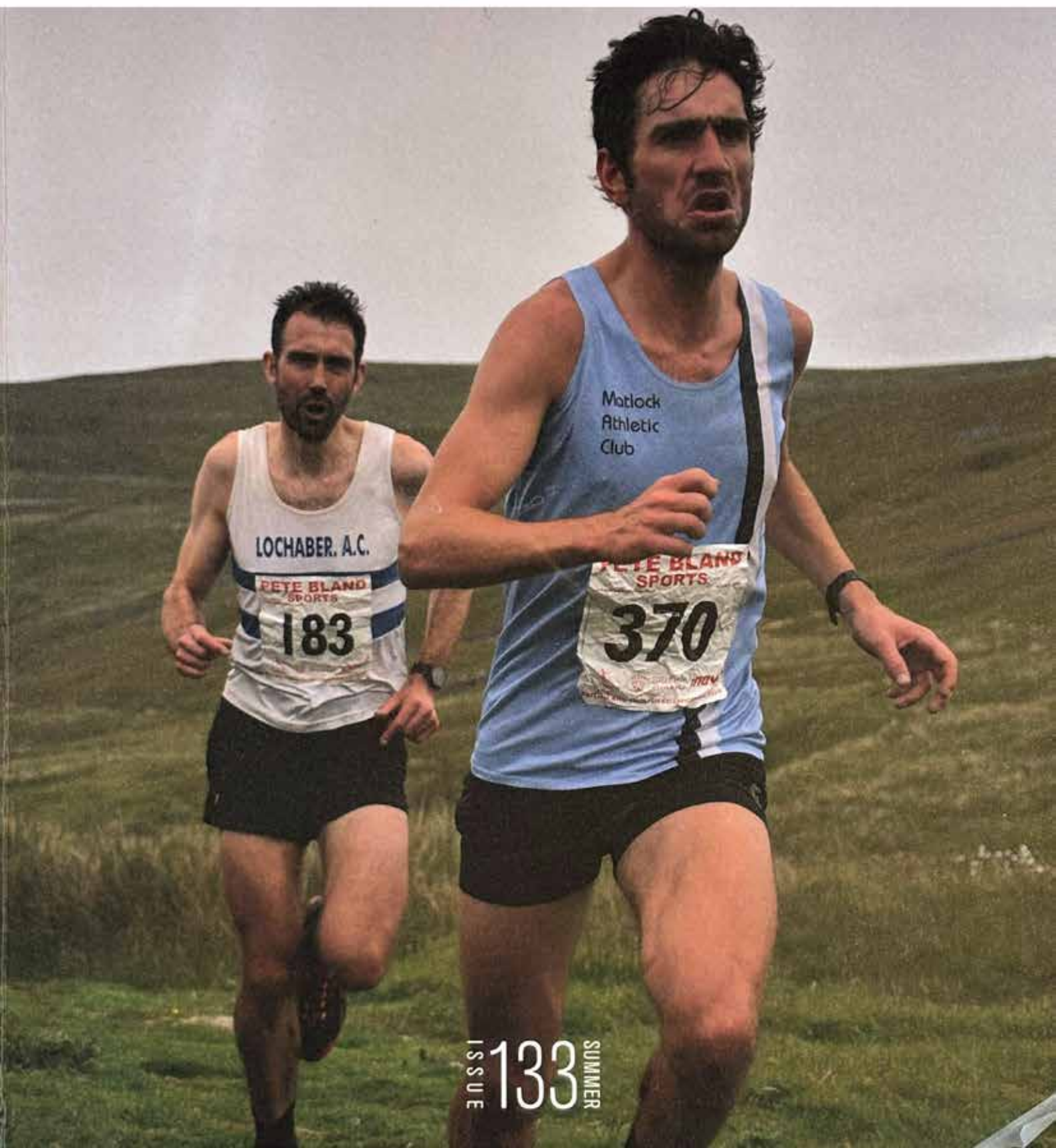


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ISSUE **133** SUMMER

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Above: Rachael May (Keswick AC) enjoying 'golden hour' at the Lord's Seat fell race 2022 © Jacob Adkin

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CONTRIBUTOR GUIDE

We welcome all contributions for photos and illustrations, features, stories and interviews. The Fellrunner is a magazine for the 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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We accept submissions all year round.

Background photo: Mark Lamb (Keswick AC) at the Grisedale Grind fell race © Jacob Adkin



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Darren Fishwick, illustrated by Jim Tyson

FRONT COVER:

Finlay Wild (Lochaber AC) and Dan Haworth (Matlock AC) © Dave Woodhead, www.woodentops.org.uk, read the article on page 26

EDITOR'S LETTER

Well, summer is upon us and the racing season is well underway. It's been wonderful to be able to pin on a number and gingerly toe the start line of a fell race again. It's been even better to haul myself across the odd finish or two. Over the last few months, I've found myself being as inspired by the incredible races playing out at the front of the field as I have been by the people I've met along the way – some of whom have overcome serious health conditions to still be racing some of the toughest fell races, with big smiles and words of encouragement.

We have some great articles to look forward to in this issue: Finlay Wild and Dan Haworth's blow-by-blow account of their battle for the win at Buckden Pike; Ross Brannigan's profile of Billy Procter; Sue Richmond's Rigby Round in the Cairngorms; Peter McDonald's look into the history of the Wainwrights Round and more.

We've got FRA Committee Pen Portraits with Ben Abdelnoor and Wendy Dodds, the latter of whom has been fell racing for over 44 years - utterly incredible!

The *Junior Fellrunner* is also packed full of wonderful stories from Charmian's interview with the three 'Jebblets', Tess Reedy's Wainwrights, James Birkinshaw and James Hammond's account of the Saunders Lakeland Mountain Marathon and much more.

Thank you to every one of you who has contributed to the summer issue - from articles to photographs, collating reports and results, and to those who've spent many, many hours proofreading – this magazine wouldn't be what it is without you. A special thank you to Peter Todhunter, who went above and beyond to source old photos of Joss Naylor for the magazine and to Joss, for sharing them with us.

We've had a suggestion about running a 'Community Hero' feature in the magazine, and I believe there was quite an appetite for it on social media. While we'd love more of you to get in touch with articles on both fell runners and people in the fell running community that you see as heroes of the sport, we wouldn't want to single any one person out as a 'hero' over another. We'd rather print as many of these stories as we possibly can. So please do get

in touch, on the email below, if you have someone special in mind on whom you'd like to submit an article or profile.

Unfortunately, this issue sees us bid farewell to *Junior Fellrunner* Editor, Natalie Hawkrigg, who has been pivotal in shaping the *Junior Fellrunner* into what it is today. We are very grateful for all the work and passion Natalie has put into the magazine over the last two years, and it has been wonderful to have her as part of the team. Dave Littler has kindly agreed to take over as Junior Editor and I know he's already got some good articles in the pipeline.

We're also sad to announce that Ricky Parrish is stepping down from his role as Magazine Co-ordinator to further his studies. Ricky's contribution to the magazine over the past few issues has been immense, and we're very thankful for the time he has given us. Dave Littler will be picking up the mantle there too, and we're thrilled to have him actively involved in the magazine again.

Wishing you a wonderful summer, and I hope you enjoy reading this issue as much as we've loved putting it together.



TORY MILLER, EDITOR OF THE FELLRUNNER

editor@fellrunner.org.uk

Above: Jura Fell Race 2022 © Geoff Pettengell

CHAIRMAN'S LETTER

By the time this *Fellrunner* hits the doormats we will have had the final races in the Junior English Championship and four of the six Senior English Championship races. What a pleasure it has been to witness a return to serious competitive racing in near normal circumstances. I was delighted to organise new Junior races at Black Combe which got the seal of approval from the young Jebb family and many others so hopefully we can do it all again in 2023. Stand-out performances for me in the Senior Championships so far have been Nichola Jackson's final descent at Lower Borrowdale (which was the sixth fastest of the day to get within one second of Sarah McCormack and just ahead of Sharon Taylor) and the mighty battle between Finlay Wild (Lochaber) and Dan Haworth (Matlock AC) at the joint English and British counter at Buckden Pike which resulted in Finlay taking the win and breaking Colin Donnelly's 34-year-old record. Fell racing at its best.

When I was younger and much fitter, I did take part in fell races, largely in the Peak District and Yorkshire as we lived in the flatlands of north Nottinghamshire. I was often near the back of the field and lacked confidence although I could navigate happily. I remember phoning Allan Greenwood before one of his races to ask if I might be allowed to start early as I was conscious that I didn't wish to be responsible for his marshals being kept out longer than necessary. Allan's response was that this was a race and if I was not fast enough then perhaps I should consider marshalling instead. Of course, he was right and I have been helping out at races ever since which I have thoroughly enjoyed. The FRA licenses fell running races and our insurance does not cover walking starts.

I am also proud that fell running is a sport which is open and accessible to all and it saddens me when we are occasionally accused of sexism or prejudice which is unjustified. In particular, the use of the words "lady" or "ladies" is considered by some to be sexist but in my experience, the vast majority of women in our sport do not find these terms offensive. Indeed, for many of the older generation, they are regarded as complimentary. At worst, I might describe the words as a bit old-fashioned or dated but our sport has lots of traditional values which we cherish. So, if you want to shout "First Lady" on the hill, call yourself "Ladies' Captain", award prizes to "Ladies' Categories" etc. then it is just fine by me and the many members who have sent me messages of support. The words we choose to use are simply a matter of personal preference.

I have also been asked recently about the value and number of prizes. For Championship races, the FRA is contracted with our sponsors for equal prizes for both sexes. However, we leave it up

to the RO's discretion for other races and very often the number of prizes reflects the numbers participating which is wholly reasonable. To be fair, fell race prizes usually consist of a table covered with bottles of beer and wine and boxes of chocolates (or toilet rolls if the RO is Kevan Shand). Whether participants are awarded more than one prize or places are counted back is also left up to race organisers.



Jo Worboys-Hodgson and Joss Naylor at the Darren Holloway Memorial Buttermere Horseshoe fell race 2022 © Jill McMurtry

Joss Naylor continues to make progress following his stroke at the end of December last year and he was delighted to see lots of his friends at the Darren Holloway Memorial Buttermere Horseshoe, jointly organised by Pennine FR and Cumberland FR of which he is President. Darren's family made him very welcome and told him that he was one of Daz's heroes. He sampled the carrot cake and flapjack, signed some numbers and would like to thank everyone for their kind wishes.



CHARMIAN HEATON, FRA CHAIRMAN

chair@fellrunner.org.uk

SECRETARY'S CORNER

Many of you will have enjoyed our interview in the last magazine with Charlie Allmond (Ambleside AC). At the start of July, Charlie travelled with the Great Britain and Northern Ireland team to the island of La Palma in the Canary Islands to compete in the European Off-Road Running Championships. Charlie finished in 13th place in the Under-20 (U20) uphill race, a fabulous result as a 16-year-old. Scout Adkin (also Ambleside AC), FRA Members' Rep, whose pen picture featured in last summer's edition (issue #130, page 100), ran brilliantly in both the women's uphill and up-and-down races, finishing 4th and 3rd respectively. This helped to win a gold medal for the British women's uphill team alongside Kate Avery, Kirsty Dickson and Holly Page as well as team bronze in the up-and-down race.

Charlotte Rawstron won bronze in the U20 women's uphill race, with Eve Whitaker, daughter of former FRA Junior Co-ordinator Helene, finishing 6th (helping the team to win silver) before Eve took a superb individual silver in the up-and-down event. Finlay Grant came 4th (along with a team bronze) in the U20 men's uphill race before going one better with bronze in the up-and-down race in which he claimed team gold with teammates Fraser Gilmour, Edward Corden and Benjamin O'Dowd. The British team also won team bronze in the women's trail race through Eleanor Davis (4th individually), Sharon Taylor and Nichola Jackson.

Many congratulations to all FRA members who competed in the Championships. Full results are available at <https://elpaso22results.european-athletics.com/>

FRA RULES

The FRA's annual rules review is in progress. As always, we intend to make as few changes as possible to our simple sport but one area under discussion is our policy for transgender athletes.

Following a number of high-profile cases, the governing bodies of many sports have recently revised their policies in this area. Most recently, FINA, the international federation for water sports (including swimming), has implemented a new policy¹ which means that anyone who has gone through male puberty may not compete in women's events. Lord Coe has hinted strongly that athletics may follow suit, stating that "fairness is non-negotiable".

In September 2021, the five UK Sports Councils together published guidance² aimed at helping National Governing Bodies (such as the

FRA) determine their policies. Some key extracts from that policy include the following (verbatim):

- Sports which rely significantly on physical capacity – physique (including height), strength, stamina – despite not being contact or collision sports, will be considered "gender-affected".
- Competitive fairness cannot be reconciled with self-identification into the female category in gender-affected sport.
- Categorisation by sex is lawful, and hence the requirement to request information relating to birth sex is appropriate.
- Based upon current evidence, testosterone suppression is unlikely to guarantee fairness between transgender women and natal females in gender-affected sports.
- Is fairness paramount to your sport? If [so] then that informs your decision-making.

This is by no means the complete picture, and the FRA Committee will take the full guidance into consideration before reaching any conclusions.

There is, however, one highly concerning aspect here which should not be ignored. As multiple people have described it to me, it is undeniable that a "culture of fear" exists around this topic. Celebrities like J K Rowling are now *persona non grata* because they have dared to express an opinion which does not align with that of some transgender activists.

In that light, it is extremely difficult for the FRA to canvass opinion from its membership in a meaningful way. However, if you do have an opinion on this topic, and you are willing to share it privately, please feel free to email me (address below) or otherwise contact me (e.g. by phone) by 19th August so that we can take your opinions into account. Your views will be treated in the strictest confidence and will be anonymised.

Finally, the FRA Committee would like to make it clear that we are committed to the ethos of fell running as a welcoming, inclusive and friendly sport without barriers to participation. Our review will purely address fell racing and the fairness of competition.

EARLY STARTS AND CUT-OFFS

In recent months the FRA has become aware that some race entrants have made requests to Race Organisers (ROs) to start

a race before the official start time, to allow them more time to complete the course. Several such requests have been granted, with individuals being given as much as an hour's head start on the rest of the field.

Whilst the granting of these requests has undoubtedly been well-meaning and done with the best of intentions, we have asked that ROs refuse any future such requests. This is for several reasons:

1. FRA races are run under rules approved by UK Athletics and our insurers. Our rules are not designed to cater for 'walking starts' (and there is no intention to change this) so it should not be assumed that the FRA's standard race insurance would cover this scenario.

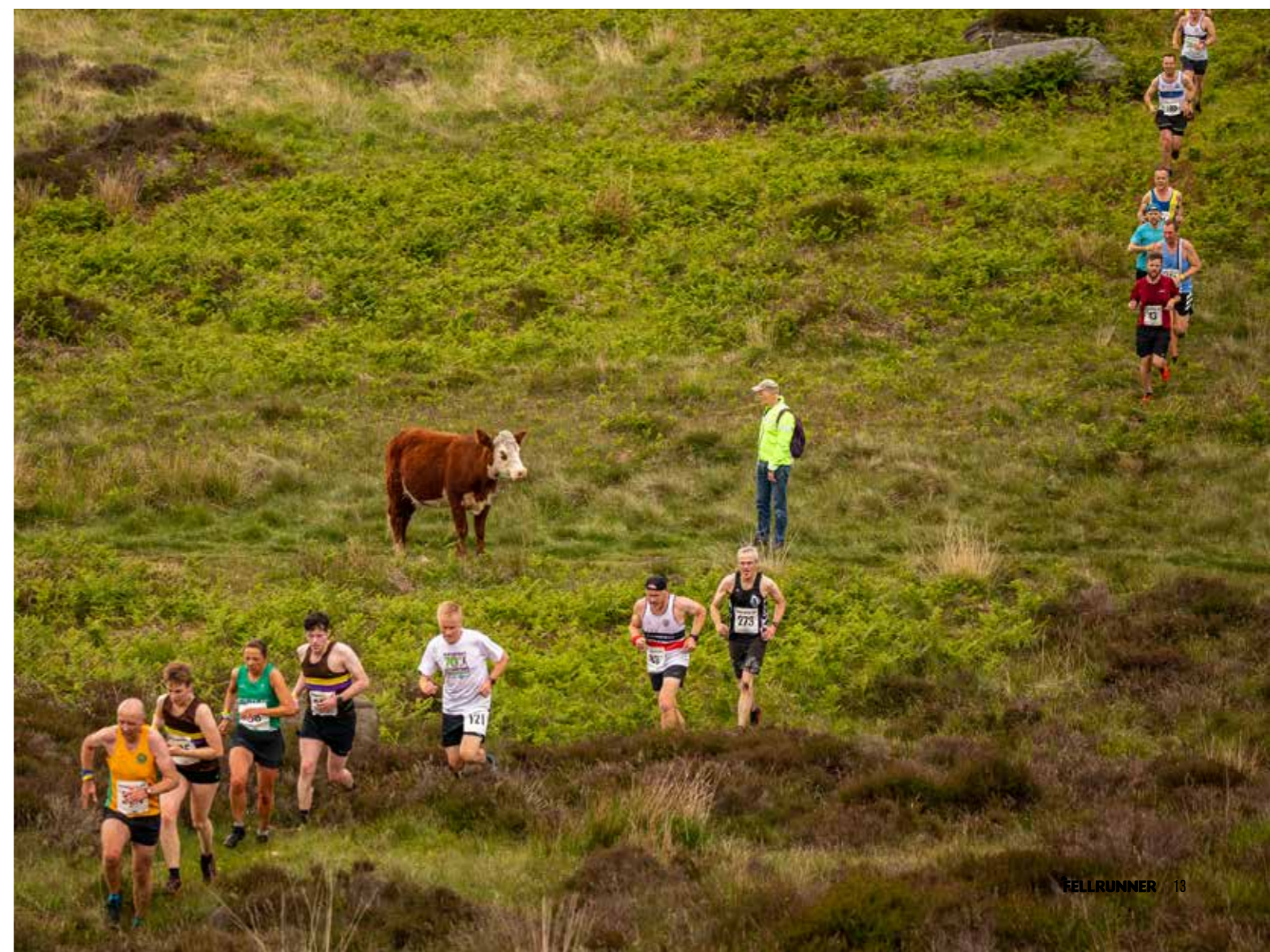
2. Some 'early start' participants have been found to take excessive times to cover race courses – more than four times the winning time, in extreme cases. This can extend significantly the time for

which volunteer marshals need to be on the course, especially if in position early for the advance starters. This markedly increases the strain on the marshals, particularly in poor weather conditions (with the knock-on effect that the RO is likely to find it harder to recruit marshals in future).

3. In one recent incident, an 'early start' competitor took over an hour to reach the first checkpoint (a leg for which the leader took just over 6 minutes), partly because of mis-navigation. This illustrates the extra skills required when alone on the fells and the substantially increased risks which, in other types of race, would typically require additional vetting or risk assessment by the RO.

As already noted in this column, the FRA wants fell running to be open to everyone with as few barriers as possible to participation. In this light we recognise that the above stance might be seen as 'non-inclusive'; however, the nature of the sport is such that certain basic levels of fell skills and fitness are essential, owing to

Below: a marshal keeping a curious cow in check as the runners of the Burbage Skyline fell race run past, 2022 © Jamie Rutherford



¹ "FINA Policy on Eligibility for the Men's and Women's Competition Categories" View here: www.bit.ly/3Pf7mx4

² "Guidance for Transgender Inclusion in Domestic Sport" published September 2021. View here: www.bit.ly/3PfmElv

considerations around safety, organisational constraints and what is reasonable to ask of volunteer organisers and marshals.

For these reasons, we therefore ask that ROs do not permit either mass "walking starts" or advance starts for individuals in FRA races. Regrettably, not all FRA races are suitable for everyone, and (where relevant) this should be made clear in pre-race publicity and at the point of entry. As an RO, if you do not vet entrants for your race, and depending on its nature, you might wish to impose mandatory time cut-offs at some checkpoints, including early in the race route.

RACE DETAILS

This year a few runners have raised queries or complaints, including formally to the FRA, regarding the routes followed by some of their fellow competitors in races. In most cases this has occurred after runners have taken a route which one could argue was prohibited by the race rules.

The FRA's Requirements for Race Organisers state that ROs should "publicise specific information about the event" (including the route and course requirements) and (except for on-sight navigation races) "describe the route accurately and in sufficient detail for runners to plan their routes in advance". It is hard to cater for all eventualities but we do ask ROs to ensure that their pre-race publicity, along with any race map they publish, makes it absolutely clear when certain parts of a route are either mandatory or prohibited. In such cases the words "Mandatory" or "Out of Bounds" should be used so that there is no ambiguity.

All runners are reminded that it is *your* responsibility to ensure you follow the correct route and the rules in place for the specific race that you enter. Take special care if using a "standard" race map or one printed in a previous year – the route may have changed. If you do not follow the rules of the race or adhere to route requirements, you should expect to be penalised or disqualified.

Finally, if you do have a complaint, please raise it to the Race Organiser immediately after the race. Once time has passed and prize-givings have taken place, it becomes more difficult for the RO to consider changing the results.

FRA RISK ASSESSMENT MATRIX

Following its unveiling in a recent edition of the magazine, many Race Organisers have taken advantage of the FRA's new Race Assessment Matrix or "Colour Matrix". We are now focusing on

establishing a means to display each race's matrix on its FRA website page so that the assessment is as conspicuous as possible. In the meantime a backlog of applications has developed, for which I apologise; after a second debilitating dose of COVID in four months I am in the process of catching up and will get in touch with those ROs awaiting a response as soon as possible.

LAND ACCESS PERMISSIONS

Problems with land access, and in particular some major landowners, continue to plague FRA ROs, but we are working hard in the background to improve the situation. I am very pleased to announce that just before going to press we have secured permissions for the Holme Moss Fell Race on 24th July. Many thanks to everyone who helped to get our application through to the right people just in time.

FRA COMMITTEE

As noted elsewhere in the magazine, the FRA is actively recruiting for new Committee members to join from our AGM scheduled for October 2022 (see notice on the next page). If you are interested in any of the advertised posts, or would like to be notified when other roles become available, please drop me a line.



NEIL TALBOTT, FRA GENERAL SECRETARY

secretary@fellrunner.org.uk



ADVANCE NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) of the Fell Runners Association Limited ("the FRA") is provisionally scheduled for **Saturday 8th October 2022 at 4pm** in Chapel Stile Village Hall, Langdale, LA22 9JE, immediately following the Langdale Horseshoe English Championship Fell Race.

References in the notes below to "articles" refer to the FRA's Articles of Association ("the Articles") which can be found on the FRA website (under 'FRA' => 'Documents').

1. A full agenda for the meeting will be made available in due course and will follow the framework set out in article 16 of the Articles. A formal notice containing the agenda will be published on the FRA website as provided for in article 62. This will be made available no later than 16th September 2022 to comply with the requirement for 21 clear days' notice.
2. The accounts to be presented will cover the period 1st January to 31st December 2021.
3. Details of any resolutions to be put to the membership will be announced at least 21 clear days prior to the meeting and will be posted on the FRA website.
4. Election and voting will be as provided for by the Articles. Nominations for any Executive Committee position must be submitted to the FRA Secretary by 9th September 2022 at the very latest (preferably much sooner).
5. In accordance with article 16, an open discussion about fell running will follow the formal business.

The FRA hopes to host a drop-in session with refreshments in Chapel Stile Village Hall from approx 2:30pm, before the AGM; anyone needing a post-race brew is warmly encouraged to stop by.

Neil Talbott
FRA General Secretary
secretary@fellrunner.org.uk

SAVE THE DATE

26TH NOVEMBER 2022 ♦ THE FRA PRESENTATION EVENING AND 'DO'

Organised by Dark Peak Fell Runners at the Hilton Double Tree, Chesterfield Road South, Sheffield S8 8BW.

Further details to follow on www.dpfr.org.uk/pages/view/fra-dinner

MEMBERSHIP MATTERS

A RARE OPPORTUNITY

I have given notice to the FRA Committee that I will be standing down from the Membership Secretary role soon due to other commitments. At a headline level, as Membership Secretary I am responsible for managing the membership database and being the primary point of contact for membership related enquiries from other committee members and from existing and prospective members. If you are reasonably IT competent (and a member of the Association) you probably have all of the necessary qualifications. The only difficult questions you will be faced with are the ones about competition eligibility related to first claim & second claim clubs and after three years I still can't answer these questions without reference to the experts (who are always very happy to help).

If you are interested in the role or know somebody who might be persuaded, please contact me directly or speak to any committee member.

NEW MEMBERS

Membership numbers continue to grow: there are just under 8,800 members at the time of writing, with 700 new joiners since the beginning of 2022. Overall, we've experienced a 10% membership increase since mid-2020 when we were confined to running up and down the stairs at home or circles in our back-yards.

HOUSEKEEPING

I often receive requests to change member addresses and other details. I also receive returned copies of Fellrunner magazines each edition marked "gone away". It's good discipline to check your membership details in Sientries from time to time by clicking on the Edit/Renew option on the Membership page of the FRA Website. If you can't access your membership because you no longer have use of the email address you registered with, please contact me as I will be able to re-assign to a new email address subject to satisfactory evidence that you are who you claim to be!

If anybody has any queries about the vacancy or any other membership related queries, please do not hesitate to contact me on membership@fellrunner.org.uk and I will do my best to help you.

PAT MCIVER, MEMBERSHIP SECRETARY

membership@fellrunner.org.uk

Right: Philip Rutter (Helm Hill) on his way to a sub 4-hour win at the 2022 Darren Holloway Memorial Buttermere Horseshoe fell race © Stephen Wilson, www.granddayoutphotography.co.uk



TREASURER'S REPORT

With 2021 well behind us this is a short report on how we did last year. The picture will also be presented at the AGM. If there are any questions on the money side of things please get in touch – and questions can of course also be asked in person at the AGM.

2021 rather reversed the picture from 2020. In 2020 at the start of all this nonsense with the big 'C' we earned as normal but spent a lot less, giving us a windfall of £32k. During 2021 we maintained our income, but hugely increased out goings, giving a net expenditure of nearly £12k. Taking these two years together puts us still very much in the black.

2021 was another year of transition back to what we, perhaps optimistically, think of as 'normality'. The main features of the year were:

FELLRUNNER AND HANDBOOK

The net cost (after allowing for advertising income) of our publications increased in a major way, from £65k in 2020 to £75k last year. Much of this arose from increases in print and postage

costs, which were both showing an inexorable rise even a year ago. We also published a supplement to honour the life of Pete Bland and acknowledge his huge contribution to the sport.

SUPPORT FOR RACES

Racing restarted tentatively in March 2021, with registration outdoors and in many cases with online entry and chip timing to comply with the rules. We introduced a race subsidy of £1 per online entry for the early part of the year, and this was claimed on behalf of over 3,000 runners. Both the Junior Home International and support for Junior races in England returned to normal levels, giving around £12k expenditure (by comparison in 2020 these items incurred no costs at all).

The 50@50 race series ran during 2021, and we provided vouchers, t-shirts and hoodies to runners who had done enough races to qualify. This excellent initiative cost around £1.2k.

OTHER ACTIVITIES

On the positive side we benefitted to the tune of well over £1k from the sponsorship of Pete Bland Sports, inov-8 and Bridgedale. Our membership increased in 2021, resulting in an increase in subscription income of around £2k.

Coaching opportunities were limited to the last few months of the year, and so our normal net income from coaching disappeared.

A major additional item during 2021 was specific funding for two important projects, as a conscious effort to invest the 2020 windfall. We initiated a programme of work jointly with UKA to renew the fell coaching qualification, initially with a 'fell and trail Leadership' module. This will continue during 2022 with the development of a 'Coach' level equivalent. We also commissioned work to replace the FRA website, including an automated system for submitting races for approval. Both these projects were funded to around £5.5k.

OUTLOOK FOR 2022

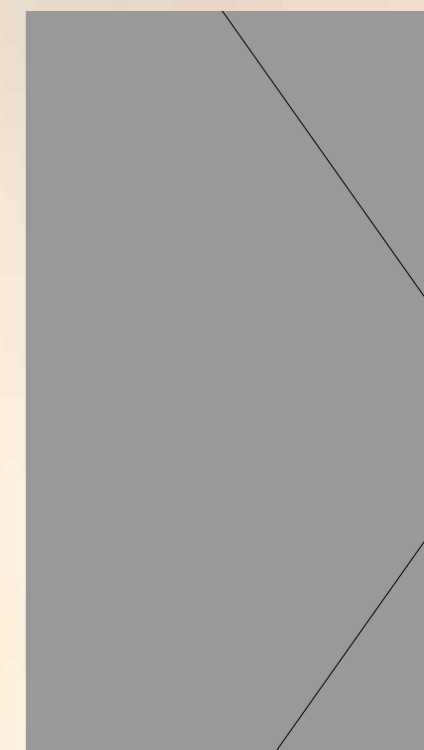
At the moment 2022 seems to make another welcome step back towards the 2019 balance of finances, but probably not enough to give us a net income overall. We no longer expect to earn as much from coaching, though the fell and trail Leadership module promises to be extremely popular, and will start to generate significant income. We are maintaining a direct subsidy to races, to the tune of £1 per runner for Senior Championship events, and £2 per runner for the Junior champs (this will be reduced for 2023). Our routine expenditure, on publications and on activities such as the Do, will continue to follow the general pattern of inflation. Our finances still look strong, however, and an increase in members' subscriptions does not appear to be on the cards.

ANDY WATTS, FRA TREASURER

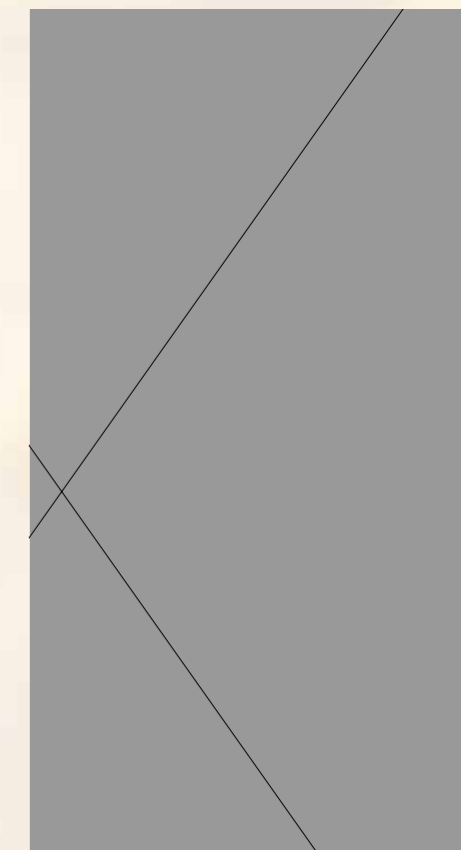
treasurer@fellrunner.org.uk

FRA INCOME AND EXPENDITURE, BY CATEGORY AND TOTALS, FOR THE YEAR 2021

INCOME



EXPENSES



A FAMILY AFFAIR

BILLY PROCTER - A PROFILE

The warm glow of a late afternoon sun cast the shadows of nearly a hundred runners along the hillside.

Everywhere I looked, runners of all ages jogged around the trails of the Helm, sitting proudly above the Auld Grey Town of Kendal. There was a jolly hubbub of noise as everyone chatted away, talking about life, their running, races gone and races coming. Juniors dashed around, chasing one another up the hillside, contributing laughs and shouts to the buzzing atmosphere, while parents watched on with their own friends.

This has been the scene on the Helm for 30 years – the meeting point for Helm Hill Runners.

Eventually Michael, Chair of Helm Hill, called for everyone's attention. He ran through his briefing, giving out congratulations and providing a heads-up for future races.

Then, like a hive, the circle broke, and everyone gravitated to their groups. Out of the corner of my eye, a lean, tanned figure moved towards us, sporting a gleaming new pair of inov-8 Mudclaws.

"Fresh shoes, I see?"

"Aye", said Billy Procter. "Just breaking them in before Lower Borrowdale."

And so, the conversation turned to racing as we trotted to our workout point up at the trig. Michael told us with delight we would be doing a pyramid session around the trig – a grueling loop over rough ground and up steep inclines.

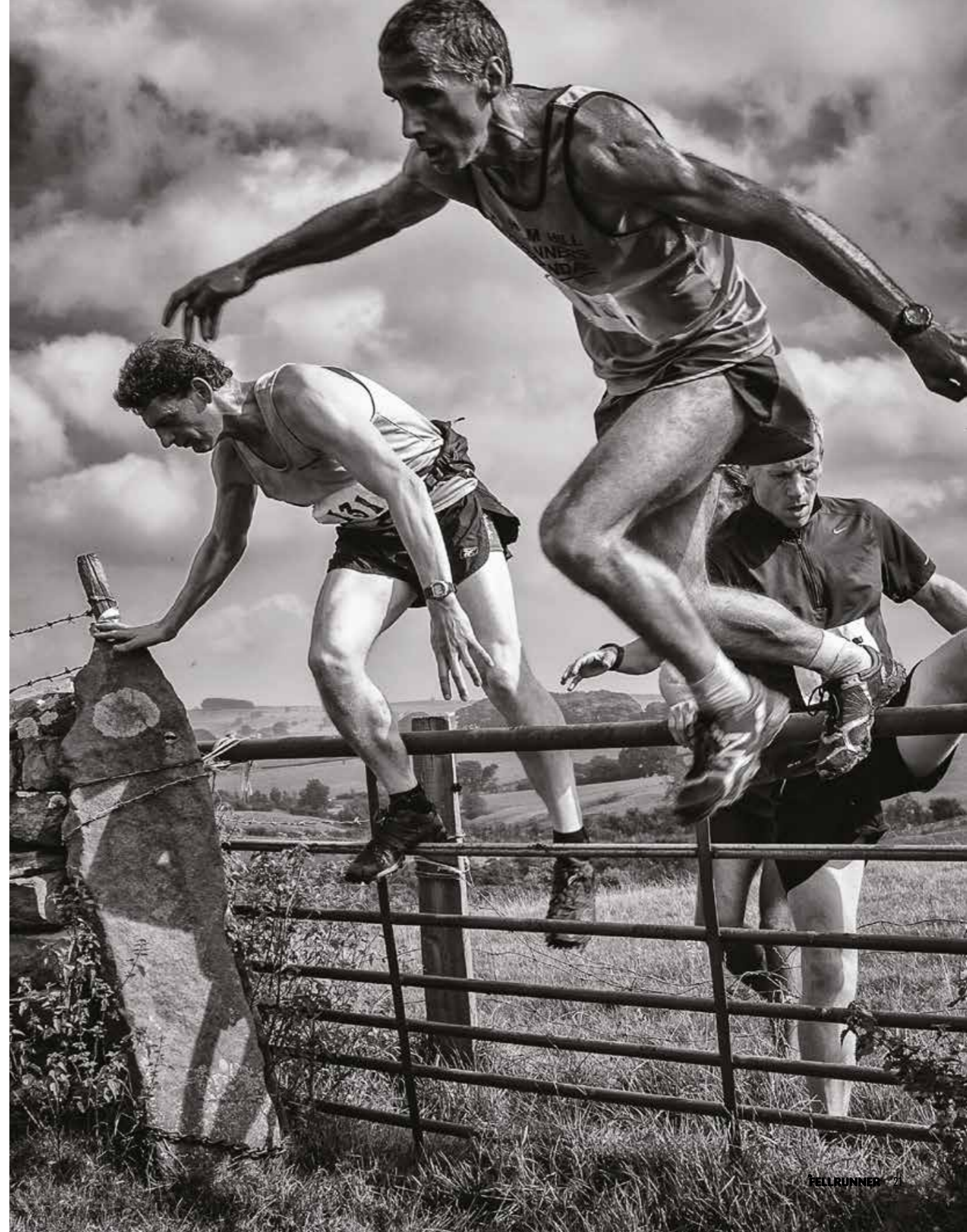
After what seemed a painfully short rest following our first three-minute effort, Michael yelled "ON!" and we dashed downhill. In front of me – with his loping gait and sporting a fair few decades more in his legs than me – was Billy, rocketing down.

Everywhere around us, I could see other groups doing similar workouts – and it all started with Billy.

—
"I was never really very good at downhill", Billy laughed.

It was a few weeks before that brutal pyramid session and I am sat in Billy's conservatory. The delightful weather of April was streaming across the garden, drying mud-caked fell shoes in the open wood store.

Downhills weren't his first problem, though. As a keen footballer, you would've never caught Billy running. That was until he started working on a local farm – owned by none other than legendary fell runner Tommy Sedgwick's family.



Right: Autumn 2012 Fellrunner cover photo, Billy Procter pictured running in the Hodder Valley Show fell race © Ian Charters

“Tommy would take me out for a run, his long cross-country run locally. I’d done a little bit of running with football, but we set off on a 90-minute run and he says to me when we finish: ‘Distance obviously doesn’t bother you, and your running uphill is strong enough – but, oh dear, you’re woeful coming downhill!’”

From then, Tommy hooked a young 20-something Billy into the racing scene. Though, his first one at the Coniston Country Show got him sucked into the pro versus amateur debacle – a somewhat bitter divide.

Thinking back to those days when his dad ran professionally, his son Lee said: “Being from farming stock, dad enjoyed [racing the agricultural shows]. Me and my brother Ben joined in as soon as we were old enough (under-12s races) and then my mum (Yvonne) started racing, too.”

“The four of us would travel almost every weekend to a race in a tiny little Fiesta packed to the rim.”

As the years went by, Billy picked up some good results, but his gaze started to drift towards the longer fell races that featured in the amateur calendar. Distance, evidently, not bothering him.

Back then, though, there was a divide between the pro and amateur runners, and one could only make the switch from the former to the latter by sending a “letter of apology” to the Northern Fell Runners Association, along with a £15 fine and no racing for a fortnight.

This would turn out to be a pivotal moment in Billy’s running career, joining Kendal Amateur Athletics Club (Kendal AAC) and coming under the tutelage of Steve Priestley, who still coaches at Kendal AAC. Now 40, Billy was among a strong cohort of V40 Kendal runners – including Hugh Symonds, Phil Clark, Duncan Overton – and so the club set its sights on the V40 championship titles.

Despite grovelling to the Northern Fell Runners Association, Billy was still living under the shadow of his move from pro to amateur, and so it was a controversial move when Jon Broxap decided to pick Billy to represent Kendal AAC at the FRA relays the year Kendal hosted the event in the Howgills.

But Jon knew what he was doing. Taking the baton from Duncan Overton to run leg two, Billy set off on the ‘BOFRA leg’ – straight up Sickers [Fell] and straight down Winder. This was Billy in his element from his pro days.



Top to bottom: Like father, like sons - a young Ben Procter not letting a gate get in the way of his race; a young Lee Procter doing the same; Billy running with his sons, Ben (front) and Lee (behind), at Gummer’s How in 2018 © Billy Procter Family Collection



Above: Billy on the Cuillin Traverse, Isle of Skye. Billy did the traverse with Phil Clark in the late 90’s © Billy Procter Family Collection

“If I can say so myself, that was an absolute flier. That was an absolute flying leg.

“And as I descended Winder and hit the field, Hugh Symonds and Phil Clark – who were taking on the navigation leg – were still in waterproofs chatting to Pete Bland. So all I saw as I came round the field was clothes and waterproofs getting ripped off as they ran to the handover!”

The team won the category and Billy left with the prize for the fastest time on leg two.

Kendal’s V40 team would go on to dominate the scene for the following few years. It was also the time Billy was clocking up his best performances.

His son Lee said: “He was at his peak around 40 and mixed it with the best, especially in short and medium races. He was very strong on the climbs, hardly ever seeming to walk and fearless on descents. Mega competitive, too – he still is. He has always loved a race and the chance to go against others.”

But it wasn’t always against others when Billy found a challenge. Having already completed a 22-hour and 20-minute Bob Graham Round in 1995, he decided to take on another rather different challenge in the late 90s.

The Cuillin Traverse on Skye is more of a mountaineering challenge than a running one, and was a big step up for a self-confessed non-climber. A jagged line of 11 piranha teeth stretching for 11km from Gars-bheinn to Sgurr nan Gilleann, the Cuillin Traverse is not a route for the fainthearted.

So Billy requested the help of teammate Phil Clark. Phil mulled it over, before saying, “It’s a bit since I’ve had a decent challenge, but getting you along the Cuillin Ridge will be a challenge!”

Starting off at 6am from the south end, Billy and Phil raced along the first section as the sun rose, working hard to beat the crowds through the TD Gap. It was all going fine, until they came to the Inaccessible Pinnacle – the Inpin.

“Take your bag off”, Phil said. “There’s a harness and a rope in there.” Trusting as he was, Billy hadn’t glanced inside his pack to see its contents. Taking the rope out with concern, he questioned Phil who replied: “We’ll be abseiling off the front of this.”

“We reached the top”, Billy recalled. “And Phil drops this rope down, and I says to him: ‘Has that rope got to the bottom, Phil?’ And he goes: ‘It’s alright; I measured it in the shop. Off you go! But if it’s short at the bottom you might have to jump the last bit!’”

Billy’s legs, he says, went to jelly, but he made the abseil (with a metre of rope to spare) and they negotiated their way along the

ridge to Sgurr nan Gillean. Having set off with a goal of eight hours, it was a moment of pride when they touched the final summit after 6 hours and 22 minutes.

With the car parked at Glen Brittle, they headed back to Am Bastier's Tooth, at which point the glorious sunshine they had enjoyed all day turned into a classic Isle of Skye downpour, and they were forced to fly down the hillside back to the road.

It was no record, but Billy puts that down as one of his biggest achievements. "I was on cloud nine", he said. "I think that was a better achievement than my Bob Graham. For a non-climber, that was my biggest achievement. You have to be so switched on."

Today, Billy is 65. He has run for his country in the World Masters in 2002, regularly wins his age category in fell races, and is current V60 English Champion (as he was in 2019, alongside V60 British Champion). The day after we spoke, he won the V65 class at Guisborough Three Tops.

But racing is not the only thing keeping him busy.

—

As Lee mentioned, the Procters are a racing family. While dad was racing professionally, Lee and his brother Ben were also running well.

"They were so keen", Billy remembered. But there was very little for juniors, particularly fell-specific training.



Above: Billy running in the Hodgson Brothers Mountain Relay 2019 © Tim Murray

Lee said, "Many of us were previously training on roads, track and off-road", but nothing like steep downhill or uphill reps.

One evening, Billy received a call from Ken Shuttleworth, another professional runner in Kendal. Like Lee and Ben, Ken's daughter Jenny was running in the BOFRA (British Open Fell Runners Association) races. Ken proposed to Billy an idea to give juniors a space to train for fell running and invited him to come to the Helm to do some training together.

And so it was, 30 years ago, Billy, Ken and four kids met at the Station Inn for the first time – just as they do today.

"It was a small group of us juniors doing fell-specific training for the first time," said Lee. "Until Helm Hill started, we'd never done things like steep downhill reps or practising race walking! Dad taught us fell running craft, things like how to try and muster up the strength to sprint the last 20 meters to the summit before turning quickly and starting a descent – knowing that time could be quickly made on a descent over other runners still going up."

For the first five or six years, Helm Hill remained a training club, so Billy kept racing for his new club Kendal AAC. Soon, though, they wanted to establish Helm Hill as a formal fell running club and be represented at races, but this wasn't best received with Billy's club.

Kendal AAC had reservations, fearful that given a number of Helm members also ran for Kendal this new club would cause the demise of Kendal AAC.

The case was brought to the Northern Amateur Athletics Association committee, where members of both clubs were invited to put forward their arguments (Billy decided against giving his arguments, being – as he described – "too hot-headed"). In the end, the new Helm Hill Runners was established, with one caveat: they could not run in their current orange vests as it clashed with another fell running club.

They looked around for a source of inspiration and noticed Ken Shuttleworth's jade-coloured shirt. The new club turned to the committee and asked if this colour was acceptable, and it was. Though, it left some at Kendal AAC feeling the new jade green and black was close to their green and red.

It was a bittersweet moment. The excitement of the newly formed Helm Hill Runners came at a price: the price of a break with Kendal AAC and Billy losing his coach in Steve Priestley.

But I have to ask Billy – is the Helm Hill vest really green, or is it blue?

"You've seen our colours! Is that blue, or is that green?" Billy laughed. "I would say it's blue", I said.

Billy laughed again, which was as much as I was getting on the subject.

—

Thirty years on, Helm Hill has grown to a club of over 360 members, with some star performers in Hannah Russell, Tom Addison, Tim Lamont, Rob Jebb, Sharon Taylor and many more.

