux	56.48
182. C. Bexton F60 (2)	Beeston	67.11

198 finishers

PARWICH PANORAMIC FIVE / Derbyshire

CS/8.5km/200m/**03.08.21**

A lovely evening for a quick 5 mile run around Parwich. Competitors were obviously keen to get out and take part in events and over 100 runners signed up. With dry conditions in the run up to the PP5, a fast time was expected. The course was well signed and plenty of locals volunteered to marshal and hold the gates open at the stiles and onto the roads.

Lots of older runners took part this year and some who have only recently started running.

Records for the course still stand for both men and women despite some great efforts from the front of the pack.

*Nia Linnell*

OPEN

1. W. Tighe	Bux	33.52
2. S. Fisher	Matlock	37.42
3. J. Brunnock	Bux	37.46
4. B. Linnell	Unatt	38.55
5. R. Donald M40 (1)	SheltStr	38.66
6. W. Bosworth	Belper	39.43
7. D. Ottewell	Unatt	39.55
8. W. Broad	Unatt	40.09
9. J. Brown M40 (2)	Macc	40.13
10. G. Edleston	HattonD	40.15
11. A. Roberts M40 (3)	Conglet	40.38

LADIES

1. S. Vernau	Form1	46.10
2. T. Wilson F40 (2)	Bux	46.35
3. E. Sanders F40 (3)	Ashbourne	48.14
4. J. Barham F40 (4)	Beeston	48.41
5. J. Miles F40 (5)	Macc	50.45
6. C. Scott F40 (6)	Sinfin	51.02
7. J. Engstrom F40 (7)	Ellastone	53.27
8. K. Tilsley F40 (8)	Ashbourne	54.22

102 finishers

ROUND HILL / North Yorkshire

CM/14.1km/335m/**08.08.21**

Heavy overnight rain and morning showers led to very wet underfoot conditions, so you wouldn’t have thought any records would be broken, but that proved to be wrong as Ailish Graham took about a minute off Jo Waites’ record from 2011, finishing in 8th overall. Alice Leake’s time in second would have won all but two of the previous

17 Round Hill races. Becky Weight also reduced the F60’s record by seven minutes.

Congratulations to the winner, Gary Priestley, a clear winner ahead of Sam Green.

The Wharfedale team of Sam Green, Nick Charlesworth, Ailish Graham and Lucy Needham took the mixed team prize.

*A Robertshaw*

OPEN

1. G. Priestley	Salf	0.57.21
2. S. Green	Wharfe	0.59.38
3. M. Cox M40 (1)	Ilk	0.59.54
4. T. Richardson	Hgte	1.00.06
5. A. Robinson	NiddV	1.00.48
6. N. Charlesworth M50 (1)	Wharfe	1.01.48
7. J. Wynne	HorsF&D	1.02.11
8. A. Graham F (1)	Wharfe	1.02.13
9. P. Crabtree M50 (2)	Bing	1.03.17
10. E. Gillham	P&B	1.04.09
13. M. Lofthouse M50 (3)	NiddV	1.05.20
14. S. Bailey M40 (2)	Kippax	1.05.51
16. A. Spittlehouse M40 (3)	Unatt	1.06.15
29. B. Atkinson M60 (10)	YorkKnab	1.11.53
41. K. Holmes M60 (2)	Unatt	1.16.35
42. A. Carruthers M60 (3)	Halesow	1.16.37
83. D. Seaman M70 (1)	NiddV	1.38.21
95. A. Cardinale M70 (2)	Otley	2.27.32

LADIES

8. A. Graham	Wharfe	1.02.13
12. A. Leake	Leeds	1.04.50
19. R. Pilling	P&B	1.06.59.
35. N. Jackson F40 (1)	Rndhay	1.13.21
48. H. Price F50 (1)	Hgte	1.18.16
51. S. Hudson F40 (2)	Unatt	1.21.07
56. B. Weight F60 (1)	Bing	1.22.12
74. C. Clarke F60 (2)	NLeeds	1.32.05

95 finishers

SADDLEWORTH ROUND / Lancashire

BL/26.5km/1000m/**08.08.21**

The Saddleworth Round is a summer race, in August. I was thinking of a warm evening drinking a cool beer after the race, sun burn, flowers in full bloom, dusty paths. Nothing could be further from the truth. I sat there for two hours before the race with hammering rain, the clag was down and those out flagging were telling me the streams we cross were unpassable. With a quick change of the course off the runners went.

It was heavy under foot and some of the streams were waist high but I always think that to fully appreciate the wild beauty of the moors you need to experience them in wild conditions. The runners appreciated all the flagging we did because although we run along footpaths some of them are indistinct across the peat. When puffing runners are out of ear shot you will as often as not see mountain hares and curlews, so the race is well worth a reccy.

The race takes in three counties, Greater Manchester, Derbyshire and West Yorkshire, in an

18 mile loop around the South Pennine moors. 83 runners set out and 78 completed the course. The winning teams were both from Saddleworth; the first man back was Joe Oldfield and first woman Kate Macfarlane. Nick Harris also deserves a mention for completing this challenging course in adverse conditions as a M70, an inspiration. This being the first running of our new course the winners automatically became the record holders.

*James Sheard*

OPEN

1. J. Oldfield	Matlock	2.27.32
2. C. Phillips	Sadd	2.30.43
3. H. Davies	Mercia	2.39.08
4. L. Eccles	PennyL	2.41.02
5. C. Brearley M40 (1)	HolmeP	2.46.21
6. J. Morgan M50 (1)	DkPk	2.54.30
7. L. Cherry	RugNthmp	2.54.54
8. M. Wildbore M40 (2)	Sadd	3.00.14
9. N. Hammond M40 (3)	FramlingF	3.02.25
10. S. Hutchinson M40 (4)	Marsden	3.05.23
N. Hayhurst M60 (1)	Unatt	3.10.04
I. Shaw M50 (2)	FatB	3.15.04
S. Bennett M60 (2)	Bowland	3.21.47
G. Davies M60 (3)	Mercia	3.23.15
S. Jump M50 (3)	Sadd	3.25.59

LADIES

K. Macfarlane	PennyL	3.07.59
G. Keane F40 (1)	Sadd	3.16.22
A. Barrett F40 (2)	SteelC	3.28.55
J. Worboys-Hodgson F50 (1)	DenbyD	3.35.42
J. Stevens F40 (3)	SteelC	3.45.38
F. Castle F50 (2)	Nolava	3.51.34
A. Wainwright F50 (3)	DkPk	3.57.59
J. Gardner F60 (1)	Unatt	4.15.26

78 finishers

BOULSWORTH FELL RACE / Lancashire

BM/10.5km/300m/**08.08.21**

OPEN

1. T. Mason M40 (1)	Wharfe	43.51
2. J. Holgate	Bburn	45.16
3. S. Hall M40 (2)	RibbV	45.44
4. A. Cheetham M40 (3)	Clay	45.53
5. I. Beresford M40 (4)	Barlick	45.54
6. E. Hassell	Wharfe	46.12
7. J. Cleaver M40 (5)	Ross	46.42
8. N. Gaskell M50 (1)	RibbV	46.47
9. W. Herman M40 (6)	Wharfe	46.57
10. J. VillersMU21	Clay	48.04
20. A Lundberg-Bury M50 (2)	Ross	50.41
21. C. Funnell M50 (3)	Clay	50.58
39. T. Taylor M60 (1)	Ross	55.05
47. S. Ashworth M60 (2)	Clay	61.36
50. G. Thompson M60 (3)	Clay	61.59
51. K. Taylor M70 (1)	Ross	62.08
113. A. Melton M70 (2)	Acc	93.18
115. R. Hirst M70 (3)	Clay	93.39

LADIES

1. H. Jarvis	Acc	51.15
2. E. Taylor	Barlick	53.35
3. A. Thorpe	Unatt	54.15
4. M. Ralphson F40	Barlicki	54.39
5. L. Craig	Barlick	55.34
6. L. Brown	Barlick	61.43
7. M. Abbot F40 (2)	Clay	62.32
8. J. Perry F40 (3)	Trawden	62.37
9. S. Burns F60 (1)	Unatt	63.03
11. B. Savage F50 (1)	Clay	63.28
13. A. Baldwin F60 (2)	Stainl	67.06
15. L. Whittaker F50 (2)	Wharfe	67.29
16. V. Heys F50 (3)	Clay	67.30
18. I. Roche F60 (3)	Clay	69.06
31. K. Goss F70 (1)	Clay	89.09
39. C. Leathley F70 (2)	Clay	102.09

UNDER 11 BOYS

1. H. Driver	Barlick	07.42
2. H. Roberts	Barlick	07.51
3. C. Kelly	Hynd	08.42

UNDER 11 GIRLS

1. A. Carr	Ross	08.25
2. E. Beresford	Barlick	08.58
3. M. Jackson	Clay	09.07

UNDER 13 BOYS

1. T. Robinson	Bburn	07.20
2. W. Pease	Barlik	07.35
3. F. Vidler	Ross	07.54

UNDER 13 GIRLS

1. B. McCredie	Barlick	07.56
2. L. Grace Smith	Clay	08.06
3. R. Cleaver	Ross	08.27

UNDER 15 BOYS

1. O. Brown	Bburn	16.43
2. L. McCredie	Barlick	17.50
3. C. Tregay	Burnley	18.58

UNDER 15 GIRLS

5. E. Lusty	Clay	19.53
2. G. Kenniford	Trawden	19.55
3. I. Robinson	Bburn	20.45

UNDER 17 BOYS

1. J. Paget-Fowler	Bburn	16.36
2. C. Dewhurst	Bburn	16.55

UNDER 17 GIRLS

5. I. Holt	Bburn	16.26
2. S. Smith	Clay	19.22

124 senior finishers

47 junior finishers

KING’S CHALLENGE / North Yorkshire

BS/9.6km/360m/**12.08.21**

On a warm August evening, Silsden was the starting point for the beast of a race that is the King’s Challenge. Originally setting off from outside the King’s Arms public house, an increase in traffic through the centre of the village has



necessitated a change of plan. The race now starts in Silsden Park but is no less of a challenge. Following public footpaths, the first half of the race is a relentless uphill grind, challenging the thighs of even the strongest runners. From the park, there is a short road section before chasing up through the fields and walled path towards Haw Farm. Runners must then cross the road and make their way up through High Swartha farm. From here, there is a brief respite of downhill before a boggy chase to North End Farm. Another short run along Lightbank Lane leads to the fell proper and a steep push up the Nab towards Windgate Nick. No time to rest awhile on the very convenient bench as racers now enjoy a skyline run across Addingham High Moor towards the trig point marking both the highest point and the turning point of the race. After rounding the trig, runners now make their way back to the bandstand in the centre of Silsden and hope to not get lost on the way. Although the route is well marked, there are many opportunities for wrong turns.

In addition to being a popular race with locals, this year the race formed part of the Fell Runners Association "50 at 50," a varied mix of 50 races celebrating 50 years of the FRA. 91 runners of all shapes and sizes toed the extended start line to take on this six mile, lung-busting, thigh crunching race.

There were various battles along the way as runners vied for places, not least between the eventual second and third ladies who swapped and changed positions throughout the race. The eventual winner, Paul Pružina, led for most of the way and finished in a blistering 42.00 from local favourite, Ian Holmes, 2nd (42.30) and Michael Malyon, 3rd (42.35). The ladies' race was won by Fay Walsh (54.33) from Lucy Needham, 2nd (60.25) and Katherine Kirkham, 3rd (60.38).

Su Thompson

OPEN		
1. P. Pruzina	P&B	42.00
2. I. Holmes M50 (1)	Bing	42.30
3. M. Malyon M40 (1)	Baild	42.35
4. L. Athersmith	Wharfe	42.39
5. J. Warburton	Hgte	42.48
6. T. Day	Kesw	43.21
7. O. Stapleton MU21 (1)	Ilk	43.57
8. A. Cairns	Skip	44.06
9. N. Crampton M40 (2)	P&B	44.23
10. S. Green	Wharfe	44.41
14. P. Crabtree M50 (2)	Bing	46.49
16. I. Willis M40 (3)	Kghly	49.23
20. J. Hemsley M50 (3)	Wharfe	52.05
27. S. Bennett M60 (1)	Bowland	54.14
31. R. Laycock M60 (2)	Settle	54.48
38. B. Hamilton M60 (3)	Ilk	56.35
73. D. Tait M70 (1)	DkPk	66.30
76. D. Leslie M70 (2)	Abbey	66.51

LADIES		
30. F. Walsh	Ilk	54.33
51. L. Needham	Wharfe	60.25

54. K. Kirkham F40 (1)	Wharfe	60.38
61. A. Weston F50 (1)	Ilk	63.18
67. W. Dodds F70 (1)	Dallam	64.46
68. C. Crabtree F40 (2)	Bing	65.07
69. J. Crowley F40 (3)	Wharfe	65.16
70. C. Glover F60 (1)	Wharfe	65.39
77. C. Whitaker F60 (2)	Wharfe	66.43
79. L. Casey F60 (3)	NLeeds	67.18
81. K. Lyons F50 (2)	Orion	67.25
83. L. Lord F70 (2)	Clay	71.26
88. S. Thompson F50 (3)	Wharfe	75.25

91 finishers

RICKY’S RACE / Derbyshire BS/7.3km/240m/12.08.21

Matlock Athletic Club were delighted to take another step towards normality with the return of Ricky’s Race. And summer also decided to make a temporary return, rewarding runners with a gorgeous evening and a race HQ at a pub – what’s not to like?

The race starts through a forest trail section, with runners enjoying a rare flat section – but that doesn’t last long before the first ascent. This starts in the woods, with tree roots aplenty to catch out the unwary runner, then a short tarmac section which then gives way to an ever-climbing lane. After more than a mile of lung-busting ascent, runners are finally treated to a descent, through more wooden trails with tricky technical surfaces and a few strategic decisions whether to leap over or squelch through muddy sections.

The course retraces the route for a short section, before sending runners up another ascent, through another wooded section. Emerging from the woods, and approaching the comparative civilization of South Darley, the natural homing instinct is to descend towards the Race HQ, but Ricky’s Race has a sting in the tail and the final ascent is the cruellest. Rising to the Oker Trig Point, the 1:3 hill is punishing, but a strategically placed



Caroline Brock (Steel City Striders) first lady at Hob Hurst © Mehul Vaitha

photographer at the Trig Point was sufficient to transform many runners from pained faces to beaming athletes, if only for a few moments.

The Trig Point provides superb views across the village, up and down the valley, and perhaps more importantly to the finish point. An encouraging shout of “it’s all downhill from now” is very welcome, if not entirely truthful. A short section along the skyline towards the famous Oker Tree and you’re on the home straight. A few more technical descents but by now gravity is doing much of the hard work. Before long, runners emerge from the final stile to the sight of the finish flags – just enough distance across the final field for a last minute sprint to try to gain a place or two.

The race was won by Greg Hopkinson, and a special mention to Caroline Brock, who set a new ladies’ course record that had stood for over a decade.

Andy Mellor

OPEN		
1. G. Hopkinson	Matlock	29.33
2. M. Dawson M40 (1)	NDerby	29.39
3. A. Bunyan	Macc	31.11
4. T. Gill	Matlock	31.32
5. T. Horton	Unatt	31.33
6. K. Malton	SheltStr	32.40
7. B. Moore M40 (2)	Unatt	32.46
8. M. Nolan M50 (1)	DkPk	32.53
9. C. Brock F (1)	SteelC	33.03
10. M. Winter M40 (3)	NDerby	33.16
21. M. Darling M50 (2)	SheltStr	34.56
23. G. Moffatt M50 (3)	DkPk	35.07
27. A. Whitehouse M60 (1)	Totley	36.32
46. A. Maplethorpe M60 (2)	LongE	39.09
51. D. Spencer M60 (3)	Wirkswth	39.23
71. S. Bristet M70 (1)	Matlock	41.37
101. S. Whitaker M70 (2)	Erewash	45.39

LADIES		
9. C. Brock	SteelC	33.03
16. C. Ward	CityHull	34.12
31. W. Swift F50 (1)	Trenth	37.26
40. C. Bradbury	Beeston	38.21
41. G. Allen	Dronfld	38.37
43. J. Darigala F50 (2)	PstoneFP	39.00
75. J. Howett F50 (3)	Ripley	42.05
85. H. Emmerson F40 (1)	Matlock	42.47
122. J Davies F60 (1)	SteelC	47.38

162 finishers

HOB HURST’S / Derbyshire BS/8km/256m/13.08.21

A fine and dry evening saw the event produce some fast times; the going underfoot was dry and firm, disappointing for a few who wanted some mud! We will try to sort for next year.

First back to Dukes Barn was Greg Hopkinson in 31.28, followed in by brothers, Chris and Daniel Sleath in 32.09 and 33.15. First lady back was

Caroline Brock in 35.17, breaking her own course record, with Lucy Bednall and Megan Elliot a few minutes behind.

Judging by the smiles and comments, this is definitely an event that appeals to the runners.

Our thanks to the Chatsworth Estates, Beeley Hilltop Farm and Beeley village for their assistance with permissions, opening gates and parking, ensuring the event could go ahead.

Chris Hopkinson

OPEN		
1. G. Hopkinson	Matlock	31.28
2. C. Sleath	Unatt	32.09
3. D. Sleath	Wirksw	33.15
4. J. Mitchell	Unatt	33.21
5. C. Davenport	Matlock	33.25
6. R. Bradbury M50 (1)	Matlock	34.15
7. S. Fisher	Matlock	34.44
8. C. Rushworth	Bux	34.55
9. J. Goodwin M40 (1)	Lichf	35.04
10. C. Brock F (1)	SteelC	35.17
12. D. Miller M40 (2)	DkPk	37.12
14. I. Watson M40 (3)	Matlock	37.45
17. P. Wright M60 (1)	HattonD	38.08
18. D. Watts M50 (2)	DkPk	38.12
19. A. Barnett M60 (2)	DkPk	38.29
20. P. Stuart M50 (3)	SteelC	38.51
21. B. Foreman M60 (3)	Matlock	39.06
87. B. Warwick M70 (1)	Derwent	47.47
107. K. Jones M70 (2)	DkPk	50.36
119. J. Brayshaw M70 (3)	Totley	53.16

LADIES		
10. C. Brock	SteelC	35.17
15. L. Bednall	Bux	37.49
33. M. Elliot	Matlock	40.27
42. L. Riddle	Matlock	41.05
51. P. Holden F40 (1)	SheltStr	42.05
61. T. Wilson F50 (1)	Bux	43.32
68. D. Short F50 (2)	Unatt	45.11
69. P. Goodall F60 (1)	Totley	45.13
84. B. Schofield F40 (2)	HattonD	47.23
100. J. Forrester F60 (2)	Matlock	49.13
131. Y. Twelvetree F70 (1)	Totley	54.39
138. C. Hartwright F70 (2)	Totley	57.01
88. S. Thompson F50 (3)	Wharfe	75.25

164 finishers

ARNCLIFFE GALA – BOFRA / North Yorkshire AS/2.6km/125m/14.08.21

In typical Yorkshire August style, the weather at Arncliffe really could not decide what to do. In the end, the rain stayed away and everyone was treated to a warm, breezy afternoon on the green. Against the picturesque backdrop of Littondale and to the accompaniment of Skipton Brass Band, a record 130 senior and 128 junior runners lined up to run their respective races.

Additionally, the four mile road race preceded the fell races so any truly hardy, or crazy, senior

runners could compete in both. On the day, many did.

The permanent line in the road marks the start line of all races by the green. From there it is a mad dash round the Falcon Inn and on to the track called Monks Road. The mad dash round the pub is to ensure a good position before the track narrows due to the overhanging nettles and other threateningly spiky shrubs. Rain in previous days had ensured that this rutted track was now graced many long puddles for runners to splash their way through. The track leads directly into fields and the race route now leaves the public footpath to start the lung inverting, gnarly climb to the large flag marking the U12 turn point. However, senior and U17 runners have more to come as they are treated to an undulating, rocky, ankle straining run out to the cairn marking the senior/U17 turning point. Once competitors have rounded the cairn they commence the descent on a very narrow and technical path that works its way diagonally across the fell back to the large flag. From here runners can either take their chance and launch themselves down the near vertical, ankle wrecking fell side or take a more circuitous but attractively runnable route back to Monks Road. To cool hot running feet, the puddles are still there, ensuring that only the stealthy or extremely careful make it to the finish line with dry feet.

This year, local favourite, Ted Mason locked horns with friendly rival, Simon Bailey. On the way out, Bailey held the lead with Mason snapping at his ankles all the way. On the return, however, everything changed as Mason took a better line down the fell, overtaking Bailey and maintaining his lead as he stormed in to win the race (10.34) to huge applause and cheers from supporters. Bailey ran in 15 seconds later to take 2nd place (10.49) from Wharfedale’s Mark McGoldrick, 3rd (11.24).

The ladies’ race saw Elsie Butler notch up not just another season win but also smash the long standing record by nearly a minute, finishing in 12.40, second and third were Rachel Pilling (14.15) and Kirsty Hall (14.26).

The U17 race follows the same route as the senior race and was won by Sam Bentham (12.07) from Douglas Seggar-Staveley (12.14) and Harry Ewbank (12.50).

In another show of extreme talent, Amelie Lane finished third overall to win the girls’ race in a time (12.45) that would have placed her very close second in the senior ladies’ race. Second and third girls were Georgia Bell (13.47) and Maggie Preece (14.46).

Jack Sanderson notched up another win in the U14 race (8.39) from Tom Hooper (8.43) and Ned Gallagher-Thompson (9.46). The familiar face of Katie Buckley won the girls’ race (10.41) from club mate Charlotte Chambers (10.58) and Connie Jenneson (11.20).

Joseff Tancrel won the U12 race (7.11) from Zeke Sumner (7.23) and Noah Cook (7.38). Finishing second overall, it was a family affair as Bethan Buckley won the girls’ race (7.20) from Penelope

Boyle (7.41) and Betsy Harrison (8.35).

The shortest but one of the most fiercely competitive races is the U9 race. All bets are off as these tiny runners charge their way round the course, battling all the way. In another family affair, Harri Tancrel won the race (5.29) from Charlie Porteous (5.34) and Dylan Alcock (5.51). Bleu Bailey won the girls’ race (6.05), having clearly inherited both her parents’ running skills! Second and third were Isabel Sumner (6.39) and Lottie Cliff (6.48).

