

The **FELLRUNNER**



132 SPRING
ISSUE

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Please email membership or subscription enquiries and changes of address to Patrick McIver, membership@fellrunner.org.uk

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

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

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

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

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

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Above: Ian Sharpe enjoying the Ian Roberts Memorial fell race 2022 © Mozzie Steve Firth

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Charlie Allmond competing in the U18 Home Countries Youth International Cup
© Steve Ashworth, read the article on P18

EDITOR’S LETTER

Welcome to a new year of the *Fellrunner*! As Lakeland lambs begin to appear in the valleys and days grow longer, I hope you are all full of the joys of spring and successful New Year’s Resolutions. One of mine was to make sure I’m not still editing and designing the magazine in the early hours before the printer’s deadline... let’s see how that goes.

We have a great range of articles in this issue: a Championship race preview, a 300-peak tribute to a lost friend, a parable from India and interviews with a teenage superstar, a Lakeland Classics champion and several record-breakers young and (c)old. Our series of club-focused articles continues with Durham Fell Runners’ Wainwrights Relay and there are several nostalgic articles for our longest-serving members too.

Incredibly, Denise Park contributes her 50th physiotherapy article to the FRA magazine in this issue - what an amazing streak. Thank you Denise for an immense contribution to the sport - and hopefully more in the pipeline! I had the pleasure of my first hour on Denise’s couch this month - sadly business not pleasure. I’m thrilled to learn that Denise is not a physio who prescribes rest unless it’s really essential, so after 4 months of being unable to run, I’m embarking on her ‘day on, day off’ regime in the hope of being back on the fells again soon.

Editing and designing the magazine continues to be an absolute pleasure, but it wouldn’t be possible without the many people who contribute. Thank you to each one of you. We have a great team but it’s important to share the load, so I would love to hear from anyone new who would like to get involved. Especially if you’re the type who winces on the sight of misplaced apostrophes, rogue double spaces, “marshalls” or any of the other bloopers that cause me sleepless nights when I spot them after publication.

Speaking of which, in the 2021 Spring Fellrunner #129, we made a real whopper. We misprinted a poem of Julie Carter’s over a double page spread. The poem, titled ‘55 at 55’, should be read from the second page first. Julie, please accept my sincerest apologies for this.

This issue is the final in our series of (not so) random letters appearing on the spine. You may not have noticed, but if all issues since Spring 2019 are lined up in order, the spines spell out ‘FELLRUNNER’. Thank you to Paul Booth and his team for initiating this; and all the great work they did to get the magazine to where it is today.

And finally, about that New Year’s Resolution? Well, as the dawn approaches and my rapidly depleting coffee stash attests, it’s not going so well. A worrying number of pages still have bright pink “UPDATE!” stickers on them and the perfectionist in me is still finding design tweaks I really MUST make.

Alas, it’s time to let go - so, with that, it’s off to the printers with the 7th Fellrunner I’ve had the pleasure of designing. If you do spot a blooper, do let me know... and even better, come join the team!

I hope you enjoy the magazine!



TORY MILLER, EDITOR OF THE FELLRUNNER

editor@fellrunner.org.uk

CHAIRMAN’S LETTER

As my final year as FRA Chairman flies by, I am writing my penultimate Fellrunner letter and can reflect on the hard work and achievements of the Committee over the last 3.5 years. We have made huge steps to protect the unique nature of our sport but the biggest challenge is to educate landowners and bodies like United Utilities, the National Trust and Natural England that fell running is not a commercial activity and that any surplus funds are invested back into the communities which are an integral part of our history. To this end we encourage race organisers to publish details of any donations made as a result of their races.

I have had a quieter couple of months since the completion of the 50@50 series with no more number crunching to produce the results and leader boards. It has been fantastic to get out and enjoy watching races again in what feels like “normal” conditions and it gave me great pleasure to catch up with talented young athlete Charlie Allmond following the Whitestones fixture in the Kendal Winter League (see interview on P18).

Sadly, however, the return to proper racing has brought with it some inconsiderate behaviour by a small number of runners. A member of an unaffiliated Peak District club has been banned from competition for a minimum of two years following his pre-meditated decision to run the Bowstones race without registering. When challenged, he consistently lied to race officials and ran through the finish funnel calling out a false number. This behaviour has the potential to cause very serious consequences and a runner who had retired was not accounted for until later. Then, at the Flower Scar race, runners who had failed kit check decided to run the race anyway causing confusion for the checkpoint marshals. This kind of behaviour is intolerable and the FRA will take such reports very seriously despite the administrative burden. The Runners’ Rules are there to protect runners and race organisers alike and should be followed without exception - or don’t run!

When I was younger and much fitter, I dabbled in triathlon and entered the Helvellyn Tri with some friends from a club in Sheffield. One friend was a total inspiration to me and despite being 27 years my junior, Polly recce’d the bike route with me and shouted her encouragement to get me up the Struggle. She was training to be a doctor and was the happiest, most enthusiastic person I

knew. She joined me on my last Munro and stripped the willow with me at the ceilidh afterwards. Then, when she qualified as a paediatrician, she moved to Scotland to follow her dreams in the mountains which she loved. Roll on to 2021 and I was devastated to learn that Polly had succumbed to depression and despite being the person who would go the extra mile to help others, she had suffered without seeking help and had tragically taken her own life. Her colleague and very good friend, Joe Symonds dedicated his personal challenge to climb his three local hills one hundred times each to Polly’s memory and has to date raised almost £7,000 for the Scottish Association for Mental Health (SAMH). Losing Polly has really made me re-evaluate my lack of understanding of mental health problems. With the world being a scary and unpredictable place, we should all make the effort to be kind and look after each other. Please don’t suffer in silence – there is always someone prepared to listen and to help. Read Joe’s account of his 300 Peaks for Polly on P52.

The new FRA website has now been launched thanks to an enormous amount of work by Andy Watts, Tory Miller and Chris Elsby. If you spot anything that doesn’t look quite right, please get in touch. Andy is now in his tenth and final year on the FRA Committee and his dedication has been phenomenal. As he prepares to step down, the FRA is seeking to recruit a new Treasurer and anyone who is interested should contact Andy in the first place in order to find out more about the role.

Nicky Spinks has thrown herself into her new role as Education and Coaching Co-ordinator and I am pleased that the first pilots for the new LiRF module have taken place in the Peak District and Sedbergh. Feedback is being processed and we will soon be in a position to offer regular courses for aspiring leaders. Work will now continue to develop the new CiRF module.

I have long thought that Black Combe would be a great venue for Junior races and it will give me great pleasure to organise the Junior Championship races on Sunday 24th April. The Under 19 age group will run with the Seniors and it will be very interesting to see how some of the best young athletes in the country compare with more experienced runners. The younger age groups will follow courses which take them progressively further up Black Combe from Seaness and I hope to see many of you there.



I am pleased to report that, following his stroke just before Christmas, Joss Naylor has now been discharged from hospital into the care of his family and I was able to catch up with him and enjoy some quality craic in the sunshine with our very special friend. Joss asked me to convey his heartfelt thanks for all the good wishes and hundreds of cards which helped him enormously during his stay in hospital where he told me the staff were wonderful and spoiled him rotten, especially on his 86th birthday. As you can imagine, he is working hard at his exercises to regain and improve his strength and mobility and he is very much looking forward to the time when he will be able to enjoy his beloved mountains amongst friends.



Left: Joss in Kentmere, 2021, with his dog Lassie © Stephen Wilson, www.granddayoutphotography.co.uk. Above: Joss, March 2022, enjoying a Guinness while recuperating from his stroke at the end of 2021 © Charmian Heaton

Finally, I have wanted to make FRA Committee members more visible and accessible to members and this was behind printing mini-bios in the Handbook. Now many have invested in special edition FRA gilets supplied by Coniston Corporate so if you happen to see any of our hard-working Committee members sporting their smart new garments, please make the effort to say hello and let them know if you have any burning issues you would like them to raise on your behalf.



CHARMIAN HEATON, FRA CHAIRMAN

chair@fellrunner.org.uk

SECRETARY’S CORNER

There were many things to be said for growing up in the 1990s – Italia ’90, Britpop, no mobile phones or GPS, Susie Dent in Dictionary Corner – but watching England play Test cricket was not one of them. Yet somehow, after the shambles of the latest ten-wicket thrashing by the West Indies, the current crop have managed to achieve a still deeper nadir. Batsmen with no patience or discipline, our best two bowlers inexplicably not selected and a truly hopeless captain lacking any leadership skills or tactical nous – how has it come to this? And what has this got to do with fell running? Absolutely nothing, but the Editor asked for an intro paragraph to fit the ‘drop letter’ layout which I have left until the very last minute to write...

DISCIPLINARY CASE

One of the chief responsibilities of FRA Race Organisers and their teams of marshals is to ensure that all participants in their races are accounted for – in other words, that all race starters come home safely. This is the motivation behind the “golden rule” of fell races: all runners must report to the finish in person, even if they retire from the race.

The safety implications of getting this wrong are clearly extremely serious and could easily be life-threatening to a competitor in trouble out on the course (or – perhaps more likely – unwittingly off course), especially if injured or otherwise incapacitated. In that context, it is particularly upsetting when individuals take selfish, deliberate actions which put into jeopardy the safety of race entrants.

To that end, and for the first time during my tenure as FRA Secretary, the FRA has recently imposed an indefinite ban upon an individual. This followed an incident at an FRA race which was full with no ‘entry on the day’ permitted. The individual in question turned up without an entry, sidled furtively into the start pen, lied when challenged by a marshal about his lack of race number, ran the full race course with the rest of the field, ran through the finish funnel, refused to stop when challenged and twice shouted a false race number to the finish marshals.

As a direct result of these actions and the confusion caused, the failure of a legitimate runner to finish the race was not immediately apparent; this only came to light when the race timing provider conducted further verification checks some time after the race had finished. Fortunately, that runner was safe and well; in other

circumstances, this delay could have had tragic consequences, especially given the length and exposure of the route and the time of year.

The indefinite nature of the ban reflects not only the runner’s egregious and reprehensible behaviour but also his failure to respond to or co-operate with the FRA in any way. The *sine die* nature of the ban will not be reviewed until or unless this changes.

Many thanks to the Race Organiser, race marshals and event timing provider for their assistance in following up this matter. If something like this happens in your race, or if you become aware of any runner intending to run a race unregistered or otherwise acting in a way which could jeopardise safety, please do not turn a blind eye: report the incident to marshals at the time and to the FRA subsequently. Someone’s life might depend on it.

ENOUGH KIT?

Talking of being incapacitated, I was treated to some first-hand experience in February whilst competing in the New Chew score-type navigation event from Dovestone Reservoir in the northern Peak District. Forty minutes into the race, a shooting pain in my left calf brought me down to earth, very literally and suddenly, at around 500m altitude on Windgate Edge.

Suddenly, the rain seemed heavier, the mist thicker and the wind more biting. I put on the single spare warm layer I was carrying and was very glad of it within minutes.

Fortunately, being relatively early in the race, I wasn’t too far from the Chew Reservoir track, to which I crawled across the groughs on three limbs – taking 75 minutes to crawl less than one mile. From there I was grateful to Oldham Mountain Rescue Team for saving me further ignominy with a lift in their 4x4 down to the race headquarters, and afterwards to Charmian for a lift home.

If nothing else, this brought home starkly to me the need to carry kit for all eventualities. Had the injury happened an hour later I would have been alone in the middle of nowhere, probably without mobile signal, with no realistic prospect of crawling off the moors before dark. Would the kit I was carrying have been sufficient? Would my whistle have been loud enough or head torch bright enough? Could I have staved off hypothermia for long enough for the Race Organiser to notice my absence (which, given the race format, would have taken a minimum of three further hours) and then for any form of rescue to have arrived?

Suffice to say I shall be re-evaluating my kit choices for future events and I encourage all readers to do the same.

FRA CLUB AMBASSADORS

If you are an FRA Club Ambassador, you should recently have received an email from James Lowe, FRA Communication Officer, covering a number of topics which may be of interest to members of your club, including those who are not (yet!) FRA members. We intend to make these communications more regular in future and we are very grateful for your kindly agreeing to act in an ambassadorial capacity by disseminating this information within your clubs. We also intend to review the format in which we send the information to make it as easy as possible to share with your fellow club members.

If you are a club member but haven’t seen any correspondence from the FRA, please alert your club ambassador – a list is available on the FRA website. If your club isn’t listed then it doesn’t yet have an FRA ambassador – if that is the case, please feel free to volunteer your services! This is a very low-effort role and you can offer to help by contacting either James (comms@fellrunner.org.uk) or me (email address below).

2022 CHAMPIONSHIPS

The English, British and English Junior Championships for 2022 will all be getting underway in April, starting with the Seven Sevens race in the magnificent Mourne Mountains of Northern Ireland. Sadly the aforementioned injury will preclude me from travelling but – as life and fell racing gradually return to ‘normal’ – I wish the very best of luck to everyone in all this year’s championships.



NEIL TALBOTT, FRA GENERAL SECRETARY

secretary@fellrunner.org.uk

TREASURER’S REPORT

The current Treasurer has been in post for far too long, and is standing down at the next AGM – so the FRA is looking for someone to take over that position from the end of the year.

The Treasurer holds a key role, alongside Secretary and Chair, in the day-to-day management of FRA business. The Treasurer becomes involved in virtually every aspect of what we do, whether it’s paying the bills for production of The Fellrunner, the Championship medals or the venue for a training course, or getting funds in from advertisers and sponsors. Treasurer is thus an ideal role for someone who has financial and commercial skills but less knowledge of the full range of our activities, and who would like to devote some time to support fell running. It’s a role, in short, which can be filled by someone not on the current Committee. If that might interest you – read on!!

Being Treasurer involves a significant time commitment. Much of the work is ‘urgent but easy’ – such as paying invoices on time, which keeps us in the good books of our suppliers but takes only minutes to do. This probably adds up to a few hours a month. The more time-consuming activities are keeping the books up to date and reconciled with the bank accounts, and then of course the statutory annual accounts preparation, reporting to the AGM and the tax return. In addition the Treasurer gets involved with any initiatives going on in the Association – organising the ‘Do’, paying subsidies to Championship races or deciding whether we need to increase the subs. The Treasurer should expect to spend the equivalent of a couple of days each month, plus perhaps one week in January and another in July to get the major reports completed. Most of the work is not time-critical and can be spread over available free time rather than handled in a block.

Some accounting or book-keeping background is pretty essential to take on the job though professional qualifications are not needed. The FRA uses a commercial accounting package (Sage) which can take some navigating for anyone not familiar with it but which can be learnt quite quickly. Equally important is some commercial experience, since much of the job involves understanding the legal and statutory issues, for example around contracts and mandatory reporting. The full ‘job description’ is on the website attached to the Committee listing.

So in summary this is one of the ‘heavier’ roles on the Committee, but contributes very directly to fell running and to the support we are able to give the fell running community. Don’t hesitate to get in touch with the retiring Treasurer (Andy Watts, treasurer@fellrunner.org.uk) if more information would be helpful.

ANDY WATTS, FRA TREASURER

treasurer@fellrunner.org.uk

Right: FRA Treasurer Andy Watts racing in the Kentmere fell race 2021 © Stephen Wilson, www.granddayoutphotography.co.uk





“What must have been a fantastic battle ensued between Ambleside AC’s young Charlie Allmond and reigning English fell running Champion Billy Cartwright, with the latter stealing a narrow victory despite being fifteen seconds behind Charlie at the summit. **Think about that for a moment: Billy Cartwright is currently, on paper, the best fell runner in England. Charlie raced him to the top of a fell, and beat him.**”
- Ben Abdelnoor, quoted from his Wansfell Race Report

CHARLIE ALLMOND A PROFILE

INTERVIEWED BY CHARMIAN HEATON

Whilst spectating at several races in 2021, I was particularly impressed by the diminutive Charlie Allmond and it gave me great pleasure to catch up with him following the Whitestones fixture of the Kendal Winter League at the end of January this year. This polite and personable young man has a bright future ahead of him as he progresses through the Under 19s and into the Senior ranks.

Q: CONGRATULATIONS A BRILLIANT RUN AT WANSFELL - HOW DID YOU FEEL?

I was quite surprised on the climb how comfortable I felt at Billy’s pace. I wasn’t confident at the start but then decided to push on for the lead. I knew that Billy would be really rapid on the descent but I was very happy at the finish.

Q: OF COURSE, YOU ARE NO STRANGER TO CHAMPIONSHIPS BEING THE REIGNING ENGLISH JUNIOR U17 CHAMP AND U15 CHAMPION IN 2019. AS YOU MOVE UP INTO THE U19 AGE GROUP, WHAT ADDITIONAL CHALLENGES DO YOU FACE AND HOW WILL YOU PREPARE FOR THEM?

Well I believe that I am fairly well-prepared as I’m used to racing adults a lot. I will probably have to increase my training sessions a little but I really enjoy the challenge. My birthday is in December and so I will be one of the youngest in my age category which, in a way, takes the pressure off me.

Q: YOU ARE ALSO THE ENGLISH SCHOOLS FELL RUNNING YEAR 11 CHAMPION AND DALLAM SCHOOL ARE RIGHTFULLY VERY PROUD OF YOUR ACHIEVEMENTS. WHAT ARE YOUR FAVOURITE SUBJECTS AT SCHOOL?

I do enjoy school and the process of learning. I particularly enjoy all the Sciences, Maths, Biology and PE.

Q: YOU RACED IN THE HOME COUNTRIES U18 INTERNATIONAL IN JULY 2021, EARNING YOURSELF AN ENGLAND VEST AND A SILVER MEDAL. HOW DID THAT FEEL?

It was an amazing feeling running for England for the first time, especially after winning the trial race. The experience gave me lots of confidence and it helped that I was very familiar with the course.

Q: WHEN DID YOU START FELL RUNNING?

I used to run as a hobby up on the hill behind my house and did my first xc race at school when I was 10 years old.

Q: DO YOU REMEMBER YOUR FIRST FELL RUN/RACE?

My first fell run was also my first race and it was Todd Crag Junior Championship race in 2016. I ran in trainers and full thermals/football kit and I finished 23rd after being frustrated by a bottleneck at a stile early in the race! I just didn’t know how fast to set off but it was good experience and I think I enjoyed it! My first Kendal winter League race was at Birkrigg and I had no idea about bum bags so I tied my cag around my waist and ran wearing my big woolly hat and gloves.

Q: WHAT DO YOU LOVE MOST ABOUT FELL RUNNING?

I’ve made lots of friends and I love to go for long runs in the mountains with them. I am also very competitive, so I like to win!

Q: HOW HAVE AMBLESIDE JUNIOR RUNNING CLUB HELPED YOU?

They have been amazing and helped introduce me to the fell running community where I have made many friends. They also helped me learn how to prepare for races and introduced me to more structured training. I currently enjoy going to some of the senior sessions on Tuesdays and Thursdays.

Q: DO YOU HAVE ANY FELL RUNNING HEROES OR HEROINES WHO YOU LOOK UP TO (PAST OR PRESENT)?

Joss Naylor is a hero of mine and I also admire Jacob Adkin, Chris Richards and of course my coach, Sarah McCormack.

Q: DO YOU HAVE ANY SUPERSTITIONS OR PRE-RACE ROUTINES?

I like to arrive early and walk the course so it is all familiar and it takes the pressure off. As a warm up I will go for a two-mile jog.

Q: WHAT IS YOUR FAVOURITE PRE-RACE BREAKFAST?

I go for lots of things really depending on how I feel. Sometimes porridge and I also like peanut butter on toast or cereal with blueberries.

Q: AND YOUR FAVOURITE POST-RACE TREAT?

I like pizza, pad thai or curry.

Q: WHEN YOU ARE NOT RUNNING, DO YOU ENJOY ANY OTHER SPORTS?

I still do a bit of cycling and lots of walking and when I was younger, I played football for Kendal United. I also played hockey

Previous page: Charlie right on Billy Cartwright’s heels as they race up Wansfell at the Wansfell fell race in 2021, Charlie was first to reach the summit © Jacob Adkin.
Opposite page: Charlie running for England at the U18 Home Countries Youth International Cup, he is pictured descending Loughrigg © Steve Ashworth





and enjoyed kayaking in Scotland. I think all these sports gave me a really good grounding and general fitness. Then when I had to choose, I decided that I loved running the most.

Q: WHAT IS YOUR FAVOURITE FELL RACE AND WHY?

My favourite race was in Ireland last September when I represented England in the Junior Home International. It was also the British Championships over a great course taking in the summit of Slieve Meelbeg, a near 400m climb in nearly 2km followed by a rocky but runnable descent. I also really enjoy the local Wansfell and Loughrigg races.

Q: AND YOUR FAVOURITE TRAINING RUN?

I enjoy classic long runs with friends in the mountains eg. the Fairfield & Kentmere Horseshoes. Whitbarrow, which we live next to, is a great training ground for me as it's really quiet and easy for me to get out in the dark after school in winter.

Q: DO YOU HAVE A COACH?

A Yes Sarah McCormack provides me with a weekly training plan, which normally includes two sessions or one session and a race. Examples include uphill tempos, shorter hill reps and flat speed work so plenty of variation. I have also learned the value of easier runs.

Q: IS THERE A MILEAGE GOAL OR CERTAIN AMOUNT OF ASCENT YOU STRIVE FOR EACH WEEK?

I normally run around 60-80km each week with 1500-2000m of ascent.

Q: TALK US THROUGH YOUR APPROACH TO RUNNING - DO YOU LIKE ANALYSING THE DETAILS OF YOUR RUNNING/ TRAINING BY USING A HEARTRATE MONITOR/ STRAVA ETC OR DO YOU LIKE TO RUN TO FEEL?

I use Strava, and I am quite analytical in my approach. I don't use a heart rate monitor as I prefer to run by feel.

Q: DO YOU DO ANY STRENGTH AND CONDITIONING WORK (OR ARE YOU LIKE MOST OF US... WE KNOW WE REALLY SHOULD, BUT NEVER GET AROUND TO IT!)

I normally do strength and conditioning once a week. It's not the most enjoyable aspect of my training but very beneficial and an area I need to improve!

Q: DO ANY OTHER MEMBERS OF YOUR FAMILY RUN?

My mum runs a bit enjoying regular Parkruns. My brother Ben ran for around 3 years and my other brother Alfie was a really good gymnast.

Q: GPS OR NO GPS?

Definitely no GPS. It's much safer to be able to use a map and compass. Learning to navigate has given me confidence and a better understanding of the mountains.

Q: WHAT IS THE BEST BIT OF RUNNING ADVICE YOU'VE EVER BEEN GIVEN?

Make the most of it and enjoy. Take any opportunities which come your way.

Q: WHAT IS THE MOST MEMORABLE MOMENT YOU'VE EVER HAD ON THE FELS (IN A RACE OR JUST RUNNING)?

I completed the Abraham's Tea Round with my friends Freddie Dixon, Rowan Ashworth and his Dad Steve. It was perfect weather and an area that I was less familiar with.

Q: WHAT ARE YOUR PLANS GOING FORWARD?

I will definitely do the FRA Junior Championships and am planning to do the GB trials for both the European and World Mountain Running Championships, although the Euro trials are in the middle of my GCSEs!

Q: HOW DO YOU LIKE TO SPEND YOUR REST DAYS?

We have a black Labrador/Retriever called Millie and I like to take her for walks in the hills.

Q: WHAT IS YOUR FAVOURITE FILM?

Free Solo and The Alpinist.

Q: AND YOUR FAVOURITE BOOK?

I enjoyed Damian Hall's book and also Running Hard as well as the classic Feet in the Clouds.

Q: WHAT IS ONE THING PEOPLE DON'T KNOW ABOUT YOU?

I like art and in particular pencil drawing. It helps me to chill out.

Previous page: Charlie, pictured outside Ambleside Parish Centre, after the U18 Home Countries Youth International Cup. Charlie came second in the race © Steve Ashworth. Right top to bottom: Charlie's sketch of his dog Millie and a horse © Charmian Heaton



INTERVIEWED BY TORY MILLER

HANNAH RUSSELL

Helm Hill's Hannah Russell has become a familiar face over recent years, racing strongly at the front of the field. Despite only being 24 years old, she has amassed an impressive list of fell race wins. We caught up with her for a quick Q&A shortly after her record-breaking win at Black Combe. Hannah, who spent most of the race in second place behind Black Combe's Kate Maltby, broke away on the final descent and won the women's race in 1hr 18mins 21secs, taking 8 seconds off Victoria Wilkinson's previous record, set in 2016.

CONGRATULATIONS ON AN EPIC RESULT AT BLACK COMBE, TALK US THROUGH THE RACE?

Thank you! I had no expectations whatsoever before the race after a big week of training, but somehow felt strong on the final climb. It was a very close race with Kate (Maltby) down the final descent all the way to the finish (Kate finished 28 seconds behind Hannah).

WHERE DID YOU GROW UP?

I grew up in Kendal on the edge of the Lake District, and spent most weekends being dragged up the fells by my parents... the roles have definitely reversed now!

WHAT DO YOU DO FOR A LIVING AND HOW DO YOU MANAGE TRAINING AROUND WORK?

I work as a Cardiac Physiologist, so carry out diagnostic tests and treatments for patients with heart disease. I try to get my running/training done early in the morning before work, so I can put my feet up in the evenings.



HOW DID YOU GET INTO FELL RUNNING?

I didn’t really get into fell running until I was a teenager. My dad and sister raced a lot, so I decided to have a go at the Scout Scar Winter League race and was hooked.

WHO’S INSPIRED YOU IN YOUR EARLY FELL RUNNING CAREER?

Billy Procter has coached me since joining Helm Hill Runners, and I’m very grateful for the time and effort he has put into coaching myself and lots of other runners. I’ll never forget one of my first sessions in his group, a downhill session, where we would line up at the trig point on the Helm, and race to the bottom...my ankles certainly didn’t enjoy it, but it definitely did some good in the long run!

WHAT RESULTS HAVE YOU BEEN MOST PROUD OF?

I was really chuffed with my result at Black Combe, as it felt as though a long winter of consistent training was finally paying off. I’m also really proud to have won the under 23 English Championship a few years ago.

WHAT ARE YOUR GOALS FOR THIS SEASON AND BEYOND?

I’m hoping to stay fit, injury free and enjoy competing in the championship races this season, as well as a few of my favourite races around the Lakes. I prefer going out on training runs to racing, so I’m looking forward to lots of long runs on the fells in the sunshine this summer!

HAVE YOU GOT A FAVOURITE FELL RACE?

The Steel Fell midweek race is definitely one of my favourites, although Carnethy 5 is a close second, especially if it’s snowy! I really enjoy the Hodgson Relays too, as it’s a great end to the racing season.

WHAT HAVE BEEN YOUR BEST OR MOST MEMORABLE RACING EXPERIENCES?

I’ve loved racing at Carnethy 5 over the past few years – I remember racing in a blizzards and deep snow, and hating it at the time, but looking back it was brill!

AND YOUR FAVOURITE RACING CONDITIONS?

I really struggle to run in the heat, so do prefer a bit of drizzle and a breeze, and not too much clag!

ARE YOU CONFIDENT WITH NAV WHEN THE CLAG IS DOWN?

Haha no.



Previous page: Hannah at the Steel Fell race in 2019 © Stephen Wilson, www.granddayoutphotography.co.uk. Above: Hannah and her partner, Joss, in Chamonix in 2019 © Hannah Russell

IF YOU COULD DO ANY RACE, ANYWHERE IN THE WORLD, WHICH ONE WOULD IT BE?

I would love to do the VK2000 race in Courmayeur, and maybe some Skyrares in the future.

WHAT DOES A TYPICAL TRAINING WEEK LOOK LIKE FOR YOU, AND DO YOU SET YOUR SESSIONS YOURSELF OR WITH THE HELP OF A COACH?

Each week, I run around 30 – 40miles. Usually this includes a speed session and a hill rep session with Helm Hill, and the rest are steady runs on the fells. I have at least 2 rest days a week, which gives me time to recover ready for the next training session.

ARE YOU INTO THE ANALYTICS, OR DO YOU PREFER TO RUN TO FEEL?

I’ve always just run to feel and never run with a watch, however I downloaded Strava at the start of the year to see how many miles I was doing, and have become a bit obsessed with it!

WHAT’S YOUR ‘STANDARD’ RUN AND WHERE?

I can usually be found on Brunt Knott and Potter Fell above Staveley, or somewhere around the Kentmere Horseshoe.

DO YOU LIKE TO RUN ALONE, OR WITH OTHERS?

I enjoy running with others, especially through the winter when I need a bit more motivation to get out on rainy days.

DO YOU DO ANY SPORTS OTHER THAN RUNNING, AND IF SO, DO YOU FEEL THEY BENEFIT YOUR RUNNING?

When not running, I do a little bit of cycling and occasionally swimming. It gives me a good rest from running, and is great cross training if I’m injured.

WHICH FELL RUNNERS DO YOU MOST ADMIRE AND WHY?

I’ve always admired Sharon Taylor, Nicola Jackson, Victoria Wilkinson, and all the speedy women who have been so encouraging and supportive over the years.

WHAT MAKES FELL RUNNING SPECIAL FOR YOU?

It’s such a friendly sport and community of likeminded people, which is great to be a part of – there’s always someone to cheer you up if you’re having a bad race (thanks to anyone who has thrown gels, mintcake etc at me midrace/pushed me up a hill!). I also love how simple it is – you don’t need fancy gear to enjoy a day out in the fells.

WHAT’S YOUR FAVOURITE FELL?

Steel Fell, and the Greenburn Horseshoe is one of my favourite routes. Lucia’s café in Grasmere do fantastic cakes for a post run snack too!

HAVE YOU EVER BEEN INJURED, AND HOW DID YOU DEAL WITH HAVING TO TAKE A BREAK FROM THE SPORT?

I’ve previously had an IT band injury which stuck around a while – it was a good opportunity to get into a bit of cycling, although very frustrating not be able to run.

FAVOURITE MOMENT ON THE FELLS?

My favourite day out on the fells was on my 21st birthday! Along with my friends from Helm Hill Runners, we ran 21 Wainwrights to celebrate. Starting and finishing at the Kirkstone Pass Inn, we made our way over High Street, Helvellyn, Fairfield (and a few more!), with a quick stop in Glenridding to meet my parents and grandparents for birthday cake and ‘Cumbrian Pasties’.

FELL RACE WITH THE BEST POST-RACE SPREAD?

Stybarrow Dodd for definite! I’m easily pleased by a hot cup of tea and good biscuit selection!



Above top to bottom: Hannah at Home Internationals in Sedbergh 2021; Hannah and Helm Hill team mates at Great Wernside in 2017 © Dave Woodhead, www.woodentops.co.uk

A NOTE FROM HER COACH BILLY PROCTER:

I’ve coached Hannah since she was a junior. She entered my group, which at the time, contained a lot of athletes who had international experience, so she had to work hard and graft from the offset. She’s now well known for her descending prowess, but when she first arrived in my group, she had a terrible habit of throwing herself on the ground to slow down!

It is through hard work and perseverance that she has reached the standard that she is now. My hope for Hannah in the future is, now that she is getting slightly older, her strength will complement her fell craft, which is a product of many years of training, learning and not giving up.

Finally, yes, I have to agree that Black Combe was a proud coach moment for me on hearing that she had broken the record and also beat my descent time!

PEAK AGE

WORDS KEN WEST



Here we are, fell runners once again; cruising up Cressbrook Dale or over Win Hill, it's a dream come true. It is also a return to my spiritual home, to the place where I won the Kinder Downfall Race in 1981. So, it was Kinder that led to us renting a barn in Taddington and returning to live in the Peak District in 2020. We are both in our 70's.

This all began in 2019 when I said to Ann that I would love to run the Kinder Downfall route once more before I die. Her reply was, "fat chance of that if we remain here with all the lockdowns and so little hill training." Here was Christchurch in Dorset, about 4 minutes from the beach, so our exercise consisted of coastal running, cycling, walking and kayaking. She ignored the fact that friends and neighbours knew of my diagnosis of Chronic Lymphatic Leukaemia (CLL) in 2018. They looked on me as a dead man walking. That was apt perhaps, as Christchurch has the oldest population in the UK and is often referred to as God's waiting room.

I was put on watch & wait or, as some call it, watch & worry. The aim is to delay the potentially toxic treatment for as long as possible, especially as new drugs are in the pipeline. One of the first things my consultant said to me was that I should do as much exercise as possible. That was fortunate as I had continued to run and had no intention of giving it up unless I absolutely had to.

It was not plain sailing as my iron level fell worryingly low. Bizarrely, during this period I ran the Dorset Stickler Race over 10 miles, with over 1500 feet of climbing and did a respectable time of 98.38. This makes me wonder how much the mind plays a part in all this. Indeed, how should runners react to aging?

In my 40's, when living in Cumbria, my stiffening knee joints suggested my running days were under threat. I was also troubled when two very fit vet runners I knew collapsed and died on races. There was no research on older runners but I knew that I wanted to keep on running as long as possible. Consequently, I stopped racing at 45 in the anticipation that Ann and I could continue running into our dotage. Frequently anticipating that each year of running would be our last, we were surprised and grateful to run through our 50's, 60's and then into our 70's.

I started running quite late at 30 in 1976 after 20 years of mountaineering. I naively tried to join Wolverhampton & Bilston AC, which is where I lived at the time. They obviously saw no

potential in an aging mountaineer. "Come back when you are running under 7 minute pace" was the only encouragement from the coach. Undeterred, I managed to join a newly formed vets' group within the club who had all been met with the same response. Imagine our elation when the vets' team improved to such a level that we were regularly called on to run XC and road relays for the club.

As an early member of the FRA (1978?), I ran races with Kenny Stuart, Billy Bland and so many others of those early stars. The



Previous page: Ken West at the Blisco Dash English Championship fell race, with Dave Woodhead chasing him, 15th April 1984 © Eileen Woodhead. Above top to bottom: 1986 Fairsnape - Chipping Show fell race - Ann West, who finished 5th woman, just behind Wendy Dodds. Ken West won the race © Eileen Woodhead; Ken leading the Thieveley Pike English Championship Fell race, 29th September 1984 © Eileen Woodhead



Kinder Downfall was in fact my first win and in a Wolverhampton & Bilston AC vest. I probably considered myself as a road runner but my two runs of the Burnsall Fell Race were still under 15 minutes. On moving to Cumbria in 1983, I joined Border Harriers and got my 10 mile road time under 50 minutes. I thought I was a true fell runner when I won the Skiddaw race in 1986 in 68.37. Sadly, that bubble was quickly burst at the presentation when it was announced that I had won because the stars were all absent that day! However, I take heart in the fact that my 8th place in the Fairfield Horseshoe in 1986 of 78.21 (7th) would have given me 2nd place in the 2021 results. Perhaps my greatest satisfaction with fell racing was as a new vet in September 1986 when I set the record for the 19 mile Stretton Skyline Race of 2.17.16, which still stands 35 years later. And, yes, some talented runners have tried to beat it. On the roads, both Ann and I were Northern Veteran 10K champions in 1986, me in 31.34 and her in 42.24.

So, how have I got on with running Kinder again? Well, with Taddington being over 1000 feet, you either run up or down, nowhere is flat. It was a surprise to us that even a four mile run from home gave us 640' of climbing. We run every other day, never two days together. We also walk daily and, overall, took our initial weekly climb from 2000' to over 5000'. Perhaps it was no surprise when Ann developed a knee injury, but she recovered. Over the summer we had trained over Shutlingsloe, Owl Tor, Higgar Tor, Win Hill and, of course, Mam Tor. However, we must have looked our age because younger fell runners have run up to us to see if we were okay!

So, when we thought we were Kinder ready, the knee injury, bad weather, reactions to Covid and flu jabs, have all thwarted our plans. We also realise that if the run is not taken seriously, we are a potential hazard. Thigh muscles that once gave me my testosterone fuelled power have diminished. Can I get some strength back as I approach 76 years? There is so little data to help older runners. I still do hill reps, but at a creaking slow speed. What is beyond doubt is that not only leukaemia, indeed, many other illnesses, are better controlled if exercise is an integral part of lifestyle. A recent study has suggested that HIIT (high-intensity interval training) is the finest exercise but what is that to people of an older age? Walking up the stairs is HIIT to many older people. For certain, diminishing muscle strength seems to be a problem, especially in men. It affects their general physiology, especially the immune system.

Having kept a diary all my life, I at least have data on myself. My total running mileage will be 72,000 by the end of 2021. My annual mileage, once 3,000 miles, is now down to around 800.

Another three years and I will have run around the world three times. Ann's lifetime total will be 48,000, so she is heading for twice around the world.

I still lie in bed planning routes and reliving them afterwards and I am not squeamish in saying that I will, hopefully, be mulling over routes on my death bed. However, before then we still have unfinished business with Kinder Scout, which is still waiting there for us. One thing is for sure, we know that no matter how slow the pace, we will be aware that we are still so very much alive.

Previous page top to bottom: Competitors at the 1986 Fairsnape - Chipping Show fell race, pictured from left to right - Dave Woodhead (2nd place), Ken West (1st), Steve Breckell (3rd), Paul Jarman (4th), Ian Robinson (6th), Andy Trigg (5th) & Dave Ibbotson (7th) © Dave Woodhead; Ken West being presented the trophy for winning the 1986 Fairsnape - Chipping Show fell race © Dave Woodhead; The start of the 1987 Reeth Hills fell race © Eileen Woodhead. Left: the top 3 runners at the 1987 Reeth Hills from left to right - Bob Mitchell, Mandale Harriers (3rd), Ken West, Border Harriers (1st) & Dave Woodhead, Horwich RMI Harriers (2nd) © Eileen Woodhead. Bottom: Ken, second from the front, at the start of 1984 Black Combe English Championship fell race © Eileen Woodhead.



THE OLD CROWN ROUND

WORDS HARRY BOLTON

Based in the village of Hesketh Newmarket in the lesser frequented northern tip of the Lake District, is the Old Crown pub. The pub is also home to the UK's first cooperatively owned micro-brewery and brews a selection of beers mostly named after local fells.

In July 2022, the pub will host the Old Crown Round fell race, which will be the first long counter in the English Championships. Whilst the fell race has a relatively short history, its origins go long back having formed as a walk between fells that have beers named after them.

HISTORY

The Old Crown Round was first set up as a challenge walk in the early 1990's by Hesketh Newmarket Brewery, in which an aspiring walker would visit all four fells that had a beer named after them before returning to their starting point within a 20-hour time period. Originally the fells included in the round were Carrock Fell (Old Carrock ale), Blencathra (Blencathra Bitter), Skiddaw (Skiddaw Session Bitter) and Great Cockup (Great Cockup Porter). The round could be completed at any time and successful completions were rewarded with a pint and a certificate from the landlord and recorded in a book in the pub. An informal walk was also arranged that involved a cask of each ale being hauled up to the summit it was named after so that the walker could enjoy a taster on each summit.

After a several year hiatus due to foot and mouth plus land access issues, the organised event was relaunched in 2009 by Pete Royall from Wandering Aengus Treks and included both walkers and runners categories, whilst maintaining the tradition of a cask of ale on each summit. From 2009 the round was revised to include High Pike as a checkpoint, following the launch of the High Pike beer to celebrate 21 years of brewing, and required people to start at the pub, visit all five fells then return to the pub. The 2009 fell race was won by local runner Phil Pearson in 4 hours 31 minutes.

Whilst organised by Pete the race was held every four years, inspired by the Olympics, meaning the next edition of the OCR was held in 2013. This edition omitted Great Cockup as the Great Cockup porter was no longer brewed. The replacement was Knott which was home to a special 25th Anniversary Ale. This change allows a more natural round with plenty of route choice and is the route used currently. The 2013 men's race was won again by Phil Pearson in 4 hours 14

minutes and the women's race by Kathleen Aubrey in 5 hours 58 minutes. The conditions were reported as very pleasant and all the beer was drunk.

In 2017 the men's race was won by Alasdair McLeod in 3 hours 47 minutes and the women's race was a joint win by Natalie Hawkrigg and Suzy Brett in 4 hours 50 minutes. The conditions on the day were very poor and the event was nearly called off, meaning that most of the beer had to be drunk by the race marshals who then staggered back to the Old Crown.

From 2019 onwards the race has been organised by the Northern Fells running club, a club that was formed in the Old Crown pub. The race organiser is John Horne, who coincidentally was my physics teacher at school and one of the people who encouraged me to start fell running. Sadly, the logistical challenge of sampling a beer on each summit was stopped in the 2019 race. However the race now takes place annually.

The individuals' challenge is still ongoing in its original format of four fells and starts and finishes at any point on the circuit, most commonly in the Swineside valley. The log-book is still kept in the Old Crown.

ROUTE

Living in Caldbeck with the OCR on my doorstep, I have grown an appreciation of certain aspects of the route over the years. However it wasn't until during lockdown in January 2021 that I first began to think of running it in one go. On the 2nd January I set off from the Old Crown pub in Hesketh Newmarket to finally run the round in its entirety. The day itself was perfect winter conditions at -2 °C with plenty of good quality snow and sun. Prior to setting off I hadn't thought too much about route choice and decided to make decisions on the go based on the conditions. Running up to Carrock was nice and straightforward. However the descent down into Swineside was less straightforward as the usual boulder strewn terrain was covered in a veil of snow. At Swineside I opted against the usual three river crossing options and crossed over the bridge lower down the valley before heading over Bowscale on my way to Blencathra. The usual traverse path down towards Mungrisdale Common was less straightforward due to the hard frozen slope, whilst the frozen bogs at Mungrisdale Common made for a much more enjoyable experience than usual. By Skiddaw the day had become much colder and windier, my water bottle was starting to freeze up and the lower



parts of my tights had frozen solid. I then met my dad at Lingy Hut and we ran the final snowy route back to the pub together, which was sadly closed due to Covid restrictions.

On race day the route will start from the village green, in front of the pub, and will follow a mandatory route up the road towards the open fell at Calebreck. The lines from here to all six checkpoints (Carrock, Blencathra, Skiddaw, Great Calva, Knott & High Pike) is route choice until the return to the flagged road section back to the pub.

The Calebreck to Carrock section is the same as the Carrock race route and is relatively straightforward across a stream then up a grassy climb to the summit (checkpoint 1). The next checkpoint is Blencathra via Swineside. On a map the most direct line goes straight off the summit towards the bridge below then over Bowscale, however this steep descent down the boulder and gorse infested slope is not recommended. The suggested route carries on along the summit ridge further before plunging down a grassier line to the end of the Swineside road.

Swineside is a popular swimming spot on a sunny day but can quickly turn into a raging torrent after heavy rain. From here there are three marshalled river crossing options, the first will have a rope to help crossing and allows a more direct grassy line that traverses around the side of Bowscale, the second option is at a ford upstream, whilst the third option crosses a mile further up the river and passes near to Mungrisdale Common on the way to Blencathra (checkpoint 2).

From Blencathra follow the Bob Graham path over towards Mungrisdale Common then traverse around to Cloven Stone, then follow the main path to Skiddaw House (checkpoint 3). After running across the front of Skiddaw House, turn left and follow the main path up to Skiddaw summit (checkpoint 4).

From Skiddaw to Knott (checkpoint 5) there are two main options. The first option follows the Bob Graham line to Great Calva, then along a fence line before turning right and up to Knott. The second option goes over Bakestall, down to Dash Falls, around Little Calva then up to Knott.

From Knott the most logical route follows the Fellside race route to High Pike (checkpoint 6) via Lingy Hut, the Fellside race is happening three days before the OCR this year so could be a good opportunity for a last-minute recce for the very keen! Others have been known to attempt a direct line to High Pike, but this is not recommended unless you enjoy wading through deep bog and heather.

Left top to bottom: Beers on High Pike in the 2017 race © Pete Royall; beers on Blencathra in the 2013 race © Adrian Nicholls; the first option of crossing the Swineside river in 2013 © Birgit Jeretzky

From High Pike head down to a stile above Wood Hall farm and down the field, before a final 1-mile dash on the road back to the finish line in Hesket Newmarket, whilst watching out for cars/tractors.

Further details on the route can be found on the Northern Fells club website.

2021 RACE REPORT

The morning of the OCR fell race 2021 started off hot and sunny, as had most other days previously, making for dry and fast terrain but also meant that there would be less water out on route. Warming up I begin to deeply regret my blast out at the Wansfell uphill race the previous night and worry whether my battered legs would even make it to the top of Carrock, let alone the full race.

For the first few miles I tried to slowly ease myself into the run and take in the surroundings. I decided to take the Carrock ascent at a leisurely pace walking and chatting most of the way with former Loughborough uni mate Ali Thornton and let the others battle for the lead to the top. On the descent to Swineside we soon reeled in the others and made our way down through the thick forest of bracken. At Swineside Jonny Cox opted for the first river crossing whilst I opted for the third.

On the way up Blencathra I tried to stick to a steady pace uphill whilst remembering to eat every now and then. At the top of Blencathra I said hello to a couple of Keswick AC runners who were out watching and to an old school friend who was the summit top marshal. The return part of this short out and back offers a good opportunity to see how close people are behind you, after seeing Ali and Jonny I tried to put in a good descent to Skiddaw House.

Upon reaching Skiddaw House I said hello to my dad and my friend Will who were out watching, then worried I had gone too hard too early on my way up the long slog to Skiddaw. On the top a group of broad Liverpoolians asked in amazement if I had run all the way up from the bottom and not wanting to waste too much time to explain I nodded and carried on my journey. After the long descent off Skiddaw I met my dad and Will again and was glad of the opportunity to refill my bottle at the beck. On the climb up Knott I was again reminded of my winter run on the OCR and wished for a bit of the snow from that day to cool me down.

At Knott I checked again with the marshal that I was still leading and hadn't been overtaken by somebody else on a different line to me.

Right top to bottom: The start of the 2021 Old Crown Round fell race in Hesket Newmarket Brewery; Harry Bolton on High Pike © Jeremy Beswick; the top 3 men in the 2021 race - Alistair Thornton (Howgill Harriers) in 3rd place on the left, Harry Bolton (Keswick AC) in 1st place, Jonathan Cox (Eden Runners) in 2nd place on the right © Carol Bolton



Much to my relief I was still ahead, but made sure that I didn’t take my foot off the gas. The next section to High Pike gave me a feeling of déjà vu from the Fellside race three days previously and my battle with Mark Lamb and Tom Humphries. Running past Lingy Hut I was reminded of summer camping trips to the hut and wished I had time to stop for a break. On the top of High Pike I made a conscious effort to not go on auto pilot back to home or on the Fellside descent.

When I reached the road section at Wood Hall I thought it was odd that there was no marshal, however I took them by surprise several moments later as they were still on their way up. On the long road descent I tried to stay focussed knowing that I was almost done. After crossing the finish line I checked my watch and realised I had broken the course record by 16 minutes, which was a nice feeling to have gone from never winning a race before to winning two in a week. It was a then a great feeling to spend the rest of the afternoon sat on the village green with a drink from the pub watching others finish.

Well over 25 people were involved in organising and marshalling this great race, so a huge thanks to them and all of their hard work.

2021 RESULTS : OPEN		
1. Harry Bolton	Keswick AC	03:31:44
2. Jonathan Cox	Eden Runners	03:51:06
3. Alistair Thornton	Howgill Harriers	04:13:46
2021 RESULTS : LADIES		
1. Nina Mason	Unatt	05:11:00
2. Philippa Wakefield	Buxton AC	05:13:00
3. Danielle Ledbury	Dark Peak	05:15:45

2022 RACE PREVIEW

This years race will be the first long counter in the English Championships, so a high quality field is expected and entries are likely to sell out quickly. Keep an eye out on the Northern Fells website and SI Entries for news about entries and on-the-day logistics. In the meantime get yourself out for a recce and make sure to call into the Old Crown afterwards to log your time and enjoy a recovery pint!



Right page: Harry leading Alistair Thornton up Carrock fell © Jeremy Beswick



WORDS BEN ABDELNOOR

THE RACING MATHEMATICIAN

AN INTERVIEW WITH MATTHEW ATKINSON
LAKELAND CLASSICS TROPHY WINNER 2021

Looking back over the last few years of impressive results from Keswick AC's men there is a list that has steadily grown: Steve Hebblethwaite, Mark Lamb, Jacob Adkin, Carl Bell, Sam Stead, John Battrick and Harry Bolton, to name a few. But even the likes of Harry, still an under-23, are relatively long in the fell running tooth compared to the new kid on the block, although at 27 he's far from a kid. As a senior Matt Atkinson found fell running just before the pandemic found the UK mainland in 2019. Since then he's been chomping at the bit to get racing and came flying out of the starting blocks in 2021. He won three Lakeland Classics races and secured the Lakeland Classics Trophy in his first full season of fell running. I caught a lift back from the Carrock fell race where he's picked up second prize behind team mate Harry Bolton. Matt's Mum, Gill, is driving us back to mine and Matt explains how he's cajoled her into entering a few of the local races, including today's race at Carrock fell, making Gill the newest Atkinson family member on the fell running scene!

GROWING UP IN BRAITHWAITE

Matt spent his early years living in Keswick before the family moved to the nearby village of Braithwaite. They moved into the old farmhouse of Braithwaite Lodge, which has played host to the Coledale Horseshoe for the last few years. Matt, along with his two younger brothers, Thomas (25) and William (21), has fond memories of growing up in the village. As teenagers the boys would head out the back door straight onto the fells of Barrow and Outerside, play games, climb trees, and build dens in the local woods, and create mountain biking tracks in Whinlatter Forest. Thomas, following in his Dad's footsteps, became a keen footballer, going on to play for Carlisle United Academy. William preferred cricket, playing for Keswick and Cumbria County. One of Matt's early sporting interests was in rugby, playing for the local Keswick team as well as Keswick School. Initially I was drawn to this intriguing storyline of Matt having never really known about fell running before taking to it, with some style, in the last couple of years. That was until he went and spoilt it by telling me he ran for Keswick AC when he was a junior. Steve Fletcher and Dennis Hayes were his coaches back then and aged 10 or 11 he does remember racing at a juniors Anniversary Waltz. But we won't let the truth get in the way of a good story.

Matt at the 2021 Wansfell fell race © Jacob Adkin



Above top to bottom: Matt racing in his youth © M. Atkinson; Matt on his way to winning the 2021 Langedale Horseshoe fell race © Stephen Wilson, www.granddayoutphotography.co.uk Opposite page: Cycling the Fred Whitton in 2017 © M. Atkinson

From rugby and running, Matt moved on to cycling. “My Dad got into cycling as part of his mid-life crisis.” Matt’s words, not mine. “We were out on our mountain bikes training for the Coast-to-Coast when we saw all these cyclists come past on the Fred Whitton and he decided he was going to buy a road bike. He asked me if I wanted a road bike too.” Aged 15 or 16 the two of them would go out on cycle rides together, before his Dad decided to enter the Fred Whitton. “I set out with him on the Fred, at first just to help him on his way, then ended up doing the whole route. I must have only been about 16.” Matt reckons he got round in about 7½ hours, a very decent time for a seasoned club cyclist, let alone

an inexperienced teenager. Matt’s Dad, Stan, works as a joiner and was friends with Billy Bland who worked at the time as a stone waller. Billy and Matt would often go out cycling together and it was Billy who suggested Matt joined one of the local cycling clubs, Honister 92. “I don’t think I realised who Billy was at the time. We didn’t talk about fell running, just cycling.” Still at 6th form in Keswick Matt would get out at weekends on 80-100 mile bike rides with his new clubmates. Another early influence on getting Matt and his brothers into the hills was their Uncle Chris. A keen outdoor enthusiast together they would have memorable trips hiking and scrambling on the fells: Napes Needle on Great Gable, Broad Stand on Scafell, and even Cust’s Gully on Great End, as well as riding the Coast-to-Coast route on a couple of occasions.