There's a depth to Helm's members that is hard to find in other clubs. At a junior level, the club excels and for Billy, who is still President and a coach for Helm, that is what it is all about.

"A lot of focus is still, for me, on the juniors, because that's really where the club started. It's what gives me the greatest satisfaction."

"You see a junior racing well and you've had a hand in coaching them; there's an immense sense of satisfaction. It's pride."

"When I see Hannah [Russell] running – she's learned everything that I and the club have taught her. You can see that strength and experience coming through from years of work."

He goes on to name an unending list of juniors, younger runners, seniors and veterans, making it clear that his familiarity with the club and its members runs strongly within him. The challenge, though, is keeping the promising juniors as they get older and developing them into strong seniors.

"I don't know what it is", Billy pondered. "There's a drop-off as they get to 15, 16. I don't know if that's interest, moving off to university, but it's a challenge to hold onto them."

As we came to the end of our conversation, I asked Billy the fundamental question: what makes Helm unique?

He responded easily: "When we first founded Helm, it was founded around families. The juniors brought the families along. We've held true to that, but we've made it open to anybody to come along and run at any standard."

"With the four groups, whether you're a beginner, a junior, a senior, or a flying machine, we can accommodate anyone. Everyone who comes along is made to feel like a fell runner."



Above top to bottom: The Helm Hill women's team, winners of the Hodgson Brothers Mountain Relay 2018; Billy with some of the Helm Hill juniors who've won the Asa Medal vests © Tim Murray

Helm celebrated in style on 9 July, with a 30-mile relay, plus a barbecue, cake, drinks and family races at the Station Inn.

Speaking about the 30th anniversary, Chair Michael Ainsworth said: "What a fantastic journey it's been for the club so far. It's a huge credit to all those who have contributed over the years that Helm Hill is the force for good that it is. How many people are fell runners and racers because of their efforts, I don't know, but it must be thousands! We're a buoyant and growing club and I can't wait to see what we do next!"

From a club that started with two dads and four kids 30 years ago, Helm Hill Runners has grown into a family hundreds-strong, with no signs of slowing down.

BUCKDEN: BLOW-BY-BLOW

AN ACCOUNT BY FINLAY WILD & DAN HAWORTH



WORDS FINLAY WILD, DAN HAWORTH

PICTURES DAVE WOODHEAD

Buckden Pike Fell Race packs a punch with 1500ft of climb over 3.7 miles - and with this year's race being a British, English and Yorkshire Championship race, it saw some of the best athletes from all corners of the UK battling it out. The stand-out performance of the day was arguably the neck-and-neck race between Finlay Wild and Dan Haworth, with Finlay breaking away on the descent and shaving 12 seconds off the previous course record set by Colin Donnelly in 1988. We caught up with both runners for a blow-by-blow account of the race, and a little background.

THE RACE

FINLAY: I knew the field would be strong for Buckden Pike, and that there would be plenty of speedy people there. I set out hard and hoped to run as well as I could. I led out of the village but on the steep initial climb Dan was right next to me. Running up the gentler climb after that, we were alongside each other, although once the angle eased off and there was a runnable trod, Dan was in front. I could see he was really strong on this terrain, but I refused to let him get away. We were within 3-4 metres of each other the whole way, running hard. It was really exciting racing. The mind starts looking for a way to let the body ease up, starts making a case for second place. You have to quash those thoughts. I decided I would just have to get in the lead on the descent. I did this on the first descent but he wasn't far away. As soon as we got on the slightly uphill / flat section he was back in front. Legs and lungs were screaming. It was all going to be about the final steep descent. As soon as we flitted through the narrow fence gap and turned right onto the descent, I pushed on and got in the lead. I managed to hold this as we hit the steep descent, popped over the burn, and then ran into the park. I had assumed Colin Donnelly's 1988 record would be unbeatable (for me), but in the process of such close racing, I had shaved 12 seconds off it. Very satisfying racing. I felt wrecked afterwards.

Left: Dan Haworth leads Finlay Wild on the climb

DAN: Buckden Pike is a tough route with a punishingly steep first climb and final descent. I was looking forward to racing hard over a short route. It was a counter in both the English and British Championships, as well as a trial for the England Team for Snowdon, therefore the field would be very competitive, and so to keep myself in the mix for the English Champs was going to be a challenge.

As we hit the wall of grass that constitutes the first climb, Finlay was already pushing onwards and away. I had felt less confident about the super steep climbs, so had recently spent a good amount of time running hard up and down a rougher side of Kinder Scout to prepare for this moment. With a grimace I found that familiar and efficient gear and spun my legs away, until I eventually bridged the gap to sit on Finlay's shoulder, where he looked worryingly strong, despite a very hard start.

Where the gradient became less severe, we soon ran side by side, sometimes chopping places, other times matching strides. My plan was to run the first ten minutes sensibly, in the middle ten to suffer, and the final ten to run stupidly. We continued into battle, and began to consider chinks in each other's armour.

As we took a right angle turn and about the red and white tape, the trod straightened and disappeared upwards and more. It was time to begin suffering. The long grassy pull all the way to the plateau was good running, and of an angle which I could finally stride out a little more. I moved to the front and began to push, and keep pushing. I recalled the feeling of the uphill efforts I had been doing on the bike lately, and made sure I was doing no less. Brain on effort. Eyes ahead. Ears, listening for a whimper from behind, or even better silence. But no matter how dark I went, Finlay stoically matched the pace and I just couldn't snap the elastic that bound us.

Finlay's record of achievements is phenomenal. He is a certified mountain goat, from his Ben Nevis winning streak, sub 3-hour Jura, to his multiple big-round successes. I have enjoyed his excellent podcast Go Mountain Goats, and admire his dedication to being a true mountain lover. But in these achievements and conversations, I had yet to hear any mention of prowess at running on flag stones. And so, as we reached the flatter top, I once again forced a pace I was finding insufferable but had committed to until the summit checkpoint. In the distance, I spotted the welcoming sight of Steve Jackson at the top, who knows just the right things to say to a waining racer, 'Pick your legs up, get up, and GO!' By which point I

had made perhaps just a couple of metres on Finlay. The path drops gradually at first, and bar a few ruts, is good to move across quickly. I transitioned to running stupidly, intending a kamikaze push all the way to the end. But knowing you're being chased down by the man who flies down the horrendous terrain of Ben Nevis with such success, year after year, puts doubt and fear into each downhill move you make. The heather to my left was soon rustling, and was quickly followed by the locomotion of blue and white passing by. Always keen to improve my descending, when Finlay bounded past with huge ground-swallowing strides I tried to copy him. Naturally, he does this better, and just before the mines he had made the most significant advance yet.

The elastic was fraying rapidly, and so I then began arguing with myself, attempting to reason for settling for second. But as the path began to contour across fallen stones and boggy splodges, the distance between us wasn't getting any bigger. Seeing an opportunity to get back into the race, I thought about the pain of the last lap of Parliament Hill earlier in the year, how the terrain at this point wasn't completely different, and how there was no question of settling for a subpar finale on that day. So, I put on my stupidest gurn and ground my way back into the lead, just in time for Dave Woodhead's camera, before hopping the stile into the closing descent.

The penultimate downhill field was an awkward mess of hidden holes, erratic rocks and gradient. We were once again side by side, before gradually splitting to take slightly wider lines to one another. My focus was darting between not falling over or slowing down and keeping tabs on our now epic duel for pole position. However, as the fête field came into view, so did the evidence of the damage Finlay had committed over the past few hundred metres.

No matter how stupidly I attempted to throw myself towards the shouting crowds by the stream at the bottom of the silly steep descent, the best runner was away.

The race was memorable for me, as nothing beats the feeling of a good hard battle over the varied terrains of the hills [except when you win probably], and it was great to see Finlay rewarded for his efforts with a new record time.

BALANCING TRAINING AND WORK

FINLAY: I work as a part-time GP to allow flexibility and time for training and racing. I typically run in the evening as I find it a

good way to unwind after work. It's also nice to focus the mind on running rather than work-related problems, a good way of being in the moment.

DAN: I teach music at a secondary school three days a week, and pick up extra days of cover here and there, and teach a bit of piano privately.

I tend to run after work usually, as it is a nice antidote to the colourful sounds of a music classroom. Sometimes I cycle in, as it is a very nice 10-mile commute through the Peak District.

Usually, I will do my harder and longer runs first thing on my days off, as it gives me chance to get out to different places and the opportunity to recover a bit better afterwards.

School are very supportive, and have allowed me to take leave recently so I could run for GB at the European Championships in La Palma, which I am really grateful for. There are lots of keen runners in school, and it is encouraging to hear what they have been up to as well. When my running is less selfish, I hope to use the time to support more young people getting into it. It would be decent to have a school fell running team.

INJURIES AND RACING

FINLAY: No major injuries, I think I am good at listening to my body, not overtraining, allowing myself a day off when I'm just not feeling it or need more recovery. Also getting plenty of sleep and eating well (real foods, whole foods, not too many processed or sugary things).

DAN: I haven't had many major injuries, but did have a problem with my left buttock a couple of months back. After training mostly in the Peak District, I headed to the Lakes and did too much uphill in too little time and my glute froze stiff for a few weeks. My friend Charlie helped me with some simple S and C stuff, which for once I actually did and still do - it actually does help. I hit the bike pretty hard, and made the most of the amazing hills for cycling in the Peak District. After 3 weeks of no running, I was able to jog in the days leading up to Lower Borrowdale and the GB Trial, and was really pleased and relieved to be able to race again. Despite what my ass may say, my training is sensible, and I approach it with "less is more" at the moment, as the fell season is



Right: Dan on the descent



so long. I will have days off if I am not feeling it, or hop on the bike, and aim not to destroy myself in sessions, which hopefully means I can train more consistently, and more importantly keep getting outside stuff done.

2022 RACING SEASON

FINLAY: I am having one of my best racing seasons this year, highlights being just becoming British Champion again (last time 2015) with wins at Seven Sevens, Buckden and now Durisdeer. Sub three-hour Jura was a highlight of the year and probably of my whole running career - such an iconic class race. Also, Paddy Buckley record in April which means I've completed the 'Big Three' classic UK rounds. A great rough journey around Snowdonia.

DAN: I have enjoyed running this year lots. I like to do cross country as a way to keep fit for the fell season, and was pleased with my runs which went a lot better than expected (7th at National Cross Country, Parliament Hill, and 3rd at the Intercounties, Loughborough). I hoped this would translate well for the fell season, which it seemed to do with a win and new record at Ras Yr Aran, and a new record at the illustrious Bamford Sheep Dog Trials fell race. I then got a glute injury, and was gutted as thought the season was over after missing the first champs race at Guisborough, but was happy to return to running eventually, and have good runs at Lower Borrowdale, Buckden Pike, and at the Uphill GB Trials at Ben Lomond, and so was really pleased to be selected for the GB Uphill Only team for the European Champs.

ALTERNATIVE MEANS OF TRANSPORT TO RACES

FINLAY: I didn't want to just drive from Fort William direct to Buckden, which would be a 6hr drive. It wouldn't be good for the running legs, the mind, or the environment. I was lucky enough to have Friday off so could chose to do it a different way. I did drive to a friend's near Glasgow as I had to do an online training course on Friday morning. But then I biked to Glasgow Central station, put my bike on the train (pre-booked, seamless), and chilled out on the train for a few hours until I got off at Oxenholme Lake District. This was early afternoon on Friday, so I set off on small windy roads into Yorkshire and towards Buckden. There was no

rush and I just took it steady, enjoying travelling through a new area. There were a few more hills than I had anticipated (I wasn't organised enough to have looked at the map!), but it felt like its own wee adventure before the race. I got to Buckden in the evening and set up my tent in the campsite. It was relaxed and I felt pretty chilled. In the morning there was plenty time to do a walking recce of the route, before then racing in the afternoon. After the race I was fairly spent, and did quite want to get back to Glasgow that evening, so got a lift to near Kendal rather than doing the whole 4hr 60km ride again. So, I did about 10km back to Oxenholme and then got the train back to Glasgow.

For me it was a fun way of doing it as the journey became part of the trip, and it was an enjoyable few days adventure, rather than a last minute drive 'just' for a 30 minute race. I would like to try and do this more often for some future races, and I think others could get lots of fun out of the process too.

DAN: I can't claim to have cycled to Buckden, but I admire Finlay's commitment. A group of us from Matlock did travel up the night before and parked up on the fell nearby. We must have set up in the cows' favourite spot as they wouldn't leave us alone all night, including one massive bull. They enjoyed gently rocking our vans as we tried to sleep, and we woke up to vehicles covered in manure - which could have some impact on greenhouse gases?



Background: Finlay Wild on the climb to the summit. Above left to right: Matt Elkington (Ambleside AC) in third, champion and record-breaker Finlay Wild (Lochaber AC) and Dan Haworth (Matlock AC) in second.

WHERE IT ALL BEGAN

THE HISTORY OF THE WAINWRIGHTS ROUND



WORDS PETER MCDONALD

One should always have a definite objective, in a walk as in life – it is so much more satisfying to reach a target by personal effort than to wander aimlessly.” So said Alfred Wainwright – and what could be a greater objective than combining all the Lakeland fells that gave him such purpose into a single journey? This is the story of those who did just that, taking the infamous pictorial guides and setting out to complete the Lake District’s longest endurance challenge.

The Wainwrights as a set of 214 Lakeland fells crystallised when the seventh and final book was published in 1966. But while widely read, the guides did not land in the lap of the same long-distance community we are part of today. At that point, even 24-hour rounds were exceptionally rare, let alone multi-day efforts.

During the 1970s, Wainwright’s work started to provide inspiration for fell runners looking to push the boundaries, but the source was his Pennine Way and Coast to Coast books rather than the pictorial guides. These point-to-point journeys were the prologue to the Wainwrights. Among the records they fostered, Alan Heaton’s Pennine record of 4 days, 5 hours and 10 minutes (jointly with Mick Meath) is as good a point as any to mark the birth of northern English ultra-distance fell running.

It is impossible to confirm, but research suggests Alan was also the first fell runner to seriously consider assembling the 214 fells

into a single round. According to Bill Smith, his interest stemmed from preparatory work undertaken by John Beech, a fell walker and Liverpoolian school teacher. Inspired by Joss Naylor’s 72-peak 24-Hour Fell Record in 1975, John produced a plan and schedule for how all of the Wainwright fells might be traversed in one continuous route.

For a long while, all this was purely hypothetical and the idea of ‘doing the Wainwrights’ incubated in Alan’s mind for a decade. But before he could hatch a plan, St Andrew’s Church in Borrowdale found need of a new roof...

MY GREAT HOPE IS THAT THE IDEA CATCHES ON

Chris Bland, cousin of Billy, had had similar thoughts to Alan. In 1981, he decided to inaugurate the Wainwrights challenge as a means to raise money for repairs to his local church in Borrowdale valley, for which he was a warden. Sited on the outskirts of the hamlet of Stonethwaite, it is the same church where Bob Graham lies buried.

Circumstances meant Chris had only a short preparation period so there were only limited opportunities to recce the route. Or seven routes, for Chris’s plan was to take each of the pictorial guides over consecutive days, thus completing seven books in seven days. To this he added a further constraint: each day must start and finish at a valley church, reflecting his cause.



Opposite page: the 214 Wainwright fells - map designed by Andy Ford, contains OS data © Crown copyright and database right (2022) © Otter Maps www.ottermaps.co.uk; Above: Chris Bland (right) with Harry Walker (left) and Jean Dawes (centre) © Bland Family Collection



Left: Fred Rogerson, Alan Heaton and Ken Heaton plotting routes © Fred Rogerson; Opposite page: Joss Naylor training in the Wasdale valley © Joss Naylor Family Collection

He started out at Matterdale Church at 4am on 27 June, embarking first upon the Eastern fells. It would have suited him perfectly to fix the roof while the sun was shining, but he was instead met by a June week that was "colder than Christmas", so he spent most of it in a tracksuit.

Chris completed the first day without incident, but he fell behind schedule on the second, choosing to cut the day short rather than run late (bagging only 27 of the 36 Far Eastern fells). He was concerned about the knock-on impact so early in the week and – in his own words – "got into the wrong state of mind". Spirits began low on day three, but Chris persevered with a full completion of the Central fells, a helpfully timed shorter book. This in combination with "enormous amounts of food" lifted the mood and brought the challenge back on track.

While the Southern fells of day four brought another partial completion (17 out of 30 peaks bagged over tricky ground), this time Chris was buoyed by how much had been achieved in spite of the wind and poor visibility. It set him up for a full house over the three remaining days: the Northern, North Western and Western fells, respectively. The last of those, a beast of a pictorial guide, took nearly 20 hours to complete. At 3.42am, and with 18 minutes to spare on the 7 days, Chris and his pacers trotted into Lorton Church, bringing an end to his ground-breaking week.

There is one striking reflection from reading Chris's account: the almost complete lack of bodily complaint. Fell runners are a hardy bunch, but we are used to stories of contenders taken to the darkest

of places. Either Chris did not feel it or he chose not record it – "descents getting a bit painful" is the furthest he would venture. If anything, he seemed to get stronger as the week went on; he might not have been the fastest of the Bland clan, but his physical stamina was unquestionable.

Overall, Chris estimated that he covered 308 miles and 102,000 feet of ascent over the 192 fells, statistics not far off the modern-day route devised by Steve Birkinshaw. Even if it was not a full completion, it was probably a record for the most fell miles covered in the space of a week. Having set a target, he welcomed the prospect of others stepping up and beating it: "My great hope is that the idea catches on."

THE END OF AN ERA

Four years later, Alan Heaton was ready. At 57 years old (Chris had been 40), he wanted "to mark the end of an era of long-distance fell attempts which began when I completed Bob Graham's round of fells." It was a career that included making ten attempts on the 24-Hour Lake District Fell Record, setting the Pennine Way record in 1972, inaugurating the Lakes, Meres and Waters run in 1982 and, naturally, embarking on the first full continuous traverse of the Wainwrights Round (as he christened it).

He worked on his route with Fred Rogerson, well known for Bob Graham schedules, making several variations to the original plan put forward by John Beech. Alan was a bus schedule clerk, so the task may have come naturally, but it still would have been a huge undertaking without the aid of electronic mapping. He measured

his route at around 390 miles (perhaps an overestimate) with 120,000 feet of ascent, some 20% longer than today's route but with a similar amount of climbing. Gone was the concept of a book a day; instead the plan was for a continuous route that criss-crossed Wainwright's hand-drawn borders, balancing the most efficient course with the logistical necessity of regular support points.

Starting at the traditional Moot Hall on 29 June, Alan began with the low-lying Whinlatter fells before turning to complete the whole of the Skiddaw massif. The day was broadly equivalent to a 19-hour Bob Graham, albeit with less ascent; this was the pace he needed to meet his seven-day schedule.

Days two, three and four focused on the Eastern and Far Eastern fells, all of which went largely to plan, although at times he suffered from stomach trouble. However, by the half-way point he was badly suffering from a greater ailment – feet that “felt like they were on fire”, which would plague him for the rest of the round. He began to fear he might have reached “the beginning of the end”. The only relative respite was cold, wet ground; luckily, the day ended with some of the boggiest territory in Lakeland, the infamous Pewits of the Central fells.

Sadly, bog trotting could not see him through the rest of the week and by morning he was compelled to head to hospital to treat a septic toe. Departing the infirmary, there can hardly have been a worse convalescence plan than a further 190 miles of running, but that is precisely what was on the cards. Alan's only nod to reality was to focus on completion rather than hitting his seven-day target.

A shortened day five completed the Central fells and day six took him over the Conistone and Langdale ranges. The Southern fells came next, bringing tough terrain that is now traversed at a much earlier stage of the round. The Westerns then sandwiched an overnight stop at Joss Naylor's farm. Despite experiencing his lowest ebb over these fells, Alan soldiered on, most of time only slightly slower than his pre-hospital pace. Just like today, the Coledale and Newlands fells were reserved for the finale, but even with only three to go his tormented feet gave “so much pain that [he] flopped down into the wet grass for a few minutes to regain [his] composure.”

Alan returned to Keswick 9 days, 16 hours and 42 minutes after he set out, completing both a full course of Wainwrights and prescribed antibiotics. His time on the fells (including stops on the route but not overnights) was just over 6 days.

I JUST DO NOT HAVE THE WORDS

Perhaps it should not have been a surprise to see Joss Naylor line up at the Moot Hall some twelve months later.

“By this point, a clear pattern had emerged: Alan would inaugurate a challenge and set a mark; Joss would come along and break it – usually by a healthy margin.”

It began in 1971 when Joss beat Alan's 24-Hour Lake District Fell Record; then repeated in 1973 with the Pennine Way; then again in 1983 with the Lakes, Meres and Waters. But while the scoreboard may appear one-sided, there is an extra challenge in being the 'first' and a clear advantage from having a yardstick to chase.

Like Alan, 50-year-old Joss felt the Wainwrights was an apt way to mark a 25-year fell running career. The route was based on Alan's but with a good number of variations, often reflecting the fact that Joss had no problem with steep, direct lines.



Joss Naylor and Alan Heaton at the Bob Graham Dinner © Bob Graham Club

Joss started at Moot Hall on 28 June 1986. Heatwave conditions were the single biggest theme. Averaging 25 degrees on the tops, “it was like breathing in from an open oven, the heat burned the inside of the mouth.” But he seemed to acclimatise to the temperature and made good progress.

By day four, he was past the point of his previous longest run (the Pennine Way) but still opted to make it a long day, going into the night with multiple head torches lighting the best lines around the Conistone fells. The late finish meant the team needed to hastily make new overnight arrangements; somehow, a guest cottage was found and its front room turned into a bunkhouse for twelve.

The next day, Chris Bland met him on the Central fells at the summit of High Raise with a tin of macaroni pudding – “there should be more of it on the summits”, said Joss. Beyond pasta, the day brought two things that had not been seen since the start: clouds and Joss's own bed. Both were welcomed but neither proved transformational as by now his body had significantly deteriorated. The following sections were in his backyard and, on paper, an opportunity to gain over familiar ground, but he could get “nowhere near” his usual times.

Joss was no stranger to pushing through the pain threshold, indeed the sheer act of becoming a fell runner had been mind over body given the medical problems of his youth. He was neither a man of complaint nor emotions. The rawness of his Wainwrights account is therefore all the more striking. There is no better way to describe it than by quoting directly:

“It was a pain that bit into me all day... even when I stopped, it was sore like red-hot needles shoved into my ankles... I was drained to a point I had never been to before... It was as though someone had got hold of me and squeezed all the energy out... We had to drag from ourselves not only our accumulated fitness and basic strength, we had to reach even deeper into ourselves... I just do not have the words to describe the discomfort, the physical pain, the frustration, and the worry we all had to suffer.”

To manage the ordeal, Joss preferred to drive to a house at the end of each day for a proper rest (and Guinness – “a couple, or was it a few?”). But when it became clear the round would stretch into a seventh day, he elected for an unplanned fell-side bivvy. Assembled at the Kirkstile Inn, his pacers for the evening leg were asked if

Right, top to bottom: Joss Naylor on the top of Scafell Pike during his Wainwrights Round in 1986; Joss with support runner Colin Dulson on his way up to Scafell Pike; Joss standing in front of Moot Hall at the start of his Wainwrights Round with Colin Dulson on the left and photographer Tommy Orr on the right © Joss Naylor Family Collection



they might kindly carry Joss's sleeping bag and bunk down in a sheepfold with no equipment for themselves. Naturally, this was no trouble at all. Once the sun came up, Billy Bland paced a leg, but by this point even highly runnable ground was travelled at a walk.

Joss ultimately finished in 7 days, 1 hour and 25 minutes – a huge advance on Alan's time. Three-quarters of the gain came from stopped time; the remainder from moving slightly faster. He initially suggested he might have made it in under seven days were it not for his feet, but in later years he concluded, "I put down a time that was the best I could do."

REMEMBERING ALAN AND JOSS WITH JOE FAULKNER

Joe Faulkner is one of the few people still active on the fells who supported both Alan and Joss during their Wainwrights Rounds. I asked Joe for his reflections on those achievements in the modern-day context.

What was the dynamic between Alan and Joss when it came to long-distance records? Was it respectful, supportive, rivalrous – or all those things?

Yes, very much so. It was a very friendly and supportive rivalry. I think it was inevitable that Joss would have a go and I think we expected him to improve on Alan's time, due to him being more at home on rough terrain. Plus, it's always relatively easy to improve on an original record as the second or third contender as you have something to beat.

In today's rounds, there is no real distinction between night and day, and sleep patterns are completely disrupted. But Alan and Joss took longer stops and just about kept to some form of daily pattern. To what extent were creative sleep options part of the endurance toolbox in those days?

There are three basic elements here. The first is technology. Head torches have improved dramatically to allow almost perfect movement at night, even on very rough ground. In that era, the typical head torch probably put out about 25-30 'lumens', and they used old filament bulbs.

The second key point is accepting that less sleep is manageable. It's well known that Joss liked his bed. His supporters tried to get him to sleep in the back of a van but he didn't see the need, whereas the recent campervan-based rounds have created a lot more hill time for each contender.

Right: Joe at the start of his solo Paddy Buckley in the 1980's © Joe Faulkner

The third is sleep strategies. It's amazing what recent contenders have done. Getting the balance of time on the hill, speed and rest is crucial for maximum performance. It's now commonly accepted that people can go 36-40 hours without sleep, as proven by the many folk finishing ultra-distance events. Of course, it's then what you do on the nights (or days) three, four and five etc.

Other than the overall difficulty of completing the Wainwrights Round, do you have any thoughts on why there was such a long gap between Joss's round and Steve Birkinshaw's round?

There is this notion that Joss's achievements were unmatched, but I think he was just around at the right time to improve on the records such that they would take a super level of commitment to beat. There would have been a few people about who could have attempted the Wainwrights but they didn't. Maybe it's just a generational thing. It was certainly courageous of Steve Birkinshaw to step forward and take it on. His comprehensive analysis of the route options, planning and strategy was far in advance of Joss, as you would expect given the knowledge we have now.

Finally, if you reflect back on the spirit of Alan's and Joss's records, what feels to you to be the main differences with the modern-day records?

As we seek to improve on any record it is natural to look for all possible gains. I've mentioned the simple advances in technology – head torches, GPS, campervans to a certain extent, maybe even nutritional studies, medicinal drugs and stimulant use. Certainly the 'norms' have evolved, to include less sleep, more support, GPS trackers, dot-watching and sometimes a large social media element.



SOME PERSONAL NOTES IN CONCLUSION

While the 214 Wainwright tops are timeless, the manner in which Chris, Alan and Joss completed them was of a different generation. After three incredible performances between 1981 and 1986, it was not until 2014 that the round saw its next success.

Steve Birkinshaw was the man to do it, in doing so lifting the Wainwrights Round from the history books and bringing it into the twenty-first century. Steve wrote the playbook for the round, in particular the route, which is now something to be tweaked rather than reinvented.

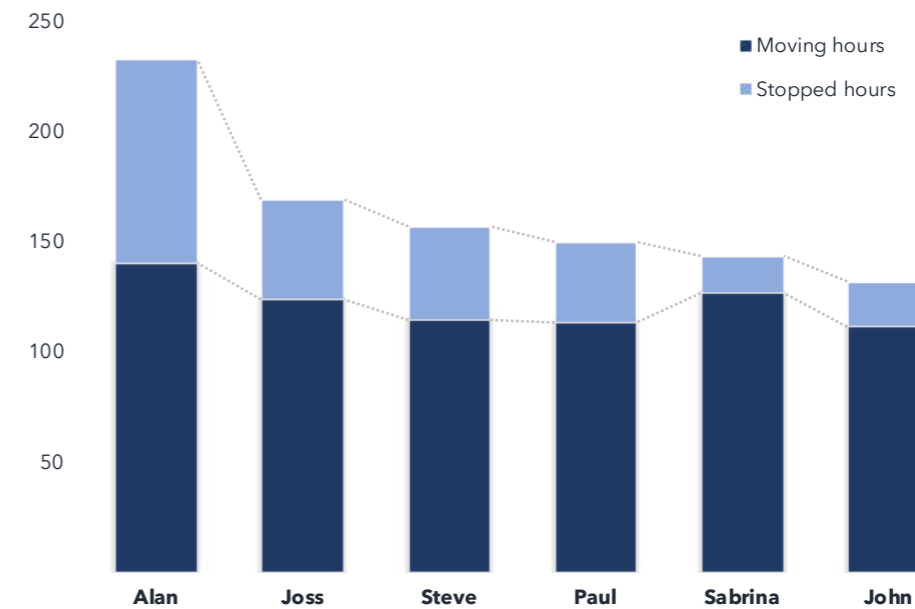
Steve reduced Joss's record by twelve hours (nine hours of moving time; three hours of resting time) and was the first person to go under seven days and hit the target originally set by Chris. Five years later, Paul Tierney took a further seven hours off the record,

largely through resting time. In 2021, Sabrina Verjee was the first person to go under six days, on her fourth attempt and to great acclaim. While she was fourteen hours slower than Paul on the move, she completed the round with twenty – yes, twenty – fewer hours of rest. John Kelly reduced the record by a further eleven and a half hours earlier this year.

Just like the Bob Graham Round, the full array of variants has now emerged, including winter, solo, self-supported and unsupported. As of today, more than 20 people have made attempts in one form or another and the past two years have seen more supported completions than in the preceding four decades.

Regardless of what comes next, it all began with Chris, Alan and Joss – the pioneers. Long may they inspire us.

COMPARING RECORD-HOLDERS' MOVING AND STOPPED TIME



Peter is seeking to document the full story of the Wainwrights Round, including everyone who has either attempted or completed.

For further information:
www.anewfoundcompendium.com/wainwrights

THE RIGBY ROUND

FOREWORD

"What?! No! I don't want to write it up for the Fellrunner Mag". I'm adamant about that. I'll write up my Cairngorm adventure for the Pennine Journal, but inflicting my report on friends in the club is quite different to writing it up for a wider audience. "There's always loads of long distance stuff and it's not like I was the first or the fastest".

Unfortunately for me, Geoff helps out with the proofreading for the magazine, so he knows the editor, and he mentions it to her. Apparently she's keen. There aren't many reports from women for this edition. I'm not sure why, I bet lots of women have been doing all sorts of cool stuff. Maybe they don't think it's worth writing up. Ah. Okay. I seem to have defeated myself here. It's like with the English Champs races, you can't encourage other people if you don't do them yourself.

It's shortly before 5am and my phone is ringing. It's set to silent, apart from incoming calls from Geoff, so it must be an emergency. Damn it. This is a really bad time for an emergency. By the time I've got to it, he's rung off. I call back and it goes straight to voicemail. I leave a message asking if he's okay and carry on running. At the top of the next hill I check again. There's a voicemail but I have no network. I send a WhatsApp saying I can't access the message and asking if it's important. Next time I check, I've had a reply: he can't see my location, the tracker's stopped working. It's got an error and re-starting doesn't help. I send a reply saying as much and put my phone away for the day knowing Geoff's going to worry. He's good at worrying, but he's about to get a lot of practice. I'm not due to finish for another 19 hours or so.

I first read about the Rigby Round on the Go Far website (www.gofar.org.uk) some years ago and, immediately, I knew this was the Round I wanted to do: solo, on-sight and unsupported, exactly my type of thing. It's also 72 miles and 6,700m over the 18 Cairngorm Munros, so initially it was just a dream, an aspiration if you like.

However, like many people, I had lots of thinking time during the Covid lockdowns. Running allows all the thoughts bouncing around in my head to arrange themselves into some sort of order and, by early 2021, I had come to realise that if I wanted to do the Rigby, I was going to need to make it happen.

I usually run on my own and generally punch above my weight in navigation events so these elements of the challenge didn't bother me. It was the enormity of it: the distance, the climb, the time on my feet. I'd never run 30 miles before let alone 72: the Rigby was too much of a jump and fear of failure was stopping me trying. There was only one solution. I gradually upped my training, adding a couple of extra miles at a time onto my long training runs, and making sure I included a good percentage of rough, off-path running – easily done around the Kinder plateau.

Then I found out that the rules had changed. Mark Rigby did his original run in 1988 and ever since then the Round had been an informal affair, without an official time limit. But now, you must complete within 24 hours. Perhaps that was always the original intention.

Somewhat put off by this discovery, I distracted myself with racing over the summer of 2021. The long training days, coupled with fast Tuesday night sessions trying to keep up with Dave Ward, were paying dividends and I had a good season running the Lakeland Classics.

Opposite page: A sunrise from Ben Avon © Geoff Briggs

“ I first read about the Rigby Round... some years ago. I knew this was the Round I wanted to do: solo, on-sight and unsupported, exactly my type of thing. ”

It took a while, but by March 2022, I had managed to persuade myself that the whole 24 hour thing was secondary, merely an aspiration, and all I really wanted was to run the 18 Cairngorm Munros, from the Norwegian Stone in Glenmore, solo, on-sight, and unsupported. I was going to do it my way. No change there then, some people will say.

Probably about five years ago, on a Thursday night run with the club, Digby Harris and I were chatting about rounds. "You could do a BG", he said. "Maybe, but I don't want to", I replied, before blurting out, "I want to do a Rigby". Digby, the model of enthusiastic encouragement that he always is, recommended going up to the Cairngorms for a week and picking the best day.

It was this advice that I came back to, looking at the improving forecast for the week after Jura, and we booked onto the Glenmore campsite. I didn't tell anyone my plans because they were just too big and scary. The sight of fresh snow on the hills as we arrived on Monday didn't fill me with confidence either.

Fortunately, I am a very patient person, so waiting for the weather to gradually improve wasn't in any way frustrating and I didn't grumble about it at all. Sorry Geoff! Finally, MWIS declared there was an above 90% chance of cloud-free summits on Saturday (4th June 2022). So, praying it wasn't lying to me, I set off at 1am, hurrying past the people still partying by the loch shore and hoping I wasn't going to encounter anyone on the run through Rothiemurchus Forest.

Things had been going quite well until I tripped on the track over Carn Ban Mor and went sprawling to the floor, grazing both knees. Maybe that upset the tracker because Geoff's phone call came soon afterwards. No matter, I trundle on in the early morning sunshine reflecting on the fact that I wasn't going to have a GPS track of the



Above: Sue, at the Jura Fell Race the week prior to doing her Rigby Round. Pictured approaching the third pap, Beinn Shiantaidh, with the first pap, Beinn a'Chaolais, in the background © Geoff Briggs

route now. Then again, for various reasons, I'd also failed to record either of my two biggest practice runs. These were the only previous occasions that I had run for over 12 hours; the longest had been from Moffat, in April, when I ran for just over 14 hours without seeing a single person. At least I'd been using Google Maps 'share location' that day, so Geoff had the odd clue as to where I was. If I'd thought about it, I could have tried turning that on now, just in case it found me occasionally. But I didn't think about it. On the plus side, I was logging each Munro summit with the barometric altimeter on my watch so I would have a record of the times and height climbed between each one.

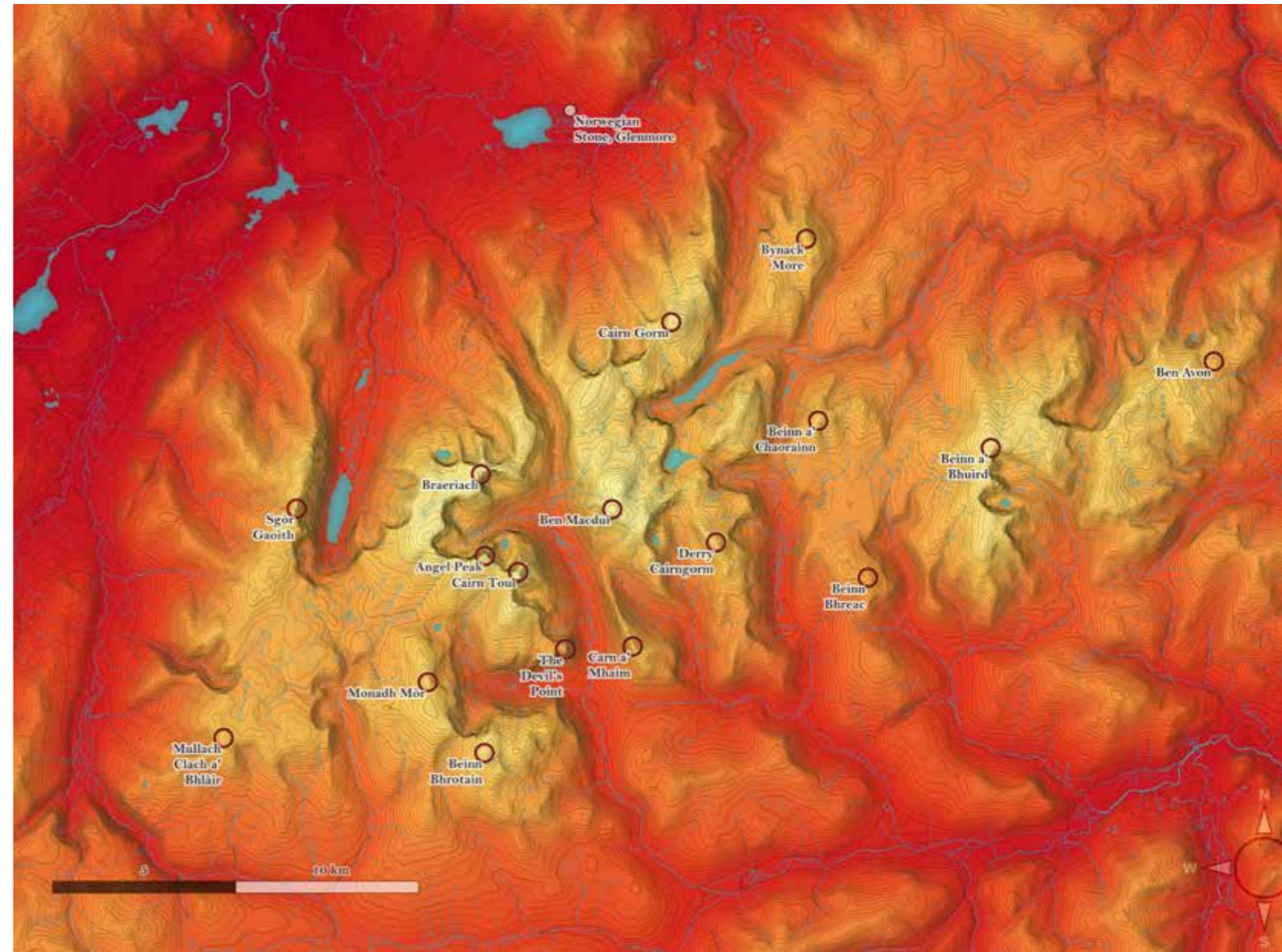
Starting the climb up Angel Peak, I remember how rocky the next section is. Rock is not my thing. Uphill is fine; downhill is slow. I'd taken the "on-sight" element of the Rigby really seriously but we had walked Cairn Toul and its immediate neighbours in 2016. It's a bouldery, rocky jumble. I might have grumbled a bit trying to get down as quickly as possible.

Eventually, I'm off the rock and on my way down to Corrou Bothy and the daunting climb out of the Lairig Ghru to Carn a'Mhaim. Over 400m, straight up. On the plus side, it's just steep heather, no rocks. Not so bad then. One step at a time. It's hot though, with no wind at all. I pause part-way up to re-fill my water, again, and manage to tip three electrolyte tablets into it. Argh. Bad idea. I fish two of them out, but it's too late. Not sure what to do, I tip them back into the packet, and for the rest of the climb I can hear the whole thing fizzing away like some kind of crazy chemistry experiment.

I find the rocks again on the way up Ben Macdui. They're quite tedious and it seems to take ages to reach the stream near the top for more water. I scoop out a half-fizzed electrolyte tab, getting very sticky in the process, and head on to the trig point at the top. There are loads of people so I touch the trig quickly and trundle off towards Derry Cairngorm.

More rocks. Seriously. Enough of this. There are two cairns close together and I'm not sure which is the summit, so I go to both. On the way back down, I'm pleased to realise I'm done with rocks now. Then I promptly have to scramble up the tor on the summit of Beinn Mheadhoin. Oh well, almost done with rocks.

The replacement for rocks, though, is tussocks and peat on the way out to Beinn Bhreac. Allegedly, there's a path, somewhere, but I don't see it until I'm almost at the Munro. It would have been so much quicker on the path. Still, I arrive at 15:43. Perfect. Bang on schedule. To be fair, the "schedule" is a collection of random times, for some of the hills, that I wrote down for Geoff to give him an idea of where I thought I might be when. Of course, it would



Opposite page: The 18 Cairngorm Munros in the Rigby Round, with the start and finish point at Norwegian Stone in Glenmore. Map designed by Andy Ford, contains OS data © Crown copyright and database right (2022) © Otter Maps www.ottermaps.co.uk

be more helpful if he knew where I was now. With the tracker not working, he has no idea and hasn't had for the last 10 hours. I wonder how his worrying is going. I'm only going to message him if I definitely know I'll either be surprisingly early or depressingly late. I just hope he assumes no news means I'm fine and roughly on time, like on any normal run.

After following the newly discovered path back, until it disappears in a bog, I head over, through more tussocks, towards Beinn a Bhuid. The going is slow and I lose some time against my "schedule" that I don't get back on the way out to Ben Avon. Now I am starting to worry. The 24 hour thing might be secondary, but I don't want to get back just a few minutes over. I missed out on a tumbler at Jura

last week by 41 seconds and I don't want a similar thing to happen here. So I push on, back down to the Sneck, up to Beinn a Bhuid, and down the reasonably grassy spur to the west.

Trying to keep out of the tussocks, I head towards Beinn a Chaorainn, squinting into the sun to try and pick a grassy line as far up the hill as possible before the inevitable return of the rocks at the top. Calculating the remaining distance and terrain, as though it's an ambitious plan for a score course, I reckon I'm still okay for time, just about. I reach the summit at 20:17 and turn north, down some grassy rakes, avoiding almost all the rocks, towards the Fords of Avon below. And, hey presto, I've made up some time and am now only 5 minutes behind my "schedule". Brilliant!

I'd assumed the last two climbs would be slow but, actually, climbing is one thing my legs will still do. They've given up on running without the encouragement of either a path or gravity, preferably both. I reach Bynack More at 21:41 with plenty of light left in the day to ensure I head safely southwest to the path down to the Saddle. In fact, there's even just enough light for me to find the start of the path up Cairngorm where I put on my headtorch and start the Kendal Mint Cake.

As I leave the path by a stream, heading straight up now, the moon appears exactly on my bearing. That helps. I make the summit, can't remember whether it's marked by the weather station or the cairn, so I go to both. Little do I know, down below me in the car park, Geoff can finally breathe a sigh of relief as he sees a headtorch coming down the hill. It takes the line between the two snow fences, that we'd looked at through binoculars from Loch Morlich, so he's sure it's me, and he drives off down to Glenmore to meet me at the end.

Only when I get to the car park at the ski centre, with over an hour to go, do I finally believe I'm definitely going to make it back inside 24 hours. It's a bonus to discover I can still run, although it feels like the never-ending road on Jura all over again. At least it's downhill, apart from the very final climb back to the Norwegian Stone. Stop the clock: 23 hours 22 minutes. Fantastic!

As of the end of 2021, only 34 people, including 4 women, were known to have completed the Rigby Round, although some of these did it in pairs or had some other support. This means only 15, including one woman (Jasmin Paris), had completed the Round solo, on-sight and unsupported within 24 hours. It's been an incredible day out and I'm really proud of myself.

Right: the trig point on the summit of Beinn Bhrotain; Below: looking towards Sgor Gaoith from the Carn Ban Mor summit © Geoff Briggs



WORDS JEREMY WINDSOR

THIS ONE'S STILL SMILING

There's no doubt that the Trigger Race is a challenge. Starting in the village of Marsden, the course heads south over 24 miles of boggy moorland before finally finishing in Edale. To add some spice, the race takes place in early January, and this normally means that the weather conditions are dreadful. It certainly was in 2022. The forecast predicted a day of heavy sleet, snow and rain, all accompanied by a strong gusty wind and low-lying cloud. Worryingly, temperatures were only predicted to reach 1 or 2 degrees C. Therefore, it was with some trepidation that Glynn Carter and I arrived at registration shortly after 7am.

Turning up on the day of a fell race and paying your money is rapidly becoming a thing of the past. People now book online well in advance and if the weather is particularly bad large numbers vote with their feet and stay away. This doesn't trouble the organisers - they have the money in the bank - but for those anxious runners looking for strength in numbers it can be a source of great concern. With over 240 expected, the arrival of around 160, meant that almost a third were missing. Glynn and I doubted ourselves. Were they right? Were we being reckless?