Su Thompson

OPEN		
1. T. Mason M40 (1)	Wharfe	10.34
2. S. Bailey M40 (2)	StaffsM	10.49
3. M. McGoldrick M40 (3)	Wharfe	11.24
4. H. Holmes	Matlock	11.28
5. B. Pennington M40 (4)	Howgill	11.42
6. M. Fretwell	Settle	11.52
7. J. Hall	Wharfe	11.55
8. J. Hood M40 (5)	Skip	11.58
9. F. Maier	Wharfe	12.00
10. W. Acland M40 (6)	HelmH	12.03
22. P. Crabtree M50 (1)	Bing	13.04
30. R. Haddow M50 (2)	Furness	14.12
36. P. Bagnall M50 (3)	Settle	14.32
38. G. Schofield M60 (1)	Horw	14.33
50. A. Harker M60 (2)	Ripon	15.37
53. D. Allen M50 (3)	NthnM	16.04

LADIES		
16. E. Butler	Howgill	12.40
31. R. Pilling	P&B	14.15
32. K. Hall F40 (1)	RibbleV	14.26
48. J. Powell F50 (1)	Wharfe	15.31
56. J. Buckley F40 (2)	Bing	16.25
58. H. Price F50 (2)	Hgte	16.31
64. L. Mallinson F40 (3)	Wharfe	16.46
68. S. Marshall F50 (3)	Skip	17.06

UNDER 9 BOYS		
1. H. Tancrel	HelmH	05.29
2. C. Porteous	Bing	05.34
3. D. Alcock	Wharfe	05.51

UNDER 9 GIRLS		
5. B. Bailey	StaffsM	06.05
11. I. Sumner	Amble	06.39
13. L. Cliff	CaldV	06.48

UNDER 12 BOYS		
1. J. Tancrel	HelmH	07.11
3. Z. Sumner	Amble	07.23
4. N. Cook	Furness	07.38

UNDER 12 GIRLS		
2. B. Buckley	Kghly	07.20
5. P. Boyle	LevenV	07.41
12. B. Harrison	Unatt	08.35

UNDER 14 BOYS		
1. J. Sanderson	Settle	08.39



2. T. Hooper	Wharfe	08.43
3. N. Gallagher-Thompson	Otley	09.46

#### UNDER 14 GIRLS

7. K. Buckley	Kghly	10.41
10. C. Chambers	Kghly	10.58
11. C. Jenneson	Bux	11.20

#### UNDER 17 BOYS

1. S. Bentham	Ilk	12.07
2. D. Segger-Staveley	Settle	12.14
4. H. Ewbank	Eden	12.50

#### UNDER 17 GIRLS

3. A. Lane	Wharfe	12.45
6. G. Bell	LevenV	13.47
8. M. Preece	Telf	14.46

#### 130 finishers

**ELDWICK GALA** / West Yorkshire BS/4.8km/168m/**14.08.21**

The 'will it, won't it' seemed to go on forever. The Gala and the race finally settled on its third date in mid-August as Covid restrictions eased. With new elements like pre-entry, a new timing and results system, and Covid control, the organisation all felt a little uncomfortable. But on the day the sun shone, the Gala field was busy and the Bingley Harriers tent was a hive of activity with marshals clocking in and nearly 100 runners collecting their numbers - all ran smoothly.

Being part of the FRA 50@50 series, celebrating the 50th anniversary of the FRA, brought some new runners along as Eldwick was one of the races that ran in the inaugural year and is still running.....and it brought some back! Wendy Dodds ran some 35 years ago and still remembered the route.

Joe Baxter was first to the Trig point followed by Jack Cummings and Paul Pruzina, and they held those positions back to the Gala field. Alex Flaherty (MU19) was chasing the leaders in fourth, and Elijah Peers-Webb (MU17), eighth. Katie Walshaw, 9th, and Andy Brown (M50), 10th, made sure there was a good mix in the top ten places.

It was good to see entrants in nearly all the categories right up M70 and F70 with David Tait and Wendy Dodds in prize positions. Being a short race, Junior runners from U15 can join in the fun. Prizes went to:

FU15 Ruby Coulton, Bingley, 24.26
FU17 Rebecca Flaherty, Bingley, 20.36
FU19 Grace Dawson, Bingley, 22.41
MU17 Elijah Peers-Webb, Calder Valley, 19.27
MU19 Alex Flaherty, Bingley, 18.37
MU23 Daniel Netherwood, Bingley, 24.13

For younger runners there was a Junior 1.6 kilometre race for U11, U13 and U15.

As one of our local races, Bingley Harriers were out in force and took both the men's (Alex Flaherty, Reuben Mantle, Paul Crabtree) and

ladies' (Rebecca Flaherty, Grace Dawson, Lesley Watson) team prizes. Prizes for Local Unattached runners went to Andrew Coulton and Lucy Barker.

The Eldwick Gala races, the Gala and Bingley Harriers go back over 70 years, with Bingley Harriers organising walking, cross country, junior and fell races since the late 1940s. The fell race settled into its current format in the late 60s. Look out for it next year (probably 25th June), come and run, enjoy the Gala and be part of history.

#### Becky Weight

#### OPEN

1. J. Baxter	P&B	16.49
2. J. Cummings	Ilk	17.10
3. P. Pruzina	P&B	17.26
4. A. Flaherty MU19 (1)	Bing	18.37
5. R. Mantle	Bing	19.15
6. M. Warters	Wharfe	19.22
7. A. Smallwood	Unatt	19.25
8. E. Peers-Webb MU17 (1)	CaldV	19.27
9. K. Walshaw Lady	Holmf	19.30
10. A. Brown M50 (1)	SaltStr	19.34
11. C. Walker M40 (1)	Unatt	19.35
12. R. Thackray M40 (2)	Unatt	20.06
13. A. Breaks M40 (3)	CaldV	20.10
14. P. Crabtree M50 (2)	Bing	20.13
16. N. Armitage M50 (3)	P&B	20.34
37. S. Bennett M60 (1)	Bowland	22.51
52. A. Carruthers M60 (2)	Haleso	24.46
69. A. Johnson M60 (3)	YorkKn	26.45
83. D. Tait M70 (1)	DkPk	28.51
86. K. Scarfe M70 (2)	Unatt	29.38

#### LADIES

9. K. Walshaw	Holmf	19.30
17. R. Flaherty FU17	Bing	20.36
36. G. Dawson FU19	Bing	22.41
40. L. Watson F40 (1)	Bing	23.09
44. F. Walsh	Ilk	23.28
48. N. Mason F40 (2)	Elvet	24.14
54. S. Stone F40 (3)	Bing	24.51
65. M. Green F60 (1)	Bing	26.23
66. A. Weston F50 (1)	Ilk	26.35
67. A. Marks F50 (2)	Bing	26.37
70. M. Carrera F50 (3)	Bing	27.20
76. J. Gardner F60 (2)	FRA	27.54
80. W. Dodds F70 (1)	Dallam	28.08
88. L. Lord F70 (2)	Clay	30.14

#### 96 finishers

**LAKELAND COUNTRY FAIR** / Cumbria AS/9km/705m/**15.08.21**

The marshals were rain-blasted on their way up the Old Man of Coniston, but the weather moderated sufficiently for the 48 runners to enjoy the race and for two new records. Garry Greenhow finished in 46:06, lowering Rob Jebb's 2017 record by 13 seconds, but the biggest performance gain was by Kate Maltby who, in ninth place, took 56:04,

shaving 63 seconds off Hannah Horsburgh's 2017 record. Second was Linton Taylor in 48:08. Third home and first MU23 was Joe Edmondson.

My thanks to showground marshals, Katie Dawson, Heather Troughton and Geoff Cooper, and summit marshals Phil Children and Andy March. Thanks to Sam Clarke for loan of equipment and Robert Bowyer of Carter Jonas, agents for Rydal Estates, for landowner's permission.

#### Nigel Coe

#### OPEN

1. G. Greenhow M40 (1)	Amble	46.06
2. L. Taylor	LeedsC	48.08
3. J. Edmondson MU23 (1)	Amble	49.14
4. M. Fretwell	Unatt	49.45
5. K. Blake	WlandsCC	52.45
6. A. Crowe	Amble	53.53
7. W. Reed	Unatt	53.57
8. M. Preedy	Ross	55.58
9. K. Maltby Lady	BristW	56.04
10. O. Matharu	HolmeP	58.26
11. R. Downs M50 (1)	CheshHR	58.28
13. J. Perry M40 (2)	Wharfe	58.49
14. T. Fryers MU23 (2)	PnstFP	59.40
15. A. Thorpe MU23 (3)	Amble	61.32
17. L. Warburton M60 (1)	Bowland	61.58
19. R. Haddow M50 (2)	Furness	62.46
20. N. Sebley M60 (2)	BICmbe	63.11

#### LADIES

9. K. Maltby	BristW	56.04
16. V. Russo	Unatt	61.37
21. A. Edwards	BICmbe	64.23
36. K. Forster F50 (1)	Spectr	74.07
37. E. Seery F40 (2)	BICmbe	74.19
39. W. Dodds F70 (1)	Dallam	75.00
45. L. Buck F60 (1)	CFR	83.00

#### 48 finishers

**PEAK RAID 3 AUTUMN SERIES – ROUND 1 OF 4** / Derbyshire MM/**15.08.21**

The first race of the Peak Raid 3 mini mountain marathon series started from Warslow village hall and visited Ecton Hill, Wetton Hill and the Manifold Valley. The limestone hills and valleys provided some steep climbs, tricky route choices and impressive views.

With a total of 600 points on offer and 18 controls, with values ranging from 10 points to 70 points, the course offered a demanding test of fitness and decision-making.

Missing only one twenty-point control, Mark Anderson had a very impressive run, scoring 580 points in a time of 2.49.22. In second and third place were Lawrence Eccles and Jon Moulding, both with 550 points.

Rachel Thornley gave a strong performance and was a clear winner in the women's race with a score of 520 points in a time of 2.57.41. Second and third places were very close with Gwyneth Snayde scoring 390 points in 2.42.55, and

Melissa Denman also with 390 points in 2.44.31.

Many thanks to all the team who made the event possible, and a special thank you to Laura and Terence for all of their help with parking and the village hall.

#### Paul Addison

#### OPEN

1. M. Addison M40 (1)	Totley	580 pts
2. L. Eccles	PennyL	550 pts
3. J. Moulding M40 (2)	DkPk	550 pts
4. ,C.Williamson	SYO	550 pts
5. J. Whilock M50 (1)	StaffsM	546 pts
6. R. Snowden M50 (2)	Totley	530 pts
7. M. Wainwright	SYO	530 pts
8. M. Heywood M40 (3)	Unatt	526 pts
9. R. Thorley F (1)	SteelCS	520 pts
10. M. Pink M50 (3)	Penn	510 pts
22. G. Lingford M60 (1)	Unatt	460 pts
26. A. Bell M60 (2)	DkPk	450 pts
34. B. Hanley M60 (3)	SYO	410 pts
47. I. Ankers M70 (1)	StaffsM	370 pts
66. M. Brooke M70 (2)	Unatt	320 pts

#### LADIES

9. R. Thornley	SteelCS	520 pts
37. G. Snayde F40 (1)	Unatt	390 pts
36. M. Denman	Ilkes	390 pts
45. H. Barnett F50 (1)	DkPk	380 pts
46, J. Nolan F50 (2)	DkPk	374 pts
51. G. Markham F60 (1)	Meltham	360 pts
52. G. Elphick F40 (2)	YkAlpine	360 pts
59. J. Hill F60 (2)	Unatt	350 pts
68. K Shorrock F40(3)	Unatt	310 pts
62. A. Haslam F50 (3)	Unatt	330 pts
64. L. Hayles F60 (3)	CaldV	324 pts

#### MIXED

19. E. Lee/S. Lanckham	Mercia	468 pts
29. L. Reynolds/H. Reynolds	Unatt	440 pts
Mix40		
44. C. Peake/Matthew	Unatt	380 pts

#### 95 finishers

**RESTON SCAR SCAMPER** / Cumbria AS/6km/301m/**18.08.21**

#### OPEN

1. G. Greenhow M40 (1)	Amble	27.42
2. B. Sharrock MU21 (1)	Amble	28.13
3. J. Wright	Amble	28.45
4. T. Simpson	Amble	29.18
5. J. Kenny	HelmH	29.51
6. P. Rutter	HelmH	29.53
7. S. Jacques M40 (2)	Unatt	29.58
8. T. Day	Kesw	30.11
9. K. Hodgson M40 (3)	HelmH	30.13
10. W. Acland M40 (4)	HelmH	31.03
17. H. Hunter MU21 (2)	HelmH	32.35
21. J.L. Baron M50 (1)	HelmH	33.12
24. D. Fishwick M50 (2)	Chorl	34.09

25. R. Harper M50 (3)	Amble	34.13
29. D. Griffin M60 (1)	HelmH	34.35
36. P. Pearson M60 (2)	NthnF	36.52
59. S. Wathall M60 (3)	BICmbe	40.19

#### LADIES

28. B. Halcrow	Amble	34.33
35. K. Klunder	Chorl	36.29
44. A. O'Neill	HelmH	37.47
47. G. Stevens	Amble	38.14
58. N. Mason F40 (1)	Elvet	40.16
65. L. Whitfield F40 (2)	SpectSt	41.48
68. A. Richards F40 (3)	HelmH	42.11
74. A. Weston F50 (1)	Ilk	43.40
77. W. Dodds F70 (1)	Dallam	44.41
84. S. Senior F50 (1)	HelmH	47.12
88. L. Lord F70 (2)	Clay	48.45

#### 97 finishers

**PIETHORNE** / Lancashire BS/10km/275m/**22.08.21**

This was the first running of the Piethorne 10k. 119 runners started from the lane near the Bull's Head pub where registration took place. The route is mainly paths and trail with a section of road thrown in threequarters of the way round. The weather was kind to everyone as it had rained hard whilst flagging the route the day before. Although not a hard route, it still had nearly 1000ft of climbing throughout the course. The M62 was crossed twice from below and above it, and runners were treated to some lovely countryside that they may not have run around before.

Andrew Worster took the lead from the start but was challenged all the way by newcomer Doni Clarke, with Kieren Manchester finishing in third place. However, it was Rochdale Harriers who clinched the team prize with Danni Bennet, Phillip Hinchcliffe and Dave Parton representing the club.

Katie Walshaw popped over the Pennines to clinch the ladies' win and sixth place overall, with local runner Martha Tibbot finishing within two minutes of Katie. Helen Haigh was the third lady to finish but it was Saddleworth Runners who took the Ladies' Team prize from under Holmfirth's nose with Martha, Rowena Leary and Gaynor Keane making up Saddleworth's team.

Thanks to everyone who took part in the race and the organisers of the Run the Moors series who included this race in this year's series. Thanks to Peter and his staff at the Bull's Head who accommodated us all so well and for the chip butties.

Next year's date will be Sunday 21st August 2022. See you there.

#### Darren Graham

#### OPEN

1. A. Worster	CaldV	38.06
2. D. Clarke	Tod	39.18
3. K. Manchester	Unatt	40.38
4. D. Bennett M50 (1)	Roch	41.36

5. P. Hinchcliffe	Roch	42.24
6. K. Walshaw F (1)	Holmf	42.59
7. J. L. Burke M40 (1)	Middlet	43.55
8. D. Ryder M40 (2)	FRA	44.27
9. M. Fleming M40 (3)	Saddle	44.32
10. M. O'Connor M40 (4)	CaldV	44.38
13. E. Gamble M50 (2)	CheshHR	45.58
17. J. Ryder M50 (3)	Ilk	48.18
27. B. Greaves M60 (1)	Royton	50.52
28. D. Fleming M60 (2)	Horw	51.21
30. A. Dunleavy M60 (3)	Burnden	51.28
85. J. Hall M70 (1)	Middlet	64.26

#### LADIES

6. K. Walshaw	Holmf	42.59
11. M. Tibbot	Saddle	44.46
16. H. Haigh F40 (1)	Hoolmf	47.36
20. J. McGregor	Tod	49.01
24.R. Leary	Saddle	50.05
25. G. Keane F40 (2)	Saddle	50.26
52. L. Kempster F40 (3)	LonelyG	55.41
63. A. Fox F50 (1)	Hunting	57.45
65. L. Miles F50 (2)	Tod	58.04
86. B. Renou F50 (3)	Unatt	64.31
95. G. Markham F60 (1)	Meltham	67.20
108. E. Willoughby F60 (2)	DenbyD	73.02
109. L. Hayles F60 (3)	CaldV	75.51
119. B. Roberts F70 (1)	Saddle	94.59
183. Y. Twelvtree F70 (2)	Totley	70.31
211. C. Hartwright F70 (3)	Totley	78.04

#### 119 finishers

**COOMBE HILL** / Buckinghamshire BS/7km/220m/**22.08.21**

An exciting thunderstorm overnight left parts of the Vale of Aylesbury under water and no doubt discouraged some people from making their way to Wendover for the race. I was checking the wading limit of my car before setting off.... 87 people made it to the start, some lured into this southern fell race from well beyond the local area. The steep chalk hills were beautifully slick after the rain and the wooded section nicely muddy. The sharp descent is not comparable to coming off Scafell in the Borrowdale and the main climb is not as long as Gable feels in the Wasdale but everyone looked like they had had some exercise when they got back and some looked like they had descended on their bums. Everyone seemed to have enjoyed the run and for some this was their first ever fell race.

The slippery conditions meant the records were safe. Disappointingly, despite setting the entry fee at £3 for FRA members and a fiver for everyone else and providing a pint to all finishers at the Shoulder of Mutton, we still made a small profit. Next year, hopefully, we will be able to return to the traditional first Sunday in June date.

Huge thanks to the pub for supporting us and to the members of Tring RC who gave up their morning to help put the race on.

#### Rick Ansell



<b>OPEN</b>		
1. S. Pedley	BishSt	28.57
2. M. Baines	VAYlesb	29.48
3. L.T. Davidson MU16 (1)	Unatt	30.53
4. L. Commons	Furhan	30.53
5. S. Wilkes M40 (1)	BishSt	31.29
6. T. Mayou	Tring	31.35
7. H. Beedell	Tring	31.46
8. S. Dear	LeiBuzz	31.53
9.W. Eastman	LeiBuzz	32.00
10. R. Steed M50 (1)	VAYles	32.12
11. C. Fines-Allin M40 (2)	Bearbr	32.21
12. M. Head M40 (3)	Tring	32.37
20. D. Roberts M50 (2)	Unatt	33.58
23. M. Blackmore-Squires M50 (3)	RunSun	34.21
53. C.H. Todd M60 (1)	UnaTT	47.08
74. M. Brooke M70 (1)	Unatt	49.50

<b>LADIES</b>		
16. J. Gray	DacTr	33.21
30. T. Gray FU16 (1)	DacTr	36.43
39. L. Hembury F60 (1)	Tring	39.06
42. T. Passey F40 (1)	ChiltH	39.32
44. A. Davidson F40 (2)	Corsham	40.24
45. A. Farnfield	LeiBuzz	40.34
50. L. Fines-Allin FU18	Bearbr	41.29
66. A. Frost FU16	Unatt	48.31
68. C. Hawker F50 (1)	TrentP	48.35
85. H. Low F60 (1)	Nuneat	55.38

87 finishers

**SHIPMAN KNOTTS** / Cumbria  
AS/6km/400m/**24.08.21**

<b>OPEN</b>		
1. D. Kay M50 (1)	CaldV	33.33
2. A. Parry	HelmH	33.45
3. P. Rutter	HelmH	34.52
4. K. Hodgson M40 (1)	HelmH	35.20
5. J. Simpson	HelmH	36.40
6. P. Reilly M40 (2)	HelmH	37.25
7. C. Burrow M40 (3)	HelmH	37.27
8. E. Butler Female	Howgill	37.39
9. J. Simon M40 (4)	Unatt	37.54
10. H. Hunter	HelmH	38.16
11. J. L. Baron M50 (2)	HelmH	38.58
17. D. Griffin M60 (1)	HelmH	42.38
34. A. Kay M60 (2)	DkPk	47.07
50. E. Dealtry M70 (1)	Kend	59.40

<b>LADIES</b>		
8. E. Butler	Howgill	37.39
27. R. Simpson	HelmH	45.50
32. M. Stuart	HelmH	46.25
37. M. Robson F50	HelmH	48.31
40. A. Richards F40 (2)	HelmH	50.54
46. J. Wilcox F50 (3)	HelmH	51.50

59 finishers

**ENNERDALE SHOW** / Cumbria  
AS/3km/200m/**25.08.21**

A top field of 36 runners entered the 1.5 mile senior fell race which included Under 15s and Under 17s.

The excellent running conditions made for a classic race and did not disappoint. Runners set off from the show field in sunshine and very little wind.

The pack was headed by five runners from Loughborough University with others from Keswick AC, Cumberland Fell Runners and Ellenborough following. It was the strong Loughborough contingent that continued to set the pace led by the talented GB athlete, Tom Mortimer, on the initial steep climb and onto the summit cairn of Knock Murton. As the leaders turned for the descent, Harry Bolton took over from his team mate and pulled clear of the field. It was still Harry leading as they came back into view onto the final steep descent. The experienced British Fell Running Champion, Carl Bell, was gaining fast using his excellent descending skills. As Harry completed the final descent, he managed to increase the pace on the relatively flat but rough ground back into the show field, to take the win along with the Jock Ireland Memorial Trophy, by a narrow margin from Carl. Dan Mills and Tobias Barthelmas also descended well, ahead of Sam Holding.

Harry Bolton was the winner in 11.43, followed closely by Carl Bell six seconds later. The runners streamed in with only seconds separating the majority of the field.

First female back over the line was Helen Leight in 16.00. Following Helen were many CFR runners, including Lucy Stobbart in 16.32. Runners from far and wide entered – Tunbridge Wells, Framlington, Royton, Bodyfit and three unattached runners.

First MU15 was Mylo Jewell who was closely followed by Leyton Roberts.