DURHAM UNIVERSITY

The cycling continued as Matt went off to Durham University to study Maths in 2012. He joined the university cycling team and began competitive racing. Beginning as a fourth category racer, he soon started scoring points and moved into the third category. During his final year he managed to become a first category racer (one below elite), racing against the elite, winning several criterium races and the winter series at Croft Motor Racing Circuit. Returning to Braithwaite after graduation he recorded a 5hrs 49mins Fred Whitton in 2017, the 4th fastest time that year. Rob Jebb, a multiple winner of the Fred Whitton, inevitably crops up in our conversation. Long before Matt found running he’d admired and appreciated Rob’s cycling talents. To now be racing on the fells against him, and beating him, is not something Matt would have ever imagined. Unfortunately, the cycle scene wasn’t as big in Cumbria and he found it harder to continue to travel to, and compete in, the elite and first category races. “I just enjoyed riding my bike, I didn’t want to continue to commit 100% to racing, it would have involved starting to train properly too.” The way Matt talks, you can’t imagine why people would choose to race bikes rather than run up hills: “Don’t get me wrong, road racing is so much fun, especially when it’s going well! But it can also be taken a bit too seriously at times with tempers flaring after crashes or about who wasn’t pulling their weight in the group. In fell racing you don’t get that, it’s more sociable; a community of folk who just enjoy racing up hills, no matter how fast or slow.” There was racing more locally in the form of time trialing and he spent more of his energy doing this with the Velo Club Cumbria cycling club. “I really enjoyed the kit side of things, spending hours trying to get more aerodynamic or cutting weight off the bike for the hill climbs. I miss that side of cycling”.

LEAVING FOR LEEDS AND RETURNING TO THE LAKES

During his summer breaks from university he met Martin Mikkelsen-Barron (Borrowdale Fell Runners) whilst working together at

Siskins Cafe in Whinlatter Forest. Martin, as talented a cyclist as he is a fell runner, began going out with Matt on the bike which progressed to Martin taking Matt running. Having returned from university in 2016 he took himself off on longer and longer fell walks, running the downhills and romping across the tops. Whilst at Durham he had kept in touch with Adam Champion, the Keswick parkrun director, and his old maths teacher from Keswick School. Now a maths graduate, and unsure what work to go into, Matt went back to his old school as a teaching assistant, one of his students being a young Harry Bolton. Not only did he enjoy his time being a maths assistant but he came to realise how much he loved living in the Lake District. “You don’t really appreciate what you’ve got when you’re growing up.” He settled on a teacher training course before heading to Leeds for his first job. Before he left for Leeds in 2018 he pins down his first fell race as a senior; Keswick Show, finishing 15th. Unfortunately, the job in Leeds proved a tough introduction to teaching and after a year he realised he wasn’t quite ready for it, even questioning whether to continue teaching. However, a successful job application to Queen Elizabeth Grammar School in Penrith, a thirty minute drive from the family home, saw him move back to Cumbria. He’s now into his third year of teaching maths and is involved with a lunchtime running club, along with the head of geography at Queen Elizabeth, James Douglas, who runs for Border Harriers. The students are involved in county and district XC championships, as well as the English Schools fell running championships.

ONLY JUST GETTING GOING...

Sadly, due to the pandemic, Matt was only able to experience the briefest of delights of fell running in 2019: Coledale Horseshoe (14th) in 1hrs 24mins; Keswick Show race again (7th); followed by Grisedale Horseshoe, an English Championship race that year, where he finished 30th. Dale Head was next and his first race, as a senior, in a Keswick AC vest. His competition that day was his cousin, the 2021 British and English Fell Running Champion, Hannah Horsburgh. The two of them battled it out at the front of the field with Matt edging out Hannah into second place and taking his first race victory. It’s worth mentioning another relation of Matt’s, this time much further removed, is ten-times winner of the Borrowdale fell race, Simon Booth. Twelve years after Simon took his only Langdale Horseshoe victory Matt, in only his second attempt, had won Langdale in a time of 2hrs 15mins.

RETURNING TO THE FOLD: KESWICK AC

Joining Keswick before lockdown gave Matt the chance to run with the likes of Sam Stead, Mark Lamb, and school friend Jacob Tonkin. “I didn’t go to many of Keswick’s training sessions though. I didn’t really do any specific training, I just ran.” There seems to be some comparison between Matt and his cousin Hannah; both enjoyed plenty of hiking and long walks on the fells to get them fit and both tend to run and race as and when they feel like it, often with little structure or planning to their training. His enthusiasm and passion



for the outdoors and the fells is reflected in his love for his club. He beams with pride at recalling being selected for the British Relay and Hodgson Brothers Relay teams, particularly with the Keswick men winning the Hodgsons in 2021. Carl Bell and Mark Lamb are two stalwarts of the club Matt admits to looking up to, not just for their attitude to the sport but their commitment to the club. Wanting to put something back into the sport, Matt has happily taken charge of Keswick’s social runs and now sits on the club committee.



Above: Matt (far right) with his Keswick AC teammates at the Hodgson Brothers Mountain Relay 2021, after they won in 3hrs 39mins © James Appleton

ATTACKING THE LAKELAND CLASSICS

In 2021, his first full season, Matt did four races in the Lakeland Classics series: Duddon, Ennerdale, Three Shires and Langdale. He won all of them, bar Ennerdale, where he came 8th. It should be noted that Ennerdale was an English Championship race, coming just a week after Duddon: “But Jebby said his legs felt alright after Duddon as he hadn’t been battling for the win.” At Duddon Rob Jebb couldn’t hack the pace of Garry Greenhow (Ambleside AC) and Matt as they thrashed out the final miles over the Duddon fells, with Matt finishing under 3 hours, Garry a minute behind and Rob another couple of minutes back. You must bear in mind that at this point he’s only done around half a dozen fell races as a senior. “I’d already realised I enjoyed long races, had looked at the races in the Lakeland Classics Trophy and was quite interested in how the points system worked.” We’ll return to his enthusiasm for the points system later in the conversation.

TRAINING AND NUTRITION, INJURIES AND INSPIRATION, GADGETS AND MAPS

Much like his cycling, Matt’s never taken his fell training too seriously. Kilian Jornet’s book ‘Training for the uphill athlete’ is the only guidance he has currently followed, doing the suggested weight training and core work, taking rest weeks and building up base miles during winter. I ask about his nutrition and diet but other than sipping an isotonic drink and a few Haribo sweets or a gel before a race he has no other specifics. I ask about injuries, pointing to a long, angry-looking graze on his arm. “Oh, I fell over today in the race. I seem to have fallen over in the last few races; I think I’m pushing more on the descents. Thankfully the mountain biking seems to have prepared me for the tumbles.” Inspiration has come from reading about Billy Bland’s achievements in the long Lakeland races and seeing Kilian complete his epic BG round in 2018. That, along with reading Richard Askwith’s ‘Feet in the Clouds’ and many hours spent scrutinizing Wainwright’s ‘Guides to the Lake District Fells’.

I’ve only got to know Matt in the last 12 months or so, but soon recognised his thirst for knowledge of racing lines, new fell routes and recceing races. “When I was cycling from Durham into the Pennines I’d typically try to find new routes and back roads. I’ve transferred that across to running, often using the OS Maps App. As I planned for races, and particularly in the build-up to my Bob Graham, I’d use Strava heatmaps, following runners’ lines rather than paths marked on the maps. I’d take Strava routes of races people have done in the past and figure out exactly where they went, plotting it into my watch. I’ll often try out sections of a route two or three times whilst on a run, whereas others would be happy just to find the general route.” It’s this determination and dedication that marks him out as having so much potential; that and the fact he’s only just getting started.

At the end of the 2021 season he finished fourth in his first Mountain Trial from Crummock Water putting into practice time spent orienteering at school and with scouts, along with clubmate and fellow former scout Jacob Tonkin, who had recently been taking him to local orienteering events. I reminded Matt that he had said to me the previous week that he’d like to get a top three at the Mountain Trial. “Yes, that’d be the first goal...” Initially a podium place in all the Lakeland Classics races was his goal but now the posts have shifted and a set of wins would be the dream, although he reckons probably not all in a single year!

I return to the topic of training as I figure a mathematician can’t help but want to record data. “I tried putting my training on a spreadsheet and tracking it but being a statistician I knew I

wouldn’t be able to hold back from going in too deep and then not being able to keep up with it. Instead I just use Strava’s intensity scores for summarising my effort for each week.” I push him as to his mileage and climbing per week. He shrugs his shoulders and admits he has no idea: “Well Jacob recently told me that I do 40 miles per week.” He gets back to me later that day and tells me that according to Strava he averages 11,000 feet of ascent and 37 miles per week.

GOING LONG

As someone who enjoys a long bike ride it’s no surprise he enjoys a long run. First up was the George Fisher Tea Round in the summer of 2020, with Martin Mikkelsen-Barron providing support. His time of 5hrs 46mins was thought to be the fourth or fifth fastest at the time. Much of the summer was spent in lockdown, then he managed some hiking in Scotland, road cycling with Martin and got out with his cousin Hannah on their cross-bikes. In late August, before the school term started, he set off on his Bob Graham. Initially he’d planned on a quick time, sub-18 hours. He’d helped Kim Collison on his Lakeland 24-hour record and, looking at Kim’s winter BG record of 16 hours, based his schedule on that. Struggling with cramp and tight hamstrings early on across Helvellyn and the Dodds, then again from Yewbarrow to the finish put paid to any hopes of keeping to his schedule. He lost an hour from Yewbarrow to Honister and another hour from Honister to the finish, reaching the Moot Hall in 18hrs 13mins. I ask if he wants to go back. A broad grin breaks out across his face, “I do want to go back sometime...” He’s since returned to the Bob Graham round, this time supporting Finlay Wild in his attempt to break Kilian’s record. Coming out of a winter of training, and on the back of his successful BG in 2020, Matt returned to the George Fisher Tea Round in spring 2021. This time he completed it in 5hrs 11mins which is currently the third fastest recorded time behind yet another fast Keswick AC athlete, Brennan Townshend.

THE FUTURE

Of course he has plans for the years to come, but like most things, he’ll just take them in his stride. For the coming year he wants to do all the Lakeland Classics and see if he can defend the Trophy. “I also want to help Keswick in the Championships, do other classic races like Fairfield, Coledale and Kentmere, and very much keep it Lake District based.” A typical Cumbrian. One notable exception to only racing in Cumbria was where he had “one of my best days out”, winning the classic Welsh 1000m Peaks race (20 miles and 9000 feet of ascent), which he hopes to return to this year to defend.



Above top to bottom: Matt with his parents at the start of his Bob Graham Round in 2020; crossing river Caldew with Mark Lamb on leg 1 © James Appleton

As our conversation draws to an end I thank him again for taking on the data collection and number-crunching side of the Lakeland Classics trophy. Between himself and Jacob Tonkin the two have very kindly agreed to take responsibility for the running of the series from 2023. By then Bill Johnson and I will have been the custodians of the series for ten years, and I wouldn’t like to guess how many Classics race wins Matt might get under his belt in the ten years that follows. But I think we can rest assured that Bill and I are handing over the running of the series not only to someone who will be competent at the calculations but very, very capable at the races.

THE BEN NEVIS RACE

A RECOLLECTION OF DAYS GONE BY

WORDS IAN MACMILLAN

I suppose I would never have run the Ben Nevis race were it not for my running friend Dennis asking, “What do you think is the toughest race in Britain, Mac?” After which it was probably inevitable that Dennis, for whom the greater the challenge the less his resistance, our friend Mike and I would find ourselves on our way to Fort William with the boot of a car loaded with food and a tent. Although my dad was born in Alexandria on the banks of Loch Lomond, I had never seen it and on our long journey north from Kent I could finally put into context all the tales my dad had told me when I was a boy.

Eventually we entered the Highlands and I gazed with trepidation at all the scenery, conscious that since the Ben was the highest mountain in Great Britain, it must be even higher than everything we were looking at. Across the Ballachulish ferry we drove through Fort William making for the campsite in Glen Nevis. From the south the Ben doesn’t look at its best and it was dark when we finally got to a troubled sleep.

RACE DAY

Over breakfast, as we enjoyed the morning sunshine, the Ben looked at its most formidable prompting some gallows humour with our grim mood being enhanced later by the wail of the bagpipes that accompanied the 200 runners on their way to the start in Fort William. But then the gun went off and it was just like any other road race. I saw that at the Red Burn, the halfway point, some runners kept to the zig zag tourist path and others climbed the shorter steeper route, but I just followed the person in front up the path and arrived on the plateau at the top in tenth place and collected the necklace that proved I’d been to the summit.

But if getting to the top was routine it soon became clear that my legs, my experience, my technique and perhaps my courage were inadequate for the descent as I stumbled down the path being overtaken regularly by runners accompanying a shower of stones. How I longed for the bottom of the Ben and the flattish road to the finish in Fort William. But beware of what you wish for!

Tenth at the top I was thirtieth by the bottom of the Ben where the legs I had naively expected to work properly again had been transformed into mere rubbery things dangling out of the ends of my shorts. However, by swinging them alternately, I made some sort of progress and made up four places to finish twenty-sixth. Dennis was 54th and Mike was 74th.

I can’t recall much about the long journey back to Canterbury but what I do remember is trying to cross a busy road, stepping off the pavement and falling flat on my face. “Are you all right dear?” an old lady asked. “Yes, thank you” I replied and already conscious that my relationship with Ben Nevis had only just begun.



Above: Ian Macmillan competing in the Ben Nevis race in the mid-1970’s © Ian Macmillan. Opposite page: The 1989 Ben Nevis Race, with Dave Weatherhead (Bingley Harriers) leading a group high on the descent, photo by Pete Hartley © Denise Park

BACKGROUND

I suppose I ought to have introduced myself. I am Ian Macmillan, born in Canterbury, Kent in 1940. My interest in running began when I won a cross country race at big school from all the other first formers, after which I was inspired by the 1952 Olympic Games and people like Zatopek, Pirie, Chataway, and Frank Sando from Kent. I seemed to have a bit of ability to run because at twelve I was in the senior cross-country team running against eighteen-year-olds, but this talent appeared to wither on the vine because, as a proper senior, I finished in the fifties in an inter-schools race organised by Blackheath Harriers. I had won the school mile in exactly five minutes, which I didn’t think indicated any real talent, and so I focused on football (team captain), although I wasn’t really a team player, and cricket (opening bat) where it was more a matter of me against the rest. When I left school I continued with club cricket but I still liked running and got into the habit of going for a daily run and after reading a book by Arthur Liddiard I realised that a five-minute mile on just normal fitness didn’t automatically mean I was useless.

At the time there was no athletics club in Canterbury, and I had no idea about training and the difference it made but when I was twenty-three Canterbury AC was formed and, after two years of cricket, I joined and teamed up with the aforementioned Dennis whom I had known from school.

At first, I intended to go back to cricket in the summer but by then the running bug had bitten me hard. And there was no justice in cricket: as a bowler an easy catch could be dropped and as a batter you could edge a ball and get out, but stay in if you missed the ball completely. Whereas in running justice is generally done and the best person on the day wins.

My debut for Canterbury AC was a 4.56 mile to finish next to last on my first visit to a cinder track and I was content to be placed in the thirties in Kent league cross country events. Then recovering from a broken arm, I had a Damascene moment and realised I had largely forgotten my Liddiard and especially what he had written about mileage. So, I introduced a morning run and aimed at running fifty miles a week. I was then twenty-four, my times came down as my mileage went up and I won the Kent cross country championship in 1971 and 1972.

My best year was in 1969 when my PBs included 2.20.34 for the marathon (12th fastest in the UK that year), 14.19 for 5k and 29.43 for 10k. Which are either modest if you’ve run faster - or OK if you haven’t.

BACK TO THE BEN

That first one was in 1968 and I ran it most years until the mid-seventies with my best position being fifth in 1970. My companions

were usually Dennis, Mike and Ray but others from Canterbury AC, or Invicta AC as it became known, were often persuaded to join us - often as family holidays. Before the jogging boom around 1980 runners were considered to be rather eccentric and my training around the streets of Canterbury was often accompanied by cat calls. I didn’t really care, although I did object when a little toe rag threw a stone at me and ran away, obviously not realising I was Kent cross country champion at the time - until I caught him.

It was much more pleasant to run in Fort William where the comments were of encouragement. Fort William would be full of runners during the week of the race, as were the pubs, and us southerners listened to the tales of real fell runners and real mountains with interest and some jealousy. Legendary multiple-winner Eddie Campbell was one we listened to with interest and the renowned Joss Naylor.

In the 1970 race I was lucky in tucking behind two of the top runners in the race, Jeff Norman and Dave Cannon, right from the start. At least that is my recollection but talking to Jeff Norman recently he said that he ran up the tourist path to the top, being a better runner than he was a climber, whereas Dave Cannon took the shorter route with the steeper climb. So maybe fifty years after the race my memory is faulty, but I am sure that I got to the top close to both of them and in good shape but, of course, going down was another story. However, even here I was lucky because I kept Jeff and Dave in sight long enough to follow the correct route from the top and, just as I lost them halfway down, Mike Davies went by. Mike was also a southerner running for Reading AC but was a very experienced fell runner and winner of both the 1968 and 1969 races.

There is a place halfway down where it is best to jump off the tourist path and toboggan/run down a grassy slope, avoiding the rocks, to re-join the tourist path lower down. I was able to follow Mike down this part of the course and stay in fourth until we were almost at the foot of the mountain although, before I got there, I lost one more place but retained fifth place on the road to the finish in Fort William.

And then we went to the prize giving in a building close to Loch Linnhe and I walked up for my fifth-place medal. “Show that in any pub in Fort William and you’ll get a free pint,” said Mike. I didn’t check that out and I didn’t go to the post-race dinner but sat outside in the evening sun, listened to the bagpipes and gazed across the Loch in a very mellow mood and thought about my dad. This was his country and I’d listened to many of his tales about the Highlands. I’d had a curious relationship with him (described in different ways by the poet Philip Larkin and Mike and the Mechanics in their song ‘The Living Years’) and I pondered on how I’d like to win the Ben race in his memory. Was it possible I wondered?

COULD I WIN THE BEN?

Eventually both Jeff Norman and Dave Cannon became much better runners than me. During their best years Jeff ran for Great Britain in the 1976 Olympic marathon and Dave also ran for GB over the marathon distance and won the Paris marathon in 1981. But in 1971, that is before their best years, I thought I was about equal with them in a flat 10-mile road race which was the first hurdle to jump before thinking of beating them in a mountain race. In the 1970 Ben race I had been five minutes behind Jeff but nearly all of that had been incurred on the descent and so I envisaged lots of training on the South Downs in Kent to improve my climbing and descending skills. Of course, if my problem descending was just due to sheer cowardice then I didn’t deserve to prosper.

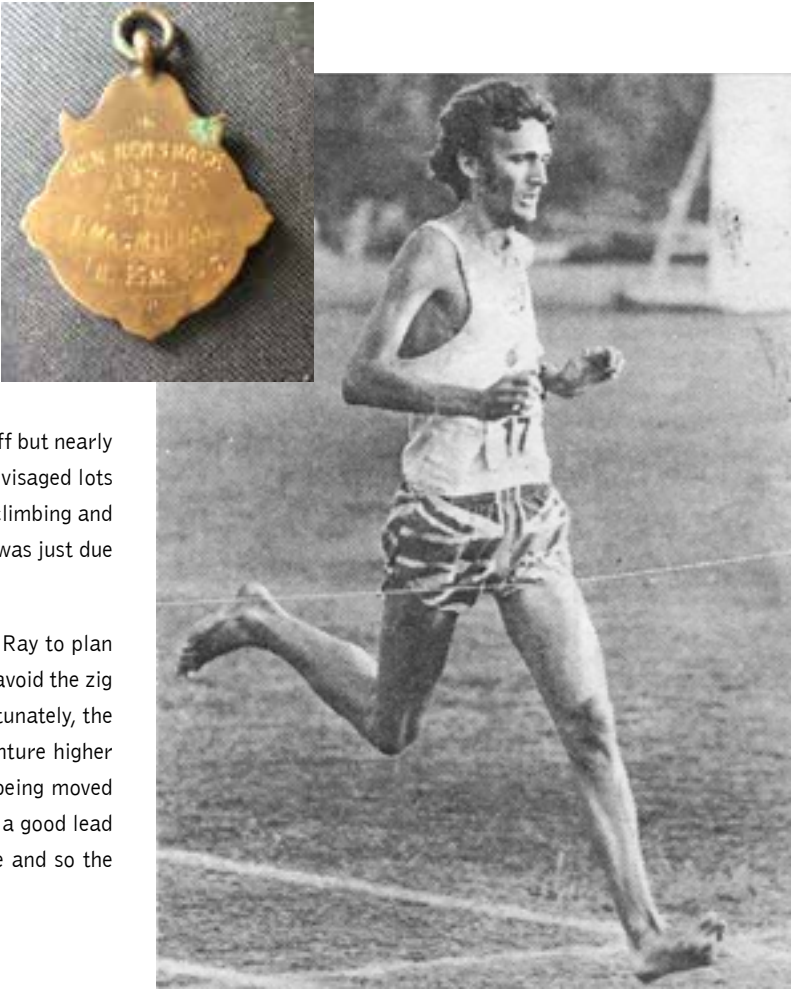
In 1971 I travelled up to Fort William with my friend Ray to plan a detailed recce of the climbing section of the route to avoid the zig zag tourist path and lead the race all the way. Unfortunately, the weather before the race was atrocious and I didn’t venture higher than the Red Burn. I also learned that the start was being moved much closer to the mountain which meant that getting a good lead on the road from Fort William was no longer possible and so the gaps between runners on the descent would be shorter.

On race day I went to the front and had a good lead at the Red Burn and started up the first zig zag but by the end of it my lead had gone and I joined in with a group of climbers knowing that my chance of winning had vanished. I managed to get a bit lost coming off the top and banged my knees together and had to stop for at least a minute until the agony abated. Of course, I lost places going down and eventually finished twelfth.

I ran the Ben many times after the 1971 race, but the dream of winning had gone for good.

EDITOR’S NOTE

- 1970 - Jeff Norman (Altrincham) won the last race from King George V Park
- 1971 - Dave Cannon (Kendal) won the first race from New Town Park and won again in 1972.



Previous page: Ian Ferguson (Bingley Harriers) passing the top of Gardyloo Gully after leaving the summit at the 1989 Ben Nevis Race. Photo by Pete Hartley © Denise Park. Above top to bottom: Ian’s medal from the 1970 Ben Nevis Race, where he finished 5th overall; Ian winning the 1500 metres at Midland Bank sports in the mid-1970’s © Ian MacMillan

BLACK COMBE



WORDS BEN ABDELNOOR

It began when Britta and I moved north across ‘the Raise’, an historical delineation and supposed burial place of the last king of Cumberland, King Dunmail. It is a boundary that separates the northern Keswick people from the Ambleside folk. The move happened some 18 months ago. I promised my Ambleside AC brethren that I would have absolutely nothing to do with Keswick AC. No sooner had we moved then I accidentally made friends with a couple of them and found them to be ‘okay people’. I reported this back to the Ambleside boys and told them it’d go no further. Then I began to go to the occasional training night with Keswick, which at first was awkward and not a little uncomfortable; sort of like breaking in a new pair

of underpants. I reluctantly relayed this development back to Ambleside; the training with Keswick bit, not about wearing new underpants. The downward spiral continued as I handed over cash to become a ‘social member’. I reiterated my promise to my beloved Ambleside AC that it’d *definitely* go no further.

So I’m in the back of a car driving down the west coast to the Black Combe race with my best buddies Mark Lamb and Matt Atkinson, both of whom happen to run for Keswick AC. Mark and Matt are pretty handy athletes and one day they’ll be really good fell runners. Neither have done this race before. Well Mark has, once, but he might as well have not, given the zero visibility conditions

he found himself in. As we drive they quiz me about the route. Mark just wants the basic outline of the course: a long, runnable climb; fast running around the head of the valley; a short, steep descent followed by a very long steep climb; finishing with a long galloping descent. Matt starts to talk about heat maps, studying Strava segments from championship races and plotting various route profiles using GPS. I’m out of my depth by the time he starts explaining how he’s going to apply torque vectoring differentials between the front and back parts of his fell shoes on the first climb.

Britta tells me that I spend a lot of time “engaging in ineffectual activity” between arriving at a race venue and the start of the race, resulting in me cutting it quite fine to get to the startline in time. I think she means I faff a lot. Personally I think I make effective use of my time. Today is a good example, where I take myself off for a warm-up run *before* registering as the queue to get our race numbers is long and slow-moving. I get back to the village hall to see the queue has gone down. In fact there is no queue at all because everyone, including Will Ross the race organiser, has headed to the start field. If Britta was here I’d try and argue I wasn’t cutting it fine but when you receive race number 221 and there are only 221 competitors, I’d have to concede. Not only that but I am looking into an empty safety pin tub, except for just one comical two-inch long safety pin staring up at me. I kick myself for having forgotten to bring my Winnie-the-Pooh travel tin of safety pins. That tin contains over 200 really nice safety pins from fell races over the last fifteen years or so. Some of those pins hold fond memories for me.

Jogging to the start I pass Mark running in the opposite direction, back to the village hall. We’ve parked by the entrance to the start field and I ask Matt where Mark was rushing to. Matt, pointing to Mark’s dibber sitting on the roof of the car, suggests Mark probably can’t find his dibber and has rushed back to the village hall. Matt, realising a situation is developing with just minutes to the start, promptly scoops the dibber up and runs off, away from the start field, to try and find Mark. “Perfect,” I think, “that’s two fewer people ahead of me in the race and they both run for Keswick.” It turns out Mark just needed the loo.

Of course they do make it to the start in time, and are way ahead by the time I reach the summit of Black Combe. They, along with their team-mate Tom Day, Ambleside AC’s Jack Wright, Buxton’s Finlay Grant, Orran Smith of Manx Fell Runners and CFR’s Sam Holding make up the lead group. It’s a hard, sustained climb. I know how hard it is when I am acutely aware that I have spat on my crotch instead of the ground, there’s snot dribbling onto my vest and spit dangling from my ear but I haven’t spare energy to deal with the mess I’ve made. It’ll have to wait.

The leading woman, Black Combe’s Kate Maltby, whom I’ve been climbing all the way with, pulls away from me as we head off from the summit cairn. I hope she hadn’t spotted my messy face. I follow her around the head of the valley and we descend to the crossing of Whitecombe Beck. I’m languishing in the beck having a drink as Hannah Russell skips by. I mumble some encouragement as I realise these two women have a serious race on their hands. Hannah has been steadily reeling Kate in since we left Black Combe and looks to have plenty of fight left in her as she begins the final climb.

Now I don’t know whether it was the transcendentalist thinker Ralph Waldo Emerson (1803-1882), or Sam Elliot in *The Big Lebowski* (1998) who first said, “Sometimes you eat the bear and sometimes the bear eats you.” Well, today it’s the Black Combe bear that is destroying me. I’ve not enjoyed my race so far and



Previous page: Ben (5th from the top) on the initial climb © Karl Steinegger. Right top to bottom: Ben, mid-race, considering his tofu ramen recipe © Stephen Wilson, www.granddayoutphotography.co.uk; Ben’s race paraphernalia, including his Winnie-the-Pooh tin of safety pins and his ‘emergency gel’ with a best before date of 2014 © Britta Sendlhofer.

I'll continue to not enjoy it. I fumble in my bum bag for my emergency gel. Why is it only for emergencies? Because it has a best before date of December 2014. I've slowly been working through a box of these gels and chocolate raspberry isn't my favourite flavour. I ate the box of salted caramel gels long before their expiry date approached.

The climb gets steeper and I'm beginning to drag my heels (not literally, that'd be counter-productive) as Kenny Richmond and Michael Ainsworth, both from a Kendal-based club come past, along with Danny Hope of Horwich. Danny won Black Combe in 2007 which was the first year I ran this race. I came third that year and Scoffer was second. I wonder where Scoffer is nowadays and whether the paint would ever come off his hands if he scrubbed and scrubbed and scrubbed. I think I'll try and make ramen for dinner tonight, using soba noodles and teriyaki tofu. I wonder how the neighbour's dog is; we're looking after her for the weekend. All these distractions go through my head but it's really not helping at all. There's nothing left to do but get to the top of this hill and go down the other side.

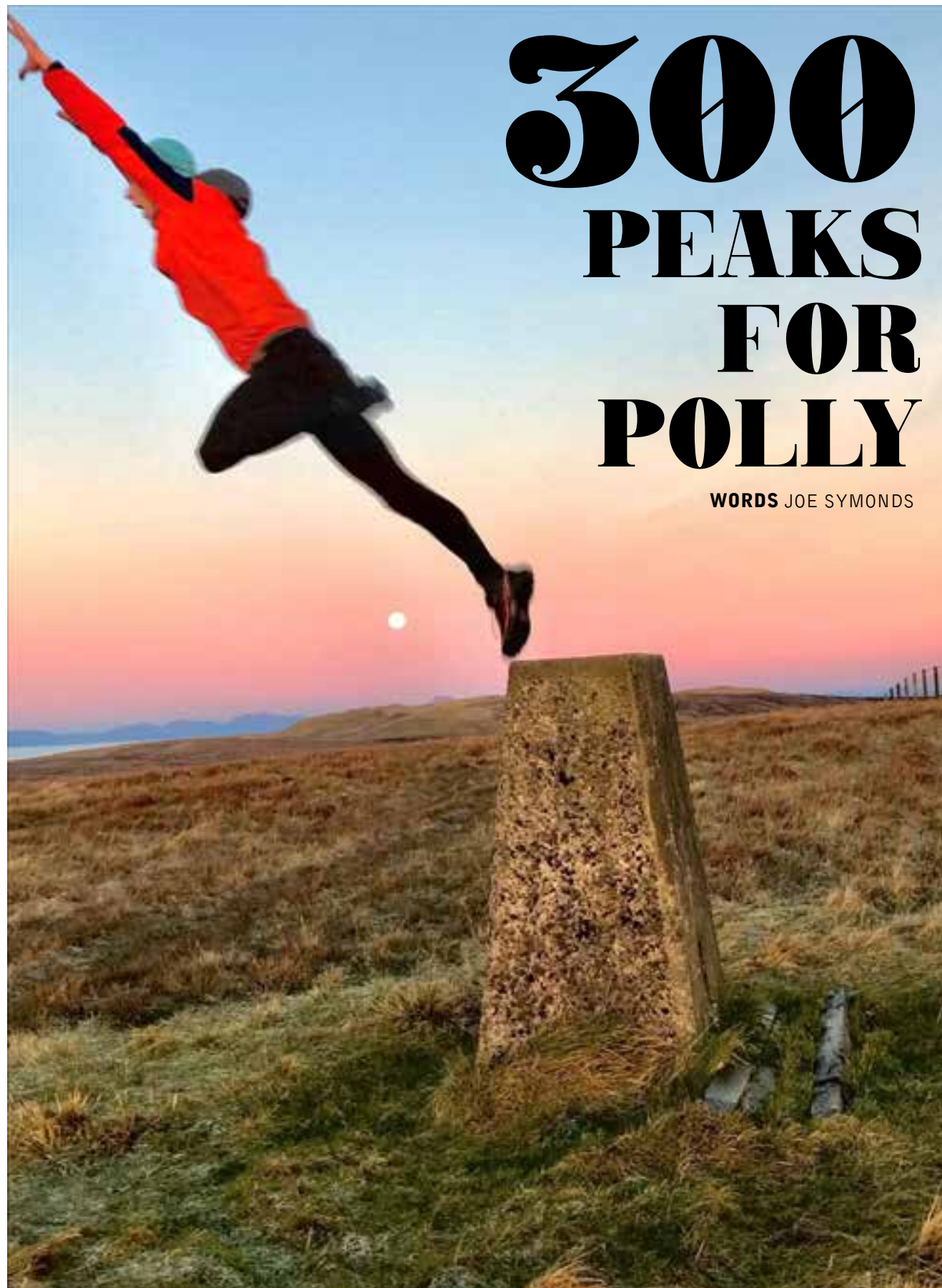
Tom Day and Sam Holding are first to dib at the south summit of Black Combe and head down the final descent. Matt and Mark are seconds behind, with Jack Wright a further twenty seconds back. Just seven seconds separates Kate from Hannah in 10th and 11th places overall as they chase Black Combe's Josh Hartley down to the finish.

Black Combe feels to many like the opening race of the season. It usually gathers a big field and often with a depth of quality. Having changed after the race I'm leaning against the wall outside the village hall chatting with clubmates and catching up with folk I haven't seen in a while. It's pleasant enough outdoors in a jacket with gentle rays of warm spring sunshine balanced by a cold coastal breeze blowing in from the west. We stand, gazing up the fell, all big mountain and clear blue skies, savouring the post-race pasties and supping mugs of tea. It certainly feels like a great race to start the season.

It turns out there certainly was some quality at Black Combe today. Hannah Russell caught Kate Maltby on the final run in through the fields, and managed to take Victoria Wilkinson's 2016 record by just eight seconds. Truly the performance of the day and possibly one of Hannah's best ever results. Mark Lamb managed a narrow victory, leading in a Keswick trio with Matt Atkinson and Tom Day close behind. A special mention should go to Wendy Dodds who, in winning the V70 category, took *thirty two* minutes off the previous V70 record. I hope she treated herself to a third pasty for that superb performance.

Below: Kate Maltby (Black Combe Runners) leading Hannah Russell (Helm Hill Runners) up the final climb, Hannah went on to win by 28 seconds setting a new women's race record in the process © Stephen Wilson, www.granddayoutphotography.co.uk





At the start of 2021, I set myself a challenge to run up each of the three nearest named peaks to my house, that are over 500m in height, 100 times in the calendar year.

THE CONTEXT

In response to the beta variant surge of Covid-19, Scottish Government rules restricted any travel for recreational purposes to five miles. All competitive running events had been cancelled for an indeterminate period. An entire nation, along with a lot of the world, was feeling quite trapped. Most amateur sportspeople had no competitions to aim for. I concluded that since I could not travel to enjoy Scotland’s wealth of exceptional mountain running terrain, I would use this opportunity to get to know my own back garden really well. A 300-summit target was something to keep me motivated. This challenge was to be spread over an entire year. So I am not claiming this as any kind of extraordinary endurance accomplishment. This was a feat of consistency. A commitment to local running.

THE SUMMITS

The three summits were Dumbreck (508m, 4.2km from home as a crow flies), Cort-ma Law (531m, 4.2km), and Locket Hill (547m, 3.8km). They lie in the Campsie Fells, a range of rounded grassy hills 13km due north of Glasgow. They reach a maximum height of 576m (Earl’s Seat). Visitors to Scotland, and Glaswegians on day trips, have a tendency to bypass the Campsies on their way to the more dramatic terrain of Loch Lomond and the Trossachs. The result is that these fells remain relatively untouched. The underfoot conditions are a mixture of tussock and bog, with this part of the world experiencing the highest rainfall in the UK. Most of the paths here have been made by sheep or deer, but mostly there are no paths!

THE EXPERIENCE

Doing the same three fells one hundred times – averaging six summits per week – might sound quite tedious. Surprisingly, it wasn’t. There were numerous options to vary my routes, with my longer runs connecting all three summits. There was plenty of variability in the weather too! As the seasons changed the experience of being in the hills varied. Despite having lived at the foot of the Campsies for eight years now, this challenge made me feel more connected with them than ever before. The dynamic of my relationship with the Campsie fells changed fundamentally. I think this is because with a commitment to the 300-peak target I could not afford to pick and choose when to make the ascents. In a sense it felt like I was going into the fells on “their terms” not mine.

I developed a greater interest in wildlife, and I became significantly more observant of the company I was keeping up there – foxes, hares, red kite, golden plover, dunlin, snipe. Birds and mammals aside, nearly all of my runs were done alone, early in the morning before heading off to work at the Children’s Hospital in Glasgow. Darkness was clearly the dominant theme through the winter months, though there were some glorious moonlit nights. January and February saw a prolonged cold spell and unusually heavy snow fall. For the first six full weeks of the year, every run I did was in shoes with “dobs” on the soles to give me better purchase on the ice. In many ways these are the best conditions. The large areas of bog on the summit plateau entirely freeze over. By March and April my morning runs frequently coincided with some stunning sunrises, truly the best time to be up there. In 2021, snow lingered much longer than it had in recent years. The final patch, at just 450m altitude, melted on May 11th. There are some fabulous swimming pools up high in the raised valleys of these hills. These provided welcome refreshment during the hot summer months. My longest run of the year was on June 15th when I celebrated reaching



Previous page: Joe jumping over the moon on his 100th ascent of Dumbreck © Karen Patel. Above: a map of the Campsie round, 35 peaks over 300m © VeloViewer 2012-2022

the half-way point of the challenge by creating a new “Campsie Round.” For this I looked at the Ordnance Survey maps of the Campsie Fells and identified all the named summits in the whole range that were over 300m altitude – 35 peaks in total. The route was 68km, with 3260m climb, and took me just under 9 hours.

From July onwards the hill racing calendar started to get back into gear and so I wanted to include more quality in my runs to get myself race fit. I started to be inventive, using the hills for interval sessions. All this hill training was paying dividends for me. I managed to win the senior men’s title in the Scottish Hill Runners (SHR) Championship series for the first time since 2016. I also made it onto the victorious Scotland team for the Senior Home International in Sedbergh in September. Mentally, the most



Left: Polly with Joe’s oldest daughter Ailsa in 2014 on Dumgoyne in the Campsie Fells © Esther Symonds. Opposite page: sunrise from Cort-ma Law, looking over Birkenburn reservoir © Joe Symonds

difficult section of the year came in October/November when the days started to draw in again. The running was once again all in the dark, yet my route choices were still limited by lingering vegetation from the summer. December then outperformed expectations, bringing some fabulous days with fresh snow and temperature inversions. My final summit, the 100th Cort-ma Law, was completed on December 26th, in the company of another 12 runners who took on blizzard conditions to join me for the moment. A bottle of Prosecco was popped from the top of the trig point.

THE FINAL STATISTICS

In total the runs involved in this challenge added up to 2500km distance, 121,000m ascent/descent, and 246 hours of running.

FUNDRAISING IN MEMORY OF POLLY KENYON

When I started my challenge on January 1st I did not realise that it would take on another major significance. My very good friend Polly Kenyon, after a struggle with severe depression, died of suicide on March 24th. I first met Polly in October 2006, on our first day studying a one-year degree in International Health at the University of Leeds. Our conversation immediately turned to our mutual love for fell running. Prior to the Leeds course she had been studying medicine in Sheffield, where she was an active member of Sheffield Triathlon Club and Dark Peak Fell Runners. Subsequently, after completing her medical degree, she trained as a paediatrician with me in Scotland. We worked together in Aberdeen, Inverness and Glasgow. Everyone who worked with Polly agreed that she was an extraordinarily capable children’s doctor. She was a remarkably attentive listener to children and their parents and would frequently go above and beyond the call of duty to help make lives easier for her patients. She instinctively put others before herself, making several extended trips to Africa to apply her skills and knowledge to help those in greatest need, including during the 2014 Ebola outbreak in Sierra Leone.

Polly had a thirst for adventure and for challenges. She took part in a wide variety of endurance events – swimming, cycling, running and triathlon. She was naturally motivated to push herself to her physical limits and had a powerful knack of encouraging others to do the same. Over the 15 years of our friendship she was consistently supportive of me in my training and racing. I had a strong sense that she would have approved of the 300-peak Campsie challenge, so I decided to dedicate the effort to her.

Polly’s depression was something that she kept well hidden. Very few of her friends or colleagues knew that she struggled with her mental health. It is important to emphasise that she had no

difficulty at all in sympathising with and supporting others with mental illness, and this was abundantly clear in her work as a doctor. When I first met her in Leeds, I discovered that she quietly and unassumingly did voluntary work for the Samaritans. However, when it came to her own mental health, she applied a different set of standards, and struggled to accept her illness.

Depression is often not obvious to the onlooker, and it can affect the people that you least expect. Discussing mental health can be particularly challenging for people in health professions who are often put under significant pressure to “be strong” for their patients, and for whom illness can tragically and mistakenly be considered a sign of weakness. Polly was a vibrant, active, caring, highly motivated and successful individual in professional and sporting spheres. Her friendships spread far and wide – across social, national and age boundaries. Those who knew her valued her greatly as a trusted friend. She could always be relied upon to give an honest and thoughtful opinion. She gave deep consideration to every issue she encountered and was driven by a profound sense of justice.

A MESSAGE FROM SAMH

- MARILYN BOYD, COMMUNITY & EVENTS FUNDRAISER

“This is a really touching way for Joe to remember his friend, Polly. Everyone at SAMH offers their heartfelt thanks.

“The funds raised by Joe will help us to continue to support people with their mental health right across Scotland.

“Mental health problems are far more common than most of us think, they affect around one in four people in any given year. That’s why it’s important that we remember that there is support available.

“SAMH is committed to supporting Scotland’s mental health. The SAMH Info Team is available on 0344 800 0550 or info@samh.org.uk, and can connect you with local mental health support and information. There’s also lots of helpful information and advice on how to manage your mental health and wellbeing on the SAMH website, www.samh.org.uk”

In dedicating my 300-peak challenge to Polly my aim was to achieve three things. Firstly, I wanted to give myself an opportunity to share with others the important role that Polly played in my life. She inspired and encouraged me both in my work as a paediatrician and out of work in my adventures, challenges, and competitions in the fells. In this respect I know there are many others who feel exactly the same. Secondly, I wanted to help raise funds and awareness for a mental health charity – The Scottish Mental Health Association (SAMH) – so that others suffering like Polly did might be helped. Finally, I wanted to encourage all of us to be more open in our attitude to talking about mental health. It is difficult to know how much additional strain the effort of hiding her illness put on Polly, but I know she found it exhausting at times. We still live in a society where mental illness is stigmatised. This makes it so much more difficult for those who are suffering to be accepted and to access the help that they need.

I am still fundraising for SAMH. You can find my JustGiving page here: www.justgiving.com/fundraising/joe-symonds3

WHERE TO SEEK HELP

If you or anyone you know is experiencing thoughts of suicide, [please reach out for support](#). There are people who stand ready to listen and support you: call Samaritans on 116 123 or email jo@samaritans.org. You can also visit SAMH’s website which carries information on living with thoughts of suicide and supporting someone else. www.samh.org.uk/about-mental-health/suicide

Phone: 116 123

Email: jo@samaritans.org

Visit: www.samaritans.org

WORDS TORY MILLER, JAMES GIBSON

JAMES GIBSON: THE FIRST WINTER WAINWRIGHT ROUND

In December 2021, James Gibson became the first person to complete a continuous circuit of all 214 Wainwrights in winter. James battled winter conditions and Storm Barra to complete the route of over 318 miles, incorporating over 36,000m of ascent, in 8 days 6hrs 44mins. Shortly after this magazine goes to print, James will be setting out to attempt the same round in summer. While he has made no secret of his desire to see how close he can come to Sabrina Verjee's record of 5 days 23hrs 49mins, his goal is to simply complete the round. Doing so would make him the first person in history to complete both a summer and winter Wainwright Round.

BACKGROUND

James grew up in the coastal county of Cornwall, the eldest of four children. His fondest childhood memories came from Scouts and it was here, at 12 years old, that he met the man that would go on to become his stepfather, and whom he'd call dad.

His dad, Andrew Gibson, was a Scout Leader, and taught James to climb. Together they shared many an adventure – climbing, abseiling and surfing. It is he whom James credits for instilling his passion for the outdoors, an area he'd later go on to make his career.

James left Cornwall for the Lake District 9 years ago, to study a degree in Outdoor Leadership at the University of Ambleside. Prior to this, James had never been to Cumbria before, nor – bar two brief trips in his late teens to Wales – had he ever really been in the mountains.

Above left to right: James on the Helvellyn range © Steve Ashworth



Above left to right: James and his family on Black Crag, and on Side Pike; with close friend Joe Mann on the Isle of Skye © James Gibson. Opposite page: the incredible sunrise on the Ennerdale leg © Mingma Sherpa

A passionate climber, James soon befriended fellow Amblesider and climber Joe Mann, when they were both studying and working at The Climbers Shop. It was Joe who introduced James to fell running around 5 years ago, and whom James credits for his ‘accidental’ Bob Graham a few weeks later. James, who had a good baseline fitness from his work as an outdoor instructor, went on a recce of legs 3, 4 and 5 alone to gauge his fitness. Nearing Keswick and knowing he was maintaining a good pace, James rang Joe, who encouraged him to continue and joined him on his final stretch from Threlkeld to Joe’s car at Dunmail, arriving less than 24 hours after James had set off. An unofficial round, but an epic achievement nonetheless.

Over the last five years, James – who has never done any form of fell or trail race – has focused on running various long distance rounds. Notably, he became the first person to complete a winter Steve Parr Round (The Lakes 2500’s), a roughly 125-mile route linking the 61 Lake District summits over 2500ft, in 55hrs 48mins in late February 2021. James counts winter climbing as his main passion, and loves the challenge that comes with true winter conditions and battling through elements in a tough environment.

AN INTRODUCTION TO THE WAINWRIGHTS

Close friend Joe Mann was also a good friend and ex-Climbers Shop work colleague of Paul Tierney, the Lakes-based Irishman who, in June 2019, set a new record for a continuous Wainwright Round. Paul completed the round in 6 days 6hrs 5mins, taking almost 7 hours off Steve Birkinshaw’s 2014 record.

Joe was heavily involved in Paul’s round – and James, having worked with Paul too, was naturally drawn in. James recounts:

“I was scheduled to do the first leg of Paul’s round in 2019 with Steve Birkinshaw and Jacob Tonkin and, to be honest, I just couldn’t keep up with them. I was well out of my league. I had to drop off the hill at High Tove and rocked up in Rosthwaite by myself.

“I just thought the whole thing was utterly mad, Paul had such a long way to run. I couldn’t quite comprehend it. I certainly never considered giving it a go myself at that point, it never even crossed my mind!

“Paul went on to complete it, setting a new record, and a while later a film that told the story of Paul’s round came out. About six to nine months after watching it, a little idea started tweaking in my mind... ‘I wonder if a Wainwright Round is doable in winter?’ No one had ever done it in winter before.

“Of course, there was Dom Ainsley, who gave it a try in Feb 2020, but I was intrigued to see if I could do it. I approached Paul two years ago and shared what I was thinking. I wanted to do it properly, and not with the fitness I had then. I asked Paul to write me a training program so I could build the strength I needed for a challenge of that magnitude. *[Ed’s note – Paul and his partner, Sarah McCormack, run a coaching business Missing Link].*

“Everything was set up for 2020, but then, like with so many things, Covid put an abrupt stop to it. Despite everything being lined up, I was left with no option but to postpone it until the end of 2021.

“In the meantime, as both a mix of training and fun, I completed The Steve Parr Round in February 2021. It was at that point where you could go out with one other person on the hills and I was able to stay at mine overnight *[James and his partner, Kayleigh, live in Rydal which is conveniently situated on the Steve Parr Round route].* While I wanted proper winter conditions, the weather was mostly good with patches of snow on the ground in places.”

THE WINTER WAINWRIGHTS

DAYS 1 AND 2

“I think a lot of people don’t see the effort that goes into the planning phase, it takes forever. I spent hours and hours planning the maps, organising kit and building the team – making sure most

of the people that are on each leg are local to that leg. It makes it a lot easier logistically and they benefit from local knowledge of the fells closest to home. We set a start date for the 1st of December, and it was eventually all coming together.

“Leading up to the start, you couldn’t really see the storms approaching on the forecast. I thought I saw a brief glimpse of Storm Barra on the synopsis chart, but the weather had been so changeable around that time, you weren’t really sure what you’d get. One thing was for sure though – there was definitely snow on the way and it was going to get colder, which was awesome as that’s exactly what I wanted. It snowed just before my attempt began and my last training run was in the snow. It was pretty exciting in terms of that side of things.

“Initially everything went to plan, better than planned if I’m honest. I was moving quicker than expected on the first few days, mainly due to the conditions on the ground being very good. There wasn’t much wind, and it was cold so the ground was hard. We were treated to the most spectacular sunrise on the Ennerdale leg, and I came down to Woodhow farm in Wasdale to find the farmer and his wife had set up the most wonderful meal for our team. Those really were two of my highlights of the round.

“The weather started to change on the Central Fells, and as we worked our way to the Langdales it became really icy. It began snowing and we were slipping on the layer of ice sitting just beneath the fresh snow. It felt full-on winter at times and it was really

exciting coming down from Scafell on the West Wall Traverse. Charlie Sproson, who was navigating, went down first and spotted us down. It was really fun.

“It warmed up a little going over to Duddon and stayed warm until I set out from Rydal to Kirkstone Pass, where it stayed wintry until the end.

“My first low point was after Duddon. I should really have stopped and slept there, but I didn’t because I was behind on the time I set for that leg and felt bad to be keeping my support runners waiting. I remember having an excellent runner from Ambleside AC on that leg, Tom Simpson. He and the others were really keeping me awake over the next fells as I was falling asleep on my feet. I briefly overtook Tom Hollins on that leg though.”

NECK AND NECK WITH TOM HOLLINS

DAY 3

“The first time I saw Tom was on the Coniston hills, on the out-and-back to Grey Friar. That instantly woke me up, I wasn’t as far behind as I thought I was.”

Many fervent dot-watchers (those that follow challenges like this on Open Tracking) will know that James set out on his winter Wainwright attempt an hour after Tom Hollins did just the same. Tom, an experienced ultra-runner, had already completed a Wainwright Round in torrid weather during the summer of 2020.

The two had never met, but knew of each other’s attempts and spoke on the phone beforehand – sharing details and wishing each other well.

“Tom and I were neck and neck most of the time around. I did Latrigg first, and he planned to summit it later in the round, so we never really knew who was ‘at the front’ at any point.

“I left Sticklebarn, in the Langdale valley, a short while after Tom. It got dark as we reached High Raise, so we could see Tom and his teams’ headtorches. They could see us.

“I got to Rydal an hour or so after Tom, only to find he had also scheduled a rest stop there and was staying literally next door to my home, in Rydal Lodge. It was a complete surprise.”

A STORM INCOMING

DAY 4

“Setting out from home three hours later, the weather was really starting to change. By the first Wainwright, Nab Scar, it was already starting to snow a lot, with the wind becoming increasingly strong.

“It was snowing heavily by the time I arrived at Kirkstone Pass and despite not being scheduled to be on that leg, Paul Tierney was there. It lifted my spirits a lot. We had a brief chat about what the weather was doing as high winds were forecast that evening, but without really knowing what was going to happen we couldn’t decide on a plan of action. Most of the leg was fine, until the last hour where the wind picked up significantly. On Sour Howes and Sallows it was probably gusting around 50 miles an hour, and they are relatively low hills.