The thoroughness of the kit check raised anxiety levels too, so did the presence of the Woodhead Mountain Rescue Team, who looked like they were dressed for a day on a North Sea trawler.

But before we could change our minds we were on our way. A good trail took us south past the string of reservoirs that head out of Marsden. The climb up Black Hill, liberally smeared in slush and mud, passed quickly, but shortly after topping out we were slowed by a biting southerly wind. Hat on and hood up, we carried on. The descent into Crowden and the first road crossing was hard going. Treacherous waist deep puddles and slippery mud tracks slowed us down and we both started to cool.

Whippet thin, Glynn would normally set a fast pace on our runs. Up to that point I had been clinging to his coat tails, but as we reached the road crossing he started to fall back. I didn't think too much of it. When you've run with someone for a long time you think you can read them. In Glynn's case I knew his descent would be slowed by the thick raindrops forming on his glasses. In fact, I was glad of a break, and it gave me time to eat a Crunchie and a handful of wine gums without the sickly breathlessness you get when you try and eat on the run.

We joined up again on the trail that runs west beside the Woodhead Pass. Turning left onto the Pennine Way we met runners coming the other way on the first day of the Spine Race, a 268-mile multi-day route that follows the length of Britain's most famous footpath. These runners were a welcome distraction, and we didn't share many words until the leading group had passed. But this steep section of the route was ghastly. Thick shiny black mud seemed to be waiting for our every step. The driving rain and fierce winds were insidious. "Dress for 10 minutes time", the old adage goes. Jackets and over trousers were needed as we climbed up to Bleaklow, but finding the right time to put them on proved difficult. Too soon and we'd run the risk of sweat and discomfort, too late and our cold stiff hands would be unable to put them on. At the same time there were other distractions - we had to keep eating and drinking, as well as navigate off the Pennine Way and head cross country towards the checkpoint at Bleaklow Head. In the end we donned our jackets and left our waterproof trousers in our rucksacks.

An earlier inspection of the short cut meant that we soon found our turn off and headed due south. As usual, Glynn watched the compass and I counted the steps. Normally we'd have moved quicker, but not today. Silently we made slow progress, interrupted every few minutes by my shouts "...100 paces", "...200 paces" and

so on. Steep peat groughs and slush underfoot meant that slips were common and we were soon smeared in freezing mud. I remember the slap of cold water as I fell face down into a puddle. Eventually we reached the rim above Yellowlacks Clough and turned east.

In just a few seconds we reached the checkpoint. Normally we would have congratulated each other on a good bit of navigation, but this time Glynn was silent. Was he having one of those low moments on a long run? I tried to cheer him up with the fact that we were ahead of our previous best and there was only Kinder left to climb. I soon realised I was doing my best to fill in an uncomfortable silence. We were probably 3 km from the Snake Pass and the penultimate check point. It would then be over the Kinder plateau and down to Edale to finish. Less than 2 hours to go. Maybe. Still no reply from my friend.

We were now moving very slowly, barely running at all. I looked at Glynn's face for the first time since we'd left Crowden. He wasn't pale, more an ashen grey. There was a washed out look in his eyes. He was gritting his teeth. I realised I hadn't seen him eat or drink anything for more than an hour. With a kilometre to the checkpoint we emerged from the cloud and were greeted by the strange sight of dog walkers and families milling around us. Many were dressed in little more than jeans and trainers, bracing themselves against the driving rain. "I can't go on" was all Glynn could say as we were overtaken by a dog and his owner. I realised that this wasn't the starting point for a negotiation, this was it. We'd covered around 2/3 of the route in under 4 hours - a reasonable pace given the conditions. But we were not going to finish it together. "You go on", he said. As we reached the checkpoint I handed my friend to the MRT and told them that I thought he was hypothermic. They quickly gathered around and set about warming him up. A cup of tea was passed, wet layers swiftly removed and a warm jacket put on. He was safe.

Did I want to continue? Snake Pass to Edale is little more than a dozen kilometres. In the height of summer, dressed in a running vest and shorts, I had run it in just over an hour. But in these conditions it was going to take a lot longer. The weather had shown no sign of improvement and standing still with Glynn I quickly realised how soaked I was. Others around me were dropping out too. I ate another Crunchie and had a drink. I knew the way. I could break it down into sections. A short slabbed path, then a long but flat cross country short cut, a scramble up onto the plateau and the final checkpoint before crossing over to Grindsbrook Knoll and then down. I was ahead of my time in 2020. Glynn was safe. "Let's try it" I thought.

I crossed the road and started to run. Stiff and uncomfortable at first, the slabs provided an easy running surface and I slowly

started to loosen up. By now my gloves were soaked and provided little in the way of insulation. In an effort to warm up, I ran clumsily with my hands in my jacket pockets. At this stage of the race appearances didn't count for much. If I couldn't dig out my map or feed myself for the next couple of hours I'd soon get into trouble. Ahead of me, a string of runners were stretched out doing their best to cut through the steady rain and mist. Whilst easy to run on, the slabs formed ankle deep puddles. Thank goodness for waterproof socks I thought.

At times the mist lifted and the shortcut south, cutting out a large chunk of the Pennine Way, became clear. Up and down, over steep banks of peat I passed. Thick streams of brown water needed fording. I soon lost sight of other runners, but I knew where I needed to go. Ahead of me the plateau rose up like a giant tidal wave some 100 metres or so in height. I found a trail up beside a gully. Runners had been here before. I switched off and simply followed. I was grateful for the steepness. My limbs were finally warming up. I could take my hood off. I started to feel my fingers.

Once on the plateau I checked my map and headed south. The mist was thick. A southerly wind was blowing hard in my face. Any heat that I'd made a few minutes earlier simply vanished. Within a minute or two the check point appeared. The MRT members cheerfully greeted me. "This one's still smiling", I heard someone say. He shook his head and offered me some jelly babies which I gratefully gulped down. Another Crunchie. That was it. All my food and water had gone. But the worst of it was over. The legs needed to work for another hour. They'd coped well so far. Could they do it?

That question was raised again and again as I crossed the plateau. Anyone who's taken the feint path through the Kinder Gates will know that it's boggy and vague even in the height of summer. The mud and slush made running impossible at times. Thick mist caused me to doubt my navigation. Occasionally, I thought I'd caught sight of other runners. Sometimes a few words could be heard, carried in the wind. But I felt alone. By now I was colder than I'd ever been. I was moving too slowly and the weather was hitting me full in the face. For the first time that day I didn't know where I was. Clumsily I held the compass in my numb hand. "South", I kept repeating. I was slurring my words but somehow speaking out loud seemed to help. I started to talk and link phrases together. Sentences. Concentration. Encouragement. It wasn't so bad.

As I started to descend I emerged from the mist. I saw the southern perimeter path cross in front of me. I gratefully turned left. Grindsbrook Knoll was ahead, more than a kilometre or so away, but I didn't mind. I was back. It felt like for a few minutes I

been away in a different world. Picking up speed again, some heat returned. The stiffness lifted and a burning sensation in my fingers grew. Warmer now, I pressed on. Shapes of runners appeared ahead of me. Picking up speed I passed a few of them on my way down. Soon I was back in Edale. As I headed towards the finish, I heard my name being called. It was Glynn. He'd made it back, ferried to Edale in a warm MRT Land Rover. He was looking like his old self, swaddled in his large duvet jacket. Smiling. It was OK. We were both OK. Just.



Previous page: The author, Jeremy Windsor, crossing Crowden Little Brook © Mozzie Photography Penistone. Above top to bottom: Glynn Carter © Mozzie Photography Penistone; one of many Woodhead Mountain Rescue teams ready to assist the runners © Woodhead Mountain Rescue.

WORDS JAMES GIBSON

THE ASSYNT TRAVERSE

The Assynt region, in Scotland, is unlike anything else I have ever experienced in the UK - I first passed through the area when doing the Cape Wrath trail with my partner Kayleigh in 2017, and then again when running the trail with Steve Hopwood in 2019.

The scenery is absolutely spectacular; the hills are rugged and appear to just rise out of the sea, unconnected to anything else around them. It's a really special, unique place and it's had a pull on me ever since.

I heard about the Assynt Traverse through Tony Wimbush's 2010 Fellrunner article on www.gofar.org.uk and, after reading it, I just knew I had to do it. Tony came up with the route; and first completed it with friends, Pete Simpson and Colin Brooke, in 2010. It took them 26 hours 59 minutes, and not many others have tackled it since.

Having made the decision to do the traverse in early summer 2022, the challenge for me became one of how to time it correctly. Balancing time off from my work as a mountaineering climbing instructor and getting a good weather window in north-west Scotland is pretty tricky!

Despite the challenges, everything aligned for me at the end of May. Being based in the Lake District, I had to travel up to the Isle of Skye for five days of guiding with a regular client, followed by two

Left: The view at dawn from Stac Pollaidh over to Suilven and Cul Mor © James Gibson



days off, and what appeared to be a perfect weather window. The only drawback... it was less than a month after I had completed my second consecutive Wainwright round. Would my body be too fatigued to complete the route? Only time would tell. [Ed's note – James became the first person to complete a Winter Wainwright round in December 2021, followed by a successful summer Wainwright round in April 2022.]

THE LOGISTICS

The Assynt Traverse is a roughly 50-mile linear route, which starts at the car park overlooking Loch Lugainn (GR NC 095 107) and finishes at the Loch Glencoul viewpoint (GR NC 321 235). As I knew no one in the area, I had to be completely self-reliant for my attempt. The most logical thing to do seemed to be to leave a bike at the finish point and then ride back to my car afterwards. Given I am far from a natural cyclist, and I would (hopefully) have a good 18-hour hill day in my legs by the time I reached the bike that night, it wasn't something that had a huge amount of appeal. Yet, sensing the weather might be favourable and I could get a window to complete the traverse after guiding, I had popped my bike in the car prior to leaving for Skye.

After I finished guiding, the weather was still looking consistently good and an attempt seemed feasible. I only had two days before I had to be back in the Lakes, so I allocated the day after work for travelling up to Assynt and logistics; with the attempt planned for the following day.

After arriving in the area, I stocked up on supplies in Ullapool and then drove to the Loch Glencoul viewpoint to stash my bike. I would be pretty committed once I started running - as if I got halfway, I'd either have to find a way to get to my bike and cycle back, or somehow get back to my car. I bore that in mind when packing and made sure I had enough food to cater for a 20+ hour- day. I didn't know what to expect or how long it would take. Assynt is very rough underfoot; there are little to no paths. There is a lot of heather and it's very rocky in places, making it really challenging to move over quickly.

After dropping off my bike, I drove to the Loch Lugainn carpark from which I was to begin my attempt at 5am the following morning, set my alarm for 4:30am and settled down for a few hours' sleep in the back of my car.

THE ATTEMPT

I woke up to perfect weather and, having packed my bags the night before, was able to set off at 5am sharp. I had chosen to carry all I needed for the day, instead of leaving drop bags along the route, so my pack was heavy and I was looking forward to lightening the load as the day went on.

I had some splits from Tom Pape and Ross Cowie who completed it last summer, so I had a rough idea of timings and how long it would take me. It also gave me an idea of where I needed to be if I was to break the record, which I was hoping to do.

The first summit, Stac Pollaidh, rises steeply above Loch Lugainn – and, after a short scramble, I reached the summit a few minutes ahead of the splits. It was very early on in the attempt, so it was impossible to know then, how the rest of the day would play out.

After Stac Pollaidh, you traverse over to Cul Beag - there is no path at all. Things were going really well at this point; it was super calm and there was no wind. There were also no midges either, which was a real bonus! The clouds were high and there was very little direct sunshine, so the weather conditions were absolutely perfect. When I arrived at the summit of Cul Beag, I was a few more minutes ahead of the splits, so I felt things were looking pretty good for the record.

I had broken the route up into 3 'legs' in my head, seeing each leg as ending at a road crossing. The first leg, until the first road crossing, was the longest and I was estimating it would take me around 8-10 hours.

As I was traversing over towards Suilven, which is in the middle of that leg, I realised I hadn't seen a single person all day. I didn't for the rest of the run either, which was exactly what I wanted - just to be somewhere really remote, traversing through amazing mountain scenery, with only wildlife as company.



Opposite page: The 13 summits in the Assynt Traverse. Map designed by Andy Ford, contains OS data © Crown copyright and database right (2022) © Otter Maps www.ottermaps.co.uk. Above: James on the out and back to Suilven © James Gibson

It was pretty dry as well, which was great as there were a lot of crossings, including one where you needed to go across a shallow lake. If there was a lot of water, I can imagine that crossing will be very tricky - but because it had been so dry, it only went up to my knees and the cool water was a welcome relief!

After the lake crossing, I picked up a path on the ascent up Suilven and was treated to some epic views from the summit. The climb up the last peak of the leg, Canisp, was a long pull followed by a very rough descent to the road.



Above: The lake crossing between Cul Mor and Suilven; Below: the seemingly endless rocky traverse across Ben Uidhe © James Gibson



I reached the road, just up on time - I had lost a bit of time later in the leg, but I was still tracking for a sub 18-hour day in the hills. I sat down and gave myself five minutes to eat some food. I had made some peanut butter wraps the night before and had a few Tesco meal deals that I had picked up in Ullapool. As the day was progressing, the weight in the bag was getting lighter and lighter, which was a welcome relief.

After a short break at the road, I set off for the second leg, which I estimated to be 6-7 hours. It goes over Braebeg, before Ben More Assynt and Conival – the two Munros of the Assynt region, and then Glas Bheinn. I had only ever done three of the 12 hills prior to my attempt, so the rest were all a brand-new experience, which I was really enjoying.

There were two stand-out sections on this leg - one of which was going up the Southerly face of Conival; it was very, very steep. You get to the saddle and then head around to the Garbh Choire; after that it's straight up around 250m into the col. It's a hands-on-knees climb up a very steep grassy section before you reach the top.

The other was the traverse across Beinn Uidhe... there were just rocks for ages. Imagine going across the section between the top of Scafell Pike and Ill Crag; it was 10x worse than that and there was around 3 to 4km of it. Trying to cover that kind of distance, over that terrain, was really hard work. It was the toughest section of the whole traverse for me, and somewhere where I wouldn't, voluntarily, go back to.



Above: Spidean Coinich summit on the Quinag mountain range © James Gibson

After that, I had one more summit, Glas Bheinn, and then a really steep, rocky, grassy descent to the second road crossing at around 7pm that evening.

By the time I got to the road I knew it was going to take me roughly another three and a half hours to complete the route, and I felt that it would be touch and go as to whether I'd get the record or not. I gulped down a bit more food and then pressed on to the last mountain range which was Quinag.

The Quinag mountains are basically three summits on the same hill. You don't drop down completely between them, as you do on the other summits in the Assynt Traverse, but you still lose, and have to regain, quite a bit of height between them.

It was quite late in the day, and the sun was setting as I worked my way over towards the last summit of Sail Gorm. It was one of those beautiful sunsets out over the sea; really special and a good ending to the day – definitely the highlight of the Traverse. I reached the last summit while it was still light and could look back on the whole route - it was an incredible view in the evening light.

When you get to the last top, you feel like you are almost at the end, but it is one of those routes that is a bit longer than you think. Despite that, I only had about 20 minutes, if that, in the dark. I had managed to do most of the traverse in full daylight which was brilliant.

The descent seemed to go on for ages; I got my head torch on and recall getting to one section where you have to cross a lake again

and there was a river. I tried to cross it, went up to my thighs and it was only getting deeper, so I had to backtrack and go upstream to cross it. It was not what you want at the end of the day, especially when you think you are close in terms of time.

I could see the cars going across the road in the dark, so I knew the finish wasn't too far away. Once I got to the road, I summoned the energy to run down it for a kilometre, getting to the Ullapool viewpoint, which marks the end of the route, in 17hrs and 10mins. I had managed to break the record by an 1hr and 5mins; I had wanted to do the run for the experience but getting the record was a great bonus to end a good day pushing myself in the hills.

THE RIDE BACK

The less said about the cycle back, the better. I gave myself a 10-minute break at the end of the run but tried to keep it short, as I worried that I'd get too comfortable. It was a 26-mile cycle back, but it took me almost three hours. I alternated between cycling sitting and standing up, to keep myself awake. I remember a police car flashing at me and waving as they drove past and recall thinking 'I really hope they turn around and give me a lift back', but they didn't. Disheartened, I took a break shortly thereafter for a quick power nap at the roadside, before carrying on.

In terms of bike riding, it was probably nothing, but at the end of a long day in the hills, it was pretty tough. It had to be done though, and I eventually got back to the car just before 2am. It was an incredible day out, and one I will not forget any time soon.

KNARESBOROUGH STRIDERS' WAINWRIGHTS RELAY

WORDS DANIEL MOLESWORTH



Above: A selection of photos from the Knaresborough Striders who successfully completed their Wainwrights Relay © Knaresborough Striders

It's that lazy time in between Christmas and New Year and I'm sprawled out on the sofa feeling bloated from far too much food and drink. I've just finished watching Totally FKT and am suitably inspired and motivated to achieve my own challenge in 2022 and aspire to a little bit of history. I decide to float a couple of ideas past my local running club to see who else is up for a New Year challenge; running the Longest Line (and

grabbing the fastest time before anyone else goes for it and makes it unattainable for the likes of me), or bagging all the Wainwrights in a day (akin to the Edinburgh running club achieving the same feat but on the Munros). The Longest Line idea sinks like a stone, but the Wainwrights looks like it may have legs, with a modicum of interest. Still riding high on the motivation to improve my current bloated plight, over the next week I map out routes up all the

Wainwrights to try and work out how many people would be needed (and put off doing any actual work!). With all the routes mapped out and an idea of numbers needed I re-float the idea with Striders. This time the FB post explodes, this is a goer and we're on. Over the next few weeks and months a date is agreed; we slowly gets names committed to each of the peaks until every one is covered with one or two held in reserve, and a few recces are completed.

In the week building up to the big day we created a WhatsApp group to help keep track on the day and to keep energy levels/motivation high. This hits the spot perfectly and you can feel the excitement levels building throughout the week with a constant stream of messages and GIFs. Then on the night before it ratches up another level with everyone packing last min, double and triple checking the peaks they are meant to be bagging (why are you only doing this now??), then horror of horror, someone notices that on one of the tracking spreadsheets the total number is 213, not the magic 214. Thankfully after a few more rushed 11th hour checks it turns out this was a very early version and all the peaks are actually accounted for. Then it starts to go quiet with some very early alarms set.

We're not entirely sure who can genuinely make the claim for the first Wainwright bagged on the day. Craig set off from Knaresborough at 3am to get his route done early doors and then wait on standby to cover anything that needed picking up last min throughout the day, and so claimed his first peak (Souther Fell) at 6:05. However, Keith and Victoria (wanting even more of a challenge) bivvied out on top of High Pike (Caldbeck), I suppose this is easier to do when you only have a short day out and you don't mind the lack of sleep (35km and 2,000m of ascent!). But looking at the time stamps on the photos with hands on summits, Craig's was 6:05 whilst Keith's was 6:55 – you win this one I think, Craig.

KEITH STRONACH & VICTORIA MORRIS'S ACCOUNT

35KM, 2000M, 16 WAINWRIGHTS, 2 ROUTES, 1 BIVVY

Woke up on a hill, drank coffee and ate doughnuts, set off, bagged a few hills, chatted to some walkers. Fell in a bog then ate a pork pie and some Babybels to console myself. Got very sweaty, cooled off in a river. A huge climb followed, thought I was going to die and started to question all my life choices thus far, and to top it off the same walkers had beaten us to Skiddaw! Another pork pie. Ran down some scree coming off Skiddaw which got admired by a load of middle-aged blokes sat eating sandwiches. Sandwiches looked good, contemplated stealing one and running off, but I was quite tired by this point and thought they might catch me. Finally, on the last hill, another pork pie to make sure I could make it down to the car. Made it to the café, the booty blokes were there, good job I didn't pinch their sandwiches after all.

THE AUTHOR, DANIEL MOLESWORTH'S, ACCOUNT

As with Craig, I was up early wanting to bag a few smaller routes and then set up base to tick everything off throughout the day and act as a backup. After a 5am wakeup and a quick drive over to Martindale (dodging the deer and sheep that kept jumping out in front of the car) I rocked up at the car park outside the church and this was it, I was off. Everything had come together and I needed to tick off my few and add to the tally. By this point messages were starting to flow through on the WhatsApp chat once more with early peaks being bagged and pictures of people driving over, and I was very glad to be able to add my first contribution to the chat with a summit selfie on Steel Knotts, a short sharp lung buster up followed by a quick descent. After this quick out and back I had to go and bag Hallin Fell. It was on another group's route, but was missing from my personal list of Wainwrights so I nipped up there quickly before driving round to Stonethwaite for my next route. I'd been going for 3 hours by this point and done two routes already, albeit short ones.

The WhatsApp group had been buzzing nonstop, so it felt much later in the day, but actually I started my third route of the day at 8:15. It was a glorious route straight up Eagle Crag, with a real sense of adventure and exposure winding my way backwards and forwards up the side of the cliff. However, on summiting I realised that we hadn't heard anything from James yet, who was down for one of our biggest days, and while we had enough reserves in place to cover most routes this one would be seriously problematic to cover last min. James is one of our stronger runners and had been really excited in the build up to the big day. He'd been a dead cert for it in my mental tick list of everyone that was down for a route and last min coverage. However, now there was a niggle, has something happened, is he now not able to make it, sh*t, how do we cover this!? Then, suddenly, a flurry of messages, phew, he'd been out of signal, and was well on with tagging his early Wainwrights.

Now able to relax after my little panic, I pushed on up to Sergeant Crag and Ullscarf. I couldn't believe how lucky we were with the weather. Although it was slightly overcast it was warm and there was no wind. I took a minute on Ullscarf to look around and drink it all in. I can't put it into words how good it felt to see all the surrounding peaks and think that one of our merry band would be summiting them at some point that day (a thought echoed by a number of others throughout the day). From Ullscarf the route back to the car was pretty much a route one across a pathless bog, before hitting the path from Stonethwaite up to Dock Tarn. A quick descent and I was back at the car. 10am and I'd completed my three routes for the day. I then drove over to Rosthwaite to meet my wife and two children (Toby 5 and Isabelle 2) who were going to be tagging Castle Crag with a friend who was taking their two

little ones (Pippa 2 and Taylor 5 months). After a delayed start made harder by lack of any phone reception, they were off, and I was on my way to Keswick to set up base and tick everything off.

We were well on our way at this point, with everyone we were expecting to be on the hills on the hills and working through their routes. We only had a couple of people starting routes later in the day. It was great to be able to work down the list and tick off big swathes and see us edge closer to the magic 214 number.

From the original routes I had roughly mapped out there had been a bit of swapping of peaks between people, wanting to cut down on some of the out and backs, wanting a bigger or smaller day out etc. The plan for the 'last' peak of the day was to gather as many people together as possible on the top of Latrigg where we could park close to the summit and drink in some of the amazing views of the lakes from here. One of the peaks that had been swapped around was now jeopardising a group making this final gathering and seeing as I was sitting around in reserve doing jack all was asked if I could pick this up. It was an hour away, but this is why I'd held back from doing anything longer, so off I set. However, within 20 minutes another group closer by had picked it up instead. This was one of the great things about doing this as a collective achievement; everyone doing what they could and pulling together for the team effort. Those that wanted massive days were able to do it, but those that wanted shorter days were still able to contribute to the total with every peak needed to be successful. The team spirit and people all over the lakes allowed for some of this last minute chopping and changing.

Back in Keswick I carried on with ticking off the peaks as news came in. Although we still had a few left, we were well and truly on course and it was now practically a given that we were going to complete our challenge. As many as could make it headed over to Latrigg to symbolically grab the 'last' one together (one runner was still completing her route but we had full confidence that she would get it done) and celebrate our collective achievement of bagging all 214 Wainwrights in a day.

When we first set out on this challenge, we had hoped that it might have been a first, however we soon discovered that Keswick AC had beaten us to it (and later that Eden runners also appeared to have beaten Keswick). That didn't matter though, as a club more at home running on the flat roads around Knaresborough we still considered this quite some achievement – our tenuous claim at one-upmanship is that (we think) we did it with fewer runners. Beyond our relative lack of fell running experience this challenge was perfectly suited to Striders. Although we have a number in our midst that spend time running in the high and wild places and are capable of big days out (Ted ran 49km with 3,500m of ascent on his route), this challenge isn't completed without all the summits being tagged and needs those that put in the shorter days just as much as the

longer days. And as attested to below, this was a challenge about togetherness and inclusiveness where everyone's contribution was as valuable as the next, and together as a club we walked, jogged and ran to success – the bedrock which Knaresborough Striders is built on.

RUTH & IAN BOWEN'S ACCOUNT

24KM, 1257M, 6 WAINWRIGHTS

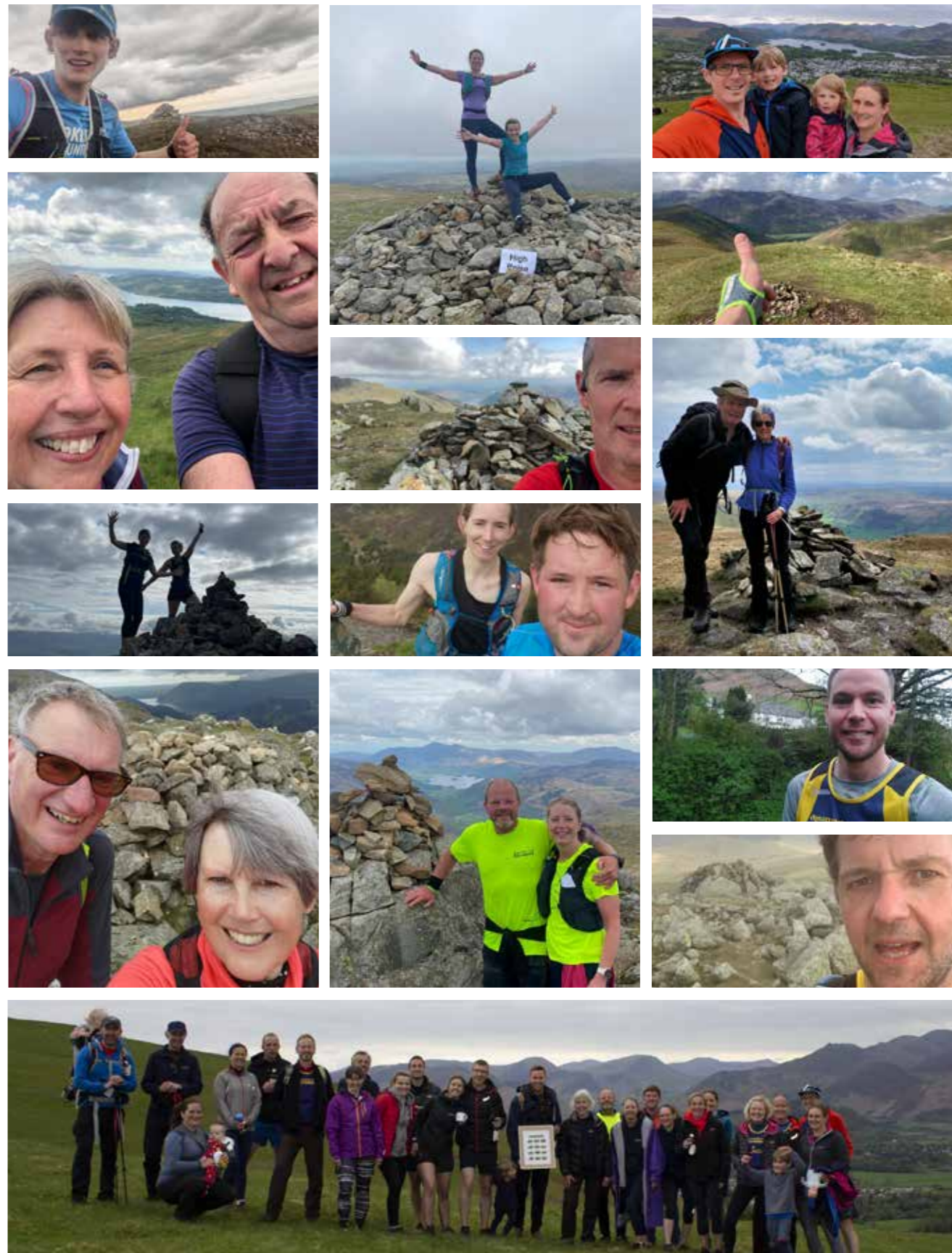
We set off early from Ennerdale Car Park, climbing Great Borne, and soon had some amazing views of Ennerdale Water – it was steep, but we had the advantage that we were climbing with fresh legs. The weather and views were incredible and provided us with a great joyful feeling. We soon found ourselves at the top of Great Borne and set off for the next peak, Starling Dodd. Red Pike, High Stile and High Crag followed in surprisingly quick succession – we were moving fast and covering a lot of ground. Wainwright describes these peaks as "no mountain range in Lakeland is more dramatically impressive" and we couldn't have agreed more. We were on track and beating our own expectations. The next steep descent down Gamlin End into Scarth Gap Pass provided too tough on Ruth's knees and with Haystacks still to climb and another 6 miles to get back to the car we agreed that we should split up and Ian would press ahead to complete Haystacks on his own! We couldn't let the team down! In the end we both reached the car at the same time as Ruth had slowed considerably.

LIZZIE MEDWELL & EDNA WOOD'S ACCOUNT

25KM, 1336M, 9 WAINWRIGHTS & COUNTLESS FRUIT PASTILLES

What I liked about the club challenge was its inclusiveness. We didn't go the furthest or bag the most Wainwrights, and we certainly weren't the fastest (though perhaps I was the oldest?!). Nevertheless, it was still a really challenging and inspiring day out and I feel proud having been part of it. We started off from Glenridding up to Glenridding Dodd and then climbed Sheffield Pike, at which point, on a normal day we may well have had enough and set off home but because we were committed to doing this with the rest of the club we ploughed on – Whiteside, Raise, Hart Side, Stybarrow Dodd, Watson's Dodd, Great Dodd and Clough Head... phew, what views... and fantastic weather... what brilliant exercise... what inspiration! Ours was quite a varied route too – from hands-on scrambling up Glenridding Dodd and Sheffield Pike, occasional muddy patches, a bit of boggy, a bit of scree, then clear paths and grassy terrain just when we needed some respite. The steep path down from Clough Head was slightly painful for my elderly knees, but the sense of achievement when we got back all in one piece more than made up for any minor discomforts.

Come on Striders, what shall we do for our next challenge?



Above: A selection of photos from 'on the day' when the Knaresborough Striders' successfully completed their Wainwrights Relay © Knaresborough Striders

BOB GRAHAM ROUND. KESWICK. MAY 2021

WORDS & PHOTOS LEDLOWE GUTHRIE

Three of them, whistle clean,
All muscle at the Moot Hall door
Ready for the first leg
Lycra, bum bags and
Not a scrap of fat between them
Champing at the bit of
66 miles, 42 fells and 24 hours

A countdown from ten
And they're off
Down the high street,
Dog leg at the alley
And gone

We find a pub, fill three hours
With burgers, chips, Coke, cake
Drawings, games, clock watching
Wonder if the tops are clear

Drive through the dark
To Threlkeld car park
Head for a floodlit open boot
Cotton wool and plasters, flapjacks, vegan sushi,
Spare socks, shoes, jackets and gloves
Support team ready
Kettle on and a deckchair
Two of them warming up to take over
Run with James on the next leg

From the mist of Blencathra
One, two, three head lights descend
Stream towards our huddle
Wet, muddy, barely out of breath
They drink, eat, change team
Leave
Out of sight in seconds

A whole night and morning later
Hours of darkness and rain
He's crossed scree slopes
Stickles and Knotts
Domes of Watson and Stybarrow
Pointed pikes of Nethermost, Dollywaggon,
Rossett, Esk, Scafell and Red

There's rumours he's struggling
It's been tough
The food's not staying down
Can a body run on empty?

We wait at Honister Pass slate mine
A touch stone for tourists
A café for bikers
A dip between the peaks
Where we pace with paracetamol

Miso soup and bread
Ready the deckchair
And desperately scan the faint path
In search of one of them

A staggered entry
Support running ahead to prepare
He's behind
He's not very steady
He needs to forge on
But he's going to do it

It's a brief stop
Someone changes his socks
Ashen face
Blurred eyes
Slurred words then
Let's go
James
We need to go

A pack with one wounded
Five bodies close in
Scale the face of Dale Head
One bright red jacket
Bobs in front, behind, around
Til they break the brow
They're gone
Only three more peaks

We drive the narrow winding mountain road
Tail back for an hour into town
While the runners push through
Heather, slate, woodland and mud
The pace changing at each terrain

In Keswick we wait at the turquoise door
And peer down the street
Strain for a glimpse of him
Check the clock
Check the tracker
Check the clock
What about WhatsApp?
Have the support runners messaged?
Then he's there
Running up the hill
Not quite Kate Bush

But still

And then

He leans heavy, happy against the Moot Hall door
And all eleven mud-splashed, scratched, blistered
Close in again, a final photo for us
Hats and jackets contour briefly
And then they're gone
Homeward bound

Comfort bound

AN IMPORTANT SHIN-DIG

A LOOK AT SHIN SPLINTS

WORDS DENISE PARK

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.



Shin splints is the term used for pain experienced at the front of the lower leg – usually on the front or side of the shin bone. The term describes the symptom rather than a specific medical diagnosis, so it is important to determine the reason for the pain as this decides the best course of action for a speedy recovery.

SOME OF THE POSSIBLE REASONS FOR SHIN PAIN

1. A stress fracture – when the tibia (shin bone) or fibula (the bone on the outer aspect of the lower leg) develops a hairline crack, usually as a result of too much stress or bone fatigue.
2. Medial tibial stress syndrome (MTSS) – this is usually caused by inflammation of the soft tissues surrounding the lower half of the tibia, which leads to a stress reaction in the bone. If this is not addressed, it can progress to a stress fracture. Research is still undecided whether MTSS should be regarded as a soft tissue injury or a bone injury.
3. Muscle or tendon damage – this particularly affects the deep flexor muscles and tendons on the inner, lower aspect of the shin bone which work hard during the push-off phase of fell running.
4. Compartment syndrome – this occurs when there is a rapid swelling of the muscles in the shin, usually due to an acute traumatic injury, which causes a sudden increase in pressure in the lower leg. Previously, it was thought that this increase in pressure caused a decrease in circulation and normal tissue fluid movement, but there is no scientific evidence to support this. The pain is now thought to be caused by the soft tissue damage. This condition occasionally develops into a medical emergency, so if your lower leg becomes very swollen and acutely painful following any trauma, it is advisable to seek professional advice. I have only seen the acute version of this condition on one occasion when someone's lower leg became trapped under metalwork which fell from a height.
5. Trigger point pain – trigger points are tender spots which develop within a muscle. They frequently occur in the tibialis anterior muscle on the front, upper aspect of the shin.
6. Popliteal artery entrapment syndrome – this is due to compression of the artery behind the knee. The condition usually causes symptoms in the calf at the back of the leg but may sometimes cause shin pain at the front. The lower leg becomes pale, cold, and intensely painful, and the diagnosis can be confirmed by checking if the dorsalis pedal pulse is present or absent on the top of the foot. This is notoriously difficult to locate, so if unsure, get this checked by a medical professional.

7. Nerve compression – just as you experience symptoms in your hand when you bang your funny bone at the elbow, the common and superficial peroneal nerves are on the outer aspect of the leg just below the knee, so pressure on these nerves could cause shin pain. Nerve compression in the spine may also cause pain down the front of the lower leg, but other factors are usually present to suggest that there is a back problem rather than a lower leg problem.

8. A bone cyst or tumour. The history of the injury doesn't usually suggest that there has been any increase in shin strain or over exertion which would cause shin splints. The pain tends to be constant, which increases in intensity over time. Having experienced a tumour in my shin myself, apart from the severe pain in my tibia, my leg often gave way when I took a step backwards, which is not a usual in a more typical shin splints. It is important to seek professional medical advice when things don't seem quite right, and an MRI scan should be carried out if this diagnosis is suspected.

SYMPTOMS

An ache, dull throbbing or sharp pain is usually experienced at the top of the anterior shin in the 'meaty' part of the muscle, or at the lower third on the inner edge of the shinbone. The soft tissue structures often involved are the tibialis anterior muscle at the top of the shin, and tibialis posterior, flexor digitorum longus or flexor hallucis longus which tend to cause pain on the lower inner aspect of the tibia. The pain can be experienced initially whilst running, but as the condition worsens it can be felt whilst walking or at rest. If the pain begins to affect your running form, you should stop running until the pain subsides, and commence self-treatment or seek medical advice.

TIBIALIS ANTERIOR

Tibialis anterior can often be aggravated by a long descent as it controls the lowering of the foot to the floor. If the muscle didn't work eccentrically to control this movement, the foot would slap to the floor. The muscle can be particularly overloaded in a newer runner or in someone who unexpectedly walks or runs up and down steep hills on a hard surface or pavement. It is often more common in road runners.

TIBIALIS POSTERIOR, FLEXOR DIGITORUM LONGUS, FLEXOR HALLUCIS LONGUS

These muscles work hard during the propulsion phase of walking and running to help pull the foot down towards the ground to gain maximal grip and thrust during push-off. The

Opposite Page: Brennan Townshend on his way to winning the Coledale Horseshoe Fell Race '22 © Jacob Adkin

se tissues tend to be more commonly affected in fell runners, with the pain initially being felt on a push-off.



Above: The red area highlights the area of pain when tibialis anterior is mainly affected, and the black area highlights the area of pain when tibialis posterior, flexor digitorum longus or flexor hallucis longus are mainly affected © Denise Park;

CAUSES OF SHIN SPLINTS

Shin splints is often blamed on a variety of anatomical reasons:

- Excessive pronation with a low arch
- Excessive supination with a high arch
- Knock knees
- A shinbone rotated outwards
- A high vertical landing rate
- Peak braking force – how hard your foot pushes backwards on impact
- Hip rotation
- Increased ankle flexibility

Research suggests that these issues are not the cause of shin splints. The main cause of shin splints is overload of the tissues.

One study suggests there could be a minor link between people who over pronate and shin splints, but the excessive pronation does not the cause the shin splints. Just because someone pronates more,

does not mean they will develop shin splints, the problem is still due to too much load on the tissues. Equally, correcting the over-pronation with footwear or orthotics will not necessarily resolve the problem or prevent it from recurring.

TESTS

Shin splints usually develops over a period of time, and these tests can help to nip it in the bud before it becomes a more complex problem.

1. Press on the inner edge of the shin bone. If your fingertip leaves a dent, it suggests there is swelling in the area.
2. Squeeze the shin bone, including the muscle tissue on the inside of the bone. If it is particularly tender, there may be some early damage to the tissues.
3. Feel the front edge of the shin bone to see if there are any particularly tender areas, or bony lumps which are forming.
4. Tap under the heel bone to cause vibration in the shin bone. This isn't totally reliable, but if vibration causes shin pain, there may already be a stress fracture present.

FURTHER INVESTIGATIONS

An MRI or CT scan will help to identify if there are any cracks or thinning in the bone, but they may not be able to pinpoint any soft tissue damage. Scans are useful to confirm a diagnosis as it helps to plan a successful rehabilitation programme and return to activity.

POSSIBLE TREATMENTS

A correct diagnosis is essential to determine the most appropriate treatment.

1. REST

Rest in the initial stages is probably the most important treatment – but it is also probably the most neglected and misunderstood treatment. It is not just easing back from running for a couple of weeks, but also avoiding other activities which could still stress the affected tissues. If training intensity is reduced at the first sign of any shin pain, it can help decrease the stress on the tissues and often prevent the injury becoming more serious. Unfortunately, most runners try to push through the pain hoping it will ease off, but this can aggravate the condition considerably, resulting in a delayed recovery.

Most stress fractures heal with appropriate rest, but if the pain remains constant there may be another underlying reason which needs addressing before the problem will resolve completely.

2. ELEVATION

If your lower leg is swollen, raising your leg above the level of your heart will help to encourage venous return, improve lymph drainage and reduce the swelling which will help to resolve the problem.

3. ICE

Despite the ongoing debate of the use of ice for injuries, it definitely appears to be beneficial in some cases. It is still unclear whether it is just due to the numbing effect, or whether it has a significant effect on the injury, but given ice is an easy, inexpensive treatment it is worth trying. Regular treatment seems to be more helpful, so ice should be applied at least 3 times per day for approximately 10 minutes, using a barrier such as a towel between the ice and the skin to avoid an ice burn. It must be remembered however, that ice will not help a bone heal, and it may also aggravate trigger point pain which tends to respond better to warmth.

4. MANUAL THERAPY

Trigger point therapy or massage can often help resolve or reduce shin pain which is caused by the soft tissues. The trigger point which seems to be most commonly affected is located in the tibialis anterior muscle in the muscle belly on the front top third of the shin. Constant pressure or massage to this trigger point can help to reduce this localised area of muscle spasm. As the deep flexor muscles on the inner aspect of the shin bone seem to be more frequently affected in fell runners, massage of the inner aspect of the calf can also be extremely effective.

Because of the various causes of shin pain, the depth of massage should be considered carefully to avoid aggravating the symptoms. Any massage should be done gently and slowly at first to determine if it is going to be beneficial. Be cautious using massage guns as vibration may irritate any bone damage.

5. REDUCE IMPACT

Impact appears to be relevant in most cases of shin pain, so reducing this impact can help. Options are to:

- 1) avoid running on hard surfaces,
- 2) regularly change footwear as the midsole deteriorates with time and repeated wet conditions,
- 3) run more gently by slowing down and taking smaller steps until the tissues have recovered further.
- 4) despite the development of footwear to improve cushioning and gait control, the incidence of shin pain remains similar, but a small study carried out in 2017 concluded that spring-loaded

shoes may help lower limb muscle forces. This footwear may be worth considering if the shin condition is reluctant to resolve – but unfortunately this type of footwear can increase the risk of injury to other tissues, so it may just shift the load elsewhere.

6. STRENGTHENING

Unfortunately, strengthening exercises do not seem to prevent shin splints from occurring, and the damaged tissues need to heal before they can be re-loaded again. Overloading will not repair tissues that have already been damaged by too much loading.

Exercises to encourage ankle mobility can be introduced initially, and as the condition resolves, heel raises and heel walking can be introduced, although this needs to be very carefully managed to avoid a recurrence of the problem. If there is still pain on standing or walking, the tissues aren't ready to increase their load.

7. BIOMECHANICS / RUNNING STYLE

As previously discussed, most causes of shin pain are due to the sheer amount of activity rather than biomechanics or a particular running style. Altering either of these to offload some of the pressure from the shin may cause problems elsewhere due to the loading of tissues which aren't accustomed to this new gait pattern.

8. STRETCHING

Evidence suggests that stretching does not help to prevent or treat shin splints. A study in 2002 concluded calf stretches did not help prevent shin splints, and a further review in 2005 looked at several studies regarding lower leg injuries and suggested that "stretching had no effect in reducing injuries".

Once shin pain is already present, excessive stretching could increase this pain and may aggravate the condition further, so should only be done to maintain or resume normal movement.

9. SURGERY

As the cause of shin pain can be complex, surgery should not be considered until all other options have been considered. Research suggests that whilst surgery can help reduce pain in cases of medial tibial stress syndrome, less than half (41%) are able to return to their pre-symptom levels of sport.

For individuals with chronic compartment syndrome, surgery is often seen as the only option, but by treating the soft tissues which are causing the problem, the symptoms can also be resolved successfully. The only time surgery should be considered is when the condition is acute, and it is essential to reduce the pressure of the lower limb to avoid more serious long-lasting damage.



Surgery should not be necessary for stress fractures as most of these heal with appropriate rest, but physiotherapists are able to use various modes of electrotherapy to help promote bone healing.

STUBBORN SHIN SPLINTS

If you have a case of shin splints that doesn't seem to be improving, it may be worth considering:

- is your diagnosis accurate?

- have you reduced your activity sufficiently to allow the condition to heal?

- did you start wearing a new type of shoe with a different heel height or different support that increased the load through the front of the shin? You may need to change this type of footwear.

- do you have an anatomical reason which may not have caused the problem, but is hindering the recovery?

CASE STUDY: DON'T GIVE UP

BRENNAN TOWNSHEND, KESWICK AC

Back in July 2021 following the Buttermere Horseshoe Fell Race, I developed severe pain in my left ankle and then on the inside of my shin when trying to push off whilst walking and running. There was also a noticeable swelling on the surface of the tibia. During this time I was in the middle of a concentrated block of training to prepare for the Scafell Marathon, which was a selection race for the Mountain Running World Championships in Thailand.