*Tony Jewell*

<b>OPEN</b>		
1. H. Bolton	Loughb	11.42
2. C. Bell	Kesw	11.48
3. D. Mills	Kesw	12.39
4. T. Barthelmas	Kesw	12.41
5. S. Holding	CFR	12.46
6. I. MacAdam	Loughb	12.58
7. G. Beardmore	Loughb	12.59
8. J. Twigg	Loughb	13.19
9. P. Harrison	Kesw	13.24
10. T. Mortimer	Loughb	13.44
13. L. Holloway M50 (1)	Beverley	15.13
14. B. Thompson M50 (2)	CFR	15.59
17. P. Jennings M50 (3)	CFR	16.21
20. C. Lescott M40 (1)	Serpent	16.34
21. B. Greaves M60 (1)	Royton	16.34
27. D. Burton M60 (2)	Kesw	19.07
28. R. Heslop M40 (2)	PrudPI	19.15

31. B. Stobbart M40 (3)	CFR	20.13
34. J. Hetherington M50 (4)	Bodyfit	24.26

**LADIES**

15. H. Leight	Bburn	16.00
19. L. Stobbart	CFR	16.32
23. K. Woloszczyk	Unatt	17.54
29. L. Buck F60 (1)	CFR	19.53
33. J. Mottram F60 (2)	CFR	24.25

36 finishers

**PENDLETON** / Lancashire  
AS/8km/457m/**28.08.21**

A warm and sunny day greeted the runners in this year’s Moorhouse’s Pendleton Fell Race. Underfoot conditions were dry but the tussocks and bracken make it a hard slog at times. This didn’t prevent race winner Mark McGoldrick from posting a creditable time of 39:01 – a good minute and a half over second placed Oliver Heaton, with third slot going to Adrian Cheetham.

In a slightly reduced female field, the honours went to Katherine Klunder with a splendid 14th place overall in a time of 46:54. Jenna Gardner (54:38) pipped Mary O’Gorman (54:57) for second place.

In the veteran classes there were notable performances from Matt Dunn M50; Barbara Savage F50; Graham Schofield M60; Mary Ockenden F60; Karin Goss F70; Neil Hargreaves M70 and finally Phil Martin M80.

Following the enforced absence in 2020 it was great to see so many runners back doing what they love in a lovely part of the world on a summer’s day. Thanks to all who ran.

A final and sincere thanks to all the marshals, timekeepers, sweepers and flaggers without whom this race couldn’t happen.

The village hall is booked for the 2022 race. Hope to see you there.

*Mike Eddleston*

<b>OPEN</b>		
1. M. McGoldrick M40 (1)	Wharfe	39.01
2. O. Heaton	Bowland	40.39
3. A. Cheetham M40 (2)	Clay	42.17
4. C. Helliwell M40 (3)	Clay	43.32
5. P. Coates M40 (4)	Clay	43.37
6. I. Livesey M40 (5)	Barlick	43.58
7. C. Snell M40 (6)	Wharfe	44.04
8. S. Cunliffe M40 (7)	Clay	44.16
9. D. Hartley M40 (8)	Accr	44.24
10. J. Horrocks	Bburn	44.58
11. M. Dunn M50 (1)	Holcombe	45.07
15. M. Proctor M50 (2)	Clay	47.46
17. G. Schofield M60 (1)	Horw	48.55
18. T. Smith M50 (3)	Bowland	49.02
22. L. Warburton M60 (2)	Bowland	49.51
24. S. Bennett M60 (3)	Bowland	50.28
81. N. Hargreaves M70 (1)	Unatt	86.08
84. P. Martin M80 (1)	Bowland	103.13



The lead pack, Dark Side of the Combe fell race © Stephen Wilson www.granddayoutphotography.co.uk

**LADIES**

14. K. Klunder	Chorl	46.54
42. J. Gardner	Unatt	54.38
44. M. O’Gorman	Unatt	54.57
45. B. Savage F50 (1)	Clay	55.46
52. M. Ockenden F60 (1)	Bowland	58.35
61. L. Ingham F50 (2)	Bburn	61.09
67. L. Whittaker F60 (2)	Wharfe	64.54
80. K. Goss F70 (1)	Clay	81.35

84 finishers

**DARK SIDE OF THE COMBE** / Cumbria  
AM/12.5km/625m/**30.08.21**

A great day saw a record turnout for this Bank Holiday race, which was the second part of a double header with the Black Combe Dash English Champs race two days before. The Black Combe Country Fair, which this race is a part of, had a record turnout and this race did too - people seemed delighted to be getting out again!

And we had a proper race too. A group of six formed on the way up the Combe, Sam Holding and Mario Yeomans reaching the summit first, closely followed by Alistair Thornton, James Turner (all the way from Brighton & Hove), Harry Stainton and Josh Hartley. Josh and Harry took a gamble with a direct line through the bracken near the bottom and popped out at the last checkpoint in front. After a rapid run back, it ended as a home win for Josh in 1.05.30, closely followed by Alistair, who beat Harry into third in a sprint finish. Maybe this dispels the idea that you should

never follow a black and green vest, particularly on Black Combe. But then again, maybe not.

In the women’s race Josie Rawes was first to the summit and held her lead to the end to win in 1.19.10. She was followed in by Hannah Matharu, who finished just ahead of Lesley Watson.

We also have a junior race for 14 to 17 year olds of about 4 miles, which turns back from the first checkpoint. There were three entries this year, all girls. Sisters Emily and Olivia Swarbrick were first and second respectively, followed by Fayth Bowness, all running for CFR. It would be great to have a few more running next year, why not put it in your diary now?

Twenty-five runners ran both this race and the Black Combe Dash. We have awarded prizes to the fastest combined times for each of the ten year age categories. Winners were:

Alistair Thornton (M), John Millen (BCR) M40, Paul Crabtree (Bingley) M50, Philip Pearson (Northern Fells) M60, Jess Hartley (BCR) F, Lesley Watson (Bingley) F40, Denise Tunstall (Durham FR) F50, Julie Gardner (FRA) F60 and Wendy Dodds (Dallam) F70.

*Pete Tayler*

<b>OPEN</b>		
1. J. Hartley	BICmbe	1.05.30
2. A. Thornton	Howgill	1.05.43
3. H. Stainton	BICmbe	1.05.44
4. J. Turner	BrightH	1.06.14
5. S. Holding	CFR	1.06.23

6. M. Yeomans M40 (1)	CFR	1.06.25
7. H. Cooling	Howgill	1.09.38
8. T. Ripper	BICmbe	1.13.19
9. J. Simpson	HelmH	1.13.33
10. P. Crabtree M50 (1)	Bing	1.13.40
11. J. Millen M40 (2)	BICmbe	1.14.47
12. D. Fishwick M50 (2)	Chorl	1.15.30
14. J. Perry M40 (3)	Wharfe	1.17.33
15. M. Keys M60 (1)	Ross	1.17.55
17. S. MacDonald M50 (3)	Bing	1.18.55
19. P. Pearson M60 (2)	NthnF	1.20.55
41. D. Wilkinson M60 (3)	DkPk	1.36.10

**LADIES**

18. J. Rawes	YKnav	1.19.10
27. H. Matharu	HolmeP	1.25.50
28. L. Watson F40 (1)	Bing	1.26.46
31. N. Mason F40 (2)	Elvet	1.28.07
33. J. Hartley	BICmbe	1.29.32
44. C. Gardiner F40 (3)	Unatt	1.39.50
47. W. Dodds F70 (1)	Dallam	1.40.05
51. J. Taylor F50 (1)	Bowland	1.47.40
52. J. Gardner F60 (1)	FRA	1.47.47
54. D. Tunstall F50 (2)	DFR	1.48.09
57. R. Read	Blengd	1.52.25

**HEBDEN SPORTS - BOFRA** / North  
Yorkshire AS/2.4km/122m/**30.08.21**

The relatively low key setting of Hebden Sports, nestling in a quiet corner of God’s Own County, was the stage for two epic battles in the senior



fell race as local favourites took on regular race winners.

The race starts innocently enough on the mown sports track in Powder House Field that also hosts the sprint races for all ages. Unlike the sprints, however, the fell race sets off downhill towards the gate onto a short road section before a sharp left run on to the track towards Hole Bottom. Like all good traditional fell races, there is a water crossing via the ford at Petty Side Lathe. Also, like all good fell races, this water crossing is not to be underestimated as it contains traps for the unwary. After crossing the ford, the climb proper now starts as runners negotiate the initially grassy terrain before it becomes a more rocky, technical climb towards the summit at Scale Haw. Runners can now recover slightly as they run across the short skyline route to the first of two wall climbs on the descent. The second wall is much higher on the “down” side than the “up” so a soft landing onto a hay bale was very welcome at this point. From here it is now an eyeballs out charge down the fell to the fence just above the ford. Once runners have negotiated this tricky fence and sharp drop, they get their feet wet again before returning up the track and a cruel, punishing, uphill drag towards the finish line. At 1.6 miles and 400 feet of climb, it is not the longest or highest race of the season but it is certainly one of the more enjoyable and fast races for all types of runners.

While being cool to the touch, the weather was perfect for running, providing the thrilling battles that unfolded. In the men’s race, everyone’s local favourite, Ted Mason, took on season rival, Simon Bailey. The pair of them locked horns from the off, with Bailey just in the lead as they left Powder House Field on the way out. This minute lead was maintained as far as the summit and wall crossings where everything changed, and Mason took the lead from Bailey. In classic brain off, brakes off style, Mason gritted his teeth and bounded fearlessly down the fell and kept Bailey at bay all the way back to the finish line to win the race by nine seconds (10.49) from Bailey, (10.58) and Karl Gray, (11.45).

The ladies’ race also provided some serious battling for top podium positions between regular race winner, Elsie Butler and local favourite, Ailish Graham. Graham was first out of the field, maintaining her lead as far as the summit. On the descent Butler snapped at Graham’s heels all the way as they negotiated the tricky technical descent and leap of faith over the fence to the beck. Sadly for Graham, it all changed with the finish in sight where Butler overtook to win by one second (12.39) from Graham, (12.40) in a thrilling uphill sprint finish. Third lady was Kirsty Hall (15.02).

Like many of the shorter races, the U17 race follows the same route as the seniors. This season, the U17 battles are not so much between rival boys or girls but between boys and girls, with the girls often showing the boys clean pairs of heels! Hebden Sports was no different as everyone’s favourite girl, Amelie Lane, chased Alex Flaherty all the way to the summit and beyond.

Being chased by a girl clearly worked as Flaherty won the boys’ race by a clear margin (12.06) from Harry Ewbank, (12.41) who caught Lane on the return leg, and Jenson Bentham, (13.24).

Perhaps predictably, the girls’ race was more than comfortably won by Amelie Lane who finished third overall (12.44) in a time that would have placed her third in the ladies’ race, a mere five seconds behind the ladies’ winner. Second and third girls were Rebecca Flaherty (14.02) and Beth Rogers (14.28).

The U14 and U12 races differ in that they ascend along the return route for the U17 and senior races but they do return the same way.

The U14 boys’ race was won by Jack Sanderson (8.07) who is enjoying a very good season in 2021. Second and third boys were Tom Hooper (8.23) and Daniel Ridehalgh (8.58) who are both improving with every race.

Charlotte Chambers won the girls’ race (10.11) from club mate Millie Timbers, (10.26) and Izzy Wright, (10.49).

In now familiar style, Joseff Tancrel won the U12 boys’ race (6.39) from Zeke Sumner (6.44) and Noah Cook (6.49). Isabelle Jebb led the front pack of girls home to win the girls’ race (7.16) from Bella McCredie (7.19) and Millie Read (7.31).

The shortest and most strongly contested race is the U9 race. At Hebden, to make it at least an off road race, the U9 race is one lap of a very hilly field next to Powder House Field. Making winning a family affair, Harri Tancrel won the boys’ race (1.49) with a good lead over Stanley Barnes (2.07) and Jonty Charnley (2.08).

Showing most of the boys a clean pair of heels, Bleu Bailey finished a very close second overall to win the girls’ race in style (2.01) from Jaya Benn (2.09) and Ava Wareing (2.10).

*Su Thomson*

**OPEN**

1. T. Mason M40 (1)	Wharfe	10.49
2. S. Bailey M40 (2)	StaffsM	10.58
3. K. Gray M50 (1)	CaldV	11.45
4. B. Pennington M40 (3)	Howgill	11.49
5. S. Godsman M40 (4)	CaldV	12.15
6. S. Greenwood	Ross	12.16
7. P. Done	Unatt	12.18
8. C. Parkes	P&B	12.37
9. J. Logue M50 (2)	CaldV	12.38
10. E. Butler Lady	Howgill	12.39
13. J. Muir MU23 (1)	Wharfe	12.47
16. E. Beaumont MU23 (2)	Kghly	12.56
19. P. Crabtree M50 (3)	Bing	12.59
42. G. Schofield M60 (1)	Horw	15.17
49. M. Terry M60 (2)	Clay	16.02
51. J. Holt M60 (3)	Clay	16.18

**LADIES**

10. E. Butler	Howgill	12.39
11. A. Graham	Wharfe	12.40
38. K Hall F40 (1)	RibbV	15.02

50. J. Powell F50 (1)	Wharfe	16.08
53. R. Cook	Furness	16.23
61. L. Mallinson F40 (2)	Wharfe	16.51
62. K. Bailey F40 (3)	StaffsM	16.55
74. S. Marshall F50 (2)	Skip	18.17
80. N. Butler F50 (3)	Kesw	19.01

**UNDER 9 BOYS**

1. H. Tancrel	HelmH	01.49
3. S. Barnes	Unatt	02.07
4. J. Charnley	Unatt	02.08

**UNDER 9 GIRLS**

2. B. Bailey	StaffsM	02.01
6. J. Benn	Skip	02.09
8. A. Wareing	Unatt	02.10

**UNDER 12 BOYS**

1. J. Tancrel	HelmH	06.39
2. Z. Sumner	Amble	06.44
3. N. Cook	Furness	06.49

**UNDER 12 GIRLS**

7. I. Jebb	Bing	07.16
8. B. McCredie	Barlick	07.19
9. M. Reid	Chor AAT	07.31

**UNDER 14 BOYS**

1. J. Sanderson	Settle	08.07
2. T. Hooper	Wharfe	08.23
3. D. Ridehalgh	Unatt	08.53

**UNDER 14 GIRLS**

8. C. Chambers	Kghly	10.11
11. M. Timbers	Kghly	10.26
13. I. Wright	Wharfe	10.49

**UNDER 17 BOYS**

1. A. Flaherty	Bing	12.06
2. H. Ewbank	Eden	12.41
4. J. Bentham	Clay	13.24

**UNDER 17 GIRLS**

3. A. Lane	Wharfe	12.44
6. R. Flaherty	Bing	14.02
8. B. Rogers	Ilk	14.28

*103 finishers*

**KILNSEY SHOW / North Yorkshire AS/2km/124m/31.08.21**

Still high from his win the previous day at Hebden Sports Fell race, local legend Ted Mason, took on the beast of a race that is the Kilnsey Show Crag Race with extra vim and vigour.

To the uninitiated, Mason set off in somewhat of an “also ran” position. However, one should never underestimate anyone, and particularly not a resolute Mason as he powered up the fellside to be in a strong fourth position at the big flag marking the top and turn for a short run across the top. Hardy spectators who congregated along this breezy edge were treated to some classic Mason grit and determination as he picked off those in front to be first to the “chimney” – a vertical drop into a narrow gully aided only by the use of a

rope and the promise that local mountain rescue volunteers will catch you at the bottom should you fall! Here Mason again showed his experience and supremacy as he appeared to free fall down the chimney with one spectator describing it as the “most impressive bit of descending I’ve ever seen. Even the legendary Tommy Sedgwick would have been proud of that.”

Having boosted their adrenaline by dropping down the chimney, runners must now regain control of their limbs to negotiate the narrow and technical scree path back to the grassy fell side. Many come unstuck here as they try to overtake by going “off piste.” Not Mason though, as he was still in the lead and looked more than doggedly determined to maintain that position. From here, he powered back to the show field in an eyeballs out charge for the finish line, leaving his rivals a long way back in his wake. Not surprisingly, Mason won in his fastest time ever, of 7.51, from Malham Show race winner, Joe Hudson, (8.01) and previous multiple times Kilnsey winner, Nick Swinburn, (8.04).

In the ladies’ race, Wharfedale Harriers again showed their domination of the fell running scene in the form of Ailish Graham who had narrowly missed out on the win at Hebden Sports the previous day. Far from being deflated or defeated, Graham came back strong to snap at the heels of England and GB fell running star, Victoria Wilkinson, all the way to the summit. Prior to the race, Graham had voiced a slight nervousness about descending the chimney but none of the early reticence was evident in the race as, just like club mate Mason, she free fell down the chimney and went on to use all that extra adrenaline to win the ladies’ race and smash the old record in 9.35, a full 12 seconds ahead of Wilkinson, (9.47) and Elsie Butler (10.01).

Although the junior races don’t enjoy the delight of a chimney descent, they do include a “brain off, brake off” adrenaline-soaked descent down steep scree. The U17 and U14 races follow the same course at the same time leading to some interesting competitions on the day. William Hall floated down the scree to win the U17 boys’ race (8.38) from Jacob Reeday (9.02) and Douglas Seggar-Staveley (9.28). Still invigorated by her own win at Hebden Sports the previous day, Amelie Lane showed no fear and a skip load of determination to win the U17 girls’ race and set a new record (9.12), a clear 13 seconds ahead of second placed Eve Whitaker (9.25) and Maggie Preece (11.43).

Hot from his win at Hebden Sports U14 boys’ winner, Jack Sanderson, romped home second overall to take the U14 boys’ title and set a new record (8.46). Tom Hooper ran home as second U14 boy (8.53) from Daniel Ridehalgh (9.34). Millie Jebb demonstrated her superior racing heritage to win the girls’ U14 race (11.08) eleven seconds ahead of second placed Milly Timbers (11.19) and Izzy Wright (12.19).

The U12 race is run separately and takes in less of the technical scree. Jamie Dent ran an excellent

race to win the boys’ race (6.45) from Robert Carter (6.51) and younger brother, Josh Dent (6.57).

Isla Jebb followed in well-trodden family footsteps to win the girls’ race (7.22) from Izzy Patefield (7.53) and Cara Bradley (7.57).

*Su Thompson*

**OPEN**

5. T. Mason M40 (1)	Wharfe	07.51
2. J. Hudson	Kghly	08.01
3. N. Swinburn	NFR	08.04
4. T. Wood	Eryri	08.09
5. S. Bailey M40 (2)	StaffsM	08.25
6. F. Grant	Bux	08.48
7. D. Kay M50 (1)	CaldV	08.52
8. M. Fretwell	Settle	09.05
9. S. Watson	Wharfe	09.07
10. M. Athersmith	Wharfe	09.10
11. B. Pennington M40 (3)	Howgill	09.18
34. R. Haddow M50 (2)	Furness	11.09
36. J. Whitaker M50 (3)	Hgte	11.39
51. D. Allen M60 (1)	Unatt	13.28
52. J. Holt M70 (1)	Clay	13.31
58. J. Thompson M60 (2)	Wharfe	14.06
60. D. Ives M60 (3)	Skip	14.17
61. N. Bush M70 (2)	Unatt	14.20

**LADIES**

16. A. Graham	Wharfe	09.35
17. V. Wilkinson F40 (1)	Bing	09.47
20. E. Butler	Howgill	10.01
30. E. Hopkinson F40 (2)	Wharfe	10.53
33. A. Whitaker	Hgte	11.06
45. J. Powell F50 (1)	Wharfe	12.40
70. S. Marshall F60(1)	Skip	15.10
80. H. Berrett F50 (2)	Hfx	16.54
84. L. Buck F60 (2)	CFR	17.31
86. S. Chalmers F50 (3)	NiddV	28.00

*86 finishers*



**EYAM / Derbyshire BS/10.4km/460m/31.08.21**

A record turnout this year with over 240 runners. We also had the race record broken! Special congratulations to Andrew Hayes for setting a new course record of 37 minutes 42 seconds.

The Eyam Fell race starts and finishes in the historic ‘Plague’ village of Eyam. It has a classic lung busting start, commencing with a tough climb out of Eyam up to Sir William Hill, past the Barrel Inn and over towards Abney Moor. Once there you are rewarded with one of the best views of the Peak District. Then plummet down through Abney Moor, around a tight switch back and up through the lovely heather towards Sir William Hill again. The route then takes you down through a steep wooded section before you emerge back in to Eyam.

We also had a junior race this year, which we hope to build on in the future.

We finished in the Courtyard at Eyam Hall and enjoyed beers and a super BBQ as the sun went down. Prizes from our kind sponsor at The Barrel Inn at Bretton were handed out as usual. Hope you can join us next year for what is a really great event.

Next year’s event is sponsored by The Barrel Inn at Bretton and starts at 18:30 on Tuesday 30 August 2022. You can enter online NOW on SIEntries.

*Matt Killingley*

**OPEN**

1. A. Hayes	DkPk	37.42
2. R. Robinson M40 (1)	SuttAsh	42.51
3. T. Hartley M50 (1)	Notts	42.52
4. M. Anderson M40 (2)	Totley	44,02
5. R. Stevens	Unatt	44.51
6. L. Banton M40 (3)	Clowne	44.56
7. G. Lee	Unatt	45.08
8. J. Wade	DkPk	45.35
9. B. Snell M40 (4)	Stockp	46.33



10. C. Brock Female (1)	SteelC	46.50
13. B. Lomas M50 (2)	Congle	47.35
20. J. Cartwright M50 (3)	Stadium	49.39
65. D. Veryard M60 (1)	Bakew	55.29
72. D. Hobson M60 (2)	Unatt	55.54
168. J. Brayshaw M70 (1)	Totley	67.55
173. K. Jones M70 (2)	DkPk	69.23

#### LADIES

10. C. Brock	SteelC	46.50
28. R. Rose	Sheff	50.59
33. A. Whelan FU23	Bux	51.50
36. R. Nathan	Totley	52.02
37. C. Gibbons	Totley	52.10
56. A. Gamble FU23	SheffUn	54.18
74. H. Haggren-Johnson F40 (1)	SmileyP	56.05
75. K. Kucharek F40 (2)	RollsR	56.13
81. A. Wainwright F50 (1)	DkPk	56.34
92. C. Kay F40 (3)	Totley	57.53
101. T. Wilson F50 (2)	Bux	58.26
104. R. Brandon F50 (3)	HolmeP	58.40
119. P. Goodall F60 (1)	Totley	60.30
165. J. Davies F60 (2)	SteelC	66.55
183. Y. Twelvetree F70 (1)	Totley	70.31
211. C. Hartwright F70 (2)	Totley	78.04

#### 219 finishers



Chris Richards on his way to winning the HB21 fell race © Morgan Donnelly

#### HB 21 (BRITISH CHAMPIONSHIP) / Cumbria AM/11km/900m/04.09.21

Dufton hosted this year’s one and only British Championship Fell Race “HB21”. It was the only opportunity for runners from England, Wales,

Scotland and Northern Ireland to battle it out and determine who was going to be crowned the 2021 National Champion.