“I got down to Kentmere knowing I was realistically going to be sitting out a bit of bad weather. Paul wanted to have a chat to me in the van, but he didn’t have to say much as I had already made the decision – I wasn’t going out in that. Nor was I taking my team out in it. Basically, my van support and Paul had decided that, if I didn’t agree, they weren’t going to let me out of the van until the weather had passed.

“**Thankfully, the crazy Irishman didn’t have to restrain me.**”



Above: James on Branstree enjoying the sunrise after the storm © James Gibson.
Opposite page: On the legs from Patterdale to Dockray © Steve Ashworth

“We sat out the weather for around 7 hours, and this allowed me to get a good bit of sleep. I saw it as ‘forced rest’ in my head. I went into the round knowing that anything can happen and that the weather will always win. If it meant I had to sit out a few hours, so be it.

“When I arrived in Kentmere, Tom was there with his team. We had a brief chat about the conditions before he set off into the night. As we were sheltering in the van, which was parked in the valley, it was rocking side to side. What it was like up on the summits for Tom, I dread to think.

“The worst of the weather passed by the early hours and the environment had changed massively. Going up Kentmere Pike, which is one of the lower Wainwrights, felt like we were somewhere like Patagonia. The snow was so deep, it was up to our thighs in some points. It took ages to get up the hill and moving forward was hard work. We had to climb around snow drifts that must have been up to 9 foot in places.

“Despite the tough going, we had the most incredible sunrise on Branstree. Steve Hopwood had brought a flask of whisky along, and we all watched the sunrise together, passing around the whisky (in a covid-friendly manner of course). We continued on what is the longest and most remote leg of the Wainwright Round, with the sun eventually setting as we came down off the ridge into Martindale.

“It was a long day, and I needed to push on to Patterdale before I could sleep. Thankfully Cathy, who part-owns the Climbers Shop, had brought us some really good cake to spur us on.

“Sadly, during the early hours that morning, Tom and his team had needed to drop down to the relative safety of the Haweswater reservoir. After careful consideration, and having borne the brunt of the storm over night, Tom had decided to end his attempt. Whilst I was sad for Tom and I certainly felt that ‘the pressure’ was off, I had the worsening forecast weighing heavily on my mind and a long way still to go.”

WHITEOUT CONDITIONS

DAY 5

“With all the fresh snow on the ground, the leg from Patterdale to Greenside felt like being in the middle of Scotland in winter. We had full on whiteout conditions; we couldn’t see the ground, we couldn’t see the sky. Charlie Sproson did an epic job of navigating – you couldn’t even see the contours, there was just so much snow. It was really deep and compounded by the heavy winds.

“One memorable part for me was the steep ascent up to Dollywaggon from Grisedale Tarn along the wall. It was 2 or 3 o’clock in the morning, and we were up to our knees in snow trying to get up this incredibly steep slope. It was really hard work.

“Another memorable bit was coming down Swirral Edge in full-on winter conditions, we all had our crampons on and ice axes out. I had a brief sleep when I got down to Greenside, before carrying on to Dockray.

“Those two legs were the toughest part of the round, because of the conditions and wind. Snow was getting blown around everywhere because it was so fresh. You needed all your winter kit on: goggles, the works. Jez had brought his dogs on the leg too, and they were absolutely fine. Pretty tough dogs!”

IT’S ALL TOO MUCH

DAYS 6 AND 7

“My shin had started to hurt by this point and descending was increasingly painful. I remember coming into Dockray slowly, or it felt that way. When I got to the van, close friends Matt (Handley), Ush (James Usherwood) and Matt Le Voi were there. I basically broke down, tearing up. It all caught up with me – the combination of lack of sleep, injury on my shin and the weather that was on its way. I knew the storm was coming.

“We were at Dockray for a while, making a plan on how to approach the next leg. I had a really experienced team with me – Bryan Wakeley and Paul Wilson (Chairman of the Bob Graham Club) had also joined us at this point. We sat around a table, had some grub and a pint, and came up with a plan of how to attack it.

“The storm was coming through around midday the next day. At this point it was 3 or 4 o’clock in the afternoon the day before and there was no way I could make it all the way through the Northern Fells before it hit. We decided I’d pushed through the next two legs



without any sleep and then drop down to Mungrisdale where I’d stay for around 18 hours to wait out.

“At Mungrisdale, looking out the window it didn’t seem that windy. At times we were questioning the forecast – was it really 75 miles on the hill? The good rest and food worked wonders though, and I got a physio to come to look at my shin, which was a massive help.

“The whole time I had an amazing team around me. I wasn’t just making the decisions alone, others were helping make them for me. That took a bit of stress off. Everything I needed was always done, and without those people around me, none of this would have been possible. It shows how much of a team you need. I had over 70 people in total helping me.

“Before setting out on the rest of the Northern Fells leg, we sat down with a map to look at potential avalanche risk areas – with the increased snowfall and strong winds it was something we needed to consider.

“That leg was really cool; it was a full on winter adventure for a number of hours. We had planned the route to cut under Skiddaw, but it ended up being safer to go higher due to the snow. We had to draw on our mountaineering experience to make safe decisions on the hill. At Whitewater Dash, friends ran in to meet us with a hot brew at what must have been 5am. I also saw a light bombing off Skiddaw and it was Steve Ashworth, coming out to see us before dropping his kids at school.”



THE FINAL PUSH

DAY 8 ONWARDS

“I found myself falling asleep on my feet again on the Rannerdale to Newlands leg, I was probably a bit delusional and kept seeing things – looking over to Keswick I saw clock faces, and rocks started having faces too. I have never experienced it before, it was wild.

“After a good feed at Newlands Hause, Kayleigh had come out to join me and was cooking a full English in the van, I set out on the last leg. It was my most enjoyable by far - I had most of the people who’d been with me all the way, by my side. There was snow on the ground and the skies were clear. I didn’t feel like I needed to rush to get to the end. It was really chilled, we were sliding down the snow in our waterproofs and just enjoying the moment.

“Getting into Keswick was awesome; I have never done a race, so never I’ve experienced getting to a finish line and having people there cheering me on. It was incredible and it ended my round on a high.”

THE DIFFERENCE

“After the round, Tom and I spoke to one another about our respective rounds and shared our experiences. He said he thought my mountaineering training, and the support of the people around me, gave me the advantage in the winter conditions. Being a mountaineer you’ve always got to make decisions on the hill. You

set off with a plan, but as you are out, you are constantly assessing and making judgement calls. The kit differs to normal fell running kit too – you need proper mountaineering gear to cope with the conditions we faced out on the hill.”

A SUMMER ROUND

“I was back out running about 10 days after finishing the Wainwrights, but during my recovery period, I watched Sabrina’s film for the first time. Maybe I shouldn’t watch films! *[the film All for One follows Sabrina Verjee as she sets a new record for the fastest completion of the Wainwrights, 5 days 23hrs 49mins in June 2021].* After watching the film, something in my head clicked and I was intrigued to see how quickly I could do it.

“After my winter round, I felt I finished well. I ran well; I wasn’t as fatigued as I thought I’d be and I recovered really well. I seem to cope with little sleep, I can move ok, so why not give it a go?

“AsI still have all my training in my legs, I approached Paul Tierney again and asked him what he thought. He asked how I was feeling and said he felt I already had the endurance, so I didn’t need to do as many big hills days and could instead add a little more intensity. Training for my summer attempt has differed a lot from winter, with less focus on long hill days given that I have a lot of that in my legs already. Mileage wise, I am hitting around 50 - 60 miles a week and I’ve been doing a lot of trail runs and hill sessions. Alongside Paul’s training, I set my own target to keep the ascent in my legs.

“In my head, I would like to have a go at the record, but if I fall off record pace, I will still go on to complete it. I’ve looked at both Paul’s and Sabrina’s rounds, and I have some ideas of how I can approach mine. I have targets of how long I want each rest to be, I need to cut them right down. Hopefully I am a little bit quicker than Sabs on the hill and hopefully I can live off a little sleep too. *[Sabrina broke Paul’s record not by being faster on the hill, but by cutting down the rest stops considerably and functioning on very little sleep.]*

At the end of the day thought, it’s really about completion for me. If I end up finishing, I would be the only person who has done both a winter and summer round.”

James is planning to set off on his summer Wainwright Round on the 1st of April, 2022.

Previous page: On the final leg, heading over to Dale Head © Matt Le Voi. Right top to bottom: James and Kim Collison on top of Dodd © Paul Wilson; James descending his final Wainwright, Cat Bells, with Paul Tierney and good friends by his side © Steve Ashworth; James on the final stretch to Moot Hall © Paul Holtom



A full moon rises in a clear sky above a rugged mountain slope. Patches of snow are scattered across the brown, rocky terrain. In the lower-left foreground, a lone runner stands on a grassy ridge, looking towards the mountain.

A WINTER RADDY

RUSSELL BENTLEY SETS A NEW SOLO SUPPORTED MID WINTER
RECORD IN 20 HOURS 15 MINUTES AND 49 SECONDS

I reach Rhosydd quarry, fifty miles and sixteen hours in. It is the dead of night. A spooky enough place in broad daylight, where young men worked and died, deep in the hillside tunnels. Slate ruins loom silently around me. The moon shadows play tricks on my eyes, ghosts are closing in from all angles. I've reached a crossroads. If I turn right, down the hill, towards my hometown of Blaenau Ffestiniog, I could get in my warm, safe bed, and make all this stop. Or I could go straight on. Ten more miles, over the hardest terrain of the whole round. No paths, just fields of bogs, deep enough to drown in. It sounds crazy now, sat here writing this in the safety of my own home; warm; dry; well fed; but I was very sorely tempted just to take that right hand turn, with a big; "F you. F them. F this whole thing. See if I care."

Ten months earlier, February 2021, I'm standing on my treadmill. I have an eight mile run on the schedule. I'm about to press the big, green 'start' button. I can't bring myself to do it. I've been running 100 mile weeks, week after week, alone, in lockdown. And suddenly, I've just had enough.

I am motionless, in the dark garage, contemplating my life choices. This is just one silly run, I could easily skip it. But it gives me an out. It makes it easier to skip the next one. I got fat and depressed during the first lockdown. Now, with the second wave, more home schooling and Covid deaths wreaking havoc and uncertainty upon the world, this training schedule is the only thing that feels familiar. I'm clinging on to it for dear life.

I convince myself that the door to my house is locked shut, and it won't open until the treadmill display reads 8.00 miles. I might have to jog at a ridiculously slow pace to finish, or sleep out here on the treadmill, but the door stays closed.

Every tenth of a mile clicks by painfully. I'm saying to myself; "I can't do this. I can't do this." All the way through the run. Until, finally, it's over.

I go back inside the house and, when the kids are in bed, I sit on the sofa with a cold beer. I don't tell my wife, or anyone, what hell I've just been through. Because what have I just been through? What is the point in any of it?

I'm training for a marathon in April, hoping every day it won't get Covid cancelled. Three months of 100 mile weeks, I don't miss a single run. I am fit. I throw my seven year old boy on the top bunk, get an unusual twinge in my back, but think nothing of it. The next morning I can hardly walk.

I have three weeks until race day, my back injury doesn't improve at all. I miss the race.

I feel absolutely devastated. As each week passes and I still can't run, I feel all that fitness slowly, slide away. There is nothing I can do. I've just turned forty and immediately suffer my first ever back injury. So this is middle age is it?

When my back is healed enough to run, I spurn the roads and turn my attention to the mountains. The big, wide vistas help me get a sense of perspective, I feel like I'm getting a handle on things. But I'm still kidding myself. I have an unshakeable belief that the world still owes me a favour.

I attempt the Paddy Buckley round in early summer. I run half of it at record pace. Then I crash and burn.

I have to quit. I realise, fully, that the fitness has gone.

I learn to completely let it go. I start again. From where I am, not where I want to be.

Rebuilding slowly, over the next three or four months, things start to click. I run the fastest solo time for the Paddy in August, and two weeks later, I undertake the awesome Dragon's Back Race, finishing 2nd in an incredible adventure.

It's been a seminal year, but, as it draws to a close, I know I have unfinished business with the Winter Paddy. I completed it late in 2020, and now, twelve months on, I feel like I am fit and experienced enough to get the FKT (Fastest Known Time). A failed attempt in the first week of December, and a subsequent pep talk from my mum, only strengthens my resolve. I really want this.

Sunday, December 19th, 2021, the weather is perfect. There is actually a temperature inversion; the higher you go the warmer it gets. The crystal clear skies give excellent visibility. I am moving smoothly over the Carneddau first, then the Glyderau. The juttied out, kryptonite rocks are dry and gritty. I know I am going too fast. I don't care. It feels so epic.

I capture Wyddfa in the sunset, the patches of snow are an iridescent orange. Not a breath of wind in the sky. It's all feeling too good to be true. As I start to climb Yr Aran, my thighs cramp up, responding to the pounding from the long descent off Wyddfa. I have to lie down and shake them out for about five minutes. It's my first scare of the day. Things are going to get much worse.

Darkness closes in just before I reach Nantlle Ridge. I had really wanted to get here with some daylight left. In darkness it's much slower. The big rocks hide the way, a massive black abyss yawns away to my right. I have to take my time.

I'm scared of the dark. Always have been. An overactive imagination or something. I can't accept the black canvas, so my mind paints all sorts of nasty characters to fill the void. They get very real in my head. Behind me, chasing me, always just out of sight.

Running down Aberglaslyn woods, there are reflectors stuck on random trees for scouts to do night exercises. I hate those things. They reflect the light from my head torch and turn into the shining eyes of the nine Ringwraiths. I know, Ringwraiths don't have shining eyes, but this is my nightmare.

I narrowly avoid capture and burst out of the woods into the relative safety of the street lights in Nantmor. As I begin the final leg with the gentle climb up Cnicht, I am 2hrs 45 up on record pace, but I'm not feeling great. It feels distinctly like I am about to bonk. Fuzzy head and finger tips. I don't understand, I have followed my nutrition plan, bang on, all day.

I have to slow down to a walk. A few summits later I try to eat another energy bar and it comes back up violently, and five more bars come with it. Nothing has been absorbed for the past two hours. My stomach is in a terrible way. I heave so intensely and conclusively that I know I will not be able to eat anything again during this attempt. I have been pushing too hard and too fast during the day, force feeding myself, and now my belly has totally shut down.

So, I reach Rhosydd quarry, fifty miles and sixteen hours in. It is the dead of night. Hesitating, at that crossroads; tired; cold; hungry; wanting badly to turn right, towards home.

It's like I'm standing in front of a neon cash machine. I know, it's ridiculous to find a cash machine up here, but this is my nightmare. I put my card in. I am going to need everything.

Somewhere deep down, I remember those lost months of training for the marathon that never was. Every time I was on that treadmill on my own, not wanting to press that big green button, and every single time, I found a way to do it. I tricked, cajoled, begged and bargained with myself. I thought I was training my body, but here I am now, it dawns on me, I was training my mind.

There is enough left. There is enough there to convince me that I can get to the next hill. And one more. And one more after that. All that training and effort that I thought I had lost to the ether, it all came back. When I least expected it. The energy you put out into the universe, is the energy that comes back.

I finished the round at 3.15am, in the stone cold dead of night, with my family, the camera crew and a low mist enshrouding us. I had broken the record by 1hr 15min. But I had no energy to laugh, dance, or say something funny for the cameras. It was just relief.

The satisfaction came in slowly. A slow burn. It's still burning now. Every Tuesday and Wednesday, when I drive over to Bangor to coach my squad, I like to take the high pass. I look into the mountains and, sometimes, I see a lone headtorch, up in the black. My stomach feels a sudden jolt of fear, then the warm pride sets in. I did that.



Previous page spread: Russell running toward Carnedd Llewellyn © Cwmni Da. Above: Russell on the final run into Llanberis © Cwmni Da. Next page: Russell on the Glyders © Cwmni Da



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I completed this round in memory of Chris Smith, who died in the mountains in 2020. I would greatly appreciate anyone who enjoyed this report to donate £1 to the Chris Smith Memorial Fund, www.totalgiving.co.uk/appeal/chris-smith

Planning ARRAN

WORDS & PICTURES ALISON WAINWRIGHT

BEHIND THE SCENES AT THE KONG MOUNTAIN MARATHON

My involvement in race organising started in 2012 with a chance meeting in Dovedale with Adrian Boyes, organiser of the Rab Mountain Marathon. After helping with Adrian's events over a few years, on registration and collecting controls, I joined him in organising the Rab Mini Mountain Marathons. These are now sponsored by Kong Running in Keswick, and I organise them with my family (Chris, Eleanor, Max, Oscar and Ben) along with Janneke Gorzeman and Erwin van Vroenhoven (with their children, Robin and Sanne).

We started planning the 2 day Kong Mountain Marathon in 2020 and we've never had such a long 'to do' list:



1. GETTING STARTED

Fortunately, Erwin is very competent and efficient at these types of tasks, so he has been beavering away setting up a Community Interest Company (helped by ideas from the organisers of the Saunders MM) which is non-profit making, with the aim of donating any proceeds from the event to local causes.

He made a website and set all the entry processes in motion with the help of SiEntries. Erwin is going to co-ordinate all the timing for the weekend using Sportident timing systems. He has also arranged insurance, as this type of event is not covered by the FRA.

We feel very honoured to have the sponsorship of Kong Adventure in Keswick and they will be coming to the event to offer shopping opportunities.

We have been advertising the event; I did the old school version and spent Christmas sticking new dates on the 2021 flyers. Eleanor has been creating posts on Facebook and Instagram so please share with your running friends.

2. FIND A LOCATION

This needs to have a big enough area of open access land, parking on hard ground for 300 cars, a registration venue with camping area, suitable overnight camp location with water, access to toilets and finish for day 2. Not only that, but the landowners need to welcome 600 people trampling across their land and setting up an overnight camp.

3. PLAN THE ROUTES

We started by asking David Broom (Ecologist) for his assessment on any sensitive areas that should be avoided. We had to apply to Nature Scot for approval of the plans (they didn't and asked us

to move the event to a date out of the bird nesting season which is why it had to be moved to August just before the deer stalking starts). We have planned 5 courses (now on the 4th draft); three linear courses and two score courses.

4. START RECCYING

We were really pleased that the National Trust for Scotland allowed us to use Brodick Castle as the start and finish of the event, so competitors will have a beautiful walk along the beach - if it's not raining! We then had to look for an overnight camp, but I can't reveal any more details about that. We spent a lot of time speaking to local landowners (Dougarie Estate, Arran Estates and National Trust for Scotland were all really helpful). My friend Jacqui Letby was a great help in introducing me to her extensive family, and their knowledge of the island has been invaluable. Local runner, Mike Mellor, Glen Rosa campsite owner, Nicol Hume and Ewan McGregor from the Arran Mountain Rescue gave advice about the routes and areas of danger.

We have now recced most of the 70 checkpoints in some very extreme weather conditions and just need a final trip to Arran (on the way back from Jura Fell race). We will then decide on the final checkpoint locations and linear routes as well as bad weather options and ask Harveys to make us a high-quality map that will stand up to Scottish rain.

5. FOOD AND ENTERTAINMENT

It has been difficult to organise catering during all the lockdowns but we have booked the 'Little Rock Café' to make some delicious post-race food and some local people will be setting up a BAR at the overnight camp (bring some money so you can sample the Arran beer and whisky). The Dovedalers, of which I am a band member, have been practising their jigs and reels and are coming on tour to provide music for a ceilidh at the overnight camp.

6. DRAFT IN SOME HELPERS

There are some benefits to having four children. Eleanor and Max have been a great help with the planning, reccying, advertising and finding friends to help. We have organised accommodation for helpers thanks to Chris Trail from the Lochranza Centre who has many qualifications including ceilidh caller and First Aid provider. Stephen Wilson (photographer) will be coming to take his amazing action shots and have a cheery word as you pass. Grace Kelleher and Joe Law have been creating some soon to be revealed T-shirt designs and Dale Rodgers has hand made some special trophies.

What I have realised, is that organising these events could be a full-time job, especially as we are also putting on three of the Kong Mini Mountain Marathons (May, September and November) but we all have other jobs. I am a Speech and Language Therapist, Chris is Operations Director for a quarrying company, Erwin is an IT expert and Janneke is a Nordic walking instructor. Dog walking is a big (but enjoyable) time consumer for me, and housework isn't! I also like to enter a lot of events organised by other people and I have a much greater understanding of the amount of unpaid time, stress and background planning that has gone into these.

The Kong Mountain Marathon will have a range of courses to suit walkers, novices, socialisers and experts. We hope you'll come and enter (run by day and dance by night!) to make the event a success and raise some money for local community projects.

The event website is <http://kongmountainmarathon.org.uk/>

If you want to practise your navigation and reward yourself with homemade soup and cakes afterwards, come and join us at the Kong Mini Mountain Marathons

www.minimountainmarathon.co.uk

Left: Eleanor reccying Goat Fell. Opposite page: The view from Cir Mhor

MAP MEN

WORDS STEVE CHILTON

Close observers of recent copies of *The Fellrunner* will have noticed a series of maps accompanying articles on races or endurance events. These are welcome additions, and they showcase the cartographic skills of long-time fell runner Andy Ford. Recently I had a conversation with Andy, where we reflected on our respective careers, our fell and mountain running efforts, and also our shared love of maps, and of making them.

STEVE: Andy, I'd be interested to hear how you got into running. For me it came after thinking I was going to be a footballer. Failing eyesight, and an abundant lack of ability, stalled that dream. Post-education I made some poor lifestyle choices and became very fat. Inspired by the Sunday Times National Fun Run (remember that?) I started running, and eventually did the first London Marathon, in 1981, in a relaxed 3 hrs 5 mins.

ANDY: In many ways my path to running, or back to running, hasn't been dissimilar. I ran at school, but drumming was my main focus. After school, some questionable lifestyle choices left me in a similar position. You can't outrun or outdrum a bad diet and despite playing lots of gigs I piled the weight on. With a background of a bad house buy with an ex and wanting to escape the four walls, I started going walking with my brother and we'd do pretty simple

routes like Mam Tor to Lose Hill and back. It was on those walks that I spotted some wiry guys running around and smiling. I'd been thinking about starting running again and that pushed me over to actually doing something about it. Then it was 2013 and a 3-31 at the Paris marathon for me.

STEVE: Despite getting down to 2-34 for the marathon, I soon got bored with the road running scene. Being a keen hill walker, I made a natural move – to running the fells. My first race was Butter Crag, in 1981, and for some reason I loved that achey, washed-out feeling after each race, and I set about travelling up from London to run the fells as often as I could.

ANDY: I've got the marathon down to 2-47 at present, though I'm hoping to lower that at Manchester this year. It's always one for the day though if that sort of things happens or not. Winter Hill was actually a lot nearer to where I lived than Mam Tor and I started heading up there to run and was eventually recruited to Horwich RMI Harriers by the seeming one-man recruitment machine that is Ed Swift. I told him I wanted to do the BGR and he took me under his wing, before passing me over to Albert Sunter and Ian Charters for further running development. My first race had to be the classic Rivington Pike, in I think 2012, though I actually went back to running in the winter of 2007/8.

STEVE: My favourite fell race was probably the Fairfield Horseshoe. For someone who rarely got a chance to train on the hills this suited me, with its medium length, uphill start and mostly runnable middle section, I could really enjoy it. Having said that, the run along the finishing track after the steep descent always found me out. How about you, Andy?

ANDY: There are so many to choose from, it's difficult. I like some of the short blasts of midweek races in summer, but I think Old County Tops gave me the biggest sense of pride in a finish. The OCT shirt is not an easy one to get. That said I love Wadsworth Trog, Turner Landscape and the Short Duddon too, because they're runnable and you can spin your feet on the climbs, which suits me more than the hands on knees stuff. If pushed though I'll say OCT.

STEVE: Toughest fell race? I'll give you a short and a long. That Butter Crag race at Grasmere just shot my legs to smithereens. So steep. I also remember only just getting over the wall on the way up and seeing runners clamber ruthlessly over those that faltered. That wall got knocked about and I recall someone who had run the race going to reinstate the damage afterwards. As it was the Billy Bland years, and he had run that day (but not won), I like to think it was him that mended the wall. The long toughie was the Mountain Trial. It was the 1985 event, in Eskdale. It was wetter than wet, and I was coming to the last field only to find a river crossing to negotiate. I was half-way across and stumbled, going right under, unfortunately right in front of my wife and best mate, who both still talk about that dive at every opportunity. Billy won that event too.

ANDY: I've never run well at Borrowdale and have usually been praying for it to be over by the time I'm halfway up Gable. It is always brutal going up there after coming off down to Styhead. For a short it's got to be the Screes race, going up Whin Rigg after that fast and pretty much flat start is heart coming out your mouth stuff. I was once fading toward the end of it and thinking there's no way I could catch the guy ahead of me. However, at the gate going back on to the road a figure held it open as I got there and said, "Go on lad, get him!". I glanced up to see it was Joss and then it became like a commandment from God to keep racing, so I wrecked myself from there to the finish and caught the guy. Tough race, great support from Joss Naylor himself!

STEVE: Not content with 20 milers like the Mountain Trial, I also did a few two-day Mountain Marathons. Particularly memorable, for me, was the Karrimor from Troutbeck, also in 1985. Once again, a problem is the reason it stands out. On the first day I managed to break my glasses, which didn't help my map-reading. Fortunately, my partner Mike Cambray took the burden. One thing about MM partners is that, for me, it was all about compatibility of temperament, rather than of running ability. Getting on together

when things go wrong was vital if you were going to still be friends after the event. Mike and I are.

ANDY: Well, as a pair I've only done the Saunders MM with Soph and while at times she wasn't too happy with me, I stayed out of striking distance on the first day after we missed the very first control! That was the Loweswater event in 2017 and I ran it with my broken wrist in a cast, not ideal as the rain came in at the end of the first day. I think we started the Mountain Trial that year too, but it was called off while we were out. We came back down from somewhere near Robinson before getting stuck behind gates that had been locked after everyone had started so had to go the long way round back to the start. She's put up with me since and we have a three-year-old now so it can't have been too bad having to run with me!

STEVE: Two days on the Cuillin Ridge stand out for me as another example of mountain companionship. We were walking the ridge with an overnight bivvy, getting up the second day to scramble up the Inn Pinn and abseil down the other side. It was hotter than hot, so water became an issue, as I had not carried enough. Two very differing incidents in our training for this crossing proved me once again to be capable of getting things completely wrong. On an earlier (failed) Cuillin attempt we had bivvied on the ridge in the summer, only to get a heavy snowfall in the night and having to



Steve Chilton before the 2005 World Masters in Keswick © Mike Cambray

skedaddle down rapidly. A couple of the team were the worse for wear because of the cold. In prepping for that event we had bivvied on the top of Tryfan. We used sleeping bags inside bivvy bags and were roasted that night. So, we decided to drop the sleeping bags for the Cuillin ridge and just use bivvy bags, which is where the cold night almost caught us out. Andy: I believe you have some 'fell issues' you could share with us?

ANDY: Cuillin sounds a little hairy! I think some of mine have already come up, but I've got history: a partially dislocated knee at Langdale and a helicopter ride to Whitehaven; and broke my wrist at Fairfield trying to stay with a group who had a much better line that I was too busy looking at. Didn't realise until I got home and couldn't put the car in reverse to park. Several others over the years too. I think it can be said that I need a Goldilocks Zone of conditions to run well and not injure myself in the process.

STEVE: Forward planning? Nah. We did the International Three Peaks at a fair old lick in 1995. Sleeping in the car at the bottom of the Ben seemed a good idea, as we wanted an early start and beds seemed superfluous. All went well and we came off Snowdon in great shape and headed for the Pen-Y-Gwyrd Hotel for a slap-up meal in celebration. Unfortunately, we hadn't checked in advance and the kitchen was closed by the time we got there. A great day on the hills though.



Andy Ford touching Crummock Water with Joss Dog on his 26 Lake, Meres and Waters run in 2021 © Paul Swindles

ANDY: I've been so forward planned that I once got to Dunmail 24 hours early for a BG Leg 3 support! I think I'm fairly well planned, though I'm sure everyone forgets bits of kit now and again or locks their car key in another car at Pooley Bridge, Keswick, Dunmail etc, right?

STEVE: Going back, my career has revolved around maps, having studied a cartography course while I was up at Oxford. When I started cartography was very different to the way it is now. We used Rotring pens, scribing tools, and stick-down Letraset lettering. Fine skills to have, but useless now with digital cartography having taken over. My whole career was in academia (at Middlesex University), which I always say was better than working for a living. It was way more relaxed than the other top carto-career path at the time, which was working in the burgeoning oil industry. Your path into map making was a little different though, Andy?

ANDY: My route to it has been very different. I studied Philosophy at Uni, which was great for growing a beard and pondering, not so much for making maps. However even as a child I'd dig out maps, road atlases and the like and pore over them, wondering what these other places were and how to get there. It wasn't until later in a bit of a stopgap job that I was given some GIS work to do with underground pipelines and I wondered who made this stuff and how because it interested me too, much like the road atlases years before. After that I went and dug around online, finding QGIS and started playing with that, learning python and then playing with making my own visualisations and so on. Eventually I found myself at an interview with Harvey Maps. While I didn't get the job, it spurred me on to do more and learn more and that's where the Otter Maps stuff came from. It's been very much a make it up as I go along way of getting in to it all! The Otter name by the way is down to a select number of runners from Pennine FR who've long called me The Otter and can be heard at races shouting "he's just a wet cat" on the start line.

STEVE: The activities outlined above have allowed me to indulge my two great loves, maps and mountains. Preferably maps of mountains. Working in academia gave me plenty of chances to write about maps. I recall having great fun doing a comparative review of Ordnance Survey and Harvey maps. Using their maps of the Corridor Route in the Lakes I concluded that actually Wainwright's map of the area was the clearest, and most aesthetically pleasing, one of the area.

ANDY: I do like both OS and Harvey stylings but the latter always makes me think of racing on the fells and for that do prefer them. That said a lot of what I do is based on OS data and in the day job I also spend a lot of time wrangling OS data too. Things are certainly better now than my pre-fell running days when I'd drive over Woodhead pass and wonder what was around me, the only map

being more of a google or sat nav map with no real detail of the hills either side.

STEVE: I loved my time in the formal world of cartography, giving back as best I could by accepting the post of Chair of the Society of Cartographers, after being editor of their journal for 25 years. Now my involvement in the cartoworld is more informal, being mainly through the OpenStreetMap project (OSM). This awesome open-source crowd-sourced map of the world, and importantly massive geo-database, has been getting better and better for several years now. I have contributed loads of map data to the project, and was also (jointly) the designer of the main global map that is the front-facing aspect of OSM. I expect you have used a good deal of the data from OSM, Andy?

ANDY: A great deal of extras in my maps are derived from OSM. Either the OS doesn't really have it or over APIs I can go to a level where the OS will display so I start pulling bits of OSM into the map. I think I did work on a couple for The Fellrunner which were basically OSM maps that I'd added hillshading to. It's a great resource to be able to go to though. I think it did first come to my attention years back when I'd been reading about some acts of vandalism in the data! I recall one of your talks about being a benign dictator over the appearance and aesthetics of it too. I'd guess at those vandals had not been people you're keen on! On the Society of Cartographers, I think I only attended the one AGM where a vote was taken to dissolve it, that's a niche stat I reckon.

STEVE: I have used the OSM data to recently produce two map resources. Firstly, a black and white map of the Bob Graham Round route which is usable by anyone, as long as they comply with the ODBL licence and give credit where it is due. Secondly, I worked with Splashmaps to create their BGR map, which is part of their fabric outdoor map series.

ANDY: I have used OSM but not to that degree maybe. I'm not sure one of my abstract maps would serve a purpose on a Splashmap and I have a few disclaimers on my website asking people to not try and use my stuff to navigate anywhere. I haven't heard of it happening, but thought it better to head it off before anyone might try!

STEVE: Finally, having edited a book on the 50 Years of the Society of Cartographers, and written 4 books on fell running, my typing fingers are still active. I have just finished the manuscript of a book on female fell running pioneers, and am ploughing on with a huge tome on the history of the OS 6" map series, with a colleague from my working days. But sadly, no running now. What do you have in the pipeline, Andy?

ANDY: Well, I've been playing with some scans of the 6" maps and some others, adding hillshading and some routes (a great



The final version of the Spring 2021 Fellrunner cover - Tim Ripper's Lakeland Classics Run. © Andy Ford, www.ottermaps.co.uk

way to mix that kind of map with some GPS data) but nothing as grand as your plans. Other than that, I'm working on a set of minimalist Wainwright maps on a book-by-book basis, and there are possibilities of a book or two but for my part it's more illustrative maps and maybe a cover for another, but I'll have to see how those end up working out. For now, I'm just trying to carry on some form and fitness with my running. After my 26 Lake, Meres and Waters run - which at the time was second only to Joss overall and broke Alan Heaton's record for the original route (the way Leo Pollard first completed it) by 34 mins - I want to see what I can achieve. So really this year it's lower that marathon PB at Manchester and then focus on the Lakeland 50. I've also been convinced by a few CVFR guys to give the English Champs races a go this year, having avoided them since about 2014 and a dire run at Hodder Valley Show.

Details of his CV and both of the maps mentioned are available on the map resources page of Steve's blog, at: <https://itsahill.wordpress.com/>

Andy's map work can be viewed, and commissions requested, at: <https://www.ottermaps.co.uk/>



ONCE UPON A TIME

There was a fell runner who had completed over a thousand fell races: Wasdale, Ennerdale and other long days. He never cheated on the kit requirements, always carried a map and compass, he even had a survival bag. He wasn't too sluggish, was naturally cautious and never foolhardy. He thought he knew his way round a fell race.

He had travelled a lot, always with his running kit and had run in dozens of countries: from Australia to Zimbabwe. He liked India, although now only on luxurious organised tours, and one day after a six-hour coach journey his group arrived at a remote hotel, high in the hills at the end of a private road, near Dharamsala in Himachal Pradesh.

The hotel consisted of individual chalets spread over the hillside and after the 300 kilometres drive, and with a free hour before

the evening meal, the runner decided to change straight into his running kit for a twenty-minute dash down and back up the hillside road before returning for a shower, a large G&T and dinner.

MISTAKES START HERE

It was a delightfully warm Indian evening, so our runner changed into just a vest and shorts. On a short "out and back" run carrying a map or compass would have been as silly as carrying a mobile phone or the huge and heavy chalet key, so our runner decided to leave his chalet unlocked and off he went.

Running downhill, he ran like the wind, waved to some of the group out for a gentle walk and took note of landmarks on the descent, including a couple of "Y" junctions, to guide his return. He felt so good after twenty minutes that he carried on running further before, somewhat reluctantly, turning back.

AND WERE COMPOUNDED

Naturally he wasn't as quick running uphill and, pre-occupied with pondering if he would be too late for his pre-dinner drink and now running on the opposite side of the road to face the oncoming traffic, he missed a turn and carried on uphill. Eventually the absence of landmarks made him realise his mistake but unflustered he reversed and descended to the correct turn, really pushing on now because he had lost so much time. In fact, so much time that darkness had suddenly fallen, there was neither footpath nor lighting on the country road and running into the traffic meant to stay safe he had to resort to a slow, stumbling walk on the uneven grass verge alongside a steep valley. He was also blinded by the headlights of drivers not expecting to meet a runner on the dark road, which is probably why he missed his second turn on the other side of the road up the unlit track to his hotel.

Pressing on our runner eventually reached a small village. Here he should have stopped, calmly reviewed his position, reversed his steps down the long unlit road he had just plodded up and carefully sought the narrow track back up to his hotel. But what runner likes to admit a mistake and turn round? Especially when you are shivering with cold, hungry, and convincing yourself that round the next corner will be a well-lit road that will magically lead straight back to your hotel.

Although our runner now realised that in his enthusiasm to start his short quick run, before setting off he had not taken proper notice of the hotel's peculiar name, a significant handicap when seeking directions. A further concern was that the friends on the tour who had seen him running away from the hotel might now be urging the tour manager to alert the Indian police to look out for a semi-naked English tourist last seen fleeing his hotel into the vastness of India. All very disconcerting for our experienced fell runner who now realised he was lost, inadequately equipped, had failed to tell anyone of his plans and was not even sure of the name of the hotel he was hoping to see again soon. Somewhere in India

SALVATION

However, as our runner stumbled along a village street an intrigued shop owner cheerily bid him Good Evening. Our runner, thrilled at his turn of luck, asked this good Samaritan if he could possibly help him identify which hotel he was staying in and how to get back to it.

Fortunately, the shop owner was delighted to assist this eccentric Englishman who was providing such an amusing diversion during a routinely dull evening - and our story ends happily ever after with generous tips for everyone involved. Especially for the distraught tour manager who had gained another anecdote about the unbelievable stupidity of foreign tourists.

SO?

If I had taken the proper kit: a map, compass, proper clothing, had told someone where I was going, and taken note of where I wanted to return to safely - then this light-hearted story set in India could not have been written.

Fells, of course, can be less forgiving.

WHY IS THIS LITTLE STORY IN THE FELLRUNNER?

Because of the parallel with the deaths in fell running which have not been the result of a catastrophic error, such as running off the edge of a cliff, but by the aggregation of small mistakes that accumulated and eventually resulted in tragedy.

And that outwardly trivial, but eventually fatal, mistakes start with what a runner decides to pack in his bum bag as he leaves the house or the car on the way to the race start line.

WORDS FRAN AND ANDY BLACKETT,
CO-ORGANISERS

DURHAM FELL RUNNERS' *WAINWRIGHTS RELAY*

The Wainwrights Relay – How 27 members of Durham Fell Runners came to run 528 km over all 214 of the Wainwright Fells of the Lake District in a little over four days.

At the start of 2020, there was a discussion on the DFR Facebook page about a suitable challenge for our club to take on. The Billy Bland Challenge or a relay of Wainwright's Coast to Coast path appeared to be gaining some traction until a misread of the second suggestion led to a discussion of a relay of the Wainwrights. We agreed this would indeed be brilliant but would need a lot of planning. The date for early summer 2021 was put in the diary and 20 or so members vouched to keep the allotted 5 days free.

Andy built a schedule based on the distance and ascent figures from Steve Birkinshaw's book, *There is No Map in Hell*, his account of his staggering solo round of the Wainwrights in 2014. The schedule suggested that 4 days, 12 hours was achievable with no stops for sleep. This seemed suitably eye catching when compared to the current solo record held by Sabrina Verjee of just under 6 days. No one in the club is either Steve or Sabrina – could we collectively take 36 hours off the record?

We are a small club with around 50 members. As this was a club event we wanted all legs to be run as pairs to make it sociable and collaborative as well as safer, given we would be running through the night. Some simple maths meant that running all 24 legs as pairs would either need everyone involved, or people would have to run multiple legs. We sat down one evening during late March 2020 (our diaries were pretty clear back then if I recall correctly) and we allocated legs to runners, starting with our long distance specialists who we knew would be happy with the 30 km+ legs and

working backwards from there, making sure to give those running multiple legs sufficient rest in between. Our first draft allocation was completed and people went out, as restrictions allowed, to reccy their legs and start learning the best lines, dutifully recording their notes in what became known as The Spreadsheet.

Due to Covid restrictions in early 2021, we postponed the start date back to late August. This led to some reshuffling of runners as others became available and others were forced to drop out due to other commitments. The allocations were changing right up until the day before we started, with one injury and one positive Covid case. New members were slotted in where others were unable to run. It was inspiring to see how much members were willing to give in order to make sure that the project remained on track. People were prepared to travel over to the Lakes, run their legs overnight and then drive home to complete a day's work or take over child care duties. It was humbling.

As we started at 08:00 on Thursday 26th August the allocations were all in place, the tracker was attached and all we had to do was hope that we could get a pair of runners to each of the 214 summits in a continuous relay – it wasn't too much to hope for, was it?

Being a small club, all knowing each other and sharing a focus on making this possibly overambitious project happen was a real advantage. Every transition was flawless, nobody was late, everyone was in the right place, not a single top was missed and there was only one Great Cockup (Wainwright 176/214). Bogs were fallen into, boulders took chunks out of shins, head high bracken provided many amusing photo opportunities and slips and tumbles were aplenty, but everyone continued with a smile. The WhatsApp group became a great source of camaraderie, encouragement and support



with regular updates and photographs throughout the day and night, alongside the expected banter and occasional logistical query. It also ended up playing a significant role in tracking progress...

...As the only major glitch was technological. On leg 17 the tracker shut itself down when reading 8% battery life, and when rebooted appeared to reset to factory settings, only recording its position every six hours or so. The WhatsApp kept on pinging so all members were kept up to date with the current position and the ever shifting schedule.

The opportunity to chat with, and run with club mates at all hours of the day through four and a bit days of the most perfect Lakeland weather was incredible. The only drops of rain fell as we approached the Moot Hall to finish our continuous relay 4 days, 6 hours, 50 minutes and 15 seconds after we set off.

We aren't a club of elite athletes, everyone who wanted to be involved was welcomed and played an important role. We would be thrilled for other clubs to attempt this challenge, share the sense of adventure and camaraderie that it has given us and let us, at Durham Fell Runners, know how you get on.

Members involved: Max Wilkinson, Paul Hodgson, Duncan Archer, Martin Wilson, Andrew Stimson, Rory Woods, Dan Hoyle, Andy Blackett, Adam Bridges, James Osborn, Graham Thomas, Meghan McCarthy, Martyn Farnsworth, Alan Hunt, Dougie Nisbet, Dan Rhodes, Patrick Bonnet, Tom Carter, Fran Blackett, Dawn Hosking, Tom Dobbing, Andrew Foster, Stanton Gibson, Steve Lumb, Roslyn Kelsey, Chris Bird, Jon West.

CONVICTS OF KESWICK (LEG 1, PAUL AND MAX)

-MAX WILKINSON

Paul and I arrive at the Moot Hall at 07:45, dressed in our stripy club vests like a pair of escaped convicts. We have a few minutes before the start and we each choose to mark this special occasion in our own personal way – Paul heads off to the loo (a reassuringly expensive experience at 40p, if you don't choose to jump the turnstile) while I grab a vegan sausage roll from Greggs. We check the tracker is warmed up and see the minutes count down on the watch. Then set off bang on 08:00.

I can sum leg 1 up as follows: Weather – warm, light breeze, excellent visibility. Latrigg – the first of many, found the top, confidence is restored. High Rigg – easy top with a bit of bushwacking through the bracken on the descent to the A591. Walla Crag – a mini plateau by the lake. Bleaberry – it does look a bit like that. High Seat – quite comfortable. Raven Crag – there were no ravens. High Tove – a bit of a slog, no idea what a tove is. Armboth – kinda just sitting there like it got stuck in the bog. Great Crag – quite craggy

and moderately great (at least when viewed from the east). A nice complex of tops. Grange fell – some nice folding in the bedrock at the summit. Another bracken descent. Castle Crag – there was no castle, a quarry instead and a nice little climb. Borrowdale school changeover – we hand over to Martin & Duncan a whole 15 seconds early on our 6h30m schedule.

OLD MEN ON CONISTON (LEG 7, ALAN AND DOUGIE)

- ALAN HUNT

Our leg started on a beautiful summer evening from the Duddon valley, taking over from Meghan and Martyn. Our pre-run preparation had started a few hours earlier with customary tea, scones and chat in Coniston. The discussion soon led to airing our fears of letting people down (we are both old, get breathless on minimal exertion and I hurt all over after a few minutes running).

All cares and worries had evaporated soon after setting off. This was the stuff that memories are made of. The weather had been kind all weekend but for our leg it was absolutely sublime. Running along the ridge from Coniston Old Man towards Grey Friar in good company with the setting sun bathing us in evening sunlight with NO wind was truly memorable. As was being enveloped in an orange glow as some mist rolled in for a time as we summited Grey Friar. Thoughts of trying to keep to our time schedule slowly disappeared into the recesses of our minds as we stood taking photos of the scenes unfolding before us.

As dusk arrived, we headed toward Wetherlam passing several wild campers who seemed slightly put out to hear, then see, two old men wearing vests panting and wheezing towards them. The sun finally gave up on us on Wetherlam leaving us to pick our way off the summit in the dark (a different memory, but memory just the same) to meet Dan and Patrick waiting patiently in Tilberthwaite for us. We were only 30 mins behind schedule!

This project, organised by a small club, reminded me why I joined a fell running club. To run in the hills with like-minded people who only take things seriously enough to make fell running an enjoyable experience.

CONTOUR DE FAIRFIELD (LEG 10, FRAN AND DAWN)

- FRAN BLACKETT

Dawn and I had reccied this leg several times together. As we sat in the car in Rydal watching Rory and Tom make their way to the handover point we knew exactly what was coming! We could also see it was going to be another scorching day. As we made our final preparations I tried to savour the feeling of being cold as I tried to apply suncream to legs covered in goosebumps! Soon enough

we were on our way. The hills around Great Rigg, Fairfield and Seat Sandal were unusually busy with runners and it turned out we were overlapping with the Lakeland 3 Day mountain marathon on this section. Although none of the participants seemed to have chosen the steep contour around Fairfield in their route planning; we had that particular line to ourselves. On the first part of the climb of Seat Sandal a group of three guys flew past us. We recognised Ricky Lightfoot but had no idea until later that he'd been supporting Finlay Wild on his BGR run! The rest of the route went pretty smoothly. There were no surprises; plentiful contouring, some endless climbs and THOSE out and backs!

THE FINAL LEG (LEG 24, STANTON AND STEVE)

- STEVE LUMB

It was a leisurely start for the final leg, waiting at Newlands Hause with 2 dogs who couldn't work out why we had driven there and were just standing around and were not running. The absence of a signal meant we had no idea of what time to expect Rory and Andy. There was a sudden panic as they appeared off the summit of Knott Rigg 30 mins early. Just enough time to get final preparations ready, strap on the tracker and set off up the very steep climb to the side of Moss Force.

The small sheep trod that leads directly to the summit of Robinson was found and a steady climb saw us at summit number 209 in just over 20 minutes. From there it was great running to Hindscarth and Dale Head. We found a good direct line down to Dalehead tarn and then the lovely descent from High Spy. It was quiet until we hit Catbells, summit number 214, where we met the hordes and dodged through them until we reached the road. In Portinscale we were met by a large contingent of DFR members and families with dogs, children, pushchairs and even cowbells which was a great boost to morale and put a bit of a spring back into tired legs.

The cowbells proved very effective in clearing a route along the narrow path into Keswick, helpful on a bank holiday Monday and the Moot Hall was reached at 14:50. 4 days, 6 hours, 50 mins and 15 seconds; 214 summits, 27 runners and 2 dogs. A fantastic weekend.

Full leg reports are available at <https://www.durhamfellrunners.org/the-wainwrights-relay/>

Previous page: Graham descending Lords Rake on Leg 5. Above top to bottom: Duncan and Martin W set off on Leg 2 from Rosthwaite; Fran and Dawn at Stone Arthur on Leg 10; Meghan and Dougie at Grisedale Pike on Leg 22.





SOME GUIDANCE ON THE RETURN TO EXERCISE AFTER COVID-19

WORDS DENISE PARK

I have been asked on numerous occasions about the return to exercise after a positive test for Covid-19, so thought it was appropriate to share this advice.

The medical evidence suggests that the latest Omicron variant appears to spread more easily, but the symptoms can be less severe, with some people exhibiting no symptoms. This has raised the question – ‘Can you continue to train if you have mild or no symptoms?’

- Currently, the most frequent reported symptoms for the latest variant tend to be those similar to a bad cold, but could include any of the following:
- Runny nose
 - Headache
 - Fatigue
 - Sneezing
 - Sore throat

- Shortness of breath or difficulty breathing
- Persistent cough
- Hoarse voice
- Chills / shivers
- Fever
- Nausea or vomiting
- Diarrhoea
- Dizziness / light-headedness
- Brain fog
- Altered / loss of smell
- Eye soreness
- Muscular aches / pain
- Lack of appetite
- Chest pain
- Swollen glands
- Feeling low mentally

If you exhibit any of these symptoms, it is important to have a test as the virus can have serious implications if you continue to exercise whilst having the virus. If you have had a positive test for Covid-19, you need to monitor your return to exercise carefully as doing too much too soon, may at best delay your recovery, and at worst, cause more serious post-viral complications such as myocarditis (inflammation of the heart muscle) which can, in extreme cases, cause death.

MEDICAL RESEARCH CURRENTLY SUGGESTS:

1/ if you have had a **positive test for Covid-19** and exhibit any **symptoms**, you should have at least 10 days rest from exercise (even when the symptoms are mild), but you must also have 7 symptom-free days before resuming exercise.

This means if you exhibit symptoms for 14 days, you need to add an additional 7 days once symptom-free – giving a total of 21 days rest from any exercise.

2/ if you have had a **positive test for Covid-19** but have **no symptoms** (asymptomatic) – you should have 7 days rest from exercise as long as you continue to remain symptom-free.

Evidence suggests it frequently takes 3 weeks to recover from the virus, and, particularly as runners, you need to be aware of your:

- resting heart rate - If your normal resting heart rate is 4 or more beats above what is your normal, your heart is still working harder for whatever reason, and you shouldn’t really resume exercise. This rule can be applied generally, not just in relation to Covid-19.
- perceived exertion / fatigue.

- altered sleep patterns.
- stress levels.
- muscle soreness.

Prior to returning to any exercise, you should be able to complete day-to-day activities comfortably and be able to walk 500m on flat ground without any increased fatigue or breathlessness.

When you have had severe symptoms or have been hospitalised, it would be sensible to seek medical advice for guidance on return to exercise. Equally, if you have any other underlying medical conditions such as diabetes, or heart / kidney disease, it would also be appropriate to seek guidance.

If you continue to feel unwell, you may require further investigations such as an ECG, blood tests, respiratory function tests or renal tests to rule out more serious post-viral complications.

On returning to exercise, it is important to start slowly and gradually increase exercise levels. Do not assume you can simply resume your pre-covid levels of activity. Medical studies have suggested there has been an increase in post-covid musculoskeletal injuries and whilst this was initially thought to be virus-related, it has now been linked to the general lack of fitness and decrease in muscle tone following a prolonged period of rest. It pays to be sensible in your return to activity to help minimise the risk of any further injuries.

Early studies suggest those affected by long-covid need to seriously moderate their rehabilitation. Rather than pushing levels of exercise which cause an increase in fatigue, it is important to restrict exercise to what is possible without exacerbating any symptoms as too much too soon can have massive implications on the overall recovery time. It is far better to walk 200 yards with no reaction and slowly increase exercise tolerance gradually, than to walk one mile which might then require 4 days rest to recover. Slow steps forward rather than one step forwards and then two backwards!

I would hope it goes without saying, that if you have any concerns whatsoever about returning to strenuous activity, you should seek medical advice. Covid-19 may be a virus that we have to learn to live with, so please take heed of the current guidance as long-term post-viral complications can be much more complex to resolve.

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



50 ARTICLES @ 50

WORDS DENISE PARK

FOREWORD: 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.

2020 was the 50th anniversary of the Fell Runner's Association, 2020 had the 50@50 race series, and this article is my 50th for The Fellrunner magazine. Over the last 16 years I have tackled various subjects and injuries which are more specific to fell running.