Initially I sought medical help privately and was told that I had developed a stress fracture in my left tibia. I had a MRI scan on the area which showed swelling on the surface of the bone, but didn't pick up a stress fracture. I put the ankle in a boot to offload weight, but I found this increased the pain levels and it got to a point where I could not balance on this leg or walk without severe pain.

As running and walking were nearly impossible, I started training on my bike again which was completely pain free. By October, there was still no improvement in the pain or any reduction in the swelling on the bone, so I put myself on the waiting list for an NHS MRI scan and physio. Time continued to go by with no improvement, so I was recommended to get in touch with Denise for a second opinion.

Just before Christmas I had an appointment with Denise and she diagnosed that the injury was due to damage in the tibialis posterior muscle and tendon, and treated the injury directly with manual physio techniques. The tension in the tissues had been pulling on the surface of my tibia and without this treatment the swelling on the tibia would not have subsided. After the first treatment I was able to increase my walking distance from 20 minutes to one hour. I had a further three treatments in January which reduced the bone swelling and enabled me to walk without pain. We also built strength with specific exercises, and I continued to train on the bike.

I gradually introduced a few jogging steps whilst out walking, and in March we came to the decision to slowly increase my running from the walk /jogs to 1km and then slowly build up from there. I kept up a strict S+C (strength and conditioning) programme using weights and core work whilst training with intensity and volume on the bike. Through March and April I was up to running 4 times per week, slowly building on the distance. I am now back training and racing pain free, but still complete 50% of my volume on the bike with a dedicated S+C session.

The Three Peaks was a very special race for me as before Christmas 2021 I was unsure if I would ever run again. In April I was very happy just to be on the start line. It was a tough battle at the front throughout the race, but I was delighted to come away with the win and gain GB selection for the European Championships in La Palma this July.

I had a huge amount of support around me from my family and from Denise, who really treated the injury specifically and gave me confidence in my running again. Seeking a second opinion and not giving up on injuries – no matter how long it takes – is really important. I have learnt a lot from this time away from running and feel it has enabled me to take a step back and look at my own training and racing. I find this comes naturally when working with coached clients – but it is more difficult to do for yourself. Training load and training types vary between every athlete and it is important to recognise the specifics and limitations individually to ensure you maximise performance, whilst minimising the risks of injury or burnout.

Opposite Page: Brennan Townshend, post-injury, on his way to winning the Yorkshire Three Peaks Fell Race '22 © Andy Jackson

***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.*

MARTIN STONE'S LONG DISTANCE SUMMARY

SUMMER 2022

WORDS MARTIN STONE

It is hard to know where to start. The Spring and early Summer have been awesome. There have been multiple attempts at the 214 Wainwrights – how extraordinary that ALL have been successful. Paul Tierney remarked that there now seems to be a blueprint for success. Finlay Wild set a new all comers record for the Paddy Buckley Round, all the more astonishing because, like his Ramsay Round record, it was solo unsupported.

JOHN KELLY'S LAST HURRAH – 214 WAINWRIGHTS RECORD

In Spring 2019, John parachuted himself and his family into the Bristol area. How outrageous (some might say rude) that an 'American' could instantly connect with the UK ultra-running community and within 3 months roll out such an audacious and

simply bonkers plan – the first Grand Round. John and his family recently left the UK and returned to the USA after 3 years working in a business with a small British team of mathematicians. His time with us has been so short and yet he leaves a long distance legacy that is absolutely immense.

A win on the Spine Race in January 2020 with a new record time was followed a few months later with a record for the Pennine Way and a successful completion of the Grand Round in storm conditions a month later. I felt so privileged to help support him on that surreal journey, biking from Wales to Scotland as he stopped off briefly to complete each of the Big Three Rounds. In 2021, he set a fantastic new Pennine Way record by more than 3 hours.

And so we come to John's Last Hurrah. He set off from the Moot Hall at 10:00 on Monday 2nd May with a

super-ambitious schedule for the 214 Wainwrights. John and his supporters had learned much from his unsuccessful attempt in Summer 2021 which was thwarted by red hot temperatures and bad blisters. The weather for this attempt was much more suitable and although it's rare to get 6 days of ideal weather, it was mostly in his favour. Many of the 2021 pacing team were back to support him and road support was provided by the fantastic team of Charmian Heaton, Jen Scotney, Sharon Dyson, and Lisa & Martin Bergerud. This time almost everything went to plan. One very welcome addition to the team was Rachel Platt who made random appearances throughout the round to massage weary limbs. John found this so beneficial that he is rumoured to have adjusted his pace and rests to fit with Rachel's other commitments!

His time was 5 days 12hrs 14mins 37secs and this reduces Sabrina Verjee's record by nearly 12 hours. It was wonderful that Sabs, James Gibson and Stevie Birkinshaw were all out with him, helping him to be the best (and sometimes angriest!) version of himself. It speaks volumes for the fell running community and the 'duty' of the current record-holder to assist the contender to break their record. Two weeks after the round, John was speaking at the Keswick Mountain Festival and Charmian presented him with a booklet of photos and anecdotes by the pacers.

During John's fleeting visit to the UK he has provided endless inspiration and 'entertainment' for the long distance community. The focus that John provided was so appreciated during the dark days of Covid and his brief stay in the UK has made a difference. John has never been afraid to fail and among these successes there have been as many adventures that didn't work out as planned. We all love his mantra "I'm here to set a record, not to break one" and this is reflected by the huge record-breaking margins on the Pennine Way and 214 Wainwrights. My takeaway from his stay here in Blighty is "Think big and some things that seem impossible will become possible".



Background photo: John on his Wainwright Round, running past Three Tarns, between Crinkle Crag and Bowfell. Top to bottom: John just before Low Pike (on the out and back from Dove Crag), with support runners including James Gibson (beside John) and Dougie Zinis (just behind), both of whom have completed Wainwright Rounds themselves; John descending Bowfell with Harry Bolton (recent winner of the Long Duddon fell race) on support © Steve Ashworth



The contrast between ultra-runners is interesting and, on the other hand, you have angry John Kelly who wrings the last ounce of performance from himself in his quest to set hard-to-beat records.

James set off on Friday 1st April at 09:00 and completed his early Spring round in 6 days 5hrs 8mins 3secs. At the time, it was the 2nd fastest round, only 5 hours slower than Sabrina's, and he completed the last 4 days in very challenging cold and wet conditions. At least his Winter Round had given him plenty of practice at coping with the elements, but to complete two super tough Wainwright Rounds within 4 months was superhuman.

JAMES GIBSON – ASSYNT TRAVERSE RECORD SOLO UNSUPPORTED

When folk completed the early Wainwright Rounds they were wrecked for months afterwards and recovery was a slow process. A mere 3 weeks after his Spring 214 Wainwrights, James was feeling fine and on 29th April he set off solo unsupported on the Assynt Traverse. The route is a complete traverse of all Assynt's major peaks starting at Loch Lugainn below Stac Pollaidh and finishing at the Loch Glencoul viewpoint at Unapool near Kylescu. This involves climbing 12 peaks (3 on Quinag), covering nearly 50 miles and ascending some 21,000 feet. The route was conceived by Tony Wimbush and first completed in 2010 by Pete Simpson, Tony Wimbush and Colin Brooke in a time of 26 hours 59mins.

In contrast to his Wainwright journeys, the weather was perfect and James worked hard to beat Tom Pape and Ross Cowie's time of 18hrs 15mins which they set in 2021. He completed the traverse in a record time of 17hrs 10mins. Read more about James's Assynt Traverse on page 49.

JAMES GIBSON – 214 WAINWRIGHTS, 2nd ROUND WITHIN 4 MONTHS!

Sabrina Verjee made 4 attempts at the Wainwrights Round and completed the route twice. Less than 4 months after his Winter Wainwrights journey, James was back again trying to slot in a Spring completion of the Wainwrights before a busy Summer of guiding kicked off. It is hard to imagine how one could mentally prepare for such a challenge so soon after the brutal Winter attempt. But there is something unique about how James makes the extraordinary seem super-ordinary. I joined him for a few miles and it was noticeable how chilled he seemed – no hype or drama.

Above left: James Gibson descending Scafell on his 'summer' Wainwrights Round © Tim Ripper; Below: Carol Morgan climbing up High Crag, with Haystacks and Fleetwith Pike in the background © Richard Garratt



CAROL MORGAN – 214 WAINWRIGHTS

Carol made two attempts in 2021 but was thwarted by terrible weather. She set off for her 2022 attempt on Sunday 8th May at 06:00. Like the other contenders, she had learned much from her previous attempts and made good progress early in the round. The weather was horrendous during the middle part of the journey and it took a lot of determination to keep up the pace. She arrived back at Keswick in the early evening on Saturday 14th May. Her time of 6 days 10hrs 43mins is the second-fastest by a woman, and 6th fastest overall.

DOUGIE ZINIS – 214 WAINWRIGHTS

It is hard to believe that Dougie is a stroke survivor who took up running to improve his health. He has set the record for a Double Bob Graham and he took 2nd place in the Spine Race in January. Dougie was definitely a suitable candidate for 214 Wainwrights. He set off on Saturday 28th May at 10:00 and his journey progressed very well, although he was challenged a little bit by bad blisters. He received plenty of support and encouragement along the way from fellow Calder Valley club members. Dougie completed his epic round in 6 days 3hrs 47mins, the 3rd fastest time ever. Only John Kelly and Sabrina Verjee are ahead of him on the leader board. Dougie has raised thousands of pounds to support Northcare Stroke Charity.



Above top left: 'At least one of us is happy with there only being five tops left', Little Dave Cumins and Carol Morgan on her Wainwrights Round © Debs White; Left: 'another one down, one less to go', Dougie Zinis on his Wainwrights Round © Kim Collison; Below: the first sunset of many on Dougie's Wainwrights Round, Leg 2 on the Buttermere fells © Kevin Hoult



FINLAY WILD – PADDY BUCKLEY ROUND RECORD, SOLO UNSUPPORTED

In August 2020, Finlay set the record for Ramsay Round in 14hrs 42mins, travelling solo unsupported. In late August 2021, he completed the 2nd fastest Bob Graham in 12hrs 59mins. This was a supported run, only 7 minutes slower than Killian Jornet’s 2018 time.

Finlay has been in action again, this time on the Paddy Buckley Round in Snowdonia. He spent about 2 weeks in the area from mid-April, applying his clinical attention to detail as he familiarised himself with the route. Although he was familiar with many parts of the route from racing in Snowdonia, Moel Hebog, the Nantlle Ridge and the Moelwynion required a recce. On 26th April, Finlay set off just before sunrise, running solo unsupported clockwise from Llanberis. Conditions for the round were near-perfect with mild temperatures, light wind and good visibility. Finlay focused on Kim Collison’s (the current record-holder) splits and ground out a gap which helped him psychologically. He was then able to push even harder to open up a decent record-breaking margin.

All the jarring and jolting makes nutrition a challenge later in a super-fast round and Finlay found Craig Wen, the final big climb onto Snowdon, a challenge. His time of 15hrs 14mins 45secs is an hour faster than Kim’s time in 2021 and all of this achieved solo unsupported.



Finlay said: “It’s a nice way to do things because it keeps it really simple and you get this really intense personal experience that tests you completely. There’s no one to back you up so you have to manage everything yourself, including pacing, route choice, fuelling, carrying kit and water fill ups. All the rounds and challenges I have done have been tough and they are all different, but they are all brilliant, unforgettable adventures.”

Read more on Finlay’s blog - www.gomountaingoats.com/words/paddy-buckley-round.

Finlay has also been having an exceptional racing season. After some detailed reccyng he reduced his own 2017 record for Isle of Jura Fell Race from 3hrs 5mins to below the mythical 3 hour

barrier. His time of 2hrs 58mins reduced the record by 5%. He won the first 3 races in the British Fell Championships, setting records in 2 of them. He has won numerous other Scottish races and it is literally years since he came second in a race!

The amazing Finlay Wild – mountaineer, top fell racer and maybe the greatest ever all-round British mountain runner.

Opposite page top: Finlay, in Llanberis, after setting a new Paddy Buckley record in 15hrs 14mins 45secs; Opposite page bottom: Finlay in the Moelwyns, 6 hours into his Paddy Buckley; Below: Sunrise on Y Garn in the Glyderau, 1.5 hours in © Finlay Wild



FINLAY’S PADDY BUCKLEY SPLITS

	SPLIT	CUMULATIVE		SPLIT	CUMULATIVE		SPLIT	CUMULATIVE
Start	0:00:00	0:00:00	Cerrig Cochion	0:25:04	5:51:48	Y Glyn	0:23:32	10:59:21
Eldr Fach	0:34:54	0:34:54	Moel Meirch	0:09:49	6:01:37	Myrnydd-y-Ddwy-elor	0:08:55	11:08:16
Eldr Fawr	0:08:00	0:42:54	Ysgallt Wen	0:16:32	6:18:09	Trum y Ddysgl	0:18:55	11:27:11
Mynydd Perfedd	0:09:34	0:52:28	Mynydd Llynnau'r Cwn	0:02:37	6:20:46	Mynydd Drws-y-coed	0:06:35	11:33:46
Foel Goch	0:08:57	1:01:25	Three Tops	0:05:35	6:26:21	Y Garn	0:09:26	11:43:25
Y Garn	0:13:51	1:15:16	Moel Druman	0:06:19	6:32:40	Craig Wen	1:00:04	12:43:29
Glyder Fawr	0:21:41	1:36:57	All-fawr	0:08:45	6:41:25	Yr Arari	0:12:50	12:56:19
Glyder Fach	0:10:53	1:47:50	Foel Ddu	0:25:31	7:06:56	Cribau Tregeilan	0:35:26	13:31:45
Tryfan	0:19:26	2:07:26	Moel-ys-hydd	0:07:07	7:14:03	Yr Wyddfa	0:11:27	13:43:12
Pan yr Ole Wen	0:52:10	2:59:36	Moelwyn Bach	0:20:26	7:34:29	Garnedd Ugain	0:09:34	13:52:46
Carnedd Dafydd	0:10:55	3:10:31	Craigygafn	0:09:49	7:44:18	Moel Cynhorion	0:29:03	14:21:49
Carnedd Llewelyn	0:19:29	3:30:00	Moelwyn Mawr	0:08:30	7:52:48	Foel Goch	0:15:35	14:37:24
Pan yr Helgi Du	0:15:51	3:45:51	Cnicht	0:36:27	8:29:15	Foel Gran	0:11:08	14:48:32
Pan Llitng y Wrach	0:17:23	4:03:14	Bryn Banog	1:16:11	9:45:26	Moel Elio	0:09:22	14:57:54
Carnedd Moel Siabod	1:03:25	5:06:39	Moel Hebog	0:27:22	10:12:48			
Clogwyn Bwlch-y-maen	0:13:03	5:19:42	Moel yr Ogof	0:14:50	10:27:38			
Carnedd y Cribau	0:07:02	5:26:44	Moel Leln	0:08:11	10:35:49			

RYAN SMITH – LAKE DISTRICT 24-HOUR FELL RECORD ATTEMPT

Ryan is a Brit who has lived in Colorado for many years. Although he has won a number of top ultras around the world, he has somehow managed to remain under the radar. In 2017, he visited the UK and completed a super-fast Bob Graham in 14hrs 17mins. It was the 2nd fastest round but the time remained unofficial because Ryan completed parts of the round un-paced. If ever there was any doubt about the validity of Ryan's BGR, the events that unfolded on the 3rd/4th June are a clear indication of his ability.

Ryan set off from Braithwaite at 19:00 on Friday 3rd June. He was supported at the road crossings but had no pacers, so this was the first solo supported attempt at breaking the fully supported record. Throughout the past 30 years, the Lake District 24-Hour

Fell Record has been a challenge on an epic scale, supported by 15 or so pacers. The bravery required to attempt it on one's own, and the self-motivation required to maintain speed and efficiency on the fells really puts the attempt in a league of its own. It has the hallmark of a Finlay Wild extravaganza!

The current record-holder is Kim Collison and Ryan was within a few minutes of Kim's time when he reached the end of leg 1 – Threlkeld. Ryan lost 20 minutes or so on a grotty night on the Helvellyn fells but he still chose to add the 79th peak, St Sunday Crag, a really significant 30-minute addition in terms of time and distance.

It was clear to Ryan that he wouldn't be able to make

up the deficit and yet he persevered with the round, determined to complete it and make the long trip from Colorado worthwhile. Ryan completed the round in a very creditable 27hrs 3mins and one wonders what would have been possible if he had an intimate knowledge of the route, a top team of pacers and chosen Haycock rather than St Sunday as his 79th peak.

Ryan writes: "What an outstanding route the Lake District 24 is. It's hard to describe the difficulty and commitment it took to finish this. I didn't quite have the day I was hoping for but I got the experience of travelling a large swathe of the Lake District on foot across 79 peaks. After a pretty windy, cold and foggy night which left me pretty shaken and demoralized, I was rewarded with a spectacular day and endless views across the fells. A truly special experience.

Ultimately, my body didn't quite survive the brutality of the terrain, and I struggled early with some major knee and back pain. It took a lot to find the motivation to finish but I'm glad I did. Travelling solo over terrain like this was definitely more challenging than I anticipated. I might have left a little of my soul up on the Dodds on Friday evening but otherwise it was a great experience. Character building... I think they call it!"

Left: Ryan Smith coming off Pike O'Stickle into Mickleden Valley. Below: Ryan, after finishing, at the Royal Oak Pub in Braithwaite with a well deserved beer in hand © Silke Koester



SABRINA VERJEE – STEVE PARR ROUND – WOMEN'S RECORD

Sabrina completed the Steve Parr Round on the evening of 15th May in 39hrs 21mins 55secs. This is the 3rd fastest time to date and the women's record. She travelled clockwise and completed much of the route on her own, supported at the road crossings. Sabrina writes: "The day I set off was probably too hot for most but I liked it! Only downside was that I had to carry 2 litres of water up from Hartsop over St Sunday Crag. The wind picked up on 16th in the morning and was brutal from High Stile, and there was a proper headwind from the top of Whiteless Pike. I could barely stand up – I'm like a kite in the wind. I felt I was in my comfort zone the whole way but I did make a few nav errors. But that was the point of doing a recce. The journey was great fun and I particularly enjoyed the full moon and lunar eclipse on the Wetherlam Fells – absolutely stunning."

KIM COLLISON – NORTHERN TRAVERSE AKA COAST TO COAST

On 3rd April, Kim won the Northern Traverse Race in a time of 44hrs 24mins, reducing the previous best time by 7 hours. He ran almost the entire way on his own. The route is Wainwright's Coast to Coast and it is interesting to compare Kim's time with Damian Hall's 2021 record of 39hrs 18mins. For much of the route, Kim was in contention with Damian's times and it seemed there was a chance that he might beat Damian's record, achieved with a team of pacers.

LUKE TAYLOR & FRANCISCO (JAVI) VALDES – RING OF INVERPOLLY RECORD

Luke Taylor writes: "On April 23rd, myself (Luke Taylor) and my Highland Hill Runners clubmate Francisco Javier Cabrera Valdes completed the Round of Inverpolly, in what we believe to be a new record time of 11hrs 41min 8secs. The round was first devised in 1998 by Alec Keith and is a circuit of seven summits in the wilds of Assynt. Starting and finishing in Elphin, the route includes (in this order) Cul Mor, Cul Beag, Beinn Mor Coigach, Sgurr an Fhidleir, Stac Pollaidh, Suilven, and Canisp. It's the most northerly documented round to date and covers around 40 miles, with 14,000ft of climb. Alec recorded a time of 13hrs 12mins in August 1998, however since then there have been no recorded attempts at the round other than Javi's 2020 solo unsupported attempt in 14hrs 12mins.

At 5.57am on the 23rd of April, myself and Javi set out on an unsupported attempt at the record (this extended to each being self-sufficient, with no sharing of supplies, despite Javi eyeing up my Snickers). The day started off cold, with thick low cloud, however as we reached the summit of Cul Mor we were treated to an excellent cloud inversion. The skies cleared at around midday and the cool of the morning gave way to a warm day, particularly as much of the route is at sea level. The bog was in great condition given the recent dry spell and the major river crossings were knee high at worst. We arrived back at the Community Hall sign in Elphin at 17.38 absolutely burst, but delighted to have repeated Alec's route."



Opposite page: Francisco (Javi) Valdes on the West summit of Stac Pollaidh, with Cul Mor in the background; above: Francisco (Javi) Valdes on the climb to the first summit, Cul Mor © Luke Taylor

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. Make it clear to your friends that they must not meet you en route and if you publicise your attempt on social media, ask that nobody comes out to meet you. Do not publish your tracker link until after the attempt as it should only be used for safety monitoring from afar. 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.

AMPHIBIOUS AMBITIONS

WORDS MARTYN PRICE, SECRETARY, FROG GRAHAM ROUND CLUB & CHRIS WATERS

I had hoped to bring you news of successful Frog Graham Rounds in this edition's Amphibious Ambitions, however, despite having several registrations 'on the cards', there have been no successful rounds in 2022 thus far, something I hope will change very shortly. I know from bitter personal experience that water temperature has a lot to do with it; you need a sustained period of sunshine to raise lake water temperature by any appreciable measure and, well, the sunshine has been slow in coming this year.

Needless to say, water temperature is a big factor in a successful round. Fate will probably intervene now I've said this and we'll probably be in the middle of a stifling heatwave by the time you read this!

This month's column comes to you courtesy of Chris Waters. I know a lot of you enjoyed the account of how he came up with the Puddle Buckley, and at the time I hinted that a round in Scotland was in the throes of development and that, no, it wasn't going to be in Glen Nevis. It's been worth waiting for: please enjoy this fantastic account of Chris's latest brainchild. It will make you want to be there.

CHRIS WATERS:

It's about 4am and most sensible people are wrapped up in bed, but no one would mistake me for being sensible. I'm not sure if I was born senseless, if I was driven senseless by boredom, or if too many mountain bike crashes have just knocked me senseless; either way, I'm not wrapped up in bed (which is lucky for the sake of this article) and have just spent the last thirty minutes swimming across Upper Loch Torridon in the dark. 'Dark' other than the carpet of stars spread out above me and the glowing trail of phosphorescence I've left in my wake. It was a magical experience, but also bone-chillingly cold!

Having eventually managed to scramble up a rock slab out of the water without slicing my feet open on the barnacles, things turn from the sublime to the ridiculous. I'm doing the wetsuit dance, trying with numb hands to claw my way out of my wetsuit and into my running gear without toppling back into the water. I briefly wish I'd worn something under my wetsuit and I imagine the crew of the fishing vessel that has just appeared watching me by the light of my head torch hopping into my shorts, perilously close to taking another dip. In reality, of course, they've got bigger things to worry about as they head out to check their creel pots for langoustine. Shivering, I stumble and drag myself through waist-high heather searching, with a sense of deja-vu, for the trod that will lead me towards Ben Alligin.

So how, you may be asking, was I lucky enough to find myself stumbling around in the heather with, unbeknownst to me, another twenty two hours until I could stop?

Left: Doug Bartholomew approaching Loch Coire Mhic Fhearchair, on a training run, with Beinn an Eoin and Baosbheinn in the background © Chris Waters



I've been a runner all my life and I eventually moved on from racing when I realised I was more interested in adventure (i.e. when I realised I was never going to win!). Although running around the mountains of the Lake District will always be a challenge, it was becoming less adventurous; familiarity had made them small and comfortable. The Frog Graham Round brought back some of the adventure (or misadventure based on my swimming ability at the time!). Having completed the Frog Graham, I wondered what was next?

The logical step for me was to try and create similar challenges in less familiar places. So, despite it being heavily frowned upon by Ambleside AC to leave the Lake District for anything other than racing, I looked to Scotland and Wales for inspiration. There are the national three peaks and the national three rounds (The Bob Graham, The Paddy Buckley and The Charlie Ramsey). So why not three national run/swims (The Frog Graham, The Puddle Buckley and the Charlie Run/Swim)?

With the help of my friend Tim Hunt, I soon had a run/swim route set to go in Wales. But Scotland was less forthcoming, the lochs around the Charlie Ramsey route being a bit too spread out. I spent some time chatting with my new friend and colleague Chris Stirling about the idea, and he enthused about Torridon, an area I had never visited. With a bit of help from another friend, Tom Tindale, a route started to take shape. All that remained was to get out and give it a go. However, I procrastinated, putting off the idea. My health was not what it used to be and my body had turned traitor on me. I never knew what to expect from it; running became more and more challenging, which made it hard to be confident. But can it be a proper adventure if you're full of confidence?

Idly chatting with Chris at work, it was amazing how excited and enthusiastic he was about my personal aspirations. Despite himself being immersed in the world of triathlon, training hard and winning various events all over the world, he was excited about my personal little challenges. It was Chris and his natural support and enthusiasm who changed these routes from something other people did to something I would do. It was now merely a case of waiting for the lochs and llyns to warm up.

Chris mentioned his future ambition, once his racing days were over, of doing the Lakesman Challenge, which is to swim Windermere, cycle the Fred Whitton and run the Bob Graham all in one go. I pointed out that the Fred Whitton was rather too easy when matched up with Windermere and the Bob Graham and that he should swap the Fred for the Lakeland 200 (a 200km, 24-hour



Right: Doug Bartholomew descending off Beinn Eighe, on a training run, with Liathach in the background © Chris Waters

mountain bike challenge). Chris, in return, suggested I should link up the three national run/swims by bike and we both left the conversation there. Then Chris was gone. I hardly knew him, but he'd had a big impact and left an indelible impression. I can't even begin to imagine what those closest to him have gone through; what a void they are left with.

Four months later, at three in the morning, I'm standing by the war memorial in Shieldaig. I have a loop marked on the map and now I'm going to find out if I can get around it.

My fitness is not what I would like and the conditions are far from ideal. Most of the day is spent leaning into the wind and rain in a halo of clag, compass in hand. The swims across the lochs provide some shelter from the weather, though at times the waves disrupt my stroke. At one point I even find myself temporarily geographically embarrassed (editor's note: we've all been there Chris), with no sight of land. I am also lucky, having not clipped my tow-float up properly, not to have spread all my kit across the bottom of Loch na h-Oidhche, which would have left me kit-less, barefoot, in my wetsuit and ten kilometres from the nearest road.

The conditions meant it was hard to get a good overview of the route. However, after almost 20 hours I'm back at the War Memorial, the loop complete. But this was just the beginning.

John Kelly had his Grand Round so I guess this is my Grand Amble (Gramble?). So, after a day's rest, I was back on the bike for a leisurely ride (which even involved helping one of my sisters do some unpacking in her new home) down to the Lake District for a relatively uneventful lap of the Frog Graham. The main events (other than lots of poor route choices, despite it being my second round!) were watching Ben Abdelnoor fly past at Buttermere on his way to a then record time, the unexpected arrival of my friend Mark Scales in his kayak to support me across Buttermere and a surprisingly choppy Derwent Water. Back on the bike, more leisurely cycling ensued (which involved some guinea pig pet-sitting for another sister) down to Snowdonia and a fantastic first round of the Puddle Buckley with Tim Hunt.

A slight route change was made to improve the Puddle Buckley Round before it was published at puddlebuckley.co.uk. However, the "Ring of Stirling" route needed more work: the run/swim ratio was off and, though short, the route felt too serious. I had doubts about publishing a route with such remote swims where safety cover would be very hard to organise.

I took the opportunity whilst up in Torridon on a kayaking trip to nip into Coire Mhic Fhearchair in good weather and get a better understanding of the landscape the route went through. I had considered removing a peak – Beinn an Eòin – but, seeing it from this angle, I realised it was an important part of the route. Having seen Loch Coire Mhic Fhearchair, I also realised that this needed to be included as an extra swim. I increased the length of the other swims to balance the run/swim ratio a bit better. I then had an improved, albeit even tougher, route to try.

This is how I find myself searching for that trod in the dark. I soon find it, exactly where I left it last time. As the trod improves into a winding single-track path, I pick up speed and with it temperature. The long climb up Beinn Alligin goes smoothly and daylight arrives as I drop down to the second swim across Loch a' Bhealaich. I keep my wetsuit on after this for the short blast over Baosbheinn to the third swim – Loch na h-Oidhche – which goes smoothly in perfect visibility. After summiting Beinn an Eòin, I realise I am overheating and stop to take off my wetsuit (this time with shorts already on underneath) before the fantastic descent down the ridge through

boulders and outcrops to the Cauldron of Mulcach. The Cauldron itself is much dryer and runnable than first glance would suggest and it leads to the swim across Loch Coire Mhic Fhearchair. This has to be the most spectacular location where I have swum, the coire walls towering over the deep dark loch making you feel truly insignificant. The route then climbs up out of the coire onto Beinn Eighe which leads to a flying descent down the scree. This is followed by a slog up onto the long ridge of Liathach. The ridge would normally be fantastic running, except I am feeling utterly exhausted. I try to lie down and sleep four times along here as I crawl along its top, and finally revive a little when I immerse myself in the burn on the descent path. In hindsight, I must have got a lot hotter when I was running in the wetsuit than I had thought, although I was always drinking plenty.

Now slightly revived, I manage to jog along the valley and push on to the summit of Beinn Damh. I choose a better descent route than the previous time down although I still find myself caught up in thick bracken and undergrowth at the bottom. Darkness falls as I traverse the edge of Loch Damh to the final swim, where I

take a bearing to make sure I get the right line across the loch. The final climb onto Ben Shieldaig is brutal on tired legs, although from there the ridge is good running. The final descent requires some precise navigation which goes much more smoothly this time around.

It's taken me almost twenty three hours, five hours longer than I'd hoped, but the time is not as important to me as the route and the adventure. I'm sure the right person could go sub ten on the right day (what's Finlay Wild like at swimming?) and I think that's true of the Frog Graham and the Puddle Buckley as well.

Torridon is a spectacular venue for running, wild swimming and all sorts of adventures. If you're lucky you could experience the best views the UK has to offer, more stars than your mind can comprehend, the northern lights and swimming with phosphorescence! Whether you fancy a run/swim or not you should still visit Torridon even if it is just to stand and stare.

For more information on The Ring of Stirling visit the website: <https://ringofstirling.wordpress.com>



Right: Loch Coire Mhic Fhearchair with Beinn an Eoin and Baosbheinn in the background © Chris Waters



JOSS NAYLOR LAKELAND CHALLENGE

WORDS IAN CHARTERS

Joss's health is improving albeit slowly and probably much more slowly than he would wish. He is getting stronger and will try to get to Greendale Bridge to meet contenders when he feels up to it. Although it isn't a requirement to register attempts beforehand, I do encourage it so that I can advise the 'Meet & Greet Group' of attempts and let Joss know when runners are expected at Greendale Bridge.

Pauline and I had the good fortune to be able to join the support team for Matthew Lynas's (M55, Macclesfield Harriers) attempt at Greendale Bridge in time to see him complete a fast Crossing on 8th May. Seven runners set off from Pooley Bridge on 14th May and, in addition to Matthew, Penny Browell (F50, Elvet Striders), Natalie Wood (F50, Northern Fells RC) and Steve Wathall (M60) also completed within their allowed time. All have already submitted their details and I was delighted to ratify their Crossings and to offer my congratulations immediately. Penny and Natalie's Crossings are also of note because, so long as my records are correct, they are first runners of their respective Clubs to complete the Challenge. The final attempt before the publication deadline was Geoff Davis on 12th June, with a repeat as a M65. I am delighted that Geoff succeeded in becoming only the 6th person to complete a third Crossing.

Back in the day when I was fit and strong enough to enjoy very long runs across Lakeland and other fells, I was lucky enough to have experienced club mates to provide advice, help and support. However, not everyone is so fortunate and, while I am not in a position to provide physical help or support, I may be able to assist with a little advice from time to time. Of course, many of the choices you need to make for the day are very personal; food and drink, route selections and running kit, but there are also some other more general considerations. Even accompanied by a pacer who knows the route and your own selections it is invaluable to be sufficiently familiar with where you are, in order to know what comes next – an effort or some recovery time, for instance. Even skilled navigators make mistakes and two heads are better than one when things go awry. Sometimes just a snippet of advice is enough, like this from Penny Browell who was delighted to find she and Joss agree on the best way to approach Seatallan (the "Sting in the Tail") – "Head down and don't look up". More advice and, perhaps other help and support, is available from completers and other interested runners in the Joss Naylor Lakeland Challenge group on Facebook.



Opposite page: Penny Browell (F50) on her way towards Haycock; above: Matthew Lynas (M55) and his support © Ian Charters

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 individual accounts from recent years. I am happy to try to provide answers to specific questions, especially if the information isn't already available on the blog.

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runfurther update



WORDS KAREN NASH

We have now had half the races in our series of 12. As usual these have varied hugely with some well known to fell runners, like Haworth Hobble, and others a bit more trail running like The Spire Ultra. The leader board is now looking interesting as many runners have the required 4 races but there is still plenty of opportunity to do more.

Recent races have included two favourites, The Fellsman and the Lakeland 5 Passes, both include some great fell terrain and mountains.

The Fellsman is a wonderful 60-mile horseshoe route over many of the Yorkshire Dale tops with about 3400m of climb. Some sections will be familiar for runners and have good paths, like Ingleborough and Buckden Pike, whilst others are wilder with some good fell running lines. Local knowledge and route choice can be important.

The event started in 1962 and was originally for walkers but the majority are now runners. This year trackers were used and so there was no 'grouping' requirement at nightfall. The race has a reputation for some dreadful weather and although the bogs of Fleet Moss are now avoided there is still plenty of tough terrain near Blea Moor and Great Whernside. Jez Bragg holds the men's record at 10hrs 6 mins and Jasmin Paris the female record of 11hrs 9 mins. These records were not broken this year but there

CATEGORY	CURRENT LEADER	POINTS
1st Male	Adam Worrallo	3437
2nd Male	Kevin Hoult	2944
3rd Male	Tim Campbell	2649
MV 50	Nick Burns	2378
MV 60	Martin Terry	3075
1st Female	Karen Nash	3582
2nd Female	Katherine Sutton	2228
3rd Female	Jenny Wyles	2211



Opposite page: a runner arriving at Redshaw checkpoint on the 2022 Fellsman race. Above top to bottom: Park Rash checkpoint on the 2022 Fellsman; runners arriving; tied race winners Damian Hall and Oli Johnson at a checkpoint. Right: Women's winner Fiona Pascall © Paul Mayes Photography

was exciting racing and some superb times. Oli Johnson and Damian Hall raced each other most of the way before deciding they could not drop each other. They crossed the line together in 11hrs 23. Fiona Pascall was first female home and 4th overall in a very creditable 12hrs 08.

Lakeland 5 Passes had a history as a LDWA event but has reborn as a race by Ascend Events. At 32 miles it is a short race in our series but the almost 3000m of climb make it tough. It is a great circuit of the south eastern Lake District, taking in mountain tops as well as the passes. A gentle start from Grasmere takes in Loughrigg Fell before heading to Wansfell and then Garburn Pass, Gatesgarth Pass and Harter Fell and Nan Bield Pass. It then skirts High Street to go via Stony Cove Pike to Kirkstone Pass. A final huge climb up Red Screens leads to the final pass, Scandale Pass, and the return to Grasmere. It is a route made for fell runners with trods across the head of Kentmere, the gnarly descent after Thornthwaite Beacon, the scramble up Stony Cove Pike and the lung busting climb up Red Screens. The forecast was dire but in the end most of us just has a 30 minute window of nasty weather. Jacob Snochowski won in 5hrs 41 with Phil Withnall just 13 seconds behind. Tim Campbell was 3rd in 6hrs 06. Anna Llewellyn was first woman in 6hrs 53, then Anni Stumpf in 7hrs 09 and Karen Nash in 7hrs 34

Thanks as always to our sponsors Mountain Fuel, Tent Meals, Injinji, Ultimate Direction, Icebug and Romneys mint cake.





AN INTERVIEW WITH WENDY DODDS

FRA LIAISON OFFICER TO ATHLETICS BODIES

FRA LIAISON OFFICER, WHAT DOES THIS MEAN AND WHAT DOES YOUR ROLE INVOLVE?

I represent the FRA on a number of committees linked with fell/mountain running and link in with UK Athletics on a number of matters, perhaps one of the most important being that this is from whom the FRA obtains their insurance.

The regular meetings are:

MRAG (Mountain Running Advisory Group) who are responsible for National (GB & NI)/International Mountain/Fell Events. This includes British championships, British Fell Relays, selection races for European/World Mountain Running championships with subsequent team selection, and Senior Inter Counties, with representatives from the 4 home countries being on this committee.

UKCAU (UK Counties Athletic Union), which represents all athletic disciplines (road, cross-country, race walking, fell, track and field), with members liaising with the organisation of the individual Inter Counties Championships.

Previously EAG (Endurance Advisory Group) an interesting group run under the auspices of UKA, but with changes at UKA it was abandoned, with promise of a replacement for which an application had to be sent in more than a year ago with silence ever since.

There are informal links with English Athletics, a useful arrangement during the Covid pandemic when we could check that we had put satisfactory systems in place to resume competition, with them accepting our arrangements before they had developed their own advice (thanks to the excellent work of James McIlvenny, FRA Covid Lead for this period).

Information from these meetings is fed back to the FRA committee at their meetings or, if considered necessary, beforehand, to the FRA Secretary/Chairman.

HOW DID YOU GET INTO FELL RUNNING?

From Mountain Marathons, having been asked to take part by a fellow member of our student orienteering club (50 years ago!)

I had been brought up to walk/ski in the hills of Northumberland, Lake District and Scotland.

My first 2 races (44 years ago) were in Scotland where I was working at the time, the first being the Aboyne Hill race, the second being the Moffat chase when it was a 'long', the women setting off 15 minutes before the men.

Subsequently living in West Yorkshire my fell running increased with a few short interruptions due to running road marathons, then doing triathlons in the 80s.

WHAT DO YOU ENJOY MOST ABOUT THE SPORT?

The friendliness of the sport, being in the mountains where we can be challenged by a large variety of conditions and the inclusivity (running in the same events as national/world class fell runners, with runners of all ages - at a recent British championship race I was running with some that were more than 50 years younger!).

WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

First person to complete a Paddy Buckley Round, completing the Dragon's Back in 1992, then again in 2012, more than 21 completions of some of the Lakeland Classics, twice being a counter for the Clayton le Moors open team in long races (Wasdale and Moffat Chase, the latter when the 'light had been seen' with men and women starting together), more than 30 completions of the Calderdale Way/Hodgson Brothers' Relays, most completions of the 3 Peaks race by a women, 3rd FV 50 in UTMB, 2nd FV 50 in UTMR when well over 60. It can be seen that these are a reflection of endurance as I don't think that I have any achievements requiring speed.

WHAT ARE YOUR MOST MEMORABLE FELL RUNNING EXPERIENCES?

Winning female at Langdale on 2 occasions 10 years apart and being first female in the Manx Mountain Marathon for the fifth time, 30 years after my first win. Also running for Clayton le Moors Harriers for 38 years.

Opposite page: Wendy, in scorching temperatures, at the Wasdale Fell Race 2022 © Stephen Wilson, www.granddayoutphotography.co.uk

WHAT ARE YOUR FAVOURITE RACES?

These have changed over the years, with some that I used to dislike now being among my favourites. Essentially the Lakeland Classics are among my favourites.

WHAT IS YOUR FAVOURITE PLACE TO RUN?

Scottish Highlands, where you can often have the hills to yourself, long uninterrupted days in summer and with superb views.

WHAT IS YOUR SCARIEST MOUNTAIN EXPERIENCE?

When I was 'bagging' Corbetts in Ardgour, lightly clad but well equipped, I slipped on wet grass in zero visibility on an 800m unnamed top, rolling over bouncing from boulder to boulder thinking that I had stopped several times but continuing to bounce. When eventually stopping with only a painful limited shoulder, knowing I could not complete the planned circuit back to the car, I knew that I had to put on more clothes and get down to civilisation by the shortest route. This required me to continually tell myself aloud to get more clothes on, when the preferred action was to stay lying down to rest/sleep. Fortunately, after getting down and walking down a minor road for a few miles I was able to hitch a lift back to my car. Returning to 'bag' a more northerly Corbett in good conditions a few days later I was able to look back to where I had fallen and see that either side of my fall line there were crags, the sight of what might have happened making me feel physically ill.

WHO IS YOUR BIGGEST INSPIRATION?

Another answer which has changed with the passage of time and having been around for so long, there is a long list providing almost an article in its own right!!

WHAT ARE YOUR RUNNING AMBITIONS FOR THE FUTURE?

To keep going for as long as possible and knowing when to stop!

GPS OR NO GPS?

No GPS

I enjoy map reading and although I have a GPS I am not very good at using it, keeping it for emergencies on long days out when on my own, though these days rarely have it with me, using 'OS locate' to get a quick 'fix'. As recently as this week, 'OS locate' proved useful in perfect conditions when checking a route where I had gone wrong last year and again overshot a track which on the ground was only a grassy trod but now, I know the height on my barometric altimeter where I must turn off on race day as I will not have my phone with me!

WHAT ARE YOUR AMBITIONS FOR YOUR FRA COMMITTEE ROLE?

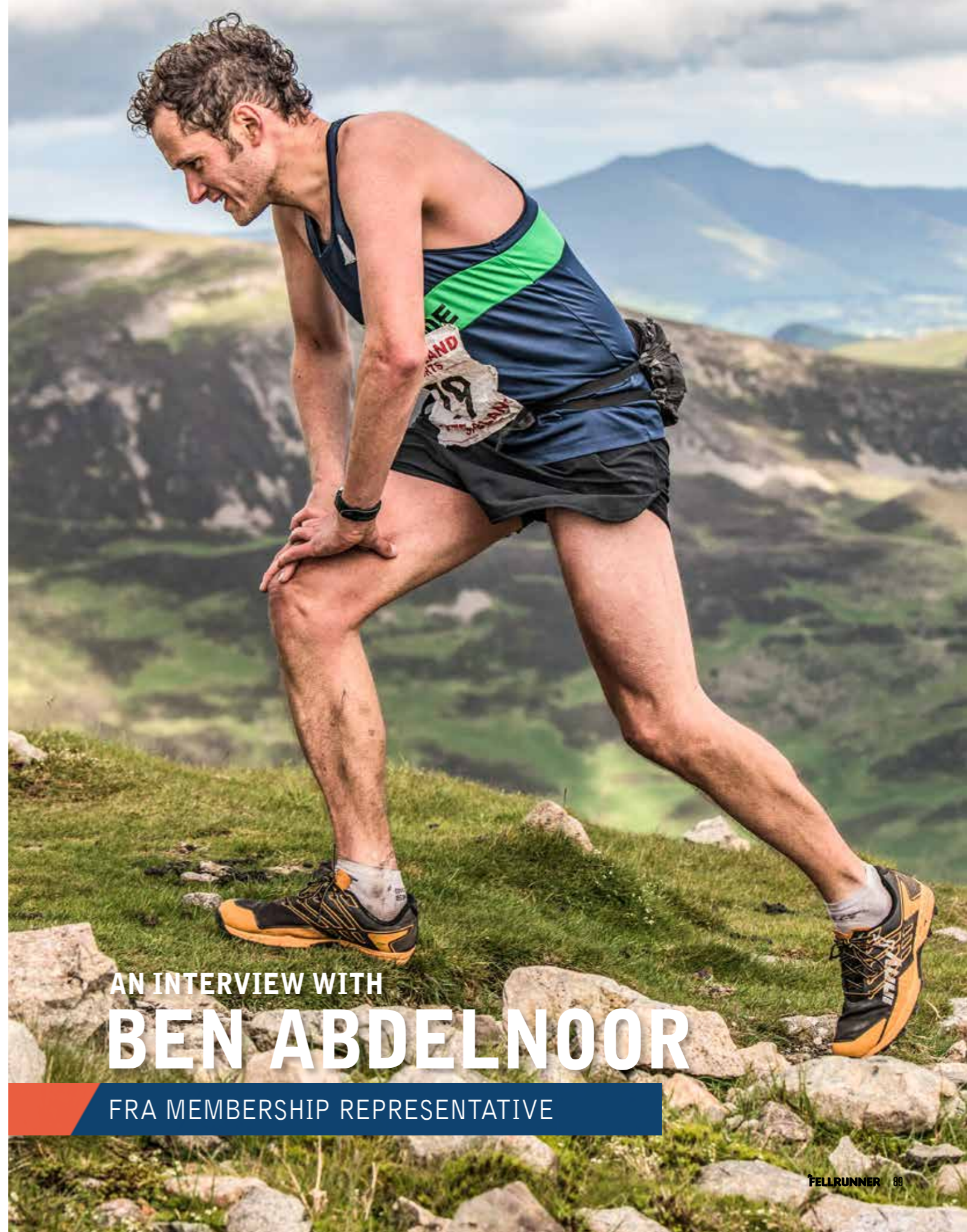
To hand over this important role to an enthusiastic youngster at this year's AGM!