In a bid to encourage runners to make a weekend of their visit to Dufton, there was also a warm-up event held on Friday night: a short uphill-only race from the kissing gate on Dufton Pike to the summit (600 metre distance and nearly 200 metres of height gain).First lady (Fiona) was also first local: she is the local small animal vet and is often seen training on the Pike. Morgan (the race organizer) based the route on his old training ground, and general feedback from the racers was that they thoroughly enjoyed the course, despite many of them calling it “brutal”.

The race started on the village green (at noon) by the fountain and the runners first headed for Dufton Pike via the traditional tourist route (via Pusgill Lane). The finish line was in the field just behind The Stag’s beer garden (what an incentive to finish as quickly as possible!), and the final throes of the race were clearly visible to spectators from the pub garden! However, before the runners could get there, they had to run over Brownber, go up Rundale, descend Bluethwaite and then over Dufton Pike (second time around), a course of 11 kilometres with 900 metres of height gain.

The race was named after Hannah Brown (HB), who tragically passed away earlier this year (2021).

With the opportunity to host this race, race organiser Morgan took the opportunity to use it as a fund raiser (similar to Morgan’s other race, High Cup Nic, which raises funds for Dufton Village Hall), for the newly acquired village toilets, because the local authority wanted to close them but Dufton village decided to adopt them so that they could stay open.

The first three runners managed to get under the hour and the first lady (fourth overall) was just outside the hour. Ground conditions were firm and winds light: in fact there was a climb in the Lime Kiln gully where runners were plagued by midges. Chris and Jacob ran together to the top of Dufton Pike (first time around), before Chris managed to drop in quicker and stay out in front for the rest of the race.

Dufton’s next fell race will be the long established High Cup Nic event scheduled for Saturday 26th February 2022.

The race generated £2,350 for the local Dufton Toilets’ fund.

#### Morgan Donnelly

#### OPEN

1. C. Richards	HelmH	0.57.31
2. J. Adkin	Kesw	0.58.16
3. M. Elkington	Amble	0.59.28
4. H. Horsburgh F (1)	Kesw	1.00.43
5. T. Wood MU23 (1)	Eryri	1.01.19
6. M. Lamb	Kesw	1.01.29
7. R. Jebb M40 (1)	HelmH	1.01.36
8. G. Greenhow M40 (2)	Amble	1.02.04

9. J. Battrick	Kesw	1.02.20
10. H. Bolton MU23	Kesw	1.02.21
11. D. Kay M50 (1)	CaldV	1.02.42
14. B. Sharrock MU23 (2)	Amble	1.03.52
16. K. Gray M50 (2)	CaldV	1.04.17
19. C. Gillespie MU23 (3)	AxeV	1.05.14
20. M. McGoldrick M40 (3)	Wharfe	1.05.28
23. G. Mulholland M50 (3)	CaldV	1.06.21
70. D. Crowe M60 (1)	Penicuik	1.15.43
79. P. Pearson M60 (2)	NthnF	1.17.25
81. M. Keys M60 (3)	Ross	1.18.18
145. R. Taylor M70 (1)	Penn	1.39.55
172. M. Hind M70 (2)	Borr	2.06.19
174. A. Cardinale M70 (3)	Otley	3.19.24

#### LADIES

4. H. Horsburgh	Kesw	1.00.43
36. S. Adkin	Amble	1.08.42
43. E. Gould	HelmH	1.10.24
47. A. Graham	Wharfe	1.11.19
50. C. Lambert	Middlesb	1.11.52
54. E. Butler	Howgill	1.12.20
59. S. Taylor F40 (1)	HelmH	1.13.17
84. E. Pannone FU23 (1)	Eden	1.18.58
91. M. Price F40 (2)	Mercia	1.20.06
99. S. Richmond F40 (3)	Penn	1.21.33
108. J. Powell F50 (1)	Wharfe	1.24.07
112. J. Darigala F50 (2)	PstoneFP	1.25.31
116. D. Gowans F50 (3)	Acc	1.26.47
122. M. McIntyre FU23 (2)	Rushcl	1.27.34
125. H. Thornhill FU23	P&B	1.28.12
158. K. Taylor F60 (1)	NFR	1.45.15

#### 174 finishers

#### LONGSHAW SHEEPDOG TRIALS/ Derbyshire BS/8.6km/320m/04.09.21

#### OPEN

1. S. Franklin	Totley	42.02
2. M. Dawson M40 (1)	NDerby	43.11
3. P. Hodges	DkpK	43.27
4. S. Thompson MU23 (1)	Matlock	44.59
5. J. Farnell	Totley	45.00
6. B. Squire MU19 (1)	Rushcl	45.19
7. L. Baxter	DkPk	45.58
8. A. Frost M40 (2)	DkPk	46.12
9. K. Walshaw F (1)	Holmf	46.18
10. N. Curtis M40 (3)	Penn	46.21
15. B. Adams M50 (1)	Retford	48.18
20. G. Moffatt M50 (2)	Rushcl	49.18
27. B. Foreman M60 (1)	Matlock	50.31
33. T. Tett M60 (2)	DkPk	51.38
139. K. Jones M70 (1)	DkPk	66.12
162. J. Brayshaw M70 (2)	Totley	73.13

#### LADIES

9. K. Walshaw	Holmf	46.18
25. J. Downs FU23 (1)	DkPk	50.20

31. R. Thornley	SteelCS	51.00
32. S. Curtis F50 (1)	Penn	51.28
52. R. Keeley	Belper	54.46
56. C. Bradbury	Beeston	54.57
64. A. Wainwright F50 (1)	DkPk	56.08
93. E. Broughton F40 (1)	Ripley	60.24
94. P. Goodall F60 (1)	Totley	60.25
144. J. Davies F60 (2)	Totley	67.40
107. F. Booker FU23 (2)	Unatt	61.12

#### 178 finishers

#### GLADSTONE 9/ Conwy AM/14.5km.855m/05.09.21

We were so proud that our COVID-safe, time trial version of the Gladstone 9 race went ahead, one of very few fell races to take place in Snowdonia this year, and that the post-race prize-giving/ celebrations really felt like good old normal times! All the hard work & necessary adjustments were more than compensated for by the ubiquitous smiley faces and the very positive feedback from everyone, who all said they were so pleased to be back out racing and actually socialising (!!) too in such a fantastic corner of Snowdonia.

With a very comprehensive risk assessment, a race plan which enabled us to keep everyone safe, detailed marshal instructions and very precise competitor final details, we were granted all the necessary permissions, and were able to proceed with our event, insured by the Welsh Fell Running Association, and supported by Penmaenmawr Town Council. We were treated to amazing weather and spectacular views of the Carneddau and across the Menai Straits.

Our Fabian4 Online Entry System allowed participants to select and manage their own start times – we limited the event to 60 runners, starting at five second intervals over a period of about nine minutes. Our RaceTek timing/ results/tracking system provided each runner with a timing wristband allowing them to record their own start time, split times at all the five checkpoints and finish time, by dibbing onto a unit attached to a stake in the ground, well away from the supervising marshal. Results were available online as soon as each competitor completed the course.

We were very fortunate to have again been given the facilities at Penmaenmawr Phoenix Football Club, which provided us with a large car park and plenty of outside space in which we were able to carry our registration and presentation. This year, we were also able to use their catering skills and all runners and marshals were treated to a bowl of delicious homemade soup and a roll.

I have described the race route elsewhere, but it's worth repeating:

The nine mile race route takes in only two summits – those of Tal y Fan at just over 2,000ft and Moel Lus at just over 1,000ft, but what goes on in between these is just as important! Runners will experience gruelling climbs, technical descents, prehistoric trackways and flat, fast, grassy sections. They'll run across a ford, past ruins of

ancient dwellings, over a little footbridge and register at a check point in the centre of an ancient (Neolithic - possibly 5000 years old) Druids’ Circle – Meini Hirion in Welsh. Unless visibility is poor, in which case the runners’ navigational skills will be put to the test when crossing the wild moorland, their efforts will be rewarded with spectacular views of the main Carneddau Ridge, the Great Orme, Puffin Island, Anglesey and the site of the Graig Lwyd Neolithic Axe Factory, which sits on an extinct volcano NW of the North Wales Path which leads the runners to their last check point. The icing on the cake is the company of the genetically-unique wild Carneddau Ponies, which have survived the harsh conditions and graced this spectacular terrain with their presence for hundreds of years.

We were grateful to Penmaenmawr’s Spar, its Cards and Gifts Shop & Stella House Fish and Chips and to Caffi Siabod for providing the prizes free of charge and/or at mates’ rates.

1st overall (+ 1st M40) – Jez Brown (Buckley) 1.22.01
2nd (+ 2ndM40) – Mark Davies (NWRR) 1.25.37
3rd Craig Lowe (+ 1st Open) (IND) 1.26.38
Next M40 (+ 5th overall) – Paul Jones (Eryri Harriers) 1.28.03
1st M50 (+ 7th overall) – Simon Edwards (Buckley) 1.30.15
1St M60 – David Baugh (Denbigh) 1.42.47
1st M70 – Alwyn Oliver (Eryri Harriers) 2.20.17
1st Lady (+10th overall/1st F40) Jackie Lee (Eryri harriers 1.37.51)
2nd (+1st F50/12th overall)) Jenny Heming (Eryri Harriers) 1.39.26
3rd (+1st F40/15th overall) Mary Gillie (Eryri Harriers) 1.42.01
Next F40 – Megan Lynne Hughes (Eryri Harriers) 2.01.44
Next F50 (+4th lady overall) Sarah Barnwell (Eryri Harriers) 1.43.47
1st Open - Claire Donnelly (IND) 1.55.17
1st F60 – Menai Baugh (Denbigh Harriers) 2.11.39
1st F70 Maggie Oliver (Eryri Harriers) 2.40.08
1st Local (+6th overall) Chris Near 1.28.50

Penmaenmawr Town Council very kindly gave us a grant, Spar Penmaenmawr provided the edible/ drinkable snacks for marshals and runners at a much reduced rate, and Fletcher & Poole Estate Agents printed our maps free of charge, all of which helped to keep the costs down. Small donations were given to Eryri Harriers and to the WFRA, and the remaining profit was divided between Penmaenmawr Phoenix Football Club, which provided their fantastic facilities free of charge, the Carneddau Pony Society and the Snowdonia Society.

Massive thanks are due to our loyal group of helpers, who turn out year after year. Their help, and the support from Fabian4/Racetek’s Adrian Moir even allowed me to compete in my own race, which was a much appreciated bonus! The whole team is proud to have hosted such a successful, responsible event, which gave so much pleasure to so many people and which enabled me to proudly show off the generosity, the attributes and the hidden treasures of my lovely village, Penmaenmawr, its landscape, its inhabitants and its businesses.

#### Ellie Salisbury

#### TRUNCE 9 / Derbyshire BS/6.4km/170m/06.09.21

Trunce 9 was a very light hearted end to a testing year.

In a normal year, Trunce 9 has some people chasing times and points and some having fun by running in fancy dress.

As this year has not been a conventional series, this race involved compulsory fancy dress and no competition.

We did have around 100 people turn up in various forms of clothing and had a fabulous evening but no “results” were expected other than best fancy dress.

#### Andy Plummer

#### RIVINGTON PIKE/ Lancashire BS/5.2km/213m/11.09.21

Horwich welcomed two new champions as over 200 runners from far and wide came to take part in the iconic Rivington Pike fell race and to celebrate the life and achievements of the late Ron Hill who died earlier this year. During his lifetime, among Ron’s many achievements were three Pike race wins in 40 appearances. Ron’s widow, May, helped present the numerous splendid trophies and was accompanied by several former great champions including Alan Blinston who was, like Ron, a winner of a hat-trick of Pike races in the 1960s. Also, attending and completing the race was another three-time winner of the Pike race, Ron McAndrew, who completed the race with his long-time friend Sue Sammie (ex-Lonsdale) who won the race and set the course record in 1980.

The Pike race, like so much else, did not take place in 2020 and this year was postponed from its traditional Easter Saturday date - but what a great re-launch, building on the club’s success in returning to fell races with the Two Lads fell race earlier this year.This year Daniel Haworth, second in 2019, returned from Matlock and Katherine Klunder came from nearby Chorley to take the top trophies, both with exceptional runs on the lung-busting climb followed by the all-out descent. The runners were urged on by the many spectators all along the route, the race being highly regarded beyond the racing fraternity. Daniel held off a strong challenge from the talented Chorley junior Jacob Deacon and Katherine was chased hard by Betty Bergstrand and by several Harriers’ women, who took the team prize.



Each entrant received a special memento of a programme with wonderful tributes to Ron Hill from many past champions and people whose lives were enriched by Ron’s life. The programme was expertly put together by club presidents Stewart Westhead and Pete Schofield. Club Chairman, Glynne Lever, said it was an honour for the club to host the event adding that, “it’s a truly special day in the 97-year history of the club to have so many past winners here to celebrate the memory of a true running legend in Ron Hill”.

The club was grateful to the Crown pub for brilliantly hosting the race HQ, to Bolton and Horwich Councils for facilitating the road closure and to the many people who supported the race organised by Alastair Murray and his team of marshals.

David Barnes

OPEN

1. D. Haworth	Matlock	17.35
2. J. Deacon MU19 (1)	Chorley	18.39
3. T. Day	Kesw	18.57
4. T. Saville	DkPk	19.01
5. O. Heaton	Bowland	19.04
6. L. Foley	Horw	19.36
7. J. Hughes MU19 (2)	Chorley	19.41
8. S. Hall M40 (1)	RibbV	20.02
9. D. Hope M40 (2)	Horw	20.12
10. M. Athersmith	Wharfe	20.22
11. J. Goudge M50 (1)	Horw	20.24
12. S. Titmuss M40 (3)	Horw	20.32
15. G. Goodwin M50 (2)	Acc	21.16
24. M. Dunn M50 (3)	Holcmbe	22.17
33. G. Fleet M60 (1)	ABCCent	23.18
44. S. Bennett M60 (2)	Bowland	24.28
51. S. Nolan M60 (3)	Nurnden	24.41
126. T. Hesketh M70 (1)	Horw	28.47
149. D. Smout M70 (2)	MynDu	30.52
152. A. Sweatman M70 (3)	Chorley	31.08

LADIES

23. K. Klunder	Chorley	22.02
30. B. Bergstrand	Midlesb	22.48
47. C. Wilkinson FU19 (1)	Horw	24.30
58. S. Woods	Chorlt	25.14
61. L. Parker F40 (1)	Acc	25.28
77. N. Mason F40 (2)	Elvet	26.02
79. J. Rashleigh F60 (1)	Horw	26.17
80. S. Seddon	Horw	26.21
82. M. Lever FU19 (2)	Horw	26.27
84. S. Gilliver F60 (2)	Wilms	26.38
95. M. Abbott F40 (3)	Clay	27.07
94. K. Forster F50 (1)	Spectrum	27.05
104. A. Ferguson F60(3)	Burnden	27.35
111. E. Bradley FU19(3)	Horw	28.05
120. L. Darbyshire F50 (2)	Burnden	28.24
121. A. Weston F50 (3)	Ilk	28.30
133. W. Dodds F70 (1)	Dallam	29.35

GROOVY KINDER LOVE / Derbyshire AL/23km/1200m/11.09.21

Well, it is done. I have managed to organise the biggest event in my life, and from the feedback on the day, Facebook and Strava, people seem to have enjoyed it. We were lucky as I guess it was almost perfect conditions, dry but not too warm. It took so much work over the past few months, from negotiating a route with the National Trust and having it approved by Natural England. The NT were fantastic, and I will be arranging to pay a pound per entrant to the NT. I got so much support from Pennine, especially Will, with his knowledge from the Downfall, John and his IT skills plus Geoff and Sue with their vast knowledge about fell running in general. I then have to mention all the help on the day, from my initial desperate attempts to drag bodies in I ended up on the day with a very enthusiastic group of volunteers, who seem to have enjoyed themselves.

Based on the 2:22.00 winning time on a slightly longer route 3 years ago, I was working on a 2:10.00 winning time and manned the checkpoints based on that estimation. I was then glad to see Joe Oldfield come home in 2:14:40 and promptly collapse on the grass after the finish tunnel. He had obviously left nothing on the course. He had a clear 13 minutes over Sam Soles, who in turn had three minutes over Paul Christopher King. The first woman, Eleanor Wainwright (19th overall), had almost six minutes over Alice Swift in second and another 12 minutes over Joanne Worboys-Hodgson in third. We had one retirement, due to a trip on the Jacob’s Ladder descent. He was able to make his own way back to control.

I need to look at the pre-entry process for next year to try to streamline it a bit so there are not so many emails flying about. I will keep pre-entry as it makes it so much easier having the start list pre-prepared, instead of trying to read the handwriting on the Standard Entry Form.

I had 91 start but 110 actually paid up so £110 to the NT. I have also paid £50 to Kinder Mountain Rescue.

Patrick Berry

OPEN

1. J. Oldfield	Matlock	2.14.40
2. S. Soles MU23 (1)	Bux	2.26.16
3. P.J. King M40 (1)	Unatt	2.29.15
4. I. Ridgeway	Unatt	2.30.33
5. A. Holmes M40 (2)	Penn	2.31.30
6. J. Brunnock	Bux	2.32.18
7. W. Carter MU23 (2)	DkPk	2.32.50
8. M. Owens M40 (3)	Chorlt	2.34.34
9. R. Litherland M40 (4)	Penn	2.35.35
10. R. Solman M40 (5)	Ross	2.37.00
13. J. Stubbs MU23 (3)	Penn	2.45.40
14. C. Osborne M50 (1)	Totley	2.46.39
16. S. Pickard M50 (2)	Stockp	2.47.37
24. O. Lawson M50 (3)	DkPk	2.59.03
26. B. Foreman M60 (1)	Matlock	3.01.09
38. P. Rowland M60 (2)	Penn	3.12.35

51. D. Brock M60 (3)	Orion	3.25.40
79. R. Scottney M70 (1)	Penn	4.02.10

LADIES

19. E. Wainwright	DKPk	2.51.03
22. A Swift	Chorlt	2.56.51
34. J. Warboys F50 (1)	DenbyD	3.09.03
47. C. Litherland F40 (1)	Penn	3.21.27
55. A. Wainwright F50 (2)	DkPk	3.27.29
67. C. Leigh	Penn	3.38.58
70. M. Edgerton F60 (1)	Penn	3.43.53
72. E. Sanders F50 (3)	Ashbou	3.44.27
74. A. Skillicorn F40 (2)	NLeeds	3.47.59

90 finishers

ILAM/ Derbyshire

AS/7.2KM/350M/12.09.21

Senior race including U19s’ English Junior Championship.

What a lovely end to the English Junior Fell Champs: although the course was brutal with three big climbs, I thoroughly enjoyed it.

Starting straight up Bunster Hill really set the tone for a hard race, but after descending off Bunster and running along the river we had the crossing to cool off in. Then there were the final two hills before the steep descent off Thorpe Cloud before running back along the river and over the fields to the finish in front of Ilam Hall.

Thank you so much to all the organisers for putting on such an amazing race.

Lucy Bednall

OPEN

1. F. Grant MU19 (1)	Bux	37.05
2. E. Corden MU19 (2)	Stockp	37.09
3. W. Longden MU19 (3)	Bux	38.30
4. M. Wainwright	Matlock	38.56
5. H. Mackie MU19 (4)	Pstone	39.51
6. T. Gill MU19 (5)	Matlock	41.48
7. W. Curry MU19 (6)	Ross	42.40
8. H. Bond MU19 (7)	Bux	42.59
9. A. Whitaker FU19 (1)	Hgte	45.39
10. L. Bednall FU19 (2)	Bux	46.30
11. R. Mackie M50 (1)	Pstone	46.59
13. J. Coe M40 (1)	Unatt	47.43
14. J. Haddon M40 (2)	Unatt	47.55
19. D. Reeves M40 (3)	Bux	49.32
21. A. Barnett M60 (1)	DkPk	49.45
25. P. Wilmot M50 (2)	Matlock	50.47
32. C. Gunn M50 (3)	TotTri	53.04
34.S. Wathall M60 (2)	BICmbe	54.27
44. K. Holmes M60 (3)	DkPk	57.55
64. A. Hulme M70 (1)	Unatt	63.33
66. K. Jones M70 (2)	DkPk	64.18

LADIES

9. A. Whitaker FU19 (1)	Hgte	45.39
10. L. Bednall FU19 (2)	Bux	46.30
12. I Richardson FU19 (3)	Holmf	47.09
15. E. Wainwright	DkPk	48.05

17. K. Davies F40 (1)	StaffsM	48.41
24. S. Curtis F50 (1)	Penn	50.21
30. W. Smith F50 (2)	Trenth	51.48
38. A-M. Jones F60 (1)	Macc	56.02
42. L. Jacklin	Unatt	57.27
46. K. Busfield F50 (3)	Unatt	58.29
49. S. Coe F40 (3)	DkPk	58.53
75. E. Jacklin	Unatt	70.58
77. J. Collier	Derwnt	72.49

ILKLEY MOOR (50@50) / West Yorkshire AS/8km/401m/12.09.21

Little did we know that when the 2020 Ilkley Moor Fell Race was run that one week later all our lives would be turned upside down. It has certainly been a strange time since then, so when lockdown was eased and events were allowed, we were keen to run a race in the remainder of 2021. For logistical reasons we had to run the race in September, which meant that instead of mud, rain and snow we had to contend with midges, bracken and heat.