I am often asked if I have written about a specific subject or injury, and if so, which magazine features that particular article. As a result, I thought this would be a good opportunity to index my 50 articles, along with a description of the content. Some of these articles are available via the FRA website (<https://fellrunner.org.uk/fellrunner.php>), and this information will hopefully help you to go directly to the appropriate edition rather than trawling through each individual magazine.

1/ June 2005

'HOW TO RECOGNISE A QUALIFIED CHARTERED PHYSIOTHERAPIST'

In 2005, the term 'physiotherapist' was not a protected title, allowing anyone to refer to themselves as a physiotherapist. Many of the runners who came to see me had wrongly assumed that they had been treated by a qualified physiotherapist which had proved costly both to the pocket and the length of time injured. To recognise a Chartered Physiotherapist, you can check an individual's details

on the Chartered Society of Physiotherapy website (csp.org.uk) or check for the letters MCSP or SRP after a person's name.

2/ October 2005

'FELL RUNNER'S KNEE PAIN'

25% of athletes experience pain at the front of the knee, with only 30% of them receiving the correct treatment. This describes the most common injury experienced by fell runners.

3/ February 2006

'PHYSIO'S COMMENTS'

A day-to-day account of my role as physiotherapist to the England Mountain Running Team whilst attending the 2005 World Mountain Running Trophy in New Zealand. It was clearly not a holiday!

4/ June 2006

'TO REST OR NOT TO REST – THAT IS THE QUESTION!'

'Do I have to rest, or can I run on it?' – probably the question I get asked the most. Many soft tissue injuries benefit from early mobilisation and this article describes the stages of recovery – the inflammatory phase, the regeneration phase, and the remodelling phase. Physiotherapy treatment aims to accelerate an injury through these various stages.

5/ October 2006

'ACHILLES TENDINOPATHY'

An explanation of the various types of Achilles tendon injuries, with possible causes and management of the injury.

6/ February 2007

'CORE STABILITY – WHAT'S IT ALL ABOUT?'

Research has shown core stability training helps to reduce the incidence of sports related injuries. This explains core stability and how to do some of the basic exercises.

7/ Summer 2007

'CORE STABILITY EXERCISES – HOW TO IMPROVE YOUR RUNNING WITHOUT RUNNING!!'

Ten core stability exercises which can help you to improve your running and reduce the risk of injury.

8/ Autumn and Winter 2007

'WINTER BECKONS – AND SO DO ROAD SHOES!'

Factors to consider when buying road shoes and an explanation of various foot shapes.

9/ Spring 2008

'IF YOU'RE A RUNNER, IT'S PROBABLY WEAR AND TEAR'

Medical evidence suggests that runners do not show a higher risk of developing joint arthritis in their lower limbs. This describes some of the more common causes of osteoarthritis.

10/ Summer 2008

'FROM THE BOTTOM TO THE TOP'

It doesn't matter whether you are a top, international elite runner, or someone who just enjoys running to stay healthy, it is important to seek help if you are injured. This describes how I work with runners of varying abilities.

11/ Autumn 2008

'BACK PAIN'

Three out of 4 people experience back pain at some point. This explains some of the causes of back pain with some suggestions for possible treatments.

12/ Spring 2009

'A PAIN IN THE PROVERBIAL'

An explanation of some of the possible causes of pain in the buttock with three case histories.

13/ Summer 2009

'STORM IN A TEACUP.. OR RATHER... SPORT IN A D-CUP'

This gives a description of the different types of exercise bras and why they are important.

14/ Autumn 2009

'HERE TOE-DAY, GONE TOE-MORROW'

Victoria Wilkinson, Bingley Harriers, ruptured the tendon to her big toe and this explains how it was repaired and rehabilitated until her return to international competition.

15/ Spring 2010

'LET'S TWIST AGAIN'

Sprained ankles and how to manage the recovery.

16/ Summer 2010

'WEST GOES EAST'

An account of a trip to China to explore how physiotherapists work and how some of the eastern approaches to musculoskeletal injuries can be used to supplement western treatment methods.

17/ Autumn 2010

'I 'KNEED' TO RUN'

The symptoms and possible treatments for pain experienced around the kneecap – the most common cause of fell runner's knee pain.

18/ Spring 2011

'SOCK IT TO ME!'

Some of the recent thoughts and evidence regarding compression socks.

19/ Summer 2011

'HAVE I GOT NEWS FOR YOU!'

An update on some of the medical research relevant to fell running, including causes of hip pain, the importance of fascia, hands-on treatment and how to stimulate the repair of soft tissues.

20/ Autumn 2011


'STATS THE WAY TO DO IT!!'

The results of a study carried out to determine the frequency, possible causes and management of injuries in fell runners.

21/ Spring 2012

'DON'T GIVE UP ON US BABY!!'

Despite being advised to stop running, the account of three runners' return to fell running following appropriate intervention.

<p>22/ Summer 2012</p> <p>‘FOR FAQ’S SAKE’</p> <p>Answers to some of the most frequent questions I am asked by fell runners.</p>	<p>31/ Autumn 2015</p> <p>‘LET’S HOT FOOT IT TO PLANTAR FASCIITIS’</p> <p>A description of plantar fasciitis with some suggestions how to manage the condition.</p>	<p>40/ Winter 2018</p> <p>‘LIFE IN THE PARK LANE’</p> <p>Five runners explain how regular ‘maintenance’ physiotherapy has helped to prevent injury.</p>	<p>• 6/ pain at the front of the knee</p> <p>• 7/ pain at the back of the knee</p>
<p>23/ Autumn 2012</p> <p>‘STUCK ON YOU’</p> <p>An explanation of the concepts of kinesiology tape and how it can be applied for certain conditions.</p>	<p>32/ Spring 2016</p> <p>‘ARE YOU BROKEN?’</p> <p>A description of various types of fractures and bone repair.</p>	<p>41/ Spring 2019</p> <p>‘GETTING TO THE BOTTOM OF PIRIFORMIS SYNDROME’</p> <p>The importance of the accurate diagnosis of piriformis syndrome with suggested stretches and strengthening exercises to avoid further injury.</p>	<p>48/ Summer 2021</p> <p>‘HELP YOURSELF – A SELF-HELP GUIDE PART 3’</p> <p>The third article featuring:</p> <p>• 8/ muscle pain in the thigh or calf</p> <p>• 9/ pain at the back of the ankle (Achilles tendon)</p>
<p>24/ Spring 2013</p> <p>‘CAN WE RUB IT BETTER?’</p> <p>A description of different types of massage and how to decide whether to see a physio or a masseur.</p>	<p>33/ Summer 2016</p> <p>‘NAME THAT PAIN. FOOT AND ANKLE INJURIES’</p> <p>An explanation of the soft tissues in the body, with images of the foot and ankle suggesting possible sites and causes of pain.</p>	<p>42/ Summer/ Autumn 2019</p> <p>‘DO YOU NEED THE HUMAN TOUCH?’</p> <p>Why a hands-on approach might help to resolve a soft tissue injury.</p>	<p>49/ Autumn 2021</p> <p>‘HELP YOURSELF – A SELF-HELP GUIDE PART 4’</p> <p>The fourth article featuring:</p> <p>• 10/ pain on the outer aspect of the ankle</p> <p>• 11/ pain on the inside of the ankle</p> <p>• 12/ pain on the underneath of the foot – flexor hallucis longus tendinopathy.</p>
<p>25/ Summer 2013</p> <p>‘POPLITEUS? – IT’S NOT UNUSUAL’</p> <p>Popliteus is a muscle at the back of the knee which is frequently injured in downhill walkers and runners. This explains how to recognise the injury and some of the possible treatments.</p>	<p>34/ Winter 2016</p> <p>‘NAME THAT PAIN....AGAIN! THE HIP AND PELVIS’</p> <p>An explanation of some of the possible causes of musculoskeletal pain in the hip and pelvis region.</p>	<p>43/ Winter 2019</p> <p>‘STOP RUNNING? NO WAY’</p> <p>A description of osteoarthritis and the latest research suggesting regular running has a positive, protective effect on joints.</p>	<p>50/ Spring 2022</p> <p>‘50 ARTICLES @ 50’</p> <p>An index of my 49 previous articles, with some guidance regarding the return to sport after Covid-19. See following page.</p>
<p>26/ Spring 2014</p> <p>‘THE ACHILLES TENDON REVISITED’</p> <p>An update on Achilles tendon injuries including an explanation of eccentric stretches.</p>	<p>35/ Spring 2017</p> <p>‘THE TRUTH, THE WHOLE TRUTH AND NOTHING BUT THE TRUTH!’</p> <p>Four unusual case histories explaining the importance of reporting all symptoms, whether they seem to be relevant or not.</p>	<p>44/ Spring 2020</p> <p>‘CRASH, BANG, WALLOP – WHAT A PICTURE!’</p> <p>A guide to imaging and scans, written in conjunction with Professor Shah Khan, Consultant Musculoskeletal Radiologist.</p>	<p><u>An additional article: Spring 2014</u></p> <p>‘THE IRREPRESSIBLE DENISE PARK’</p> <p>An interview carried out by Graham Breeze, (ex- FRA Chairman). This can also be found at: (https://fellrunner.org.uk/fellrunner/Denise_article.pdf).</p>
<p>27/ Summer 2014</p> <p>‘MUSCLE PAIN: UNRAVELLING THE KNOTS’</p> <p>Muscle injuries account for 25% of injuries experienced by fell runners and this article describes some of the different types of muscle injury.</p>	<p>36/ Summer 2017</p> <p>‘RUNNING TO TRAIN – OR TRAINING TO RUN?’</p> <p>Sixteen exercises which could help improve your balance, co-ordination, and strength for running.</p>	<p>45/ Summer 2020</p> <p>‘THE TIMES THEY ARE A-CHANGING’</p> <p>An update of some of the latest medical research relevant to fell running regarding injuries, stretching, training, ageing, mental health and the danger of online medical diagnosis and advice.</p>	
<p>28/ Autumn 2014</p> <p>‘MUSCLE TREATMENT: GET UNKNOTTED’</p> <p>How to manage muscle-related injuries, along with two case histories.</p>	<p>37/ Winter 2017</p> <p>‘STRICTLY ON A KNEE-D TO KNOW BASIS’</p> <p>The anatomy of the knee joint and some of the possible causes of pain around the knee.</p>	<p>46/ Winter 2020</p> <p>‘HELP YOURSELF – A SELF-HELP GUIDE PART 1’</p> <p>The first in a series of four articles looking at the 12 most common fellrunning injuries offering some suggestions for self-treatment. This article covers:</p> <p>• 1/ low back pain,</p> <p>• 2/ pain in the buttock,</p> <p>• 3/ pain on the outside of the hip,</p> <p>• 4/ pain at the front of the hip or groin.</p>	
<p>29/ Spring 2015</p> <p>‘10 TOP TIPS TO STAY TIP TOP’</p> <p>Ten suggestions to help avoid injury eg: ‘avoid overtraining or major changes to your training regime’ - this accounts for 47% of injuries in fell running.</p>	<p>38/ Spring 2018</p> <p>‘THEY THOUGHT IT WAS ALL OVER – IT ISN’T NOW!’</p> <p>Four case histories of knee injuries and how they were resolved, including a biopoly implant and stem cell surgery.</p>	<p>47/ Spring 2021</p> <p>‘HELP YOURSELF – A SELF-HELP GUIDE PART 2’</p> <p>The second article featuring:</p> <p>• 5/ pain under the bone in the buttock or at the top of the back of the thigh,</p>	
<p>30/ Summer 2015</p> <p>‘THE INJURED 10 COMMANDMENTS’</p> <p>Ten factors to consider when injured eg: ‘total rest is seldom necessary’.</p>	<p>39/ Summer 2018</p> <p>‘TAKING CONTROL OF THE REINS’</p> <p>A description of the tendons on the inner and outer aspect of the foot and ankle, with possible causes of injury and how to resolve the problem.</p>		

MARTIN STONE'S LONG DISTANCE ROUND UP

SPRING 2022

WORDS MARTIN STONE

The Long Distance scene feels more like it was before the pandemic. Races of all distances are back and the Spine Race along the Pennine Way took place in January. However, a few brave souls have been out experiencing long nights and short days on their own fantastic long distance challenges.

JAMES GIBSON – 214 WAINWRIGHTS, FIRST CONTINUOUS WINTER COMPLETION

Tory has interviewed James about his Winter journey elsewhere in the magazine but here is some additional context to help set the scene. Dom Ainsley made the first and only previous Winter Wainwrights attempt in February 2020 and it faltered after less than 5 days with much of the route incomplete.

Two buses came along together on Wednesday 1st December 2021, both on the same route! Tom Hollins set off at 06:00 and James Gibson an hour later. Leaving Keswick, Tom tried out a new variation over the first few Wainwrights on the east side of Borrowdale but within a few hours their routes merged, and it was fascinating to watch their progressebb and flow on Openstrack throughout the first few days. Although it was early in the Winter season, there was nothing Autumnal about the experience. Wind chill of minus 15 on the first night and high winds with snow on the 2nd and 3rd days made it a full on Winter experience and was a portent of things to come!

When he heard that James would be tackling the challenge at the same time, Tom's initial feeling was disappointment. But as the round progressed and they occasionally met or saw each other's torches, he realised that the sense of camaraderie in their endeavours was really adding to the experience. They each took time off for sleeps at different road crossings and it was interesting

to see the effect of this and how recovery after sleep meant that the refreshed runner was able to catch up the tiring runner. James appeared to be taking a little more sleep than Tom and he took full advantage of home comforts at Rydal where the route quite amazingly passes his house.

In terms of any 'competition' between the two of them, what happened at Kentmere after 3.5 days was key to success. James was due a sleep but Tom, who had rested earlier, carried on through the Saturday night. Heavy snow fell and the deep snow he encountered that night between Kentmere and the Head of Haweswater was too big a challenge. He had no major injury but the extra effort of wading through the environment was exhausting and he dropped into Haweswater where he was met by his loyal supporters and retired there.

James stopped for about 8 hours at Kentmere, and this allowed the worst of the weather to pass through. He covered the ground that was Tom's downfall in daylight on Sunday 5th December and I met him at Howtown as it became dark. I remember my sense of amazement that as the little group came off Borsdale Fell in the semi darkness, I initially mistook James for one of the pacers. He seemed so fresh and on the ball, with no obvious sign of stiffness. The conversation was all about impending storm Barra that was due to batter Cumbria on Tuesday 7th December. Progress would be completely impossible for about 18 hours and with accurate weather forecasting, James knew that he needed to be off the fells by daylight on Tuesday. A plan was hatched to start the section from Troutbeck onto the Northern Fells and drop off Bowscale Fell to the village of Mungrisdale where a room at the pub had been booked. James reached safety at 5am on the Tuesday morning, shortly before Barra roared across the Cumbrian fells. The enforced break allowed him to regroup, eat properly, have some massage and of course, sleep.



The storm abated and it was 'safe' to be on the hills again by midnight Tuesday. Refreshed, and with a new sense of purpose, James set off from the pub on foot and rejoined the route at the summit of Carrock Fell. Great progress was made across the Northern and North Western Fells. 36 hours after leaving Mungrisdale, James and his friends were jogging through Portinscale with less than a mile to go. A few of us joined him for the glory leg and it was hard to comprehend that after 8 days, James could jog along in his economical style and chat as though this was nothing more than a little jaunt around the local villages. A mighty crowd was gathered to see him finish, including previous record holders Steve Birkinshaw and Paul Tierney who had been pacing him a few days earlier. James completed the first and only continuous **214 Wainwrights in Winter** in the magnificent time of **8 days 6hrs 44mins**. There is a wonderful photograph of James with pint of beer in hand outside the Moot Hall with Steve and Paul stood either side of him (see below)

James' success is testament to his incredible resilience and ability to cope with extreme winter conditions, his winter mountaineering skills and the huge amount of winter experience and dedication of his pacers and support team. Knowing when to rest and finding the sweet spot of how much rest to take during a winter attempt was key to his success.



Above: James Gibson after becoming the first person to successfully complete a continuous circuit of all the 214 Wainwrights in winter, pictured with previous summer record holders, Steve Birkinshaw (left) and Paul Tierney (right). Current record holder, Sabrina Verjat, was unable to attend due to Covid. © Paul Holton. Background photo: James persevering through winter conditions and whiteouts on the Helvellyn range © Steve Ashworth



Above top to bottom: Jack Oliver with some of his closest friends as supporter runners on High Raise; Jack at Moot Hall after finishing in 21hrs 26mins - a new anti-clockwise Winter Bob Graham Record © Jack Oliver

JACK OLIVER – WINTER BOB GRAHAM ANTICLOCKWISE RECORD

At 6am on January 20th, Jack set off in near perfect weather on an anti-clockwise attempt. The weather was spectacular throughout the journey and the fells were clear of snow. Jack was aiming to complete in sub 23 hours but with the support of his excellent team he gained time and felt really good throughout. He arrived back at the Moot Hall at 04:00 on January 21st in **21hrs 26mins**, setting a new record for the anti-clockwise Winter journey.

JACK SCOTT – WINTER LAKE, MERES & WATERS RECORD

This is a 103 mile route with 21,000ft ascent which visits the shore of 26 lake, meres and waters. It was established by Leo Pollard in 1981 and Joss Naylor set the incredible record of **19hrs 14mins** in 1983. Rob Allen completed the first winter journey on December 12/13th 2020 in **29hrs 21mins**.

Jack Scott, who last year set the record for the Southern Upland Way, left Loweswater at 6am on December 11th 2021. The weather was very challenging, and it rained for around 13 hours, turning the tracks into streams. Jack encountered deep snow on High Street and Coniston Old Man. He moved well throughout the journey and felt strong most of the time. Despite the abysmal conditions during the night, his very experienced pacers were heroic, and the logistics worked faultlessly, supported by family and close friends. The route finishes with 14 miles of road through Keswick and out towards Over Water. Jack found this hard and although he was well inside Rob Allen's Winter record, he was frustrated with his speed and couldn't find the right rhythm. However, a few hours later the route was complete in a time of **24hrs 31mins**, almost 5 hours quicker than Rob's time. Jack's time is the 2nd fastest completion, quite remarkable as he completed it in very tough weather in mid-December.

RUSSELL BENTLEY – SOLO SUPPORTED MID WINTER PADDY BUCKLEY RECORD

Russell has written an article about his amazing adventure elsewhere in the magazine. Unlike on the Bob Graham, there has been very little Winter action on the Paddy Buckley Round since the first attempts in the 1980s. Prior to Russell's recent attempt, Damian Hall completed the fastest 21hrs 30mins solo winter round in January 2020. On 1/2nd December 2020 Russell, who lives in Blaenau Ffestiniog, completed the second ever solo unsupported winter Paddy Buckley Round. He travelled anti-clockwise in 22hrs 45mins compared with my 23hrs 40mins clockwise round in December 1989. Last Summer, Russell returned to complete the fastest solo round in 17hrs 41mins, supported at road crossings by his family.

Two years ago, John Kelly and Damian Hall were planning to attempt the Pennine Way record starting at the same time, heading in opposite directions. The plan never materialised. Then on 1st December 2021 Tom Hollins and James Gibson set off on their Winter Wainwrights within an hour of each other. John Kelly had aspirations to complete all 3 Big Rounds solo unsupported within the midwinter period. When John and Russell realised that they would both be attempting solo Winter Paddy Buckley Rounds on the same day, they decided to set off at the same time heading in opposite directions. On Sunday 19th December they met at Capel Curig, shook hands and set off at 7am, John heading anti-clockwise and Russell clockwise. For those who were dot watching, Opentracking had included both of their tracks on the same map, which was fascinating. When the two met, how easy would it be to work out who was ahead? It would depend on the terrain and climbing that each had already completed.



Jack Scott reaches his final 'Water' Over Water, setting a new record time for the 26 Lake, Meres and Waters route and knocking 5 hours off the previous record set by Rob Allen in 2020 © Sam Hill | inov-8

The day was absolutely magnificent and exceptional with an inversion. It was so warm on the hills that one could run with a bare top and feel comfortable. Russell writes “Things didn’t go as planned. I messed up early on by making a schoolboy error. I looked at my watch at the top of the first summit, Pen Llithrig y Wrach, and I was 10mins behind schedule already. I felt like I had been moving well enough, so this put me in a panic early on. It wasn’t until I was on the Glyderau that I realised I had actually started my watch 10min early and so I had been going way too fast for hours! I had a schedule of 20hrs but at halfway I was 75min ahead.”

John Kelly was working to a more modest plan. He wasn’t out to race Russell and set a Winter record for the round as he was hoping to also complete the Ramsay Round and the Bob Graham within the midwinter period. As John and Russell’s paths closed, it became clear, not surprisingly, that Russell was well ahead of John. They were going to meet in Beddgelert Forest just to the west of Pont Cae’r Gors. As luck would have it, the two never met but they passed within 300m of each other on parallel forest tracks. As John climbed Y Garn and Russell climbed Craig Wen, I expected them to look across and see the other’s light. But this didn’t happen and while they were on the hill they had no idea what had happened to the other. Russell writes “I didn’t know what had happened to John until after I finished. It was very confusing, but I thought maybe we’d missed each other somehow. I considered looking up his track on my phone, but I knew there was nothing I could do either way and I didn’t feel like it was in the spirit of the round.”



Above: Sarah Perry touching the sea at Robin Hood’s Bay, setting a new women’s record time of 55hrs 26mins © Ian Burns. Opposite page: Sarah taking a quick break during her 190 mile run © Ian Burns

John was struggling with gut problems which eventually became too challenging, and he retired at Llanberis after 3 sections. Meanwhile Russell paid the price for running so fast over the first 4 sections on such a ‘warm’ day. It was clear from the tracking that he was grinding to a halt on the final section from Rhosydd quarry to Capel Curig. A very depleted Russell jogged off Moel Siabod and completed the round in 20hrs 15mins. He had reduced Damian’s Winter record by 75 minutes but if all had gone to plan, 19hrs 30mins would have been on the cards. Russell writes “I lost 90min through the night due to belly trouble, couldn’t take any fuel for the last 4-5hrs, so was very relieved to finish in one piece with the record.”

Russell has notched up three solo completions of his local Big Round within 12 months. For a man who professes to be scared of being on the hills alone in the dark, he has spent a lot of Winter hours alone on these hills slaying his demons. It may be a sign of obsession...

JEAN BROWN – SOLO UNSUPPORTED MID WINTER PADDY BUCKLEY ROUND

In September 2021 Jean completed the first solo journey round the Paddy Buckley Round by a woman in 23hrs 50mins. She returned to Snowdonia for a Solo Unsupported Winter attempt and set off from Capel Curig on a clockwise circuit at about 7am on Saturday 18th December. The weather was quite extraordinary, unseasonally mild with warm sunshine. But even so, there is no escaping the long hours of darkness. The run went to plan for the first 3 of the 5 sections and Jean reached Llanberis in about 17 hours. By then she had dropped a little behind a 24 hour schedule and it was midnight. She slowed and stiffened up as she moved across the Glyders and managed her expectations as the 24 hour target became unattainable. Sunday dawned beautiful and she moved steadily across the Carneddau to complete the round at midday in 28hrs 59mins.

SARAH PERRY – WAINWRIGHTS COAST TO COAST WOMEN'S RECORD

Sarah made her first attempt at the 190 mile route from St Bees to Robin Hood’s Bay last April and finished in 62 hours. Convinced that she could do better, Sarah, who is a primary school teacher, set off on her next attempt at the end of Autumn Half Term week, at 4am on Friday October 29th. Sarah said, “There was so much rain in the Lake District that some of the roads were flooded, this made it a challenge for my support crew to get to all of the designated meeting points. The last section along the cliffs into Robin Hood’s Bay was also very windy which was a challenge with tired legs. We had a mixed bag of weather but I’d set a date and was determined to complete the challenge.”



Sarah completed the journey in just over two days with a time of 55hrs 24mins. "I started at 4am on the Friday morning of half-term (October 29th) and I finished late morning on the Sunday. I was thrilled to complete it. The last 15 miles were a real slog, but it was also my fastest stage. There was a point on the moors when I didn't think I was going to beat the current fastest known time; I knew that I had to push as hard as I could for the final miles."

Apart from the gruelling distance, terrain and lack of sleep, the biggest challenge for Sarah was the inclement weather. Sarah's time is the fastest by a woman and it reduced Sabrina Verjee's Mid-Winter time by **34** minutes.

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.

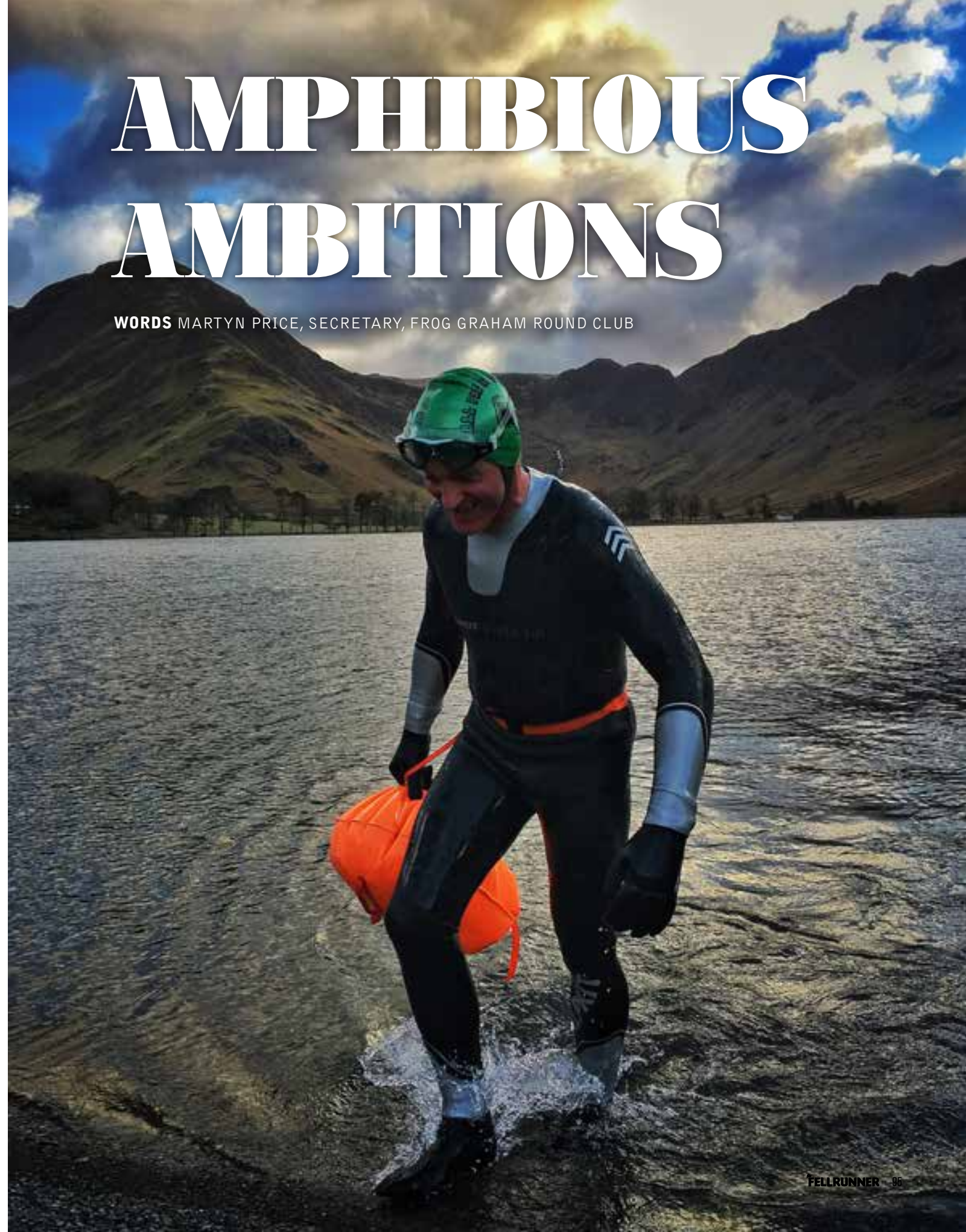
If we are to consider solo running achievements, they need to be independently verifiable and a good way to do this is to record your track on a GPS watch or carry a tracker that you can obtain from www.opentracking.co.uk. As soon as possible after a record-breaking solo run, please email the track to 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



Winter is a bit of a quiet period for the Frog Graham Round and similar challenges, for most aspiring contenders it's a time when you start to get some climb into your legs and plan how your attempt is going to pan out, but the outdoor swim training doesn't begin until a few months later when the water is a bit warmer. Note that I said 'for most', because of course Open Water Swimming (OWS) does carry on all year round and almost daily I see pictures of brave souls enjoying a swim in freezing temperatures. More often than not it's a quick plunge into the frigid waters of the nearest lake/river and then out like a rocket to a warm vehicle and a cuppa, but some people really do become acclimatised to swimming in colder water (there's a Gunga Din quote there somewhere) and we always knew it was inevitable that one day, we'd be talking about Winter Frog Graham Rounds.

It's no secret that the Frog Graham Round Club seeks to discourage winter attempts and I hope that people understand why: As a club we have no authority and do not represent or have links with an official body, our only role is to provide guidance to contenders and to document and record the round as its history unfurls. Given those circumstances, we have to make it absolutely clear that from a safety perspective the onus is on the individual and we provide whatever information we can to enable that – but a winter round goes beyond what can be reasonably considered 'safe' for most people, therefore the message has to be quite clear. All that said, there are people out there who have trained their bodies to adapt to very cold conditions and for them a Winter Frog Graham Round is a realistic option and they're going to try it come what may. We feel it would be wrong not to recognise these incredible feats of endurance, so successful contenders are completely at liberty to submit their rounds for ratification and subsequent inclusion on our Roll of Honour, irrespective of the "official" line we are obliged to take.

To date there are just four individuals who have successfully completed a winter round and each has a story worth telling. I'm going to focus on two rounds in particular, but I should state for the record that Keswick local and mountaineer of some note Tim Mosedale was the first person to complete a winter round. It had been on his radar for a while, but work commitments (i.e. leading expeditions to Everest and Ama Dablam etc) got in the way and he actually set off on December 9th 2018, less than 24 hours after returning from the Himalayas. He was tired and jetlagged, but went on to complete a supported round in 24 hours 13 minutes, so bravo Tim. I should also mention that this was his third successful 'Frog' - I think it's fair to assume he knows the way round now – and a

picture of him exiting Buttermere graces the cover of the PBS/ Harvey Frog Graham Round map. Things took a bit of a twist when Rob Davison and Matt Rigby (Dark Peak Fell Runners and Howden Swim Club) bumped up for their own attempt, completely oblivious to the fact that Tim was out there on the round. They found out about 40 minutes before departure and I know it was a bit of a hammer blow, but they cracked on nonetheless, the intention being to do a fully unsupported round. Insanity? Please do read on...

This wasn't Rob and Matt's first attempt at the Frog Graham Round. They'd had a stab in January 2017 but had to pull out 15 hours in, having got as far as the shore of Derwentwater. Conditions were freezing and ice was forming on the lake, it doesn't matter how tough you are at times like this – breaking the ice on a mile swim after 40-odd miles on the fells is on the scary side of lunacy. You have to understand that these two gentlemen are not unaccustomed to extreme challenges and some of the stuff they've done is truly jaw-dropping and the stuff of folklore; it was inevitable they would come back for another go. Fast forward to 10th December and their second attempt, starting off from the Moot Hall while Tim was still high on the fells. Now, you have to appreciate that doing a round at this time of year brings with it many difficulties, but they're made immeasurably worse if you're doing it completely unsupported. The first big one that Rob and Matt faced was swimming across Bassenthwaite in darkness, categorically not something you should try without long experience. Most summer contenders time their departure to ensure that daylight has arrived by the time they reach the lake, however they didn't have this luxury and of course it meant that it was impossible to sight on anything (it's usual to sight on the buildings at Beck Wythop), but they'd placed a little bike lamp at their intended landing spot before setting off and despite fading batteries it was just enough to guide them. Rob's account of the remainder of their round is typically casual, but bearing in mind they did it in short swim-run wetsuits about all I can say is that these guys redefine the term "nails". Things nearly came unstuck on the final swim across Derwentwater, they'd scheduled their start time so that this swim would be in daylight, however the icy conditions on the fells meant that they'd slipped slightly behind – and this just demonstrates how dangerous this thing is – so they got as far as St Herbert's island in daylight, but by the time they reached Rampsholme (the final island) Matt was beginning to struggle with the extreme cold and it was dark. I'll quote Rob's account here:

'...I stayed with Matt to Rampsholme Island (by which time it was dark), but then pulled hard for the shore, knowing I couldn't help him directly. I got a headtorch on and waded back out as far as I could, conscious of the dangers of trying to help



someone in the water. I found him in a bad way, fighting with me even though I was trying to help and get some warm clothing on him. Hypothermia was affecting us both, it had taken such a hold that despite being on dry land and moving I couldn't even remember which way to turn for Keswick and that was after we had navigated well throughout the night. We did eventually make it to the Moot Hall and collared a passer-by to take the all-important finish photo".

Rob Davison and Matt Rigby are two of the most experienced guys around when it comes to this sort of thing and their story still gives me goosebumps, they cut it very fine, but finished in 18 hours 44 minutes. *Formidable.*

By contrast, the last person to successfully complete a winter round took an entirely different approach and it was just a week after Tim, Rob and Matt's successful rounds. Simon Gray had decided to have a crack at a Frog Graham Round following a chance meeting with the legendary Wendy Dodds at the Moot Hall, Simon had just completed his BGR and Wendy her FGR. Wendy offered him a chip (as you do) and the conversation fell to the FGR and all it entails. As it happens, Simon and his wife Fiona were, at least as far as I am aware, some of the first to attempt the 'Frog' following the publication of Peter's book "*Swimhiking in The Lake District and North East England*", however they hiked it with an overnight stop in Buttermere rather than doing it in one continuous effort per Peter's model, so Simon had some "previous" as it were; Wendy's words convinced him it was time for another go. He has a demanding job in the Cumbria police, but being a bit of a nifty runner and also a decent swimmer he thought that a winter round might be on the cards. He opted to do it in a supported manner and, of course, that's entirely within the "Spirit" of the round as it's defined. We can't insist, but if you absolutely have to try it in winter, then this makes complete sense.

He set off at 03:30 am on a bitterly cold morning in December and had to contend with sheet ice on the ascent of Skiddaw and a seriously dodgy descent down to Carl Side, falling at least five times, definitely should have put the microspikes on! He was met at Bassenthwaite by his dad, however a bit of disaster had occurred and his kayak support had not been able to make it, meaning Simon faced exactly the same dilemma as Rob and Matt. Fortunately, his support headed off a catastrophe by bombing round to Beck

Left - top to bottom: Matt Rigby in full winter swim/run mode! © Rob Davidson; Matt Rigby & Rob Davison on Winter FGR attempt #1; Rob and Matt's 'before' and 'after' photos at Moot Hall

Previous page: Tim Mosedale, the first to complete a Winter Frog Graham Round, exiting Buttermere on a cold winter's morning © Ali Mosedale

Wythop and shining a torch from the intended landing spot; there can be nothing more scary than swimming across a lake in pitch dark if you have no idea which direction you're heading in. Just incidentally (and in case you're wondering) it's really tricky to take a compass bearing when swimming and nearly impossible in the dark, I've tried. Anyhow, Simon dragged himself from the frozen lake, suffering from severe cramp in both legs and unable to tie his own shoelaces due to complete loss of dexterity in his hands, however the sun rose while he was on leg two and he had a tremendous run, making up some of the time he lost due to the ice on leg one. Another catastrophe was narrowly averted when he took a bad fall when descending from Rannerdale Knotts (those steps are awful when it's icy) and although he'd properly bashed his hand and bruised his back, he was able to carry on as he had arranged for swim partners for the Crummock Water and Buttermere swims - it most likely would not have been safe to continue otherwise. He bombed round leg 3 solo, then picked up a pacer for leg 4, nailing all the fast lines and getting back on schedule. Unfortunately for Simon - and this happens to a surprising number of contenders irrespective of the time of year - he encountered rough conditions on his final swim, so bad in fact that his safety kayak was thrown off course and I know he wasn't overstating things when he said that it had been a nightmare swim, made worse by the bitter cold and cramp. He dragged himself out and somehow managed to stagger into Keswick, cold and disorientated but amazingly three minutes ahead of the record as it was then, finishing in 11hrs and 49 minutes and to this day one of only four "sub-12" Frog Graham Rounds. Like those that had gone before him, Simon was suffering from mild hypothermia when he finished and completely disorientated, so he didn't hang around much and his family rushed him away to warm-up.

So, that's it. The story of the Frog Graham Round in winter. I hope you'll join me in recognising true fortitude when you see it, however I would again like to stress the inherent dangers of undertaking a round in winter: If you must attempt a winter "Frog" then I do hope you'll take on board the experiences outlined here and take appropriate safety precautions, at the very least you should have shoreline spotters and have either supporting swimmers or an accompanying kayak - I'd strongly recommend the latter. The Outdoor Swimming Society provide excellent guidance on cold water swimming and I urge all Frog Graham Round contenders to check out their website on <https://www.outdoorswimmingsociety.com/risks-cold-water/>

Right © Simon Gray, who completed a winter Frog Graham Round in 11 hrs 49 mins, one of only four 'sub-12' Frog Graham Rounds thus far © Jake McKenna



First and foremost, very best wishes to Joss for his continuing recovery and rehabilitation.

By the time this edition goes to press the JNLC blog will be up to date with all the accounts of 2021 crossings published for your entertainment and inspiration. I do hope you have a look and enjoy reading them as much as I do - I really value the individuality of the accounts. The requirement (which isn't enforced) to keep the length to one side of A4 paper encourages authors, I believe, to restrict the story of their crossing to the highlights and thus avoid the blow-by-blow account of slogging up one fell after another. Thank you to those who sent me the story and photographs of your crossing and if you have not yet written up your day, I encourage you to do so and send me a copy, preferably with some photographs.



Often one of the highlights mentioned is the tradition of "Meet & Greet" when a previous completer goes out to meet a contender to wish them well on their way to Greendale Bridge. In 2021 Rainer Burchett maintained this tradition almost single-handedly. I am pleased to welcome Julie Gardner to the M+G Group and if there is anyone else who would like to contribute in this way, please let me know.

There was just time as the last edition of The Fellrunner went to press to mention the Presentation Dinner which had just been held at Irton Hall. The change in venue and, more particularly, the change of date didn't suit everyone so it was pleasing to see so many people there catching up and enjoying the weekend. Almost without exception the change in venue was well received: many were therefore pleased that Ian Roberts has already booked Irton



Left to right: Runners who successfully completed their JNLC in 2020 with their tankards; and those who completed in 2021 © Ian Charters. Top image: Mick Cooper finishing his JNLC in 2021 © Deborah Short

Hall for the 2022 Dinner. By booking so early Ian has been able to return the dinner to its traditional date of the 3rd Saturday in October, i.e. the 15th, in 2022.

Last autumn we were seeking a new sponsor for the Challenge and everyone involved was absolutely delighted on 8th of December when Mike Ayers (Managing Director) announced his company Precision Pest Management Solutions Ltd would sponsor the Joss Naylor Lakeland Challenge by providing engraved tankards for successful contenders. Precision Pest Management Solutions Ltd is a long-term sponsor and supporter of fell racing in Yorkshire and Mike is a member of North Leeds Fell Runners.

Mike himself is a competitive fell runner and completed the JNL C in 2016. Having experienced all the training, preparation and planning, he knows first hand that, on the day, the crossing is the “Grand Day Out” Joss wanted to create. Mike’s intention is to help ensure other runners are able to experience and enjoy their own Grand Day Out, crossing from Pooley Bridge to Greendale Bridge.

Joss expressed his own gratitude to Mike by adding :

“I really appreciate Mike Ayers’ support for the crossing. What he and his company are doing for our sport is very generous. I just want to add my personal thanks to Mike for agreeing to provide the engraved tankards for 2022 and the future”.

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.

Ian Charters
<http://jossnaylor.blogspot.co.uk/>
jossnaylor1990@gmail.com (preferred)

24 Mill Lane
Aspull
Wigan
WN2 1QY



Right: Joss with the current M70 record holder Ken Taylor (left) and previous M70 record holder Rainer Burchett (right) © Ian Charters

runfurther update

WORDS KAREN NASH

The first race in the Runfurther series was the Pendle Way in a Day (45 miles), a tough race on the first weekend in February. After less than two hours of kind weather the rain started and it only got worse, and then the wind got up. By Wycoller, as we turned west into the wind and rain for a few kilometres, things were getting interesting. At the CP (checkpoint) at Coldwell we were glad of

an indoor space with brews and snacks. Some retired here and most were stripping wet layers and adding whatever else they were carrying. Here I put on over-trousers, once I got my soaked and cold fingers and brain to function. The next section was more sheltered but the expanses of deep and slippery mud en route to Catlow took their toll. Some faster and sheltered running across the golf course and down through Reedley warmed me up and prepared me for the flooded riverside path that leads to the bridge over the M65. Then it was more slippery mud until we turned uphill to Higham. Fuelled by hot dogs and donuts our spirits revived ready for the delights of Bull Hole and then the climb to Newchurch and Fell Wood. There were a few tree obstacles in the woods but at least it was sheltered.

Turning up Ogden Clough the wind was suddenly much fiercer, and this continued all the way up Boar Clough to the summit of Pendle where, shrouded in mist, we found the trig point. Back to Barley in fading light we grabbed toast and tea before the final few miles back to Barrowford. In Roughlee the stepping-stones were under water and looked dangerous - some of us diverted here not caring that we added almost a kilometre. The paths in the park were underwater so we arrived back cleaner than we had been to a treat of beer and food in the Heritage Centre. Perhaps too long for some fell runners but a route with lots of sections they would enjoy. Unbelievably in those conditions the men’s record was reduced by about 5 minutes.

We have had to make one change to our original plans as Holcombe Howler was cancelled but the replacement race, The Lancashireman, is reputed to be a hard 27-28 miles.

We are grateful that we continue to have great sponsors in 2022 with Romneys providing mini mint cake bars for all, lots of Mountain Fuel goody bags for winners and spot prizes, TentMeals and as always Injinji socks and Ultimate Direction products. Each race will see a lucky winner get a voucher for Icebug shoes - I love mine and they are steadily expanding their retail distributors. We would love you to join us whether you are young or old, fast or slow

and whether you prefer ‘short’ 30 milers or long 50+ miles. Lots more info on www.runfurther.com and our Facebook group page. If you have not yet joined/signed up then please do – it’s free and you become eligible for spot prizes at races and awards at the end of the year.

UPCOMING RACES IN 2022

DATE	EVENT	LOCATION	DIST’	CAT’
9 April	Calderdale Hike	South Pennines	36 miles	M
30 April	The Fellsman	Yorkshire Dales	61 miles	L
14 May	Spire Ultra	Derbyshire	34 miles	S
25 June	Lakeland 5 Passes	Lake District	32 miles	S
9 July	Hallow 12 Parishes	Worcestershire	40 miles	M
16 July	Pennine 39	North Pennines	39 miles	M
3 Sept	Bullock Smithy Hike	Peak District	56 miles	L
25 Sept	Lancashireman	Pennines	27 miles	S
1 Oct	Round Rotherham	South Yorkshire	50 miles	L
22 Oct	Yorkshire Trod	Yorkshire Dales	62 miles	L

Background image: Adam Worrallo and Kevin Hoult, with Janet Hill in the background, at Pendle Way in a Day © SportSunday



THE FRA FORUM FIGHTS BACK

WORDS CHARMIAN HEATON

How many FRA members realise that there is a vast source of information on all things fell running tucked away in the forum which can be found by clicking the FRA link on the new website? Unlike Facebook, posts are organised in discrete threads which makes finding something specific much easier. There is even lots of shoe advice within the equipment threads. So, if you have a burning question, have a nose around or start a new thread. You can be assured of a warm and friendly welcome.



CHARMIAN

My name is an anagram of Chairman and I am an FRA forumite.

Alias: Charmian (previously Moulinclimber)

Joined: March 2010

Category: FV60

Club: Cumberland Fell Runners

Location: SW Lake District

My background is hill walking / mountaineering and I completed my Munros in 2010. I started running to keep fit and took part in fell races, albeit never far from the back of the field although I did better in the longer distance events or those requiring navigation

skills. I joined the forum in 2010 and regularly checked out information on race routes, following the often lively debates with interest. When I joined, I foolishly thought that an alias was obligatory and selected Moulinclimber (having recently returned from a summer alpine course in Chamonix). Whilst differences of opinion are inevitable, I was dismayed in 2015 when the strong views of a minority were allowed to dominate the forum to the extent that many threads were contaminated by toxic criticism of the FRA Committee. I was moved to attend the AGM to offer my support and introduced myself to Graham Breeze (the target of much of the personal criticism). I enquired about the vacant role of Membership Secretary and came away with a job.

There have also been occasions where the forum has been used to air personal grievances rather than making representations through the appropriate channels, and together with the advent of alternative social media channels like Facebook, these negative influences served to drive regular contributors away. Of course, due to Covid, there was not much to talk about during the pandemic and so the "Down the Pub" section has dominated the traffic on the forum and some threads have strayed into very divisive territory which has been regrettable.

My view is that whilst aliases can be fun, the forum is a much friendlier place if members are identified by a signature line and I later changed my identity to Charmian.

Former FRA Chairman, Graham Breeze writes:

"I've been a member of the forum since the age of steam. I've stuck with it through its darkest, direst days and it saddens me that 8,000 FRA members now regard it with indifference. The forum has lost its way when it used to be the 'go to' place for wit and information (best fell shoe for greasy rock?) and laughter; and, often in the case of Yorkshire Thug, forceful and informed challenges to the Committee. Those benefits all sound good to me and I want change to come so every FRA member feels that a quick look at what is happening on the forum is a useful fun part (and facing nothing offensive or belligerent) of every fell runner's day. And in a place where you know you'll be talking with fellow fell runners and not, as on other social media, well who and what exactly?"

The forum used to work well, and it could work again!"

As part of the new website development, we have been considering the future of the forum and I am delighted that

several of the members who have stuck with it through thick and thin, have offered to administer it going forward. They introduce themselves here. There will be controls put in place to guard against repetition of some of the negative influences of the past and hopefully we can attract old friends back together with some new members.

No mention of the forum would be complete without thanks to Brett Weeden who has overseen the playground since day 1 and who is now enjoying his well-earned retirement.



Former FRA Chairman Graham Breeze



MR BRIGHTSIDE

My name is Luke Appleyard and I am an FRA forumite

Alias: Mr Brightside

Joined: July 2009

Category: MV40

Club: 1st Claim Wharfedale Harriers

2nd Claim Horsforth Harriers

3rd Claim Club Rhedwyr Brycheiniog

Location: Leeds

Over the 12 years I've been a member of the forum, injury problems have seen me drop in and out of regular contact, and every time I return there seems to be a few new faces to get to know and a few regulars to mourn the loss of. The depth and breadth of knowledge concerning all things running has remained constant, thankfully, and despite the recent loss of vibrancy, the quality of the advice available for free has stayed high.

Organisation of the forum into discrete threads enables easy drilling down by specific races to find advice regarding route choice and lines. I recently planned my first ever Langdale Horseshoe, leg by leg, line by line, using the information freely available on the forum thread. I hadn't recce'd and had never seen the route previously. Nevertheless, I threw a schedule together and got round in some of the worst clag possible. The knowledge contained on the forum was key to visualising the route.

I joined the focus group because I don't want us to lose this valuable resource, because if we do lose it then it will be gone forever. I would like to see the banter return, and hopefully some old friends will be tempted back along with some new members.

In the spirit of old forum silliness, here is my Top Trumps card:
Talent 6 | Training 7 | Climbing 4 | Descending 8 | Flat speed 7
Competitiveness 9

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TRAVS

My name is Peter Eccleston and I am an FRA forumite.

Alias: Travs

Joined: May 2015

Category: M

Club: Coventry Godiva

Location: NE Lakes / Coventry

When I joined the world of fell running back in 2015, I was short on experience and knowledge. Rather than turn to Facebook with

the obligatory “what shoe?” enquiry, I looked into the FRA forum instead. What I found was an absolute goldmine of information and knowledge. There is not a race, round, injury, training routine or shoe that doesn’t have a thread or discussion dedicated to it, usually with additional information such as maps, route hints, alternatives, offers of help and so forth. I’m not exaggerating to say that the wealth of information contained on the forum is something that every fell runner can benefit from.

There are sections covering races, recces, Bob Graham, training, equipment, injuries, and general chat. I’ll usually be found in the training section meticulously recording my weekly mileage (who needs Strava?), or in the race section bemoaning my latest loss of places on the final descent.

It’s a common theme across the internet that the advent of social media has resulted in forums everywhere suffering, but despite the reputation, not everybody on the forum is a bearded old man... I am clinging (desperately) onto my 30s, and there’s one or two younger than me... Many fellow forumites have become friends who I look forward to seeing (and battling with) at races.

It’s certainly true that we could do with some new members on the forum to freshen things up, and although there is some relative anonymity on a forum, it’s also quite clear that we could do with some more female posters for a sense of balance.

Give it a try and say hello... !

Talent 5 | Training 8.5 | Climbing 8 | Descending 3 (refer to photograph) | Pre-race optimism 10 | Post-race excuses 11

PETE S

My name is Pete Shakespeare and I am an FRA forumite.

Alias: Pete S

Joined: August 2009

Category: MV55

Club: Unattached

Location: Birmingham

I’ve been a road/trail runner and fell walker for many years and, despite living in the relatively flat West Midlands, I took up fell running in 2009. I dread to think how many hours have subsequently been spent on the M6 and M54 in my trusty campervan heading up to the Lakes, Shropshire or North Wales.

Having joined the FRA, I stumbled across the forum soon after where I found an incredible wealth of information, advice, support

and entertainment. Of course, what it also provided was a sense of community derived from shared experiences which for those of us living in the far reaches of the country is a godsend: a chance to discuss fell running and not encounter a bemused face!

Numbers have dwindled since I first joined the forum, with a plethora of other social media platforms taking their share of the limelight, but that in-depth knowledge of all things fell (and a few other subjects too) is yet to be bettered in my humble opinion. Threads on practically every race in the calendar offer a goldmine of advice to the newcomer and veteran alike, and are a great source of information for everything from route choice to the best local pub.

I have also found both the ‘Training’ and ‘Injury’ sections to contain a wealth of information with obvious emphasis on mountain running seldom seen on other running sites and the ‘Equipment’ section invaluable when deciding on that all important kit purchase.

But it’s not just fell running – we do like to chat about other things: cycling, food, dogs, poetry, wildlife... you name it. Just don’t mention politics!

Talent 6 | Training 7 | Climbing 6 | Descending 8 | Pre-race optimism 2 | Post-race excuses 8 | Navigation 9



MILLIPEDE

My name is Emily Whitehead and I am an FRA forumite.

Alias: millipede

Joined: January 2007

Category: FV45

Club: Keighley and Craven

Location: Keighley

I first stumbled across the FRA forum searching for photos of a Haworth race. My husband and I had just started running off road. We had moved back to Yorkshire and despite always having been fond of walking and getting out in the countryside we had little experience of fell running and the FRA.

The forum opened my eyes to the fell running world. I found out about the races, the ethos and the joy that fell running brings to life! It was filled with people who had a similar outlook on life: the fell-running view! There was a wide range of experience in the members, including a lot of people who were new to fell running or just getting involved. There was a good mix of men and women, and different ages.