After 3 years in the role, I feel that it is time to 'pass on the baton'. I am indebted to Andy Watts, my predecessor in the role for many years, who has guided me and held my hand, trying hard to keep me on the straight and narrow when I have been 'lost'. I will still be around to offer the guidance that I have received and could even 'hold a hand' while a successor finds their feet. Even better would be for a 'volunteer' to speak up now and they could 'shadow' me for the rest of my tenure.

Please contact Wendy (liaison@fellrunner.org.uk) or the FRA Secretary (secretary@fellrunner.org.uk) if you might be interested in taking on the role of FRA Liaison Officer to Athletics Bodies or would like to know more. See more on www.fellrunner.org.uk/articles/committee



Above: Wendy at her first fell race, the Aboyne Hill Race in 1978 © Wendy Dodds Family Collection



AN INTERVIEW WITH BEN ABDELNOOR

FRA MEMBERSHIP REPRESENTATIVE

FRA QUIZ

MEMBERSHIP REPRESENTATIVE - WHAT DOES THAT ENTAIL?

As a fellow FRA member, but sitting on the committee, I see my role as one that takes the thoughts, opinions and concerns of the general members and puts it to the committee. I hope that I am approachable, recognisable and can be trusted to be a good representative for the vast majority of the FRA membership.

HOW DID YOU GET INTO FELL RUNNING?

I grew up in Newcastle and we always took our family holidays in the Lake District. Fell walking was what we did. As a teenager I loved running, but only ever ran on the roads around Newcastle. When I graduated from university I moved to the Lake District to work for the YHA and combine my love of the fells and running. I joined Ambleside AC around 2004 and have been on the fells ever since.

WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

My favourite race, despite sometimes hating it, is Wasdale Horseshoe. I first ran it in 2003. Ten years later I won it when it was an English Championship counter. I had such a perfect day, moving through the field and feeling great. I'd only ever dreamed of a race panning out like that. In 2011 at the Yorkshire Three Peaks race, not a course that suited me, I had another race of my life. I finished third, with a sub 3-hour time and, as a result, was selected to run for England at the World Long Distance Championships later that year. I managed to get my timings right in order to squeeze in a very fortunate Borrowdale fell race win, between two legends of that race: Simon Booth and Ricky Lightfoot. Simon had won it 11 out of 13 years prior to my win in 2011, Ricky won it 8 out of the following 9 years!

WHAT WERE YOUR FIRST IMPRESSION OF THE SPORT?

I enjoyed the fact that everything generally seemed low-key and relaxed, yet at the same time fairly well-organised and efficient. The simplicity of the sport is an aspect that makes it so appealing. It's very straight-forward, the rules are simple to follow, and the equipment and clothing requirements are fairly minimal.

WHAT DO YOU GET OUT OF THE SPORT?

Over the years I've become more involved in the sport. At first I simply joined Ambleside AC and kept my head down, just doing races

and going home. Over the years I've joined the club's committee, attending meetings and helped out marshalling. I've been chairman of our club and organised the Loughrigg fell race for ten years. I've realised that I get so much more out of the sport by putting more into it. I've met so many kind and generous people in this sport that I wouldn't have if I'd simply taken a back-seat and let everyone else do the work. I've come to appreciate that so much is done by volunteers, from those that organise and help out at races, to those people that sit on the committee and do so much for the sport behind the scenes.

WHAT WOULD YOU LIKE TO SEE CHANGED/IMPROVED IN THE SPORT?

I'd like to see people taking more time to appreciate the simplicity of the sport. I don't know how many entrants to races nowadays genuinely know how to use a compass or read a map, but map-reading is such a wonderful, and relatively simple skill, to possess, as well as an extremely important aspect of heading out onto the fells. I'm happy to encourage people who are new to the sport, but take the time to try and explain the importance of the clothing they choose to take and the kit they decide to use, including the use of a map and compass and not relying on GPS. I find it worrying how many people are utterly dependent on a device that should it fail, which I hear endless stories of it happening, will have far-reaching consequences.

WHAT IS YOUR WORST FELL RUNNING INJURY?

In my early years of fell running I was competing in a very low-key club orienteering event on Loughrigg. I went over on my ankle and had to be helped off the fell by a couple of club mates. I thought I had broken it; purple and black bruising ran from my toes, right up the side of my leg towards my knee.

It looked awful. I still remember some older women walking past as I was hobbling off the fell, "Well," one of them said, "If you will go and do these things." I'll be polite and simply say that I wasn't impressed by her stupid comment.

WHO HAS THE BEST LEGS IN FELL RUNNING?

He'll probably know this is coming, because I introduce him to most new members of our club with the words: "This is Matt Beresford. He's got the best legs in fell running."

For several issues now, the *Junior Fellrunner* has featured a puzzle whilst the main part of the magazine has not. This has triggered a number of disgruntled letters to the FRA. We are pleased to help correct this imbalance with this, our summer fell-running quiz.

Rules are at the bottom. **Please do not post answers anywhere online until the closing date!**

Q1: Billy and Gavin Bland are two of only three athletes to have won the men's Borrowdale, Wasdale, Ennerdale, Langdale, Fairfield and Three Shires fell races. Who is the third?

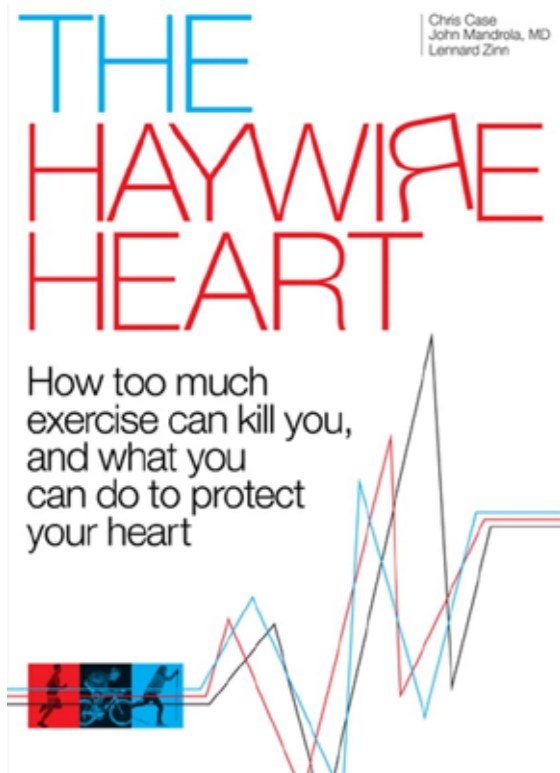
Q2: Who is (probably) the only winner of any of the aforementioned races to have a speaking credit – a single three-letter word – in a fiction film on IMDB (the Internet Movie Database)?

Q3: An "alphomic" word is one with its letters in alphabetical order. There are several common 6-letter alphomic words in English, including ALMOST, BEGINS and CHIMPS. If repeated letters are allowed, BEEFILY and BILLOWY are 7-letter examples. For 8 letters (with or without repeats), a few obscure proper nouns qualify, such as AEGILOPS (a grass genus) and various place names like CEILLOUX, a commune in France, and GILLMOSS, an area of Liverpool. But (again allowing repeated letters) which well-known fell runner can beat all of these with his/her 9-letter surname?

TIE-BREAKER 1: In Q2, what is the three-letter word?

TIE-BREAKER 2: For Q3 (and again allowing repeated letters), there are two eight-letter English words with letters in *reversed* alphabetical order that are permissible in Scrabble. One is TROLLIED; the other is an adjective formed from the past participle of a common hyphenated 9-letter word. What is it?

Entries should be sent to the FRA Secretary, secretary@fellrunner.org.uk. A prize will be awarded to the first fully correct entry including tie-breakers (or the best entry, if none are all-correct), drawn from a hat if necessary. Entries to be received by the end of August 2022. Only one entry per membership, per household and per running clique. No cash alternative. FRA Committee Members and their immediate families and co-habitees are ineligible. No purchase necessary: non-members may enter by posting an entry through the Secretary's letterbox as part of a fell run of not less than 20 miles covering a minimum of 10 Wainwrights. GPS may not be used. Complaints should be submitted in the form of sentences whose words are in alphabetical order. The Editor's decision is final, unless the Secretary disagrees.



THE HAYWIRE HEART

BY CASE, MANDROLA, ZINN

REVIEWED BY ANDREW FIRTH

Fell runners are to a large extent a breed apart; tough and gnarly, with a never give up attitude. We are active all year round in all weathers, enjoying participating in seemingly ever greater challenges – longer distance events, ultras, BG’s etc. Many of us continue to compete into our later years and our normal answer to the inevitable slowing down process as age overtakes us is simply to train more and harder!

This book is a must read for all veteran runners, explaining in great detail the inner workings of our most important muscle - the heart. I am aware of an increasing incidence of heart rhythm issues both amongst running acquaintances and discussions I see on the FRA forum and FRA Facebook page. This book, whilst a very scary read, explains how older runners can avoid causing abnormal heart rhythms which can be a direct result of repeated endurance exercise. The authors are all elite endurance athletes, each of them suffer from their own exercise induced arrhythmias. The book also has real life case studies which illustrate how endurance athletes are confronting these types of problems. For me the insights to this experience have many parallels within our sport and I am sure readers of *The Fellrunner* will recognise many of the scenarios in themselves.

As I wait for an NHS ablation procedure to cure my own heart rhythm issues, I have had time to read and reflect on my single minded doggedness to simply continue training even when you feel like you are “flogging a dead horse”. The simple takeaway for me is to listen to your body, eat well with less alcohol and have more rest days. Hopefully I will be rejoining the fell running scene again in the future, but certainly this book has had a major impact on my perception of the stresses and strains we subject ourselves to, and my approach will be much more cautious.

The Haywire Heart is available from Amazon, other online retailers and bookshops.

RUNNING ADVENTURES SCOTLAND

25 INSPIRATIONAL RUNS IN SCOTLAND'S WILD PLACES



RUNNING ADVENTURES SCOTLAND

BY ROSS BRANNIGAN

REVIEWED BY DAVID LITTLER

Over the last few issues of *The Fellrunner*, there have been reviews of books covering running in Wales and the Lakes. Now Ross Brannigan, a regular *Fellrunner* contributor, has covered his country of birth: Scotland. *Running Adventures Scotland* does exactly what it says on the cover and does not disappoint.

The book describes runs from the ‘Debatable Lands’ on the border with England to the Northwest Highlands and stunning Quinag and Suilven. The Cairngorms, Arran, Skye and classics like the Pentland Skyland and Ring of Steall are all covered, alongside three multi-day routes for those who like longer adventures.

Ross is a runner, cyclist and environmentalist who works in conservation in the Lakes. He is also a gifted writer which comes across not only in this book but in the articles and work he has contributed to *The Fellrunner*. He has a passion and enthusiasm for the outdoors and running that he manages to convey in his writing.

Twenty five routes are described in the book, varying in length from 10 to 29 kilometres, with three multi-day routes up to a maximum of 153km for the West Highland Way. Each of the routes comes with a detailed description, photos and a map – a similar format to the excellent *Peak Bagging Wainwrights* which Vertebrate Publishing also published.

As with that book, the attention to detail in *Running Adventures Scotland* is excellent. Alongside the detailed route description, there is advice on transport, parking, food stops, time required, alternative routes for poor weather (unlikely in Scotland, of course), the bogginess of a route and the need for a head-for-heights. The maps are very clear and easy to read which allows the route to be followed easily on an OS or Harvey map. There are also GPX files that are available for download for each of the routes.

This book is the ideal for anyone looking to run in Scotland and is unsure where to start or just wants some fresh ideas. Hopefully we will see similar books on Ireland, Wales and the rest of England published to complete the set. Grab a copy and settle down to plan your adventures with a *lekker kopje koffie en cake*. Congratulations to the author Ross Brannigan and the publisher Vertebrate Publishing for producing an engaging and informative running guide.

Running Adventures Scotland is available from Vertebrate Publishing, www.v-publishing.co.uk, or bookshops.



JUNIOR FELLRUNNER

A SAD GOODBYE

It has been a privilege to have edited the junior section of *The Fellrunner* over the last 2 years. I took on the role during the height of Covid lockdown. It was amazing that junior clubs and juniors were doing so much to keep their fell running alive during Covid, and it was a pleasure to help showcase some amazing individual challenges that our juniors were accomplishing. I am now retiring from this role, but want to say a huge thank you to all those who have contributed and been willing to be featured.

NATALIE HAWKRIGG,
FORMER JUNIOR FELLRUNNER EDITOR

JUNIOR CHAMPIONSHIP 2022

As this goes to print, the final races in the Junior Championship have been run, and there has been fierce competition across all the age groups. It has been both exciting, and hugely inspirational to watch the Juniors competing, irrespective of what position they cross the finish line. No doubt for a lot of the runners many hours of training has been put in, and hurdles overcome. As much as they do what they do for themselves, they also represent their clubs, their schools and their community, and I think they can all feel incredibly proud of themselves.

I want to thank all the Race Directors and their clubs, who have kindly organised the Junior Championship races namely; Charmian Heaton (Black Combe Runners) Niki Rylance (Ambleside AC), Chris Jones (Wharfedale Harriers), Clive Thornton (Esk Valley) and Justin Tancred (Helm Hill Runners). A lot of work goes into organising the races, and we are incredibly grateful to the ROs and their teams, for all the effort they put in to making the Junior Championship possible. What has been evident from attending all the races, is that it's a great opportunity to showcase the individual fell clubs, and to introduce runners to different and beautiful parts of the world. I get so much wonderful feedback from parents about the race courses and locations.

So, calling all potential race organisers out there, whether your club has a Junior membership or otherwise, we would love to hear from anyone who may be willing to host a Junior Championship race for the 2023 season! The FRA offer a great deal of support to new race organisers and their clubs, with help in timing, sponsorship, loan equipment and general support and advise through the whole process. So, for anyone who potentially could help in next year's Junior Championship, please get in touch and I will be happy to answer any questions you have.

T-SHIRTS AND HOODIES

A total of 97 runners have completed all 5 races (and are eligible for a complimentary Hoody) and another 77 completed 4 of the 5 races (and are eligible for a T-Shirt) provided they are members of the FRA. The Hoodies and T Shirts will be printed by Coniston Corporate again and a link to the online shop can be found on the Junior page of the FRA website and also in the Junior Fell Runners Facebook group.

JUNIOR 'DO' SATURDAY 10TH SEPTEMBER - PEOPLE'S HALL SEDBURGH

A date for the diary... whether you have finished in the medal positions or not, it would be lovely to see as many of the junior runners and their parents for the end of season 'Do'. I am in the process of finalising the details for the day, but we hope to offer something for all age groups, and for the parents to be involved if they wish to be. Keep an eye on the Junior Fell Runners Facebook group and the FRA website for updates. Finally, a big thank you to all the parents and coaches, who have no doubt put several more miles on the clock driving the juniors to the races. I am particularly aware of the challenges with GCSE and A-levels for the older runners, and I hope to be able to spread the dates for the 2023 season out a little more.

Potential Race Organisers... I would love to hear from you!



GARETH HARDCASTLE,
FRA JUNIOR CO-ORDINATOR

STOP PRESS: The English Schools Fell Running Championships will be hosted by Giggleswick School on Saturday 1st October.

Junior Fellrunner Cover: Tess Reedy (Ambleside AC) competing in the Black Combe Junior English Fell Running Championships U11 Girls race. Tess's favourite race to date © Stephen Wilson, www.granddayoutphotography.co.uk



SIBLING RIVALRY & STICK INSECTS

INTERVIEWED BY CHARMIAN HEATON

It has been my pleasure over the last four of five years to be entrusted with the company of the three young offspring of Rob Jebb and Sharon Taylor (who I affectionately refer to as the Jebblets) when their mum and dad have been racing. Always guaranteed to be entertaining and great company, I have observed them as they have developed their own racing credentials and I chatted with them on the summit of Caw whilst we waited for the runners in the Short and Long Duddon races to come through.

WHEN DID YOU START FELL RACING?

All three remembered the High Cup Nick race as their first race and in particular the Easter eggs. Millie was 8 and Isla was 6 in 2017 and Jos made his debut when he turned 6 in 2019.

WHAT DO YOU LOVE MOST ABOUT FELL RACING?

Millie: I especially like races which are steep and long which suit me. I also like meeting up with my friends.



Isla: The steeper the better for me and I also like seeing my friends.

Jos: I like it when I win and I finish feeling very happy. Even when I have a bad race, I'm happy that it's over.

DO YOU HAVE A FAVOURITE RACE AND WHY?

Millie: The Kettlewell BOFRA race because it's very steep and there is a scree run which I really like, and the Black Combe Junior Championships this year because it was a tough, challenging course with a fast descent which really suited me.

Isla: Black Combe because it was very steep with a good descent and the Barbon Kendal Winter League race because it is short, very steep and very fast.

Jos: Coniston Gullies because it's steep up and steep down and Black Combe because it had a very fast descent off Seanses for my age group.

DO YOU PREFER UPHILL OR DOWNHILL?

Millie: Uphill

Isla: Downhill

Jos: Downhill

WHAT IS THE MOST MEMORABLE MOMENT RUNNING OR RACING?

Millie: Winning Black Combe as it was a very important race for me and I had worked hard to take the win.

Isla: Coming second overall at Barbon was a really good result for me.

Jos: I'm really proud to have won Coniston Gullies twice in a row.

WHAT IS THE BEST BIT OF ADVICE YOU HAVE BEEN GIVEN?

Millie: I used to get stitches but now I always run with little stones in my hands.

Isla: Make a last effort over the finish line and don't ease off until the very end.

Jos: My dad tells me to use my arms.

I REMEMBER AT THE HOWGILLS RACE THAT YOU TOLD MARTIN STONE THAT YOUR DAD IS AMAZING (AND WHO COULD ARGUE) BUT WHO ELSE HAS INSPIRED YOU, APART FROM YOUR MUM OF COURSE?

Millie: Hannah Russell at Helm Hill came up through the Juniors and now she sometimes helps with my group.

Isla: My old Helm Hill coach James and now my new coach Maria.

Jos: Joss Naylor



Top to bottom: Isla racing her way to 2nd place in the 2022 Black Combe Junior English Fell Running Championships U13 Girls race; Jos on his way to 3rd place in the U11 Boys race at the same event; Millie, 1st Girl in the Under 14 race, at Coniston Gullies 2022 © Stephen Wilson, www.granddayoutphotography.co.uk

WHAT DOES A TYPICAL WEEK OF TRAINING LOOK LIKE?

Millie: Each Tuesday and Thursday I train on a grass track with Kendal AC and school. Each Wednesday, I train with Helm Hill and then I have one day off and one day when I may run on my own.

Isla: Like Millie, I train with KAC and school on the track on Tuesday and Thursday and with Helm Hill each Wednesday. On Thursday, I might run from home and I like swimming on a Friday.

Jos: I have running training on Tuesdays and Wednesdays and swim on Fridays. We have been learning life-saving and have to dive for bricks without our goggles on.

Millie added that they don't just concentrate on running as they often go out as a family on long bike rides or hill walks. In 2018, all three (aged 9, 7 and almost 5) completed a round of the Wainwrights when they climbed Starling Dodd and now they have moved on to Munro bagging, already having ticked off 82.

WHAT WAS YOUR FAVOURITE WAINWRIGHT?

Millie: Blencathra because it was snowing on the ridge and we had lots of fun.

Isla: Our last one Starling Dodd as we were allowed to have sweets in our pockets.

Jos: Great Gable because we camped nearby and there was a meteorite shower.

DO YOU COMPETE IN ANY OTHER SPORTS?

Millie: I do some local cyclocross. I did a National race but I didn't really enjoy it and I prefer running.

Isla and Jos: Cyclocross – I like everything really.

WHEN YOU RECCE'D THE BLACK COMBE RACES YOU ALL HAD YOUR OWN MAPS? HAVE YOU LEARNED HOW TO NAVIGATE?

All: We have all done some orienteering and we like to practise map-reading. It helps to give us confidence that we know where we are going.

DO YOU HAVE A FAVOURITE BREAKFAST BEFORE A RACE?

Millie: I like sultana bran.

Isla: I eat anything.

Jos: I like porridge.

WHAT ABOUT SUPERSTITIONS? DO YOU DO ANYTHING SPECIAL BEFORE RACES?

Millie: I used to have lucky French plaits in my hair but they ran out of luck.

Isla: I always do high skips for my warm up and have my hair in plaits.

Jos: I had a lucky warmup but I have forgotten what it was. I have always had a good race when I've had a paper cut!

WHAT ABOUT FAVOURITE FOOD AFTER RACES?

All: Dominos pizza with wedges and garlic bread for a treat.

WHAT DO YOU LIKE TO DO TO RELAX?

Millie: I like to play outside with my friends on the terrace where we live.

Isla: I like to curl up and watch TV in front of the fire.

Jos: I like to watch my stick insects.

There followed a discussion about stick insects and the fact that male insects can lay eggs and that the eggs look like bogies or like stick insect poo. When placed in water the poo floats and the eggs sink!

DO YOU HAVE ANY FAVOURITE TV PROGRAMMES OR FILMS?

Millie: Tour de France and Star Wars plus Harry Potter.

Isla: Definitely not T de F. I like Indiana Jones and Star Wars.

Jos: Tour de France and Star Wars for me too.

WHAT ABOUT FAVOURITE BOOKS?

Millie: Harry Potter for me.

Isla: Murder Most Unladylike by Robin Stevens.

Jos: Flying Fergus by Chris Hoy.

FAVOURITE COLOURS?

Millie: Yellow or Green.

Isla: White.

Jos: Brown.

WHO IS THE BOSS IN YOUR HOUSE?

All: Mum.

FINALLY, IS THERE ANY SENIOR RACE WHICH YOU WOULD REALLY LIKE TO WIN IN THE FUTURE?

Millie: The Wasdale Horseshoe.

Isla: The Kentmere Horseshoe.

Jos: Grasmere Sports or Ben Nevis

All: Buttermere Horseshoe because there is camping and a pub.

TESS REEDY'S WAINWRIGHTS 214 BEFORE 10

When I first started doing the Wainwrights in 2016, I had a goal to do them all before I was ten. My first Wainwright was Wansfell when I was 4 years old, I don't really remember much about it but there are some photos of me in the snow with my mum (Jane Reedy) and dad (Matt Reedy).

I have had good days and not so good days. Some days have been sunny, some rainy, some snowy and some windy. As a family we have played games, like 'Who am I?', made up stories (mainly about guinea pigs) and sung songs. I have enjoyed doing Wainwright days with friends and family, this has made it even more fun.

When we were at a race ages ago, the Jebb children got some stuff from Charmian Heaton for doing all the Wainwrights. Seeing this, and hearing that the Evans family had done all the Wainwrights, I became even more determined!

During lockdown, I also did a lot of Wainwrights, to start with these were very close to home, then when we could, we did some camps in the van to fells further away.

My most memorable Wainwright camp was when lots of our food and my shoes got stolen by foxes! My dad had to run back down to the valley to buy more food, eventually we found my shoes.

Another day was when we were having a Wainwright walk with our friends (the Towes) my friend Zeph nearly rolled down the hill, but luckily my dad saved him.

My last Wainwright was Haystacks, I did it with my mum's friend, Ali Richards, her daughter, Megan, my dad, my mum and grandparents from New Zealand. It was the most amazing day and we got good pictures at the top. When we got back down to the van, my first thought was, 'I have completed the Wainwrights a day before I am 10 years old.' I was so happy.

My friends, the Towes, are doing them all over again. Although my family and I loved them all, we will only do some of them again!

These Wainwright days will always stay in my mind. It has been so special.



Top to bottom: Climbing Helvellyn in winter with the Towe family; Tess near Angle Tarn Pikes a few years ago; a snowy day ticking off some Kentmere Wainwright's with the Towe family; Tess's final Wainwright, Haystacks, with her mum, dad, grandparents from New Zealand, Ali Richards and her daughter Megan © Reedy Family Collection



A MOUNTAIN MARATHON FOR JUNIORS

By the time you read this, the 2022 Saunders Lakeland Mountain Marathon (SLMM) will have taken place somewhere in the Lake District. The exact location is kept a secret until just a few weeks before the event. The SLMM happens every year, and is a two-day mountain marathon format event where you carry all your overnight gear, food and equipment with you.

The SLMM is a unique event in that it has specifically designed courses for juniors to compete. So, we asked James Birkinshaw and James Hammond to tell us about their experiences of competing in the 2021 SLMM with their Dads!

“ JAMES BIRKINSHAW, AGED 17

WHY DID YOU CHOOSE TO ENTER THE SLMM?

I have orienteered since I was about 10 and I have enjoyed it, but never done it competitively. Over the last couple of years I have begun to enjoy it more as I have got slightly better at it. I do a lot of walking on the fells with my family but don't generally do much fell running.

I did a few Kong Mini Mountain Marathons with my Dad over the past year and I enjoyed them, so I thought that doing a slightly longer two-day event would be a good challenge.

HOW DID YOU DECIDE WHICH COURSE TO ENTER AND WHY?

I did the Fairfield score event when I did the SLMM, because I find that I enjoy events more when I have to do as much as I can within the time limit rather than do a certain distance as fast as I can. I also enjoy the route planning aspect of score events and feel like I run faster when I have to get back inside time limit. To do the Fairfield you need to be over 16 and when one of the runners is under 18, the other runner must be the parent or guardian. The Beda Fell class is specially designed for a parent or guardian and child.

DID YOU HAVE ANY WORRIES OR CONCERNS BEFORE COMPETING?

I was slightly worried about doing 7 hours on the first day and 5 on the second, because when I did the four-hour Mini Mountain Marathons I was very tired by the end of them. I was also slightly concerned that my Dad would be running too fast and I would have to spend the whole time trying to catch up with him.

I enjoyed running with my Dad and he did end up running slightly slower, so that I wasn't constantly behind, which was good. We both had an input on the route choice and the navigation side of the race and it was good being with someone, so I knew I wouldn't get badly lost.

WHAT WERE THE HIGHLIGHTS OF THE SLMM?

We were happy to finish and ended up doing quite well coming in 19th position on our course out of 140 teams.

WHAT WERE THE LOW POINTS, THINGS YOU DIDN'T ENJOY AS MUCH?

I got quite tired by the end of the first day, so we ended up finishing 40 minutes early without getting as many controls as we could. I also didn't enjoy my Dad's cooking at the overnight camp as he managed to overcook half of the pasta while the other half was barely cooked. I was also slightly worried with one hour to go on the second day that we wouldn't get back in time and would end up losing points, but we made it in time in the end.

WHAT DID YOU LEARN? WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

I learnt that I could run longer than I thought I could. If I did it again, I would probably try harder when I got tired on the first day and would do the cooking myself.

DO YOU PLAN TO DO ANYTHING LIKE THIS AGAIN IN THE FUTURE? WHAT NEXT?

I have another Mini Mountain Marathon planned in the coming months and will probably do another two-day event at some point in the future.



“ WHY DID YOU CHOOSE TO ENTER THE SLMM?

I mainly focus on orienteering but I've always enjoyed doing running races, especially longer ones like the SLMM. My family has always been active but running became a part of my life after we started going to the fells with my Dad. I really enjoy going running in nice places.

“ JAMES HAMMOND, AGED 15

HOW DID YOU DECIDE WHICH COURSE TO ENTER AND WHY?

Coming from an orienteering background, I'd always heard of mountain marathons and the idea of running long distances while having to be self sufficient appealed to me. In 2017, my Dad and I took part in the OMM Lite, a 2 day score type event, and although it rained I really enjoyed the experience and hoped to do more

similar races in the future. One of the main appeals of the SLMM was the wide range of junior courses on offer, so we entered the 2021 edition.

As it was our first time running the SLMM, we decided to enter the Beda Fell course, the shortest and one which is specifically designed for juniors and their parents. We were tempted by longer courses but decided to just stick with the Beda Fell for the experience.

WHAT WERE THE HIGHLIGHTS OF THE SLMM?

I had been training for orienteering for a couple of years and having done similar events before, I wasn't worried about the distance. However this was going to be our first time running with tents and food for the 2 days and the climb involved was slightly daunting. But we were definitely looking forward to the challenge.

My dad is an experienced walker who has taken part in the OMM before and our combined navigational abilities meant we were a good team. He perhaps isn't as fast at running, but his experience helped us whilst camping and he certainly put a good shift in.

I really enjoyed the incredible Lake District scenery. It was a bit rainy, but it was cool to be running in the mountains and being entirely self sufficient. The best bit definitely had to be the post race meal though!

WHAT WERE THE LOW POINTS, THINGS YOU DIDN'T ENJOY AS MUCH?

Running wise, it was all really fun though there was a very steep descent to end the first day which was quite tough. It also would have been nice to have some better weather, especially at the

overnight camp.

WHAT DID YOU LEARN AND WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

There was not any one thing I learned from the SLMM but I did pick up lots of tips and tricks like bringing plastic bags to put in soggy shoes. We could have paced it a little better but we made it ok.

DO YOU PLAN TO DO ANYTHING LIKE THIS AGAIN IN THE FUTURE? WHAT NEXT?

At the moment I am quite focused on orienteering and looking towards competitions in the summer, but I am running in the KONG mountain marathon in August and would definitely like to run the SLMM again. Maybe next time we will try a longer course? I think it's a great experience and I would wholeheartedly recommend it to others.



Above: James Hammond and his father at the finish line © Saunders Lakeland Mountain Marathon, Robert Brown



WORDS GRACE LONGDEN

BIG STONE FELL RACE: A JUNIOR RACE ORGANISER'S PERSPECTIVE

For the Queen's Jubilee, the village where I live (Chinley in the Peak District) wanted to do something different at their summer fete. A fell race was suggested and, originally, someone else had offered to organise it. However, just over a month before, they dropped out.

One day, the fete organiser happened to mention this to me and my mum. I instantly thought we could organise it ourselves! There wasn't much time to sort things out and the original organiser had done no preparation. The first thing I did was to read my FRA handbook, taking in all the rules and instructions you have to follow for it to be eligible for an FRA race licence. I registered my mum to be an FRA member, as an over 18 had to be the official race organiser for the licence. I then proceeded to apply for a race license and, within a few days, we were licensed!

Over the next couple of weeks, there were a lot of jobs and things to organise. Our main priority was to recce possible routes and find a timer and someone to manage online entry. A race organiser from another local race recommended Crazy Legs; we got in touch and they managed online entry, and timing on the race day. Crazy Legs were absolutely brilliant and answered any questions we had about organising the race. We will definitely use them again! We had many possible routes we could've chosen, as there are many paths around Cracken Edge, but we had a few key routes we wanted to take, including a famous steep technical descent back down into the village, and to pass the Big Stone on top of Cracken Edge – this is where the fell race got its name, Big Stone Fell Race. We finally confirmed the route; the course had plenty of different terrains, descents and lots of steep parts.

Left: Grace Longden on her way to set up signage for the race © Edith Longden

The next thing to do was to promote the race. I think this was the hardest part of the whole organisation; especially as it was a brand-new race, so no one had ever heard of it. I decided the best way to promote it was via Facebook and I designed a website for all the information and updates. I really enjoyed working out how to create the website – I went out taking photos for the backgrounds and created a Route Gallery with lots of photos from around the course, so people could see what the route was like. At first we didn't get much interest, a few entries here and there but when I started posting it on the bigger fell running Facebook pages, it really started to take off. We went from around 17 entries one week, to having about 70 entries the next!

Behind the scenes, everything was really busy, too. Medical cover was proving to be difficult to find because of it being the Jubilee weekend. Thankfully, after checking the FRA insurance, Nick, a paramedic, stepped up to volunteer to cover it for us. He is now starting his own event first aid business – Loan Medic. FRA insurance is great because, as long as your paramedic is a volunteer, you are covered!

I designed the race numbers and ordered them, along with safety pins, paper cups, and chocolates for prizes. For the overall winners, we had trophies made from stone we collected off Cracken Edge, so they were unique for the race! For the adult prizes, Big Stone Beer, a local brewery, kindly donated 18 bottles of beer altogether, and Run Forest Run, Matlock contributed two £10 vouchers for the U18 categories.

One of the main things I've learnt from the organisation is to make sure you have plenty of printer ink! There is lots of paperwork to print off to display at registration and I designed certificates for podium finishers. When I came to print everything off a couple of days before the race, I found my printer had run out of ink! Luckily, it came just in time to get everything sorted!

Only a few days to go before the race, we collected the flags, signs, tape and cones that we were borrowing from our athletics club (Buxton AC), and planned on marking the course the day before. Another key thing to remember for future years, is not to underestimate the time it will take you to mark all the course out. Along with the actual course, there are all the 'Caution Runner' and 'To the Start' signs. The car parks we had were all over the village, so we had to mark all the ways to the start out, too. The actual course took me, my mum and my uncle, 5 hours to mark! Me and my mum went round the parts of the course in the village we needed to mark the night before on our bikes - which was a lot quicker than walking round.

Another big thing to organise was marshals. Luckily, we had lots of willing friends and family who volunteered to marshal. I came up with a system to help the marshals find the spots by giving each



Race winner, Will Longden, on his way to completing the course in just over 30 minutes © Michael Blamey

marshalling point its own number. I then gave each marshal a marshal information sheet, with their marshal point number and directions on how to get there. This worked really well and all the marshals found their marshalling points! Without the help of all the marshals and sweeper, Stuart, I don't think the race could have gone ahead.

On Sunday 5th June it was race day! The weather forecast wasn't looking promising and the rain was pretty heavy; however, it didn't stop the excitement building! The marshal briefing was the first task of the day, and despite the weather, all the marshals were raring to go! Crazy Legs explained the registration system to us and the runners started to arrive. We had quite a range of ages from U18s right up to the V70 categories; it was great to see local villagers taking part and also people from as far away as Ambleside! With all the preparations complete, the only thing left was the race itself! It was a great feeling to set off the race I had spent weeks planning! The race was won by Will Longden, who lives virtually at the bottom of the hill. He completed the course in 30.09 minutes, which has set the record high, for years to come! The overall lady was Hannah Cowley, who set the women's time to beat, also high, at 35.44 minutes!

Overall, I really enjoyed organising the whole race and I was absolutely amazed to see the race made The Times national newspaper the day after! We had plenty of positive feedback and even comments on how well the race was organised! Looking back now, I think having Crazy Legs sorting out the pre-entry and timing really helped, as I don't think we would have managed everything so smoothly if we had to do it all ourselves. Without the support of marshals, Nick our paramedic, Stuart who was our sweeper runner and, of course, all the runners, the race wouldn't have been possible.

I can't wait for preparations to start for next year's race!

TEXT TALK TIME

Charlie Butler (age 10) interviews his fell running hero, and fellow Keswick AC clubmate, Mark Lamb. Would you like to interview your fell running hero? Then please email editor@fellrunner.org.uk, and let us know who your fell running hero is. We will put you in touch so you can do a text interview.



Above left to right: Charlie Butler; Mark Lamb racing the Grisedale Grind Fell Race '22 © Jacob Adkin



CHARLIE: Hi Mark, it's Charlie. Are you ready for the interview?

MARK: Hi Charlie. Yes, I'm ready to go.

CHARLIE: What got you into fell running, and how old were you?

MARK: I played football for Keswick from under 8s through to senior level and the coach at the time, John Curran, was always saying to me that I should go and do a race with him as I enjoyed running as much as playing the football. So I did the Lancaster 10k with him, and then just got the racing bug. I was 21.

CHARLIE: What was the first fell race you entered and what position did you come?

MARK: Latrigg fell race, just a short up and down. I came 6th.

CHARLIE: Nice!

CHARLIE: Can you remember the first fell race you won?

MARK: I think it might've been Latrigg fell race 4 years after I first did it in 2016.

CHARLIE: Which race have you enjoyed winning most, and why?

MARK: Definitely Clough Head fell race, the short English championship race in 2018. My first championship win, and the fell that I look straight out of my window onto.

CHARLIE: Wow

CHARLIE: Which race were you worried about the most and why?

MARK: Probably that Clough Head one as I always do better in the shorter ones and people had me down for the win. So that made me feel the pressure a bit more. Also, I knew I might only get one chance to win it as a championship race and all my family were there too.

CHARLIE: Have you ever got lost during a race and was it scary?

MARK: I've gone wrong a few times in races - me and two others did in Ireland one year, we went from top 3 to mid-teens. It wasn't scary more just frustrating. I haven't done many races where you can't see more than a couple of metres in front of you. I tend to stay away from them ones.

CHARLIE: What do you eat before a fell race?

MARK: Porridge, toast and a banana.

CHARLIE: What fell shoes do you wear?

MARK: inov-8 x-talon 212's

CHARLIE: Same as me!

CHARLIE: What is your favourite fell race?

MARK: The Grisedale Horseshoe

CHARLIE: Do you have any tips for me?

MARK: Just keep enjoying it, and try to be as consistent as you can.

CHARLIE: Thank you for letting me do the interview and good luck for the rest of the season.

MARK: No problem, Charlie. Thanks for choosing me as your fell running hero. Good luck to you too, I look forward to seeing you progress.

JUNIOR CHAMPIONSHIP 2022

A total of 328 competitors from 58 clubs took part in the 2022 English Junior Championship. 138 ran in four or more races securing the coveted FRA t-shirt or hoodie. Two competitors, Clara McKee (U13G, Calder Valley FR) and Jack Sanderson (U15B, Settle Harriers) won all five races in their age groups and scored the maximum 200 points. Other age groups were closely contested; U17G in particular was only settled at the final race. The overall club championship was well supported with 31 clubs scoring

at all 5 races. The team competition rewards participation and highlighted how strong some clubs are in certain categories.

85 competitors from 9 clubs plus 17 unattached entrants took part in the FRA Challenge, of whom 36 ran in 4 or more races. Four clubs completed the club competition and will receive an award.

CHAMPIONSHIP RESULTS

UNDER 13 BOYS

POS	NAME	CLUB	NO. RACES	POINTS
1	Thomas Wood	Macclesfield HAC	5	198
2	Charlie Dobson	Rossendale HAC	5	190
3	Adrian White	Trafford AC	4	185
4	Alfie Hickman	Abbey Runners	4	176
5	Riley Scott	Leven Valley AC	5	175
6	Cooper Wadsworth	Helm Hill	4	174
7	Magnus Foxwell	Ambleside AC	5	173
8	Sam Oldham	Leven Valley AC	4	169
9	Harry Cliff	Calder Valley FR	5	164
10	Joseph Green	Ambleside AC	4	164

UNDER 13 GIRLS

1	Clara McKee	Calder Valley FR	5	200
2	Isla Jebb	Helm Hill	5	191
3	Alice Carr	Rossendale HAC	5	190
4	Izzy Patefield	Wharfedale Harriers	5	177
5	Sophie Brady	Wharfedale Harriers	5	173
6	Fay Thomas	Helm Hill	5	168
7	Mia McGoldrick	Settle Harriers	4	160
8	Bella McCredie	Clayton-le-Moors	4	159
9	Isobel Reid	Chorley AC & Tri	4	154
10	Millie Reid	Chorley AC & Tri	4	154

UNDER 15 BOYS

POS	NAME	CLUB	NO. RACES	POINTS
1	Jack Sanderson	Settle Harriers	5	200
2	Archie Peaker	Keighley & Craven AC	5	192
3	Ned Gallagher-Thompson	Keighley & Craven AC	4	188
4	Oberon Kearney	Wirral AC	5	183
5	Noah Wadsworth	Helm Hill	5	182
6	Zac Jardine	Keighley & Craven AC	5	175
7	Thomas McKee	Calder Valley FR	5	173
8	Ewen Wilkinson	Keighley & Craven AC	4	171
9	Henry Ward	Chorley AC & Tri	5	163
10	Jay Hutchinson	Trafford AC	4	160

UNDER 15 GIRLS

1	Megumi Hoshiko	Wirral AC	4	197
2	Millie Jebb	Helm Hill	5	194
3	Isla Pastor	Wirral AC	5	188
4	Graihagh Turner	Penistone Footpath Runners	5	186
5	Penelope Boyle	Leven Valley AC	4	184
6	Izzy Wright	Keighley & Craven AC	5	173
7	Izzy-Mai Wilson	Dark Peak FR	4	172
8	Marina Bailey	Leven Valley AC	4	168
9	Zoe Brannon	Keswick AC	4	155
10	Cara Bradley	Ambleside AC	5	154

UNDER 17 BOYS

1	Alex Poulston	Wirral AC	4	198
2	Joseph Ormrod	Rossendale HAC	4	189
3	Charlie Pickens	Calder Valley FR	5	188
4	Adam Varey	Border Harriers	5	185
5	Jonah Cooper	Dark Peak FR	5	183
6	Rowan Ashworth	Ambleside AC	5	179
7	Mylo Jewell	Cumberland FR	5	170
8	Tom Murphy	Chorley AC & Tri	5	166
9	Michael Wood	Macclesfield HAC	4	159
10	Jack Lamb	Blackburn Harriers	5	156

UNDER 17 GIRLS

1=	Olivia Aldham	Wharfedale Harriers	5	179
1=	Grace Longden	Buxton AC	5	179
3	Beth Rogers	Ilkley Harriers	5	178
4	Charlotte Chambers	Keighley & Craven AC	4	177
5	Evie Taylor	Blackburn Harriers	4	173
6	Constance Jennesson	Buxton AC	5	169
7	Libby Rickerby	Chorley AC & Tri	4	165
8	Megan Wilkinson	Keighley & Craven AC	4	165
9	Charlotte Wilkinson	Horwich RMI	5	155
10	Poppi Watson	Chorley AC & Tri	5	153

UNDER 19 BOYS

POS	NAME	CLUB	NO. RACES	POINTS
1	William Longden	Buxton AC	5	195
2	William Walker	Clayton-le-Moors	5	190
3	William Hall	Calder Valley FR	5	184
4	Will Curry	Rosendale HAC	4	181
5	Isaac Battye	Horwich RMI	4	180
6	James Bowen	Ambleside AC	4	172
7	Eammon Clowes	Newcastle (Staffs) Tri Club	4	166
8	Elijah Peers-Webb	Calder Valley FR	4	159
9	Michael Wood	Macclesfield HAC	4	159
10	Jack Lamb	Blackburn Harriers	5	156

UNDER 19 GIRLS

1=	Sophie Rylance	Ambleside AC	5	185
1=	Alexandra Whitaker	Harrogate HAC	4	185
3	Margaret Preece	Telford AC	4	176
4	Amy Whelan	Buxton AC	4	175

CLUB RESULTS BY CATEGORY

CATEGORY	POS	CLUB	ENTRIES	POINTS
U13B	1	Ambleside AC	26	833
U13G	1	Rosendale HAC	21	715
U15B	1	Helm Hill	27	816
U15G	1	Leven Valley AC	15	591
U17B	1	Calder Valley FR	10	400
U17G	1	Buxton AC	13	511
U19B	1	Ambleside AC	8	312
U19G	1	Harrogate HAC	7	335

CLUB CHAMPIONSHIP

POS	CLUB	ENTRIES	POINTS
1	Wirral AC	5	725
2	Rosendale HAC	5	707
3	Helm Hill	5	703
4	Keighley & Craven AC	5	701
5	Calder Valley FR	5	699
6	Leven Valley AC	5	697
7	Buxton AC	5	688
8	Ambleside AC	5	685
9	Wharfedale Harriers	5	667
10	Dark Peak FR	5	644

Background photo: Todd Crag © Jim Tyson

JUNIOR FELL RUNNING WORD SEARCH

(SET BY QUIZRUNNER)

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

Word list for Lake District fell races

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

FRA	COLEDALE	HODGSON	THREE SHIRES
BLACK COMBE	CRAG FELL	KENTMERE	WASDALE
BLENCATHRA	DUDDON	LAKES	
BLISCO	DUNNERDALE	LANGDALE	
BORROWDALE	ENNERDALE	LOUGHRIGG	
CAW	FAIRFIELD	SCAFELL	
CARROCK	GRISEDAL	STEEL FELL	



The
FELLRACER

BLACK COMBE JUNIOR ENGLISH FELL RUNNING CHAMPIONSHIP

24 APRIL 2022

.....
Charmian Heaton, Race Organiser and Chairman of the Fell Runners Association



Clara McKee (Calder Valley) Under 13 Overall winner © Stephen Wilson, www.granddayoutphotography.co.uk

My first experience of Black Combe was in March 2016, when the race was the first counter in the Senior English Championship and, on the day, the hill displayed its customary mantle of cloud which caught out many of the elite contenders. The resultant Strava traces resembled tangled spaghetti, with mid-pack runners being overtaken multiple times by the same athletes.