The date clashed with several other events which meant that race numbers were well down on their usual tally. However, there were more than enough runners to run a decent race. From the atmosphere afterwards I could tell that most had had a good time and were just glad to be out competing on the moors again,although there were a few newcomers who were quite surprised at just how hard a five mile race could be.

Congratulations go to our two winners Harry Holmes and Shelli Gordon. Shelli (nee Kempson) last ran the race in 2000. She was over five minutes quicker this time!

Steve Weston

OPEN

1. H. Holmes	Matlock	39.41
2. M. Malyon M40 (1)	Baild	41.33
3. M. John	NLeeds	42.14
4. A. Watkins	Mercia	42.54
5. N. Crampton M40 (2)	P&B	43.20
6. W. Morris	Unatt	46.08
7. J. Gribbin	Ilk	46.29
8. P. Livermore M40 (3)	NLeeds	47.14
9. F. Hamilton	Ilk	47.20
10. C. Snell M40 (4)	Unatt	47.44
16. C. Tzelis MU23(1)	Ilk1	50.10
18. J. Roddis M50 (1)	Unatt	50.47
19. R. Joel M50 (2)	Ilk	50.53
22. P. Simpson M50 (3)	Baild	51.36
40. B. Hamilton M60 (1)	Ilk	57.23
57. J. Thompson M60 (2)	Wharfe	60.24
58. P. Dugdale M60 (3)	Clay	60.31
86. I. Hartman M70 (1)	Baild	71.04
87. P. Jackson M70 (2)	Unatt	71.08

LADIES

29. S. Gordon F40 (1)	Nymac	54.31
33. A-K. Marsham F40 (2)	Ilk	55.48

39. S. Telfer	HydeP	57.16
49. B. Van Bavel	Unatt	58.54
50. J. McMullan F40 (3)	St Theres	59.07
54. H. Freeman	NLeeds	59.58
55. R. Dorrington F50 (1)	NLFR	60.07
62. A. Weston F50 (2)	Ilk	61.11
80. A. Smith F50 (3)	Baild	69.12
84. C. Whitaker F60	Wharfe	70.58

95 finishers

PEAK RAID 3 – AUTUMN SERIES ROUND 2 (OF 4) / Derbyshire MM/12.09.21

The second race in the series visited some of the finest Peak District terrain. Starting close to Nether Booth in the Edale Valley, the course went north to visit the easternmost slopes of the Kinder Plateau and beyond to Rowlee Pasture. Great Dark Peak terrain with the option to visit Ashop Moor, Blackden Edge, Crookstone Knoll and Ringing Roger.

The course presented a number of route choice options and several of the pre-race ‘favourites’ made navigational or route choice errors. In first and second place with 470 points were David Pettit and John Duckworth, both of Derwent Valley Orienteers, and in the women’s race, Rachel Thornley of Steel City Striders had a good run to score 388 points, with Julia Nolan of Dark Peak Fell Runners in second place with 350 points.

The weather was kind and allowed for a socially-distanced relaxed, friendly and sociable post-race tea and flapjack.

Paul Addison

OPEN

1. D. Petitt	DerwV	470 pts
2. J. Duckworth M50 (1)	DerwV	470 pts
3. M. James M40 (1)	PortVP	455 pts
4. G. Ward	DkPk	420 pts
5. P. Gorvett M70 (1)	DkPk	420 pts
6. M. Anderson M40 (2)	SY0/Tot	415 pts
7. R. Dearden M50 (2)	NOC	410 pts
8. S. Adams M50 (3)	DkPk	410 pts
9. J. Trueman M50 (4)	Penn	390 pts
10. S. Sanders M50 (5)	Pstone	390 pts
11. A. Ebbens M40 (3)	Unatt	390 pts
12. B. Hanley M60 (1)	SY0	390 pts
18. D. Vincent M60 (2)	DerwV	370 pts
20. R. Ansell M60 (3)	Tring	360 pts
45. M. Sleath M70 (2)	Ripley	300 pts

LADIES

14. R. Thornley	SteelCS	388 pts
22. J. Nolan F50 (1)	DkPk	350 pts
27. J. Searle F50 (2)	Unatt	335 pts
29. G. Markham F60 (1)	Meltham	330 pts
32. E. Vincent	DerwV	330 pts
33. M. Fletcher F60 (2)	SCH	325 pts
48. K. Shorrock F40 (1)	Unatt	300 pts
55. J Stevens/A. Barrett F40 (2)	STeelCS	280 pts

68. R. Walton F40 (3)	Gloss	240 pts
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103 finishers

YORKSHIREMAN OFF-ROAD MARATHON / West Yorkshire CL/42km/1000m/12.09.21

Perfect conditions for the 2021 edition of the Yorkshireman Off-Road Marathon saw records being threatened but not quite broken. Overcast, mid-teens and no wind made it a pleasant day out for the runners, organisers and marshals.

Overall winner and M40 was Owen Beilby in a time of 3.28.26.

First lady and fifth overall was Lucy Collins in a time of 3.47.15, just 20 seconds over the ladies’ race record held by Kim Threadgall of Valley Striders since 2013.

The first pairs team to cross the finish were a mixed team of Ruth Thackray/J. Roberts Williams of Bingley Harriers in a time of 4.07.46.

Gary Chatman

OPEN

1. O. Beilby M40 (1)	Wharfe	3.28.26
2. T. Brook M40 (2)	NthowrP	3.34.36
3. S. Bell	Baild	3.36.24
4. B. Harris M40 (3)	Retford	3.37.10
5. L. Collins F (1)	Stainl	3.47.15
6. A. Worrallo M40 (4)	Bing	3.54.42
7. M. Dobson M50 (1)	Trawden	3.57.58
8. L. James	Unatt	4.03.45
9. M. Calvert M40 (5)	Unatt	4.04.01
10. A. Birkinshaw M50 (2)	P&B	4.05.49
41. B. Edwards M60 (1)	Unatt	4.41.41

LADIES

5. L. Collins	Stainl	3.47.15
14. E. Wilkins	Baild	4.07.17
19. A. Hassell	Tod	4.14.54
22. H. Price F50 (1)	Hgte	4.20.47
31. C. Keir F40 (1)	Kghly	4.29.59
59. S. Marshall F60 (1)	Skip	5.09.48

MIXED

1. R. Thackray/J.R. Williams	Bing	4.07.46
2. F. Carver/W. Carver	Unatt	4.21.46
3. S. Abbott/S. Straw	Kghly	4.33.47

138 finishers and 22 pairs

YORKSHIREMAN OFF-ROAD HALF MARATHON / West Yorkshire BL/24km/650m/12.09.21

On a dry and windless morning in Haworth, 238 runners took to the Yorkshireman Off-Road Half Marathon, taking in the hills and moors above the Yorkshire village.

First home was Jack Wood in a time of 1.46.56. Hot on Jack’s heels was Josh Hall-Brown, just 24 seconds behind. Third man and first M40 was Paul Greenwood.

First lady and tenth overall was Sarah Flaherty in a time of 1.55.52.

Gary Chatman



OPEN		
1. J. Wood	Ilk	1.46.56
2. J. Hall-Brown	Hfx	1.47.20
3. P. Greenwood M40 (1)	Queensb	1.49.16
4. M. Sennett M40 (2)	Wharfe	1.51.15
5. A. Jones	HorsfFD	1.51.46
6. M. Warters	Wharfe	1.52.14
7. P. Crabtree M50 (1)	Bing	1.52.54
8. J. Cooper	PudseyP	1.55.19
9. S. Greenwood	Ross	1.55.43
10. S.Flaherty F40 (1)	Bing	1.55.52
12. D. Burnley M50 (2)	PudseyP	1.58.41
13. M. Pottinger M40 (3)	Stainl	2.00.50
16. P. Mitchell M50 (3)	Bing	2.01.35
29. P. Calderbank M60 (1)	Ilk	2.10.04

LADIES		
10. S. Flaherty F40 (1)	Bing	1.55.52
20. N. Jackson F40 (2)	HorsfFD	2.05.49
24. R. Carter F40 (3)	Ilk	2.06.59
38. B. Bowden F50 (1)	SaltStr	2.15.11
69. B. Weight F60 (1)	Bing	2.26.39

235 finishers

**LA SPORTIVA LAKE DISTRICT MOUNTAIN TRIAL** / Cumbria MM/**12.09.21**

The La Sportiva Mountain Trial was based out of Loweswater Village Hall, which makes a great race base but gave the planner Pete Nelson of West Cumberland Orienteering Club a few challenges to overcome. This resulted in a little dead running to map collection for the Classic and Medium. He used the inevitable valley crossing as another large route choice, with many different routes chosen. The weather refused to provide any cloud, so the runners had good views of the hills and could focus on route choice. Pete’s courses provided good route choices, and the route gadget traces show some innovative ones. These are available for viewing on the LDMTA website. The Classic and Medium Trial courses took in hills to the East and the West of Crummock Water, whilst the Short Trial took in the fells to the west of the lake. It’s not often that pre-race information, and the map, contained instructions banning runners from swimming across lakes.

There was a great atmosphere after the race at the sun-blessed, impromptu race arena, where runners congregated to listen to the commentary and watch runners coming into the finish funnel whilst eating their post-race meals, courtesy of Podium Catering. With Pete Bland’s red van doing a roaring trade, it really did just feel like lockdowns were a long way away. A good number of people were able to stay for the prize-giving, which seemed to have someone from every club in the fell running world, with a good smattering of current or past orienteers.

The race is very generously sponsored by La Sportiva and Pete Bland’s shop, who make a significant contribution to the extensive prize giving, allowing the race to be held for a very

modest £18.50 – for which you get a dedicated map, meal, Sportident support, and Raynet monitoring as you run. I note that the Keswick Mountain Festival trail race was £58, so we all know where we should be next year. Rumour has it there will not be a price rise, even with a gas crisis, Brexit, Covid or lorry driver shortages.

There was a good entry on the Classic course, with some very close times at the top end. The short course continues to attract a good entry too, with a number of pairs taking part. Some of those involved were very senior veterans and some were cross-generational. Joss Naylor was one such member of a pair completing, remarkably, his 52nd trial – of which 42 were at the classic distance. There were a good number of first time triallists too, but it will be at least until the year 2062 of consecutive trials before they match his classic completions. And even then, it won’t be the record. Mike Walford has 44 Classic completions.

The race is run with the help of good number of volunteers, many of whom come back every year.

The Lake District Mountain Trial Association organises the trial and is always happy to expand the team of helpers with the tasks on the day. We are also currently inviting expressions of interest for next year’s course planner and controller. Location to be decided...

*Andrew Bradley*

CLASSIC TRIAL OPEN		
1. P. Rutter	HelmH	4.29.50
2. H. Haines	HBT	4.30.21
3. J. Crickmore	DkPk	4.36.13
4. M. Atkinson	Kesw	4.44.18
5. A. Chepelin	Carn	4.47.49
6. N. Talbot M40 (1)	Amble	4.49.14
7. T. Simpson	Amble	4.57.42
8. I. Embrey	Carn	5.05.41
9. M. Reedy M40 (2)	Amble	5.15.28
10. D. Archer M40 (3)	Durham	5.16.22
11. A. Schofield M50 (1)	Borr	5.27.28
12. J. Hunt M50 (2)	DkPk	5.28.38
18. D. Harris M50 (30)	DeesOC	5.43.17
34. J. Tullie M60 (1)	Teviot	6.24.05
50. L. Warburton M60 (2)	Bowland	7.10.23
61. A. Miller M60 (3)	Kend	8.23.51

LADIES		
24. E. Johnstone	Penn	5.56.49
26. Z. Harding	Carn	6.00.01
32. S. Richmond F40 (1)	Penn	6.13.52
37. K. Parker F50 (1)	BordLinOC6	32.35
56. V.R. Miller	Amble	7.37.35

*Classic 64 finishers (86)*

MEDIUM TRIAL OPEN		
1. C. Williams M40 (1)	Moorfoot	4.08.40
2. C. Williamson	SYO	4.16.27
3. J. Whitaker M50 (1)	Hgte	4.25.24

4. Q. Harding M50 (2)	CLARO	4.33.41
5. C. Dale M40 (2)	Durham	4.34.19
6. M. Hart Female	DkPk	4.39.56
7. L. Wood M40 (3)	SteelCS	4.42.30
8. R. Snowden M50 (3)	Totley	4.44.19
9. L. Robertson (Female )	DkPk	4.46.39
10. D. Oldfield	Unatt	4.48.47
18. C. Valentine M60 (1)	Unatt	5.21.53
25. G. Briggs M60 (2)	Penn	5.31.29
27. E. Rooney M60 (3)	Lauder	5.38.39

LADIES		
6. M. Hart	DkPk	4.39.56
9. L. Robertson	DkPk	4.46.39
16. R. Browne F50 (1)	Bowland	5.07.05
20. R. Beadle F50 (2)	Unatt	5.23.01
22. S. Jones F40 (1)	Amble	5.28.09
23. J. Greenalgh F40 (2)	Lostock	5.28.18
24. W. Dodds F70 (1)	Dallam	5.28.29
32. D. Thompson F60 (1)	BordLinOC6	12.32

*Medium 41 finishers (46)*

SHORT TRIAL OPEN		
1. J. Luxmoore M40 (1)	Amble	2.25.05
2. P. Mather	Lonsdale	2.36.29
3. E. Patton/S. Patton	DkPk	2.41.17
4. B. Kent	Amble	2.42.14
5. C. Evans F40 (1)	Kesw	2.45.14
6. A. Matthew/T. Matthew	Bowland	2.57.30
7. P. Haines M60 (1)	FRA	3.00.06
8. A. Graves	Ochil	3.02.43
9. D. James M50 (1)	Unatt	3.03.36
10. D. Ratcliffe M60 (2)	Ross	3.05.12
13. G. Smith M60 (3)	Bowland	3.06.21
26. G. Arthur M70 (1)	Hland	3.39.26
36. R. Wren M70 (2)	BordLinOC3	51.49

LADIES		
5. C. Evans F40 (1)	Kesw	2.45.14
11. C. Haines	CambCol	3.05.21
16. F. Haines	AROS	3.19.50
19. K. Reynold	Eryri	3.25.32
21. L. Haines	Unatt	3.27.01
23. M. Ockenden F60 (1)	Bowland	3.36.19
30. S. Haines F60 (2)	FRA	3.48.25
41. E. Jackson F50 (1)	DeesOC	4.00.12
44. B. Stones F40 (2)	SROC	4.01.06
45. C. Goulding F50 (2)	BordLinOC4	03.41

*Short 81 finishers (82)*

**CRONKLEY (50@50)** / County Durham BM/17.1km/560m/**18.09.21**

The Cronkley Fell Race returned to its traditional start point and route from Holwick, after a couple of years of using the visitor centre at Bowlees as race HQ. The inclusion of the race in the FRA's 50@50 series ensured a good turnout and it was great to see a number of vests from clubs outside of the Northeast.

An overcast but mild day meant that the runners had a trouble-free run up to the River Tees, which serves as the race’s turnaround point. The recent dry weather ensured that this was the only point that the runners got their feet seriously wet, as the water levels were safe enough to have the checkpoint located on the island in the middle of the river. The slippery rocks provided a bit of a challenge for the runners, all the while keeping an eye open for the alligators rumoured to inhabit the island on race days!

In the men’s race it was Chris Alborough who was first home in 1.20.44, running in his first ever fell race, hopefully the first of many more to come. Just over a minute later he was joined by Will Carter with Craig Jones coming in third.

Richard Bateson was first home in the M40 category, Darren Fishwick for M50, Philip Pearson first back in the M60 category and Adrian Dixon for M70.

In the women’s race Katherine Klunder had a great run to finish in 1.33.05, followed by Karen Robertson, just over six minutes later, which also allowed Karen victory in the F50 category. Nina Mason finished third, which was also enough to win the F40 category.

Many thanks to the Farmhouse Kitchen café at Holwick, for allowing the use of their facilities and for providing the runners with chip butties and hot drinks at the end of the race.

*Paul Hodgson*

OPEN		
1. C. Alborough	Poole	1.20.44
2. W. Carter	DkPk	1.21.48
3. C. Jones	TyneB	1.23.09
4. T. Carter	Durham	1.24.15
5. R. Woods	Durham	1.25.23
6. R. Bateson M40 (1)	NFR	1.25.46
7. H. Fletcher M40 (2)	Blaydon	1.26.46
8. T. Sabey	Netherh	1.27.12
9. J. Graham	Unatt	1.28.41
10. M. Walker M40 (3)	Durham	1.31.11
15. D. Fishwick M50 (1)	Chorley	1.34.10
17. G. Pearson M50 (2)	DerwV	1.35.57
22. J. Rippon M50 (3)	DerwV	1.41.04
16. P. Pearson M60 (1)	NthnF	1.35.39
28. S. Wathall M60 (2)	BlCmbe	1.52.09
33. A. Johnson M60 (3)	YorkKn	1.58.24
49. A. Dixon M70 (1)	Unatt	2.15.25

LADIES		
12. K. Klunder	ChorlTri	1.33.05
21. K. Robertson F50 (1)	NFR	1.39.30
27. N. Mason F40 (1)	Elvet	1.49.30
30. J. Verity F50 (2)	Howgill	1.55.16
32. M. McCarthy	Durham	1.57.21
44. S. Norman F40 (2)	Unatt	2.07.11
47. Z. Robinson F40 (3)	Howgill	2.11.28

**MANX WILDERNESS CHALLENGE** / Isle of Man MM/**18.09.21**

The Wilderness Challenge is only held every two years, as our little island is too small to do it more often and still maintain a sense of ‘wilderness’! So, this year’s event was a welcome return, where runners set off in pairs to score as many points as possible in two and half hours. The base for the event was the fantastic Ardwhallan Centre, with the score area in the hills behind, from Greeba to Slieau Maggle.

As they were set off at 30 second intervals, with harsh penalties for being late, the winners were only known once the score cards were marked, and any deductions made.

Our current top man and woman teamed up to be hot favourites, but Orran Smith had just returned from his Dragon’s Back debut (he came fourth!), and Nikki Arthur was sporting an ankle injury. As a result, they only just made it back before the 30-minute cut-off and were docked 150 points for being late. This cleared the way for Paul Sheard and Nhlanhla Nzama to take the win with 260 out of a possible 300 points and no penalties. In a very credible fifth place were club stalwarts, Jan Gledhill and Maggie Watkins, who pulled out 220 points with no penalties. It was great to see families take up the challenge, with a number of couples running together and some parent/ offspring teams.

What sets this event aside is the relaxed race attitudes people have with smiles at the start and finish! The only real race is against the clock, as folk had no idea where anyone else had been. It was also a good way to encourage our regular runners to flex their navigation and route choice skills. Here’s to 2023!

*Chris Kirk*

OPEN		
1. P. Sheard/N. Nzama		260 pts
2. J. MacGregor/S. Krastev		240 pts
3. B. Corkill/S. Quilleash		235 pts
4. L. Brammer/R. Corlett		220 pts
5. J. Gledhill/M. Watkins		220 pts

LADIES		
6. C. Wade/G. Sherry	Wooler	210 pts
7. C. Cale/C. Caren	NFR	190 pts
8. A. Fretwell/M. Moore	SaltW	185 pts
9. M. Turner/C. Clague	TyneB	170 pts
10. J. Hills/L. Alstead		170 pts

**BROUGH LAW** / Northumberland AS/8km/400m/**19.09.21**

Brough Law was held in September for the first time due to Covid preventing the usual March date. 40 runners participated on a rainy, but warm, day.

It was a close race at the front between the top four with Chris Axon coming through for the win ahead of Craig Jones and Paul O’Mara. In the ladies’ race, Claire Bagness won the race ahead of Jane Briggs and Lynn Boldon.

A huge thanks, as always, to Ross Wilson for allowing us to hold the event in the beautiful

Breamish Valley. Also, to the support team who were fantastic.

All proceeds were donated to Northumberland Mountain Rescue and North England Springer Spaniel Rescue.

Hope to be back to the usual March date in 2022.

*John Butters*

OPEN		
1. C. Axon	NFR	40.11
2. C.Jones	TyneB	40.14
3. P. O’Mara	TyneB	40.26
4. G. Simpson	Unatt	40.45
5. W. Lloyd	Tynedale	43.46
6. R. Sillito M40 (1)	NFR	45.11
7. J. Bateman M40 (2)	NFR	45.22
8. C. Eggett M50 (1)	NFR	45.29
9. F.Brown	NFR	46.51
10. J. Bagness	Unatt	47.30
11. J. Johnson M40 (3)	Morpeth	47.35
12. J. Rippon M50 (2)	DerwV	47.40
16. J. Tollitt M50 (3)	NFR	48.41
23. D. Lodwick M60 (1)	RoadhLei	52.47
28. P. James M60 (2)	Saltw	54.56
34. A. Paul M60 (3)	NFR	58.31

33. M. Drozdowicz F60 (1)	Unatt	58.15
35. A. Tetley-Paul	Alnwick	59.18
36. C. Calverley F40 (1)	NFR	61.15
38. W. Stephenson F50 (3)	Hexham	71.21

*40 finishers*



Brough Law fell race © Mike Steven.