My family subsequently joined a running club and had years of going to fell races with our kids, having running weekends away in our camper van with running friends, and enjoying being part of the fell running / running world. The forum played a huge part in opening up this massive part of our lives.

Over the years, we have also discussed many other topics such as: canoes, bikes, Scottish islands, long distance paths, books, pancakes and cagoules. It has been informative and fun.

The forum was used to organise recces and meet up for Christmas runs/socials. It was used to organise Bob Graham recces.

There was a wealth of knowledge and experience with lots of threads created. All you had to do was read them.

As to the future and a new forum, I can see the positive benefits in a functional forum where members can chat about their questions on fell running and other related issues. In the past, it was a great advert for the FRA and did bring people in, and give potential members the chance to find out more and get to know other friendly fell runners.

Talent 2 | Training 3 | Climbing 2 | Descending 6 | Pre-race optimism 10 | Post-race excuses 10 | Navigation 10



NOEL

My name is Noel Curtis and I am an FRA forumite.

Alias: Noel (imaginatively)

Joined: January 2007

Category: MV45

Club: Pennine

Location: Western Peak District

When I started fell running about 15 years ago, I found the FRA forum to be a great place to find out information about all those things you didn't realise you need to know, like what socks to wear to avoid blisters, what hill reps are, and whether to do the "down and up" at Edale Skyline. Since then, I've developed into a regular contributor and reader, and have found the forum to be a valuable source of information, news and friendly banter. All the discussions are organised into topics that can be easily searched and found. Topics on specific races, for example, often contain several years-worth of interesting posts.

In recent years, the forum has been less busy, which is a real shame as the whole point of the forum (to let fellrunners contribute to [or just read] discussions with like-minded souls) seems to be as relevant as ever. And whether you're doing your first Lakes race, or want to discuss cafés to stop at, there's always someone out there with some experience to share.

So, if you've not visited the forum – check it out. I look forward to chatting to some of you in the future about topics as diverse as "today's wildlife encounter" (a favourite of mine), "shoes that stick to wet rock!" and "Champs races 2022".

Talent 7 | Training 7 | Climbing 8 | Descending 2 | Flat speed 7
Competitiveness 6



Above: Runners taking part in the Sale fell race © Stephen Wilson, www.granddayoutphotography.co.uk

INTRODUCING THE FRA RACE LIAISON OFFICER REGIONAL TEAM

WORDS STUART FERGUSON

The FRA introduced race audits, and the role of the 'Race Liaison Officer' (RLO), in 2015. The creation of the RLO role resulted from a review of the safety procedures in 2014 following a fell race fatality and subsequent inquest. Race Organisers have a duty of care towards anyone involved in their races but it was also established that the FRA should not assume that all RO's always follow the FRA Requirements and Rules for Race Organisers and that part of the FRA's own duty of care is to audit common practice.

The objectives of the race audits are twofold:

- To confirm that the basic level of compliance is met. The standard against which compliance is measured is the 'FRA Requirements for Race Organisers.'
- To provide a sounding board for Race Organisers, especially less experienced RO's, and to offer occasional tips and advice where appropriate. The RLO can pass on good practice to new RO's and also share good ideas with the FRA Safety, Equipment and Rules sub-committee.

The process follows a Race Liaison Procedure document and the associated RLO checklist provides the detailed confirmation of the audit. There is also space to note any suggestions or opportunities for improvement.

Our aim is to audit 10% of races licensed in each calendar year, in order of priority:

- All Senior and Junior English championship races.
- New RO's
- New races.
- Random audits, we look not to re-audit within 5 years.

To be able to carry this out effectively we have a regionally based team. I would like to introduce you to them and in no particular order with a short bio penned by each officer and an action photo:

CATHERINE BRENNAN

Lake District North



Photo © Catherine Brennan collection.

I am currently chair of Keswick AC and have been fell running since I moved to the lakes in 2003. I also organise the Helvellyn and the Dodds fell race. I love the mountains and I am happiest when scrambling and navigating my way on a long adventure through the fells. My favourite route recently was the Cumbrian Traverse but I also love the Mountain Trial. The combination of heritage, camaraderie and skill makes it by far the best race on the calendar for me!

PETE TAYLER

Lake District South



11hrs 57mins into my Joss Naylor Challenge © Sure Ross

I run for Black Combe Runners. My first race was the Coniston Country Fair race in 2005. It brought together my love of running, mountains and competition and I was instantly hooked. My favourite race in England has to be Ennerdale, just a beautiful

route. My favourite race overall is probably Jura, for the great race route and the whole weekend of fun.

PITA OATES

Bowland, North West Lancs and South & West Pennines



Paddy’s Pole – my first and my firm favourite © Pita Oates collection

I’m a member of Bowland Fell Runners. I started fell running not long after completing a few Lake District trail races with some friends. In 2014 I ran my first fell race Paddy’s Pole - a local race organised by Preston Harriers - it felt a ‘safe’ start to fell racing. On the night it was sunny with a fresh wind. Halfway up to the pole it started to snow, then the hail stones arrived. By the time I reached the pole my face had frozen. Taking on the steep descent into the finish and I heard a chap shout at me to stride out, and if I beat the lady in front he would buy me a pint in the pub. I did as I was told, picked up a place ahead of the lady in front and yes, you guessed it, he was nowhere to be seen in the pub post-race!

PETER EHRHARDT

Peak District



Shepherds’ Skyline 2015; the final race of my 70 in 70. I did 70 races in the year coming up to my 70th birthday. © Peter Ehrhardt Collection

I’m a member of Todmorden Harriers. Never been with any other club. My introduction to running - and, more specifically fell running - occurred when I was in my late 40’s. There’s a road

race in Todmorden, the Hot Toddy, which traditionally took place between Christmas and New Year. My son was just 16, so old enough to do the race, for the first time. We had visitors over Christmas and it seemed a good idea to go down with him - and we did the Fun Run.

Like a fool, I followed my son’s advice. ‘The race starts on the street, dad, and after about 100 yds you go onto the canal towpath. It’s really hard to overtake on the towpath, so you need to be right at the front when you get to the canal’. I was. I was about fourth as we got onto the towpath. Then that was it. I hobbled along the towpath, with streams of 6-year-olds skipping past me. I did manage to complete the run.

Afterwards, I sat in the back of my Land Rover, contemplated my aching legs, and resolved that I had been a total idiot. Certainly, I would never do that again.

That weekend, my son told me - ‘you’re coming out for a run with me’. A circuit from our home, about 2.5 miles. We live on a hillside in Todmorden, so it’s not flat. After a few weeks - ‘I’m bored with this dad, you run too slow. You’ll have to go on your own’.

And I did. First fell race - Shepherds’ Skyline - in road shoes. First Lakes fell race - Steel End. In road shoes. It was raining. The descent was interesting. I scampered along the track at the end, hoping not to be last - and I wasn’t. It was a long time before I came in last; the first time was the Edale Skyline in 2007. But I don’t think that counts - so many runners, much better than me, dropped out. At least I finished.

Favourite race - very difficult. So many to choose from. One of my favourites is Whinberry Naze – it must be, judging by the number of times I’ve run it. I’m now getting to the stage where even most of the mediums are too much for me. But the Todmorden Park Run is a nice route, and makes me move a bit.

CLIVE THORNTON

North York Moors and Yorkshire Dales



Photo © Mick Lambert

Hello, my name is Clive Thornton. I am a member of Esk Valley Fell Club based on the northern edge of the North Yorkshire Moors (and New Marske Harriers when running on anything other than fell). I have lived in the area most of my life and despite being a fairly regular visitor to the Moors I only came across fell racing once, which I think was the Guisborough Moors race. I started fell racing as a V40 after being involved in road running and competing in most cycling disciplines. My first fell race was our local New Year’s Day favourite, the Captain Cooks Fell Race. A bit further afield I have raced in the Lakes and Fairfield was a nice good runnable race and Ennerdale was my most satisfying finish due to the distance. Noonstone (when it was held as an English Championship Event) is memorable because of the conditions on the day. Nowadays I still run regularly and race occasionally on the fell, though can be found administering the Dave Parry Fell Race Series and supporting local fell race organisers to continue Dave’s tremendous North Yorkshire Moors legacy.

LAYLA HIRST

Junior Championships



Photo © awoladventure.com

I first started fell running in 2014 when my PT asked me to join him at a fell race in Scotland. So, I donned my Nike road shoes and slip-slided my way up and down some mountains. After that I was hooked!

I’ve always been ‘unattached’ until this year when I joined the mighty Calder Valley Fell runners! They are such a friendly & inclusive club - I wish I’d joined years ago!

My favourite race (although not really a fell race) is the Scafell sky race. It’s such a stunning route and running down the Great Slab on Bowfell was incredible!

STUART FERGUSON

Northumberland & Durham, North Pennines, Shropshire & Welsh Borders, Midlands, South West, South East and Isle on Man.



Ingleborough 2021 © Linda Grundy

I am a member of Northumberland Fell Runners. My first fell race was on a very damp weekend in the Yorkshire Dales, a few years back, as I keep slim race records, I cannot remember the race. My favourite race is the currently extinct Kielder Borderer.

All up to date contact email details are on the FRA website, <https://fellrunner.org.uk/committee.php>

Background image: Looking out towards the Conistone fells © Stephen Wilson, www.granddayoutphotography.co.uk

AN INTERVIEW WITH NIC BARBER

FRA ENGLISH CHAMPIONSHIP COORDINATOR

FRA ENGLISH CHAMPIONSHIP COORDINATOR - WHAT IS INVOLVED WITH THIS ROLE?

I select the 6 races that will comprise the Senior English Championships, and choose a club to host the FRA 'do'. I also run the guaranteed entry list, liaise around medals/prize vouchers, try to answer any championship-related queries and attend FRA committee meetings.

WHAT ARE YOUR MAJOR AMBITIONS FOR YOUR FRA ROLE?

Maintain the prestige of the English Championships. Ensure they select the best all-round fell runners as champions and that no one set of races completely favours one type of runner. Maintain a spread of championship races across the country. If there's anything you want to discuss about the Championships with me, feel free to drop me an email.

WHAT IS YOUR SPORTING BACKGROUND?

I was brought up mainly walking and climbing in the Peak, Eryri and the Lakes. There was a little bit of fell running and orienteering, but as soon as we were old enough to be trusted on a rock face or go further we were mainly climbing and walking.

HOW DID YOU GET INTO FELL RUNNING?

When I left home for Sheffield Uni I wanted to eat pizza and drink beer but not on my own. The climbing club included too much waiting and not enough beer so I joined the orienteering and fell running club (ShUOC), who provided me with sufficient beer and exercise. I think I'm the only person to move to Sheffield and give up climbing! I started doing local Peak District races for a few years, building to longer races, then dipping my toe into the Lakes mediums and Championship races before my first classic about 4 years in.

WHAT DO YOU LOVE MOST ABOUT FELL RUNNING?

The variety (race length, terrain type, skills required), the community and craic (before, during and after the race), but mainly the descents.

WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

In terms of team results, 4th/5th in the 2013 Hodgsons/British Relays with Pennine, a year after our club mate DazH passed away,

was very special and unexpected. Individually, I've managed to collect a few wins I'm proud of, mainly in hard, tactical conditions - the Mountain Trial (1.6 times), Edale Skyline, Duddon Long, and Marsden to Edale Trigger (x3).

WHO IS YOUR BIGGEST INSPIRATION IN THE FELL RUNNING COMMUNITY?

Lots of people: the senior vets who have relatively recently found the sport but give it a really good go on the hardest courses - people like Roger Ashby from Pennine and my committee predecessor Lesley Malarkey; the unbeatable v50s (e.g. Holmsey, Karl Gray); those who started the recent advancement and renewed interest in long fell challenges (e.g. Jasmin Paris, Adam Perry, Jim Mann) and of course all those heavily involved in race organisation and keeping the sport going (e.g. Scoffer, Selwyn Wright).

WHAT WAS THE SCARIEST MOMENT YOU HAVE HAD ON THE FELS?

I had a moment in poor weather at the 2015 Edale Skyline (people were mountain rescued from the race with hypothermia). I was moving well and in control, but was well aware that if I had to stop for any reason, I would be in a bad way very quickly as I was wearing all my gear but close to the edge of warmth. After that I went out and bought myself a proper waterproof that was actually useful in poor conditions, and now carry a survival bag much more regularly.

WHAT DO YOU THINK ABOUT WHEN YOU ARE ALONE IN THE FELS?

There's normally some horrendous earworm going on ('Genie in a Bottle' for hours across a bog anyone?) or some rudimentary mental maths. Then every now and then I'll take proper notice of my surroundings, let it sink in and be reminded that life's just grand.

WHAT IS YOUR FAVOURITE FELL RACE AND WHY?

Short would be Roseberry Topping - all done in <13 minutes and a kamikaze descent; Medium is Kinder Downfall - the stones on the edge seem to suit my stride; Long is the Buttermere Horseshoe - the suffering in the last half is just more than the other Classics. Hat tip to the Mountain Trial.

WHAT IS THE WORST FELL RUNNING INJURY YOU HAVE HAD?

In 2015 I did my first Elite OMM and didn't pack a spare pair of socks, as "Elites don't need dry socks". Overnight my feet got very cold and on day 2 I didn't lace my shoes up well enough. After 7h battling for the win on day 2 (and coming 2nd), my 4th toe blistered so badly the end of it fell off. Taking the sock off was hell. The drive home was challenging and I eventually ended up in Darlington A&E at midnight thanks to Jim Mann.

WHAT WOULD YOU LIKE TO SEE CHANGED IN THE SPORT?

Very little, only as much as we need to keep the sport as it is. Due to the changing world a few more hoops may be required to maintain the sport, but I think the FRA will do its utmost to make sure they're worth it.

GPS OR NO GPS?

Not in races. If you want to use them in races there are other events there for you.

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

The Great Lakes race in 2012 (3.5h in a washing machine) was very special and was what made me realise that this is the sport for me. Adam Perry's Lakes 24h record attempts were always special and exciting (but I always seemed to be there when they went awry!) Helping Steve Birkinshaw throughout his 2014 Wainwrights was an amazing week and I learnt a lot. My BG was a great day of freedom just after the first Covid lockdown.

Background photo: Nic running off Green Gable at the Ennerdale Championship fell race, 2021 © Jacob Adkin



AN INTERVIEW WITH KELLI ROBERTS

FRA MEMBERS' REPRESENTATIVE

FRA “MEMBERS' REPRESENTATIVE” - WHAT IS INVOLVED WITH THIS ROLE?

I see my role as members' rep as being given the opportunity to share my own views and hopefully the views of the wider fell running community with the FRA on matters which affect the fell running community as a whole.

WHAT IS YOUR SPORTING BACKGROUND?

I suppose fell running was my initial sporting background years ago (alongside sports such as cross country, track and everything else that comes with doing sport in a secondary school). I had a big gap in my running and turned to climbing at uni -Trad to begin with and then bouldering, ice climbing and eventually got into sport climbing before doing a full circle back to the fells again!

HOW DID YOU GET INTO FELL RUNNING?

My dad used to take me along to races when I was little. I decided at about 10 years of age that I wanted to have a go myself and it turned out I was pretty good at it. I used to race regularly when I was younger, up until I was about 14/15 years old. I got back into it after uni once I had moved back to the Lakes. I had a lot of time by myself when we lived on the West coast, Pete was working a lot so we couldn't fit much climbing in. Running was an easy solo activity, the fells are so quiet over there and I was lucky to live 15 minutes away from Ennerdale, I got hooked again pretty much straight away!

WHAT DO YOU LOVE MOST ABOUT FELL RUNNING?

Everything! I love the variety, in both weather and terrain, the amazing views (or not!) and the openness and feeling of freedom that you can only really get when out on the tops with no one else around. Oh, and blasting full pelt down the hills!

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

Don't think I have ever had one! I was pretty panicked in 2018 when I had run off the top of Cautley in the wrong direction. It was the last race in the Championships and I thought I had scuppered it. Luckily I realised what I had done wrong and contoured like a mad woman to get back on track!

WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

It has to be 2019 when I became British and English Champion. It seems like a lifetime ago now though!

WHAT ARE YOUR MAJOR AMBITIONS FOR YOUR FRA ROLE?

I don't think that it is a particularly ambitious role. However, I like to think that I will be able to put across my view and the views of others to the FRA on decisions that affect the fell running community.

WHAT WERE YOUR FIRST IMPRESSIONS OF THE SPORT?

First impressions... that was a long time ago! But I do remember wondering how the Seniors could run so fast for so long!

WHO IS YOUR BIGGEST INSPIRATION IN THE FELL RUNNING COMMUNITY?

Ahhh.... easy, that has to be my Dad, he's a legend!

More recently though Hannah Horsburgh, her achievements last year were incredible – fourth overall in the British Championship race!! Just WOW!

WHAT IS YOUR LEAST FAVOURITE FELL?

Hahaha... is there such a thing? If I had to pick one, it would probably be Wansfell. I have the great choice between Wansfell and Loughrigg for my training runs. The thought of running up the Wansfell steps has me running off up Loughrigg more often than not.

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

Everything and nothing! Running is great for clearing your head. Sometimes I am mulling over conversations and problems. By the time I am back I usually have the answer. Other times I am thinking of nothing in particular other than where I'm placing my feet.

WHAT IS YOUR FAVOURITE FELL RACE AND WHY?

Ha... always such a tough question! Especially for someone who just genuinely loves racing! My favourite races are the ones that have tricky, rocky sections in them and a decent descent... Langdale and The Great Lakes are definitely two of the best. I also love the



super long races like Ennerdale and Buttermere. I love that you get to spend such a big chunk of the day in the fells. Then there are the classic 'AM' races in the Lake District: Fairfield, Coledale and Grizedale Horseshoe, Newlands Memorial... I could go on forever, they are all brilliant! However, if I have to choose one I'll go for Langdale. It's certainly the one I have raced the most and is nearly always in the clag which adds to the entertainment value.

WHAT IS THE WORST FELL RUNNING INJURY YOU HAVE HAD?

I'm pretty lucky as I haven't really had that many injuries other than a few rolled ankles. I think my worst injury would have been at Clough Head in 2018. It was a boiling hot day and I ran down the steep slope off the top a bit too fast. I ended up having to go to hospital as both my heel pads had sheared off from the arch of my foot and only remained attached by a bit of skin at the back. My heel pads were like two giant flappers.

WHAT WOULD YOU LIKE TO SEE CHANGED IN THE SPORT?

Nothing, it's great how it is. If anything, I would get rid of all the big commercial companies that are creeping in and making profit from the fells. But I don't really see those as part of our sport.

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

It would have to be Scafell. I reckon the variety of people that you get up there would keep you entertained for hours!

GPS OR NO GPS?

Definitely NO GPS



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

I really enjoyed taking part in the Bob Graham challenge back in 2018. We had a men's, women's and mixed team out. It was great to see everyone pull together and enjoy a great day out on the fells. Plus the weather was amazing which made it even more brilliant to be out in the fells with a bunch of great people.

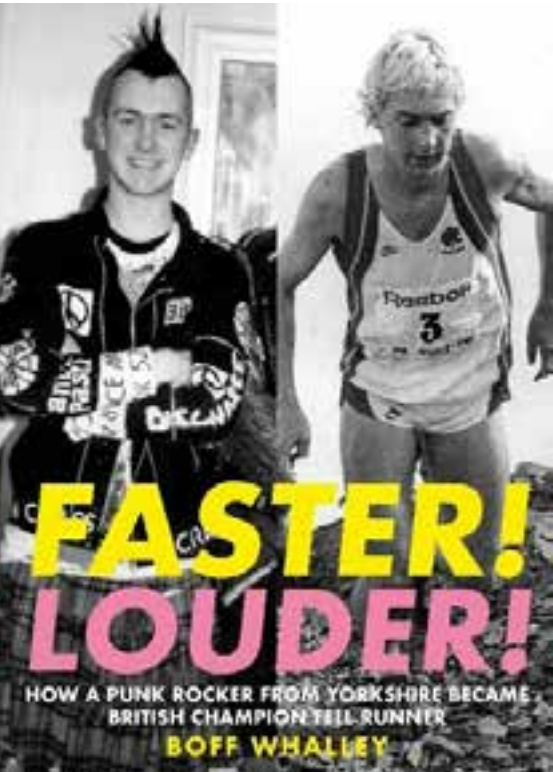
WHAT HAVE BEEN THE MAIN CHALLENGES FOR JUGGLING YOUR TRAINING WITH THE PRESSURES OF YOUR NEW FAMILY?

Ha, it's been a whirlwind this last year! I had no idea how I was going to feel after pregnancy, so my main aim was to just take each day as it came. Nothing can prepare you for the amount of hard work and determination that are needed to just get out of the house let alone go for a run. Luckily I have a bucket load of determination! I'd say the main challenge at the moment is fitting the running in. It is so much easier when you only have yourself to look after, you go for a run when you want, it's as easy as that. Pete is often working late so if I haven't managed to sneak a buggy run in during the day or left Eleanor with someone whilst I hit the trails (My Mum, sister and Pete's mum are brilliant for this), then I have to run late in the evening which can be difficult to find the motivation for.

DO YOU HAVE ANY TIPS FOR OTHER NEW MUMS OR DADS?

Running wise, try not to get frustrated in the early days. It can feel totally overwhelming some days, like you are never going to be able to run properly again never mind race! People tell you "not to worry, it'll come back" but you just can't see how it will! My advice is to trust in what people say. It takes a little while but fitness does return and the weight slowly shifts. The most important thing is to make sure you listen to your body. Like pregnancy, everyone has a different story, and returning back to fitness is no different. If you are consistent in your approach and listen to what your body is saying then you will be back before you know it. Plus there is so much going on that seven or eight months fly by in a blink of an eye and suddenly you have found some kind of routine that allows you to run (if that's what you want to do) and you forget just how challenging it was to begin with. There are also loads of postnatal fitness apps out there that I found really useful. It was a great way to bring strength back to my core in a steady and gentle way.

Previous page: Kelli and her partner Pete Rigby with their daughter Eleanor-Jayne on her first Wainwright, Great Mell Fell © Pete Rigby. Left: Kelli running in the 2022 Kendal Winter League of fell races © Stephen Wilson, www.grandayoutphotography.co.uk



FASTER! LOUDER! HOW A PUNK ROCKER FROM YORKSHIRE BECAME BRITISH CHAMPION FELL RUNNER

BY BOFF WHALLEY

REVIEWED BY GRAHAM BREEZE

Billly Bland reveals, on the cover of this biography of Gary Devine, his admiration for Gary's spirit of individuality as a race winner, and Richard Askwith enthuses about its exhilarating authenticity. So all I need add is that *Faster! Louder!* is a brilliant, effervescent whirlpool of astonishment, revelation and laughter.

Boff Whalley, who has finished a few fell races and pounded out a few power chords with Chumbawamba in his day, knows from Richard how to structure a book that engages the reader, by which I mean one that grabs you by the throat on page one and does not let go until its story is told. And what a story *Faster! Louder!* turns out to be.

It is a biography like no other, but Gary was a fell runner like no other. Punk rockers bearing the tattoo *No Gods. No Masters* (inspired by Amebix) do not generally rise to become the English (1989) and British (1990) fell running champion and win the Three Peaks and the Ben. Nor do they start life as a bricklayer and end up host, with Debbie, of *Alps Haven at La Rosiere*. For the avoidance of doubt let me clarify that I do mean Amebix the punk band "whose dictionary did not extend to include melody".

I knew Gary a little as a fell runner, although we moved in different circles in his punk rocker days, but well enough to write a profile (*A Tremendous Natural Talent*) for the Autumn 2007 *Fellrunner*. However, no account of the drug squad raid from his squatting days and his pleading guilty to affray at Leeds Crown Court then appeared on the pages of this family journal. But those stories are here now along with a myriad of other tales: fish and chips before his Ben Nevis win, playing bass guitar for punk band Pagan Idols, and many more.

This book covers Gary's life from schoolboy to Champion. Of course, it refers to classic fell races and is a festival of name checks from Terry Lonergan (*The Complete Runner* and *Fastrax*) who first recognised Gary's talent, to coach Gordon Agar (Skyrac AC), Jack Maitland, Norman Berry, Danny Hughes, Scoffer... and Gary's clubs: Bingley Harriers, Skyrac AC and the once all conquering Pudsey & Bramley.

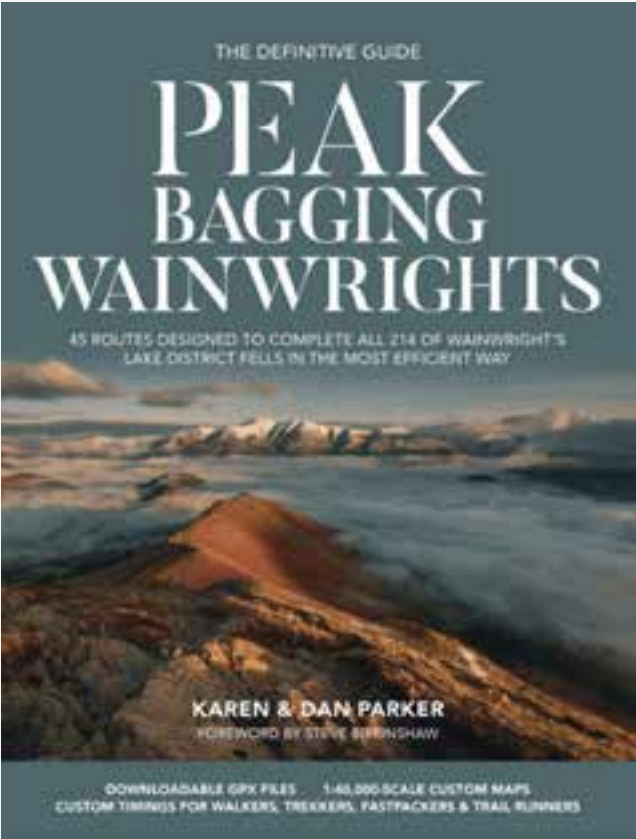
But Boff hasn't just produced a straightforward book about fell running: he has punctuated this Rabelaisian biography with his views on broader issues. No mention of the Edale Skyline could appear without reference to the 1932 Kinder trespass, there are the occasional digressions on relevant topics such as the history of squatting from 1649 with reference to Gerrard Winstanley and The Diggers, and the qualities of the Dead Kennedys. The Dead Kennedys? "The undisputed kings of US punk" (Larkin - Oxford University Press) of course.

Gary was a great fell runner, he was a Champion, he ran for England, and he was also the man who in December 1981 could attend 11 hours of a Punk Festival with 14 bands in the old Leeds tram shed, by then known as the Queen's Hall, and then do an 8-mile run on Ilkley Moor and decide to become a vegetarian - on the same day.

It is this rich texture that makes this book such a great, unputdownable read. On page 228 Boff discusses the apparent conflict between the discipline and focus of fell running and the unruliness and adventure of punk. And inversely the chaotic joy of fellrunning and the rhythmic order and structure of punk rock. Well yes, I can see that, but then Boff is something of an intellectual and so his chapter headings do include quotes from Nietzsche and Camus - but fortunately also the Sex Pistols and Joe Strummer.

Faster! Louder! isn't merely a biography but more a maelstrom of a life lived to the limit, and I unreservedly recommend it. There has never been a book about fell running as special as this one because there has never been a fell runner as uniquely, splendidly, magnificent as Gary Devine.

Faster! Louder! is available from Great Northern Books, www.gnbooks.co.uk, or bookshops.



PEAK BAGGING WAINWRIGHTS

BY KAREN AND DAN PARKER

REVIEWED BY ROSS BRANNIGAN

P *Peak Bagging Wainwrights* is a stunning new book by Karen and Dan Parker, helping those keen to touch the top of all 214 Wainwright summits plan their weekends.

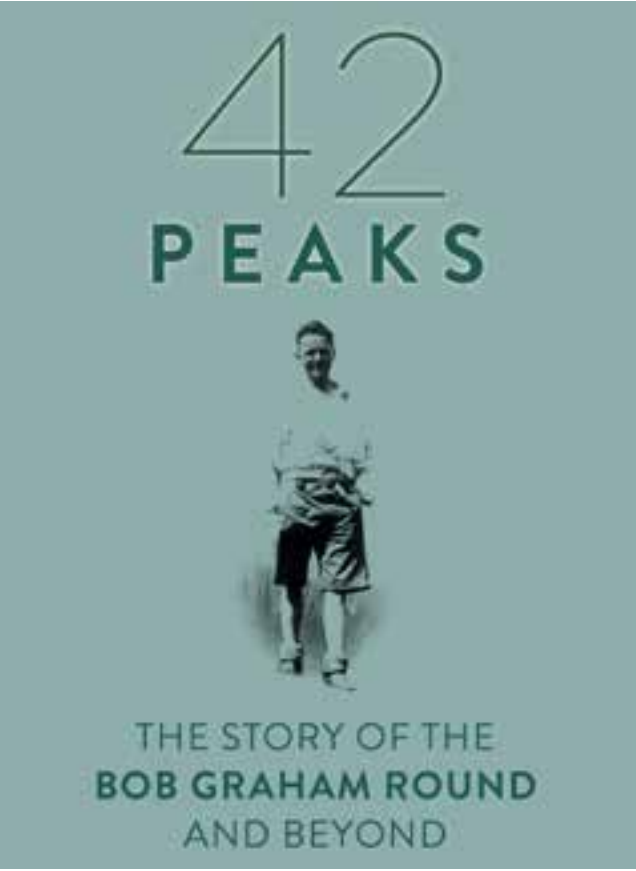
Karen and Dan are ideally placed to write this book. Living in the Lowther Valley, they have been running and walking in the fells for over 30 years, have both completed a Bob Graham Round and even helped Steve Birkinshaw design the route for his Wainwrights record attempt. If that doesn't qualify them to write this book, I don't know what does!

The book splits the Lake District into seven sections (as per Wainwright's own Pictorial Guides), helping you to zone into a particular area to decide which fells you wish to visit. Each of the 45 routes has been expertly put together to not only be efficient, but genuinely enjoyable days out, sometimes linking a few peaks you perhaps wouldn't do if you were sat staring at the map for hours.

What I find so good about this book is the attention to detail. Karen and Dan have even put in estimated timings for different users – walkers, trekkers, runners, fastpackers. Every route has a short description, public transport options and parking, as well as recommended refreshment stops (with their grid reference numbers, of course). To top it all off, you can even get downloadable GPX files for each of the routes, alongside the usual route descriptions.

Honestly, *Peak Bagging* has become that book I reach for when I am planning a weekend in the fells to visit some new Wainwrights. Not only that, it has helped show some new routes for old favourites that help give an extra flair to the places I love to visit.

Peak Bagging Wainwrights is available from Vertebrate Publishing, www.v-publishing.co.uk, or bookshops.



42 PEAKS: THE STORY OF THE BOB GRAHAM ROUND AND BEYOND

BY PETER MCDONALD

REVIEWED BY GRAHAM BREEZE

Forty years after Roger Smith produced his narrative in the famous green booklet, Peter McDonald has produced this exquisitely crafted updating of the BGR history and 24-Hour Fell Record in a format that is finally worthy of the round and record.

With humble and gracious credit to his three predecessors Peter has been inspired to go beyond a simple update of the story to produce a completely new and 'proper' book with perfect binding - banishing the staples of the past - which now includes striking colour photographs.

Given the freedom of a broader canvas he has been able to add more to the history of long Lakeland rounds that preceded Bob Graham, lest we forget that there was one, before bringing the story up to early 2021. So his account includes the current Bob Graham record rounds of Kilian Jornet in 12 hrs 52mins and Beth Pascall in 14hrs 34 mins as well as Kim Collison's and Carol Morgan's new Fell Records, although events will always overtake history and Nicky Spinks has since reclaimed the women's Fell Record.

In short, Peter has used his 80 pages to produce a more rounded and richer picture of the BGR, the 24-Hour Fell Record and, of course, the vital role of the BGR Club.

The challenge in presenting the BGR story is that it can easily lapse into runners' names and times and more names and more times but the BGR Club (which sponsors the publication) has been blessed because Peter's writing skill, akin to a great historian, is such that one becomes so absorbed in his telling of each step of the story that one almost forgets that the outcome is generally known - a real triumph.

This transformed edition of *42 Peaks* was published in 2021 but the Club, in line with its laudable opposition to publicising the round or itself, has eschewed publicity and only made the book available through Cumbrian outlets such as Bookends and Pete Bland Sports (at £10). It will not be found on Amazon or in Waterstones - despite what their websites might suggest.

I have my copy of the new *42 Peaks* and, strictly between us, it is a brilliant little book written with verve, wit and elegance and, whatever the future of the round and record may hold, Peter's account of their story is unlikely to be bettered.

42 Peaks: The Story of the Bob Graham Round and Beyond is available to buy at a range of Cumbrian bookstores, including Pete Bland Sports (Kendal) and Bookends (Keswick).



JUNIOR FELLRUNNER



'ENTER ON THE DAY' IS HERE TO STAY!

I am delighted to say that with COVID restrictions behind us, we can now look forward to a full racing calendar for the English Junior Fell Running Championship 2022.

I apologise for the congestion of dates in May with consecutive race weekends; had it been possible to rearrange these to alternative dates we would have done so.

Unfortunately due to access issues, the Trawden race due to take place on the 26th March had to be cancelled. It was originally hoped that the race could be postponed to later in the year, but with access issues likely to be ongoing, the reluctant decision was made to cancel this event for 2022.

We still have five fantastic races lined up for the Junior Championship, with the only notable change from the information originally published relating to the Helm Hill race, which will now be run on the 3rd July to avoid a clash with parents running in the Senior British Championship race in Durisdeer, Scotland on the 2nd July.

For many of you, the format of the Junior races will be familiar, and the host clubs well known to you. Equally, I am sure there will be parents reading this who want to get their children involved for the first time, and may not be so familiar with the format of the races.

I have therefore put a list of frequently asked questions, together with a short course description on each race.

Please note not all clubs will have live entries as this goes to print, some will have entry on the day, others will not. Please refer to the new FRA website races page www.fellrunner.org.uk, or the FRA Junior Facebook Group for updated information.

I look forward to meeting you at the races, and if you have any questions in the meantime please feel free to contact me at juniors@fellrunner.org.uk.

Happy racing!



GARETH HARDCASTLE,
FRA JUNIOR CO-ORDINATOR



If you have any photos or Junior Fell Runner stories, news or features that would be good for publication please get in touch with the junior editor juniorefellrunnereditor@gmail.com



Junior Fellrunner Cover, previous page: 'No quarter given' - WU17 Megan Wilkinson beats Helen Elmore in the battle to the finish by a second at the Hoppits Hill Junior Running Championships race © Dave Woodhead, www.woodentops.org.uk



WORDS RALF SMITS, HEAD TEACHER BORROWDALE SCHOOL

Borrowdale School is located near the hamlet of Stonethwaite, in the heart of the Lake District. The children are able to walk up the fells or into the Langstrath Valley straight from the school grounds. Borrowdale is well known for fell running. It has a fell running club, the Borrowdale Fell Runners, and each year the Borrowdale Fell Race and Langstrath Fell Race take place in the valley.

The school's fell running club started about 15 years ago as an easy way to make the most of the running opportunities of our school. One afternoon every week pupils, parents and staff choose a route near the school to run together.

One of the parents and regular supporter of the running club thought of the idea of creating a route on Strava. After talks with

another parent and a member of staff, they decided to create a circular route from school that would be accessible for families and runners of all ages.

We wanted to make it a 5km route, long enough to interest more seasoned runners, but not too long for our own running club. Originally, the idea was to make it a circular route starting at school, running alongside the rivers to Rosthwaite and Stonethwaite and back to school, but it was too short. Adding an extra section through Jonny's Wood took the route near enough to 5km and, to our surprise, the route map drew a perfect picture of a running shoe. Choosing a name for our route was easy!

We have had a running club at Borrowdale School for many years and wanted to invite others to join us running in beautiful Borrowdale. Using Strava allows us to share the idea of running

a low level 5km route with the public. It perfectly blends being outdoors, exercise and IT, which are all important aspects of life at Borrowdale School.

We created a QR code so that anyone could do the route and just turn up at school, swipe the QR code on the leader board in front of school to find the route, or find it on Strava. Although there is no mobile signal at the school, people are able to access open Wifi in the school's car park. There is a giant leader board at the front of school, next to the road, showing the best times for male, female, child under 12 years old, and family. The top times are also on Strava.

We launched the Borrowdale Boot on Thursday 12 November 2021 with our running club testing the route together and being

the first on the leader board with a time of 48 minutes 43 seconds. Freddie, one of our Year Six boys, wanted to see if he could beat the time and outran the teachers to get the top under 12's time of 26 minutes 51 seconds. Since then there have been many contenders for the top time which is currently 25 minutes 59 seconds.

Hopefully in the summer months the route will be popular, not just for aspiring runners, but also as a 5km walk for non-runners. As long as people are running or walking the route, it will be worth maintaining it. Looking into the future, there are many more public footpaths and possible routes around our school so watch this space. We are also planning to start up a new 'proper' fell race from the school - The Bessy Boot race - which will be a loop around the school and over the top of Bessy Boot.



Opposite page: A map of the Borrowdale Boot route, designed by Andy Ford, contains OS data © Crown copyright and database right (2022) © Otter Maps, www.ottermaps.co.uk; Above top photo: Borrowdale School runners, group photo © Ralf Smits; Bottom left to right: Borrowdale School junior runners © Ralf Smits; The leader board © Ralph Smits.

TEXT TALK TIME

DOUBLING UP



Toby and Daniel Davies (left to right) are 12 yo fell running twins who run for Eden Runners. They both chose to interview two different fell running heroes for a Text Talk Time double up.

IN THE HOT SEAT
WITH DANIEL:
KIM COLLISON



DANIEL: Hello Kim, are you ready for our interview?

KIM: Yes, I am.

DANIEL: When did you start running and how old were you?

KIM: My first memory of running other than just play was in Year 7 at secondary school. We had to do cross country during the winter term.

DANIEL: OK. When was the first race that you entered?

KIM: I'm going to say Berkhamstead 5 Mile, a hilly 5 mile road race. It could have been my first but I can't remember fully to be honest. Sometime in the early 1990s.

DANIEL: What is the most challenging race or running challenge you have done?

KIM: The most challenging event would have to be the Lakeland 24 hour record where I ran 78 peaks.

DANIEL: Wow, that's a lot!!!

DANIEL: Do you prefer running on your own or with someone?

KIM: I do like to run alone and with others. I find there is a time and place for both. If I had to choose, the introvert in me would say alone.

DANIEL: What do you get out of running?

KIM: Lots of smiles. I feel happy when I run.

DANIEL: Where is your favourite place to run?

KIM: Blencathra.

DANIEL: Nice. We like it there too. Have you beaten any records? If you have, which one was your favourite?

KIM: It's fantastic, it has great views (sometimes), some places for fast running and scrambling routes. I have been lucky to break a few records and especially in the last few years with the Winter Bob Graham, the most Munros in a day, the Paddy Buckley Round and the Lakes 24 hour record, which has to be my favourite one.

DANIEL: Last one. Where do you run the most?

DANIEL: And what are your plans for the future?

KIM: Do you need to ask? Blencathra!! Thank you for interviewing me, Dan.

DANIEL: Thank you. I really enjoyed this.

KIM: Sneaky extra question. I hope to run the Northern Traverse in April and back to the Spine in 2023

DANIEL: OK. Thank you for your time.

KIM: No problem. Keep enjoying your running.

IN THE HOT SEAT
WITH TOBY:
JONATHAN TOMBS



TOBY: Hi Jon, are you OK to do the interview now?

JON: Hiya, yep good to go.

TOBY: Well then, when did you start running?

JON: Was always into sport, main sport was football which I played until I was 35, so I ran to keep fit for that but I started racing in the mid 1990s, road races when I lived in London.

TOBY: Wow.

TOBY: Where is your favorite place to run?

JON: I'll say Cumbria because that covers lots of favourite places to run. I live on the edge of the Howgills which are really quiet so I can run for miles with the dog without meeting anyone else. But then there are lots of places in the Lakes I like. Blencathra is always good to run up.

TOBY: What is the highest mountain you have run up?

JON: Snowdon on a really nice October sunny day a few years ago when I ran round the Snowdon Horseshoe. I didn't run along Crib Goch mind, more of a shuffle on my bottom in places.

TOBY: Cool, we went up Snowdon.

TOBY: What is the furthest you have ever run?

JON: About 107 miles back in 2013. A route called 'The Wainwright Memorial Route'. 56 peaks, 36,000 feet, took me 45 hours.

TOBY: Wow.

TOBY: How have you used your running to benefit charity?

JON: Yes. Although virtually all my running is on the fells, I run the London Marathon each year. This year (October) will be my 23rd in a row. I raise money for Macmillan Cancer Support and have raised £76,000.

JON: Correction, 24th.

TOBY: Cool, that's amazing!

TOBY: What piece of advice would you give to young runners?

JON: Two similar sayings - "run for fun" and "run to have a good time and you'll get a good time". Enjoying it is key as then you'll want to do it more.

TOBY: Wow, inspiring.

TOBY: We ran up a few Wainwrights recently, have you run up them?

JON: Which ones did you do? I finally completed them all with my dog last week. It took her just under five years. It took me 24 years

TOBY: A few near Haweswater.

TOBY: Do you like running with people or without?

JON: It depends. I do enjoy solo running (or at least just me and the dog) but if pressed I'd say it's always nice to be out with others enjoying the fells. And I enjoy racing and seeing people that way.

TOBY: Nice. Thank you for your time. It has been really interesting and fun. See you running sometime.

JON: Thanks. And thanks for picking me to interview. Yep, hopefully see you soon and good luck this year with English Champs.

Would you like to
interview your
hero?

To be the next junior who text
interviews your fell running
hero then please get in touch
junioeditorfellrunner@gmail.com.
Just let us know your hero and we
will put you in touch.

2022 JUNIOR CHAMPIONSHIP RACES

An overview of the Junior Championship races for 2022

BLACK COMBE JUNIOR CHAMPIONSHIPS

Date: 24th April 2022

Host Club: Black Combe Runners

Venue: Whicham, Silecroft, LA18 5LY

Start: 11am

Junior online entry: £3

On the day: £5

Black Combe will be offering challenging but fun routes for each age group.

The U9 boys and girls will be exploring the lower slopes of Seaness, whilst the older age groups will visit Seaness summit and then venture a little further for each category, with the U17 runners reach-ing Black Combe summit.

The U19s will join the Seniors over the Black Combe Dash route which was used for the first time for the Senior English Championship race in 2021.

All routes will be fully flagged and lots of marshals will be on hand to offer encouragement and ensure the correct routes are followed for each race.

TODD CRAG JUNIOR CHAMPIONSHIPS

Date: 7 May 2022

Host Club: Ambleside AC

Venue: Rothay Park, Ambleside, LA22 9DH

Start: 11am

Entry on day: No

Pre-entry: Yes, £5.00

Ambleside AC is looking forward to hosting its ALL NEW English Champs races on 7 May.

All the race routes have been revamped, with all ages competing on the fells above Rothay Park and on the lower slopes of Loughrigg, with stunning views if you get a chance to look up!

Due to the 1km maximum racing distance, the start and finish for the U9s race will be up on the fell, a 10 -15 minute walk up from

the park. This is to enable them to race off road and will be clearly flagged.

All other routes will start and finish in Rothay Park. They start with a lung-busting climb before head-ing up on to the fell. The routes head up towards Lily Tarn and beyond depending on the age group, before looping back down the thigh burning descent and into the park.

As this event is also the youth cup trial for U18 (those born 2005 and 2006), there will be a slight change from the norm for the U17 and U19 races.

The U17 and U19 girls will run together, and the U17 and U19 boys will run together over the U17 route. The runners will be clearly marked so you know who you are chasing and results separated as usual.

GREAT WHERNSIDE JUNIOR CHAMPIONSHIPS

(incorporating Inter-Counties Championship)

Date: 15 May 2022

Host Club: Wharfedale Harriers

Venue: Kettlewell, BD23 5RH

Start: 11.00am

Entry on day: Yes, £5.00

Pre-entry: Yes, £5.00, via <http://www.wharfedaleharriers.co.uk>

All races start in the field at the bottom of the fell where Scabbate Gate Lane crosses Dowber Gill Beck. The initial ascent is on grass following track and path through the fields uphill to the cottage at Hag Dyke. From there, runners pass through the gate to the fell, where the terrain changes dramati-cally. First, a rocky scramble over rough ground, followed by a short stretch of peat and bog, with a final steep ascent over rocky ground to the cairn.

Age groups U15 all turn below Hag Dyke, the U17s turn above, and the U19s go to the summit.

GUISBOROUGH WOODS JUNIOR CLASSIC

Date: 22 May 2022

Host Club: Esk Valley Fell Club

Venue: Guisborough Rugby Club, Belmangate, Guisborough Cleveland, TS14 7BB

Start: 11.00am

Entry on day: Yes

Pre-entry: Yes (U9 and U11 - £1.50; U13/15 - £2.00; U17/U19 - £2.50)

The terrain of festive favourite, Guisborough Woods Fell Race, has been revised and updated for this year’s Junior Championship Races.

For the older age categories, the long lap retains its steep quarry ascent to the high point of the race as well as its technical descent, though this has become more runnable due to rerouting. An updated opening section to the lap introduces a previously unused woodland path replacing the hard pack track.

U13s and U15s compete over one lap of the 2.9 km course and the older categories over two laps. Not to be left out, the younger age category runners take in a newly designed 1km short lap - once around for the U9s and twice for the U11s, its style mirroring that of the longer course and providing what we think is a worthy Championship challenge.

SEDBERGH JUNIOR CHAMPIONSHIPS

Date: 3 July 2022

Host Club: Helm Hill

Venue: Sedburgh

Start: TBC

The Sedbergh Junior FRA Race on Sunday 3 July will start from The People’s Hall in the picturesque market town of Sedbergh, under the backdrop of the magnificent Howgill Fells.

The U9s will run out-and-back to the lower foothills of the Howgills, whilst the U11s, U13s and U15s will head towards Winder (473m), across and then back down the steep slope.

The U17s get to push on further, halfway up to Arant Haw and then drop down, whilst the U19s con-tinue up to Arant Haw (605m) and then descend to Crook Cairn (460m), down a steep slope until traversing Settlebeck Gill, and enjoying a fast shallow descent into the finish.

The route will be well signposted by many flags and friendly marshals to ensure everyone follows the correct route.

FAQ

Q

WHAT ARE THE AGE CATEGORIES AND HOW FAR WILL I RUN?

AGE CATEGORIES*	YEAR OF BIRTH	AGE OF COMPETITOR	MAX RACE DISTANCE
Under 9's	2016 - '14	6, 7 or 8	1 Km
Under 11's	2013 - '12	8, 9 or 10	2 Km
Under 13's	2011 - '10	10, 11 or 12	3 Km
Under 15's	2009 - '8	12, 13 or 14	5 Km
Under 17's	2007 - '6	14, 15 or 16	7 Km
Under 19's	2005 - '4	16, 17 or 18	10 Km

* all based on age at 31st December 2022

Please check www.felljunior.org.uk and the FRA Juniors Facebook page for updated information.

Q

HOW MANY RACES DO I HAVE TO COMPLETE??

There is no expectation for you to complete all 6 races. The best 4 results from the above 6 races will count towards final positions.

Of course not everyone is going to be targeting positions and we all have other personal commitments, so even if you can only make one race, it’s a great opportunity for a fun family day out, so don’t be put off.

Q

WILL I RECEIVE A PRIZE?

Pete Bland Sports will award vouchers for the first three finishers for male and female runners in each age category.

With now only 5 races in the 2022 Championship a Hoodie will be awarded for completing all 5 races, and a T-shirt for 4 races.



RESTAURANT REVIEW: THE ROUND, KESWICK

WORDS ZACK BROWN

The Round is a cafe bar in the centre of Keswick. It is named after the Bob Graham Round, which starts and finishes just across from it, at the Moot Hall.

My mam, Angela Wilson, is the Secretary of the Bob Graham Club and my stepdad is Paul Wilson, Chairman of the club, so we have a connection with the Bob Graham Round. Paul is always out supporting runners doing their Bob Grahams.

The day we went to eat there we had been mountain biking and were really hungry. Mam & Paul have been wanting to go to The Round for a while. I like a good burger and chips, so The Round was a perfect choice - they'd been said to have a great burger menu.

The bar and restaurant are really nice. There are lots of maps on the walls of the Bob Graham Round and Lake District. There are also game boards on the tables with Bob Graham Round themes

which is really fun. It was very busy when we visited the restaurant, and we were lucky to get a table.

The menu offers all sorts of burgers with different toppings; fries; nachos; chocolate brownies & sticky toffee pudding! I chose the classic cheeseburger and crinkle cut fries. I'm a bit fussy with food so didn't want anything extra on my burger other than cheese and tomato ketchup!

It was really good, especially the crinkle fries. I would definitely go again. To be honest, I think I will be going again soon, as we are always in Keswick waiting for runners to finish their Bob Grahams and my Mam and Paul are always running around in the Keswick area.

JUNIOR FELL RUNNING WORD SEARCH

(SET BY QUIZRUNNER)

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

Word list for fell running clubs

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

AMBLESIDE	DARK PEAK	KENDAL	OTLEY
BARLICK	EDEN	KESWICK	PENNINE
BINGLEY	ERYRI	LOCHABER	PUDSEY
BOWLAND	GOYT	MANX	
CALDER VALLEY	HOLMFIRTH	MERCIA	
CARNETHY	HOWGILL	MYNYDD DU	
CLAYTON	ILKLEY	OCHILHILL	

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The
FELLRACER

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

On New Year’s Eve 2021, I found myself amongst many familiar faces above the quarries at the Penistone Hill Country Park. The last time I was there was in 2017 when the Woodentops handed over the baton to Wharfedale Harriers after a lifetime of organising races on the Haworth moors. Due to a kitchen fire, there would be no crazy presentation in the Sun Inn after the race in 2021 but Dave and Eileen were on hand to record the final race in the 50@50 series to celebrate the 50th anniversary of the FRA, two years after the first race of the series at Captain Cook’s on New Year’s Day 2020.

As usual there was a strong but unseasonably mild wind blowing across the quarries and I enjoyed marvelling at the ingenuity of those in fancy dress. I watched the start with the usual bagpipe accompaniment and then sorted out my Pete Bland vouchers, turned trophies and commemorative 50th anniversary engraved glasses. As the start list had been published, I was able to work out that there could be no changes to the leaderboard and so I was able to plan the presentation, knowing that many of those who had supported the series over the preceding 24 months were racing.

It is fair to say that the series had been most popular amongst the older age groups but Senior winners Katherine Klunder (Chorley) and Tom Day (Keswick) had managed 22 and 19 of the 50 races respectively. Kat’s Chorley team-mate Darren had been out-Fishwicked by the indomitable Wendy Dodds who completed 33 races to Darren’s 31 and a total of six runners completed the required 24 races to be eligible for an engraved glass. Paul Burchell earned his glass at the Roaches, Steve Wathall earned his at the Litton Christmas Cracker and Ian Haigh and Andrew Johnson collected theirs at the Auld Lang Syne although I must apologise to Andrew who I missed at the presentation.