Roll on to 2022, and I had come to be very fond of Black Combe, having explored many of its paths and faces during Covid. I was also convinced that the venue would lend itself to some great routes for Junior Championship races, with options to venture a bit further for each age group. However, my main concern was not to lose any Juniors in the Black Combe Bermuda triangle. I don't mind losing Rob Jebb, but I didn't want to lose any of his children; so, once the landowner was onsite, my first priority was to recruit a multitude of marshals. I am very grateful to the farmer, Andrew Fell, who offered me an event field on the north side of the A595, to avoid pedestrians on the road.

My next job was to work out suitable routes and the biggest challenge was to find a route for the Under 9 runners, which would give them a proper challenge within the maximum 1km allowed. Once I had worked out that little problem, the rest of the courses came naturally, with both the Under 17 and Under 19 age groups visiting the summit of Black Combe. The Under 19 runners experienced the Black Combe Dash route, first used for a one-off Senior Championship race in 2021, and they were joined by Senior runners this year.

I booked Crazy Legs Events to handle the online entries and timing and am grateful to the FRA for subsidising some of this cost to allow me to keep Junior entry fees down to £3. The day of the races dawned bright but very windy. I was happy as visibility was excellent and all the courses had been fully flagged, thanks to the loan of colour coded flags from Helm Hill. I delayed the start of the first race by 30 minutes, as there had been an accident at Newby Bridge, delaying many families travelling along the A590 from the M6. I was delighted that 21 Under 9s made the start line before a quick blast up to 150m and then a fast descent to the finish in the event field, with Calum



Alice White (Skipton AC) Under 11 Girls winner © Stephen Wilson, www.granddayoutphotography.co.uk

McGoldrick (Settle Harriers) and Lola Hodgson (Ambleside AC) being the first Boy and Girl respectively.

The Under 11 age group climbed to the top of Seanness before a fast descent down the zig zags, which would be used by every other age group. Harri Tancred (Helm Hill) and Alice White (Skipton AC) took the honours. Next up were the Under 13 runners who continued beyond Seanness to white Stones, before being turned back to the tourist path and down the zig-zags. The phenomenal Clara McKee, from Calder Valley Fell Runners, was the outright winner - 25 seconds ahead of the first boy, Sam Oldham from Leven Valley AC.

Next up were the Under 15 runners, who continued northeast from White Stones over Townend Knotts to join the main tourist path and a fast descent. First boy was Jack Sanderson (Settle Harriers) and first girl was Millie Jebb (Helm Hill) who had been looking forward to this race since walking around her course whilst mum and dad were running the Senior Black Combe race in March.

As the Under 17 runners were continuing up the tourist path to the summit of Black Combe, they were required to carry full FRA kit and first boy home was Alex Poulston, all the way from Wirral AC. First girl was local superstar Jess Bailey from Leven Valley AC. The Under 19 race was combined with the Seniors on the tough Black Combe Dash route up Pen End to the summit, and it was the juniors who ruled supreme with the remarkable Charlie Allmond from Ambleside AC taking the win from Rob Jebb, with and Eve Whitaker (Harrogate Harriers), first back for the girls.

It has to be said that I slept better after the event than before, but all the positive comments have made the sleepless nights worthwhile and I have agreed to do it all over again in 2023. We hope to see you there.

Huge thanks to sponsors Pete Bland Sports, who provided vouchers to all 1st to 3rd placed runners and to the army of volunteers who helped to keep all the young runners safe on the hill.



Calum McGoldrick (Settle Harriers) Under 9 Boys winner, with Ellis Greaves (Black Combe Runners) in second place © Stephen Wilson, www.granddayoutphotography.co.uk

BOYS RESULTS

AGE	POS	NAME	CLUB	TIME
U9	1.	Calum McGoldrick	Settle Harriers	07:02
	2.	Ellis Greaves	Black Combe Runners	07:17
	3.	Benjamin Hickman	Abbey Runners	07:25
U11	1.	Harri Tancrel	Helm Hill Runners	11:56
	2.	Charlie Headley	Keighley & Craven AC	12:15
	3.	Jos Jebb	Helm Hill Runners	12:38
U13	1.	Sam Oldham	Leven Valley AC	18:02
	2.	Thomas Wood	Macclesfield Harriers	18:06
	3.	Charlie Dobson	Rossendale Harriers	18:08
U15	1.	Jack Sanderson	Settle Harriers	20:23
	2.	Archie Peaker	Keighley & Craven AC	20:59
	3.	Oberon Kearney	Wirral AC	21:23
U17	1.	Alex Poulston	Wirral AC	38:51
	2.	Adam Varey	Border Harriers & AC	40:55
	3.	Harry Ewbank	Eden Runners	41:22
U19	1.	Charlie Allmond	Ambleside AC	38:48
	2.	William Longden	Buxton AC	41:43
	3.	Will Curry	Rossendale Harriers	42:26



Right top to bottom: Charlie Allmond Ambleside Under 19 Boys Champion; Alex Poulston (Wirral AC) Under 17 Boys Champion © Stephen Wilson, www.granddayoutphotography.co.uk



Eve Whitaker (Harrogate Harriers AC) Under 19 Girls Champion © Stephen Wilson, www.granddayoutphotography.co.uk



GIRLS RESULTS

AGE	POS	NAME	CLUB	TIME
U9	1.	Lola Hodgson	Ambleside AC	07:46
	2.	Hannah Nicholls		08:02
	3.	Molly Norman		08:38
U11	1.	Alice White	Skipton AC	12:40
	2.	Bleu Bailey	Staff Moorlands	13:40
	3.	Iris Thwaites		13:59
U13	1.	Clara McKee	Calder Valley FR	17:37
	2.	Isla Jebb	Helm Hill Runners	19:21
	3.	Alice Carr	Rossendale Harriers	19:30
U15	1.	Millie Jebb	Helm Hill Runners	23:12
	2.	Estelle Lowe	Westbury Harriers	23:35
	3.	Megumi Hoshiko	Wirral AC	23:41
U17	1.	Jess Bailey	Leven Valley AC	43:33
	2.	Isabel Holt	Blackburn Harriers	43:51
	3.	Georgia Bell	Leven Valley AC	44:03
U19	1.	Eve Whitaker	Harrogate Harriers	44:42
	2.	Isabel Richardson	Holmfirth Harriers	49:24
	3.	Alexandra Whitaker	Harrogate Harriers	49:37

Left top to bottom: Jess Bailey Leven Valley AC Under 17 Girls Champion; Lola Hodgson Under 9 Girls winner © Stephen Wilson, www.granddayoutphotography.co.uk



Jack Sanderson (Settle Harriers) Under 15 Boys Champion © Stephen Wilson, www.granddayoutphotography.co.uk

SAUNDERS LAKELAND MOUNTAIN MARATHON

2-3 JULY 2022

Stephen Ross, Race Organiser

The 43rd Saunders Lakeland Mountain Marathon was held on 2nd & 3rd July in the West Lake District with the event centre at Boot and the overnight camp at Wasdale Head. Our thanks to Thomas Postlethwaite and Michael Longworth respectively for the use of their land. We will be hard pushed to find two more attractive locations for future events.

We had a slight reshuffling of the core team with Roger Smith moving to Planner and Karen and Dan Parker as Race Directors, making sure the courses were challenging but safe and delivered winning times to our standards. As so often the case at the Saunders the weather was classic Lake District, rain, cloud and a temperature in single figures on the tops at times but perfect sunshine for T-shirts at both the overnight camp and the prizegiving. Harvey Maps provided our usual high quality dedicated mapping at 1:25,000 on Hartex synthetic paper.

As for last year the event comprises 6 linear courses of varying lengths and technical difficult and our own version of a 'score' course where competitors choose which controls to visit over a 2-day total of 12 hours rather than having separate choices on each day. The 6 linear courses cater for all ranges of experience and speed, with one of the most competitive being the Bedafell course for adult and junior over 14.

We had no solo classes this year and we have no plans to change that in future. The organisers have the view that the best way of ensuring there is someone on hand to immediately deal with an incident is by having a partner. Even if trackers were 100% reliable (and they are not) all they can do is record that someone has stopped moving. They can't put a casualty in a sleeping bag, administer first aid and call for support as soon as an accident happens. A mountain marathon is very different to a fell race where there are many runners going the same way on a prescribed course and there is generally someone nearby to help. A competitor on the score course could be an hour or two away from anyone else with no phone signal even if they were capable of using it. For these reasons the Saunders Lakeland Mountain Marathon, like the OMM, will be a team event in future.

The courses covered over 100 sq km of classic Lakeland terrain from Black Sail Pass in the North to Esk Pike in the East and Eskdale at the South with the Scafellis in the middle.

No courses went over Scafell, and none needed to go over Scafell Pike but some competitors took advantage of being in close proximity and paid a visit. With a lot of 3 Peaks challengers on the main trails Roger



showed foresight in arranging the line courses to visit some far lesser known and far more interesting features in the area: -

- The Whin Rigg - Illgill Head ridge
- The delightful little valley at the head of Miterdale
- Great Moss, in upper Eskdale, which can feel like Mongolia or Tibet on a cold clear winter's day.
- The Y boulder in Mosedale which was climbed and photographed, in Victorian times, by the famous Abraham brothers.
- And most significantly for our event Charnley Cairn (Gerry Charnley was the father of mountain marathons, starting the KIMM, now renamed the OMM, in 1968)

I would like to thank the small army of hard working and loyal volunteers that make staging this complicated event possible. Many have supported the Saunders Lakeland Mountain Marathon for 10-20 years and it is heartening to see this contribution recognised by our competitors. Also, our longstanding commercial partners, Evans Marquees, Pete Bland Sports and Lakes Loos. The only major injury sustained at this year's event was before it started when David Coxon sustained a nasty fracture in putting out the toilets. Our best wishes to him for a speedy recovery.

Next year's Saunders Lakeland Mountain Marathon will be held on 1st and 2nd July, somewhere in the Lake District.

SCORE COURSE:

FAIRFIELD		
GENDER	NAME	POINTS
F	Mandy Goth + Ros Blackmore	560
M	Mark Clarkson + Andrew Higgins	912
MIX	Sue Richmond + Geoff Briggs	650
VET	Duncan Harris + Ian Jones	836*

LINEAR COURSES:

PLANNERS ROUTE - DISTANCE/ ASCENT		
SCAFELL - 57KM / 4100M		
M	Philip Vokes + Alistair Thornton	9:12:54
MIX	Philip Rutter + Victoria Thompson	11:26:39
VET	Richard Needham + Paul Addison	11:58:53*
KIRK FELL - 49KM/3000M		
F	Alison Wainwright + Tania Wilson	16:00:53
M	Mark Burley + Allen Bunyan	9:27:41
MIX	Jon Shepherd + Freya Shepherd	12:03:20
VET	Kenny Short + John Tullie	8:49:06*
CARROCK FELL - 43KM/2300M		
F	Eloise Lee + Molly Browne	9:41:02
M	Simon Patton + Euan Patton	7:21:17
MIX	Pippa Dakin + Dom Dakin	7:37:13
VET	Andy Creber + Bryan Stadden	6:45:23*
HARTER FELL - 36KM/2200M		
F	Eleanor Claringbold + Beth Ripper	8:20:12
M	James Lowe + Ash Burgess	6:25:50
MIX	Paul Cumner + Elizabeth Bedwell	7:35:50
VET	Martin Skinner + Susan Skinner	6:41:41*
WANSFELL - 30KM/1900M		
F	Amelia Hunt + Grace Hunt	7:51:01
M	Chris Mark + James Carr	6:51:09
MIX	Nathan Marsh + Hannah Stroud	6:43:37
VET	David Frame + Elaine Gillies	5:43:55*
BEDAFELL - 30KM/2000M		
F	Katie Buckley + Jo Buckley	5:55:58*
M	Simon Hunter + Isaac Hunter	5:09:07*
MIX	Laurence Ward + Claire Ward	5:17:15*

*NOTE: Vet and Bedafell results adjusted for handicap, <http://www.slmm.org.uk/rules>

Opposite page: the overnight camp on the shores of Wastwater; two competitors on the run down to the overnight camp; a competitor studying the map ahead of the second day. Top left: Two runners out on the course; the overnight camp in Wasdale © Saunders Lakeland Mountain Marathon

LOWER BORROWDALE SKYLINE ENGLISH CHAMPIONSHIP RACE

21 MAY 2022

Ross Jenkin, Race Organiser

The 21st May saw the inaugural edition of the Lower Borrowdale Skyline race and it was fortunate enough to be selected for a championship race. It was a real honour to be trusted to do this with very little experience and an unknown route but I jumped at the opportunity to bring such a great route to the fell running community.

The preparation for the race saw various hiccups including a destroyed FRA marquee and a last-minute route change but teething problems are to be expected. As the day drew nearer, I was confident of a great race with a really good turnout and on the day, there were nearly 350 participants including some of the best fell runners in the country. The location for the registration is a great festival field and we hope to make full use of this for next year with more camping and a good party on the Saturday night. But more about this year's event for now!

As more and more people signed in, I was getting a great feeling that this was going to be a success. I had most of the marshals in place and Tebay primary school serving cakes and teas and coffees and Josh was hard at work cooking the meat and vegetarian hot food options. 2 hours before the start, I suddenly realised I had forgotten to put out some of the control points! So, I had to jump on the quad and race around the course to stick them where they needed to go arriving back at the start just in time for a quick race brief and a great mass start. The normal suspects were lined up on the start line edging forward getting ready for the off. Their impatience with my babbling was getting too much. And they were off!

As an extra race for those who wanted an easier option, I also had a 10k loop. I got the small race started just after the main event and they set off down the valley floor.

Finally, a little peace and quiet - I figured I had at least 1 hour until the first runners came in - How wrong could I have been!

No sooner had I sat with a cup of tea with the land owner, was I getting shouted that the first 10k runners were coming back! Even with the small field, the spread was significant with Rhys Findlay-

Robinson coming in at 52:05 and the last runner taking 2:21:55 showing that the 10k is not to be underestimated.

I was sure the best times for the 20km route, even with its 1000m height gain would be in the region of 2hrs and even that is much quicker than I would get round but my expectations were blown away.

The top 3 men smashed what I thought would be possible with Matthew Elkington achieving 1:38:35, Daniel Haworth getting 01:37:53 and with only 5 seconds difference, Brennan Townshend took the gold.

For the women's open race, we almost needed a camera for a photo finish! It was incredible that the top 3 women were literally neck and neck at the last checkpoint and it was impossible to predict the winner. In the end Sharon Taylor was in 3rd place with 01:54:13, Nichola Jackson was second in 01:54:06 and Sarah McCormack won it with 01:54:05.

As each tired runner crossed the line, almost every single one was raving about an amazing route, and stunning scenery. As they went for food, the hot food was devoured as were the thousands of cakes. It was a really successful day in a beautiful location. Thank you to the FRA for choosing the Lower Borrowdale Skyline and thank you all for supporting the race. All in all, we raised £150 for the local churches, well over £600 for the Tebay School and £2000 for Campaign Against Living Miserably which is a cause close to my heart after having suffered with depression myself.

Next year, although it will not likely be a Champs race, we would like to make the day into more of a family event weekend. So you can come and race, you can stay the Saturday night and enjoy the bonfire and a couple of bands and of course the BBQ and some drinks.

If anyone would like a race T-shirt for 2022 or a beautiful wooden medal I have quite a few spare - please get in touch.



Top left to right: runners lining up at the start; runners finishing the race including Mark Lamb (Keswick AC) far right and Phillip Rutter (Helm Hill) middle; dibbing in with Sportident © Ross Jenkin

LOWER BORROWDALE SKYLINE RESULTS

MEN OVERALL

POS	NAME	CLUB	CAT	TIME
1	Brennan Townshend	Keswick AC	MSEN	01:37:48
2	Daniel Haworth	Matlock Athletic Club	MSEN	01:37:53
3	Matthew Elkington	Ambleside AC	MSEN	01:38:35
4	William Cartwright	Matlock Athletic Club	MSEN	01:38:40
5	Ben Rothery	Ilkley Harriers AC	MSEN	01:41:41
6	Harry Bolton	Keswick AC	MU23	01:42:01
7	Robert Jebb	Helm Hill Runners	M45	01:43:47
8	Mark Lamb	Keswick AC	MSEN	01:43:49
9	Philip Rutter	Helm Hill Runners	MSEN	01:43:51
10	Matthew Roberts	Calder Valley Fell Runners	M40	01:43:53

MEN U23

POS	OVERALL	NAME	CLUB	TIME
1	6	Harry Bolton	Keswick AC	01:42:01
2	15	Alex Mason	Dark Peak Fell Runners	01:46:03
3	28	Chet Gillespie	Dark Peak Fell Runners	01:49:40

MEN V40

POS	OVERALL	NAME	CLUB	TIME
1	10	Matthew Roberts	Calder Valley Fell Runners	01:43:53
2	21	Doni Clarke	Todmorden Harriers	01:46:56
3	23	Ben Mounsey	Calder Valley Fell Runners	01:47:23

MEN V45

POS	OVERALL	NAME	CLUB	TIME
1	7	Robert Jebb	Helm Hill Runners	01:43:47
2	20	Adam Osborne	Calder Valley Fell Runners	01:46:44
3	30	Nick Leigh	Horwich R M I Harriers	01:50:53

WOMEN OVERALL

POS	OVERALL	NAME	CLUB	CAT	TIME
1	55	Sarah McCormack	Ambleside AC	WSEN	01:54:05
2	56	Nichola Jackson	Keswick AC	WSEN	01:54:06
3	57	Sharon Taylor	Helm Hill Runners	W40	01:54:13
4	86	Emma Hopkinson	Wharfedale Harriers	W40	02:02:24
5	102	Catrin Smith		WU23	02:05:48
6	112	Finty Royle	Lancaster University	WU23	02:08:04
7	123	Kelli Roberts	Helm Hill Runners	WSEN	02:09:32
8	124	Majka Kunicka	Dark Peak Fell Runners	W40	02:09:39
9	125	Sophie Likeman	Cumberland Fell Runners	WSEN	02:09:56
10	135	Lisa Watson	Dark Peak Fell Runners	WSEN	02:11:46

WOMEN U23

POS	OVERALL	NAME	CLUB	TIME
1	102	Catrin Smith		02:05:48
2	112	Finty Royle	Lancaster University	02:08:04
3	217	Alice Gamble	Sheffield Uni O & FR	02:31:41

WOMEN V40

POS	OVERALL	NAME	CLUB	TIME
1	57	Sharon Taylor	Helm Hill Runners	01:54:13
2	86	Emma Hopkinson	Wharfedale Harriers	02:02:24
3	124	Majka Kunicka	Dark Peak Fell Runners	02:09:39

WOMEN V45

POS	OVERALL	NAME	CLUB	TIME
1	148	Mel Price	Mercia Fell Runners	02:14:02
2	161	Bianca Dyer	Helm Hill Runners	02:16:41
3	175	Jo Buckley	Bingley Harriers & AC	02:22:47

THE 44TH YORKSHIRE FELL RUNNING CHAMPIONSHIPS: BUCKDEN PIKE FELL RACE 15 JUNE 2022

David Woodhead, Yorkshire Championship Race Co-Ordinator

At the June 2022 Buckden Pike British, English & Yorkshire Fell Championship race, history was made by the 'Flying Scotsman' Finlay Wild of Lochaber AC who broke Eryri Harriers and fellow Scot Colin Donnelly's 34 year old course record by 12 seconds. Much credit must go to Dan Haworth of Matlock AC who forced the pace in the spectacular race and just lost out on the last steep descent to Finlay who has won the Ben Nevis race ten times.

In the 44th Yorkshire men's championship race Ben Rothery & Nathan Edmondson had their own spectacular battle to capture the

Yorkshire Fells Championship trophy, with the last steep descent again being the deciding element, Ben stormed past Nathan to take the Yorkshire and Ilkley Harriers club honours and finish 5th overall. On the rugged steep descent Nathan was also over taken by Joe Baxter of P&B who collected the silver medal to add to his silver in 2018 and his bronze medals in 2017 and 2019, the gold still alludes Joe, may be next year. Nathan finished 11th overall and collected the Yorkshire bronze medal.

Ilkley Harriers won the Men's Team Championship gold medals with Ben, Nathan and Jack Wood who was in the 2019 winning team.

MEN V50

POS	OVERALL	NAME	CLUB	TIME
1	11	Karl Gray	Calder Valley Fell Runners	01:43:55
2	13	Darren Kay	Calder Valley Fell Runners	01:45:47
3	14	Gavin Mulholland	Calder Valley Fell Runners	01:45:57

MEN V55

POS	OVERALL	NAME	CLUB	TIME
1	77	Charlie Mackintosh	Pudsey & Bramley AC	02:01:18
2	82	John Hunt	Dark Peak Fell Runners	02:01:48
3	96	Jon Deegan	Ambleside AC	02:03:55

MEN V60

POS	OVERALL	NAME	CLUB	TIME
1	120	Phil Pearson	Northern Fells Running Club	02:09:15
2	132	Mark Roberts	Borrowdale Fell Runners	02:11:36
3	170	Paul Jeggo	Springfield Striders RC	02:22:00

MEN V65

POS	OVERALL	NAME	CLUB	TIME
1	152	Billy Procter	Helm Hill Runners	02:14:37
2	166	Michael Mallen	Keswick AC	02:21:26
3	187	Dave Collins	Todmorden Harriers	02:25:35

MEN V70

POS	OVERALL	NAME	CLUB	TIME
1	281	Robert Taylor	Pennine Fell Runners	02:57:11
2	307	Paul Bates	Lonsdale Fell Runners	03:23:37
3	313	Michael Brooke	FRA	04:01:17

MEN V75

POS	OVERALL	NAME	CLUB	TIME
1	300	Dave Tait	Dark Peak Fell Runners	03:10:53
2	305	Adrian Dixon	FRA	03:20:31

MEN V80

POS	OVERALL	NAME	CLUB	TIME
1	314th	Raymond Brown	Penistone Footpath Runners & Athletic Club	04:01:45

Right: runners milling about after the finish © Ross Jenkin

WOMEN V50

POS	OVERALL	NAME	CLUB	TIME
1	145	Ruth Thackray	Bingley Harriers & AC	02:13:35
2	158	Lou Osborn	Ambleside AC	02:15:39
3	192	Rebecca Patrick	Todmorden Harriers	02:27:13

WOMEN V55

POS	OVERALL	NAME	CLUB	TIME
1	186	Deborah Gowans	Todmorden Harriers	02:25:20
2	195	Melanie Blackhurst	Todmorden Harriers	02:27:22
3	220	Caroline Holden	Helm Hill Runners	02:32:52

WOMEN V60

POS	OVERALL	NAME	CLUB	TIME
1	233	Becky Weight	Bingley Harriers & AC	02:39:05
2	293	Nicky Butler	Keswick AC	03:03:53

WOMEN V65

POS	OVERALL	NAME	CLUB	TIME
1	261	Pat Goodall	Totley AC	02:47:49

WOMEN V70

POS	OVERALL	NAME	CLUB	TIME
1	276	Wendy Dodds	Dallam Running Club	02:53:38



Lefthand column, top to bottom: senior men L-R bronze Nathan Edmondson (Ilkley Harriers), champion Ben Rothery (Ilkley Harriers), silver Joe Baxter (P&B); senior women L-R bronze Rose Mather (York Knivesmire Harriers), champion Sharon Taylor (Helm Hill Runners), silver Emma Hopkinson (Wharfedale). Middle column, top to bottom: Ben Rothery (Ilkley Harriers) 2022 Yorkshire Fell Champion; WU23 L-R silver Lex Whitaker (Harrogate Harriers), WU23 Champion Betty Bergstrand (Middlesborough Mandale AC) with Sarah Rowell Perpetual Trophy, bronze Alice Gamble (Sheffield Uni OFRC); Men's Yorkshire Champs Fell Race team champions & gold medallists Ilkley Harriers L-R Jack Wood, Ben Rothery & Nathan Edmondson. Righthand column, top to bottom: MU23 Yorkshire Champs Fell Race silver medalist Jack Walton (Keighley & Craven AC); Ben Rothery (Ilkley Harriers) 2022 Yorkshire Fell Champion; WU23 Champion Betty Bergstrand (Middlesborough Mandale AC); Women's Yorkshire Champs Fell Race team champions & gold medallists York Knivesmire Harriers L-R Becky Penty, Rose Mather & Nik Tarrega © Dave Woodhead, www.woodentops.org.uk

In the women's championship Sharon Taylor of Helm Hill Runners was victorious, astonishingly 18 years ago Sharon who then ran for Bingley Harriers won the Norman Berry perpetual trophy and title at the 3 Peaks race. Sharon has been a consistent medallist in these championships winning three silver, 2007, 2011 and 2015 plus two bronze medals in 2003 and 2017 and competing as a FU23 Sharon won silvers in 1998 and 1999. Emma Hopkinson of Wharfedale Harriers won the silver medal the same as last year, Emma does have a gold medal and championship title from the FU17's in 1996 along with a bronze from the FU17's in 1997. Rose Mather of York Knavesmire Harriers won the bronze medal and led York Knavesmire Harriers to their first ever team gold medal win with Becky Penty and Nik Tarrega, much to their delight and surprise.

In the MU23's Alex Mason of Dark Peak Fell Runners turned the tables on 2021 champion Jack Walton of Keighley & Craven AC to

take home the Alistair Brownlee trophy which has the honour of it being the biggest Yorkshire perpetual trophy in the form a paella pan which he won in the Madrid Triathlon. The bronze medal went to Evan Bowers of Sheffield University Orienteering and Fell Running Club.

Betty Bergstrand of Middlesborough Mandale AC won the gold medal and FU23 Sarah Rowell trophy, Alexandra Whitaker of Harrogate Harriers won silver and last years champion Alice Gamble of Sheffield University Orienteering and Fell Running Club took the bronze.

Many thanks to Precision Pest Management and The Wharfedale Clinic who have been stalwarts in their support and sponsorship of these, the longest ever county fell running championships.

Below: Emma Hopkinson (Wharfedale) on her way to silver, chased by Becky Penty of York Knavesmire Harriers © Dave Woodhead, www.woodentops.org.uk

THE 44TH YORKSHIRE FELL RUNNING CHAMPIONSHIPS

SENIOR WOMEN		
Champion	Sharon Taylor	Helm Hill Runners
Silver	Emma Hopkinson	Wharfedale Harriers
Bronze	Rose Mather	York Knavesmire Harriers
SENIOR WOMEN'S TEAM		
Champions	York Knavesmire Harriers	
Gold	Rose Mather, Becky Penty & Nik Tarrega	
SENIOR MEN		
Champion	Ben Rothery	Ilkley Harriers
Silver	Joe Baxter	Pudsey & Bramley AC
Bronze	Nathan Edmondson	Ilkley Harriers
SENIOR MEN'S TEAM		
Champions	Ilkley Harriers	
Gold	Ben Rothery, Nathan Edmondson & Jack Wood	

YORKSHIRE UNDER 23 FELL CHAMPIONSHIPS		
WOMEN'S U23		
Champion	Betty Bergstrand	Middlesborough Mandale AC
Silver	Alexandra Whitaker	Harrogate Harriers
Bronze	Alice Gamble	Sheffield University Orienteering & Fell Club
MEN'S U23		
Champion	Alex Mason	Dark Peak Fell Runners
Silver	Jack Walton	Keighley & Craven AC
Bronze	Evan Bowers	Sheffield University Orienteering & Fell Club



A PREVIEW: BRITISH FELL & HILL RELAY CHAMPIONSHIPS

15 OCTOBER 2022

Iain Whiteside, Race Organiser



Above: runners lining up for the British Fell & Hill Relay Championships in 2021 © James Appleton. Below: the Hammer Head cairn, part of the 2022 route © Iain Whiteside

Scotland, the village of Broughton, and Carnethy Hill Running Club are excited to welcome clubs from all over the country to the 2022 edition of the British Athletics Fell and Hill Relays, being held at Broughton Heights on Saturday 15th October.

The course planners - Mark Johnston, Angela Mudge, and Helen Fallas - have four action-packed legs in store for all those hardy souls who venture "across the wall" to take on the challenge. This year's event field offers exceptional views along the ridges and shoulders of the surrounding peaks, giving impressive views of the race as it unfolds. The first leg packs an extra thrill for spectators as it consists of two loops that pass through the event field at the midway point of the leg. While fun for the spectators, it'll be a real toughie for racers as it packs two steep climbs and descents in under 5 miles. Leg two takes pairs of runners on a long and breathtaking (or breathless?) horseshoe around Broughton Heights and packs in sections of rougher running among the fast ridges. As usual leg 3 remains a closely guarded secret, but you can expect plenty of route choices and to visit parts of the hillside that only the sheep usually get to see. Finally, leg 4 offers excellent spectating with a short jog to see

runners midway through the leg and the event field itself is perfectly placed to see the runners parachuting themselves off the ridge to the finish line!

We are profoundly grateful to all the local landowners, residents and businesses who are helping to make this event possible and are grateful in advance for all the teams travelling the extra distance to Bonnie Scotland. We hope the event will make it worth the effort.

Entries will open on 1st August on SIEntries and a link, as well as more information about the event, can be found on our dedicated website: <http://carnethy.com/carnethy-organised-races/british-fell-relays-2022/>





Howard Seal (Cumberland Fell Runners) racing the Great Lakes fell race © Stephen Wilson, www.granddayoutphotography.co.uk

CALENDAR UPDATE

As usual the FRA website, www.fellrunner.org.uk, holds the most up to date calendar. There are also links to the other national fell running organisations where information can be found about races that are not in the FRA calendar.

The FRA website, www.fellrunner.org.uk/signup/race-organiser, is now the starting point for anyone wishing to initially register as a Race Organiser or register their race with the FRA for 2023.

ANDY MCMURDO, FIXTURES SECRETARY

RACE INFORMATION UPDATES

The FRA have been notified about the following race updates since the Handbook was printed. Events which are licensed by the FRA are

identified by (FRA) and will be run in accordance with the FRA rules and requirements. Races not identified in this way are not licensed by the FRA and are included for information only. This includes all races in Scotland, Northern Ireland and Wales. Race updates are listed in the order in which they will now take place.

TUE. AUG 2. CROW HILL REVERSE (FRA). BS. NG. 7.15 p.m. 8km/305m. Venue: Dusty Miller Pub, Burnley Rd, Mytholmroyd, HX7 5LH. GR 011260. £5.00 on day. Teams. PM. Records: B. Mounsey, 29.10, 2016; f. L. Clough, 36.08, 2015. All proceeds to Calder Valley Search and Rescue Team. Details: Dave Collins, Hazelmere, Midgley Road, Mytholmroyd, HX7 5LW. Tel: 07887385486. Email: collinsdave706@gmail.com. Website: <https://www.todharriers.co.uk/crow-hill-reverse-fell-race/>.

WED. AUG 3. CRACKEN EDGE (FRA). BM. NG. 7.30 p.m. 11.3km/442m. Venue: Kinder MRT HQ, behind George Hotel, Hayfield, SK22 2JE. GR SK037869. £6.00, on day. Teams. LK. Over 18. Records: S. Vernon, 40.14, 2008; f. O. Walwyn, 48.28, 2013. Use main bus station car park at SK22 2ES. Counter in Hayfield Championship. Run by and to raise funds for Kinder Mountain Rescue Team. Toilets available in Sett Valley Trail car park. Details: Karl Tiffany, KMRT Base, c/o The George Hotel, Unit 1a, 14 Church Street, Hayfield, SK22 2JE. Tel: 07771 890771. Email: karl.tiffany@kmrt.org.uk. Website: www.kmrt.org.uk/cracken-edge-fell-race/.

WED. AUG 3. GUN RUN (FRA). BS. NG. 7.15 p.m. 9km/250m. Venue: Swythamley & Heaton Community Centre, Gun End, Swythamley, SK11 0SJ. GR 965 682. £7.50 pre-entry, £10.00 on day. Pre-entry strongly preferred at bookitzone.com: no guaranteed entry on the night. Teams. PM. Over 16. Return of the Gun Run after a few years' absence, with a new route. All proceeds to Staffordshire Wildlife Trust for restoration of Gun Hill and the Staffordshire Moorlands. Post race refreshments available. Details: Julian Brown, Fox's Reach, Lake Road, Rudyard, Leek, ST13 8RN. Tel: 01538 306837. Email: julianbrown10@hotmail.co.uk. Website: www.macclesfield-harriers.co.uk.

FRI. AUG 5. SALT CELLAR (FRA). BM. NG. 7.00 p.m. 10.9km/486m. Venue: Fairholme visitor centre (SK173893). GR SK173893. £10.00, pre-entry. Pre entry only. Over 18. Adults Records: M – Tom Saville (Dark Peak) – 48.27, 2018; f. Caroline Brock (Steel City) – 1.00.27, 2018. Details: Dean Monty Young, 54 Mulehouse road, Crookes, S10 1TB. Tel: 07985525985. Email: deanyoung3@hotmail.com. Website: www.steelcitystriders.co.uk.

SAT. AUG 6. STICKLEPATH HORSESHOE (FRA). BM. NG. 1.00 p.m. 15.5km/519m. Venue: Sticklepath. GR SX641940. £8.00 pre-entry, £9.00 on day. Pre-entry recommended. Limit 50. ER/LK/NS. Over 18. Records: J. Parkinson, 1.08.49, 2016; f. J. Harvey, 1.29.23, 2009. Not suitable for beginners. Come with full body cover in line with FRA requirements & map/compass and know how to use them. Details: Wendy Manfield, Merrow Down, Sticklepath, Okehampton, EX20 2NJ. Tel: 07873882963. Email: wendymanfield@john-lewis.com.

SAT. AUG 6. TEGG'S NOSE (FRA). BM. NG. 2.30 p.m. 12.8km/525m. Venue: Trials Field, Bullocks Lane, Sutton, Macclesfield, SK11 0HE. GR SJ 923716. £3.00 on day. £5 entry to Sheep Dog Trials on day. £3 race entry payable in cash at race registration. LK/PM. Over 18. Records: T Adams, 51.56, 2015; f. O Walwyn-Bush, 57.11, 2011. Held in conjunction with Sheepdog Trials. Strictly no training on route and no dogs. Details: Wendy Lynas, . Tel: 07799 353100. Email: wendy_lynas@hotmail.com. Website: www.macclesfield-harriers.co.uk.

SUN. AUG 7. FARLETON KNOTT (B O F R A) (FRA). AS. NG. 12.00 p.m. 7.2km/457m. Venue: On A6070, 1 mile from M6 J36 nr Kendal. LA6 1PB. £5.00, on day. Senior race follows junior races. PM. Over 17. on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Plenty of parking £2 per car to farmer. Details: Judy Marshall, 1 Wood View, Burton in Lonsdale, Carnforth, LA6 3JT. Tel: 07890 548999. Email: sedgie18@icloud.com. Website: bofra.co.uk.

WED. AUG 10. ECCLES PIKE (FRA). AS. NG. 7.30 p.m. 5.4km/305m. Venue: Buxworth Club, Staion Rd, Buxworth, SK23 7NJ. GR 023822 on Dark Peak map. £6.00, pre-entry. <https://gvs.niftyentries.com/Eccles-Pike-Fell-Race-2022>. Teams. PM. Over 16. Records: A. Wilton, 19.26, 1996; f. O. Bush, 24.53, 2011. Details: Brian Holland, Fellside Cottage, Brookside, Buxworth, SK23 7NE. Tel: 07905100710. Email: bholland28@hotmail.com. Website: www.goytvalleystriders.org.uk.

THU. AUG 11. IVYBRIDGE 3 TOPS (FRA). BS. NG. 6.30 p.m. Juniors start at 17:45 U9/11 U13/15 age groups. 10km/450m. Venue: Ivybridge Rugby Club Cross-in-Hand Filham Ivybridge Devon, PL21 0LR. GR SX 648 562. £6.00 pre-entry, £8.00 on day. EOD only if not full. Teams Prizes for first club with 3 males and first club with 3 females. Over 15. U17 can compete in senior race. Records: N/A, f. N/A, First run of race; no records yet set. Juniors: Juniors start at Moorgate at 17:45. Walk from HQ to start 0.9 miles up hill. Make sure you allow time to get to start at Moorgate. Part of Dartmoor Fell Race Series. Details: Chris Prall, 2 Trinnaman Close, Ivybridge, Devon, PL21 0YH. Tel: 07740026874. Email: chrissprall@hotmail.com. Website: <https://www.ermevalleyharriers.co.uk/ivybridge-3-tops/>.

SAT. AUG 13. ROYAL MANX AGRICULTURAL SHOW FELL RACE (FRA). BS. NG. 1.30 p.m. 4.5km/120m. Venue: Knockaloe Beg Farm, Patrick, Isle of Man, IM53AQ. GR SC237826. £5.00 pre-entry, £10.00 on day. Runners who pre-enter will have free admission to the show. On the day entries will have to pay Royal Show admission. Over 12. Juniors: Juniors free. Details: Margaret Watkins, Aigh Vie, Main Road, Colby, Isle of Man, IM9 4NS. Email: mw.magwat@gmail.com. Website: <https://manxfellrunners.org/>.

SUN. AUG 14. BOULSWORTH FELL (FRA). BM. NG. 11.00 a.m. 10.5km/300m. Venue: Trawden Rec Pavilion, Keighley Road, Trawden, BB8 8RR. GR SD 91373 39245. £5.00, on day. Part of the Trawden & District Agricultural Show and includes show entry (pay at Race Registration). PM. Over 18. Records: C. Miller, 42.16, 2016; f. H. Page, 46.50, 2014. Juniors: From 6-16 years. Races in age category (age at following 31st Dec) order from 9:30. Be prepared to carry full kit if required. Part of the Pendle & Burnley

Grand Prix. Details: Jamie McIlvenny, 51 Keighley Road, Colne, BB8 0LS. Tel: 07725 357024.

WED. AUG 17. CROOK PEAK CAKE RACE (FRA). BS. NG. 7.00 p.m. 4.8km/200m. Venue: White Hart, Cross, Axbridge, Somerset,, BS26 2EE. GR ST417547. £7.00, on day. Registration 6:15 pm to 6:45 pm. LK/NS. Over 14. Records: O. Fox, 18.14, 2015; f. C. Prosser, 21.58, 2016. Details: Will Robbins, 2 Windsor Terrace, Clifton, Bristol, BS8 4LW. Tel: 01179 213336. Email: willprobbins@hotmail.com.

WED. AUG 17. NOT ROUND LATRIGG (FRA). BS. NG. 7.00 p.m. 8.8km/244m. Venue: Cricket Club, Fitz Park, Keswick. £7.50, pre-entry. Pre entry through Events Up North website will be available from the start of July. Under 18's must download and bring a signed parental consent form from FRA website. Teams of 3. PM. Over 17. Records: J. Battrick, 35.07, 2019; f. H. Horsburgh, 36.45, 2021. Details: Julie Carter, Oakdene, Portinscale, Keswick, CA12 5RF. Tel: 017687 80467. Email: jecarter@doctors.org.uk. Website: www.keswickac.org.uk.

WED. AUG 17. PILGRIMS CROSS (FRA). BM. NG. 7.15 p.m. 11.3km/396m. Venue: Sunnybank Social Club, Hemshore Rd, Helmshore, Rossendale, BB4 4LQ., BB44LQ. £5.00, on day. Teams. PM. Over 16. Records: B. Coop, 47.39, 2019; f. J. Collins, 1.01.57, 2019. New route in 2019. Start approx 15 mins walk from registration. No Junior races. Details: Rob Andrew, 9 Royds Close, Tottington, Bury, BL8 3QD. Tel: 07403 061889. Email: rob.andrew@live.co.uk. Website: www.rossendaleharriers.co.uk.

SUN. AUG 21. SEDBERGH HILLS (FRA). AL. NG. 11.00 a.m. 22.5km/1830m. Venue: People's Hall, Howgill Lane, Sedbergh., LA10 5DQ. GR 655923. £10.00, pre-entry. Via SI Entries website. Teams. ER/LK/NS. Over 18. Records: K. Anderson, 1.57.11, 1991; f. V. Wilkinson, 2.19.34, 2014. Prizegiving after race. NO race parking on Howgill Lane. Details: Victoria Wilkinson, 12 Loftus Hill, Sedbergh, Cumbria, LA10 5RX. Tel: 07754200076. Email: wilkivic@aol.com.

WED. AUG 24. GOLF BALL (FRA). BS. NG. 7.00 p.m. 8.8km/244m. Venue: CPA Club, Commercial St., Loveclough, Rossendale, BB4 8QA. £4.00, pre-entry or on day. Teams. Over 16. Records: G. Hull, 35.00, 1994; f. C. Greenwood, 40.32, 1994. Food and drink available at end of race. Details: Mr Jan Kempson, 3 Hall Close, Reedsholme, Crawshaw Booth, Rossendale, BB4 8PS. Tel: 07961 010199. Email: jankempson@btconnect.com. Website: www.rossendaleharriers.co.uk.

WED. AUG 24. GT. LINKS TOR FLYER (FRA). BS. NG. 6.45 p.m. 9.5km/372m. Venue: Fox & Hounds, Lydford, EX20 4HF. GR 526 866. £6.00 pre-entry, £9.00 on day. Pre-entry via race website, plus booking fee. PM. Over 16. U9 and U11 Race at 1730,

U13 and U15 race at 18.00, Seniors at 18.45. Juniors. Part of Dartmoor Fell Race Series. Junior races on day start at 17.30 and 18.30 Senior race at 1845. Details: Rees Jenkins, 2 Marley Park Cottages, Brampford Speke, Exeter, EX5 5DX. Tel: 07913310356. Email: reesjenkinsbt@gmail.com.

FRI. AUG 26. WEAVER HILLS (FRA). AS. NG. 7.15 p.m. 3.5km/201m. Venue: Daltons Dairy, Shawcroft Farm, Wooton, Ashbourne, DE6 2GW. GR SK105452. £6.00, pre-entry. Partially flagged, full kit if deemed necessary A cup free event. Parking available at the Farm for a small donation towards the farm charity, please do not park in the village. PM. Over 17. Records: L. Beresford, 16.47, 2021; f. N. Bowen, 19.52, 2021. Juniors: 3 Juniors races, U17 and U15 will follow the same route as the Senior Races, and U13's will follow a shorter route, these will all start together and the U13 race will split before the main hill and follow a flagged route before re-joining for the finish. Year of birth, U13 2010-11, U15 2008-09, and U17 2006-07. Please see website for full information. Food, Daltons Ice Dream and drinks available. Details: Chris Hopkinson, 85 Weston Road, Aston on Trent, Derby, DE72 2BA. Tel: 07739 037890. Email: chris-hopkinson@hotmail.co.uk. Website: www.peakrunning.co.uk/weaverhillsfellrace.

SAT. AUG 27. BILSDALE SHOW FELL RACE (FRA). CS. NG. 11.30 a.m. 8.9km/438m. Venue: Chop Gate, Middlesbrough, TS9 7JS. GR SE 57002 96660. £9.00, pre-entry or on day. Over 16. Details: Lee Kemp, Scotta House, Stokesley Rd, TS9 6PY. Tel: 07884388115. Email: leekmp28@gmail.com.

SAT. AUG 27. DUFTON SHOW (FRA). AS. NG. 12.30 p.m. 8km/460m. Venue: Dufton Show Field, Dufton, Cumbria, CA16 6DB. GR 684255. Free entry on day. Pay entry to show, race free. Teams. PM. Over 16. Records: J. Heneghen, 28.55, 2008; f. C. Lambert, 35.37, 2013. Juniors: U9(over 6 on day))/U11/U13/U15/U17 (ages on following 31st Dec) races from 11 a.m. Pay entry to Show. Junior Routes more cross country terrain than fell terrain. Agricultural show. Details: Susanna Foot, Two Beeches, Dufton, Appleby in Westmorland, CA16 6DF. Tel: 01926 812814. Email: susannafoot@btconnect.com. Website: www.duftonshow.co.uk.