**SOUTH MYND TOUR (ENGLISH CHAMPIONSHIP)** / Shropshire  
AL/1270m/23km/**19.09.21**

OPEN			
1. C. Holdsworth	CaldV	1.49.56	
2. G. Greenhow M40 (1)	Amble	1.50.18	
3. K. Gray M50 (1)	CaldV	1.54.05	
4. J. Agnew	Mercia	1.54.20	
5. H. Bolton MU23 (1)	Kesw	1.54.40	
6. H. Horsburgh F(1)	Kesw	1.54.44	
7. M. Lamb	Kesw	1.54.52	
8. J. Battick	Kesw	1.56.44	
9. D. Kay M50 (2)	CaldV	1.57.18	
10. A. Worster	CaldV	1.58.50	
16. G. Mulholland M50 (3)	CaldV	2.01.06	
55. D. Griffin M60 (1)	HelmH	2.20.54	
60. W. Proctor M60 (2)	HelmH	2.22.41	
64. K. Maynard M60 (3)	SundStr	2.24.04	
129. T. Wimbush M70 (1)	Unatt	2.54.11	
140. A. Watts M70 (2)	CheshHR	2.58.26	

LADIES			
6. H. Horsburgh	Kesw	1.54.44	
33. S. Taylor F40 (1)	HelmH	2.14.45	
39. A. Graham	Wharfe	2.15.35	
48. A. Fan	Amble	2.18.38	
67. R. Pilling	P&B	2.25.11	
71. M. Price F40 (2)	Mercia	2.27.42	
72. S. Richmond F40 (3)	Penn	2.28.05	
76. R. Parker	Mercia	2.29.45	
84. K. Archer F40 (4)	Ilk	2.31.17	
90. R. Patrick F50 (1)	Tod	2.41.53	
93. D. Gowans F50 (2)	Acc	2.42.35	
95. R. Browne F50 (3)	Bowland	2.42.48	
123. L. Thompson F60 (1)	Kesw	2.51.06	
134. B. Weight F60 (2)	Bing	2.55.57	
153. W. Dodds F70 (1)	Dallam	3.20.50	

**162 finishers**

**FRYUP FRAZZLER** / North Yorkshire  
AS/9.4km/434m/**19.09.21**

In the beautiful setting of Fryupdale, fell racing returned to the North Yorkshire Moors courtesy of hosts, Yorkshire Cycle Hub, fell race organisers Scarborough AC and number sponsor www.lets-run.co.uk.

So, Fryup Frazzler - a tough 5.4 mile 1400ft climb A category short fell race, three climbs, three descents and a mix of all types of terrain that the North Yorkshire moors can throw at a runner. It was terrific to see the familiar faces, not so familiar ones and the new to fell racing.

Tale of the tape - it was Scarborough AC well to the fore claiming the women's overall and first F40 Rhona Marshal and, with teammates Katy Rawnsley and Sue Haslam, the women's team competition.

In the men's race Dan Bateson, also of Scarborough, was first overall, first M40 and along with Paul Lawton and Glynn Hewitt claimed the team race. Dan also claimed a course record

of 43.22, taking over two minutes off the previous mark. In the women's race Shelli Gordon F40 was second with Katy Rawnsley first F45 third. Georgia Campbell in fourth was first senior. In the men's competition Darren Smith of Pickering claimed second after a race-long battle with Steve Donaldson, who was placed third. Tim Grimwood was fourth and second M40. Turnout was 80 runners with 79 finishers, which is a nice number for race organisers to manage.

Thanks also must go to the marshals and helpers.

<b>David Parke</b> OPEN			
1. D. Bateson M40 (1)	Scarb	43.22	
2. D. Smith	Pickering	44.37	
3. S. Donaldson	EskV	44.51	
4. T. Grimwood M40 (2)	Swaled	46.30	
5. P. Lawton	Scarb	46.56	
6. G. Hewitt M50 (1)	Scarb	49.01	
7. R. Williamson M50 (2)	LoftusW	49.16	
8. C. Vanderhoven M40 (3)	EskV	49.38	
9. R. Marshal F40 (1)	Scarb	49.51	
10. M. Machouki M50 (3)	Scarb	50.10	
26. B. Atkinson M60 (1)	YorkKn	55.10	
33. G. Bestow M60 (2)	Ripon	57.45	
41. N. Scruton M70 (1)	Scarb	59.29	
53. M. Edwards M60 (3)	NYM	65.50	
56. J. Price M70 (2)	Unatt	66.06	

LADIES			
9. R. Marshal F40 (1)	Scarb	49.51	
24. S. Gordon F40 (2)	NYM	54.46	
30. K. Rawnsley F40 (3)	Scarb	56.43	
35. G. Campbell	JarroH	57.57	
43. J. Cordingley F60 (1)	Unatt	60.00	
46. S. Haslem F60 (2)	Scarb	61.07	
59. B. Horner F50 (1)	GoodG	66.50	
63. H. Coventry F50 (2)	ThirskS	68.23	
68. H. Ashworth F50 (3)	ThirskS	68.23	

**79 finishers**

**FAT BOYS' STANAGE STRUGGLE** / Derbyshire  
BS/9.9km/355m/**19.09.21**

It was a delight to welcome runners from far and wide back to Hathersage in the Peak District for the 2021 Fat Boys' Stanage Struggle. We missed you in 2020!

After a spell of rain that refreshed those setting up for the day after their Saturday night frivolities, the sun appeared and dried off the course nicely in time for our 11.00 a.m. start.

Our usual well-marked and marshalled route led away from Hathersage along a very runnable track with the spectacular Stanage Edge in sight almost from the outset. The incline picks up as runners pass North Lees Hall (thought to be the inspiration for Thornfield Hall in Charlotte Bronte's 'Jane Eyre'), before heading onto open country for the ascent through ancient, wooded moorland up onto Stanage Edge. Spectacular views ensue for the mile or so along the edge itself,

hopping gritstone boulders along the way, before reaching the trig point at High Neb (458 metres). A few further strides along the edge before a great technical descent towards Dennis Knoll. More lovely downhill running alongside grassy banks and brooks during the return to Hathersage, passing the church (where Little John is buried) and Fat Boy HQ (Scotsman's Pack) before hitting the finish line.

We are particularly thankful to the fantastic businesses in and around Hathersage, who were only too happy to offer fantastic prizes for our various race category winners. We had everything from meals for two with a glass of fizz, to rucksacks and outdoor goody bags, a souvenir towel from the very special Hathersage heated outdoor pool, and gents' haircuts! A big shout-out to Intrepid Brewery who furnished prize winners with their fine ales!

Huge thanks and well done to everyone that took part. Congratulations to the race winners Michael Kenyon and Imogen Jones. It was also great to see a founding member of the Fat Boys Running Club, Gordon Evans ('El Gordo') crossing the line at 75 years young.

Special thanks to the many marshals and helpers on the day, as well as to local landowners, without whom the event would not be possible. We raised over £1600 for local good causes including Edale Mountain Rescue and the village primary school.

<b>C.J. Martin</b> OPEN			
1. M. Kenyon	Dronfld	40.51	
2. M. Dawson M40 (1)	NDerby	40.54	
3. C. Sleath	Unatt	41.12	
4. C. Gillespie	DkPk	41.44	
5. T. Gill	Matlock	43.36	
6. A.Old	Unatt	43.51	
7. R. Skrimshire M40 (2)	DkPk	43.59	
8. J. Street M40 (3)	Clowne	44.03	
9. L. Baxter	DkPk	44.08	
10. K. Allanson	Matlock	44.16	
13. M. Nolan M50 (1)	DkPk	45.58	
22. G. Moffatt M50 (2)	DkPk	47.29	
23. A. Wainwright M50 (3)	Unatt	47.37	
33. M. Stenton M60 (1)	DkPk	49.42	
55. N. Clarke	Macc	52.37	
58. J. Webber M60 (3)	DkPk	52.54	
170. K. Jones M70 (1)	DkPk	66.26	
203. L. Thurston M70 (2)	Matlock	73.10	

LADIES			
43. I. Jones	Penn	51.18	
63. G. Cox	Unatt	53.08	
74. L. Riddle	Matlock	53.58	
76. W. Dawe F40 (1)	Unatt	54.03	
82. E. Broughton F40 (2)	Ripley	54.55	
107. J. Howett F50 (1)	Ripley	58.41	
109. K. Busfield F50 (2)	Ashbrne	58.50	
110. J. Nolan F50 (3)	DkPk	58.52	
111. K. Kucharek F40 (3)	RollsR	58.54	
154. G. Brown F60 (1)	Unatt	63.58	

187. M. Huyton F70 (1)	Macc	69.28
205. J. Waller F60 (2)	Unatt	74.27
210. B. Haigh F70 (2)	PstneFP	75.48

**224 finishers**

**EMBSAY (BOFRA)** / North Yorkshire  
AS/4.4km/244m/**19.09.21**

Following the weather forecast over the preceding days to this year's Embsay fell race led one to believe that if it was raining on the morning of the race, the sun would come out in time for the race. For once the forecasters were right!

So, what could have been a dank, dreary trudge over wet fields and slippery rocks and mist shrouded moorland turned into a bright, sunny yomp over Embsay fell, attracting 91 senior and 106 junior racers, eager to get going.

The start of the race was described as cruel by one senior, as it's uphill! From here, the first half mile or so gives the distinct impression that this is a cross -country race masquerading as a fell race, as it traverses lush undulating pastures. This deception continues until runners have passed through the grounds of Grouse Cottage. From here the terrain changes to one of a much more gnarly nature. Indeed, the climb to the summit of Embsay fell is more of a rock climb than a run as hand-over-fist and large steps are required to mount the fell side.

Pausing to look at the scenery from the summit is definitely a bonus as much of the southern Dales can be seen from here. Having quickly got their breath back, racers are now treated to a downhill run across the moor towards the final turn point and descent. The initial descent is a steep, peaty roll back to the lush pastures and undulating cross-country charge back to the finish line.

The senior men's race had all the hallmarks of a re-run of the 2016 race as Simon Bailey and Jack Wood locked horns again and battled all the way round. Again, as in 2016, Bailey won (19.09) from Wood, 2nd (19.38) although the lead was less than in 2016. Third man home was Brian Pennington (19.43).

In the ladies' race, Elsie Butler again showed her extreme supremacy by finishing 10th overall and winning the ladies race by a huge margin (20.59) from Kirsty Hall, 2nd (24.55) and Rachel Carter, 3rd (26.04).

At two and three quarter miles, Embsay is a relatively short race meaning that the U17 runners compete over the same course as the seniors. The boys' race was won by William Walker in a time that would have placed him sixth in the senior race (20.27). Second and third boys were Jasper Humphries (20.58) and Dougie Segger-Staveley (21.02). Georgia Bell won the girls' race (26.01) in a time that would have placed her third in the senior ladies' race, from Olivia Aldham, 2nd (27.02).

Turning at the fell base of the senior return route, the U14 race has a definite sting in the tail as it reaches the turn point. However, this did not upset boys' winner, Jack Sanderson as he romped

home to score another win (12.21) from friendly rivals Ned Gallagher-Thompson, 2nd (12.44) and Ewen Wilkinson, 3rd (12.47). Nor were the girls upset by the terrain as Charlotte Chambers won (15.04) from Daisy Fielding, 2nd (15.14) and Izzy Wright, 3rd (15.24).

Enjoying another big win, Joseff Tancrel stormed home in first place in the U12 race (8.55), a full 10 seconds ahead of second placed Robert Carter (9.05) and third boy, Zeke Sumner (9.11).

Upsetting the balance and proving that girls are as good as if not better than the boys, Bethan Buckley romped home in third place overall to win the girls' race (9.09) from Isabelle Jebb, 2nd (9.40) and Rita Box, 3rd (9.49).

The youngest runners chase each other as far as the track before turning and charging back to the finish line. The boys' race was won by Harri Tancrel (4.11) from Callum McGoldrick, 2nd (4.51) and Bhodi Dillon, 3rd (5.01).

Again proving that girls are as good as boys, the winner of the girls' race came home second overall in the form of Harriet Carter (4.26), from third placed overall, Bleu Bailey, 2nd (4.37) and Annabel Farrell, 3rd (5.03).

<b>Su Thompson</b> OPEN			
1. S. Bailey M40 (1)	StaffsM	19.09	
2. J. Wood	Ilk	19.38	
3. B. Pennington M40 (2)	Howgill	19.43	
4. J. Hood M40 (3)	Skipton	19.57	
5. R. Fielding M40 (4)	Unatt	20.14	
6. M. Athersmith	Wharfe	20.37	
7. T. Millard	Wharfe	20.40	
8. J. Whitfield M40 (5)	Wharfe	20.47	
9. E. Beaumont MU23 (1)	Kghly	21.26	
10. E. Butler F (1)	Howgill	20.59	
20. R. Haddow M50 (1)	Furness	23.51	
22. N. Maloney M50 (2)	Skipton	24.07	
31. A. Smith M50 (3)	Barlick	25.18	
47. J. Thompson M60 (1)	Wharfe	27.28	
61. D. Greenwood M60 (2)	Ross	29.00	
63. P. Wilson M60 (3)	Wharfe	29.20	

LADIES			
10. E. Butler	Howgill	20.59	
29. K. Hall F40 (1)	Wharfe	24.55	
36. R. Carter F40 (2)	Ilk	26.04	
39. J. Buckley F40 (3)	Bing	26.42	
42. L. Mallinson F40 (4)	Wharfe	26.53	
49. R. Cook	Furness	27.40	
50. K. Hood F40 (5)	Skipton	28.04	
55. L. Needham	Wharfe	28.30	
66. S. Marshall F50 (1)	Skipton	29.39	
68. C. Addison F50 (2)	HorsfFD	31.59	
75. L. Buck F50 (3)	CFR	33.48	

UNDER 9 BOYS			
1. H. Tancrel	HelmH	04.11	
4. C. McGoldrick	Settle	04.51	
5. B. Dillon	Wharfe	05.01	

UNDER 9 GIRLS			
2. H. Carter	Ilk	04.26	
3. B. Bailey	StaffsM	04.37	
6. A. Farrell	Kghly	05.03	

UNDER 12 BOYS			
1. J. Tancrel	HelmH	08.55	
2. R. Carter	Ilk	09.05	
4. Z. Sumner	Amble	09.11	

UNDER 12 GIRLS			
3. B. Buckley	Kghly	09.09	
8. I. Jebb	Bing	09.40	
9. R. Box	Skipton	09.49	

UNDER 14 BOYS			
1. J. Sanderson	Settle	12.21	
2. N. Gallagher-Thompson	Otley	12.44	
3. E. Wilkinson	Kghly	12.47	

UNDER 14 GIRLS			
11. C. Chambers	Kghly	15.04	
14. D. Fielding	SedbghSch	15.14	
15. I. Wright	Wharfe	15.24	

UNDER 17 BOYS			
1. W. Walker	Clay	20.27	
2. J. Humphries	LinclnW	20.58	
3. D. Segger-Staveley	Settle	21.02	

UNDER 17 GIRLS			
6. G. Bell	LevenV	26.01	
7. O. Aldham	Wharfe	27.02	

**92 finishers**

**COLEDALE HORSESHOE** / Cumbria  
AM/13.7km/915m/**25.09.21**

119 runners towed the line in warm, muggy conditions for this year's rescheduled Coledale Horseshoe. Clag on the tops was not enough for any major navigation errors and by the top of Crag Hill, Sam Stead had a good lead and held his advantage to finish in 1.14.39. Mario Yeomans finished an excellent second place and first M40 with Matthew Atkinson running the race in his own back yard to finish a strong third. In the ladies, Lou Osborn took the win and first F40 1.5 minutes clear of Jodie Gray with Evie Tonkin taking third place.

Keswick AC took the men's team prize and CFR the ladies' team prize.

Most runners stayed and enjoyed the fine Autumn weather with tea, cake and a good natter in the finish field.

Once again thanks go to the Atkinson family for the loan of the field, Pete Bland Sports for supporting the race, Timing Up North for timing and results and the fine marshals and helpers from Ellenborough AC, without whose help I'd be lost.

All being well the Coledale Horseshoe will return to its usual Spring slot next year.

**Nick Ray**



OPEN			
1. S. Stead	Kesw	1.14.39	
2. M. Yeomans M40 (1)	CFR	1.16.41	
3. M. Atkinson	Kesw	1.17.09	
4. S. Holding	CFR	1.17.59	
5. A. Perry	HelmH	1.18.19	
6. J. McKenna	Brist&W	1.18.27	
7. J. Kenny	HelmH	1.18.50	
8. C. Bell	Kesw	1.18.52	
9. M. McGoldrick M40 (2)	Wharfe	1.20.03	
10. C. Tinnion	Kesw	1.20.24	
11. C.G. Pantrey M40 (3)	Shettle	1.22.14	
20. A. Jackson M50 (1)	NFR	1.30.55	
28. R. Harper M50 (2)	Amble	1.35.05	
39. P. Pearson M60 (1)	NFR	1.37.43	
43. S. Parker M50 (3)	CFR	1.40.25	
48. P. Crompton M60 (2)	Unatt	1.41.23	
51. L. Warburton M60 (3)	Bowland	1.42.03	
77. K. Taylor M70 (1)	Ross	1.52.41	

LADIES			
37. L. Osborn F40 (1)	Amble	1.37.09	
40. J. Graty	Kesw	1.38.37	
46. E. Tonkin	Unatt	1.40.41	
57. C. Spurden	Kesw	1.45.04	
58. M. Robson F50 (1)	HelmH	1.45.27	
59. H. Leigh	Bburn	1.45.56	
73. R. Simpson	HelmH	1.51.38	
75. C. Russell F40 (2)	CFR	1.51.52	
79. J. Chatterley F50 (2)	CFR	1.53.10	
98. A. Cummings F60 (1)	CFR	2.07.39	
107. J. Williams F40 (3)	Kesw	2.15.52	
109. L. Malarkey F70 (1)	Kesw	2.17.19	

119 finishers

WADDINGTON / Lancashire  
BM/10.62km/324m/26.09.21

Lancashire was at its Autumnal best for the first ever running of the Waddington Fell Race. Dry conditions made for a very fast race which was won by Ollie Heaton in 40.25, with his clubmate Ellis Bland coming in just over a minute later in 41.30. The women’s category was won by Katherine Klunder in 48.17, all the more impressive given that Katherine had won at Thieveley Pike the previous day. Team prizes were won by Bowland (men’s) and Accrington Road Runners (women’s).

All 93 runners returned safely from the 6.6 mile out and back course and went back to the Village Club for the prize-giving and Martin’s soup afterwards, with many enjoying the sunshine outside. The onus was very much on a community event for the inaugural race and a number of villagers, along with club runners, volunteered as marshals. Locals also came out to support the race which we hope will become a fixture for the last Sunday in September in the FRA calendar for many years to come.

The generosity of the runners was also highlighted by the amount of money raised for two local charities: Bowland Mountain Rescue, who were present on the day, and Bags for Strife, a local

suicide support organisation. Plans are afoot next year to slightly increase the climb from 1,063ft, although the race will still cost a fiver and there’ll be free soup for all runners. This being Lancashire though, the weather can’t be guaranteed I’m afraid.

Next year’s race will be on Sunday 25 September.

Matt Bourne OPEN			
1. O. Heaton	Bowland	40.25	
2. E. Bland	Bowland	41.30	
3. A. Laycock	Clay	43.26	
4. L. Hinchcliffe	Roch	43.48	
5. J. Simon	Bowland	44.44	
6. P. Withnall	Lonsdle	45.29	
7. B. Fletcher M40 (1)	Bowland	45.34	
8. L. Mills	Bowland	45.49	
9. O. Wade	Bowland	46.14	
10. R. Solman M40 (2)	Ross	46.24	
11. D. Ryder M40 (3)	FRA	46.34	
17. D. Fishwick M50 (1)	ChorlTri	48.23	
23. B. Hickey M50 (2)	FRA	51.19	
24. G. Schofield M60 (1)	Horw	51.35	
25. T. Smith M50 (3)	Bowland	52.02	
35. D. Fleming M60 (2)	Horw	54.37	
42. K. Horrigan M60 (3)	Unatt	56.12	
81. J. Hall M70 (1)	Middlet	70.15	
88. J. Cox M70 (2)	Middlet	77.06	

LADIES			
16. K. Klunder	ChorlTri	48.17	
36. D. Gowans F50 (1)	Acc	54.41	
40. C. Nance	Lonsdle	55.51	
59. N. Dugdale F60 (1)	Clay	59.50	
63. M. Unwin F40 (1)	Middlet	60.50	
67. M. Ockenden F60 2)	Bowland	63.25	
69. S. McKenna Seed F40 (2)	Run4CF	63.54	
72. C.Colley	Unatt	67.22	
73. G. Lord F50 (2)	Unatt	67.25	
78. K. Gregson F40 (3)	Acc	69.17	
82. S. Shepherdson F50 (3)	Sadd	72.24	

93 finishers

LANCASHIREMAN OFF ROAD  
MARATHON & RELAYS / Lancashire  
BL/43km/1310m/26.09.21

MALE - SOLO			
1. I. Eccles	PennyL	4.27.11	
2. A. Worallo	Bing	4.42.55	
3. A. Parkinson	MossleyH	4.43.48	
4. T. Spencer	Unatt	5.00.37	
5. R. Adams	Unatt	5.28.15	
6. M. Haworth	Trawden	5.32.25	
7. M. Peacock	Unatt	5.32.27	
8. S. Renny	Atrinch	5.32.34	
9. K. Smith	RedR	5.32.44	
10. T. Grundy	Unatt	5.34.23	

FEMALE - SOLO			
1. N. Mason	Elvet	6.00.44	

2. N. Kitchin	HLCHargr	6.38.22	
3. D. Stevenson	Unatt	7.36.00	
4. R. Bradshaw	Traden	7.45.55	
5. C. Kippax	Lancs	7.55.23	
6. H. Farren	Ross	9.18.14	

MALE - PAIRS			
1. K. Hill/M. Pavier	Unatt	6.28.55	

FEMALE - PAIRS			
1. M. Goth/R. Blackmore	Rockcats	7.28.55	

MIXED - PAIRS			
1. N. Kelly/S. Kelly	Horw	5.34.10	
2. C. Atherton/V. Rogan	Trawden	5.43.17	
3. E. Corcoran/S. Hayton	Trawden	6.55.36	

RELAY - PAIRS			
5. Lancashire (wo)men4CF		7.56.25	

TURNER LANDSCAPE / Cumbria  
AM/17km/910m/02.10.21

So, this is a race of two dates both as wet as each other! Firstly, back to the original date of 7th August. The weather was appalling, but of most concern was the forecast for lightning, which, at about 11 00 a.m. on Friday morning, had settled on a six hour block across the afternoon. After a few phone calls for advice, it was reluctantly decided to cancel the race, a decision that seemed to meet with universal approval, but an infuriating one when the forecast for lightning disappeared later on that evening.

Fast forward to 3:00 a.m. on the morning of the rearranged date, 2nd October : when three enormous crashes of thunder literally shook the valley, it seemed like our luck was not to be! It seemed to have changed when the morning started bright, with light showers, however it steadily deteriorated and heavy rain met the 31 hardy souls who set off at noon.