Another 13 FRA members completed at least 18 races to be eligible for specially commissioned Hoodies and a total of 36 did at least 12 races to be eligible for T-shirts designed by Fellrunner Editor Tory Miller and incorporating a profile of Pendle Hill, where it all began on 4th April, 1970. It has given me enormous pleasure to calculate all the scores after each of the races and there have been some late changes to the leader board with Matt Dunn easing Luke Appleyard out of the top MV40 position and Phil Pearson taking his foot off the gas to allow Simon Bennett and Steve Wathall to overtake him in the last couple of races in the MV60 category.

I have been delighted by all the favourable comments and was especially impressed by the resolve and determination shown by Orion Harriers David Brock and Karen Lyons. I look forward to seeing you all at many races in 2022 and wish to thank all the Race Organisers who allowed us to include their races in the series. Thanks also to James Lowe for the original idea.



Above: Darren Fishwick (top) and Wendy Dodds with their specially commissioned trophies turned by Steve Wathall (pictured with Wendy) and presented for completion of 31 and 33 races from the series © Dave Woodhead. Opposite page: Darren Fishwick racing the Ennerdale Horseshoe fell race 2021 © Jacob Adkin

FELLRACER COVER - Runners negotiating the descent off Green Gable at the Ennerdale Horseshoe fell race 2021 © Jacob Adkin

50@50 SERIES RESULTS

SCORES AND FINAL STANDINGS FOLLOWING THE AULD LANG SYNE
RACE ON 31ST DECEMBER

CATEGORY	NAME	TOTAL	CATEGORY POSITION	RACES
F	Katherine Klunder	969.66	1	22
F40	Nina Mason	830.38	1	18
F50	Alison Weston	818.57	1	22
	Alison Wainwright	739.12	2	16
	Rowena Browne	738.14	3	14
	Tania Wilson	717.47	4	16
	Denise Tunstall	682.13	5	19
	Karen Lyons	525.17	6	12
F60	Wendy Dodds	927.18	1	33
	Julie Gardner	662.06	2	14
F70	Linda Lord	614.59	1	14
M	Tom Day	1,121.38	1	19
	Will Carter	960.71	2	14
M40	Matt Dunn	1,021.29	1	21
	Luke Appleyard	971.58	2	20
	Dan Gilbert	874.91	3	24
	David Riding	787.84	4	14
M50	Darren Fishwick	1,169.83	1	31
	John Hunt	915.50	2	13
	Ian Haigh	894.52	3	24
	James Leigh Baron	853.07	4	12
	David Wilson	822.21	5	12
	Stephen Forster	795.65	6	20
	Bill Beckett	753.96	7	14
	Peter Murray	747.67	8	18
	Matthew Page	685.60	9	16
	Darren Parker	669.71	10	12
M60	Simon Bennett	952.30	1	23
	Steve Wathall	909.44	2	25
	Philip Pearson	898.36	3	17
	Paul Burchell	868.99	4	27
	David Brock	837.70	5	20
	Andrew Johnson	821.82	6	24
	Leigh Warburton	752.64	7	12
	Keith G Holmes	750.63	8	19
	Jim Paxman	709.85	9	15
M70	David Tait	457.11	1	8



2022 YORKSHIRE JUNIOR FELL RUNNING CHAMPIONSHIPS

HOPPITS HILL RACES

27 FEBRUARY 2022

Dave & Eileen Woodhead, Yorkshire Championship Co-ordinators



Above: a collage of all the winners at the Hoppits Hill Junior Running Championships race © Dave Woodhead, www.woodentops.org.uk

It's great to be back

After all the storms and chaos of the last few weeks it was fantastic that the races were blessed with blue skies and glorious sunshine, which made for a superb day of racing.

Although the championships were run last year during Covid at The Great Whernside – 'Here we go again' races, which were regrettably small fields, but did attract quality athletes. What a contrast this year, with 155 eager, keen juniors lining up for the various junior races at the Hoppits Hill races, it was encouraging to see representation from City of York AC, Longwood Harriers, Penistone Footpath Runners, Denby Dale AC, Dark Peak Fell Runners along with the usual clubs, Wharfedale, Bingley, Settle, Ilkley, Keighley & Craven, P&B etc.

The U15, U17 & U19 championships were incorporated within the senior race, where the seniors had their hands full with the talented youth on show, in fact it was only senior Kieran Savage the winner who managed to stop junior domination of the first 10 home. U19 Champion Alex Flaherty finished 2nd, U19 Silver Hugh Mackie 3rd,

U15 Champion Jack Sanderson 4th, U15 Silver Archie Peaker 5th, U19 Bronze Freddie Roden 6th, U19 William Hall 7th, U19 Joe Minchella 8th, U17 Champion Lachlan Wills 10th.

Similar domination happened in the women's race, the winner was WU19 Champion Eve Whitaker, WU19 Silver Rebecca Flaherty 2nd, Senior Katie Walshaw 3rd, WU17 Champion Amelie Lane 4th, WU19 Bronze Isabel Richardson 5th & WU19 Charlotte Rawstron 6th. All the senior runners found themselves battling with the youth throughout the race and everyone knows juniors have a real passion and enthusiasm to beat their elders to the finish line and claim bragging rights.

We are eternally grateful to Deborah and Wayne of Byram Construction Limited for their continued support and sponsorship of the championships, which has seen their children Lucy, Erica and Lewis Byram win Junior Yorkshire Fell titles in the past.

A huge thanks to Race Organiser Nicky Spinks and her team of helpers for all the hard work that was put in behind the scenes and on the day to make for a great day's racing.

2022 YORKSHIRE JUNIOR FELL RUNNING CHAMPIONSHIPS HOPPITS

HILL RACE RESULTS

AGE GROUP	GOLD	SILVER	BRONZE
FU13	Clara McKee Calder Valley Fell Runners	Olivia Watkins Dark Peak Fell Runners	Marcie Ford Bingley Harriers
BU13	Jack Dickson Dark Peak Fell Runners	Robert Carter Ilkley Harriers	Joseph Stone Calder Valley Fell Runners
FU15	Izzy-Mai Wilson Dark Peak Fell Runners	Layla Kirkley Keighley & Craven AC	Holly Fitch Wharfedale Harriers
BU15	Jack Sanderson Settle Harriers	Archie Peaker Keighley & Craven AC	Ewen Wilkinson Keighley & Craven AC
FU17	Amelie Lane Wharfedale Harriers	Amy Kennedy City of York AC	Olivia Aldham Wharfedale Harriers
BU17	Lachlan Wills Wharfedale Harriers	Jonah Cooper Dark Peak Fell Runners	Rowan Baxter Longwood Harriers
FU19	Eve Whitaker Harrogate Harriers	Rebecca Flaherty Bingley Harriers	Isabel Richardson Holmfirth Harriers
MU19	Alex Flaherty Bingley Harriers	Hugh Mackie Penistone Footpath Runners	Freddie Roden Abbey Runners
YORKSHIRE NON-CHAMPIONSHIP RACES, DUE TO FRA RULES – CHOCOLATE PRIZES AWARDED			
FU9	Robin Overbury	Isla Hallam	Iris Ellis Denby Dale
BU9	Monty Hallam	Charlie Varley	-
FU11	Harriet Carter Ilkley Harriers	Bethan Morris Holmfirth Harriers	Florrie Johnson Dark Peak Fell Runners
BU11	Sebastian Ford Bingley Harriers	Henry McFarlane Holmfirth Harriers	Dylan Alcock Wharfedale Harriers



Above: the start of the U13 race, Hoppits Hill Junior Championship fell race © Dave Woodhead, www.woodentops.org.uk

ILAM JUNIOR FELL RACE

12 SEPT 2021

.....

Alison Wainwright, Race Organiser

UNDER 9 RESULTS, 0.9KM/25M

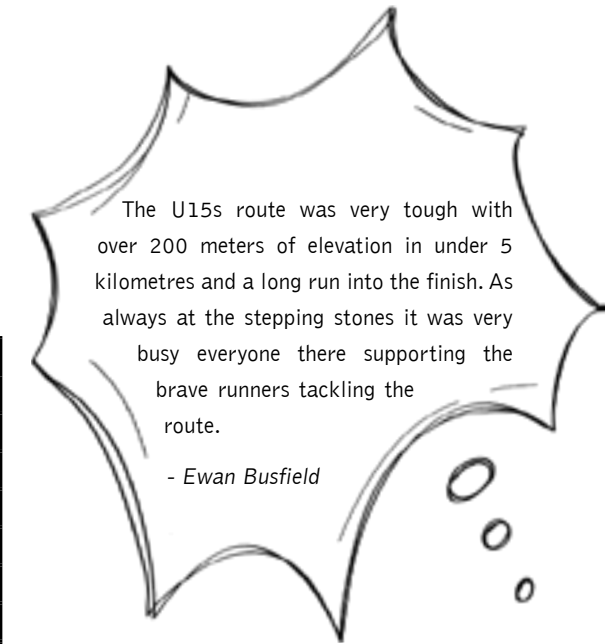
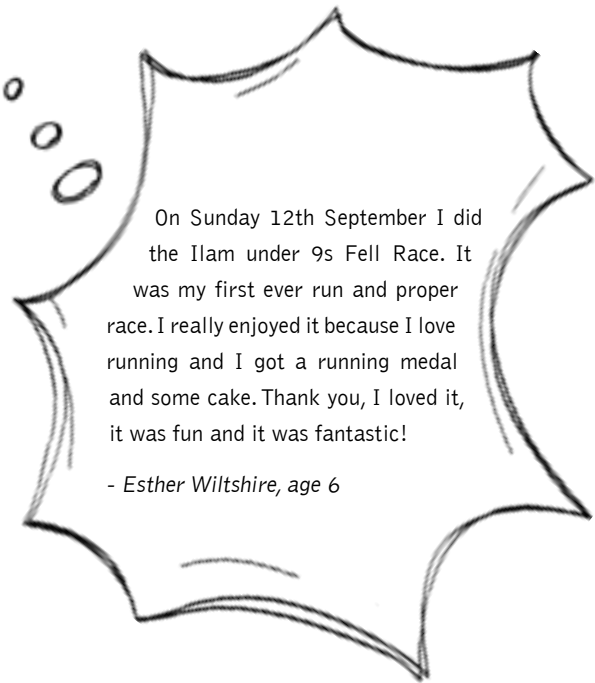
	COMPETITOR	CLUB	TIME
U9B	Jos Jebb	Helm Hill	5:30
	Huw Davies	Staffs Moorlands	5:39
	Joe Spiers	Dark Peak	5:42
U9G	Elsa Goddard	Unatt	6:21
	Georgia Cudahy	Buxton AC	6:35
	Pippa Spiers	Dark Peak	7:12

UNDER 11 AND 13 RESULTS, 1.95KM/90M

U11B	Magnus Foxwell	Ambleside	9:11
	Joseph Green	Ambleside	9:17
	Rowan Bradley	Ambleside	9:35
U11G	Isla Jebb	Helm Hill	9:41
	Alice Carr	Rossendale	9:59
	Sophie Brady	Abbey Runners	10:34
U13B	Dominic Poulston	Wirral AC	7:58
	Henry Ward	Chorley	8:24
	Zeke Sumner	Ambleside	8:27
U13G	Clara McKee	Calder Valley	8:10
	Estelle Lowe	Westbury Harriers	8:49
	Millie Jebb	Helm Hill	9:13

UNDER 15 AND 17 RESULTS, 4.17KM/215M

U15B	Jack Sanderson	Settle Harriers	22:37
	Ewan Busfield		23:38
	Ned Gallagher-Thompson	Otley	23:45
U15G	Megumi Hoshiko	Wirral AC	26:03
	Maisey Bellwood	Keighley & Crown	26:06
	Graihagh Turner	Penistone	26:24
U17B	Alex Poulston	Wirral AC	21:53
	William Walker	Clayton-le-Moors	22:12
	William Hall	Keighley & Craven	22:15
U17G	Eve Whitaker	Harrogate Harriers	23:29
	Isabel Holt	Blackburn Harriers	24:43
	Emily Gibbins	Wirral AC	25:52



Top to bottom: the start of the Ilam U9's race; the U15 and U17 athletes on the climb at the Ilam Junior Fell Race © Jon Rylance, Ambleside AC

JACK BLOOR RACES AND FUND

10 MAY 2022

Jack Bloor Trustees

We're back racing in May. We've missed you as much as you've missed fell running. We've had a cancelled race and a successful virtual race and this year we're holding a real one.

The Jack Bloor Fund has continued to grow throughout the pandemic and continues to do so: you can always donate at GoFundMe.

Applications have also trickled in as people get their confidence back to take on new challenges and improve their skills in an outdoor adventure sport.

Put Tuesday 10th May in your diary for Ilkley Moor fell race, and we'll see you there. We'll have cakes, superb weather, a fantastic route and lots of smiling faces.

All the information will be posted on www.jackbloor.co.uk and on Facebook, Instagram and Twitter.



Above top to bottom: some of the checkpoints you'll visit on the Ilkley Moor fell race route; Swastika Stone and Cowpers Cross © Hilary Bloor



Race Results

HUTTON ROOF CRAGS / Cumbria
BM/11.3km/406m / **23.10.21**

Having missed consecutive May events due to Covid it was great to be able to get out on the fells again. A grant from Cumbria County Council supported the extra costs of infection control, donations from many runners and sponsorship of our prizes from local villagers compensated for our lack of Country Fair and allowed our first 100% online entry and contactless Sports Ident timing for a Senior only race. We were also very pleased to be included in the 'FRA 50 at 50' series.

This was our first race since the sad death of Pete Bland, a founder of the race with Ian Rooke and Dave Bayliss. Pete Bland presented our prizes in 2019 and his business has supported this event for 40 years. We are thrilled that the relationship continues. Thank you.

Another first – a change in route. The infamous Farleton Knott scree is now off limits due to erosion concerns and along with less marking of the course will become the standard. So, with only checkpoints on Farleton Knott, many runners doing the event for the first time and some entering their first race since the initial lockdown, the event remained a great Autumn challenge. Despite perhaps being a bit creaky we were all soon back into it and of course enjoyed the famous cakes and warming soup!

203 runners set off, with a new course record set by Josh Hartley in 51.38 winning a £50 PB voucher and the Sheepskin Warehouse Cup. Tom Day won the William Rowbotham Trophy and £25 PB voucher in second with a time of 52.10. Third, and the first MV40 was Brian Pennington in 52.37, winning two PB vouchers and followed less than a minute later by first lady, Sarah McCormack, 53:35, winning the Jenny Holt Trophy and a £50 PB voucher.

The men's team prize was won by Bowland Fell Runners, Helm Hill second. In the ladies' race Netherhall and Helm Hill tied. It was fantastic to present Darren Fishwick with an engraved FRA tankard for completing 24 races in the 50 at 50 series.

With Sarah's time the ladies are catching up! In 2019 Victoria Wilkinson led the charge with a third place in 53:40. An open team competition beckons!

Our normal event resumes – 28 May 2022 with Seniors and Juniors.

Stuart Williams

OPEN

1. J. Hartley	BICombe	0.51.38
2. T. Day	Kesw	0.52.10
3. B. Pennington M40 (1)	Howgill	0.52.37
4. S. McCormack Lady	Amble	0.53.35
5. H. Shuell	Amble	0.54.13
6. D. Love M40 (2)	Bowland	0.56.00
7. J. Harris	Amble	0.56.07
8. P. Mather	Lonsdale	0.56.18
9. Andy F.	Unatt	0.56.37
10. N. Booker	Macc	0.57.04
13. B. Taylor M50 (1)	Netherh	0.57.15
14. J. Hunt M50 (3)	DkPk	0.57.38
15. M. Gregory M40 (3)	ManxFR	0.57.38
16. J. Baron M50 (3)	HelmH	0.57.55
53. S. Bennett M60 (1)	Bowland	1.06.25
58. K. Horrigan M60 (2)	Unatt	1.07.20

59. P. Tynan M60 (3)	Lonsdale	1.07.26
87. J. Maxfield M70 (1)	NewburghN	1.13.33
148. P. Bates M70 (2)	Lonsdale	1.23.02
199= P. Martin M80 (1)	Bowland	2.11.42

LADIES

4. S. McCormack	Amble	0.53.35
33. H. H. Leigh	Bburn	1.02.42
68. A. Rea	Unatt	1.09.29
69. N. Mason F40 (1)	Elvet	1.09.40
80. S. Budgett F50 (1)	Horw	1.11.24
88. R. Browne F50 (2)	Bowland	1.13.43
94. A.Oakes-Monger	Unatt	1.14.31
99. T. Hodgson	Netherh	1.16.01
102= N. Marshall	Unatt	1.16.22
115. E. Shawcross F40 (2)	Unatt	1.17.44
117. M. Ockenden F60 (1)	Bowl	1.17.48
136. W. Dodds F70 (1)	Dallam	1.20.21

202 finishers

BUTTERMERE SHEPHERDS' MEET / Cumbria
AS/5.2km/600m / **24.10.21**

With the Shepherds' Meet changing location again, we had to find a new race route, again. Now based at Gatesgarth Farm at the head of the valley, the new race goes straight up and down Robinson. Advertised at 6 kilometres, confirmed at 5 kilometres, after the runners took a more direct line, and with 600 metres of climb, this is a super short race over good fell terrain.

Sadly, the weather didn't play ball. Thankfully, car parking was on hard standing, and registration was in the barn along with the cows. With wind and rain to contend with, the marshal – Jim Davies - was happy to take his waterproofs up, and we were able to run the full course and a small but enthusiastic field set off.

The leaders were back in a very short time, a great example of the athleticism at the top end of this game.

Two trophies were awarded and a generous sponsorship from Kong Running meant we had a good number of prizes to award as runners ate their cakes and drank their warm drinks. Someone had parked a chip van outside the barn too, which many people felt deserved a bit of support.

We did run junior races though the weather, and possibly the late notice of the event, meant a small but dedicated field. This race is for all runners 13 and under. Around 2 kilometres with about 200 metres of climb, the fully flagged course is a real Lakeland show race. We will continue to put this race on, it's worth making a note of it for next year. Those aged 14 and over can run with the adults in the main race, a chance to run in a bigger field and beat some more experienced runners. Mylo Jewell from the local club, Cumberland Fell Runners, showing his potential with a very respectable 52:01, to finish amongst some very experienced and able fell runners.

Andrew Bradley

OPEN

1. M. Yeomans M40 (1)	CFR	37.07
2. R. Findley-Robinson	DkPk	37.43
3. M. Morton M40 (2)	Penn	41.19
4. J. Gilbert	CFR	41.29
5. M. Robinson M50 (1)	DkPk	41.30
6. P. Holwell M40 (3)	Unatt	42.15
7. A. Jackson M50 (2)	NthnF	42.44

8. P. Harrison	Kesw	42.50
9. S. McCarthy	Ellenb	43.04
10. N. Hepburn-Fish M50 (3)	Borr	43.11
15. A. Reid M60 (1)	Ellenb	50.33
22. G. Gough M60 (2)	Clay	52.28
28. N. Moore M60 (3)	CFR	64.58

LADIES

12. J. Gray	Kesw	46.15
21. H. Barber	CFR	52.12
27. H. Davis F40 (1)	SteelCStr	62.22

PEAK RAID 3 - EASTERN MOORS - AUTUMN SERIES (3 OF 4) / Derbyshire
MM / **24.10.21**

The third race of the PeakRaid3 series visited the Eastern Moors from Totley. Early starters were greeted with a stunning sunrise turning the sky a fantastic mix of red, orange and yellow and, maybe the shepherds were correct - as the weather deteriorated later in the day.

However, it was great to see so many smiling faces at the finish, despite the wind, rain and energy sapping moorland heather.

Many thanks to Totley Athletic Club for the use of their facilities.

Richard Robinson gave an impressive performance scoring 580 points but was a couple of minutes over three hours giving a final winning score of 576 points.

First woman was Rachel Thornley who scored 465 points but was also several minutes overtime giving a final score of 450 points.

Paul Addison

OPEN

1. R. Robinson M40 (1)	NOC	576 pts
2. M. Anderson M40 (2)	Totley	570 pts
3. D. Harris M50 (1)	DeesOC	558. pts
4. M. James M40 (3)	PorterV	554 pts
5. H. Chatfield	Unatt	545 pts
6. S. Mills	DkPk	540 pts
7. C. Williamson	Hillsb&Riv	526 pts
8. R. Allison	DkPk	510 pts
9. H. Waring/C. Waring Mixed	Milocarian	510 pts
10. B. Adams M50 (2)	Retford	510 pts
13. R. Dearden M50 (3)	NOC	490 pts
21. P. Gorvett M70 (1)	DkPk	434 pts
27. B. Hanley M60 (1)	SYO	430 pts
31. A. Bell M60 (2)	DkPk	430 pts
61. R. Collins M60 (3)	WaltonCh	370 pts
70. M. Sleath M70 (2)	Ripley	346 pts

LADIES

20. R. Thorley	SteelCStr	436 pts
22. R.Duckworth	DerwentVO	430 pts
41. A. Yorwerth/H. Burkhardt Mixed	Unatt	400 pts
44. A. Barrett F40 (1)	SteelCStr	400 pts
41. M. Yorwerth/A. Yorwerth Mixed	Unatt	380 pts
58. L. Wiegand F50 (1)	DkPk	370 pts
76. H. Barnett F50 (3)	Unatt	320 pts
78. C. Elphick F40 (2)	YorkAlp	310 pts
84. J. Hill F60 (1)	Unatt	300 pts
98. M. Fletcher F60 (2)	Unatt	266 pts

138 finishers

GREAT WHERNSIDE (YORKSHIRE JUNIOR FELL CHAMPIONSHIP) / North Yorkshire
AS/4m/1558ft / **24.10.21**

Typical Yorkshire Autumnal weather of rain and low cloud sorted the hardy from the soft at this year's Yorkshire Junior Fell Running Championship races to be run over varying ascents of Great Whernside. One parent described the setting as idyllic even in the mist and indeed it is, if rugged.

All races commence in the field at the top of Scabbate Gate and are accompanied by the babbling of Dowber Gill Beck. Do not be fooled as all races set off up a steep incline accepted by all to be brutal. For the shorter races the incline never really relents but does become less steep in parts as younger runners battle their way to their turn points before the mad dash down to the finish line. For older runners, the course makes its way to the wedding venue and Scout bunk barn at Hag Dyke. A short, steep climb from here leads to some deceptive and ever changing "man eating" bogs that trap and challenge even the most experienced fell runners. There is, allegedly, a relatively dry route across these bogs but that route changes with the weather. On the day, low cloud and swirling mist made the traverse of these peaty bogs more challenging with even the best of racers returning covered in a healthy dose of Wharfedale peat! From the bogs, older juniors and senior runners now commence the final climb to the trig point and summit, atop a rocky outcrop that resembles a moonscape.

After rounding the trig, contenders can return to the bogs via any route off the top. Some go over the rocks and down the steep, tussocky bank, while others use the paved and stepped path favoured by walkers.

After negotiating the bogs for a second time, it is now a long, exhilarating charge to the finish funnel over grass covered trods and well grazed moorland. While the ascent is described as tough, the descent is described variously as "fantastic" and a proper "eyeballs out" fell race descent.

With Yorkshire titles on offer, all runners were revved up and ready to go when instructed.

The youngest runners were first to line up for their challenge with Yorkshire lad, Calum McGoldrick, winning the boys' race (3.59) from Huw Davies, (4.02) and Sebastian Chambers (4.25). The girls' race was won by Isabel Symington (4.20) from Becky Atkinson, (6.19).

The U11 race was slightly more challenging with the boys' winner being Jacob O'Sullivan (6.38) from Isaac Reeday, (6.58) and Mani Kaler, (7.12) The girls' race winner was Alice White (6.51) from Sophie Brady (7.46) and Mia McGoldrick (8.13).

Zac Jardine took the U13 title (9.27) from Will Pease (9.40) and Joseph Stone 9.48). The girls' race witnessed a battle royal between two excellent junior runners in the form of Isabelle Jebb and Annie Chambers. There were varying gaps between the two runners as the race progressed but in the end, Jebb just kept Chambers off to win and take the Yorkshire title (11.36) from Chamber (11.37) and Imogen Atkinson (12.44).

Jack Sanderson added another trophy to his already crowded cabinet to comprehensively win the U15 race (13.42) from Ned Gallagher-Thompson (14.13) and Noah Wadsworth (14.15). In the girls' race, Keighley duo, Maisie Bellwood and Charlotte Chambers took gold (15.24) and silver (17.05) respectively, from Wharfedale's Olivia Aldham, 3rd, (17.59)

The U17 race ventured beyond Hag Dyke with the dubious treat of a short section of the legendary bogs. However, the runners all looked as though they had enjoyed the experience with Will Hall taking the Yorkshire title (20.38) from Dougie Seggar-Staveley (22.12) and Archie Budding (23.07). The girls' title went to Eve Whitaker (23.33) from the ever-cheerful Emily Gibbins (24.22).

The U19 runners had the delight of not only the mist coated bogs but the climb to the summit, along with the seniors. Undeterred, Eric Beaumont stormed home to win gold and the Yorkshire title (34.01) from Jenson Brogden (35.58) and Danny Baxter (41.57). Isabel Richardson took the U19 girls Yorkshire title (38.39) from Alexandra Whitaker (40.28).

Running with the U19s, the seniors had a second chance this season to run the race to the trig and back. The weather this time around was certainly not as favourable as in September, but it made the challenge all the more interesting. In the men's race, Nathan Lawson took a bath in the bogs but still romped home to win the race (32.08) over a minute ahead of Michael Malyon (33.11) and Sam Watson (33.36).

In the ladies' race Kate Davies showed her family pedigree by winning the ladies' race (42.00) after only deciding to come to Kettlewell rather than Buttermere on the day itself! Second and third ladies were Jean Powell (44.49) and Lesley Watson (46.44).

Su Thompson

OPEN

1. N. Lawson	DkPk	32.08
2. M. Malyon M40 (1)	Baildon	33.11
3. S. Watson	Wharfe	33.36
4. E. Beaumont MU19 (1)	Kghly	34.01
5. J. Brogden MU19 (2)	Otley	35.58
6. A. Jebb M40 (2)	Bing	36.19
7. J. Whitfield M40 (3)	Wharfe	36.28
8. S. Green	Wharfe	36.50
9. A. Maxwell	Jesmond	37.22
10. C. Walker M40 (4)	Bing	37.27
22. A. Smith M50 (1)	Barlick	42.11
23. J. Whitaker M50 (2)	Hgte	42.27
25. C. Bedson M50 (3)	CheshHR	42.35
35. D. O'Duffy M60 (1)	Bowland	46.48
37. L. L'Anson M60 (2)	Wharfe	48.39
42. P. Wilson M60 (3)	Wharfe	51.49
47. I. Hartman M70 (1)	Baildon	57.17
57. A. Cardinale M70 (2)	Otley	91.52

LADIES

14. I. Richardson FU19 (1)	Holmf	38.39
18. A. Whitaker FU19 (2)	Hgte	40.28
20. K. Davies F40 (1)	StaffsM	42.00
4. J. Powell F50 (1)	Wharfe	44.49
34. L. Watson F40 (2)	Bing	46.44
36. H. Buchan F40 (3)	CaldV	47.19
38. B. Weight F60 (1)	Bing	48.52
46. A. Baldwin F70 (1)	StainInd	55.26

BOYS UNDER 17

1. W. Hall	Kghly	20.38
2. D. Segger-Staveley	Settle	22.12
3. A. Budding	Ilk	

GIRLS UNDER 17

4. E. Whitaker	Hgte	23.33
5. E. Gibbins	Ilk	24.22

BOYS UNDER 15

1. J. Sanderson	Settle	13.42
2. N. Gallagher-Thompson	Otley	14.13
3. N. Wadsworth	HelmH	14.15

GIRLS UNDER 15

5. M. Bellwood	Kghly	15.24
6. C. Chambers	Kghly	17.05
10. O. Aldham	Wharfe	17.59

BOYS UNDER 13

1. Z. Jardine	Kghly	09.27
2. W. Pease	Barlick	09.40
3. J. Stone	CaldV	09.48

GIRLS UNDER 13

6. I. Jebb	Bing	11.36
7. A. Chambers	Kghly	11.37
11. I. Atkinson	Spenb	12.44

BOYS UNDER 11

1. J. O' Sullivan	Kghly	06.38
3. I. Reeday	Wharfe	06.58
4. M. Kaler	CaldV	07.12

GIRLS UNDER 11

2. A. White	Skip	06.51
5. S. Brady	Wharfe	07.46
6. M. McGoldrick	Settle	08.13

BOYS UNDER 9

1. McGoldrick	Settle	03.59
2. H. Davies	StaffsM	04.02
4. S. Chambers	Kghly	04.25

GIRLS UNDER 9

3.I. Symington	CaldV	04.20
7. B. Atkinson	Spenb	06.19

57 senior finishers

RACE TO THE SUMMIT / Lancashire
BS/7km/260m / **30.10.21**

OPEN

1. M. Howard MU23 (1)	CaldV	29.40
2. D. Clarke M40 (1)	Tod	29.47
3. K. Manchester	Hfx	30.39
4. J. Humphries MU18	LincWell	32.12
5. D. Gilbert M40 (2)	Horw	32.36
6. A. Horne MU23 (2)}	LeedsUni	33.35
7. C. Worth	Sadd	33.33
8. H. Wyber	Amble	34.06
9. J. Fradgley	Unatt	34.26
10. D. Ryder M40 (3)	FRA	34.38
13. L. Ilstone MU16	CaldV	35.29
18. E. Tattersall MU23 (3)	LeedsUni	37.06
21. A. Poole M50 (1)	Sadd	37.36
25. S. Booth M50 (2)	Unatt	38.05
28. M. Wharton M50 (3)	CaldV	38.42
37. S. Nolan M60 (1)	Burnden	39.47
42. S. Glesthorpe M60 (2)	Hfx	40.54
52. M. Nutter M60 (3)	Clay	43.03
125. G. Breeze M70 (1)	Wharfe	55.51

131. R. Hirst M70 (2)	Clay	66.03
133. A. Cardinale M70 (3)	Otley	75.04

LADIES

32. A. Swindells	CaldV	39.16
40. F. Morgan FU23	LeedsUni	40.22
50. M. Morony FU23	LeedsUni	42.39
53. J. Howells F50 (1)	Wharfe	43.03
56. E. Humphries F40 (1)	MountFuel	43.50
61. J. Hobson F50 (2)	Hfx	44.39
66. E. Atkin FU23 (3)	Unatt	45.58
67. H. Hudson F50 (3)	Stainlnd	46.06
72. A. Baldwin F70 (1)	Stainlnd	46.27
82. L. Peatfield F40 (2)	Tod	47.33
90. J. Downes F40 (3)	UNATT	49.01
95. E. Milnes F60 (1)	Tod	49.39
102. M. Busfield FU18	Ashbrne	50.55
106. J. Leonard F60 (2)	Tod	51.21
115. M. Goth F60 (3)	Tod	53.48

133 finishers

BLACK LANE ENDS / North Yorkshire
AS/6.3km/307m / **30.10.21**

OPEN

1. M. Malyon M40 (1)	Baild	31.08
2. R. Stead	Unatt	31.55
3. B. Whitehead	Barlick	32.38
4. J. Hunt M50 (1)	DkPk	34.03
5. A. Collins	Barlcik	34.35
6. A. Berry M40 (2)	Barlick	34/42
7. M. Dunn M50 (2)	Holcbme	35.10
8. M. Hobson M50 (3)	Trawden	35.28
9. D. Pease M50 (3)	Barlick	35.44
10. D. Fishwick M50 (4)	Chorl	36.05
11. W. Carter MU23 (1)	DkPk	36.30
16. G. Schofield M60 (1)	Horw	39.16
18. S. Bennett M60(2)	Bowl	39.52
21. G. Gough M60 (3)		41.12
44. D. Tait M70 (1)	DkPk	52.05

LADIES

22. J. Powell F50 (1)	Wharfe	41.35
25. C. Pearson F40 (1)	Wharfe	43.15
31. R. Browne F50 (2)	Bowl	44.15
33. B. Savage F50 (3)	Clay	44.56
40. W. Dodds F70 (1)	Dallam	48.20
45. L. Lord F70 (2)	Clay	55.52

JUNIORS

1. W. Pease BU13 (1)	Barlick	11.31
2. H. Driver BU11 (1)	Barlick	12.12
3. W. Cluny BU13 (2)	Unatt	14.50
4. L. Harvey GU13 (1)	Trawden	16.18
5. I. Swinson GU11 (1)	Unatt	18.45
6. J. Blackledge BU11 (2)	Trawden	19.49

47 senior finishers

6 junior finishers

TWO RIGGS (KONG WINTER SERIES 1) / Cumbria
AS/9km/300m / **06.11.21**

Our first race of the Winter series – Two Riggs – took place on a very wet, windy and cold Saturday from Bram Crag Farm in St John’s in the Vale.

175 competitors battled the weather and slippery conditions and nearly everyone complained about the

deep bog that greeted them across the last few fields – it definitely made for entertaining viewing!

Dan Haworth emerged victorious after battling Mark Lamb around the whole course – he managed to gain a seven second lead by the finish. Thomas Durcan had a fantastic run to gain third place.

In the women’s race, fresh after her silver medal in the Nations Cup International race the previous weekend, Scout Adkin blasted round the course to break the women’s record by 50 seconds – an amazing achievement given the conditions. Nichola Jackson ran a solid race to finish second place with Sophie Likeman having another quality run to gain third place.

Another notable achievement was in the F70 category – Wendy Dodds was the only other record breaker on the day – knocking over five minutes off the F70 record – inspiring in the tough conditions!!

Local club Keswick AC won both the men’s and women’s team prizes

Lou Osborn

OPEN

1. D. Haworth	Matlock	40.14
2. M. Lamb	Kesw	40.21
3. T. Durcan	Derwent	41.42
4. H. Shuell	Amble	43.13
5. R. Keefe	Eden	43.18
6. T. Simpson	Amble	43.35
7. M. DuggN	Unatt	44.04
8. M. Likeman M40 (1)	CFR	44.11
9. A. Berry	Kesw	44.50
10. S. Adkin Female	Amble	44.56
13. B. Jackson M40 (2)	Eden	45.38
17. C. Kitching MU23 (1)	Kesw	46.39
18. C. Roberts M40 (3)		46.50
24. N. Hepburn-Fish M50 (1)	Borr	48.41
27. A. Jackson M50 (2)	NthnF	49.11
29. M. Robinson M50 (3)	DkPk	49.24
61. P. Pearson M60 (1)	NthnF	55.28
83. A. Reid M60 (2)	Ellenb	58.37
86. R. Gibson M60 (3)	Kendal	58.59
130. J. Downie M70 (1)	Kesw	67.25
159. J. Taylor M70 (2)	Bowland	75.58

LADIES

10. S. Adkin	Amble	44.56
19. N. Jackson	Kesw	47.23
25. S. Likeman	CFR	48.58
33. H. Wootten	Kesw	50.27
39. S. Murtagh	HelmH	51.48
62. S. Rylance FU23 (1)	Amble	55.30
68. S. Hodgson F50 (1)	Kesw	56.32
77. N. Hawkrigg F40 (1)	NthnF	57.37
81. M. Foxwell F40 (2)	Amble	57.56
82. D. Gowans F50 (2)	Accring	58.02
87. E. Spooner	Unatt	59.03
90. C. Holden F50 (3)	HelmH	59.15
117. K. Ayres F60 (1)	Amble	65.00
132. M. Ockenden F60 (2)	Bowland	67.53
135. W. Dodds F70 (1)	Dallam	69.09

RAS RHOBELL FAWR

/ Gwynedd

7.9K/554M / **06.11.21**

Race day saw the return of the Meirionnydd Winter Series. 73 runners showed up to do battle with both hill and elements. There was an alteration to the start

to avoid the confines of the usual lane. In view of the forecast of heavy rain and 60 m.p.h. gusts the race was shortened to the top of the final steep climb some 3-400 metres short of the trig point.

Joel Gomez led onto the open fell with Sion Edwards, Ifs Richards and Laurence Ramsey in hot pursuit. Gomez lost ground on the fell with Edwards the first to shake the summit marshal’s hand. However local man Richards was ready for the descent, leading by the time they were back to the bwlch stile and was not to be denied on the lower slopes, finishing in 49:39:28 seconds. Edwards took second and though Gomez was next, he failed a kit check (no map) and third place was awarded to the race record holder, Lloyd Taggart, finishing in 51:36.

Eryri athletes dominated the women’s race. Lizzie Richards established a good pace arriving first at the bwlch, ahead of Elliw Haf and Hayley Evans with Jackie Lee in fourth. On the way to the top, Haf and Evans gained four places each. Richards regained the bwlch with the same lead, but Lee showed her experience on the descent to arrive just ahead of Haf with Evans a couple of places behind. Down the track no-one was catching Richards, she finished in 56:25, 12th place overall with team-mates Lee behind in 60:54 and Haf 61:44 with Evans 4th in 63:42.

To complete a very good day for Eryri they took both team prizes, from Meirionnydd, Maldwyn Harriers and Bro Dysynni for the men and from Meirionnydd for the women.

Runners were very appreciative of the range of soups, cakes and hot drinks available afterwards and much applause greeted the arrival of the bedraggled marshals and the South Snowdonia Search and Rescue Team who once again were out there on the hill for us. Thanks are due to all Meirionnydd RC members and friends who contributed to the day. Everyone wore masks inside - thank-you! The atmosphere after the race was great. everyone is so pleased to be able to do it again and to find it’s even more fun than we remembered even if the hills have got higher, the slopes steeper and the distances further!

Nich Bradley

OPEN

1. I. Richards M40 (1)	Meirionnydd	49.39
2. S. Edwards	Eryri	50.07
3. L. Taggart M50 (21)	Manx	51.36
4. M. Coralles	DkPk	53.30
5. L. Ramsay	Eryri	53.38
6. P. Jones M40 (2)	Oswestry	54.30
7. R. Jasper	Unatt	55.37
8. M. Nichols	Unatt	55.57
9. T. Wood	Denbigh	56.09
10. R. Bolton M40 (3)	Penn	56.18
15. R. Owen M60 (1)	Eryri	59.25
18. P. Agnew M50 (2)	Buckley	60.14
24. D. Farrow M50 (3)	Mercia	62.24
27. B. Foreman M60 (2)	Matlock	64.12
30. D. Powell M60 (3)	Aberyst	66.09
53. D. Jones M70 (1)	Eryri	76.40
59. T. Hodgson M70 (2)	Meirionnydd	79.58
66. P. Nicholls M70 (3)	Meirionnydd	86.00

LADIES

12. L. Richardson	Eryri	56.25
20. J. Lee F50 (1)	Eryri	60.54
23. E. Haf	Eryri	61.44

25. H. Evans F40 (1)	Unatt	63.42
28. N. Richards F40 (2)	Mercia	64.44
48. J. Edwards F50 (2)	Meirionnydd	72.59
50. E. Salisbury F60 (1)	Eryri	76.19
69. M. Oliver F70 (1)	Eryri	102.42

70 finishers

COP HILL

/ West Yorkshire

CS/10km/274m / **07.11.21**

It’s amazing how much had changed after just one year off – including a whole new housing estate popping up right next to the start! However, after weeks of chasing emails and confirming permissions the race was on. The weather had been dry, although overnight rain had left the Cop itself a bit muddy. A tight turnaround between getting access to the Centre and race start meant plenty of rushing about as the Cop itself was marked out (private land meaning we must keep to the agreed route up and down the highest point of the course). I had no idea how many runners would arrive, but the car park kept filling up and the bib numbers went over 100. What we didn’t note was that without a sponsor our basic bibs were susceptible to the old upside-down problems of 6s, 8s and 9s! You consider so many things that sometimes you forget the obvious!!

With 10 minutes to go I headed down to the start. A quick pep talk, including pointing out where the local farmer was rebuilding his dry stone wall and to admire the quality of his work! Then the runners were lined up on the crack in the ground that is the traditional start line... and they were off!

Due to the aforementioned new development, we can’t watch the race unfold as we used to, but we could see the Cop and it was clear that the green shirts of local club, Slaithwaite Striders, were packing up the front and racing hard with Saddleworth. As they descended for the final time a small group were now battling the win, and when the last marshal announced ‘Runners in’ it was Green that appeared first – Andy Smith coming home 3.14 quicker than his fifth place in 2019. Caroline Brock

Below: the start of the Dunnerdale fell Race © Pete Tayler



was first lady back on her debut running of the race and there were some great sprints at the end – especially Matthew Fuller and Damien Kilpin for 11th place.

Once back in the clubhouse there was much tea and cake as we worked out a few result issues caused by the bibs, but eventually we got the prizes out and plenty of smiles told me we’d successfully returned.

Many thanks to all the runners, Steve Frith for some excellent photography and all my marshals who made it happen...and keep an eye out for Slaithwaite – they’re a new club and they’ve got some quality!

Jeff Miller

OPEN

1. A. Smith M40 (1)	Slaith	38.52
2. C. Phillips	Sadd	39.17
3. J. Eastwood	Slaith	40.31
4. A. Fleet	Sadd	40.49
5. M. Dunkley M40 (2)	Rushecl	41.03
6. T. Kaye	Unatt	41.30
7. P.Middlemas M40 (3)	SteelC	42.08
8. C. Walker M40 (4)	Bing	42.13
9. L. Banton M40 (5)	Clowne	42.26
10. B. Wain	Unatt	42.47
13. S. Smithies M50 (1)	CaldV	44.58
21. C. Smale M50 (2)	Barlick	47.22
25. I. Martin M50 (3)	VYork	47.56
37. P. Grimes M60 (1)	Hfx	50.27
40. D. Williams M60 (2)	Holmf	50.47
43. I. Warhurst M60 (3)	Pstone	31.32
87. K. Jones M70 (1)	DkPk	61.29
90. N. Midgley M70 (2)	Holmf	62.43

LADIES

16. C. Brock	SteelC	45.45
22. H. Haigh F40 (1)	Holmf	47.34
31. J. Goorney F50 (1)	LythSA	49.01
32. E. Smith	Unatt	49.07
39. L. Watson F40 (2)	Bing	50.35

48. R. Pymm	Sadd	52.33
51. R. Timms F40 (3)	Pstone	52.59
57. F. Whitworth F50 (2)	Holmf	54.34
60. J. Howells F50 (3)	Wharfe	54.54
104. D. Simmons F60 (1)	Wakef	67.10
106. E. Stewart F60 (2)	Holmf	67.17

123 finishers

DUNNERDALE

/ Cumbria

AS/8km/550m / **13.11.21**

The Met Office had predicted that race day would be a much better day. They were correct, the rain and winds which managed to dislodge the FRA marquee 200 metres into a neighbouring field, stayed away, allowing 295 willing souls to enjoy Dunnerdale in the sunshine.

We had a minute’s silence for Remembrance Sunday before the start. Everybody managed to negotiate ‘Shop Bridge’ successfully despite it still being something of a building site.

The increasing gradient on the first road section warmed everybody up for the first serious climb up The Knott. A trot along the ridge brought everyone to Ravens Crag, easy to find on a clear day, not so in the clag. Follow the procession off the ridge to Kiln Bank Cross and up to Stickle Pike on some nice grass paths. A few route choices, some boggy, over to Great Stickle and a nice descent, back to civilisation, a drink and a pie. The fastest time from Great Stickle to the finish was 7.43, achieved by the race winner, Ben Sharrock. Ben came in 34 seconds before his teammate, Jack Wright.

The ladies’ race was won convincingly by Kate Maltby with a time of 43:48 the third fastest ladies’ time in the 39 year history of the race. The ladies’ team prize went to Helm Hill and the men’s to Ambleside. A special thanks to both of these clubs for bringing so many runners!

A fine Ladies Trophy is being organised and will be presented to Kate in the near future.

A big thank you to everybody who helped in making the race possible - the marshals, registration team, finish team, catering, car park, general helpers and all the

BCR runners who helped before and after their race. And finally, all the Broughton Mills locals, especially Ted and Johnnie whose land we use for the finish field and car park. The car park raised £380 for St. Mary’s Hospice. See you all in 2022!

Nick Sebley

OPEN		
1. B. Sharrock MU23 (1)	Amble	40.35
2. J. Wright	Amble	41.09
3. P. Pruzina	P&B	41.12
7. S. Jaques M40 (1)	Unatt	41.36
10. B. Abdelnoor M40 (2)	Amble	42.25
12. K. Gray M50 (1)	CaldV	42.50
16. K. Richmond M50 (2)	HelmH	44.27
19. J. Edmondson MU23 (2)	Amble	45.29
65. D. Griffin M60 (1)	HelmH	52.42
76. P. Pearson M60 (2)	NthnF	54.04
208. J. Taylor M70 (1)	Bowland	67.56
211. S. Breatly M70 (2)	Bowland	68.12

LADIES		
13. K. Maltby	BICmbe	43.48
26. E. Butler	Howgill	46.50
47. E. Johnstone	Penn	48.58
70. B. Dyer F40 (1)	HelmH	53.55
85. S. Curtis F50 (1)	Penn	54.47
110. K. Apps F40 (2)	Kesw	56.33
116. M. Robson F50 (2)	HelmH	57.08
130. G. Stevens FU23 (1)	Amble	58.34
174. L. Thompson F60 (1)	Kesw	63.35
180. W. Dodds F70 (1)	Dallam	64.25
187. M. Ockenden F60 (2)	Bowland	65.31
290. M. Rosen F70 (2)	LancsM	95.09

CRINGLE HILL / Isle of Man
CS/3km/75m / **13.11.21**

OPEN		
1. L. Stennett BYr10 (1)	NAC	22.10
2. S. Perry BYr10 (2)	NAC	22.17
3. L. Taggart M50 (1)	MFR	22.19
4. O. Chambers	MFR	22.24
5. S. Looker	MFR	23.09
6. G. Owen BYr11 (1)	MFR	23.14
7. C. Teare BYr10 (3)	NAC	23.21
8. M. Callister M40 (1)	MFR	23.25
9. H. Kneen BYr12 (1)	MFR	23.28
10. P. Knox	Unatt	23.59
11. H. Stennett BYr7 (1)	NAC	24.08
16. N. Brogan M40 (2)	MFR	25.22
17. A. Sandford M50 (2)	IOMVAC	25.34
19. G. Kelly M40 (3)	MFR	26.00
20. F. Griffin BYr9 (1)	ManxH	26.26
33. M. Corrin M50 (3)	ManxH	29.22
45. J. Norrey M60 (1)	MFR	30.43
46. K. Lowe M60 (2)	MFR	30.45
63. C. Gledhill M60 (3)	Unatt	34.07
82. P. Cooper M70 (1)	MFR	35.52
100. A. Pilling M70 (2)	IOMVAC	45.47

LADIES		
21. J. Lee F40 (1)	Eryri	26.42
22. J. Bryan	MFR	26.43
25. M. McMullan GYr11 (1)	NAC	27.05
30. C. Perry GYr12 (1)	NAC	28.49

35. L. Stennett GYr11 (2)	NAC	29.57
37. H. Moore	Unatt	29.59
40. R. Craine F40 (2)	MFR	30.24
44. S. Curphey	MFR	30.42
51. A. Clayton GYr8 (1)	ManxH	31.18
52.C. Caren F40 (3)	MFR	31.19
58. M. Watkins F50 (1)	MFR	33.06
59. J. Gledhill F50 (2)	MFR	33.16
84. J. Rose F60 (1)	MFR	36.10
92. R. Hooton F60 (2)	MFR	37.37

103 finishers

LITTON BIRKS LOOP / North Yorkshire
BS/7.7km/372m / **14.11.21**

Race day saw the third running of the Litton Birks Loop Fell race in Littondale, Yorkshire Dales.

Sixty-five runners set off up the steep climb of Birks Fell to the trig point before a two mile run around Birks Tarn followed by the fast descent back to the finish. On rounding the trig point Arthur Benson was first but was closely followed by Victoria Wilkinson in second and Ted Mason hot on her heels in third. Ted took the lead on the flat run around the tarn before the turn around point at the top of Birks Fell with Victoria also overtaking Arthur. These positions were maintained on the fast descent to the finish with Ted finishing in a time of 36:42; shaving two seconds off his previous record from 2018 and Victoria in 38:17: taking almost six minutes off the previous women’s record.

The runners all then headed to the Queens Arms, Litton, for a well-earned chip butty and to indulge in the tea and homemade cakes, baked by the residents of Littondale.

The race made a fantastic £650 which will be split between the Littondale Community Website Group, Litton Parish, Amerdale Hall (the village hall for Littondale) and Upper Wharfedale Fell Rescue Association.

Next year’s race will be on Sunday 13 November 2022.

Jane Sheard

OPEN		
1. T. Mason M40 (1)	Wharfe	36.42
2. V. Wilkinson F40 (1)	Bing	38.17
3. A. Benson	Unatt	39.54
4. A. Burns M40 (2)	Wharfe	40.32
5. C. Parkes	P&B	40.59
6. S. Smithies M50 (1)	CaldV	41.41
7. J. Dunn M40 (2)	Settle	41.51
8. P. Wardle	Wharfe	42.34
9. G. Pilling M40 (3)	P&B	44.18
10.A. Mouncey M50 (2)	Unatt	44.31
11. A. Smith M50 (3)	Barlck	46.32
15. G. Gough M60 (1)	Clay	48.31
21. W. Bell M60 (2)	Howgill	49.41
34. S. Parry M60 (3)	Skip	53.35
43. K. Robinson M70 (1)	Wharfe	56.01
47. D. Seaman M70 (2)	NiddV	67.32

LADIES		
2. V. Wilkinson F40 (1)	Bing	38.17
12. L. Ensor F40 (2)	Wharfe	47.33
14. C. Green	P&B	48.23
18. J. Powell F50 (1)	Wharfe	49.32
23. J. Buckley F40 (3)	Bing	50.05
37. A. Eagle F50 (2)	Unatt	54.15
39. H. Cox F50 (3)	Settle	54.32

65 finishers

ROACHES / Derbyshire
BL/24.1km/1128m / **14.11.21**

We had excellent weather conditions once again for this tough out and back course to the summit of Shutlingsloe and a great turnout of runners. The river crossing was more straightforward this year, but still proved tricky for some, and many found that notorious first farm much easier to negotiate. There was the customary two minutes silence before the start this being Remembrance Sunday. Jack Scott running the race for the first time set the early pace, and eventually established a commanding lead to win in a superb time 5 minutes ahead of Chris Sleath. It was good to see local runners Simon Harding and Jack Ross returning to racing and both doing well. There was an equally convincing win in the women’s race with Katherine Klunder having a 6-minute lead over Alice Swift.

Several runners had tackled the Dunnerdale on the Saturday as both races are in the FRA50@ 50 race series, including Wendy Dodds who last ran the race 10 years ago and put in a brilliant performance to finish just over 3 ½ hours and 22nd in a field of 40 women runners. It was good to see our Chairman Charmian supporting our race and helping distribute the prizes.

Many thanks go to all the local farmers and landowners, Staffordshire Wildlife Trust, Tittesworth Reservoir, Dunwood First Responders, Local Raynet, David Tucker (Summit marshal on Shut) and many helpers from Mow Cop Runners.