SAT. AUG 27. KONG MOUNTAIN MARATHON (FRA). MM. NG. 8.00 a.m. Staggered start. Venue: Sports pavilion Brodick, Arran, KA27 8DL. Pre-entry. See website for entry details. ER/NS. Over 14. Different age limits per course. Details: Erwin van Vroenhoven, The Barn Green Farm, Thorpe Ashbourne, DE6 2AW. Tel: 07710611484. Email: info@kongmountainmarathon.org.uk. Website: www.kongmountainmarathon.org.uk.

SUN. AUG 28. INOV-8 HIGH CUP NICK (FRA). BM. NG. 1.00 p.m. 15km/460m. Venue: Dufton Village Hall, CA16 6DB. GR 688252. £12.50, pre-entry. Pre-entries via Sport Ident. More race info on village website <https://www.duftonvillagehall.com/high-cup-nick>

fell-race. Homemade cake and hot drink included in entry. Teams. ER/NS/PM. Over 18. Records: N. Swinton, 59.12, 2019; f. V. Wilkinson, 1.06.47, 2017. Juniors: U9(over 6)/U11/U13/U15/U17/U19, age on following 31st Dec, trail races from noon, £2.50 Junior entry on day. Full FRA kit required. Free & compulsory car parking area in a field just outside the village. Please, all runners and spectators use this field so that the race does not clog up the village and jeopardize its future. Details: Morgan Donnelly, Bridge End, Water Street, Morland, Penrith, CA10 3AY. Tel: 07834 737669. Email: morgzruns@gmail.com. Website: <https://www.duftonvillagehall.com/high-cup-nick-fell-race>.

MON. AUG 29. BARROW - KESWICK SHOW (FRA). AS. NG. 2.00 p.m. 6.5km/425m. Venue: Showfield, Braithwaite, Keswick, CA12 5TF. GR NY 238237. £8.00, on day. Entry includes Keswick Agricultural Show admission. Teams. PM. Over 16. Records: C. Arthur, 31.01, 2016; f. H. Horsburgh, 35.50, 2019. Details: Matthew Atkinson, Braithwaite Lodge, Braithwaite, CA12 5ST. Tel: 07568063960. Email: matthewjatkinson94@gmail.com. Website: www.keswickshow.co.uk.

SUN. SEP 4. LOWESWATER SHOW (FRA). AS. NG. 2.30 p.m. 4.2km/305m. Venue: New House Farm, Lorton, Cockermouth, CA139UU. GR 156239. Entry on day. Pay to enter Show, race free. PM. Over 16. Records: R. Lightfoot, 21.37, 2013; f. J. Reedy, 26.24, 2013. Juniors: See website. Details: Anita Barker, The Cottage, Belle Vue, Cockermouth, Cumbria, Cockermouth, CA13 0NT. Tel: 07729 862854. Email: anitaca13@gmail.com. Website: C-f-r.org.uk.

WED. SEP 7. ILKLEY INCLINE (FRA). CS. NG. 7.00 p.m. 1.6km/171m. Venue: Jn of Wells Rd & Keighley Gate Rd. GR 115470. £3.00 pre-entry, £4.00 on day. Registration on grass area to the left of Wells Road, GR 115470, approx 300 metres from start - allow extra time to get to the start. PM. Over 15. Records: J. Henegan, 7.01, 2004; f. E. Clayton, 7.49, 2014. Uphill ONLY race. Details: Caroline Howe, 17 Victory Road, LS29 8HL. Tel: 07919 080010. Email: caroline.morley@hotmail.co.uk. Website: www.ilkeleyharriers.org.uk.

WED. SEP 7. ILKLEY JUNIOR SPRINT RELAYS (FRA). NG. 6.00 p.m. 0.8km/30m. Venue: Wells Rd, Ilkley, LS29 9RF. £4.00, on day. per team. Teams - for teams of 4. Four solo legs of 0.8km. Over 6. Juniors: Two competitions - 6 to 10yrs and 11 to 14yrs. Categories boys, girls and mixed (2 of each). Can only count in one team. Details: Rachel Carter, 28 Southway, Ilkley, LS29 8QG. Tel: 07548155390. Email: rchlrcarter7@gmail.com. Website: junior.ilkeleyharriers.org.uk.

WED. SEP 7. SOURTON TORS (FRA). AS. NG. 7.00 p.m. 3.9km/244m. Venue: Bearslake Inn, Lake, nr Sourton. GR SX528888. £5.00, pre-entry. PM. Over 12. Records: T Perry, 18.47, 2021; f. J Meek, 21.52, 2021. Juniors: £1 entry- U9 and U11 race together approx 2k course min age 8 – U13 and U15

race together approx 4k race. Last race of the 2021 Dartmoor Fell Series. Points will count towards the Series championship. Details: Hannah Susorney, Moorside, South Zeal, Okehampton, EX20 2JX. Tel: 07366331810. Email: hsusorney@gmail.com. Website: www.okehamptonrunningclub.com/summer-series/sourton-tors-race/.

SUN. SEP 11. BRADLEY (FRA). BS. NG. 1.20 p.m. Start times may change so please check the website. 6km/230m. Venue: Playing Fields, Bradley, nr Skipton, BD20 9DF. GR 003483. £5.00, pre-entry or on day. BOFRA Championship race. Age categories are based on age on 1 May 2022. Over 17. Records: J. Hudson, 23.07, 2019; f. C. Lambert, 26.50, 2013. Juniors: BOFRA Championship race. Under 9, 12, 14 and 17 from approx 12:15pm. Age categories are based on age on 1 May 2022 Entry £2. Details: Tim Done, 2 Mount Pleasant, Bradley, Skipton, Skipton, BD20 9ER. Tel: 07718160883. Email: info@bradleyfellrace.org.uk. Website: www.bradleyfellrace.org.uk.

SUN. SEP 11. EXTERMINATOR (FRA). AL. NG. 10.00 a.m. 25.7km/1290m. Venue: Totley Pavilion, Lane Head Road (near the Cricket Inn, Penny Lane, Totley. GR 303800. Free pre-entry - <https://bit.ly/30V8vto> ER/LK. Over 18. Records: S. Franklin, 1.59.31, 2017; f. C. Taylor, 2.25.58, 2016. Last counter in the Totley Fell Race Series. Showers and toilets available in Club's pavilion. Details: Jamie Rutherford, 10 Sackville Road, Sheffield, S10 1GT. Tel: 07715583054. Email: jmrutherford89@gmail.com. Website: www.totleyac.org.uk/extermimator/.

SUN. SEP 11. THE CAPTEN (FRA). BM. NG. 10.00 a.m. 16.1km/731m. Venue: Seatown, Chideock Hill, Bridport, DT6 6JU. GR SY 4208 9178. £17.50, pre-entry or on day. Entry via SI Entries: https://www.sientries.co.uk/event.php?event_id=9246. PM. Over 18. Records: J. Cieluszecki, 1.13.29, 2021; f. B. Tovey, 1.33.00, 2021. Details: Adam Slater, Rose Cottage, Loscombe, Bridport, Dorset, DT6 3TL. Tel: 07476449067. Email: the.captten.race@gmail.com. Website: <https://www.32run.com/>.

SUN. SEP 18. FAT BOYS STANAGE STRUGGLE (FRA). BS. NG. 11.00 a.m. 9.9km/355m. Venue: Hathersage Primary School, School Lane, Hathersage., S32 1BZ. £7.00, pre-entry or on day. Registration from 9.30 a.m. Online pre-entry is strongly advised: there may be very limited or no places available for on the day registration. Lookup our Facebook page for more information and updates!. PM. Over 18. Records: S. Bond, 38.00, 2009; f. P. Williams, 42.41, 2019. Juniors: The School PTA organise a fun run (2.7km/70m) (not covered by FRA Permit/insurance) immediately after senior race starts, £2 on day. Toilet & changing facilities. Field parking if dry. Plenty of delightful refreshments available. NO DOGS on school field. Details: Chris Martin, 15 Springfield, Bradwell, Hope Valley, S33 9JS. Tel: 07775 435311. Email: c.martin@sheffield.ac.uk. Website: <https://www.myraceentries.co.uk/fbss>.

SUN. SEP 25. JOHN HEWITT MEMORIAL SHELF MOOR (FRA). AS. NG. 11.00 a.m. 9.1km/457m. Venue: Jack Badger, Hope Street, Old Glossop. GR SK042949. £8.00 pre-entry, £9.00 on day. Race start 15 min walk from registration. The route is exposed, be prepared to carry full kit. Teams of 3. ER/LK/NS/PM. Over 16. Records: C. Donnelly, 39.45, 1989; f. C. Greenwood, 47.17, 1986. Details: Daniel Stinton, 16 Holly Bank, Glossop, SK13 8TS. Tel: 07796953074. Email: stintond@googlemail.com. Website: www.glossopdaleharriers.wordpress.com/club-races/shelf-moor-fell-race.

SUN. SEP 25. KONG MINI MM ROUND 2 (FRA). MM. NG. 8:15 to 10:00. Venue: Exact location tbc 1 month before event. £25.00 pre-entry, £28.00 on day. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

SUN. SEP 25. LANCASHIREMAN OFF-ROAD MARATHON (FRA). BL. NG. 8.00 a.m. 43km/1310m. Venue: Victoria Mill UCLan Burnley Campus, Trafalgar Street, Burnley, BB11 1RA. GR SD 834 326. £22.00, pre-entry. Pre-Entry only on SI Entries opens 1st Feb. 2020. Paired Entry £20 each. Relays option. Full details at www.trawdenac.co.uk. LK/NS/PM. Over 18. Records: A. Worster, 3.44.10, 2020; f. A. Freeman, 4.47.54, 2020. Map & Written Instructions provided. T-shirt to all finishers. Car parking in town car parks currently free of charge on Sundays. Details: Jamie McIlvenny, 51 Keighley Road, Colne, BB8 0LS. Tel: 07725 357024. Email: kkir@kkir.com. Website: www.trawdenac.co.uk.

SUN. SEP 25. LANCASHIREMAN OFF-ROAD RELAY (FRA). NG. 8.00 a.m. 43km/1310m. Venue: Victoria Mill UCLan Burnley Campus, Trafalgar Street, Burnley, BB11 1RA. GR SD 834 326. £12.00, pre-entry. Pre-Entry only on SI Entries opens 1st Feb 2020 Team of 3 (3x solo legs) - £12 each Team of 6 (3x paired legs) - £12 each Full details at www.trawdenac.co.uk. Teams of 3 or 6. LK/NS/PM. Over 18. Map & Written Instructions provided. Car parking in town car parks currently free of charge on Sundays. Details: Jamie McIlvenny, 51 Keighley Road, Colne, BB8 0LS. Tel: 07725 357024. Email: kkir@kkir.com. Website: www.trawdenac.co.uk.

SAT. OCT 15. BRITISH FELL AND HILL RELAY CHAMPIONSHIPS. NG. 11.00 a.m. Venue: Broughton Heights, Broughton, Scottish Borders. GR NT119374. Pre-entry. All competitors must have relevant event experience in mountain/fell running for Legs 1, 2, 3, & 4. Two runners need navigation experience for Leg 3. See race website for full details including entry information. Teams. ER/NS/PM. Over 18. Details: Iain Whiteside, 54 Balcarres Street, Edinburgh, EH10 5LT. Tel: 07545704720. Email: iain.j.whiteside@gmail.com. Website: carnethy.com/carnethy-organised-races/british-fell-relays-2022/.

SUN. OCT 23. ANDREW HEYWOOD MEMORIAL WINDGATHER (FRA). BL. NG. 11.00 a.m. 21.7km/762m. Venue: Burbage Institute, Bishops Lane, Buxton, SK17 6UL. GR O44730. £12.00 pre-entry, £15.00 on day. Plus online fee, at bookitzone.com. Pre-registration preferred, no guaranteed entry on day. Teams Teams of 3, no extra charge. ER/LK/NS/PM. Over 18. Records: L. Taggart, 1.29.30, 2007; f. O. Walwyn Bush, 1.40.24, 2012. Details: Julian Brown, Fox's Reach, Lake Road, Rudyard, Leek, ST13 8RN. Tel: 01538 306837. Email: julianbrown10@hotmail.co.uk. Website: www.macclesfield-harriers.co.uk/event/andrew-heywood-memorial-windgather-fell-race/.

SUN. OCT 23. BUTTERMERE SHEPHERD'S MEET (FRA). AS. NG. 11.30 a.m. 5km/600m. Venue: Gatesgarth Farm, Buttermere, Cumbria, CA13 9XA. GR NY 319 150. £5.00, on day. Includes warm drink, and snack and donation to the Shepherds' Meet Show. LK/NS/PM. Over 16. Records: M. Yeomans, 37.07, 2021; f. J. Gray, 46.15, 2021. Juniors: There will be a Junior race starting at 10:30. Course of 2Km with 200m of climb. This is open to those aged 13 and under. Entry fee of £2. Older Juniors (aged 14 or over) can run in the senior race. Part of low key traditional shepherd's meet. Details: Andrew Bradley, Middle Farm, Tallentire, Cockermouth, CA13 0PR. Tel: 01900 827894. Email: andyandmel@btinternet.com. Website: www.c-f-r.org.uk.

SAT. OCT 29. BLACK LANE ENDS (FRA). AS. NG. 2.00 p.m. 6.3km/315m. Venue: Black Lane Ends Tavern, Skipton Old Road, Colne, BB8 7EP. GR SD 929 431. £5.00, on day. Senior race (over 14, age on day) - 3 laps. PM. Over 14. Records: S. Watson, 30.24, f. E. Taylor, 37.42, Juniors: Junior race (over 8, age on day) - 1 lap (2km, 100m), starting at same time as seniors. Presentation, food and drink available in the pub afterwards. Details: Jamie McIlvenny, 51 Keighley Road, Colne, BB8 0LS. Tel: 07725 357024. Email: kkir@kkir.com. Website: www.runjmc.co.uk.

SAT. NOV 5. SHEPHERDS SKYLINE (FRA). BS. NG. 1.00 p.m. Junior races from 12:00. 10km/350m. Venue: Shepherds Rest Inn, Lumbutts Rd, Todmorden., OL14 6JJ. GR 945232. £6.00, on day. Teams men (4), women (3). PM. Over 16. Records: I. Holmes, 39.25, 2007; f. H. Page, 47.54, 2018. Juniors: U9/U11/U13/U15/U17 races from 12 noon, £1, includes goody bag. Details: Andy Mcfie, 89 Bridge Lanes, Hebden Bridge, HX7 6AT. Tel: 07986075833. Email: andrewjamesmcfie@gmail.com. Website: www.todharriers.co.uk.

SAT. NOV 19. PENMAENMAWR FELL RACE. BM. NG. 10.00 a.m. Early start 10am for 2.5 to 3 hour completers, 10.30 everyone else. 16.1km/594m. Venue: Capelulo Village hall, Fairy Glen Road, Capelulo, Penmaenmawr, LL34 6YU. GR 744763. £10.00, pre-entry. Pre entry only. Entries close on the Friday morning prior to the race. Entries via: https://www.fabian4.co.uk/. ER/LK/NS/PM. Over 18. Records: M. Roberts, 1.08.38, 2015; f. S. Ridgeway, 1.22.17, 2011. One of the oldest races in Wales. Soup and free bottle

of beer for all runners. Limited parking in village, please use shuttle bus from car parks on Sychnant Pass. Details: Russell Owen, Ty Siriol Treforris road, Dwygyfylchi, Conwy, LL34 6RH. Tel: 07586346805. Email: eryri58@gmail.com. Website: https://www.facebook.com/Penmaenmawr-Fell-Race-357012094451853.

SUN. NOV 20. ARNSIDE KNOTT (FRA). BS. NG. 12.15 p.m. 9.7km/333m. Venue: Hollins Farm, Far Arnside, Cumbria, LA5 0SL. GR 452765. £8.00, on day. Decision on whether senior race will be pre entry only or entry on the day will be posted here in late Summer 2022. PM. Over 17. Records: M. Briggs, 36.10, 2021; f. H. Page, 41.15, 2018. New records from 2016 due to changed course. Juniors: Juniors races for 6 to U17 in age groups from 11.15. See race website for latest updates for race day arrangements. Toilets available. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@gmail.com. Website: arnsideknott.blogspot.co.uk/.

SAT. NOV 26. BASLOW BOLT (FRA). BM. NG. 10.00 a.m. 12km/400m. Venue: St Anne's Church, 1 Church Street, Baslow, DE45 1RY. £10.00, pre-entry. Entry via website. PM. Over 18. Records: J. Oldfield, 50.38, f. S. Fairey, 1.00.25, All proceeds in aid of the local village school & church. Route will be well marked & marshalled therefore suitable for all levels of experience. A warm welcome to all runners and a cake bake and refreshments await runners at the finish!. Details: Richard Conroy, The Fountain House, Hydro Close, Baslow, DE45 1SH. Tel: 07725 790779. Email: race@baslowbolt.com. Website: www.baslowbolt.com.

SUN. DEC 4. BILL FOX GRAVY PUD RACE (FRA). BS. NG. 11.00 a.m. 8km/305m. Venue: Bulls Head, Tintwistle, SK13 1JY. GR 024973. £6.00, pre-entry or on day. Teams. ER/LK/PM. Over 16. Records: G. Raven, 33.59, 2008; f. L. Brindle, 40.29, 2014. Park respectfully of village residents and car share where possible. Details: Paul Barrett, 8 Brogden Grove, Sale, Manchester, M33 7UG. Tel: 07890 818702. Email: barrett_paul@hotmail.co.uk. Website: https://www.race-results.co.uk/results/2022/.

MON. DEC 26. TOTLEY TWO TURTLE DOVES (FRA). BS. NG. 11.00 a.m. 7.8km/250m. Venue: Totley AC Pavillion, S17 3AZ. GR SK302799. £6.00, pre-entry. Full FRA kit must be carried due to time of year. PM. Over 16. Please try to car share Showers, toilets and changing facilities available at the Totley AC Pavilion. Details: Steve Franklin, 330 Baslow Road, Totley, Sheffield, S17 3BG. Tel: 07749 646272. Email: steve.w.franklin@gmail.com. Website: www.totleyac.org.uk.



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Race Results

LOOPY LATRIGG / Cumbria
AS/8km/460m / **19.02.22**

205 runners enjoyed the break in between the storms to race around this new altered course due to tree felling on Latrigg. Many runners embraced the optional fancy dress element of the race, so we were blessed with many interesting sights on the fellside – including mermaids, gorillas and spiderman!

As the last race of our Winter Series, we had yet another male winner – this time young Tim Lamont – who narrowly beat series winner Mark Lamb.

Scout Adkin showed her dominance once again in the ladies’ field and easily won the series trophy.

Congratulations to everyone who has taken part in all five races and we look forward to seeing you at our next events.

Lou Osborn

OPEN

1. T. Lamont	HelmH	39.01
2. M. Lamb	Kesw	39.07
3. T. Day	Kesw	39.54
4. H. Bolton MU23 (1)	Kesw	40.12
5. M. Atkinson	Kesw	40.29
6. S. Holding	CFR	40.50
7. J. Hartley	BICmbe	41.02
8. S. Adkin Lady (1)	Amble	41.19
9. R. Jebb M40 (1)	HelmH	41.54
10. A. Berry	Kesw	42.53
13. K. Richmond M50 (1)	HelmH	43.19
16. C. Lowther M40 (2)	Eden	43.55
20. J. Butters M40 (3)	NFR	45.15
28. B. Taylor M50 (2)	Netherh	46.13
38. G. Illingworth M50 (3)	Unatt	48.04
71. P. Pearson M60 (1)	NthnF	51.49
94. R. Laycock M60 (2)	Settle	53.37
95. K. Loan M60 (3)	Kesw	53.41
147. J. Downie M70 (1)	Kesw	59.12
197. M. Hind M70 (2)	Borr	1.11.18

LADIES

8. S. Adkin	Amble	41.19
14. V. Wilkinson F40 (1)	Bing	43.30
41. H. Wooten	Kesw	48.19
68. S. Murrey	Kesw	51.29
75. C. Morgan F40 (2)	Unatt	52.06
80. K. Hewitson F40 (3)	Kesw	52.30

86. N. Hawktrigg F50 (1)	NthnF	53.12
87. S. Hodgson F50 (2)	Unatt	53.15
107. M. Robson F50 (3)	HelmH	55.46
132. J. Meeks F60 (1)	Borr	58.36
154. A. Cummings F60 (2)	CFR	1.01.17
186. W. Dodds F70 (1)	Dallam	1.05.55
202. L. Malarkey F70 (2)	Kesw	1.14.27

PIPE DREAM / Conwy
AS/6.8km/390m / **05.03.22**

Today saw the 18th running of the Pipe Dream race take place in gorgeous sunshine and hardly any wind, a real contrast to the weather experienced of late.

64 runners set out and they all came back, which is always good. There were plenty of grimaces on the way up the pipes, but just as many smiles at the end, especially when enjoying a cuppa with arch rivals and friends old and new. Many a story of the agonies of the steps were told, along with tales of places taken amongst the twists and turns during descent through the woods.

Jackie Lee and Gavin Roberts took the honours in 43.41 and 33.49 respectively. Gavin was about 30 seconds off Matt Roberts’ record.

Lloyd Taggart smashed the longstanding M50 record set by Adam Haynes way back in 2011, knocking off 39 seconds to set a new record that should last just as long, a very hard to beat 36.58. Big thanks to all the marshals who helped out on the hill and in the village.

After expenses, we were able to donate £225 to support the village community centre.

Craig Jones

OPEN

1. G. Roberts	CaldV	33.49
2. L. Taggart M50 (1)	ManxFR	36.58
3. R. Roberts M40 (1)	Eryri	37.33
4. M. Cliffe M50 (2)	Eryri	37.52
5. C. Jones M50 (3)	Eryri	40.42
6. D. Horrell	Unatt	41.23
7. P. Jones M40 (2)	Eryri	41.42
8. P. Sidwells M40 (3)	RunFr	42.00
9. R. Anthony M40 (4)	Aberyst	43.32
10. O. Griffiths	Unatt	43.34
33 N. Crompton M60 (1)	Pensby	54.25
47. J. Morris M70 (1)	Buckley	1.00.27
48. H. Jones M60 (2)	RunFr	1.00.29
55. M. Dakey M60 (3)	Berserk	1.04.18

58. A. Oliver M70 (2)	Eryri	1.06.18
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LADIES

11. J. Lee F40 (1)	Eryri	43.41
27. M. Hughes F40 (2)	Eryri	49.27
28. J. Artist	Eryri	49.31
31. H. Turner	Unatt	51.04
34. M. Farrell F40 (3)	GOG	56.08
41. L. Edmondson F50 (1)	WFRA	58.56
43. K. Owens F50 (2)	Wrexham	59.19
54. C. Lancaster F60 (1)	Pensby	1.03.37
60. F. Aries F60 (2)	Eryri	1.16.56
64. M. Oliver F70 (1)	Eryri	1.22.49

62 finishers

STAN BRADSHAW PENDLE ROUND / Lancashire
BM/16.7km/590m / **05.03.22**

OPEN

1. M. Cayton M40 (1)	Salf	1.04.52
2. R. Hope M40 (2)	P&B	1.05.40
3. T. Corrigan	Barlick	1.06.03
4. I. Holmes M50 (1)	Bing	1.07.02
5. D. Mirfield	Barlick	1.09.08
6. H. Cooling	Howgill	1.09.30
7. A. Thornton	Howgill	1.09.55
8. A. Laycock	Clay	1.10.13
9. J. Logue M50 (2)	CaldV	1.10.29
10. S. Hall M40 (2)	RibbV	1.11.09
18. A. Peace M50 (3)	Bing	1.13.33
23. H. Nash MU23 (1)	Unatt	1.15.39
74. C. Hesketh MU23 (2)	Unatt	1.24.01
76. J. Rainford M60 (1)	Prest	1.24.05
83. D. Croll M60 (2)	Deeside	1.25.00
107. D. O’Duffy M60 (2)	Bowland	1.28.40
148. J. Maxfield M70 (1)	NewbN	1.36.30
198. I. Smith M70 (2)	Unatt	1.55.51

LADIES

24. E. Hopkinson F40 (1)	Wharfe	1.15.50
46. H. Leigh	Bburn	1.19.37
71. V. Mousley F40 (2)	Bburn	1.23.45
72. A. Mason	Wharfe	1.23.47
89. L. Parker F40 (3)	Accring	1.25.56
92. A. Gamble FU23 (1)	SheffUni	1.26.46
116. D. Gowans F50 (1)	Accring	1.30.12
126. M. Blackhurst F50 (2)	Tod	1.31.59
158. J. Verity F50(3)	Howgill	1.38.20
160. K. Nash F60 (1)	Unatt	1.38.36
191. J. Townson F60 (2)	Trawden	1.48.49

167 finishers

SIMONSIDE CAIRNS / Northumberland
BM/17.7km/540m / **06.03.22**

Ideal conditions welcomed the runners for the rescheduled 2021 Simonside Cairns Fell Race which was postponed due to storm Arwen.

The new venue proved to be a success and bodes well for future events. Good to see familiar and new faces returning to fell running and hopefully a return of some normality in our lives.

P Appleby

FELLRACER COVER: Victoria Thompson (Helm Hill) on her way to first place woman at Wasdale fell race © Stephen Wilson, www.granddayoutphotography.co.uk
Left: Runners in the Pipe Dream Fell Race © Craig Jones



OPEN

1. G. Jones	TyneBr	1.22.11
2. R. Walsh	CheviotTr	1.23.49
3. G. Wales	CheviotTr	1.25.48
4. J. Butters M40 (1)	NFR	1.25.52
5. J. Heaney M40 (2)	NSP	1.28.58
6. L. Bennett M50 (1)	NFR	1.32.21
7. P. Vincent M40 (3)	Tynedale	1.33.43
8. J. Stringer	NFR	1.37.51
9. C. Macdonald Lady (1)	Morpeth	1.38.21
10. A. Macdonald M50 (2)	Morpeth	1.40.15
12. M. Davis M50 (3)	Carmethy	1.41.16
26. M. Steven M60 (1)	NFR	2.09.59
28. A. Duncan M60 (2)	NFR	2.18.15
29. G. McWilliams M60 (3)	CheviotTr	2.19.28

LADIES

9. C. Macdonald	Morpeth	1.38.21
22. H. Heaney F40 (1)	NSP	2.01.02
24. H. Bolton Carter F50 (1)	NFR	2.07.47
30. G. Henry F40 (2)	Unatt	2.34.59
31. E. Hadaway F40 (3)	Unatt	2.34.59
32. F. Naylor F50 (2)	Morpeth	2.35.04

ILKLEY MOOR / West Yorkshire
AS/8km/401m / **06.03.22**

In a return to normality, it was good to see a sold-out race and unusually fantastic weather. The horrendous weather over the previous weeks had made sections of the course heavy going, but thankfully good weather in the days leading up to the race the moor had dried a little and conditions were not quite as bad as they might have been.

It was good to see record holder Simon Bailey and former winners Tom Adams, Graham Pearce, Jack Cummings and Harry Holmes return to the race. The positions of Tom, Harry and Ben Rothery ebbed and flowed throughout the race with Tom coming in first for the seventh time! Tom’s and Ben’s results helped Ilkley Harriers to claim the team prize.

In the female race all the podium positions were taken by under 18s - sisters Eve and Alexandra Whitaker, as well as Amelie Lane. Eve Whitaker claimed the first ladies’ spot and was 16th overall. Such quality at such a young age certainly bodes well for the future and I look forward to following their progress over the coming years. Unsurprisingly, the Whitaker sisters’ results led Harrogate Harriers to the ladies’ team prize.

It was good to see the junior races return after a brief hiatus.

Nick Budd

OPEN

1. T. Adams	Ilk	37.54
2. H. Holmes	Matlock	38.04
3. B. Rothery	Ilk	38.08
4. A. Thornton	Howgill	38.48
5. S. Bailey M40 (1)	StaffsM	38.58
6. K. Savage	Unatt	39.12
7. E. Evans	Wharfe	39.54
8. J. Cummings	Ilk	40.10
9. J. Walton MU23 (1)	Kghly	41.10
10. H. Cooling	Howgill	41.22
13. G. Pearce M40 (2)	P&B	42.09
14. W. Walker MU18 (1)	Clay	42.26

19. T. Clay MU18 (2)	Bing	44.06
26. N. Crampton M40 (2)	P&B	45.07
3 M. Boocock MU23 (2)	P&B	45.49
35. A. Horne MU23 (3)	LeedsUni	46.32
36. R. Lawrence M50 (1)	Bing	46.37
45. N. Armitage M50 (2)	P&B	48.07
49. P. Crabtree M50 (3)	Bing	48.29
52. N. Hughes MU18 (3)	Hfx	48.45
128. D. Stephenson M60 (1)	Bing	56.42
140. B. Hamilton M60 (2)	Ilk	58.09
154. A. Davies M60 (3)	CaldV	59.37
162. M. Pickering M70 (1)	Ilk	1.00.35
222. K. Robinson M70 (2)	Wharfe	1.06.42
261. P. Jackson M70 (3)	Unatt	1.13.37

LADIES

16. E. Whitaker FU18 (1)	Hgte	42.50
32. A. Lane FU18 (2)	Wharfe	46.09
42. A. Whitaker FU18 (3)	Hgte	47.55
54. R. Pilling	P&B	48.49
66. I. Rowe	Hgte	50.12
79. N. Butterfield F40 (1)	CaldV	51.36
91. L. Dinsdale F40 (2)	Barlick	53.09
95. R. Thackray F50 (1)	Bing	53.42
97. W. Swift F50 (2)	StaffsM	53.59
106. N. Jackson F40 (3)	NLeeds	55.07
127. W. Entwistle F50 (3)	CaldV	56.33
180. E. Priest FU23 (1)	Unatt	1.02.39
208. A. Bennett F60 (1)	Ilk	1.05.06
257. C. Clarke F60 (2)	NLeeds	1.12.06
271. S. Fulton F60 (3)	Bing	1.16.16

316 finishers

JUNIORS

UNDER 17 & U19 CHALLENGE – 2 MILES

1. E. Hobbs U19 Boy	Otley	11.50
2. A. Budding Boy	Ilk	11.51
3. L. Willis Boy	Wharfe	12.30
14. B. Rogers Girl	Ilk	
15. C. Chambers Girl	Kghly	
16. R. Coulton Girl	Bing	

UNDER 15 – 2 MILES

1. N. Gallagher Thompson Boy	Otley	
2. T. McKee Boy	CaldV	
3. J. Norris Boy	Ilk	
8. K. Buckley Girl	Kghly	
10. L. Kirkley Girl	Kghly	
14. G. Mort Girl	Horw	

UNDER 13 – 1 MILE

1. C. McKee Girl	CaldV	05.52
2. B. Buckley Girl	Kghly	06.26
3. J. O’Sullivan Boy	Kghly	06.29
4. J. Stone Boy	CaldV	06.33
5. H. Clift Boy	CaldV	06.41
17. G. Sherbourne Girl	Horw	07.35

UNDER 11 – 1 MILE

1. C. Headley Boy	Kghly	07.02
2. A. White Girl	Skipton	07.03
3. J. Neil Boy	Hfx	07.05
4. H. Carter Girl	Ilk	07.05
5. P. Philipson Girl	Birtley	07.08
8. I. Norris Boy	Holm	08.16

UNDER 9 – 0.5 MILE

1. C. Varley Boy	Unatt	03.57
2. S. Smith Boy	Unatt	04.01
3. L. Yates Boy	Horw	04.18
4. F. Lamb Girl	Ilk	04.29
6. H. Joyner Girl	Unatt	04.34
7. C. Prior Girl	Unatt	04.35

HAWORTH HOBBLE / West Yorkshire
BL/51km/1340m / **12.03.22**

The 41st running of the Haworth Hobble was blessed with good weather and well over 400 runners traversing 31.7 miles of moorlands and fells of Bronte Country and beyond. After a Covid interlude in 2021, the event was reenergized with its highest entry for over 20 years. Many runners suggested that they returned to the finish heavier than when they started as the six feed stations included such delights as hot dogs with fried onions, whisky and doughnuts plus the newly- introduced chip butties at Cross Inn, Heptonstall. One competitor was rumoured to have got so carried away that he downed a pint and whisky at the pub before finishing the race. Better not check FRA rules on that one.

With early starters from 6.30 a.m. and a mass start on Haworth’s famous cobbled street at 8 00 a.m., competitors were soon spread out across the wild moorland. The initial drizzle soon disappeared to turn into perfect running conditions and Doni Clarke soon started passing the early starters. No whisky and donuts for him as he flew through the feed stations to take the race win in a fantastic 4:09.00. Until 20 miles, Ed Hyland was keeping Doni in sight but a missed turning on his own home territory where he failed to take a little known and rarely walked path (the Pennine Way) saw him run an extra mile or more and drop 11 minutes between feed stations four and five. This was enough for Kevin Houl to sneak through and claim second place.

In the ladies’ race, Kate Archer had to race hard and despite having dropped some way off the pace from Katherine Klunder, a stunning section from Feedstation four to five pulled back all the time and she came home as first lady in 5:11.00 with Katherine behind her in 5:17.00.

We cannot fail to mention Tony Wimbush who not only completed his 40th successive Haworth Hobble, but took the M70 category in a stunning time of 06:18.00. He was presented with a bottle of champagne at the end to recognise this exceptional achievement. Also, Jane and Lewis Grundy travelled over from Germany for the race and Jane managed her 21st Hobble finish out of 21 attempts since 1994.

In the mixed pairs race, Lucy Collins and Dan Marsden came home in 28th place overall in 5:12.00. Only 4 minutes behind were Robbie Williams and Ruth Thackray. The male pairs race was won by Neil Robinson and Gary Thwaites in a time of 5:43.00 and the female pairs by Helen Allison and Anna Wildman in 5:53.00.

Gary Chapman

OPEN

1. D. Clarke M40 (1)	Unatt	4.09.00
2. K. Houl M40 (2)	CaldV	4.24.00
3. E. Hyland	CaldV	4.24.00
23. M. Hitchmough M50 (1)	NewbughN	5.10.00
44. M. Terry M60 (1)	Clay	5.29.00
141. T. Wimbush M70 (1)	Unatt	6.18.00



A chilly start for the Brough Law fell Race © Mike Steven

LADIES

25. K. Archer F40 (1)	Ilk	5.11.00
35. K. Klunder	Chorley	5.17.00
60. A. Swindells	CaldV	5.39.00
63. H. Price F50 (1)	Hgte	5.41.00
221. S. Marshall F60 (1)	Skipton	7.00.00

MALE PAIRS

1. N. Robinson/G. Thwaites	Unatt	5.43.00
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FEMALE PAIRS

1. H. Allison/A. Wildman	Penn	5.53.00
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MIXED PAIRS

2. L. Collins/D. Marsden	Stainl/CaldV	5.12.00
2. R. Williams/R. Thackray	Bing	5.16.00

BROUGH LAW / Northumberland
AS/8km/400m / **13.03.22**

An excellent field of 89 runners set out on a breezy, cloudy and somewhat chilly morning with five miles and 1300ft of ascent ahead of them, conditions underfoot were very good considering the recent weather. The eventual winner, Will Robson, getting back to full fitness, pulled out a decent lead after the first steep climb and finished 30 seconds ahead of second placed, Craig Jones and third Russell Walsh. There were many notable performances and, in particular, three young runners, Matthew Walton 8th and James Tilley 9th and Lily Robson finishing third female. Former Race organiser John Butters was able to run the race for the first time since 2014, finishing in ninth place and first M40.

In the women's race Alison Dargie was first to cross the line ahead of Katherine Davis and Lily Robson.

First time fell runner, John Faulkner, had an eventful race. He suffered a significant calf injury just after the halfway mark. Fortunately, the local Mountain Rescue Team were conducting an exercise nearby and were able to check him over and advised him to make his own way off the fell and, to his credit, he managed to hobble back all the way to finish his first ever fell race!

A successful day, with special thanks to Jane Briggs as joint race organiser and of course to all the volunteers, family and supporters for making it all possible. Thanks to the Northumberland National Park for the use of their office/facilities and especially to landowner, Ross Wilson.

Proceeds from the race are going to Northumberland National Park Mountain Rescue Team and the Great North Air Ambulance service.

Mike Steven

OPEN

1. W. Robson	NFR	38.25
2. C. Jones	TyneBr	38.56
3. R. Walsh	CheviotTR	39.26
4. A. Maxwell	JesmndJ	39.29
5. G. Wales	CheviotTR	40.42
6. R. Hughs	NFR	40.43
7. C. Boggan MU21 (1)	Morpeth	41.27
9. J. Butters M40 (1)	NFR	41.35
10. J. Tilley MU21 (2)	Morpeth	42.23
11. J. Heaney M40 (2)	NShldsP	42.37
12. P. Vincent M40 (3)	Tyned	43.19
13. L. Bennett M50 (1)	NFR	43.37
25. D. McDermott M50 (2)	Tyned	47.21
26. C. Eggett M50 (3)	NFR	47.22
29. T. McCall M60 (1)	Norham	48.16
39. D. Armstrong	NFR	50.45
50. P. Appleby M60 (3)	NFR	53.36
76. P. Reed M70 (1)	NFR	1.02.42
88. I. Holland M70 (2)	NShldsP	1.12.55

LADIES

21. A. Dargie F40 (1)	TyneBr	46.02
32. K. David F50 (1)	NShldsP	49.14
33. L. Robson FU21 (1)	Wallsend	49.21
41. F. Dembele	SSHlds	51.38
48. R. Smith	Unatt	53.03
49. H. Heaney F40 (2)	NShldsP	53.13
51. C. Bagness F50 (2)	Wooler	53.43
63. N. Myers F40 (3)	SSHlds	56.55
54. K. Taylor F60 (1)	NFR	57.12
67. T. Sample F50 (3)	Alnwck	58.18
69. M. Drowdzowicz	CheviotTR	58.37

89 finishers

JARRETT'S JAUNT / Cumbria
AS/7km/460m / **19.03.22**

Jarrett's Jaunt is a handicap race over Flat Fell and Dent

with start times based on recent known form. This is fine if you have runners with recent form, however around 15% of the entries had no previous race experience, so a few interrogations and internet stalking sessions were in order. In theory, everyone returns at 2 00 p.m. – though how we would cope if this were to happen is a bit of a worry.

The dry and sunny conditions with little breeze made for fast times – another thing that jiggers up the handicap times. Most runners finished within a few minutes of their target times with John Swallow being first back in his first ever fell race. Jeff Henderson was a little distance back and Alison Wright was third back – turns out her handicap time was influenced by her route choices at the previous week's Muncaster Luck.... ..!

We used pre-entries for the first time, which certainly helped in arranging start times. They were kept open until Thursday night, allowing those who can't make early commitments to enter 36 hours before the race.

Warm drinks weren't so popular this year, but the cakes certainly were. There was barely enough time to choose and eat before the prize giving. A few no-shows meant that everyone got to choose a prize – ranging from whisky, wine and beer and through a range of chocolates. It's not often you have a race with a choice of Halloween, Christmas and Easter chocolate with the first back having the choice of prizes, then second back and so on until it's all gone.

Thanks to all those who supported the race, which attracts a good number of runners from some of the local clubs and is a regular in some people's calendar. Nice to see a few making the long trip round to the deepest West Coast of Cumbria for something a little different from normal races. Good fun, so long as you don't get too emotional about your start time.

Andrew Bradley

OPEN

1. J. Dugdale MU23 (1)	CFR	37.45
2. S. Holding	CFR	38.43
3. H. Cooling	Howgill	41.08
4. A. Frankham	Ntherhall	42.21
5. T. Sabey	Nthhall	43.38
6. D. Cope	Howgill	44.12
7. B. Taylor M50 (1)	Nthhall	45.25
8. J. Gilbert	CFR	45.49
9. P. Reilly M40 (1)	HelmH	46.22
10. W. Houghton	Ellenb	47.23
13. R. Oliver M50 (2)	CFR	48.53
17. J. Henderson M50 (3)	Kesw	50.59
21. N. Sebley M60 (1)	BICmbe	51.40
37. M. Wise M60 (2)	CFR	57.02
47. C. Valentine M60 (3)	Kesw	1.00.41
53. C. Webb M70 (1)	Unatt	1.03.20
67. M. Hind M70 (2)	Borr	1.10.43

LADIES

12. H. Leigh	Bburn	48.45
23. P. Wakefield F40 (1)	Kesw	51.58
27. H. Barber	CFR	53.11
33. T. Hodgson	Nthhall	55.45
35. J. Chatterley F50 (1)	CFR	56.09
43. A. Cummings F60 (1)	CFR	59.41
49. T. Taylor F50 (2)	Nthhall	1.01.35
63. J. Gardner F60 (1)	FRA	1.07.59

119 finishers

IAN ROBERTS MEMORIAL / West Yorkshire
BM/10.3km/260m / **20.03.22**

Blessed with glorious spring sunshine, we were pleased to see over 120 runners make the start line above Marsden Cricket Club for the 2022 race – back in its traditional March slot after Covid delays in 2021. There was a brisk breeze up Pule Hill, but with just a windproof top to carry, some fast times were guaranteed.

The 6.5 mile race route takes the runners over Marsden Moor via the Pennine Way and the Standedge Trail and was remarkably dry in most places, with just the occasional bog and wobbly bridge to contend with. Last year's top three (Rob James, Steve Knowles & Tim Brook) were all back, so we had the makings of a great race at the front. As it turned out, they were all led out by Chris Phillips, who built up a decent lead before twisting his ankle on the dreaded tussocks descending to Butterly Clough. After checking Chris was OK, Rob and Ruandh Mon-Williams battled it out for the win, which Ruandh claimed in a new record time of 47.05, with Rob close behind in 47.36 (also beating the previous record). Third place went to Tim Brook, finishing in 50.20.

For the ladies, Helena Croft, reaping the rewards of an excellent winter's training, finished 21st overall and first lady in 57.22. Further back, Judy Howells finished 55th overall, second lady, in 67.09, whilst third lady was Kath Farquhar, 58th overall in 69.22.

Big thanks to Todmorden Harriers, who included the race in their club grand prix, bring over 18 runners, which certainly added to the competition across all the age-groups. The age category prizes (including our first M80) were shared around a number of clubs, whilst Holmfirth scooped both the men's and ladies' team prizes.

Plenty of cake on offer afterwards as always and big thanks to Marsden Cricket Club for the use of their clubhouse. Thanks also to the National Trust, Natural England and Yorkshire Water, as well as Up & Running Sheffield, who sponsored the waterproof numbers. After yet another fire on the moor in the run-up to the race, we told the runners at the start of the race that we would be

Runners competing in the Ian Roberts Memorial race © Mozzie Photography Penistone

making a donation to the National Trust and I'm pleased to say that we were able to send them a cheque for £150 to help continue the valuable work they do in protecting the local environment.

Phil Hobbs

OPEN

1. R. Mon-Williams	Ilk	47.05
2. R. James	Royton	47.26
3. T. Brook M40 (1)	Holmf	50.20
4. L. Browne	EChesh	50.53
5. T. Street	Holmf	51.37
6. P. Hinchliffe	Holmf	51.59
7. D. Leckie	Tod	52.20
8. M. Stansfield M40 (2)	Sadd	52.20
9. C. Kay	Tod	52.55
10. T. Gladwin	WhalleyW	53.12
11. S. Knowles M50 (1)	Penn	53.20
13. D. Skillbeck M40 (3)	Unatt	55.19
18. M. Lofthouse M50 (2)	NiddV	56.49
20. D. Garner M50 (3)	Tod	57.08
31. J. Lawrence MU23(1)	2Para	1.01.06
33. D. Clarke M60 (1)	Unatt	1.01.50
39. D. Collins M60 (2)	Tod	1.03.11
57. K. Thomas M60 (3)	Burnden	1.08.53
68. R. Kersey M70 (1)	Holmf	1.11.43
97. B. Hunter M70 (2)	Holmf	1.21.37
98. B. Jackson MU23(2)	Stadium	1.23.11
117. M. Coles M80 (1)	FRA	1.47.03

LADIES

21. H. Croft	Holmf	57.22
55. J. Howells F50 (1)	Wharfe	1.07.09
58. K. Farquhar F50 (2)	Holmf	1.09.22
59. C. Barber	NiddV	1.09.28
63. F. Dyson F50 (3)	Sadd	1.09.54
70. D. Hall F40 (1)	Holmf	1.12.16
73. B. Hinchliffe F60 (1)	Holmf	1.13.13

75. J. Hobson F50 (3)	Hfx	1.14.17
82. K. Foster F60 (2)	Spectm	1.16.09
85. R. Johnstone F40 (2)	Melthm	1.16.30
87. H. Rostron F40 (3)	Tod	1.16.42

119 finishers

BILSDALE / North Yorkshire
AL/23km/1300m / **20.03.22**

The weather was the best yet for the third running of the Bilsdale Fell Race. Conditions were near perfect with wall-to-wall blue sky and a slight breeze on the tops. The recent dry weather had made the ground firm and ideal for fast running, with new course records in both the male and female categories. Let's Run and Rab provided some fantastic prizes this year on top of the usual selection of beer, wine and chocolates. There were vouchers for the first three males and females along with a can of Rab beer for every runner who stayed for the presentation.