More concerning was the first marshals telling us the weather was even worse on the tops, with very high winds, driving rain and hail, weather some of the runners would later describe as “biblical”, so it was with some trepidation that we waited for the first runners to descend off White Pike. Descend they all did though, and despite a brief scare, all were eventually accounted for, many of the runners stating it was the worst weather they had ever raced in. Most seemed to enjoy the run and the route though.

Great sporting gesture from Andy Ford and William Reed who shared first place in the men’s race plus a first race win for Victoria Rose Miller in the women’s event. A big thank you to all runners who took part, and an equally big thank you to all the helpers, particularly the marshals who went above and beyond to ensure the race went by safely.

This year’s was the 10th anniversary of the race set up by Spike Breslin, assisted by Gordon Johnson, who sadly passed away this year. Spike is no longer fit enough to organise but was there as



Runners taking part in the Hodgson Brothers Mountain Relay © Stephen Wilson www.granddayoutphotography.co.uk

a spectator, and the number of original entrants is testimony to the popularity the event has achieved. Supporting a great charity, Alzheimer’s Research UK, helps.

Here’s to a well-earned, sunny 2022!

Andrew Breslin

OPEN			
1. A. Ford	CaldV	2.00.14	
2. W. Reed	Unatt	2.00.14	
3. M. Burley	Macc	2.04.38	
4. N. Lyons	BICmbe	2.05.45	
5. D. Wilson M50 (1)	Bowland	2.06.37	
6. D. Hoare M40 (1)	Bowland	2.06.49	
7. B. Wilson	Bowland	2.11.01	
8. C. Howitt	Amble	2.17.10	
9. D. Banks M50 (2)	Kend	2.17.27	
10. J. Garnett M50 (3)	Settle	2.21.59	
12. V.R. Miller F (1)	Amble	2.22.42	
14. P. Jumeau M60 (1)	Lonsdle	2.26.16	
15. R. Gibson M60 (2)	Kend	2.26.18	
17. J. Goffe M60 (3)	BI	2.48.10	
18. S. Ross F40 (1)	BICmbe	2.49.17	
19. V. Upton F (3)	HelmH	2.49.22	
20. D. Tunstall F50 (1)	Durham	3.04.26	

23 finishers

HODGSON BROTHERS MOUNTAIN  
RELAY / Cumbria  
Relay/40km/2450m/03.10.21

The running of this event was in doubt at many times in the week before the race, with both waterlogged parking fields and a lousy weather forecast to contend with. In the event, the last possible weather forecast issued at 4.30 p.m. the day before the race showed a slight improvement, and we went ahead. Runners often think it’s themselves that are at the forefront of an organiser’s mind when taking these decisions, but it’s usually the marshals that must bear the worst of the weather, and whose safety is also paramount. It was the right decision but being a team of ROs is a stressful job sometimes!

Congratulations to Keswick, who secured a fourth Open win on the trot, leading from the front on Leg 1, but only after the lead changed hands with Carnethy along the way on Leg 2. They were also pushed hard all the way by Ambleside AC, who eventually finished runners-up for the third time in a row, just a couple of minutes behind. Carnethy stayed strong to get third place.

Helm Hill also defended their ladies’ title to complete a hat-trick of victories, helped by a stunning Leg 2 from Hannah Russell and Emma Gould, who were 12th fastest overall in the most challenging conditions of the day. Ambleside AC, who had just-turned 16-year old Sophie Rylance on the first leg, came home in second place, followed by Keswick in third.

Pennine Fell Runners had a fine day’s racing, taking the Mixed Trophy with really good performances right across the team, including the

fastest ladies’ leg pair over Red Screes on Leg 3. It was good to see other podium spots being taken by Northern Fells and Holmfirth Harriers, who had a real ding-dong along the way.

The closest category was the Veterans where over four hours of racing came down to a shoot-out on Leg 4, with Dark Peak overhauling both Helm Hill and Pennine Hill Runners to enter the finishing field just in front. All three teams finished within about a minute of each other!

We gave out over £3000 worth of prizes at this year’s race, so a huge ‘Thank You’ to our sponsors Pete Bland Sports, Inov-8, Scott, Montane, Ron Hill Sports and OMM for their considerable generosity in supporting this race to the extent that they do. It’s incredibly appreciated.

There were two hospitalisations this year, both on the Leg 1 descent, and we wish the runners from Eden Runners (badly gashed knee), and Tring (that’s a long trip home with a fractured ankle!), a successful recovery. It’s a timely reminder of the hazards of the sport that we love and why we enforce equipment requirements so strictly.

The race is always an important fund-raiser for the local community: the local Patterdale School Support Group raised over £1000 with their catering, and they will also be the beneficiaries of a significant donation from surplus race funds. We also donated to ‘Fix the Fells’, who do vital work on restoring and maintaining the mountain paths that we run on.



We are eternally in debt to our great team of marshals; both those that we arrange, and those from Raynet. It's a complex race to organise is this one, and we couldn't do it without them.

Also, your support as runners with the car parking made a massive difference on the day. You really helped with car-sharing and keeping car traffic to a minimum and that meant we just got away with it!

Chris, Scoff, Sara & Jon

OPEN		
1. Keswick AC		3.39.03
2. Ambleside AC		3.41.37
3. Carnethy HRC		3.46.29

LADIES		
25. Helm Hill Runners		4.40.50
31. Ambleside AC		4.45.18
46. Keswick AC		5.19.37

MIXED		
23. Pennine Fell Runners		4.38.56
34. Northern FRC		5.00.35
35. Holmfirth Harriers AC		5.05.55

VETERANS		
12. Dark Peak Fell Runners		4.21.26
14. Helm Hill Runners		4.21.43
15. Pennine Fell Runners		4.22.30

**CASTLE CARR** / West Yorkshire  
AL/24km/1200m/**03.10.21**

Aside from 2017 when it was used as an English championship race, Castle Carr is one of the smallest fell races in England, almost certainly the smallest category AL. 14 runners took on this fifth running of the race, with two of those runners lining up on the early start to give themselves more time to finish. Marshals outnumbered the runners, as did the prizes – so there was a prize for every finisher!

Unfortunately, no women ran.

Gavin Mulholland led the race from start to finish in an excellent time, not too far off the M50 record.

The new landlords at the Hare & Hounds made us very welcome, with a marquee to use for pre- and post-race.

An uplifting moment was when a local who lives at one of the houses en route, who had seen flags being removed before the race, took it upon himself to make some flags out of stakes and a torn-up red sack to replace them, and stood directing runners so they wouldn't go wrong.

Bill Johnson

OPEN		
1. G. Mulholland M50 (1)	CaldV	2.23.33
2. O.Barnes M40 (1)	Unatt	2.32.24
3. K. Houl't M40 (2)	CaldV	2.41.48
4. P. Wells M40 (3)	CaldV	2.45.38

5. C. Storozuk M40 (4)	Barlick	2.48.48
6. M. Page M40 (5)	Holmf	2.48.52
7. P. Haigh M40 (6)	CaldV	2.53.13
8. T. Smith M50 (2)	Bowland	3.04.59
9. L. Ellis	Unatt	3.05.02
10. M. Kay M40 (7)	CaldV	3.16.40
11. A. Greenwood	CaldV	3.44.51
12. M. Snarr M40 (8)	Unatt	3.57.07
13. K. Hutson M60 (1)	CaldV	4.31.12

13 finishers

**WASDALE SHOW (BOFRA)** / Cumbria  
AS/3.8km/701m/**09.10.21**

No one can doubt that 2021 has been a weird and mixed-up year, but for the summer season of fell running at least, there was the 'usual' dramatic finale race accompanying the Wasdale Shepherds' Meet at Wasdale Head. The race itself is a lung-inverting, thigh-straining, struggle to the top of Kirk Fell, taking only the hardest of runners 2330 feet above the start line. At about one and a quarter miles to the top, it is one of the steepest and longest continual ascents of the season, even described by Wainwright as "a relentless and unremitting treadmill, a turf clutching crawl, not a walk."

As if the challenge of climbing a near vertical mountainside isn't enough, the route takes in some tricky scree sections including very loose boulders that slide underfoot, slowing even the fastest of runners and unnerving the unwary. The very welcome sight of the summit is further enhanced by the even more welcome Wasdale Mountain Rescue volunteer who patiently waits to count in all racers. The descent follows the same route as the ascent but personal route choices can take you down any way you like, with some interesting choices by some. Whichever route a competitor uses, it is generally much faster than the ascent and includes some exhilarating scree riding for the brave. For the not-so-brave, it is a nail-biting trial by boulder until the grass is once again met. This year though, the grass was best described as greasy, making it slippery underfoot. Despite the apparent dangers of the race, the only real risk is that of getting lost on the top as perception can make the unwary take the wrong return path. This year the chance of getting lost or taking a varied route to the finish was greatly enhanced by very low cloud which disoriented even the most experienced of runners. Thus, navigation skills were a must this year, adding to the excitement and exhilaration of the challenge.

58 seasoned and slightly mad seniors and 46 equally afflicted juniors toed the start line and made the mad dash to the broad stile over the wall, to commence their varying ascents of Kirk Fell.

During the struggle to the summit, there was a lot of shuffling of the order but the one constant was that Finlay Grant was first to the summit and then first through the finish funnel to win the race (39.41) from Brian Pennington, 2nd (41.41) and Andrew Cox, 3rd,(42.29). In a similar fashion,

the ladies' race enjoyed some shuffling of order but was again dominated by Elsie Butler who finished in 4th place overall, to win the ladies' race (42.44) from Kirsty Hall, 2nd (48.19) and club mate Jean Powell, 3rd (51.58).

Climbing to the base of the screes and just inside this year's generous helping of low cloud, the U17 race is a challenge for even the hardest of young runners. This year's winner was Nathan Hird (19.54) from Vladimir Wiggins, 2nd (20.37) and Alex Matthew, 3rd (20.52). The girls' race was won by Olivia Aldham (24.26) making it a double win for the club. Second girl was Cate Matthew (30.09) ensuring a full house of junior podium finishes for the junior Matthews.

The U14 race ascends to and round a convenient large protruding rock in the fell side and was won by Jack Sanderson (7.27) to finish an outstanding season for him. Second and third boys were Archie Peaker (7.49) and Ewen Wilkinson (8.08). Katie Buckley won the U14 girls' race (9.25) from Charlotte Chambers (9.42). Third girl was Betsy Willis (12.56).

The U12 race climbs part way up the hill before turning right for a loop through the bracken and then returning over the wall to the finish line. Zeke Sumner won the boys' race (4.23) from Noah Cook, 2nd (4.52) and William Oakden, 3rd (4.59). As often happens in junior races, the girls show the boys how it's done and this race was no exception. Bethan Buckley won the girls' race (4.37), finishing second overall and continuing a family trend of race winning. Daisy Woodcock was second girl (5.11) from Holly Nicholls, 3rd (5.24).

Su Thompson

OPEN		
1. F. Grant MU23 (1)	Bux	39.41
2. B. Pennington M40 (1)	Howgill	41.41
3. A. Cox	Moorft	42.29
4. E. Butler F (1)	Howgill	42.44
5. M. Robinson M50 (1)	DkPk	43.40
6. P. Crabtree M50 (2)	Bing	44.22
7. P. Done	Unatt	44.25
8. B. Timbers M40 (2)	Kghly	45.07
9. J. Gilbert	CFR	46.25
10. E. Aldrich M40 (3)	Highgte	47.30
14. R. Haddow M50 (3)	Furness	50.48
35. L. I'Anson M60 (1)	Wharfe	62.17
39, G. Bastow M60 (2)	Ripon	67.03
40. P. Wilson M60 (3)	Wharfe	68.34

LADIES		
4. E. Butler	Howgill	42.44
11. K. Hall F40 (1)	Wharfe	48.19
18. J. Powell F50 (1)	Wharfe	51.58
22. L. Thompson F60 (1)	Kesw	55.40
25. L. Buck F50 (2)	CFR	56.52
27. C. Harding F40 (2)	P&B	57.50
30. E. Child	Unatt	59.16
32. J. Bagnall F40 (3)	Settle	60.05
36. N. Butler F50 (3)	Kesw	63.34

UNDER 12 BOYS		
1. Z. Sumner	Amble	04.23
3. N. Cook	Furness	04.52
4. W. Oakden	Kghly	04.59

UNDER 12 GIRLS		
2. B. Buckley	Kghly	04.37
6. D. Woodcock	Kesw	05.11
10. H. Nicholls	Wigan	05.24

UNDER 14 BOYS		
1. J. Sanderson	Settle	07.27
2. A. Peaker	Kghly	07.49
3. E. Wilkinson	Kghly	08.08

UNDER 14 GIRLS		
5. K. Buckley	Kghly	09.25
7. C. Chambers	Kghly	09.42
8. B. Willis	Wharfe	12.56

UNDER 17 BOYS		
1. N. Hird	Wharfe	19.54
2. V. Wiggins	Preston	20.37
3. A. Matthew	Bowland	20.52

UNDER 17 GIRLS		
5. O Aldham	Wharfe	24.26
7. C. Matthew	Bowland	30.09

58 finishers

**THREE PEAKS RACE** / North Yorkshire  
AL/37.4KM/1608M/**09.10.21**

It had been a two-and-a half year wait and there were rumours that Covid-19 delays had provided opportunities for training towards an overdue record attempt on a £500 prize, but past winners of the Three Peaks Race were beaten by two newcomers in a slow event.



Garry Greenhow (Ambleside AC) winner of the 2021 Three Peaks Race © Woodentops.co.uk

Garry Greenhow finished the 66th Three Peaks – last held in April 2019 - in 3.05.22 – well outside the 25-year-old record over the current 37.4km course of 2.46.03, set by Andy Peace, of Bingley Harriers, in 1996.

The Three Peaks Race Association offers a £500 bonus prize to anyone who can beat the male or female records. The race, which has Inov-8 as its main sponsor, is billed as 'the Marathon with Mountains' because it takes runners over the summits of Pen-y-ghent, Whernside and Ingleborough in the Yorkshire Dales.

Greenhow – believed to be the first M40 race winner - finished exactly one minute ahead of Jonathon Cox, who was another first-timer. The race, which had a slightly modified start and finish in Horton-in-Ribblesdale, near Settle, was run in poor visibility with rain, resulting in slippery conditions over the wet limestone.

One of the pre-race favourites, Ricky Lightfoot, the winner in 2014 and 2015, and the 2013 World Champion in trail running, had to be content with third place. The Cumbrian firefighter, who is selected to represent Great Britain in the World Mountain Running Championships in Thailand in February, set 2.49.07 over the Three Peaks in 2016.

Karl Gray, who established the M40 record in 2017, set a new M50 record, claiming fourth place in 3.07.34. This was almost four minutes ahead of Tom Owens, who won the race in 2011 and 2018.

Alistair Thornton, who said he aimed to be first to Pen-y-ghent summit, achieved his goal in 27.39 and won a £100 spot prize. The Howgill Harrier finished in 13th place in 3.21.17 – four minutes slower than his previous best in 2019.

The first five runners all reached Pen-y-ghent

summit within 29 minutes, with Tom Owens pulling out a short lead on the steep flog up the face of Whernside to record 1.49.06 on the summit. He continued his lead down to the Hill Inn but slowed on the ascent of Ingleborough where Greenhow and Cox were within three seconds of each other, finishing only 60 seconds apart.

The female record of 3.09.19 is held by Victoria Wilkinson, of Bingley Harriers, but recovering from injury, she did not enter. In her absence, the fastest female was the youngest woman in the race, Rose Mather, who recently returned to fell running after competing in her teens. She finished 51st overall in a time of 3.47.38, almost three minutes slower than her mother's second place in 1984.

Second female was Holly Wootten in 3.50.05 and third was Sara Willhoit in 3.50.33.

Organisers had accepted 821 entrants for the race, but only 467 started and 52 failed to finish. They included a male runner who suffered a badly lacerated leg on Ingleborough and had to be stretchered off the summit by the Cave Rescue Organisation, which took around four hours.

Next year, organisers of the race plan to revert to the traditional date in Spring when it will be on 30th April. The 2020 race was cancelled and the 2021 event postponed to October because of Covid-19 restrictions.

Brian Dooks

OPEN		
1. G. Greenhow	Amble	3.05.22
2. J. Cox	Eden	3.06.22
3. R. Lightfoot	Ellenb	3.07.17
4. K. Gray M50 (1)	CaldV	3.07.34
5. T. Owens M40 (1)	Shettle	3.11.22
6. D. Connolly	Mercia	3.13.27
7. J. Espie	Dees	3.13.32
8. A. Perry	HelmH	3.16.54
9. T. Day	Kesw	3.17.08
10. T. Mason M40 (2)	Wharfe	3.17.13
11. M. McGoldrick M40 (3)	Wharfe	3.19.56
13. A. Thornton MU25	Howgill	3.21.17
14. S. Shaw MU25 (2)	Unatt	3.22.20
18. M. Briggs MU25 (3)	NFR	3.28.03
31. J. Goudge M50 (2)	Horw	3.37.26
35. J. Hunt M50 (3)	DkPik	3.38.59
69. P. Crabtree M50 (4)	Bing	3.56.40
87. D. Griffin M60 (1)	HelmH	4.04.50
97. I. Ferguson M60 (2)	Bing	4.08.49
115. J. Tullie M60 (3)	Teviot	4.15.24
358. J. Maxfield M70 (1)	NewbN	5.14.58

LADIES		
51. R. Mather	Unatt	3.47.38
59. H. Wootten	Kesw	3.50.05
61. S. Willhoit	Mercia	3.50.33
64. K. Klunder	ChorlTri	3.52.53
83. J. Rawes	YorkKn	4.04.04
84. A. Hassell	Tod	4.04.23



104. H. Hardaker F40 (1)	Kghly	4.10.44
111. L. Slater F50 (1)	Barlick	4.14.13
123. N. Jackson F40 (2)	Felland	4.17.17
145. R. Carter F40 (3)	Ilk	4.22.47
185. J. Brown F50 (2)	Clay	4.33.42
230. A-M. Hindle F50 (3)	Ross	4.44.21
285. N. Dugdale F60 (1)	Clay	4.56.02
291. B. Weight F60 (2)	Bing	4.56.41
302. W. Dodds F70 (1)	Dallam	4.59.05
357. A. Cummings F60 (3)	CFR	5.14.36
390. C. Clarke F60 (4)	NLeeds	5.25.44

**LANGDALE HORSESHOE** / Cumbria  
AL/21.1km/1450m**09.10.21**

A typically murky day in Langdale saw a reduced field of 267 runners set off up into the heavy clag. Conditions underfoot were treacherous, with reports of the long rocky section over Bowfell and Crinkles being “as slippery as it ever gets”.

In the men’s race Ian Holmes and the Keswick pairing of Matthew Atkinson and Callum Tinnion forged an early lead. A sore knee meant that Ian

had to ease off over Crinkles and leave Callum and Matthew to thrash it out. Fresh from his win at Three Shires, Atkinson pressed ahead and won in 2.15.16, a minute ahead of Tinnion. Holmes came an excellent third place, a mere twenty five years after he last won the race in 1996, claiming the M40 and M50 wins in the process. Evergreen Leigh Warburton guided a couple of dozen runners round the course and secured the M60 win. Ken Taylor took the M70 honours.

In the women’s race, Tessa Strain got away early and stayed away, winning by eight minutes in 2.54.57. Sue Richmond was second and first F40 and Bryony Halcrow was third, a minute adrift. Alison Wainwright took the F50 crown and the remarkable Lesley Malarkey took the F60 and F70 honours.

As organiser I need to thank some people. This race relies on the help of over 40 Ambleside AC club members and the fell marshal role is usually particularly challenging due to poor weather. Big thanks to them. The farmer, Mike, and pub landlord, Neil, go out of their way to help make the event run smoothly. Dave Higson had a busy

time on first aid, patching people up with scrapes and bruises and a couple of breaks this year.

Next year is the 50th Anniversary of Langdale and the race is the final counter in the English Championship series. We are due some decent weather at the race — it has been a while! We hope to see you there!