Andrew Addis

OPEN		
1. J. Scott	Unatt	2.03.25
2. C. Sleath	Wirksw	2.08.31
3. S. Harding	Macc	2.09.39
4. J. Oldfield	Matlock	2.10.45
5. L. Beresford	Ripley	2.13.38
6. J. Ross	StaffsM	2.13.45
7. W. Boothman M40 (1)	DkPk	2.14.01
8. J. Lane	Unatt	2.15.54
9. O. Heaton	Bowland	2.17.16
10. B. Shaw	Totley	2.18.01
13. J. Hunt M50 (1)	DkPk	2.20.11
14. D. Taylor M50 (2)	DkPk	2.20.53
26. M. Lynas M50 (3)	Macc	2.28.48
61. N. Hayhurst M60 (1)	Bowland	2.45.31
75. P. Addison M60 (2)	DkPk	2.50.28
95. D. Brock M60 (3)	Orion	2.58.27
185. K. Jones M70 (1)	DkPk	3.37.14
197. M. Brooke M70 (2)	Unatt	3.54.44

LADIES		
44. K. Klunder	Chorley	2.38.33
56. A. Swift	Chorlton	2.43.57
87. J. Worboys-Hodgson F50 (1)	DenbyD	2.55.49
97. Z. Barton F40 (1)	Gloss	2.58.43
99. M. Dickson	Chorlton	2.58.57
104. K. O’Donnell F40 (2)	Macc	2.59.23
113. A. Frost F50 (2)	MAcc	3.01.55
138. A. Wainwright F50 (3)	DkPk	3.15.07
172. W. Dodds F70 (1)	Dallam	3.31.37

216 finishers

SALTERGATE GALLOWES / North Yorkshire
BL/20km/500m / **14.11.21**

Ideal weather conditions greeted competitors for Saltergate Gallowes, the latest event in the Dave Parry

Lets Run Winter Fell Race Series with bright skies, temperatures just slightly the chilly side of mild and barely any breeze. Kim Cavill, race organiser, who led her Pickering Running Club team to great effect to hold a terrific event, had reworked and extended the Saltergate course for 2021. The changes were liked by competitors who were very positive in their post-race discussions. As an added bonus, the longer version of the event, now a BL category fell race counts as a qualifier for the Three Peaks Race scheduled for Spring 2022.

The 120 runners faultlessly observed a two-minute silence prior to the race start on this Remembrance Sunday. As the runners led off just after the scheduled 10.30 am, they were slightly too keen and hadn’t checked their maps; a helpful marshal recalled a number who had gone off course before even reaching checkpoint one. Another runner, realising he was short of the mandatory kit, (no organiser discretion on kit in an AL, AM or BL) gave the race field a five-minute head start by the time he had begged and borrowed the requisite kit, I am told he finished in the top 20.

In the race itself Lee Kemp led home to follow up his Lockton Limping victory three weeks prior. In second place and first veteran, Gareth Green, won a hard-fought battle with third place, Steven Donaldson.

In the team competition it was again Esk Valley Fell Club, their podium finishers supported by Thomas Naisby in 5th and Richard Veitch in 20th.

Catherine Williamson eased to victory with an impressive ninth overall, ahead of Rose Mather and Kelly Gaughan third. Jessica Slater in fourth and Louise Stringer in seventh claimed team victory for Knavesmire. Shelli Gordon of NYMAC in fifth was first veteran female.

Thanks to the Pickering Running Club volunteers, also the Village Hall Committee, who put on a tremendous spread of cakes, hot drinks and soup pre and post-race. Surplus proceeds from race are being donated to the Village Hall and Scarborough Mountain Rescue Team.

Kim Cavill

OPEN		
1. L. Kemp	EskV	89.01
2. G. Green M40 (1)	YorkKn	93.22
3. S. Donaldson	EskV	93.36
4. S. Tilford M40 (2)	Wakefld	94.25
5. T. Naisby	EskV	96.11
6. D. Kilpin M40 (3)	PstoneF	96.44
7. G. Story	Unatt	96.47
8. I. Yates	Wakefld	96.57
9. C. Williamson Female	LoftW	97.02
10. C. Gath M40 (4)	Easingw	97.10
14. A. Whelan M50 (1)	Scarb	100.25
15. R. Williamson M50 (2)	LoftW	100.44
22. S. Pugh M50 (3)	EskV	103.38
39. B. Atkinson M60 (1)	YorkKn	111.13
43. N. Ridsdale M60 (2)	EskV	112.07
57. N. Briggs M60 (3)	NYM	121.17
87. J. Price M70 (1)	Unatt	136.38

LADIES		
9. C. Williamson	LoftW	97.02
16. R. Mather	YorkKn	101.02
28. K. Gaughan	Picker	107.35
36. J. Slater	YorkKn	109.41

Right: Bryony Halcrow (Ambleside AAC) on the bike, leading Isabelle White (Leeds University AC and CC Club) up the climb at the Harriers Vs Cyclists © Dave Woodhead, www.woodentops.org.uk

45. S. Gordon F40 (1)	NYM	112.26
46. J. Young	Swaled	113.02
50. A. Campbell F40 (2)	Hgte	115.46
54. K. Rawnsley F40 (3)	Scarb	118.15
58. J. Cordingley F60 (1)	Unatt	121.23
63. S. Haslam F60 (2)	Scarb	124.08
77. R. Blackmore F50 (1)	Swaled	129.41
84. F. Hethershaw F50 (2)	SCarb	134.22

119 finishers

HARRIERS V CYCLISTS / West Yorkshire
BS/8.5km/288m / **20.11.21**

A calm day with dry ground conditions suggested an evenly matched contest at this year’s Harriers v Cyclists and so it proved. The undulating route can often be a few inches (ok then feet) under mud at certain sections which generally favours the runners but not this year. Even the cows were in the right fields. A blistering run from Nathan Edmonson brought the men’s and overall victory in 34:31, just finishing stronger than club mate Jack Cummings by a couple of seconds, meaning the first to return were both runners with the first cyclist, Thomas Potter, in third overall.

The women’s race was won by some distance by cyclist Victoria Peel with Amy Henchoz a couple of minutes back in second place. Another couple of minutes back again and there was a sprint for the line which ended with runner Ruth Thackray just pipping runner Steph Curtis for third place by 0.4 of a second.

Overall winners this year were the Runners but there were also plenty of personal battles going on throughout the field with runners and cyclists, partners and parents, competing with each other to get to the finish first. An honourable mention to Sam Watson whose bike snapped in two out on the course but he still stuck with it, carrying the pieces while hoping to beat his wife, Emma Watson, who didn’t need to be invited twice to put the hammer down and finish ahead by over seven minutes. There’s something for everyone!

In the finishing field, kindly provided by Milnerfield Farm, runners and riders were presented with a bottle of Northern Light low alcohol beer from Saltaire Brewery as a reward for their efforts and these went down well as a pre-prize-giving ‘recovery’ drink, providing a great buzz among the returning athletes. Saltaire Brewery also generously provided some Saltaire Blonde for the category winners (along with the usual cash prizes raised from the entry fees) and Yorkshire Runner once again provided the race numbers and a prize if the course record was broken (it wasn’t) and the Bradford and Bingley Rugby Club hosted the awards presentation.

It was a great return to racing and good to feel part of the racing community again after a year of uncertainty and virtual races. Long may it continue and we look forward to seeing you next year for more of the same...

John Parkin

OPEN		
1. N. Edmondson	Ilk	34.31 R
2. J. Cummings	Ilk	34.33 R
3. T. Potter	OTE Sports	35.18 C
4. I. Nixon	AlbaRosa	35.26 C
5. T. Simpson	Amble	35.28 C
6. P. Pruzina	P&B	36.11 R
7. T. Mason M40 (1)	Wharfe	37.00 R
8. J. Oldfield	Matlock	37.31 R
9. P. Hinchliffe M50 (1)	Holmf	37.35 C
10. F. Barker	HopeF	37.36 C
11. J. Boote M40 (2)	Unatt	38.32 C
12. I. Holmes M50 (2)	TN715	38.37 C
16. J. Davies M50 (3)	KendCC	39.49 C
17. A. Jebb M40 (3)	Bing	40.07 R
31. P. Wilkin M60 (1)	Unatt	42.04 C
59. I. Ferguson M60 (2)	Bing	46.39 R
69. K. Binns M60 (3)	TN715	47.41 C
110. S. Carter M70 (1)	Kghly	54.59 R
124. G. Young M70 (2)	VSCC	56.13 C



LADIES			
35. V. Peel	HopeF	42.49	C
44. A. Henchoz	TNFC	45.05	C
66. R. Thackray F40 (1)	Bing	47.02	R
67. S. Curtis F50 (1)	Penn	47.02	R
68. H. Benson F40 (2)	IlkCC	47.40	C
70. B. Halcrow	Amble	47.59	C
86. I. White FU23 (1)	LeedsUni	49.43	R
92. D. Cartwright F40 (3)	Radcl	51.11	R
127 C. Glover F60 (1)	Wharfe	56.23	R
139. C. Whitaker F60 (2)	Wharfe	59.49	R
149. M. Clarke F50 (2)	Bing	64.05	R
155. R. Sharples F50 (3)	Unatt	66.18	R

167 finishers

MOORHOUSE'S TOUR OF PENDLE / Lancashire
AL/27km/1473m / **20.11.21**

The weather at the start of this year’s race was cold but dry and it stayed like that until approximately three hours into the race when the cloud dropped and brought a heavy misty rain with a drop in temperature.

I am writing this report eight days after the race and Pendle has been snow covered for the last two of them and it snowed today for five hours.The day after the race the sky was clear and there was no wind, but it was cold and it stayed like that all day.This is an AL long fell race in the beginning of winter and the weather can be severe, we were lucky we only had rain. I hope all you first time race runners have weighed up the course and if you race again, you know there is a lot of climbing in the last part of the race and you need to save yourself for it.

Congratulations to Harry Bolton on his win and Victoria Wilkinson on her third and still holder of the ladies’ record.

A massive thank you to all marshals and officials, they turn up every year no matter what the weather.

Thanks to everybody for following the COVID controls in registration.

This year we had 60 or 70 gels donated for anyone who wished to take one. After the race an old friend showed me a fist full of wrappers he had picked up from gels and biscuit wrappers on his way around the course. Please bring your litter back with you, all you have to do is shove it down your vest it will stay there. If you cannot do that please don’t come again.

Thanks for the humour and letting the car through at the start, that was important for good relations.

359 started and 17 retired.

Next year’s race takes place on 19 November 2022, same place and 10:30 am start.

Stay safe and healthy.

Kieran Carr

OPEN		
1. H. Bolton MU23	Kesw	2.20.38
2. E. Bland	Bowland	2.25.16
3. K. Gray M50 (1)	CaldV	2.25.33
4.T. Day	Kesw	2.26.56
5. D. Clarke M40 (1)	Tod	2.28.59
6. V. Wilkinson F40 (1)	Bing	2.31.11
7. T. Corrigan	Barlick	2.34.11
8. D. Mirfield	Barlick	2.35.58
9. J. Lowe	DkPk	2.36.21

Right: Curt Watkinson enjoying the snow at the Baslow Bolt fell race © Richard Conroy

10. A. Mason MU23 (2)	DkPk	2.37.57
11. O. Barnes M40 (2)	Unatt	2.38.11
15. S. Riley M40 (3)	Amble	2.41.54
14. J. Goudge M50 (2)	Horw	2.41.42
17. J. Hunt M50 (3)	DkPk	2.43.28
76. L.Warburton M60 (1)	Bowland	3.08.12
120. J. Armitstead M60 (2)	Otley	3.17.51
124. D. Naughton M60 (3)	Clay	3.18.41
243. J. Maxfield M70 (1)	NewbughN	3.47.54
246. J. Pickup M70 (2)	Clay	3.48.28

LADIES		
6. V. Wilkinson F40 (1)	Bing	2.31.11
27. E. Hopkinson F40 (2)	Wharfe	2.47.41
51. A. Hassell	Tod	3.00.21
61. K. Klunder	Chorley	3.03.22
74. K. Archer F40 (3)	Ilk	3.08.05
82. N. Spinks F50 (1)	DkPk	3.08.49
106. D. Gowans F50 (2)	Accring	3.13.28
138. J. Powell F50 (3)	Wharfe	3.20.59
235. N. Dugdale F60 (1)	Clay	3.46.22
260. W. Dodds F70 (1)	Dallam	3.53.08

342 finishers

BASLOW BOLT / Derbyshire
BM/12km/400m / **27.11.21**

Following its very successful inauguration in 2019 when 287 runners completed the course, the 2020 race had to be cancelled due to COVID. This year, many fingers were crossed hoping that the race would be on.

However, nobody had guessed that the November Bolt would coincide with snow! In the early hours of race day, Storm Arwen brought heavy snow and gusty winds to the Peak District. The Baslow Bolt team awoke to a “winter

wonderland” (this is the polite description) and realised that this was going to be a memorable event.

Road difficulties meant that many couldn’t reach the start line. Of 350 entrants only 113 started, all of whom finished in good cheer and without mishap. The adverse weather bought everyone together with a smile - runners and marshals alike.

The race was started by Rev. Mike Gilbert, Rector of St Anne’s Church. The runners chased through the churchyard and crossed the 1608 historic bridge before running up the snowy fields of Bubnell with cheery marshals clapping them on their way. The ridge of Bank and Bramley Woods was particularly beautiful that morning, with snow glazed trees and views over the Derwent Valley. An unavoidable icy pool at Bramley Farm tested waterproof socks to the limit. The going was easy along the river, before hitting the hill climb up to Curbar Gap - a true test of lung capacity. The icing on the cake was the scene above Baslow Edge. Powder snow in drifts against the north side of rocks - pushed there by 50 mph winds. The wind lent a helping hand to runners, who hurtled past the Eaglestone, before spilling down Baslow Bar to the finish at St Anne’s Primary School.

The overall winner was Joe Oldfield, the reigning champion from 2019. Unbelievably, Joe’s chip time this year was within 30 seconds of his 2019 time. It takes more than Storm Arwen to slow Joe down! Kate MacFarlane had a fantastic run to win the prize for first lady, and first locals were Michael Brown and Cindy Woodhead.

A final contribution of £3,400 was made to the PTFA fund for the village primary school where plans are in place to improve the outdoor education and play area.

The Baslow Bolt will be back on Saturday 26th November 2022. We wonder what surprises Mother Nature will bring!

R. Conroy



OPEN		
1. J. Oldfield	Matlock	51.31
2. S. Thompson	Matlock	57.25
3. L. Beresford	Ripley	57.34
4. H. Brassington	Totley	57.44
5. T. Gough	Sale	58.41
6. C. Wilshaw	ShelStr	60.28
7. R. Cooke	Unatt	60.52
8. J. Wills	Unatt	61.25
9. M. Brown	Unatt	62.11
10. M. Bush M40 (1)	DkPk	62.41
11. R. Betts M40 (2)	Unatt	63.43
13. M. Lancaster M50 (1)	Lincoln	66.04
18. W. Smithurst M40 (3)	Ripley	67.37
19. S. Thompson M50 (2)	Matlock	68.33
20. D. Veryard M60 (1)	Bakewl	69.08
22. K. Saville M50 (3)	DkPk	69.39
39. C. Shaw M60 (3)	DkPk	74.36

LADIES		
12. K. Macfarlane	Carn	64.48
16. G. Coxc	Unatt	67.06
33. E. Berg F40 (1)	SLeedsLak	73.44
37. M Elliott	Matlock	74.26
40. E. Broughton F40 (2)	Ripley	74.54
41. S. Maybanks F40 (3)	Beeston	75.50
43. J. Howett F50 (1)	Ripley	77.04
60. C. Woodhead F60 (2)	NDerby	81.34
80. G. Brown F60 (1)	Unatt	89.34
96. J. Davies F60 (2)	Totley	92.51

113 finishers

STYBARROW DODD (KONG WINTER SERIES 2)
/ Cumbria
AS/6.5km/700m / **04.12.21**

The second race of our winter series certainly warranted its ‘winter’ billing! Snow had fallen on the fell tops and the wind was bitterly cold.

136 brave souls set off up the hill – most clad in full waterproofs but some mad men had just vest and shorts!!!

It was inspiring to watch the young U23 runners battling it out at the front end of the race with the senior men and see so many class female runners at the very front of the race.

A young lad, Finlay Grant, reached the summit first just 37 seconds ahead of local runner Mark Lamb and then just 19 seconds later... Scout Adkin!! She is absolutely flying at the moment!

The descent is steep but grassy and tussocky for the first half and then the lower slopes are rocky and involved some pretty interesting mud slides on the day. Finlay managed to keep his lead, although rumours say Mark may have tried to run back towards Sticks Pass on the way down?? Either way, it was a nail-biting finish with Mark being only eight seconds behind Finlay and Tom Simpson pulling through on the descent to finish in third place.

The women’s race was equally exciting! After Scout’s phenomenal climb where she summited over two and a half minutes ahead of the next woman, she sadly went over on her ankle and lost a massive ten places on the descent, limping into the finish in third place in the women’s race and exiting quickly for treatment. This led to a fantastic battle for second place with three other superstar international runners themselves. Vic Wilkinson

summited twenty seconds ahead of Caroline Lambert and 37 seconds ahead of Hannah Russell - the battle was on between the three for the race win!

After a phenomenal descent from Hannah Russell, the descent was just too short for Hannah to overhaul Vic and Vic won in 40.51, just four seconds ahead of Hannah!

Both records in the men’s and women’s race were broken and look set to last for a while.

Lou Osborn

OPEN		
1. F. Grant MU23 (1)	Bux	35.50
2. M. Lamb	Kesw	35.58
3. T. Simpson	Amble	37.56
4. M. Atkinson	Kesw	38.18
5. H. Bolton MU23 (2)	Kesw	38.18
6. B. O’Dowd MU23 (3)	Eden	39.20
7. K. Richmond M50 (1)	HelmH	40.12
8. J. Walton MU23 (4)	Kghly	40.47
9. V. Wilkinson F40 (1)	Bing	40.51
10. S. Lungu	P&B	40.54
22. I. Barnes M40 (1)	Amble	44.16
24. C. Roberts M40 (2)	Amble	44.45
28. J. Deegan M50 (2)	Amble	45.32
30. M. Robinson M50 (3)	DkPk	45.55
32. M. Morton M40 (3)	Penn	46.08
53. R. Laycock M60 (1)	Settle	50.39
66. A. Reid M60 (2)	Ellenb	52.41
76. D. O’Duffy M60 (3)	Bowland	55.07
90. J. Downie M70 (1)	Kesw	59.20
127. D. Fell M70 (2)	CFR	66.51

LADIES		
9. V. Wilkinson F40 (1)	Bing	40.51
11. H. Russell	HelmH	40.55
13. S. Adkin	Amble	41.30
16. C. Lambert	Middles	42.17
36. H. Wootton	Kesw	46.54
54. N. Hawkrigg F40 (2)	NthnF	50.43
57. J. Reedy F40 (3)	Amble	50.53
61. S. Hodgson F50 (1)	Kesw	51.35
94. C. Musetti F50 (2)	Amble	58.18
96. J. Carter F50 (3)	Kesw	59.02
67. J. Meeks F60 (1)	Borr	52.44
97. W. Dodds F70 (1)	Dallam	59.07
110. M. Ockenden F60 (2)	Bowl	62.09
129. L. Malarkey F70 (2)	Kesw	67,25

HEXAMSHIRE HOBBLE / Northumberland
10.51miles/1158ft / **05.12.21**

The Angus Tait Memorial Hexhamshire Hobble took place on a cold clear day and after overnight snow which lay on the upper course levels.

It was the 27th running of the Hobble which for the past few years has been organised by the Allendale/Catton based Allen Valley Striders running club. 81 competitors representing the best of North East clubs and beyond contested the challenging route which takes in steep climbs and testing under foot conditions.

It was a close race at the front with Fred Davies of Heaton Harriers and Alistair Maxwell of Jesmond Joggers (formerly of Tynedale Harriers) exchanging the lead. A final surge from Fred was enough to secure victory in 1.11.04 with Alistair just over a minute behind. Craig Jones of Tyne Bridge Harriers was third

with the first Allen Valley resident, Cees Van Der Land, representing Tyne Bridge in sixth.

Leading the ladies’ home and in 18th overall was Karen Robertson of Tynedale Harriers 1.28.56. Second lady was Katrina Bonner(24th) of Elswick Harriers with third lady Meghan McCarthy(30th) of Durham Fell Runners. The leading Allen Valley lady runners was Suzanne Martin unattached.

The men’s team competition was won by Northumberland Fell Runners with athletes finishing in 4th, 7th, 14th and 16th places whilst the ladies’ competition went to Durham Fell Runners whose athletes occupied 30th, 47th and 71st place.

Winners of the age group category were:- Cees Van Der Land M40 Tyne Bridge 80.00, Sara McKnight F40 Saltwell 112.21, Paul Banks M50 Morpeth 87.20, Karen Robertson F50 Tynedale 88.56, Thomas Mason M60 (unattached) 95.19. Carol Cervenak F60 (unattached) 111.37.

Allen Valley Striders organised the race and provided all the marshals and “helpers”. There were many compliments for the organisation and the superb after race free refreshments including a vast array of homemade cakes! As always, the club would welcome new members. Simply turn up to a training session at Allendale Sports Club which is in Catton at 7 00 pm Monday nights for a 3–4-mile run, 7 00 pm Wednesday nights for a 5 to 6 mile run and at 8 00 am Sundays for up to 10-mile run. We cater for all abilities with runs on a loop back system so you will not get left behind!

Derek Todhunter

PEAK RAID 3 - GREAT LONGSTONE (AUTUMN SERIES ROUND 4 OF 4) / Derbyshire
MM / **05.12.21**

Putting out the controls the day before the event proved to be an arduous task due to the continuous snow showers and very cold feet! However, race day dawned cloudy but dry with a few glimpses of sunshine during the morning.

Hugh Chatfield gave an outstanding performance winning overall with 560 points in a time of 3.00.06 and in the women’s race Karen Nash had an impressive run scoring 400 points in just under three hours.

Many thanks to all runners and the helpers who have taken part in the Peak Raid3 2021 series and have helped to make each event such a great success

Paul Addison

OPEN		
1. H. Chatfield	Unatt	560 pts
2. M. Anderson M40 (1)	Totley	544 pts
3. C. Jones	Unatt	525 pts
4. M. Scotney M40 (2)	DerwVO	520 pts
5. R. Baldwin/C. Brearley M40 (3)	HolmeP	502 pts
6. R. Harris/L. Eccles M40 (4)	Unatt	500 pts
7. M. James M40 (5)	PorterVP	475 pts
8. R. Snowden M50 (1)	Totley	470 pts
9. S. Reid M40 (6)	DkPk	460 pts
10. E. Bowers	SheffUO	460 pts
12. G. Bailey M50 (2)	Melth	456 pts
13. D. Harris M50 (3)	DeesO	455 pts
38. R. Ansell M60 (1)	Tring	360 pts
45. J. Howell M60 (2)	WaltChas	350 pts
46. B. Hanley M60 (3)	SYorksO	348 pts
54. P. Gorvett M70 (1)	SYO/DkPk	330 pts
86. D. Marr M70 (2)	OctavDr	282 pts

LADIES		
23. K. Nash F60 (1)	FRA	400 pts
28. R. Thorley	SteelC	388 pts
39. J. Nolan F50 (1)	Unatt	355 pts
50. H. Barnett F50 (2)	Unatt	336 pts
53. J. Stevens/A. Barrett F40 (1)	SteelC	330 pts
57.R. Lawrence F40 (2)	Macc	325 pts
64. K. Shorrock F40 (3)	Unatt	310 pts
81. J. Hill F60 (2)	Unatt	290 pts
83. R. Harris F50 (3)	DeesO	290 pts
93. G. Markham F60 (3)	Melth	270 pts

133 finishers

BILL FOX GRAVY PUD RACE / Derbyshire
BS/8km/305m / **05.12.21**

Following a year’s absence due to the pandemic, it was great to see the Gravy Pud Fell Race return to the racing calendar. Runners had missed this race so much, that there was a record numbers of finishers, with over 200 crossing the line (and heading straight to the pub for a well-earned pint).

The race, over the usual route, was won by Joshua Southall with the first lady being Aritri Mandal.

One of the main objectives of this race, is to raise valuable money for local charities, and this year the organiser chose Mummy’s Star as its charity of choice.The charity supports mothers with cancer in and around pregnancy. The race generated £1000 towards the charity with the Charity’s Managing Director, Peter Wallroth, having a sterling run in 120th.

The Gravy Pud will return 4 December 2022

Paul Barrett

OPEN		
1. J. Southall	Gloss	39.45
2. D. Shepherd M40 (1)	Sadd	41.04
3. M. Owens M40 (2)	Chorlton	41.07
4. D. Armstrong	Sale	41.21
5.T. Young	Unatt	42.05
6. N. Bann M40 (3)	Gloss	42.08
7. E. McKintosh	Unatt	42.21
8. M. Kieras M40 (4)	Gloss	42.41
9. N. Porter	GoytV	42.50
10.T.Pape M40 (5)	DkPk	42.51

LADIES		
34. A. Mandal	DkPk	46.29
42. W. Swift F50 (1)	Trenth	47.15
62. C. Shoesmith	Unatt	49.51

BOLLIHOPE CARRS / Durham
BM/11m/380m / **11.12.21**

It was the first running of this race, which has been over a year in the planning. Discussions around access rights and permission from Natural England took much longer than I would have liked. Numbers were limited to 50 and 42 started.The race provided many opportunities for runners to pick different lines and the excited discussions at the end as each group of finishers compared notes were fantastic to listen to.

Chris Alborough took a direct line to the finish to take his second win out of two fell race starts. Meghan McCarthy won the ladies’ race just ahead of Marie-Louise Ridley, who took first F50.

Next year the race will again be on 11 December to immediately follow the end of the grouse shooting season. County Durham provides much scope for similar fantastic races and assuming the complex ownership and access

rights can be negotiated, I hope to be able to continue arranging new races in the county.

A. Blackett

OPEN		
1. C. Alborough	Unatt	52.37
2.T. Grimwood M40 (1)	Swaled	54.51
3. H. Carrick	Bedale&A	54.59
4. W. Carter	DkPk	55.09
5. J. Addison	Hunwick	56.54
6. R. Sillito M40 (2)	NFR	57.09
7. M. Wilson	Durham	57.33
8. A. Raffle	Altrinch	58.22
9. S. Mills	Swaled	58.53
10. I. Hutchinson M40 (3)	Derwside	59.04
12. G. Pearson M50 (1)	DerwV	59.36
15. G. Bradshaw M50 (1)	Hunwick	63.11

LADIES		
21. M. McCarthy	Durham	71.45
23. M-L. Ridley F50 (1)	Durham	72.05
27. R. Blackmore F50 (2)	Swaled	73.36
32. D. Tunstall F50 (3)	Durham	84.24
41. C. Elliott F40 (1)	Chorlt	98.19

41 finishers

MOORS THE MERRIER / West Yorkshire
BL/34km/4003ft / **11.12.21**

OPEN		
1. E. Hyland	CaldV	3.03.50
2. D. Cannon M40 (1)	Tod	3.08.58
3. I. Symington M40 (2)	Tod	3.22.27
4. N. Owens M40 (3)	Chorlton	3.24.27
5. J. Allan	CaldV	3.30.16
6. G. Bailey M50 (1)	Melth	3.34.53
7. C. Bedson M50 (2)	CheshHR	3.42.49
8. D. Taylor M40 (4)	Tod	3.48.11
9. M. Blackhurst F50 (1)	Tod	3.55.11
10. M. Warner	BlpoolWF	3.55.13
12. J. Vogler M50 (3)	Unatt	3.55.27
20.T.Wimbush M70 (1)	Unatt	4.22.30
31. N. Olszewski M60 (1)	Clay	4.29.02
42. P. Hodgson M60 (2)	Tod	4.46.58
51. P. Bennett M60 (3)	BramBr	4.57.45
66. D. Thompson M70 (2)	Quakers	5.18.12

LADIES		
9. M. Blackhurst F50 (1)	Tod	3.55.11
14. J. McGregor	Tod	3.55.46
15. R. Patrick F50 (2)	Tod	3.56.37
17. J. Worboys-Hodgson F50 (3)	DenbyD	4.20.20
19. J. O’Regan F40 (1)	Sadd	4.22.15
23. V. Rogan	Trawden	4.23.08
27. A. McLean F40 (2)	Sadd	4.28.37
28. S. Abbott F40 (3)	Kghly	4.28.45
57. E. Milnes F60 (1)	Tod	5.07.46
67. J. Davies F60 (2)	Sadd	5.32.14
71. A. Clarke F60 (3)	Unatt	6.19.53

77 finishers

ARNSIDE KNOTT / Cumbria
6m/1093ft / **21.11.21**

OPEN		
1. M. Briggs MU21 (1)	NFR	36.10
2. B. Goodfellow	Dallam	37.42
3. J. Cater MU21 (2)	HelmH	39.56

4. D. Clarke	Unatt	40.54
5. J. Simon	Bowland	40.58
6. N. Crampton M40 (1)	P&B	41.10
7. J. Parsons M40 (2)	HelmH	41.20
8. L. Taggart M50 (1)	Manx	41.31
9. S. Swarbrick M40 (3)	Bowland	41.38
10. R. Mellon M40 (4)	Bowland	41;58
11. A. Chesters MU23 (1)	Unatt	42.14
17. A. Mouncey M50 (2)	Unatt	44.26
31. D. Copley M50 (3)	Kend	48.45
37. G. Gough M60 (1)	Clay	49.48
38. P. Boardman M60 (2)	Horw	`49.59
39. G. Beaumont M60 (3)	Dallam	50.06
76. J. Taylor M70 (1)	Bowland	59.23
87. A. Kenny M70 (2)	Amble	64.11
112. P. Martin M80 (1)	Bowland	88.19
113. A. Hirst M70 (3)	Clay	88.19

LADIES		
21. A. Lupton F40 (1)	BlCombe	45.56
29. J. Lee F40 (2)	Eryri	47.53
33. L. Gora	LancsM	48.51
34. E. Goodfellow	Dallam	49.15
41. J. Lyon F40 (3)	Dallam	50.37
65. G. Cavill F50 (1)	NFR	56.18
69. J. Cater F50 (2)	HelmH	57.29
72. J. Briggs F50 (3)	NFR	58.13
80. L. Whittaker F60 (1)	`Wharfe	61.18
93. D. Thompson F60 2)	Unatt	65.47
103. L. Buck F60 (3)	CFR	69.22

113 finishers

KIRKBY MOOR / Cumbria
BM/10.5km/490m / **27.11.21**

It was a great pleasure to be holding Kirkby Moor Fell Race after two years. The route was in good condition and we were using a brand-new Community Centre in Beckside village for registration and prizes. I was looking forward to it. Unfortunately, the weather deteriorated a few days beforehand, culminating in the huge storm, Arwen, which caused damage and havoc across the country. On the morning of the race, I was ready to call it off. However, the high winds were forecast to abate and it was a beautiful but cold, sunny day. We got to Kirkby, having negotiated our way round fallen trees and found that the access to the fell was clear. This was the turning point for me and I decided to hold the race. Thank you so much to all my marshals who braved the weather which was still very cold and windy. They were well equipped!

Unfortunately, due to road blockages and storm damage, the turnout was low with 47 people running. However, it turned out to be a cracking race with everyone coming back with a smile on their face.

First man was Josh Hartley, closely followed by Harry Stainton. First lady was Sarah Pike (F40). Rebecca Cleator was second lady. Rebecca had only joined BCR on race day! Sue Bennet also joined Black Combe Runners on the day and this was her first fell race which was a pretty tough challenge.

The Bob Grieve Trophies were presented to the highest placed runners in the original races organised by Black Combe Runners. This year, the races were Black Combe Dash, Caw, Dunnerdale and Kirkby. Josh Hartley and Sue Ross both retained their trophies from 2019. Well done to both.

Hazel Taylor

OPEN		
1. J. Hartley	BlCombe	50.11
2. H. Stainton	BlCombe	52.26
3. O. Heaton	Bowland	52.31
4. G. Lloyd	BlCombe	56.39
5. D. Gilbert M40 (1)	Horw	57.13
6. J. Ockenden	Bowland	58.28
7. M. Allen	BlCombe	58.37
8. E. Furness	BlCombe	59.34
9. D. Fishwick M50 (1)	Chorley	61.37
10. R. Haddow M50 (2)	Furness	61.43
16. N. Sebley M60 (1)	BlCombe	66.49
17. D. Banks M50 (3)	Kend	67.47
22. I. Dace M60 (2)	HelmH	70.52
23. B. Thompson M60 (3)	HelmH	71.16
39. J. Taylor M70 (1)	Bowland	81.22

LADIES		
15. S. Pike F40 (1)	BlCombe	65.28
18. R. Cleator	BlCombe	69.18
27. R. Gledhill	BlCombe	72.27
29. J. Lyon F40 (2)	Dallam	73.22
32. G. Leedham F50 (1)	Dallam	75.23
33. R. Beadle F50 (2)	Unatt	75.46
38. M. Ockenden F60 (1)	Bowland	80.38
40. S. Ross F40 (3)	BlCombe	84.29
42. R. Read F50 (3)	Millom	87.09

47 finishers

GOLDEN WINTER HILL / IOM
BS/4.5m/150m / **11.12.21**

OPEN		
11. M. Burman	MFR	24.31
2. S. Perry BYr10 (1)	NAC	24.40
3. L. Taggart M50 (1)	MFR	25.00
4. L. Stennett BYr10 (2)	NAC	25.37
5. S. Looker	MFR	26.17
6. O. Chambers	MFR	26.44
7. C. Teare BYr10 (3)	NAC	26.49
8. P. Knox	Unatt	26.58
9. M. Callister M40 (1)	MFR	27.10
10. N Brogan M40 (2)	MFR	27.24
12. H. Stennett BYr7 (1)	NAC	27.44
15. H. Kneen BYr12 (1)	MFR	27.58
17. M. Garrett M50 (2)	IOMVAC	29.08
18. A Sandford M50 (3)	IOMVAC	29.30
19. F. Griffin BYr9 (1)	MH	29.34
20. M. Harvey M40 (3)	Unatt	29.41
33. M. Corrin M50 (3)	MH	32.22
45. K. Lowe M60 (1)	MFR	34.25
50. J. Norrey M60 (2)	MFR	34.34
59. C. Gledhill M60 (3)	Unatt	37.49
73. P. Cooper M70 (1)	MFR	44.17

LADIES		
16. A. Forster	MFR	28.59
23. J. Lee F40 (1)	Eryri	30.20
24. M. McMullan GYr11 (1)	NAC	30.35
27. J. Bryan	MFR	30.47
31. H. Moore	Unatt	32.05
32. R. Craine F40 (2)	MFR	32.21
35. F. Griffin GYr10 (1)	MH	32.40
38. C. Perry GYr12 (1)	NAC	33.19
42. G. Sheeley F50 (1)	MH	33.51

53. C. Caren F40 (3)	MFR	35.17
55. J. Gledhill F50 (2)	MFR	35.58
58. A. Clayton GYr8 (1)	MH	37.38
65. N. Bowker F50 (3)	MFR	39.27
69. J. Rose F60 (1)	MFR	41.06
75. R. Hooton F60 (2)	MFR	44.44

82 finishers

Crag Fell HANDICAP / Cumbria
AS/4km/410m/ / **12.12.21**

A new race in the FRA calendar, but one that has run for many years as the precursor to the AGM of Cumberland Fell Runners. So that we can get everyone to the chips and beer aspect of the AGM, the race is run as a handicap so that everyone finishes at noonish.

It’s a great little course, up and down Crag Fell from Bleach Green. The weather was distinctly Cumbrian and the field of runners small. Setting the handicaps was handicapped by the late arrival of races due to Covid, but it was clear that some people had been using lockdown to improve their fitness without telling the handicapper. First back was John Fletcher, five minutes inside his handicap time, and a good 20 seconds ahead of Bill Williamson. There was a steady stream of runners over the next couple of minutes with the last runner home at 12:02.

Prize giving is an interesting affair. There is no entry fee for this race, so we ask people to “Bring a prize to win a prize“. The first-person home gets the pick of the table, second person the second choice and so on. The prize table featured, wines, beers, chocolates, an original art work (from a genuine artist), books and a particularly healthy looking spider plant. All done and off to the pub by 12:25.

The ladies’ record was broken by the in-form Sophie Likeman, and there was a good turnout of younger runners. Howard Seal trebled-up with a Park Run at 9: 00 am, Crag Fell at noon and Cross country in the afternoon.

A fun, small, informal race with a serious fell to get up and down – but don’t tell everyone, let’s keep it small so we can keep it with six helpers.

The results are given as actual times, for the finish positions and details of the race see the Cumberland Fell Runners website

Andrew Bradley

OPEN		
1. S.Holding	CFR	25.34
2. S. Likeman Female	CFR	27.16
3. H. Brassington	CFR	27.19
4. M. Robinson M50 (1)	DkPk	28.37
5. L. Baxter M40 (1)	Unatt	29.16
6. R. Coles	FR	29.27
7. H. Seal M50 (2)	CFR	29.38
8. D. McCabe	Unatt	30.20
9. J. Wynne	Kenilwth	30.22
10. J. Gilbert	CFR	30.50
11. B. Thompson M50 (3)	CFR	31.28
12. P. Crompton M60 (1)	CFR	31.46
17. A. Reid M60 (2)	Ellenb	34.02
26. N. Moore M60 (3)	CFR	40.12
29. D. Fell M70 (1	CFR	43.24
32. M. Hind M70 (2)	Borr	48.42

LADIES		
2. S. Likeman	CFR	27.16

20. P. Conlon	CFR	35.43
21. L. Thompson F60 (1)	Kesw	36.21
22. J. Chatterley F50 (1)	CFR	36.27
28. S. Moore	Unatt	43.11
30. A. Blackburn F60 (2)	CFR	44.06
31. J. Jennings F50 (2)	CFR	47.53
34. J. Mottram F60 (3)	CFR	51.06

34 finishers

SILENT NIGHT / Co. Durham
AS/7km/400m / **20.11.21**

This was the 2nd running of this (unique?) FRA race, with runners setting off individually, off paths, in winter and at night. It was never designed as a mass participation event, and it was a hardy group of 11 runners who took to the start line on a mild winter night.

Chris Alborough took his third win out of three fell race starts with a significant gap before the following group of five came in.

Route choice is significantly challenging for this out and back race and various lines were taken both on the climb and descent – the only significant navigational error was, however, made by the sweepers and summit marshals as they descended!

Notably, there has not yet been a female on the start line for this race – will anyone remedy this next year?

A. Blackett

OPEN		
1. C. Alborough	Unatt	39.26
2. C. Henderson	Crk&D AC	43.24
3. C. van der Land M40 (1)	TyneBr	43.44
4. T. Waters	ARMY	44.09
5. M. Wilson	DFR	44.22
6. I. Hutchinson M40 (2)	Derwent	44.50
7. P. Hodgson M40 (3)	DFR	48.48
8. A. Stimson M40 (4)	DFR	52.07
9. M. Wilkinson	DFR	54.57
10.T. Wiggins	DFR	55.11
11. D. Harris M50 (1)	Penn	55.27
15. G. Bradshaw M50 (1)	Hunwick	63.11

WHINBERRY NAZE / Lancashire
BS/6.4km/229m / **26.12.21**

149 hardy souls, many of them in fancy dress, turned up on Boxing Day to blow away the cobwebs in Rossendale Harriers’ festive Whinberry Naze Dash and, for the home club, it proved very successful as they filled the first four places and had a winner in seventeen-year-old Joe Hopley, who crossed the finish line in first place after 26.13.

Sean Greenwood battled with Hopley on the steep 229 metre climb up to Cowpe Lowe but had to settle for second place just over 30 seconds later at the end of the 6.4 kilometre course. Will Curry, another talented teenager, finished in third place almost a minute later and veteran Jon Cleaver completed the top four for the Harriers in 28.23.

Some of the runners in more adventurous costumes, which included a very topical giant Pfizer syringe, a pairing of Barbie and Ken complete with outsized boxes, Cruella and just one Dalmation, an inflatable Santa Claus and a very convincing Amy Winehouse, struggled to negotiate the stiles and climb the steep side of Cowpe Lowe but all finished in good time and Rossendale & Pendle Mountain Rescue were in attendance to ensure that the race went ahead safely.

Steve Duxbury

OPEN			
1. J. Hopley MU18 (1)	Ross	26.13	
2. S. Greenwood	Ross	26.45	
3. W. Curry MU18 (2)	Ross	27.44	
4. J. Cleaver M40 (1)	Ross	28.23	
5. A. Raffle	Altrinch	29.03	
6. J. Barlow	Unatt	29.30	
7. J.Green M40 (2)	Prest	29.32	
8. A. Logue MU18 (3)	CaldV	29.36	
9. F. Royle Female	LancUni	29.40	
10. S. Norris	Unatt	29.50	
11. D. Fishwick M50 (1)	Chorley	29.54	
13. D. Howell M40 (3)	Clay	29.59	
16. M. Dunn M50 (2)	Holcmbe	30.41	
21. D. Haygarth M50 (3)	Ross	31.57	
50. D. Naughton M60 (1)	Unatt	36.13	
51. P. Boardman M60 (2)	Unatt	36.24	
52. S. Barker M60 (3)	Chorley	36.29	
63. K. Taylor M70 (1)	Ross	38.35	
112. G. Breeze M70 (2)	Wharfe	49.55	
129. N. Hargreaves M70 (3)	Unatt	55.57	

LADIES			
9. F. Royle	LancUni	29.40	
19. E. Richardson	Ross	31.30	
20. H. Leigh	Bburn	31.31	
29. D. Gowans F50 (1)	Accring	33.24	
30. H. Goldswain	Unatt	33.29	
34. C. Cole	Bury	33.46	
35. C. Chambers FU18 (1)	Kghly	33.54	
67. C. Harding F40 (1)	P&B	39.09	
76. L. Stansfield F40 (2)	Ross	40.57	
80. J. Carr F40 (3)	DarwD	42.25	
81. L. Kenyon F50 (2)	RedR	42.29	
84. L. Whittaker F60 (1)	Wharfe	42.53	
94. N. Murphy F50 (3)	Ross	44.09	
132. K. Goss F70 (1)	Clay	58.23	

148 finishers

WORMSTONES / Derbyshire
AS/6.9km/411m / **31.12.21**

OPEN			
1. F. Grant	Bux	33.40	
2. T. Spencer	Bux	34.49	
3. J. Oldfield	Matlock	35.14	
4. C. Phillips	Sadd	35.29	
5. J. Williams	DkPk	37.20	
6. L. Baxter	DkPk	37.30	
7. H. Bond	Bux	38.09	
8. R. Cottam	Pstone	38.26	
9. E. Butler	DkPk	38.58	
10. P. Davies M40 (1)	DkPk	39.12	
12. M. Kieras M40 (2)	Gloss	39.26	
14. M. Johnson M40 (3)	Stockp	39.52	
26. C. Osborne M50 (1)	Totley	41.09	
36. P. Lewis M50 (2)	LongE	43.40	
39. N. Hayhurst M60 (1)	Bowland	43.49	
40. S. Crossman M50 (3)	Gloss	43.57	
46. B. Foreman M60 (2)	Matlock	45.07	
47. M. Hurford M60 (3)	MornCh	45.11	
97. F. Fielding M70 (1)	Gloss	53.24	
131. R. Taylor M70 (2)	Penn	59.46	

LADIES			
28. E. Leason	Carn	41.23	
38. A. Mandal	DkPk	43.47	
44. H. Rachel F40 (1)	DkPk	44.27	
45. I. Jones	Penn	45.03	
55. H. Evans F40 (2)	Unatt	46.36	
61. D. Gowans F50 (1)	Acc	47.21	
76. K. O'Donne F40 (3)	Macc	49.52	
79. J. Bednall F50 (2)	Bux	50.29	
88. A. Wainwright F50 (3)	DkPk	51.43	
146. B. Buckley F70 (1)	Gloss	64.50	
153. C. Peters F60 (1)	Gloss	67.30	

157 finishers

DALESIDE BREWERY AULD LANG SYNE / West Yorkshire
BM/10.8km/300m / **31.12.21**

2021 might have kicked off to an “unusual” start in racing terms but it certainly finished in traditional style at the Auld Lang Syne fell race on New Year’s Eve. Again, sponsored by Daleside Brewery, old traditions were maintained as many runners completed the course in fancy dress, including more than one escaped prisoner and Santa with his full set of reindeer.

Since its inception in 1984, the race has set off from the bottom of the old Penistone quarry above Haworth in the heart of Bronte Land. The link with the Brontes is continued as the route follows part of the Bronte Way before veering off and down the valley to cross South Dean Beck, fed from the Bronte Falls. Having paddled through the water feature, complete with sodden legs and feet, racers were now faced with the steeple chase section of the race, thanks to a freshly fallen double trunked tree across the path. Having hurdled the tree in whatever style they chose, runners must now negotiate a sharp incline towards Bully Trees farm, where the race turns left and heads out up the well-worn track towards Top Withins. Here, runners round the ruins and head up to the trig on Delf Hill. The race then returns via a very similar route to again to the steeple chase and fast flowing water crossing before returning to West End Cricket Club and the very welcome finish line. As with all the races from Penistone Quarry, finishers are treated to hot drinks and biscuits before the presentation, held this year at the Cricket Pavilion.

The weather, always temperamental in this part of Yorkshire, did not disappoint as it confused everyone by being “shorts weather” warm but with a mean wind blowing in runners’ faces on the outward journey. However, the hottest New Year’s Eve on record ensured that runners remained warm as they ran. Underfoot, the course was wet and boggy, having been replenished by copious amounts of rain in previous days and weeks.

Numbers were depleted a little by the ravages of Covid but 295 hardy runners gathered in the quarry bottom to the sound of the lone piper, Martin van der Boom, prior to the signal to go!

Racing hard all the way, former FRA junior fell running champion, Jack Willis splashed his way home to win the race (42.49), from Harry Holmes, (44.39) and Tom Cornthwaite (46.07).

In the ladies’ race, local runner, Hinda Hardaker made light work of the bogs and hills and fallen trees to lead from the off and win the ladies’ race (55.41) ahead of Katherine Klunder (56.57) and Hannah Cairns, a very close third (57.06).

Su Thompson

OPEN			
1. J. Willis	MiddCleve	42.49	
2. H. Holmes	Matlock	44.39	
3. T. Cornthwaite	Salf	46.07	
4. O. Beilby M40 (11)	Wharfe	46.39	
5. T. Day	Kesw	47.13	
6. M. Dawson M40 (2)	NDerby	47.23	
7. J. Hood M40 (3)	Barlick	47.52	
8. M. Athersmith	Wharfe	48.10	
9. E. Hassel	Wharfe	49.06	
10. A. Cairns	Skip	49.34	
12. L. Milliken MU21 (1)	Salf	50.20	
24. D. Fishwick M50 (1)	Chorley	54.12	
26. M. Boocock MU21 (2)	P&B	54.29	
32. M. Lofthouse M50 (2)	NiddV	55.16	
33. C. Jones M50 (3)	Wharfe	55.19	
44. F. Moffatt MU21 (3)	Rushcl	56.42	
78. S. Bennett M60 (1)	Bowland	61.00	
88. S. Smallwood M60 (2)	Bing	62.16	
92. G. Gough M60 (3)	Clay	62.58	
182. D. Spendlove M70 (1)	CaldV	73.27	
223. D. Seaman M70 (2)	NiddV	79.18	

LADIES			
35. H. Hardaker F40 (1)	Kghly	55.41	
47. K. Klunder	Chorley	56.57	
48. H. Cairns	Skip	57.06	
51. K. Archer F40 (2)	Ilk	57.42	
56. N. Jackson F40 (3)	FellandD	58.09	
62. E. Jones FU21 (1)	Wharfe	58.38	
96. J. Worboys Hodgson F50 (1)	DenbyD	63.08	
101. J. Powell F50 (2)	Wharfe	63.40	
121. B. Weight F60 (1)	Bing	65.48	
127. E. Sargent F50 (3)	RunFr	66.31	
129. A. Dean F60 (2)	WHull	66.42	
147. C. Glover F60 (3)	Wharfe	68.24	
177. A. Baldwin F70 (1)	Stainl	72.51	
191. W. Dodds F70 (2)	Dallam	74.54	

294 finishers

STILE END-OUTERSIDE-BARROW - KONG WINTER SERIES 3 / Cumbria
AS/8m/500m / **08.01.22**

The third race of our winter series took place on a wet, cold and windy day in January. The night before, after flagging the course in snow and ice, the race organiser team put out a social media post to recommend runners to wear spikes to negotiate the tricky conditions.

By 8:00 am the next morning, the snow had nearly all but gone! Spikes were no longer needed, just some warm gear and studded shoes as the ice had turned to mud!

167 runners set off from the bottom of Braithwaite Lodge lane, with one poor Eden runner forgetting his dibber – he then had to sprint up the lane ahead of the field to retrieve his dibber from the barn then wait for all the runners to pass before rejoining the race – I’m sure he won’t forget his dibber again in a hurry!

On the way up Stile End, Joe Dugdale was leading the pack ahead of Matt Atkinson and Ben Sharrock. Stephen Wilson of Grand Day Out Photography was positioned here and took another set of fantastic race photos – thank you Stephen.

The leading three battled it out around the course with young Ben Sharrock posting the fastest descent of the

day off Barrow and storming past Joe. He set a new course record beating Matt Elkington’s 2019 time by 15 seconds. Matt Atkinson posted the second fastest descent and had a few tumbles on the way down Barrow which led to his comical appearance at the end of the race.

The ladies’ race was led from start to finish by international superstar Vic Wilkinson, who broke Sarah McCormack’s 2018 course record by over 30 seconds. The in-form Sophie Likeman stormed round for second place with Holly Wooten close on her tail in third place.

Other records that were broken were M40 with Ben Abdelnoor narrowly beating Phil Davies’ 2018 record. Jane Meeks broke the F60 record and the indomitable Wendy Dodds broke the F70 record.

Many thanks again to our event team who, once again, battled the elements to provide a safe and enjoyable race for you all.

Lou Osborne

OPEN			
1. B. Sharrock MU23 (1)	Amble	38.13	
2. J. Dugdale MU23 (2)	CFR	39.07	
3. M. Atkinson	Kesw	39.10	
4. T. Simpson	Amble	39.34	
5. H. Bolton MU23 (3)	Kesw	39.42	
6. A. Mason MU23 (4)	DkPk	40.35	
7. B. Abdelnoor M40 (1)	Amble	40.50	
8. C. Kitching MU23 (5)	Kesw	42.22	
9. K. Richmond M50 (1)	HelmH	42.24	
10. N. Ward	NthnF	43.29	
11. R. Brown M40 (2)	Kesw	43.32	
16. M. Reedy M40 (3)	Amble	44.36	
27. M. Robinson M50 (2)	DkPk	47.57	
31. A. Jackson M50 (3)	NthnF	48.45	
57. R. Laycock M60 (1)	Settle	52.37	
59. P. Pearson M60 (2)	NthnF	53.21	
83. D. O'Duffy M60 (3)	Bowland	56.34	
123. J. Downie M70 (1)	Kesw	62.16	
138. J. Gomersall M70 (2)	Amble	64.28	

LADIES			
1. V. Wilkinson F40 (1)	Bing	43.39	
2. S. Likeman	CFR	46.20	
3. H. Wootten	Kesw	48.32	
4. H. Leigh	Bburn	51.22	
5. R. Singleton	NthnF	51.34	
6. S. Hodgson F50 (1)	Kesw	54.13	
7. N. Hawkrigg F50 (2)	NthnF	54.25	
9. J. Reedy F40 (2)	Amble	54.57	
10. J. Meeks F60 (1)	Borr	56.25	
14. M. Robson F50 (3)	NthnF	54.25	
27. L. Buck F60 (2)	CFR	65.19	
26. W. Dodds F70 (1)	Dallam	64.54	
37. L. Malarkey F70 (2)	Kesw	74.08	

CANNOCK CHASE TRIG POINTS / Staffordshire
CL/27km/540m / **09.01.22**

After the enforced covid break in 2021, the 34th Trig Race was keenly contested and led to new course best times for both the men and women’s winners, and both 2020 category winners finding themselves pushed into second places. Former Mercia member, Henry Webb, held off Lee Gratton by just 16 seconds, having been just one second in the lead at the second/third point.