**Dan Duxbury**

**OPEN**

1. M. Atkinson	Kesw	2.15.16
2. C.Tinnion	Kesw	2.16.12
3. I. Holmes M50 (1)	Bing	2/21/35
4. S. Jaques M40 (2)	Unatt	2.22.39
5. J. Harris	Amble	2.22.42
6. B. Abdelnoor M40 (3)	Amble	2.22.48
7. J. Hartley	BICmbe	2.22.49
8. O. Murphy	Ilk	2.25.56
9. S.Dixon	HelmH	2.26.42
10. J. Walton MU23	Kghly	2.29.01
12. D. Birch M50 (2)	Kesw	2.29.45
23. P. Cornforth M50 (3)	Amble	2.36.57

71. L. Warburton M60 (1)	Bowland	3.01.38
113. R. Gibson M60 (2)	Kend	3.15.20
129. N. Sebley M60 (3)	BICmbe	3.17.23
251. K. Taylor M70 (1)	Ross	4.26.56

**LADIES**

55. T. Strain	HBT	2.54.57
82. S. Richmond F40 (1)	Penn	3.02.49
84. B. Halcrow	Amble	3.03.42
85. C. Nance	Lonsdle	3.05.32
92. L. Richardson	Eryri	3.09.43
112. K. Hewitson F40 (2)	Kesw	3.15.14
129. V.R. Miller	Amble	3.17.23
157. J. Greenhalgh F40 (3)	Lostock	3.29.17
200. A. Wainwright F50 (1)	DkPk	3.55.24
226. T. Wilson F50 (2)	Buxton	4.02.34
232. L. Malarkey F70 (1)	Kesw	4.05.05

**256 finishers**

**SLIEU WHALLIAN (WINTER LEAGUE ROUND 1)** / Isle of Man  
**09.10.21**

**OPEN**

1. N. Colburn	MFR	18.40
2. L. Stennett Yr10Boy (1)	NAC	19.08
3. S. Perry Yr10Boy (2)	NAC	19.34
4. O. Chambers	MFR	19.50
5. S. Looker	MFR	20.00
6. L. Taggart M50 (1)	MFR	20.16
7. C. Teare Y10B (3)	NAC	20.22
8. M. Callister M40 (1)	MFR	20.34
9. H. Stennett Yr7Boy (1)	NAC	20.38
10. C. Reynolds M40 (2)	MFR	20.43
16. A. Sandford M50 (2)	IOMVAC	21.26
21. G. Salter Yr8Boy (1)	NAC	22.08
23. F. Griffin Yr9Boy (1)	MH	22.27
24. R. Shipway M50 (3)	WAC	22.31
26. T. Dunne M40 (3)	Unatt	22.42
50. K. Lowe M60 (1)	Unatt	26.12
58. J. Norrey M60 (2)	MFR	26.49
78. C. Gledhill M60 (3)	Unatt	29.24
86. P. Cooper M70 (1)	MFR	31.03
100. R. Moughtin M70 (2)	WAC	33.28
105. D. Corrin M70 (3)	IOMVAC	34.19

**LADIES**

28. J. Lee F40 (1)	Eryri	23.13
38. C. Perry FYr12 (1)	NAC	25.16
42. L. Stennett FYr11 (1)	NAC	25.39
44. R. Harding	MFR	25.44
46. M. Dunwell FYr12 (2)	NAC	25.52
47. H. Moore	Unatt	25.58
53. S. Curphey	MFR	26.28
55. R. Craine F40 (2)	MFR	26.34
57. C. Caren F40 (3)	MFR	26.42
62. J. Gledhill F50 (1)	MFR	26.59
70. A. Clayton FYr8 (1)	MH	28.11
71. M. Watkins F50 (2)	MFR	28.33

89. S. Donaldson F50 (3)	MFR	31.37
92. R. Hooton F60 (1)	MFR	31.44
94. J. Rose F60 (2)	MFR	32.24

**PIPE DREAM** / Clwyd  
AS/6.8km/390m**17.10.21**

**OPEN**

1. G.W. Hughes M40 (1)	Eryri	35.28
2. I. Belshaw	Eryri	36.54
3. M. Corrales	DkPk	38.13
4. L. Ramsay	Eryi	40.41
5. D. Herrell	Unatt	41.42
6. A. Willis M40 (2)	Unatt	42.34
7. S. Edwards M50 (1)	Buckley	42.37
8. S. Ridgeway F40 (1)	Unatt	42.39
9. G. Hughes M40 (3)	Hebog	43.02
10. A. Mitchell M40 (4)	Unatt	43.33
16. N. Vicars-Harris M50 (2)	GogTri	53.04
17. M. Snell M60 (1)	Eryri	53.24
23. R. Bourne M50 (3)	Mysteruns	59.13
21. A. Moir F60 (2)	MDC	56.15
27. J. Morris M70 (1)	Buckley	65.25
31. K. Azizrashid M60 (3)	Unatt	77.28

**LADIES**

8. S. Ridgeway F40 (1)	Unatt	42.39
18. H. Turneer	Unatt	53.33
22. E. Salisbury F60 (1)	Eryri	57.26
26. A. Fletcher F40 (2)	Eryri	64.59
28. L. Edmondson F50 (1)	WFRA	65.37
29. M. Oliver F70 (1)	Eryri	69.06

**32 finishers**

**ANDREW HEYWOOD MEMORIAL WINGATHER** / Derbyshire  
BL/21.7km/762m**17.10.21**

Thanks once again for everyone’s support of the race. Although it looked a bit grim first thing, it turned out OK for running, albeit a bit misty (and wet underfoot as always).

Congratulations to Jack Ross on winning overall, great to see him back on form, with Jonny Croston and Ian Ridgeway second and third. In the ladies’ race, Alice Swift came home some distance ahead of Robyn Cassidy and Lauren Bradshaw.

Well done to all of them, to our age category winners, and to everyone who made it round (especially if you did the Fell relays the previous day!) with commiserations to the few retirements, who all got back safely and more or less in one piece. Whilst a few folks ventured into places that aren’t strictly on the route, no one got too badly lost.

A mobile phone was lost - and found(!) by Colin Marsh of High Peak Tri: thanks for returning it to us, it’s back with its owner now! Also lost was a sole of one runner’s Walsh: he made it back the last two miles on one shoe and one sock. Rather him than me.

Thanks also to all the helpers from Buxton Rotary and Inner Wheel for their help on the course, and at the start/finish/in the kitchen, very much appreciated; to Dave Buxton our sweeper for collecting the signs; and to Jo Miles for marking of the course and keeping everything on track.

Amongst the comments received on the day were compliments on the quality of our safety pins. You don’t get much higher praise than that!

Thanks again, and I hope you’ll agree it’s great to be stood on the start line of a race after the last 18 months or so.

Hope to see you next year, probably the second or third Sunday in October!

**Julian Brown**

**OPEN**

1. J. Ross	StaffsM	1.48.20
2. J. Croston M40 (1)	CaldV	1.50.59
3. I. Ridgeway	Unatt	1.51.10
4. D. Gilbert M40 (2)	Horw	1.52.30
5. M. Owens M40 (3)	Chorlton	1.54.20
6. P. Swindles M40 (4)	Penn	1.54.43
7. D. Brockbank M40 (5)	Macc	1.55.35
8. T. Bush	Penn	1.58.52
9. M. Nichols	Unatt	1.59.43
10. C. Houghton M40 (6)	Penn	2.00.46
16. C. Bedson M50 (1)	CheshHR	2.10.29
20. D. Knowles M50 (2)	Unatt	2.11.54
22. N. Clarke M60 (1)	Macc	2.13.03
24. D. Whitfield M50 (3)	Unatt	2.13.41
31. S. Hunter M60 (2)	Unatt	2.15.36
37. D. Veryard M60 (3)	Bakew	2.32.13

**LADIES**

18. A. Swift	Chorlton	2.10.47
27. R. Cassidy	Unatt	2.14.54
28. L. Bradshaw	Unatt	2.14.54
30. F. Sharpley	Macc	2.15.30
33. J. Crowson F50 (1)	DkPk	2.17.36
41. A. Wainwright F50 (2)	DkPk	2.24.08
47. C. Calladine F40 (1)	HattD	2.30.06
52. J. Nolan F50 (3)	DkPk	2.31.04
54. N. Chester F40 (2)	Badgers	2.31.32
59. J. Hulley F40 (3)	Stockp	2.31.51

**111 finishers**





WORDS DARREN FISHWICK  
PICTURES JIM TYSON

# DARREN FISHWICK CELEBRATE GOOD TIMES, COME ON!

**F**ell races have finally returned: it's time to come together, let's celebrate. It had been over fourteen months since I'd attended a race without any Covid restrictions, then on Sunday 30th May 2021 the wait was finally over. The inaugural Shepherds Crook was the race in question and even its close proximity to Burnley couldn't dampen my spirits. However, the week leading up to the race had been challenging with a return to working nights begging the question - how much longer can I continue with night shifts? A decent daytime sleep relies heavily upon daylight reducing blackout blinds and curtains. As a night shift worker this belt-and-braces approach towards window dressing is essential but, unfortunately, it's seldom sufficient for guaranteed shut-eye. My late grandad Bob always said, "Owls and bats and the neighbour's cat are the only ones that flourish without a nightly nap" .... I couldn't agree more.

Even my performances playing along to "The Chase" on television had suffered through lack of sleep and most days I found myself scoring significantly less than the contestants. I remember being particularly impressed by the performance of a retired doctor but looking back now it's what I'd expect from a medical practitioner. Ironically during one of the commercial breaks there was a medical themed advertisement. The product was Dulcolax - it relieves constipation and can be taken in a variety of forms. Soft chews, liquid, and, for the more adventurous user, suppositories can be inserted to give the blockage a gentle nudge for quick relief... "because waiting is the hardest part". When the advert was shown we were sat down eating

tea and I told my wife I thought the timing of such a commercial was inappropriate. Alison agreed and was clearly unnerved by a video demonstrating how the product helps to soften stubborn stools. She completely lost her appetite and gave the dog what remained of her bangers and mash - it was a sizeable portion; the dog was delighted. Regarding the commercials, I think a disgruntled ITV employee had mischievously altered the scheduling following a wage dispute or other such grievance. My theory was highlighted more so when the next advert was for a product called Vagisan - a cream for the treatment of vaginal dryness. It boldly confesses to "giving well-being to intimate parts". Now I'm not being prudish, but I believe sensitive bodily issues should be aired late at night after the watershed as I find them distasteful during mealtimes. That doesn't mean I'm unsympathetic towards these conditions, I myself can be very stubborn. I asked my wife, if she was a doctor would she dare appear on a national game show for fear of being ridiculed if she underperformed? Alison told me if she was a doctor, she wouldn't have time for game shows. She'd be far too busy studying me and, following her findings, she'd prescribe me with both Dulcolax and Vagisan, because I'm frequently full of sh\*t and often extremely irritating. I wish I'd never asked...I felt ridiculed.

Whilst getting ready on the morning of the race I sensed I was being watched. I wasn't uncomfortable with the situation, on the contrary, I was flattered as I find it uplifting that after all these years my wife still gazes longingly in my direction. I had a captive audience, so I played the showman. The bedroom was the stage where I showcased





my performance of “Celebration” by Kool & The Gang... “There’s a party goin’ on right here, a celebration to last throughout the years. So, bring your good times and your laughter too, we gonna celebrate your party with you”. Before I got to the chorus my rendition was scrutinised as I’m quizzed about my erratic hand movements and unrhythmic grooving. I claimed I was playing an imaginary bass guitar whilst doing ‘my funky thang’ as I simply can’t contain my excitement for the forthcoming Shepherds Crook fell race. Alison continued to stare, this time I felt uneasy as she looked puzzled. She then sighed and in a monotone voice filled with nonchalant calmness said, “Darren, when did you last change your underpants?”. Unable to give a definitive answer I continued dancing around the room whilst promising an increased regularity where the changing of kecks was concerned. Alison said, “there’s no time like the present”. I replied, “why do something today that you can put off until tomorrow?”. My wife then buried her head in a pillow and muttered, “tomorrow never comes”. I commented that I’m sure that’s the name of a James Bond film. I was immediately corrected and told the Bond film was called Tomorrow Never Dies. I congratulated Alison on her film knowledge, but she hadn’t yet finished. I’m then informed that Sheryl Crow did the theme song. I was obviously impressed and said, “Have you ever thought about becoming a doctor? You’re dead clever”. Carrying on with the Bond theme Alison replied, “Dr. No”. I applauded her quick-wittedness and promptly changed my underpants in a show of appreciation for our light-hearted conversation rather than confrontation.

On arrival at the race, even though many unprecedented months had passed, the participants within the fell community were, as expected, still charming. What I didn’t expect was how difficult I found the race. I didn’t struggle with the course but there’s no denying it, I certainly struggled with a lack of race fitness. My lacklustre lockdown training runs had kept me reasonably fit, but evidently not race fit. I was no doubt elated to be back racing, I just wished my legs and lungs would’ve been more enthusiastic. It was blatantly obvious that the competitive edge synonymous with racing required elevated fitness levels and Shepherds Crook acted as a simple reminder. Undeniably my attitude during lockdown had been feckless and I’d lost the edge. The only solution in my eyes was to try and race myself back to pre-pandemic performance levels. So, since Shepherds Crook I’ve currently done Duddon, Ennerdale, Great Lakes, Blencathra, Bridestone, Wasdale, Aldermans Ascent, Old Crown Round, Kentmere, Borrowdale, Whittle Pike, Eldwick Gala, Beater Clough, Reston Scar Scamper, Crowden Horseshoe, Sedbergh Hills, Black Combe Dash, Dark Side of The Combe, Grisedale Horseshoe..... the list goes on!

**“I’d lost the edge...  
The only solution in  
my eyes was to try  
and race myself back  
to pre-pandemic  
performance levels.”**

Of the races recently done, Wasdale remains one of my favourites but admittedly it always comes with feelings of slight apprehension. The night before the race I was typically restless, and I wasn’t alone. Unsurprisingly Nellie, our ageing border terrier, is showing signs of diminishing faculties and occasionally she’s caught short, but more often than not I have the situation under control thanks to intuitiveness. Every morning she walks into our bedroom and I instinctively sense her presence. I’m convinced I have a sixth sense which acts like an early warning system whereby if I don’t get up immediately Nellie will urinate in the kitchen. Thankfully a tiled floor and wild rhubarb scented disinfectant are adequate for dealing with any mishaps, but ideally a p\*\*\*-free surface is preferred.

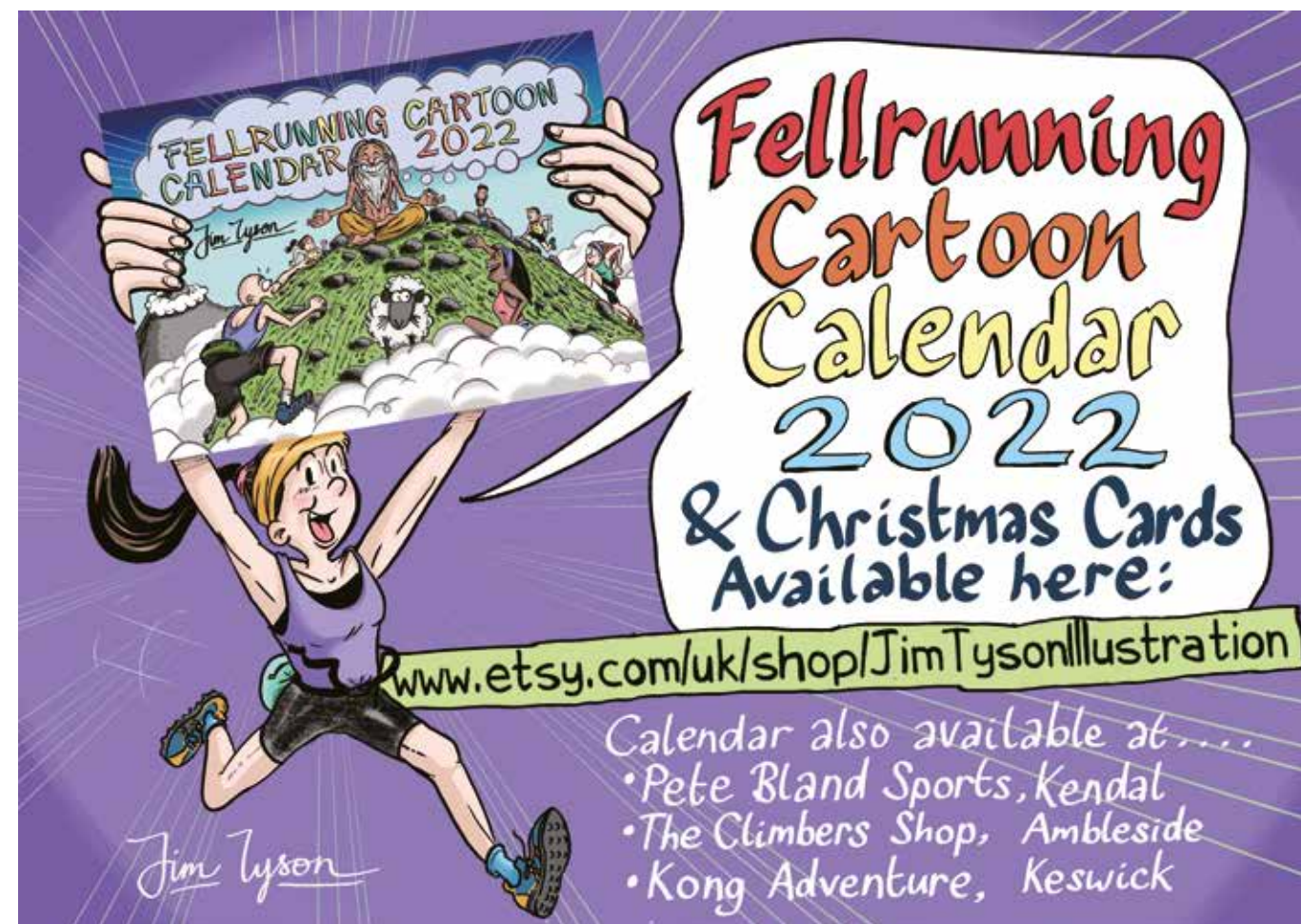
On the morning of Wasdale fell race I was up earlier than normal due to the long drive up to West Cumbria and decided to leave Nellie fast asleep in the back bedroom until I’d showered. Unexpectedly she awoke and trotted off just as I’d undressed. Time was now of the essence, so I nakedly chased after her and let her outside just in the nick of time. In my defence what happened next could be construed as somewhat unorthodox but I acted with Nellie’s best interests at heart. Unfortunately, these days due to limited mobility, she always stands on the lawn waiting to be lifted back into the house. Without a stitch on I patiently sat on the garden wall, but my virtue wasn’t rewarded, for when Nellie was done she surprised me by doing a runner. I think my nakedness had made her feel uncomfortable. Undeterred I gave chase around the garden and was instantly picked up by the motion sensor on our security light - previously its brightness had never really occurred to me. I’m now also uncomfortable with the situation and couldn’t help but feel I wasn’t conforming to standards of acceptable behaviour. Nellie was obviously in agreement as I hadn’t seen her

move so fast in years. When I finally caught her I glanced at our reflection in the kitchen window and I couldn’t possibly say who looked the more startled. Admittedly, my naked ordeal wasn’t ideal, but it had been a bare necessity in maintaining kitchen hygiene. Alison was more concerned about the neighbours; especially the new ones that we hadn’t yet met. I reassured her I wasn’t seen. Alison said, “I hope not as you only get one chance to make a first impression, I’ll keep my fingers crossed that wasn’t yours”. I agreed and following the early morning shenanigans, Wasdale was pretty uneventful ....as the exposure was less daunting!!

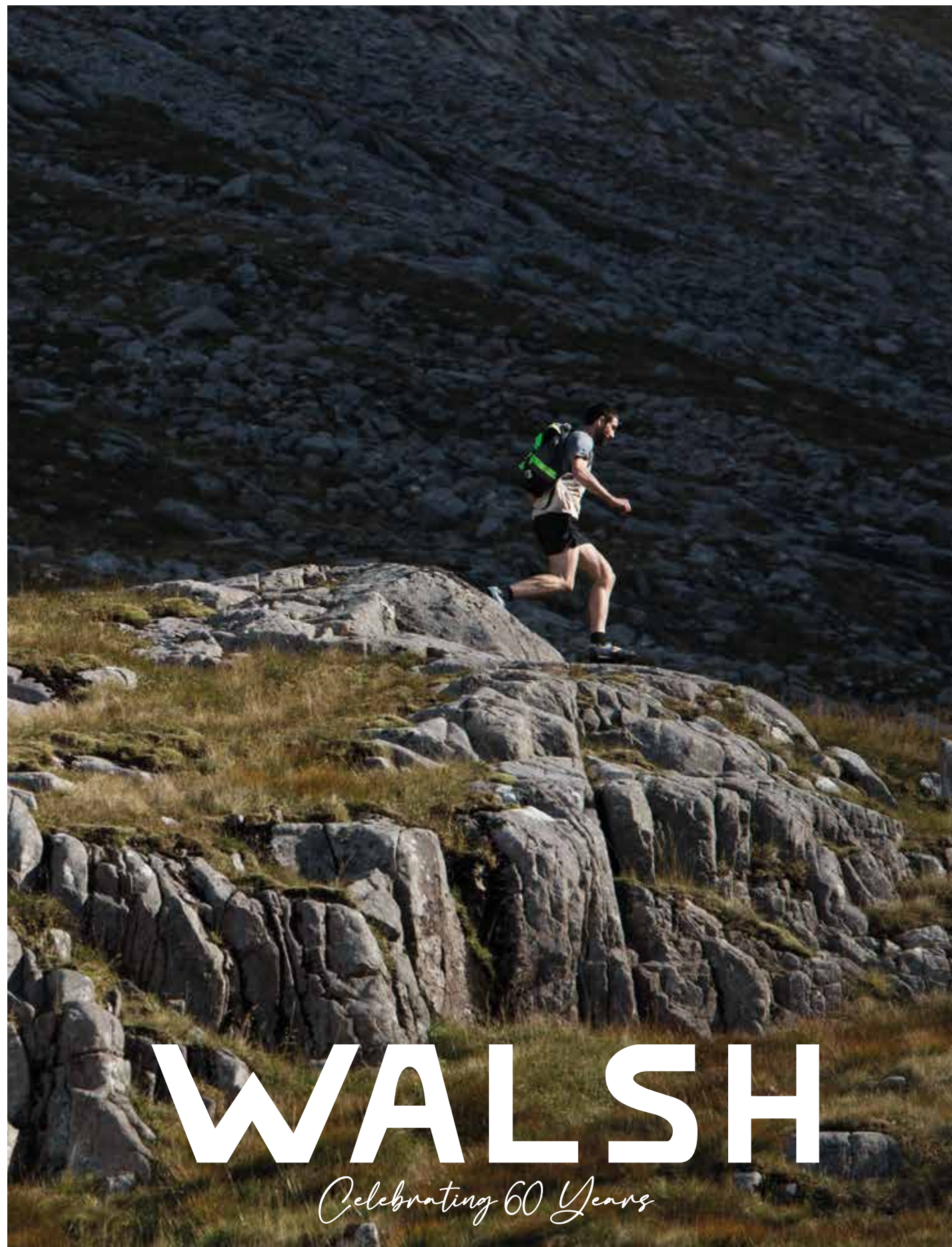
It’s now early September and I’m back doing what I’ve done for years; I’m not training, I’m just racing. I do genuinely feel I’m no longer as obsessive about racing as I’ve been in the past, but equally I wouldn’t say I’ve adopted a laid-back approach. We’ve now been

acquainted with our new neighbours and they were intrigued to know why I leave the house early most weekends. When I told them I go fell running they were very complimentary towards the physical side of the sport but shudder at the thought of doing it themselves. I find most people have the same reaction; what I consider to be heaven is their idea of hell. I bet there are even members of the public who watch “Countryfile” and convince themselves it equates to the recommended weekly uptake of fresh air and exercise. I think it’s fair to say as fell runners we sometimes give ourselves a hard time regarding fitness. We constantly judge ourselves against our peers and if truth be told we’re probably some of the fittest people around. Now that’s worth celebrating...

Celebrate good times, come on!







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