Right: Jasmin Paris on her way to 1st place woman at Trigger fell race © Mozzie Steve Firth

Sara Willhoit was always leading and at the end held a six-minute advantage over last year’s winner, Kelly Butler. Moreover, Sara was eighth overall.

Equally impressive performances were put in by former winner Pete Vale, who was fifth overall and first M40 and Andy Davies, ninth overall and first M50. Mention should also be given to the M70 winner, Kevin Uzzels, running the race for the 24th time, and rarely out of age group prizes in any of those years, and to F60 winner, Melanie Berringham, who finished in 2.49.00 and 87th place overall.

The race is not just about the winners but the more relaxed steady runners who return each year to have a good post-Christmas run and enjoy the relaxed atmosphere, and post-race cakes! This year I was very pleased to receive a number of nice emails that recognized the effort and time given by the ever-loyal team of regular volunteers - -some who have helped at pretty much all of the 34 Trig Point races. I can only repeat your thanks to them all, and to all the runners who kept by the requested rules on covid distancing and kit. Thanks also to the support from local shop Run and Ride, who provided the numbers and prizes, and to Steve Parker for all his work on the results.

Bob Dredge

OPEN			
1. H. Webb	SheffUni	1.38.57	
2. L. Gratton	Rugeley	1.39.15	
3. H. Davies	Mercia	1.40.45	
4. M. Chatting	Rugeley	1.46.07	
5. P. Vale M40 (1)	Mercia	1.48.12	
6. T. Bill	StaffTri	1.50.36	
7. L. Clayburn	Shettle	1.51.05	
8. S. Willhoit (F)	Mercia	1.52.56	
9. A. Davies M50 (1)	Mercia	1.53.41	
10. S. Palmer	BICtryTri	1.54.02	
11. S. Adney M40 (2)	Mercia	1.54.07	
12. M. Williams M40 (3)	Run&R	1.55.57	

37. D. Lodwick M60 (1)	RoadHLeic	2.18.55
61. N. Thakrar M60 (2)	StaffH	2.31.46
92. K. Uzzels M70 (1)	StoneMM	2.58.19

LADIES

8. S. Willhoit	Mercia	1.52.56
14. K. Butler	CtyStoke	1.58.50
20. L. Palmer F40 (1)	Chase	2.07.32
30. M. Price F40 (2)	Mercia	2.15.52
31. A. Deathridge F40 (3)	Mercia	2.16.06
46. T. Chandler	Unatt	2.26.38
68. E. Saunders F60 (1)	Ashbne	2.35.21
76. F. Betts	Ivanhoe	2.37.00
87. M. Bermingham F60 (1)	Chase	2.49.45

TRIGGER / West Yorkshire
AL/33km/1650m / **09.01.22**

Trigger returns! After missing a year, it was good to be back, but not without a bit of drama. First it looked like covid would get us again but as no new regulations were announced the week before, it was the weather that put the race in doubt. Road closures the day before then heavy snow forecast on high ground caused concern. With 45 minutes to race start we got the all clear to say the rescue team were able to access Snake Summit. This was the green light we needed, race on! Get the remaining runners through a thorough kit check and registration then we can start them on their way.

We started on time, 162 runners. A low number, many had fallen foul of the pandemic and the possibility of heavy snow overnight may have deterred a few. The weather was cold, rain showers, snow on higher ground. The extra kit required for the race fully justified by the conditions. As the runners made their way across the moors, the start team were driving 34 miles to Edale to set up ASAP and become the finish team. The logistics of this race are challenging for all!

Meanwhile out on the hill, the sweep team came across a runner in difficulty just after CP1 and got Woodhead



rescue team members from CP1 involved. After what at first appeared to be a walk off it soon became apparent that all were getting very cold and the situation needed action, so air support was called for. A rescue helicopter came and transferred the casualty to WMRT HQ.

With visibility on the higher ground variable, sometimes quite poor, navigation was challenging in places. Add to that a bit of snow and a biting cold wind, the race was living up to being a real winter challenge. 19 of the starters didn't make the finish for a range of reasons. Some got a little wet as they crossed Crowden Little brook. Everyone found mud in places, if not, we had some waiting at the finish. Some took better lines than others, all the usual stories. Hot food was served in the village hall to warm the runners. No social or prize presentation this year.

Many thanks to Woodhead Mountain rescue team members and support volunteers plus those from Penistone Footpath runners, without them all this race would not happen.

Brent Lindsay

OPEN			
1. C. Phillips	Sadd	3.40.52	
2. J. Oldfield	Matlock	3.54.25	
3. N. Northrop	DkPk	3.56.33	
4. B. Davison.	DkPk	3.57.20	
5. P. Montgomery	PstoneFP	3.57.32	
6. D. Clarke M40 (1)	Tod	3.57.51	
7. N. Talbot M40 (2)	Amble	3.59.17	
8. E. Hyland	CVFR	3.59.32	
9. H. Chatfield	Tring	4.00.31	
10. L. Mills	Bowland	4.00.51	
11. R. Skrimshire M40 (3)	DkPk	4.01.02	
41. S. Adams M50 (1)	DkPk	4.47.20	
49. P. Hinchliffe M50 (2)	PstoneFP	4.59.16	
53. C. Leith M50 (3)	S2J	5.04.47	
82. P. Addison M60 (1)	DkPk	5.21.07	
89. R. Ansell M60 (2)	Unatt	5.41.40	
106. M. Howard M60 (3)	Unatt	6.04.42	

LADIES			
12. J. Paris	Carn	4.01.07	
20. L. Watson	DkPk	4.29.25	
28. E. Johnstone	Penn	4.33.29	
31= N. Spinks F50 (1)	DkPk	4.34.30	
31= K. Hewitson F40 (1)	Kesw	4.34.30	
35. K. Macfarlane	PennyL	4.35.58	
51. S. Andrew	Gloss	4.59.53	
67. J. Worboys-Hodgson F50 (2)	Unatt	5.14.30	
75. F. Lynch F40 (2)	CaldV	5.19.06	
99. J. Stevens F40 (3)	SteelC	5.52.25	
100. J. Peel F50 (3)	DkPk	5.55.16	

143 finishers

BOX HILL / Surrey
BM/12km/530m / **22.01.22**

After a two-year absence, it was great to welcome back a field of over 200 runners to the 40th Box Hill Fell Race. While rain in December had resulted in thick mud on a number of patches of the course, recent dry weather made for firmer, if still slippery, going and fine but cold conditions on the day.

In light of COVID, we implemented a rolling rather than mass start, with runners forming an orderly queue (thank you runners!) before proceeding across the start line. Given the rolling start, with positions to be based

on chip times rather than gun times, there was always going to be a question as to whether the first male runner home would be the men's open champion. Any doubts around this, however, were allayed as minutes ticked by after Max Nicholls, our first starter, crossed the finishing line and he was yet to be joined by others. Max's time of 52:16 broke the previous course record, set by Chris Smith in 2019, by 01.33.

Second and third-placed runners Aaron McGrady and Andrew Barrington were among a number of runners who managed to miss a right turn 3 kilometres into the race - some finishers spoke of having been distracted by the large cows on the course and then not noticing the course markers - and ran a slightly different route. However, it feels safe to say that they would not have kept up with Max, with Aaron finishing in 56:01 and 2020 winner, Andrew, finishing in 56:51.

There was a similarly dominant performance in the women's open category, with Elizabeth Leason winning in a time of 1:06:32 ahead of second-placed Daisy McClements in 1:09:48 and third-placed Lizzie Broughton in 1:12:06.

In the four-to-score teams' competitions, Kent AC won the men's title in a combined time of 4:14:58, 03.22 ahead of Tring AC. The women's team competition was won by Victoria Park Harriers & Tower Hamlets AC in 6:12:37, comfortably clear of second-placed Wimbledon Windmilers in 6:30:33.

Thank you very much to the members of South London Orienteers who helped this year's race go so smoothly through their work both on the day and in advance, and thank you to the National Trust for granting permission to use their land.

Harold Wyber

OPEN			
1. M. Nichols	Kent	52.16	
2. A. McGrady	VictP&TH	56.01	
3. A. Barrington	VictP&TH	56.51	
4. M. Wainwright	Matlock	58.56	
5. D. Reynolds	WimbW	59.17	
6. J. Dickenson	StGgesHosp	59.31	
7. H. Torry M40 (1)	Serpent	60.40	
8. E. Brady	HerneH	60.45	
9. M. Crone	SLOW	61.06	
10. A. Fraquelli	Serpent	61.25	
13. J. MacDonald M40 (2)	Cambdge	62.49	
15. J. Riley M40 (3)	Ranelagh	63.20	
21. A. Reeves M50 (1)	Serpent	64.53	
29. W. Pitt	Kent	66.57	
32. S. Moore	Lingfld	67.25	
110. D. Brock M60 (1)	Orion	79.27	
117. H. Balfour M60 (2)	Dulwich	81.13	
118. C. Dixon	Cambdge	81.21	
186. B. Layton M70 (1)	Tring	100.44	
196. R. Brown M70 (2)	PstoneFP	111.12	

LADIES			
27. E. Leason	Runmead	66.32	
56. D. McClements	StubGr	69.48	
74. L. Broughton	Unatt	72.06	
96. C. Fisher	VictP&TH	76.14	
125. A. Wainwright F50 (1)	DkPk	82.33	
154. E. Simmons F40 (1)	Dulwich	87.17	
162. S. Upton F50 (2)	StrCroy	90.53	
165. K. Pusey F50 (3)	CrysPal	92.52	

169. B. Maher F40 (2)	WimbW	93.31
172. H. Tullie F40 (3)	Tring	94.39
198. P. Cockman F60 (1)	VictP&TH	111.52

201 finishers

BLAKE FELL / Cumbria
BS/9.5km/429m / **22.01.22**

The route to this week's marshalling point on the summit of Gavel Fell (1726 feet) over two miles away started by crossing the show field, into an even boggier field, and straight up the long gradual climb into thick mist. The surveyor flags for the U17 route were a welcome aid in making my way and as I hit the fence line to Blake and turned right, Colin Graham appeared on his mountain bike. We approached the steep boggy climb to the summit of Gavel together and reported into race control that I was in position. Twenty minutes in driving rain to wait for the runners.

Eventually the Keswick trio of Harry Bolton leading John Battrick and Mark Lamb were the first runners to appear out of the gloom. They turned around the summit cairn and headed back from where they came as quickly as they had arrived on the fence line to Blake. The rest of the 132 field then started to come through with shouts of "thank you marshals" from many as they battled against the driving rain. Five minutes down and Sophie Likeman was first of the ladies though. The tally counter kept ticking over closing in on the total field. Jenny Jennings was last but one and said that there was one behind. A short wait and the ever-young Barry Johnson (MV80) came into sight with sweeper Colin Valentine in his tracks. "Mr Johnson... I've been expecting you!" A bump of our fists and they were off in the direction of Blake disappearing into the clag.

Time to report back to race control, stand down and return to the show field.

A great day out for the runners and support crew – success.

Jim Davies & Lindsay Buck

OPEN			
1. M. Lamb	Kesw	37.38	
2. J. Battrick	Kesw	37.40	
3. M. Atkinson	Kesw	37.49	
4. H. Bolton	Kesw	37.58	
5. J. Hartley	BlCombe	39.21	
6. D. Mills	Kesw	39.54	
7. S. Holding	CFR	40.00	
8. H. Shuell	Amble	40.42	
9. B. Abdelnoor M40 (1)	Amble	41.03	
10. N. Barber	HelmH	41.38	
24. A. Jackson M50 (1)	NthnF	46.00	
52. N. Sebley	BlCombe	51.06	
117. M. Hind M70 (1)	Borr	65.47	
132. B. Johnston M80 (1)	CFR	97.54	

LADIES			
20. S. Likeman	CFR	44.22	
28. H. Wooten	Kesw	46.47	
33. H. Leigh	Bburn	47.15	
49. S. Murray	Kesw	51.00	
61. J. Bell	Kesw	52.00	
86. K. Apps F40 (1)	Kesw	57.23	
73. J. Chatterley F50 (1)	Unatt	54.46	
95. L. Thompson F60 (1)	Kesw	58.24	
125. L. Malarkey F70 (1)	Kesw	70.40	

132 finishers

TARREN HENDRE / Gwynedd
AS/9.7km/610m / **29.01.22**

Thanks to easing of covid restrictions our initial field restriction of 50 was expanded to 100 with 94 entering and 72 starting the race.

The morning was mostly better than forecast but it was windy and heavy rain fell for 45 minutes before the 12 noon start and for the first 30 minutes after. This just soaked the surface of anything that had been drying on the course and many Tarren die-hards reported the descent was as slippery as they had ever known. However, the sun came out and runners were rewarded with spectacular views as the cloud rolled away before they entered "Mirkwood" and attention had to be concentrated on the feet and which bit of bog it was best to ski down next! The race order was almost sorted by the top of the second stiff climb. Race winner, Tom Wood, led throughout but teammate Tom Haynes was overtaken before the forest top by previous winner Gareth Wyn Hughes. Wood finished in 49:20 smashing the Owen Huw Roberts 2016 junior men's record by 5:43. Hughes (M40) finished in 50:13 and Haynes 51:38

Sarah Kleeman (F40) was the first woman and 23rd overall in 1:01:20 with Emily Cowper-Coles in second place in 1:02:46 and Jackie Lee (F40) was next in 1:04:15.

The only other record broken was the F60. Juliet Edwards celebrated another recent big birthday by taking Maggie Oliver's 2008 record by 48 seconds. She can add this to her 2012 F50 record which still stands.

This race is the second of three in the Meirionnydd Winter Series. 13 men and 9 women are in with a chance of joining the select band who have completed a series. Sion Edwards has a six-minute lead over teammate Lawrence Ramsay and Jackie Lee almost nine minutes on Nicola Richards. Neither margin is insuperable over the Ras yr Aran course which provides a much tougher test than today's race and this year will be a counter in the North Wales Series.

Nich Bradley

OPEN			
1. T. Wood Junior	Eryri	0.49.20	
2. G. W. Hughes M40 (1)	Unatt	0.50.13	
3. T. Haynes	Eryri	0.51.38	
4. G. Roberts	Eryri	0.52.31	
5. J. Gomes M40 (2)	Wrexh	0.53.41	
6. E. Belshaw	Eryri	0.54.43	
7. F. Lewis	SarnH	0.55.24	
8. O. Williams	Eryri	0.55.31	
9. S. Edwards	Eryri	0.55.34	
10. J. Evans	Unatt	0.56.13	
11. E. Owen M40 (3)	Eryri	0.56.17	
25. S. Edwards M50 (1)	Buckley	1.01.44	
28.R. Owen M60 (1)	Eryri	1.02.46	
35. P. Agnew M50 (2)	Buckley	1.07.26	
48. T. Hargreaves M50 (3)	Buckley	1.14.42	
50. I. Evans M60 (2)	RhHebog	1.15.40	
59. N. Owen M60 (3)	RunFr	1.21.38	
67. J. Morris M70 (1)	Buckley	1.39.31	

LADIES			
23. S. Kleeman F40 (1)	Unatt	1.01.20	
27. E. Cowper-Coles	OswestO	1.02.46	
29. J. Lee F40 (2)	Eryri	1.04.15	
31. B. Albon	Unatt	1.04.40	

37. N. Richards F40 (3)	Mercia	1.09.12
39. K. Baugh	Denbigh	1.09.35
49. R. Metcalfe F50 (1)	Eryri	1.15.24
51. J. Edwards F60 (1)	Meirionnydd	1.16.04
63. E. Salisbury F50 (2)	Eryri	1.30.32
64. H. Jones F50 (3)	Meirionnydd	1.31.47
68. M. Oliver F70 (1)	Eryri	1.47.23

70 finishers

CLOUGH HEAD - KONG WINTER SERIES 4 / Cumbria
AS/3.5m/1000ft / **29.01.22**

In the week leading up to Clough Head, the forecast had veered between unrelenting rain all day to brief periods of sunshine. Then on Friday morning, storm Malik was forecast to begin at 4:00 am Saturday morning and last for 12 hours or so. Malik was due to bring wind speeds with gusts of 75mph with the MWIS forecast stating 'walking may be impossible at times, gusts may blow you over even on lower slopes' so, sadly, we had no option but to revert to our bad weather route.

Having publicised our new route, this did not deter our loyal competitors! 182 runners gathered in Threlkeld Quarry ready to start the race.

The new course was only 3.5 miles but took in a 1000ft climb.

Scout Adkin nearly reached the highpoint of the course first but was narrowly beaten by the young Harry Bolton! The phenomenal lead that Scout had after the first climb led to her easily winning the ladies' race but that didn't stop a flying Hannah Russell from achieving the fastest female descent of the day and cruising to second place. Holly Wooten continued her run of good form and finished a solid third.

The men's race was slightly different with Mark Lamb getting to the high point in sixth place. He then steadily picked off all the runners ahead and clenched the victory by 17 seconds from Jack Wright. It was a Keswick sandwich as Matt Atkinson followed shortly behind to claim third place.

We had really hoped that we could hold the full race route but, as it turned out, everyone enjoyed the race and returned with smiles on their faces.

Thanks, as always, to our phenomenal team of marshals!

Lou Osborne

OPEN			
1. M. Lamb	Kesw	26.10	
2. J. Wright	Amble	26.21	
3. M. Atkinson	Kesw	26.33	
4. H. Bolton MU23 (1)	Kesw	26.43	
5. C. Alborough	DFR	27.00	
6. S. Holding	CFR	27.10	
7. T. Simpson	Amble	27.25	
8. S. Halsall	Kesw	27.35	
9. S. Adkin Female	Amble	27.39	
10. S. Shaw MU23 (2)	Unatt	28.05	
15. B. Abdelnoor M40 (1)	Amble	28.17	
23. M. Reedy M40 (2)	Amble	29.57	
28. L. Proctor M40 (3)	HelmH	30.15	
40. M. Robinson M50 (1)	DkPk	32.36	
42. C. Knowles M50 (2)	Ellenb	32.51	
45. J. Haworth M50 (3)	Kesw	33.15	
49. B. Proctor M60 (1)	HelmH	33.33	
76. J. Tullie M60 (2)	Teviot	35.35	

77. P. Pearson M60 (3)	NthnF	35.36
129. J. Holt M70 (1)	Clay	39.54
150. J. Gomersall M70 (2)	Amble	44.04

LADIES

9. S. Adkin	Amble	27.39
19. H. Russell	HelmH	29.06
44. H. Wootten	Kesw	33.11
69. S. Murray	Kesw	35.06
72. C. Morgan F40 (1)	Unatt	35.26
78. J. Reedy F40 (2)	Amble	35.41
79. N. Hawkrigg F50 (1)	NthnF	35.43
83. K. Hewitson F40 (3)	Kesw	36.21
115. J. Meeks F60 (1)	Borr	39.00
117. M. Robson F50 (2)	HelmH	39.02
144. N. Rylande F50 (3)	Amble	40.41
146. W. Dodds F70 (1)	Dallam	43.14
148. M. Ockenden F60 (2)	Bowland	43.55
174. L. Malarkey F70 (2)	Kesw	49.20

182 finishers

RUNNERS & RIDERS / North Yorkshire
BS/7.6km/271m / **30.01.22**

A grand winter's day following storm Malik the day before and the heavy rain showers in the evening, luckily made for a great afternoon's racing.

A slight change in the race route to give the runners more chance proved unsuccessful as the cyclists really dominated. The dry conditions really helped but more tweaks are needed for next year. One runner suggested we put tree trunks in all the gateways!

David Mirfield once again impressively led everyone home, with Hope factory teammate, Sam Watson, second. Matthew Fretwell rode well for third and fourth place and first M40 went to former fell running champion. Morgan Donnelly on a cross bike just holding off former winner and first M50, Stefan Macina on a mountain bike.

First runner Adam Osbourne, had to settle for 12th overall, just holding off the super runner, Ian Holmes, in 13th place.

The ladies' race was a closer affair but it was Hope factory cyclist Victoria Peel that sped away down the last hill to win. Second place was a runner and rising star, Amelie Lane. Third went to Emily Gibbons also running the route and just pipping first F40, Emma Hopkinson, also on her feet. Fifth woman and first V60 overall was a cracking ride for Nicola Davies.

A big thanks to the catering staff who were rushed off their feet with the record 186 entries and many spectators tucking into the well-received refreshments.

With Alpkit providing prizes plus extra donations as well, we raised a whopping £1693.40 for the fell rescue.

Ted Mason

OPEN			
1. D. Mirfield	Hope	26.33	C
2. S. Watson	Hope	27.56	C
3. M. Fretwell	Settle	28.37	C
4. M. Donnelly M40 (1)	Kend	29.16	C
5. S. Macina M50 (1)	Shibden	29.26	C
6. P. Simcock M40 (2)	JMC	29.37	C
7. D. Haygarth M50 (2)	Wbase	30.15	C
8. B. Addey M40 (3)	Unatt	30.20	C
9. R. Stead	Unatt	30.39	C

10. J. Davies M50 (3)	Kend	31.09 C	11. S. Dimelow M50 (1)	PstoneFP	1.04.39
11. D. Wilby M40 (4)	Ilk	31.10 C	12.D. Fishwick M50 (2)	Chorley	1.04.50
12. A. Osborne M40 (5)	CaldV	31.25 R	14.T. Savage M50 (3)	Penn	1.06.09
13. I. Holmes M50 (4)	Bing	31.44 R	23. G.P. Gough M60 (1)	Clay	1.12.16
14. C. Miller M40 (6)	Hgte	31.56 R	26. R. Halstead M60 (2)	Tod	1.13.34
15. N. Wood M40 (7)	Kend	32.01 C	36. P. Rowland M60 (3)	Unatt	1.20.04
80. B. Whalley M60 (1)	P&B	41.09 R	71. R. Taylor M70 (1)	Penn	1.46.45
			73. A. Cardinale M70 (2)	Otley	2.05.57

LADIES

16. V. Peel	Hope	32.26 C
25. A. Lane	Wharfe	33.35 R
30. E. Gibbons	Ilk	34.06 R
31. E. Hopkinson F40 (1)	Wharfe	34.13 R
64. N. Davies F60 (1)	CycloX	38.51 C

CHARNWOOD HILLS / Leicestershire
CL/21.5km/366m / **06.02.22**

After a few years away, it was great to hold the 34th Charnwood Hills Race again this year. Early storms gave way to clear skies and good temperatures with a strong and fast field despite some good deep Leicestershire mud. Well done to everyone who took part and a big thank you to all the volunteers who made the event possible. We look forward to welcoming everyone back to the race in 2023.

Zoe Pickering

OPEN

1. T. Evans	Unatt	1.25.14
2. A. Woodward	Notts	1.35.15
3. F. Lynch	WestE	1.38.36
4. P. Critchlow M50 (1)	Beaumont	1.38.53
5. S. Hall	WestE	1.39.27
6. R. Stevens M40 (1)	Huncote	1.40.03
7. D. Frankland	WestE	1.40.35
8. D. Robberts M40 (2)	Barrow	1.41.36
9. D. Shea-Simmonds M40 (3)	RHubTri	1.41.43
10. D. Cox	VictPkTH	1.42.25
17. R. Whitelegg M50 (1)	Hinckley	1.44.32
15. G. Bradshaw M50 (1)	Hunwick	63.11

LADIES

1. C. Frankland	WestE	1.45.37
2. L. Gossage F40 (1)	Unatt	1.47.09
3. A. Sarkies F40 (2)	Rugby&N	1.49.11
4. J. Male	WestE	1.54.45
5. S. Horner	WestE	1.56.23
6. C. Shea-Simonds F40 (3)	RHubTri	1.59.02
7. L. Muskett F40 (4)	FleckneyK	2.10.12
8. B. Robinson	Hermtge	2.11.29
9. S. Karmazyn F50 (1)	HolmeP	2.12.48
10. R. Hobbs	Tarnw	2.13.21

ADAM KIRK MEMORIAL LAD’S LEAP / Derbyshire
AS/9.5km/515m / **06.02.22**

OPEN

1. L. Cook	Penn	0.58.22
2.M. Burton M40 (1)	CaldV	0.58.28
3. J. Brunnock	Bux	0.58.35
4. C. Winfield	Unatt	0.59.43
5. N. Winfield M40 (2)	Penn	1.00.29
6. P. Rowley M40 (3)	Penn	1.00.34
7. J. Winfield	Unatt	1.02.22
8. D. Ryder M40 (4)	FRA	1.02.30
9. A. Frost M40 (5)	DkPk	1.03.21
10. M. Gradwell	Sadd	1.03.38

11. S. Dimelow M50 (1)	PstoneFP	1.04.39
12.D. Fishwick M50 (2)	Chorley	1.04.50
14.T. Savage M50 (3)	Penn	1.06.09
23. G.P. Gough M60 (1)	Clay	1.12.16
26. R. Halstead M60 (2)	Tod	1.13.34
36. P. Rowland M60 (3)	Unatt	1.20.04
71. R. Taylor M70 (1)	Penn	1.46.45
73. A. Cardinale M70 (2)	Otley	2.05.57

LADIES

33. L. Coucill	Salf	1.18.20
43. J. Mellor F50 (1)	Penn	1.22.37
45. Y. Williams F50 (2)	Penn	1.22.49
49. A. Yokoyama-Nichols F40 (1)	Unatt	1.24.27
53. K. Farquhar F50 (3)	Holm	1.25.43
61. C. Burrell F40 (1)	Wirksw	1.28.34
63. D. Hall F40 (2)	Unatt	1.30.24
64. A. Skillicorn	Unatt	1.30.45
66. R. McCurrie F40 (3)	Unatt	1.33.33
70. E. Stewart F60 (1)	Holmf	1.42.18

73 finishers

SIDMOUTH 4 TRIGS CHALLENGE / Devon
BL/26km/914m / **13.02.22**

With winds gusting at 48mph and driving rain, the weather certainly played its part in making the 20th anniversary of the Four Trigs Challenge a memorable day.

125 runners set off in the wild, blustery conditions.

This ‘low-key’ off-road running event covers a distance of approximately 28 kilometres with an obscene amount of climb involved. Underfoot is mixed terrain, mainly dirt trails, but with some grass and gravel, not to mention steps, tree roots and some drainage gutters on the route, as well as some steep sections of climb and fast descents. This year we had additional water coming off the fields creating rivers to run down, especially coming into Sidbury but it did clean the runners’ trainers off!

The aim is to visit each of the four Triangulation Pillars around the Sid Valley with runners choosing their own routes, but they must visit each Trig Point in order (High Peak was first this year) taking in the 5 check points to help taper the route.

Congratulations must go to the first man home, Samuel Kelly, who completed the course in 2.15.05 and to the first lady home, Jo Meek, who went round in 2.40.13.

Local club, Sidmouth Running Club came out in force, though the Mighty Green shirts were well hidden under waterproofs! Out of a field of 125 finishers, 42 were Mighty Greens, 31 completing all 4 Trigs and 11 ran 3 Trigs. Antony Hall was the first SRC runner over the line, 9th overall in 2:46:03, with fellow Mighty Green, David Knapman, hot on his heels, 10th overall in 2:46:41. An astounding result, showing grit, determination and good balancing skills in those conditions.

The 4 Trigs has only been cancelled twice: once due to Storm Ciara in 2020 and secondly, due to the pandemic in 2021. This year was third time lucky in an attempt to celebrate the 20th Anniversary.

A special thank you must go to all the marshals braving the elements in such blustery conditions providing so much support to the runners A special mention and thank you must go to the sponsors of the event, Ian Winchester and Sons and Kings Garden and Leisure, for the bananas on route and the special 20th Anniversary celebratory mugs at the end, were much appreciated.

The Four Trigs Challenge managed to raise £2,302.00 for the charity Cardiac Risk in The Young (CRY).

Marion Hayman

OPEN

1. S. Kelly	Exmth	2.15.05
2. T. Lenton M40 (1)	AxeV	2.29.05
3. J. Kelly	Exmth	2.29.40
4. A. Kerr	Unatt	2.31.30
5. J. Nicholas M40 (2)	ClimbSw	2.34.42
6. J. Ashby M50 (1)	NITri	2.35.03
7. J. Halse M40 (3)	DkPk	2.39.59
8. J. Meek Female	Tavist	2.40.13
9. A Hall M40 (4)	Sidmth	2.45.20
10. D. Knapman M40 (5)	Sidmth	2.48.03
13. P. Devine-Wright M50 (2)	AxeV	2.50.46
15. G. Hill M50 (3)	Unatt	2.54.22
16. R. Everson M60 (1)	SWRR	2.55.25
23. R. Mogridge M60 (2)	ErmeV	3.09.39
42. I. Kinnersley M60 (3)	AxeV	3.25.10
97. B. Murray M70 (1)	Unatt	4.43.50

LADIES

8. J. Meek F40 (1)	Tavist	2.40.13
17. M. Adkin	AxeV	2.59.11
27. K. Brook	Unatt	3.15.05
33. E. Wood F60 (1)	AxeV	3.20.44
38. C. Busby F50 (1)	Ilk	3.23.26
40. K. Board F40 (2)	AxeV	3.24.38
48. E. Turner F40 (3)	Unatt	3.30.29
56. E. Keast	Sidmth	3.45.06
74. L. Hawkins F50 (2)	Sidmth	4.11.10
77. S. Ginsberg F50 (3)	Sidmth	4.12.37
94. L. Dunford F60 (2)	Unatt	4.41.36

FLOWER SCAR / West Yorkshire
AM/12km/610m / **19.02.22**

After 2020’s cancellation due to flooding in Calderdale, poor weather threatened to cancel the race once again with the arrival of several storms in the days leading up the race. Not a great time to be a RO!

Fortunately, a break from the severe winds allowed us to persevere with the race. As my second (and last) time organising the Flower Scar fell race, I would have been devastated to have not seen anyone cross the starting line during my tenure.

Due to earlier storms through winter, the course had to be re-routed to avoid the forest section and the course was now fully flagged due to the late course change. However, the feedback was positive with many runners telling me how much they loved the course.

We may have had a lull in the winds during the race, but we were greeted with near enough white out conditions up on the hill, which made for a very exciting race, although not great for my nerves! All 185 runners returned safely, despite 2 runners who failed kit check who decided to run the route anyway and a runner who went slightly adrift at the final turn off. We have no way of identifying the un-marked runners, but if you are reading this, please be aware that this caused a lot of confusion out on the course in what were very extreme conditions. This could have potentially led to a fatality if any runners had gone missing as we wouldn’t have known about it because of a miscount. This was not appreciated at all, and I just urge runners to think about the potential severe implications of your actions in future.

Many thanks to all my helpers, marshalls at Todmorden Harriers (and beyond), you all did a grand job and made my life just that little bit easier.

R. Parrish

Above: Runners braving the elements at the Flower Scar fell race © Mick Ryan

OPEN

1. D. Clarke M40 (1)	Tod	65.13
2. E. Hyland	CaldV	66.47
3. R. Stead	NLeeds	69.13
4. E. Hassell	Wharfe	69.31
5. T. Campbell M40 (2)	Astley&T	69.56
6. T. Jordan	Pendle	70.00
7. M. Owens M40 (3)	Chorlton	70.10
8. J. Wright M50 (1)	Tod	70.29
9. J. Green M50 (2)	Ilk	70.32
10. J. Farnell	Totley	71.45
12. A. Horne MU23	LeedsUni	72.03
16. P. Crabtree M50 (3)	Bing	72.32
69. D. Clarke M60 (1)	Unatt	`83.19
71. W. Duggan M60 (2)	Bing	83.30
84. C. Harle M60 (3)	Unatt	85.34
118. K. Taylor M70 (1)	Ross	93.10
157. N. Harris M70 (2)	Ross	111.34
172. B. Duncan M70 (3)	Bing	123.38

LADIES

22. K. Avery	Shildon	74.09
29. R. Pilling	P&B	76.35
35. H. Hardaker F40 (1)	Kghly	78.07
37. N. Butterfield F40 (2)	CaldV	78.28
40. R. Thackray F50 (1)	Bing	78.58
43. A. Swift	Chorlton	79.24
44. A. Mason	Wharfe	79.39
62. S. Richardson F40 (3)	CaldV	82.03
70. D. Gowans F50 (2)	Acc	83.23
76. I. White FU23 (1)	LeedsUni	84.07
122. Z. Tweed FU23 (2)	LeedsUni	94.08
125. B. Weight F60 (1)	Bing	95.29

145. L. Carter F50 (3)	Holmbe	105.39
173. S. Vietoris F60 (2)	Dallam	126.06
174. M. Jeal F60 (2)	Ilk	127.11

185 finishers

SALLOWs / Cumbria
BS/9km/401m / **20.02.22**

OPEN

1. S. Bailey M40 (1)	StaffsM	41.55
2. H. Cooling	Howgill	42.34
3. J. Ravenscroft	Unatt	43.17
4. P. Rutter	HelmH	43.21
5. M. McGoldrick M40 (2)	Wharfe	44.02
6. S. Burnstone	HelmH	44.29
7. D. Cope	Howgill	45.24
8. B. Penninton M40 (3)	Howgill	46.15
9. J. Simon M40 (4)	HelmH	46.24
10. P. Reilly M40 (5)	Kenyan	46.33
21. J. Baron M50 (1)	HelmH	48.35
27. R. Haddow M50 (2)	Furness	50.54
30. D. Fishwick M50 (3)	Chorley	51.06
46. R. Gill M60 (1)	HelmH	54.33
54. J. Bagge M60 (2)	HelmH	57.06
56. G. Beaumont M60 (3)	Dallam	58.34
100. T. Metcalfe M70 (1)	Wharfe	89.29

LADIES

5. H. Russell	HelmH	43.33
22. S. Taylor F40 (1)	HelmH	48.39
43. B. Dyer F40 (2)	HelmH	53.52
48. S. Dixon F50 (1)	GlaxoH	55.01
55. A. Rea	HelmH	58.18
57. L. Albion	Brought	59.05

58. S. Gerrish	HelmH	59.10
59. E. Kearsey	HelmH	59.13
61. E. Shawcross F40 (3)	Unatt	59.51
67. C. Holden F50 (2)	HelmH	61.07
87. V. Kirkwood F50 (3)	Dallam	70.09
88. W. Dodds F70 (1)	Dallam	71.04
92. L. Whittaker F60 (1)	Wharfe	80.33
96. S. Vietoris F60 (2)	Dallam	87.20
98. J. Gates F60 (3)	Settle	87.59

JUNIORS

U11 BOYS

1. H. Tancrel	HelmH	09.47
2. N. Cook	Furness	09.48
3. J. Jebb	HelmH	10.02

U11 GIRLS

4. D. Machell	Amble	10.37
5. B. Bailey	StaffsM	10.58
8. M. Todhunter	Dallam	12.57

U13 BOYS

1. R. Scott	LevenV	09.33
2. S. Oldham	LevenV	09.45
3. O. Timbers	Kghly	10.00

U13 GIRLS

4. I. Jebb	HelmH	10.01
8. B. McCredie	Clay	10.36
14. F. Bagot	Settle	11.12

U15 BOYS

1. J. Sanderson	Settle	10.28
2. A. Addison	HelmH	10.55
3. J. Todd	Amble	11.43

U15 GIRLS		
8. M. Jebb	HelmH	12.22
13. I. Pearman	HelmH	13.02
15. L. Bagot	Settle	13.23

U17 BOYS		
1. O. Oldham	LevenV	21.49
2. O. Bailey	StaffsM	22.08
3. L. McCredie	Barlick	22.41

U17 GIRLS		
4. O. Aldham	Wharfe	24.21
6. S. Smith	HelmH	25.25
7. C-M. Scott	HelmH	31.56

101 senior finishers

DOCTOR’S GATE / Derbyshire
AL/20.5km/860m / **20.02.22**

I think this race is cursed by stormy weather, starting with Storm Ciara, where I stopped runners at Checkpoint 1 and sent them back. Then lockdown prevented a further two attempts to run the race.

Then this year at the 11th hour we were granted permission from Natural England but then had landowner issues about erosion on Doctor’s Gate track, so with close liaison with Mossy Lea Farm, it was decided to divert the route, but with Storm Dudley, Eunice and then Franklin it was decided to shorten the route even further. So this event was only 7 miles as opposed to 12.

The weather, when I marked the course on Saturday, was glorious on the tops and ideal race conditions. Race day was definitely much wetter and windier, and with word from the summit of brutal winds and rain.

Full race kit was advised to be worn, not just carried.

64 set off for this short Doctors Gate, with Chris Phillips and Martha Tibbot in the early pack of 10. No navigation required as this was fully flagged.

50.19 later, Chris Phillips arrived at the finish with a good lead from Aaron McGrady coming in second and Andy Fleet two minutes later.

First lady to finish was Martha Tibbot, who looked as if she could go round again, finishing fifth overall.

First men’s team went to Glossopdale Harriers with 36 points, but I think I should have given the prize to a mixed Saddleworth team finishing in first, third and fifth.

Everyone enjoyed the soup made by the Queens Arms, Old Glossop.

A huge thanks to the marshals on the course, Mossy Lea Farm - Thomas Kier, Josh Bailey, Natural England, United Utilities, Events 360.

Hope to get a full event on next year.

Des Gibbons

OPEN			
1. C. Phillips	Sadd	50.19	
2. A. McGrady	EDown	50.57	
3. A. Fleet	Sadd	52.46	
4. L. Cook	Penn	54.30	
5. M. Tibbot Female	Sadd	55.34	
6. I. Ridgeway	Unatt	55.50	
7. J. Brunnock	Bux	57.25	
8. J. Southall	Gloss	57.27	
9. R. Bradbury M50 (1)	Matlock	57.33	
10. A. Wainwright M50 (2)	FRA	57.54	
11. N. Bann M40 (1)	Gloss	59.44	
12. J. Croston M40 (2)	CaldV	60.04	
14. A. Frost M50 (3)	DkPk	60.55	
24. M. Pink M50 (3)	Penn	69.28	
27. A. Barnett M60 (1)	DkPk	69.53	
29. R. Murphy M60 (2)	Gloss	70.46	
35. M. Lundy M60 (3)	Marple	72.05	

LADIES			
5. M. Tibbot	Sadd	55.34	
34. G. Allen	SteelC	72.01	
45. A. Griffiths	Unatt	78.28	
47. A. Wainwright F50 (1)	DkPk	79.12	
51. E. Sanders F50 (2)	Ashbne	81.45	
52. C. Burrell F40 (1)	Wirksw	82.00	

61 finishers

MAYBECK 3 CROSSES / North Yorkshire
BM/11.2km/330m / **20.02.22**

The Maybeck course has always been prone to being damp underfoot and some might say boggy. Race day was no different with most returning runners having a tale to tell about the ground conditions, knee and thigh deep something?

The rain held off for registration and the race, with a drizzle appearing for the presentations. In years gone by we have had to fight off the midges in its summer series setting.

It was regular visitor Harry Holmes who led from the whistle start, his progress slowed only to allow Nic Barber, soon to be Lake District bound, to catch him to ask for some navigational advice. Harry, with advice taken, then eased to a near two-minute lead over Nic by the finish. Steve Donaldson continued his run of form to take third place. Stephen Tilford in fourth was the first vet over the line. In the women’s race it was Rhona Marshall (V40) who led home by a few metres from Kay Neesam (V50) with Kelly Gaughan first senior runner home and Rebecca Dent (U23) in fourth.

The team competition was very close, with Pickering women claiming victory over Scarborough A and in the men’s event it was a three way tussle with Scarborough AC ending Esk Valley’s (third place) run of victories with Pickering RC second.

Well done to all 88 runners and, again, a big thanks also to all the helpers and marshals.

David Parke

OPEN			
1. H. Holmes	Matlock	50.47	
2. N. Barber	HelmH	52.30	
3. S. Donaldson	EskV	53.34	
4. S. Tilford M40 (1)	Wakef	55.11	
5. J. Aldcroft	Scarb	55.37	
6. S.D. Coates	Unatt	55.38	
7. T. Grimwood M40 (2)	Swaled	56.06	
8. T. Naisby	EskV	56.14	
9. D. Smith	Picker	56.20	
10. D. Kilpin M40 (3)	Pstone	57.27	
15. B. Anglim M50 (1)	Hardey	60.10	
19. G. Hewitt M50 (2)	Scarb	60.58	
21. J. Waring M50 (3)	LoftW	61.20	
34. N. Ridsdale M60 (1)	EskV	64.36	
38. B. Atkinson M60 (2)	YorkK	67.09	
46. A. Robertson M60 (3)	Scarb	72.06	
47. N. Scruton M70 (1)	Scarb	72.15	
86. M. Hetherton M70 (2)	Picker	100.39	

LADIES			
23. R. Marshall F40 (1)	Scarb	62.04	
24. K. Neesman F50 (1)	NewM	62.08	
43. K. Gaughan	Picker	70.01	
45. R. Dent FU23 (1)	Scarb	71.54	
48. K. Cavill F40 (2)	Picker	72.17	
53. S. Walch F40 (3)	Pstone	76.12	
55. C. Glover F60 (1)	Wharfe	76.31	
58. J. Cordingley F60 (2)	Unatt	78.02	
59. K. Farmer Scott F50 (2)	Picker	78.32	
69. D. Rycroft F50 (3)	Picker	85.58	
78. C. Robertson F60 (2)	Scarb	92.58	

88 finishers

DARRREN FISHWICK FRA 50@50 RACE SERIES

The series was devised to celebrate the 50th anniversary of the FRA. It was originally scheduled to run throughout 2020 and include all the surviving races from the 1970 fell calendar. A selection of other races from a variety of locations around the country would also be included to amass 50 races. Commemorative garments would be awarded to all runners who completed a set number of races. Points would be given based on race performances to determine the overall male and female series winners. Prizes would also be up for grabs through the age categories. Initially this unique series had generated plenty of interest from within the fell community...then after only 6 races a worldwide pandemic halted proceedings.

Truth be told, the series wasn’t on my to-do list. When it started I’d only recently turned 50 and my main priority was to attempt The Joss Naylor Lakeland Challenge - which I did. I also wanted to attempt The Charlie Ramsay Round in the Scottish Highlands, but unfortunately wee Nicola Sturgeon wasn’t too welcoming, so this didn’t happen but it would be ‘fan-dabi-dози’ if eventually it did. The 50@50 race series was restarted in May 2021 with 44 races still to be contested before the year’s end. I’d convinced myself during lockdown that after years of obsessive racing I’d be taking a more laidback approach when normality returned. Therefore, given the busy schedule of the series, once again it wasn’t on my to-do list.

Unsurprisingly it wasn’t long before my racing obsession returned. I remember the moment well; I’d not long finished Eldwick Gala fell race and I was holding two 99s - one drenched with raspberry sauce and one inundated with hundreds and thousands. The ice cream vendor had been extremely generous with the toppings; his extravagance surprised me, especially when taking into consideration that I was in Yorkshire. I then bumped into fell running doyenne Wendy Dodds. After we exchanged pleasantries she asked how many races I’d done in the 50@50 series. I honestly didn’t know, but Wendy already knew and playfully informed me that I’d completed less races than herself but I was doing well in the series. I thanked her for the informative chat and dashed off before the ice cream melted. “Ooh, Mr Whippy my favourite” was my wife’s enthusiastic response on my return. I confessed that the soft whipped ice cream was locally produced and

WORDS DARREN FISHWICK

ILLUSTRATION JIM TYSON

wasn’t the genuine article. However, it was delicious and whilst we enjoyed our creamy snacks my wife informed me that our vacuum cleaner isn’t a genuine Hoover, but it works perfectly fine and one day I should give it a spin. I laughed at Alison’s sarcastic wayward comparison then changed the subject by pretending I had some really important news. I leaned over and said “I don’t like to repeat gossip, so listen carefully...apparently I’m doing really well in the 50@50 race series”. Then the realisation kicked in and my wife rolled her eyes before saying “you’re going to become obsessed with racing again aren’t you?”. Feeling flustered I blurted out “can you name any more generic brands”. Without hesitation my better half replied “Aspirin, it’s used to relieve tension headaches and I can feel one coming on”. I gave her my flake to lighten the mood. Alison’s fully aware of my fondness for chocolate and appreciated the magnitude of my selflessness. I then snapped off the base of my cone and made my dog a miniature ice cream. I called it a 33, though strictly speaking it wasn’t a third of my 99. It didn’t matter as my dog can’t do fractions, and it’s the thought that counts.

Up until my conversation with Wendy, I honestly didn’t know that I was highly placed in the 50@50 race series. It was entirely coincidental that some of the races I’d attended post-lockdown were part of the series. Then when I realised I was in contention, I reverted back to my pre-lockdown obsessive race mode. My efforts were justified as I eventually won the series. It was a Chorley double with my teammate Katherine Klunder finishing first female. Special mention to the inspirational Wendy Dodds for completing most races. Many thanks to series organiser Charmian Heaton for her relentless hard work and enthusiasm. Thanks also to Steve Wathall for the handmade trophies. Well done to all competitors; many of who made weekly trips from far and wide. I could hardly ‘Adam and Eve’ how committed London based runners David Brock and Karen Lyons were towards the series. Very commendable...lovely jubbly!

The last race of the series was Auld Lang Syne. My overwhelming memory is being joyously greeted over the finishing line by Nellie my border terrier. On tired legs I slowly bent down and picked her up. She looked dishevelled by the strong wind so I sat on a bench and placed her upon my lap. I then held her tightly and kept her sheltered from





Nellie, Darren and Alison at the Auld Lang Syne fell race © Dave Woodhead, www.woodentops.org.uk

the wind and in return I could feel her warmth. We were joined by my wife and I felt totally content. Following a quick change into warm clothing I was presented with the FRA 50@50 Race Series Trophy. I was still holding my dog when I accepted the prize; it was a fitting way for me to finish the series for all the while I've been a fell runner my beloved dog has been an ever-present companion. It saddens me immensely to report that Nellie recently passed away. Fell running for me without her presence will certainly be different. I've often mentioned her in my 'race reports' because she played a massive part in my life. She was a sight for sore eyes at the end of countless races. She was cradled in my arms straight after my Bob Graham, Paddy Buckley and Joss Naylor. She always excitably welcomed me home from races when I'd travelled alone. I'm so pleased she came to Auld Lang Syne and thankfully Dave Woodhead captured the moment - it's a photo I'll cherish.

Even though it's sixteen years ago I can still vividly remember the time I went to see a man about a dog. Initially I was taken aback by the appearance of the man in question. He was covered in tattoos and piercings in a time when only a few were inked and pierced in such abundance. In his spare time he was a huntsman who specialised in pest control. Based on first impressions I visualised him foraging mushrooms for his breakfast and fishing for his supper. No doubt rabbit was also on the menu, but I dread to think. By word of mouth I'd heard he'd acquired a Kestrel and this latest purchase had caused his wife to 'fly off the handle'. Apparently she'd given him an ultimatum; the kestrel can stay but at least one dog had to go - typically his wife was the boss. When my wife and I made his acquaintance he

directed us towards a crumbling abode adjacent to his house. He then released six dogs from their less than salubrious habitat and a playful melee ensued. He introduced us to his 'pack' of spaniels and terriers by simply saying "take your pick from the two terriers". Eventually from out of the free-for-all we were greeted by a timid border terrier pup. The huntsman told us not to be deceived as the bashful pup had shown a good 'ratting' instinct when first introduced to a rodent. He described the pup as a feisty little bugger. This wasn't the type of character reference we wanted to hear. Evidently all his dogs were extremely fit and healthy 'workiIng dogs' primed to hunt. Whereby we desired a household 'pet' that didn't have the urge to chase everything it met. Seemingly the border terrier pup desired us and continued to crave our attention. We took a chance and made the purchase. The huntsman appeared reluctant with the sale; it was obvious he was going to miss the feisty little bugger. Up until that moment his belligerent appearance had masked this nurturing side of his character - never judge a book by its cover! As for Nellie; primarily we didn't choose her, she chose us and we were blessed for sixteen years - thank you Nellie!

It's not easy losing a pet, it's emotionally draining. Every nook and cranny of the house evokes memories of canine clutter. The reality now is the house looks and feels empty - no longer homely. My wife's seeking solace by doing Yoga again after a prolonged absence. She originally started to do Yoga a few years ago following a troublesome back. She achieved pain management through Yoga which coincided with mindfulness. She's convinced her back pain stems from carrying me on a daily basis. So ultimately I suppose I'm the catalyst for

Alison's mindfulness - she can thank me anytime. I've been out running but it transpires that a heavy heart leaves me feeling totally laden; my legs feel like conduits flowing with negative energy. However, I'm achieving respite through music as I'd often spend many an hour lying on the settee with my dog whilst listening to some 'metal' - my wife calls this pastime a shit music day. She also once said "if music be the food of love, your music gives me indigestion". Thankfully Nellie didn't seem to mind a bit of 'metal' but she'd been deaf for years, so I suppose being oblivious to the 'racket' had made her non-judgmental. The vet described her deafness as being like the sound of the ocean heard within a seashell. I liked this analogy because my dog always seemed to be in her element beside the seaside, strolling along the prom, prom, prom where the brass bands play tiddely-om-pom-pom! Alison and I were in our element whenever Nellie was snuggled in close to us. We'd always comment how we loved the smell her feet; they smelt like Mcvitie's Digestive Biscuits. I can confirm that the

streets of Chorley aren't paved with wheat flour and sugar. The cause of her sweet smelling feet remains a mystery but they've given us a good excuse to comfort eat on biscuits whilst we sniff and reminisce - we'll dunk and drink to that!

Our new neighbours noticed Nellie's absence. They're not the only observant ones on our street. My wife doesn't miss much and has noticed that whenever the bloke next door goes to work he kisses his wife goodbye, and when he returns home he greets her with another kiss. Alison asked why don't I do the same? I replied "I hardly know the woman next door". We both laughed, it felt good for it had been awhile.

To end this ramble I've compiled a to-do list: Polish the bespoke trophy from my series win. Get out the vacuum cleaner and give it a spin. Listen to 'metal' even though it's a din. Sniff the digestives from the biscuit tin. And come rain or shine keep running!





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A male triathlete is running on a muddy, wet trail. He is wearing a bright green long-sleeved jacket, black shorts, a black cap with the 'inov-8' logo, and black gloves. He is also wearing black and yellow running shoes. The background is a misty, hilly landscape.

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