The brief summary is that the students from Durham University pretty much cleaned up all the prizes! It was great to see a large turnout of younger runners at the toughest fell race on the North Yorkshire Moors.

From the off Jacob Hiom and Luke Pettit established a decent gap over the rest of the field in the men's race and apart from a slight deviation on the way to Checkpoint 3, worked well together to keep this gap throughout the race. Jacob descended quicker on the final descent to claim the victory in a new course record and a couple of minutes ahead of Luke. It was third time lucky for Jacob after finishing ninth in 2019 and missing Checkpoint 7 in 2020. On the start line he indicated that he wasn't going to make the same mistake again this year! Luke Parker finished third to give Durham Uni a one, two, three and Oisín Brennan in 12th made up the team for the team prize.

In the ladies' race Emma Bramley opened up an early lead over Alice Crane and Rose Mather. Although the gap was never that big between Emma and Alice, these positions stayed the same throughout the race with Emma winning by a minute from Alice and both women





Right: Helen Leigh (Blackburn Harriers Athletic Club) at the Coledale Horseshoe fell race © Jacob Adkin

finishing inside the old course record. Rose finished in third and Hannah Burnett in 12th made up the team to give Durham the team prize.

Michael Quinn

OPEN

1. J. Hiom	DurhamU	2.14.14
2. L. Pettit MU23 (1)	DurhamU	2.16.17
3. L. Parker MU23 (2)	DurhamU	2.16.36
4. C. Alborough	DFR	2.17.33
5. S. Tilford M40 (1)	Wakefld	2.18.58
6. W. Carter MU23 (3)	DkPk	2.19.11
7. J. Leadley	LoftusW	2.20.33
8. G. Watt M40 (2)	ElvetStr	2.21.25
9. A. Burns M40 (3)	Wharfe	2.24.40
10. J. Berry	RichmZ	2.24.44
13. E. Gamble M50 (1)	CheshHR	2.26.02
43. M. Mackouki M50 (2)	Scarbhgh	2.48.57
38. N. Ridsdale M60 (1)	EskV	2.42.24
46. R. Snowden M50 (3)	Totley	2.49.45
50. R. Gibson M60 (2)	Kendal	2.51.20
66. K. Holmes M60 (3)	Unatt	2.59.16

LADIES

11. E. Bramley	DurhamU	2.25.12
18. A. Crane FU23 (1)	DurhamU	2.26.35
26. R. Mather	YorkKnv	2.34.36
40. K. Neesam F50 (1)	NMarske	2.43.15
59. K. Gaughan	Pickering	2.54.14
62. N. Tarrega	YorkKnv	2.55.53
64. T. Imber F40 (1)	ElvetStr	2.58.44
68. D. Hosking F40 (2)	DFR	2.59.33
72. K. Cavill F40 (3)	Pickering	3.04.42
73. T. Morrice F50 (2)	ThirskS	3.07.44
80. H. Burnett FU23 (2)	DurhamU	3.11.41
90. A. Weston F50 (3)	Ilk	3.16.18

125 finishers

PENDLE MOUNTAIN RESCUE – DARK DASH
/ Lancashire
BS/9.2km/350m / **23.03.22**

OPEN

1. S. Watson	Wharfe	41.03
2. J. Holgate	Bburn	41.14
3. B. Whitehead	Barlick	42.09
4. R. Green	AchR	43.25
5. A. Collins	Barlick	43.26
6. J. Lane	Totley	44.15
7. D. Ryder	FRA	45.14
8. A. Berry M40 (1)	Barlick	46.14
9. E. Hopkinson F40 (1)	Wharfe	46.38
10. G. Edgley M40 (2)	Baildon	47.16
12. J. Green M40 (3)	Prest	47.47
16. P. Needham M50 (1)	Trawd	49.21
18. T. Smith M50 (2)	Bowland	50.27
22. G. Coslin M50 (3)	Skip	52.22
48. D. Ives M60 (1)	Skip	1.03.50
65. M. James M60 (2)	Trawd	1.10.59
70. C. Hodgson M60 (3)	Bowland	1.13.03

LADIES

9. E. Hopkinson F40 (1)	Wharfe	46.38
27. E. Naylor	Barlick	52.58
37. J. Collins F40 (2)	Barlick	57.11
40. C. Naylor	Penn	1.00.27
41. A. Daykin F60 (1)	Clay	1.00.55
44. A. Robertson	Skip	1.02.01
50. S. Marshall F60 (2)	Skip	1.05.02
61. Y. Booth F50 (1)	Ramsb	1.10.10
62. H. Hyder F40 (3)	Ramsb	1.10.10
63. L. Ingham F50 (2)	Bburn	1.10.31

91 finishers

COLEDALE HORSESHOE / Cumbria
AM/13.7km/915m / **26.03.22**

A gloriously sunny and still day awaited the 277 starters in this year’s Coledale Horseshoe, back in its usual spring slot after last year’s postponement.

In the men’s race, Brennan Townshend led the way up the big climb of Grisedale Pike, with Rob Jebb, Tom Day, Matt Elkington, Mark Lamb, Joe Dugdale and Ben Sharrock chasing hard, catching Brennan at the top of the steep scramble up Eel Crag. Matt took the lead on the technical descent off Crag Hill with Mark chasing all the way to the finish, Matt just holding the win by a handful of seconds. Ben held on for a fine third despite taking a nasty tumble among the rocks of Crag Hill. Rob Jebb took a fine fifth and first M40 with Kenny Richmond enjoying his run to 15th place and first M50.

In the ladies’ race, Kate Maltby enjoyed the big climbs but not so much the descents, leading the way home from Antonia Fan and Eve Pannone, despite an admission of a detour up Stile End! Lou Osborn led home the F40s in a fine fifth position and Katherine Davis came in first F50 in ninth position overall.

Most runners stayed to enjoy the tea and cake in the sunshine afterwards catching up on the craic.

As always huge thanks for the wonderful support of the Ellenborough lads for marshalling and helping out and family and friends for their invaluable support before and on the day. It’s a huge team effort to make the event a success.

Thanks also to Pete Bland Sports for their continued support, Timing Up North for their invaluable assistance and the Atkinson family (who incidentally all ran the race) for the use of their land and facilities.

Nick Ray

OPEN

1. M. Elkington	Amble	1.12.09
2. M. Lamb	Kesw	1.12.22

3. B. Sharrock MU23 (1)	Amble	1.13.29
4. T. Day	Kesw	1.14.17
5. R. Jebb M40 (1)	HelmH	1.14.25
6. B. Townshend	Kesw	1.14.28
7. J. Dugdale MU23 (2)	CFR	1.15.50
8. G. Greenhow M40 (2)	Amble	1.15.51
9. J. Cox	Eden	1.16.51
10. M. Atkinson	Kesw	1.17.26
14. B. Abdelnoor M40 (3)	Amble	1.20.53
15. K. Richmond M50 (1)	HelmH	1.21.10
27. P. Cornforth M50 (2)	Amble	1.28.26
31. J. Deegan M50 (3)	Amble	1.29.21
65. B. Proctor M60 (1)	HelmH	1.35.07
86. P. Pearson M50 (2)	NthnF	1.38.56
105. D. O’Duffy M60 (3)	Bowland	1.43.47
200. J. Downie M70 (1)	Kesw	2.03.57
268. R. Tait M70 (2)	Amble	2.45.56

LADIES

33. K. Maltby	BICmbe	1.29.34
43. A. Fan	Amble	1.30.26
49. E. Pannone FU23 (1)	Eden	1.32.20
57. S. Likeman	CFR	1.33.30
75. L. Osborn F40 (1)	Amble	1.36.47
112. K. Davis F50 (1)	NShldsPoly	1.45.15
127. R. Vincent F40 (2)	Tyned	1.48.23
135. J. Powell F50 (2)	Wharfe	1.49.39
146. M. Robson F50 (3)	HelmH	1.51.02
153. R. Till F40 (3)	Macc	1.52.28
199. C. Glover F60 (1)	Wharfe	2.03.46
205. N. Dugdale F60 (2)	Clay	2.05.32
256. L. Malarkey F70 (1)	Kesw	2.24.16

274 finishers

YR ARAN / Gwynedd
AM/16.1km/945m / **26.03.22**

Ras yr Aran only does two types of weather: vile and wonderful. This year’s race was a gorgeous spring day with lambs a-plenty, a light easterly wind cooled runners on the top without obstructing progress in either direction.

Several runners who have done the race before had the shock of seeing for the first time how far it is from Aran Benllyn to the summit, having always been in cloud before. On such a day it was fitting that Tim Davies’ 2009 course record of 1:23:26 should fall. Daniel Howarth was ahead by the first checkpoint and kept a comfortable lead all round to finish in 1:23:03 from Gareth Wyn Hughes 1:26:23 (so also meeting the old record) behind and Gavin Roberts 1:27:51.

The first woman home was Joanne Henderson in 1:49:20. Exactly a minute behind was Sarah Kleeman and Mel Price was third in 1:55:14. All three were running in the F40 category, so Sian Williams picked up that age category prize in 2:05:00.

Joel Gomez was M40 winner in 1:35:28. Ifan Oldfield in behind him was sixth overall and the MU23 winner in 1:37:59. M50 winner was Martin Cliffe in 1:39:41 with teammate Jenny Hemming picking up the F50 in 2:06:53. Russel Owen was M60 winner in 1:52:55 and Menai Baugh was women’s winner in 2:41:19 Dei Jones and Maggie Oliver completed a good trip south for Eryri by picking up the over 70s’ prizes.

This was the last race in the Meirionnydd Winter

Right: Neal Bann (Glossopdale Harriers) racing the Don Morrison Memorial Edale Skyline fell race © Jamie Rutherford

Series with victory over the three hills, Rhobell Fawr, Tarrenhendre and yr Aran going to Sion Edwards of Eryri in 3:23:57 from Peter Jones of Oswestry and Darren Hesleton of Bro Dysynni. Mel Morris (Denbigh) took the female prize in 4:40:21. The winners each received a half side of lamb.

Darren’s son Tom Hesleton (Bro Dysynni) won the Garth Fawr race for juniors in an excellent time of 19:20. two runners retired in the first quarter and one failed to make the cut-off at the first checkpoint.

Thanks to Aberdyfi MSRT marshals, helpers, landowners and series sponsors, Aran Lamb.

Nich Bradley

OPEN

1. D. Howarth	Matl	1.23.03
2. G. Hughes M40 (1)	Eryri	1.26.23
3. G. Roberts	CaldV	1.27.51
4. J. Agnew	Mercia	1.32.16
5. J. Gomes M40 (2)	Wrex	1.35.28
6. I. Oldfield MU23 (1)	Wrex	1.37.59
7. S. Edwards	Eryri	1.38.16
8. M. Cliffe M50 (1)	Eryri	1.39.41
9. W. Turner	MynyddD	1.40.37
10. P. Jones M40 (3)	OswestO	1.41.37
17. J. Atyeo M50 (2)	Mercia	1.48.33
24. R. Owen M60 (1)	Eryri	1.52.55
34. P. Agnew M50 (3)	Buckley	1.56.53
46. B. Foreman M60 (2)	Matl	2.04.59
51. C. Rowlands M60 (3)	Eryri	2.06.53
95. D. Jones M70 (1)	Eryri	2.50.12
99. G. Fielding M70 (2)	Unatt	3.09.35

LADIES

19. J. Henderson F40 (1)	Unatt	1.49.20
20. S. Kleeman F40 (2)	Unatt	1.50.20
31. M. Price F40 (3)	Mercia	1.55.14

44. J. Toone	Mercia	2.03.53
47. S. Williams F40 (4)	RhedwyrH	2.05.00
52. J. Hemming F50 (1)	Eryri	2.06.53
75. D. Claridge F50 (2)	DkPk	2.28.40
93. M. Baugh F60 (1)	Denbigh	2.41.19
94. E. Salisbury F60 (2)	Eryri	2.46.42
100. M. Oliver F70 (1)	Eryri	3.13.15

100 finishers

DON MORRISON MEMORIAL EDALE SKYLINE / Derbyshire
AL/34km/1371m / **27.03.22**

We were up and about early at race HQ Edale Village Hall and were rewarded with a lovely sunrise and crisp morning, the conditions looked terrific. It was the usual slow start at registration with an inevitable rush in the last half hour, but the team kept it rolling and we had only a few folks who had forgotten their maps or presented kit that wasn’t FRA compliant – it’s never easy dealing with this but we got it sorted.

10.10 a.m. and a quick shout to runners lounging in the morning sunshine and we made our way chatting up to Grindsbrook Meadow to the start line. We had a minute to take in the splendid views around the valley before a word to runners on safety, retiring and looking out for each other and then off at 10.30 a.m. prompt with a climb to Ringing Roger and onto the skyline proper.

A day of good racing with a winning time of 2:39:58 by George Foster, with club mate Joseph Oldfield in 2:57.13 and Hugh Chatfield 3:00.00. Martha Tibbot ran strongly and home in 3:12.03 – first woman.

It was good to see a competitive U23 field with Catrin Smith in 3:21.14 (second woman) and Chet Gillespie 3:06.00.

The veteran categories were as ever well represented, Sally Fawcett (F40) 3:25.09 and F50 Joanne Worboys Hodgson 3:58.03. A slightly grazed John Hunt running



home for the M50 in 3:24.04 and Chris Harle (M60) 3:56.27

In all it was great to see this well-established race back up and running after recent events and as ever members of Dark Peak pulled together and got the job done – it’s a team effort that makes the RO job easier and worthwhile, so a BIG thanks to all the marshals and folk that sorted the post-race food and those that managed the registration and finishing line!

On behalf of Dark Peak Fell Runners I thank the local landowners for granting us permission to race across their land and to Pete Bland Sports for sponsoring the race numbers and SI Entries too for a smooth operation.

A final note to competitors – Great to see you and let’s race again in 2023.

Simon Rippon

OPEN		
1. G. Fisher	Matl	2.39.58
2. J. Oldfield	Matl	2.57.13
3. H. Chatfield	Tring	3.00.00
4. T. Milton	DkPk	3.05.03
5. C Gillespie MU23 (1)	DkPk	3.06.15
6. C. Garvey	VictPk	3.06.43
7. P. Montgomery	PstoneFP	3.07.08
8. T. Perry	Matl	3.07.26
9. H. Webb MU23 (2)	Mercia	3.07.43
10. W. Simmons	Ilk	3.10.01
13. C. Donnelly M40 (1)	Sale	3.12.30
17. D. Bateman M40 (2)	Scarb	3.17.47
19. B. Harris M40 (3)	Bowland	3.10.43
31. J. Hunt M50 (1)	DkPk	3.24.04
51. P. Deacon M50 (2)	Redhill	3.36.53
54. M. Beighton M50 (3)	Belper	3.37.28
89. C. Harle M60 (1)	Unatt	3.56.21
101. T. White M60 (2)	Unatt	3.59.23
161. J. Londesborough M60 (3)	Unatt	4.31.43

LADIES		
12. M. Tibbot	Sadd	3.12.03
24. C. Smith FU23	Unatt	3.21.14
33. D. Berdeni	DkPk	3.24.34
34. S. Fawcett F40 (1)	DkPk	3.25.09
55. R. Thorley	DkPk	3.37.34
59. B. Nadin	DkPk	3.40.14
62. S. Pritchard	HillsRiv	3.40.54
95. J. Worboys-Hodgson F50 (1)	DenbyD	3.58.03
109. N. Davies F40 (2)	Unatt	4.01.26
134. P. Rose F40 (3)	DkPk	4.14.53
135. J. Goornly F50 (2)	Lytham	4.15.00
147. E. Sanders F50 (3)	Ashbne	4.23.03

198 finishers

CHICKEN RUN / Derbyshire BM/13.4km/433m / 02.04.22

Finally, after three years, countless postponements and one total redesign of the route, the Chicken Run returned.

A record-breaking field of 225 runners started (and finished) the race. 183 runners completed the longer course of approximately 13.5km and 42 runners opted for the shorter 10.1km route.

The weather was a chilly five degrees but any form of precipitation held off and the sun occasionally appeared, all in all perfect running weather.

The route now takes in Lantern Pike and Cown Edge and therefore has some fair ascents and descents. Roads,

bridlepaths, footpaths, trails, fields and rocky descents all feature and the views from the top over towards Manchester in one direction and Kinder in the other are fabulous on a clear day.

Steve Vernon was the first man back having run the longer course in a time of 52.28. Aaron McGrady was the second man home in 54.27 and Lucas Parker came in third place with a time of 55.33.

The first female was Elinor Kirk in 1.03.26, followed by Joanne Ellis with a time of 1.13.44 and then Amy Jones in 1.14.51.

Other notable finishers were;

Alex Jones first man (49.40) and Imogen Jones (55.09) first woman on the short course.

Rob Sheldon (1.14.02) was the first person to enter the race on 15 January 2020 and Stephani Coe (1.21.24) was the last to enter with three minutes to spare.

The oldest runner was Beryl Buckley who ran in the F70 class and finished in a respectable 1.39.37.

And finally, the furthest travelled runner was Julia Downes who travelled from Salisbury and completed the short course in 1.04.07.

This year a new award was introduced in memory of Mark Boulton. Mark was a Hayfield man who took part in and helped organise local fell races over many years, he was a regular sweeper for the annual Cracken Edge Fell Race and loved the hills around Hayfield.

Jo Boulton, Mark’s wife, started the race and announced the award, which is presented to the youngest runner of the long route.

This year it was awarded to 19-year-old Sam Thompson from Matlock, who completed the long route in twentieth place with a time of 1.03.57.

Many thanks to The Little Mill in Rowarth for generously supporting the event by providing the prizes, Buxton water for supplying 300 bottles of water to keep runners hydrated at the end, Pete Bland for supplying the race numbers, Crazy Legs for counting the legs and times and finally, twenty-eight marshals for supplying their time and ‘pointing in the right direction’.

A special mention should go to Poppy Land (Assistant Race Organiser) for reading out the race announcements and the bakers of Hayfield and surrounding areas for providing post-race cakes.

Elizabeth Land

OPEN

1. S. Vernon	Stockp	52.58
2. A. McGrady	VictPk	54.27
3. L. Parker	Stockp	55.33
4. A. Worster	CaldV	55.48
5. J. Williams	DkPk	56.48
6. B. Nikolich	Penn	58.08
7. P. Critchlow M50 (1)	Beaum	59.03
8. J. Brunnock	Bux	59.08
9. B. Martin	Penn	59.21
10. L. Cook	Penn	1.00.06
12. M. Johnson M40 (1)	Stockp	1.01.34
14. C. Osborne M50 (2)	RSnakes	1.02.42
16. A. Wainwright M50 (3)	Unatt	1.03.04
22. R. Kendall M40 (2)	Unatt	1.04.26
23. P. Skuse	Gloss	1.04.58
39. D. Clarke M60 (1)	Unatt	1.10.34
41. B. Foreman M60 (2)	Unatt	1.11.25
43. R. Murphy M60 (3)	Gloss	1.13.01

137. R. Taylor M70 (1)	Penn	1.32.13
155. L. Thurston M70 (2)	Matlock	1.38.16
168. K. Jones M70 (3)	Dkpk	1.45.56

LADIES

18. E. Kirk	Unatt	1.03.26
54. J. Ellis F40 (1)	Penn	1.13.44
63. A. Jones	Matlock	1.14.51
66. J. Bednall F50 (1)	DkPk	1.15.26
78. Z. Barton F40 (2)	Gloss	1.18.21
96. A. Frost F50 (2)	Macc	1.21.22
98. S. Coe F40 (3)	DkPk	1.21.24
103. E. Sanders F50 (3)	Ashbn	1.22.26
153. J. Forrester F60 (1)	Matlock	1.37.33
158. B. Buckley F70 (1)	Gloss	1.39.37
162. K. Pierce F60 (2)	GoytV	1.41.03
175. J. Smith F60 (3)	GoytV	1.59.11
182. M. Collinge F70 (2)	MansF	2.21.01

SHORT COURSE

1. A. Jones M40 (1)	Ashbn	49.40
2. K. Webster M50 (1)	Matlock	52.36
3. M. Jarvis	Unatt	54.34
4. W. Smithurst M40 (2)	Ripley	54.55
5. I. Jones Female (1)	Penn	55.09
6. T. O’Donnell	EastCh	55.51
7. M. Moorhouse M70 (1)	Matlock	56.21
8. J. Sizeland	Unatt	56.39
9. M. Thomas	Unatt	59.31
10. J. Haunton M50 (2)	Disley	1.00.44
11. E. Bradbury M40 (3)	Unatt	1.00.59
12. C. Lawrence Female (2)	Unatt	1.01.01
16. C. Scott Female F50 (1)	Sinfin	1.02.38
19. S. Bray M50 (3)	Sinfin	1.04.04
22. D. Clarke F50 (2)	Unatt	1.05.41
36. C. Peters F60 (1)	Gloss	1.18.42

Long course – 183 finishers; Short course – 42 finishers

ESKDALE ELEVATION / Cumbria AL/20.2km/1455m / 09.04.22

The renaissance of the Eskdale Elevation could hardly have gone better; the weather was very cold but clear and dry apart from a couple of brief sleet/rain (depending on altitude) showers and the underfoot conditions were conducive to fast times. Consequently, both the men’s and ladies’ records went and in fact no fewer than eighteen runners dipped under the previous record, with Huw Davies taking nearly half an hour off to set a new men’s record of 1.53.06 and Sharon Taylor lowering the ladies’ mark to 2.20.10 and taking a shattering 1.01.33 off the previous record in the process and thereby also claiming the F40 spot – somewhat impressive!

A total of seventy-eight competitors turned up, many of them parking on the beautifully dry field behind the Brook House, and only one runner was in danger of failing the kit check when she appeared distraughtly admitting that she didn’t have a map but was saved by the near-miraculous presence of the runner behind her who had two maps and generously offered one to her. The congregation listened attentively to the rather lengthy pre-start peroration explaining the necessity for a brief but marked “out of bounds” section to avoid the SSSI plantation fairly high on Whin Rigg and the consequent reversion to the original records and all seemed to accept both as fair and necessary. The actual start was delayed a little further by a question from Scoffer about the

legitimacy of a northerly avoidance of the plantations, which, somewhat sadly after over sixty years of walking/running in the area, had not occurred to the organiser but which, after a brief consideration and discussion, was accepted as both permissible and reasonable but, as it later transpired, wasn’t outstandingly faster so now there’s another route choice dilemma to add to the other decisions about the best lines to take!

Finally, and only four minutes after the official start time of eleven o’clock, the field set off up the initial climb on the track from Boot Mill onto the thirteen miles(ish) of climbing and route choices, many of which led to runners taking widely divergent ways in their efforts to maximise their positions, especially off Scafell summit. However, almost all succeeded in getting round with one unfortunate exception who suffered an unfortunate injury and had to retire as a DNF but covered herself with glory by making her way to the finish and informing all five of the officials there of her situation. The finishers arrived back in surprisingly quick time and many of them, gratifyingly, expressed their pleasure with the race and its varied terrain and route challenges and it was a generally happy band who assembled in the Brook House for the post-event socialising and prize giving although, understandably given the driving distances involved, quite a few people were unable to stay for the prize giving itself, during which there was a slight hiccup when it transpired that Rob Jebb wasn’t registered as first M40 and the runner who was had gone home with his prize but the situation was at least ameliorated by Rob being the officially nominated courier for the men’s team beer vouchers, won by Black Combe, which stipulated they were only valid for the Brook House and only on the race day itself. I’m sure Rob and family had a very pleasant

evening meal at the pub as a result!

Thanks are due to all the marshals for their sterling services; Geoff as radio supremo on Great Barrow battling with the complexities of co-ordinating communication; Richard and Helen on Whin Rigg, although as they watched the hound trailing in the valley and had pleasant chats to both Tony and Mark Steel they felt they’d had an excellent day; Barbara and Paul Hills on Scafell for the first time, cocooned in down against the cold and generously supplying the runners with chocolate if they so desired; Janet Santry and Tim Lugg in their palatial Quasar at Eel Tarn; the Alans, both being unable to do their usual task on Scafell because of recent major surgery, Sarah and Ian Warhurst and “Kate at the Gate” all multi-tasking on the car parking, the kit check and the run-in to the finish and, finally, Geraldine and Janet who did a sterling job both at registration and on the compilation of results.

Also definitely deserving thanks are Gareth Thornley and team at Brook House; Gary at the NT campsite for the loan of the cones, table and poles; Tom Postlethwaite for the use of his field behind the pub; Tony Steel for allowing us over his land and Mark Steel for flagging the route avoiding the “out of bounds” area; Barry Baines for also allowing us over his land and Neil Thirkell of the National Trust. Without their co-operation and interest the event couldn’t have taken place.

...and finally, thanks to all the runners, not only for participating but for being so open in your appreciation to the marshals and the other officials; I hope you all enjoyed yourselves and look forward to seeing you again next year.

Dave Jones

OPEN

1. H. Davies	Mercia	1.53.06
2. J. Scott	Staff	1.56.30
3. R. Jebb M40 (1)	HelmH	1.58.11
4. J. Hartley	BlCmbe	2.01.00
5. J. Heneghan M40 (2)	P&B	2.03.20
6. H. Stainton	BlCmbe	2.09.12
7. C. Jones	Penn	2.09.37
8. R. McGrath M40 (3)	Ellenb	2.12.23
9. D. Lund M40 (4)	Amble	2.12.35
10. D. Bateson M40 (5)	Scarb	2.13.06
13. A. Schofield M50 (10)	Borr	2.14.09
20. R. Bradbury M50 (2)	Matlock	2.25.52
22. A. Jackson M50 (3)	NthnF	2.31.34
28. L. Warburton M60 (1)	Bowland	2.41.26
39. J. Rainford M60 (2)	Prest	2.45.41
50. N. Sebley M60 (3)	Unatt	3.03.33

LADIES

15. S. Taylor F40 (1)	HelmH	2.20.10
36. D. Berden	DkPk	2.44.00
37. S. Richmond F40 (2)	Penn	2.44.52
42. S. Murray	Kesw	2.46.20
45. H. Leigh	Bburn	2.53.14
48. K. Apps F40 (3)	Kesw	3.02.19
59. R. Cleator	BlCmbe	3.17.00
71. Y. Williams F50 (1)	Penn	3.43.43

77 finishers

Huw Davies (Mercia Fell Runners) on his way to victory at the Eskdale Elevation fell race © Stephen Wilson, www.granddayoutphotography.co.uk



COCKFIELD CHASE / Co. Durham
CS/7km/160m / **28.04.22**

Cockfield Chase is perhaps unique in that it is half social run; half fell race and is designed to introduce people to our sport. 60 runners turned out for this year's event and, in what might be a fell running first, the female runners outnumbered the males by 31:29, the majority were enjoying their first fell race. Huge congratulations to all who ran, it was a wonderful evening and great to see you all out enjoying The Fell.

Sam Rhodes-Dawber finished first, completing the race lap in 13:40, he was nine seconds ahead of Matt Walker.

Meaghan McCarthy finished in a time of 17:58, taking the ladies' race by 15 seconds from Joanne Raine.

Andy Blackett

OPEN

1. S. Rhodes-Dawber MU23	DFR	13.40
2. M. Walker M40	DFR	13.49
3. S. Jack	WolfP	14.04
4. P. Tickner M40 (2)	DurhamC	15.17
5. I. Hutchinson M40 (3)	Derwent	15.40
6. M. Sturla	DFR	15.43
7. R. Hart MU23 (2)	Unatt	15.53
8. A. Hart M50 (1)	HBT	16.13
9. A. Biggs M50 (2)	DurhamC	17.04
10. L. Curry M40 (4)	WolfP	17.25
13. P. Delaney M50 (3)	DurhamC	17.41
27. E. Peat M60 (1)	DFR	20.30
29. A. Turnell M60 (2)	Crook	21.46
33. A. Wilks M70 (1)	Aycliff	22.32
45. J. Harrison M60 (3)	Swaled	26.21
46. C. Taylor M70 (2)	Runnation	26.26

LADIES

14. M. McCarthy	DFR	17.58
15. J. Raine	Crook	18.13
16. S. Dobbins	Quakers	18.14
17. A. Goulding	Derwenr	18.20
24. A. Hall F40 (1)	DurhamC	19.32
30. M. McBarron F60 (1)	Swaled	22.19
31. L. Carruthers F60 (2)	DurhamC	22.29
41. B. Crawley F50 (1)	Teesd	25.11
42. S. Jackson F50 (2)	Redway	26.01
44. F. Harrington F50 (3)	Elvet	26.20

58 finishers

THE CAKE RACE / Lancashire
BM.16km/518m / **30.04.22**

This 10-mile trail/fell race is all about the cake; 68 cakes entered and 243 runners You do the maths.

The run itself takes you over the Pennines and back again, and is full of moorland wildness and industrial heritage.

This year we had a bit of innovation, with electronic devices to record the time and timing mats – all very modern. I'm a fan of the electronics, whilst not as cheap as pen and paper, its benefits include:

- Allowing an early start for slower runners making the race more inclusive (and reducing marshalling time).
- Certainty over who has finished when. Leaving someone unaccounted for on the moors is every organiser's nightmare.

- The 'big ass' screen to show the results.

- Each runner could get a printout of their result immediately after finishing.

It was great to be back doing a 'normal' race.

James Sheard

OPEN

1. M. Pierson	Stadium	1.08.13
2. L. Browne	Unatt	1.09.43
3. M. Tibbot Female (1)	Sadd	1.12.20
4. T. Jagger M40 (1)	Stadium	1.13.08
5. A. Day	HillsbR	1.13.23
6. S. Knowles M50 (1)	Penn	1.14.45
7. A. Hartley M40 (2)	Unatt	1.14.46
8. M. Stansfield M40 (3)	Sadd	1.14.53
9. P. Timms M40 (4)	Royton	1.15.25
10. J. Abel	West4	1.15.31
18. C. Foster M50 (2)	Salf	1.18.41
24. A. Davies M50 (2)	HillsbR	1.20.22
29. D. Clarke M60 (1)	Unatt	1.21.30
41. S. Burthem M60 (2)	Spectrum	1.25.03
66. M. Davies M60 (3)	Stadium	1.32.06
204. D. Seaman M70 (1)	NiddV	2.02.46
236. R. Dyson M70 (2)	Stadium	2.33.27

LADIES

3. M. Tibbot	Sadd	1.12.20
36. A. Greenwood	Stadium	1.23.35
51. N. Walmsley F40 (1)	Roundhay	1.29.09
54. J. Cartmell	HillsbR	1.29.35
56. L. Millington	Slaithw	1.29.42
62. L. Jones	Unatt	1.31.37
70. J. Lawton F50 (1)	Stockp	1.33.18
74. R. Avanesian F40 (2)	Unatt	1.33.58
76. P. Sadler F50 (2)	Totley	1.34.11
78. S. Brewer F40 (3)	Meltham	1.34.25
80. F. Dyson F50 (3)	Sadd	1.34.31
130. K. Forster F60 (1)	Spectrum	1.43.10
172. A. Middleton F60 (2)	DenbyD	1.54.46

243 finishers

DUNGEON GHYLL / Cumbria
AS/5.6k/640m / **07.05.22**

OPEN

1. T. Simpson	Amble	38.32
2. J. Simpson	HelmH	43.14
3. J. Smith	BIPear	43.22
4. T. Watt	Amble	44.56
5. P. Reilly M40 (1)	HelmH	45.22
6. C. Smith M50 (1)	Kesw	48.51
7. D. Bulmer	Wharfe	51.14
8. J. Niven	Unatt	51.15
9. B. Halcrow Female	Amble	51.22
10. A. Holden M50 (1)	AchR	51.34
11. J. Millen M40 (2)	BICmbe	52.51
17. D. Reid M60 (1)	Wlands	56.57
18. N. Selby M60 (2)	BICmbe	1.00.24
22. D. Tait M70 (1)	DkPk	1.16.26

LADIES

9. B. Halcrow	Amble	51.22
12. K. Hall F40 (1)	Wharfe	53.05
13. H. Orr	BICmbe	53.30

22 finishers

MANX MOUNTAIN MARATHON / Isle of Man
AL/51km/2500m / **16.04.22**

The Manx Mountain Marathon was celebrating its 50th anniversary race on Easter Saturday. The celebrations

had originally been scheduled for 2020 but, unfortunately, Covid got in the way! The race was held in 2021 but strict travel restrictions due to the pandemic resulted in only local runners taking part.

A record entry of 188 runners departed from Ramsey in the north of the Isle of Man after a stirring speech by race founder George Broderick. His final words of encouragement were "the hills await you." He should have added that the mist awaits you as visibility was very poor over most of the 51-kilometre course. Added to the mist was a moderate southerly wind which meant a head wind for all runners on this north to south course.

The race was a fascinating affair with last year's winner, Orran Smith, looking odds on to repeat his success as he built up a five minute lead at the halfway point at Greeba. However, he was chased down hard over the southern section of the route by 2021 runner up Sam Jones, who eventually caught and passed Smith near South Barrule and went on to take the win by nearly eight minutes. Last year's fourth place finisher George Blackwell also flew over the second half and finished a fine third, less than two minutes in arrears. Blackwell had been kept honest for a large part of the route by Ellis Bland who had an exceptional debut in the race finishing a good fourth.

The women's race saw another exceptional run by local Nikki Arthur. She repeated her win of 2021 in fine style from Jenny Rice with another local, Rosy Craine, third and first F50.

Two former winners who are now competing with great success in their respective M70 categories had amazing runs. Five times previous ladies champion, Wendy Dodds, finished top in her category and 1982 winner Ken Taylor was top M70.

The local Civil Defence have supported the race brilliantly for all its fifty years. They had a busy day as they had to search for a number of runners who had lost their way in the mist. Thankfully, all were soon accounted for.

David Griffin

OPEN

1. S Jones	Manx	4.50.14
2. G. Blackwell	Manx	4.58.07
3. O. Smith M40 M(1)	Manx	4.59.44
4. E. Bland	Bowland	5.03.53
5. O. Chambers	Manx	5.25.55
6. T. Cringle M40 (2)	Manx	5.29.41
7. G. Kelly M40 (3)	Manx	5.44.51
8. B. Corkill	Manx	5.46.45
9. R. Gerrard M50 (1)	Manx	5.50.08
10. M. Lynas M50 (2)	Macc	5.50.56
13. A. Watson M50 (3)	Manx	5.57.44
38. R. Gibson M60 (1)	Kendal	6.51.30
57. S. Hubbard M60 (2)	Manx	7.12.39
82. M. Pollitt M60 (3)	Horw	7.41.43
84. K. Taylor M70 (1)	Ross	7.42.29
96. R. Webb M70 (2)	Manx	7.56.02

LADIES

14. N. Arthur	Manx	5.58.21
22. J. Rice	HelmH	6.19.19
26. R. Craine F50 (1)	Manx	6.25.52
32. A. Llewellyn	Lonsdle	6.31.54
37. J. Brown F50 (2)	Clay	6.47.50
43. K. Parry	Unatt	6.56.03
65. C. Brogan F40 (1)	Manx	7.17.18
67. J. Gledhill F50 (3)	Manx	7.24.20
68. C. Caren F40 (2)	Manx	7.26.30

87. J. Craven F40 (3)	Unatt	7.44.26
128. W. Dodds F70 (1)	Dallam	8.39.02
154. M. Goth F60 (1)	Tod	9.22.29
164. D. Walsh F60 (2)	Dallam	10.02.01

167 finishers

BLAKEY BLITZ / North Yorkshire
AM/17km/855m / **24.04.22**

Blakey Blitz closed out the Dave Parry Let's Run Winter Fell Race Series for 2021-22, the 9th event in a successful series following on from the fell racing hiatus during Covid. The event also marked the start of a busy period for North Yorkshire Moors with Senior and Junior England Championship counters in the coming weeks and the start of the Summer Series with the Fox and Hounds Chase.

The weather was dry and cool, with a distinct breeze, just about right for fell racing. Blakey is arguably the toughest fell race on the Winter/Summer Series roster. It's a deceptive one too, with two descents and one ascent on the outward leg and the return leg sees the reverse with one descent and two ascents including a slow finish straight climb of 215 metres over 1.6 kilometres from the valley bottom to the finish line at the Lion.

The performance of the day came in the women's race with Catherine Williamson claiming a new course record of 89.25 by just over a minute and 9th position overall. In the men's race Lee Kemp raced to victory and the Winter Series overall.

With just under a week to the Senior Championships race and the longer challenge of the Yorkshire Three Peaks, a number of runners marshalled or opted for gentler pursuits, though with Blakey a North East Fell Race Championship counter, numbers were bolstered from North of the River Tees and the now regular West and East Yorkshire contingent, bringing competitors to 103 and 102 finishers.

Sarah McCormack (Ambleside AC) on her way to winning the women's race at the Yorkshire Three Peaks fell race 2022 © Andy Jackson



In the team competition Esk Valley Fell Club men eased to the win in the event and the series and Northumberland Fell Runners had a rare women's win in a Dave Parry series event ahead of Scarborough AC who claimed the series win.

Surplus proceeds from the race, some £450, were donated to a local cancer charity nominated by the Lion Inn.

Thanks must go to race organiser, Robert Lillie, and marshals from the North Yorkshire Moors fell racing community.

Clive Thornton (on behalf of Robert Lillie)

OPEN

1. L. Kemp	EskV	82.33
2. S. Bennett	Unatt	85.53
3. A. Barns M40 (1)	Wharfe	86.02
4. S. Green	Wharfe	86.15
5. J. Leadley	LoftW	86.35
6. J. Butters M40 (2)	NFR	87.53
7. T. Grinwood M40 (3)	Swale	88.37
8. S. Leadley	LoftW	89.00
9. C. Williamson F(1)	LoftW	89.25
10. M. Hayes M40 (4)	EHull	90.15
22. D. Smith M50 (1)	Pickering	95.33
26. L. Bennett M50 (2)	NFR	99.08
28. M. Lofthouse M50 (3)	NiddV	99.39
30. N. Ridsdale M60 (1)	EskV	99.53
55. K. Holmes M60 (2)	Unatt	110.14
65. N. Briggs M60 (3)	NYM	116.48
100. D. Seaman M70 (1)	NiddV	151.01

LADIES

9. C. Williamson	LoftW	89.25
31. K. Neesam F50 (1)	NMarske	99.57
37. N. Tarrega	YorkK	102.24

47. K. Gaughan	Pickering	105.33
48. K. Robertson F50 (2)	NFR	106.11
72. S. Walch F40 (1)	Pstone	119.40
75. R. Dent FU23	Scarb	122.16
78. C. Glover F60 (1)	Wharfe	123.35
82. C. Graham F40 (2)	Swale	124.56
85. S. Lishman F40 (3)	Unatt	127.38

102 finishers

THREE PEAKS RACE / North Yorkshire
AL/37.4km/1608m / **30.04.22**

Brennan Townshend, the 2018 UK Skyrunning Champion, who has worked as an endurance coach for seven years, won Yorkshire's Three Peaks Race for the second time only nine minutes outside Andy Pearce's record of 2.46.03, which dates from 1996.

The 28-year-old, who used to be a professional road racing cyclist, finished in 2.55.34, which was five minutes slower than his 2019 time, but he had six months out of running after an injury last July.

He beat Billy Cartwright, an ambassador for the race sponsors, Inov8, one of the world's leading sports footwear, clothing and equipment brands, by 3.09 in near perfect conditions.

Third place went to Ricky Lightfoot, who set 3.00.51. He won the race in 2014 and 2015, although his best time was in 2016 when he was second to Marc Lauenstein, a Salomon International runner from Switzerland, who finished in 2.48.58. Lightfoot's time in 2016 was 2.49.07.

The Irish flag featured at the prize giving to honour a first time Three Peaks runner, Sarah McCormack, who claimed the women's title just 14 minutes outside the record achieved by Victoria Wilkson in 2017. Victoria knocked five minutes off Anna Pichrtova's (Strakova) record set at the World Long Distance Mountain Running Championships in 2008.

Sarah, who finished in 3.23.21, broke a 35-year-old record at the 5.2k Rivington Pike Race in Horwich on Easter Saturday. She watched Victoria set the Three Peaks women's record in 2017, which inspired her to enter this race. Victoria, who was unable to race through injury, thought Sarah was a potential winner of the iconic race.

Sarah, an Inov-8 ambassador, who has represented Ireland more than 25 times, won the Mountain Running World Cup in 2019. She is an ecologist and running coach. Originally a shorter distance runner, she has been entering longer races in the last year or two to become comfortable with running for three to four hours.

Second female was Sharon Taylor, in 3.30.40. She joined Bingley Harriers at the age of 12 and ran her first fell race when she was 16. Nichola Jackson, another Inov-8 ambassador, who was second in the English Championships in 2019, finished in 3.31.56. She ran the Three Peaks in 2018 in 3.26.00.

Although the Three Peaks did not have to pay out the £500 on offer to a new male or female record breaker, CSH Transport, of Blackburn, donated £100 cash to the fastest male and female runners to the top of Pen-y-Ghent, which is 694 metres. This year's winners were Billy Cartwright in 28.19 and Sarah McCormack in 32.27.

The Three Peaks, which accepts up to 1,000 entries, had 600 this year with 447 starters on the day.

This was due to a variety of reasons, including Covid and other major race clashes, notably the English Championships Race at Guisborough, North Yorkshire. The oldest finisher was Jim Maxfield, 72, in 381st in 5.28.07, out of the 416 finishers.

The first M40 was Andy Symonds who was 6th overall in a time of 3.04.20. Andy now lives in France and his father Hugh won the race in 1984, 1985 and 1987 with a best time of 2.49.13. Andy's brother, Joe, also won in 2012 and 2013, but failed to beat his father's best time.

Ross Bibby suffered a serious leg laceration while competing in the race in October 2021, which took Cave Rescue Organisation more than three hours to recover him from Ingleborough summit. He was back competing this year to raise funds for CRO in appreciation of their mountain rescue work.

Brian Dooks

OPEN

1. B. Townshend	Kesw	2.55.34
2. B. Cartwright	Inov8	2.58.45
3. R. Lightfoot	Ellenb	3.00.51
4. D. Connelly	Mercia	3.01.34
5. J. Cox	Eden	3.02.33
6. A. Symonds M40 (1)	ScottR	3.04.27
7. G. Foster	Matlock	3.04.54
8. R. Mon-Williams MU25 (1)	Ilk	3.06.19
9. T. Adams	Inov8	3.08.54
10. J. Scott	Inov8	3.12.08
14. H. Webb MU25 (2)	SheffUO	3.18.21
18. O. Belby M40 (2)	Wharfe	3.28.31
19. C. Rees M40 (3)	TrailR	3.28.58
37. J. Green M50 (1)	Ilk	3.43.12
46. D. Prosser M50 (2)	Kesw	3.46.50
60. R. Lawrence M50 M (3)	Bing	3.52.25
66. N. Hayhurst M60 (1)	Bowland	3.54.34
85. M. Holroyd MU25 (3)	Settle	4.03.20
112. I. Ferguson M60 (2)	Bing	4.10.23
153. B. Horrocks M60 (3)	Clay	4.21.43

381. J. Maxfield M70 (1)	NewbghN	5.28.07
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LADIES		
16. S. McCormack	Amble	3.23.21
22. S. Taylor F40 (1)	HelmH	3.30.40
23. N. Jackson	Inov8	3.31.56
26. K. Welch	Sidmth	3.33.53
30. S. Willhoit	Mercia	3.38.43
35. C. Williamson F40 (2)	LoftW	3.41.14
91. N. Jackson F40 (3)	NLeeds	4.05.09
126. R. Thackrey F50 (1)	Bing	4.14.45
140. D. Millington F50 (2)	Mercia	4.18.00
162. I White FU25 (1)	LeedsUO	4.24.39
191. S. Wood F50 (3)	Macc	4.32.28
298. N. Dugdale F60 (1)	Clay	4.59.11

387 finishers

GUISBOROUGH THREE TOPS / North Yorkshire AM/15.9km/800m / **30.04.22**

It was third time lucky for the Guisborough Three Tops English Fell Championships organizers, twice postponed in 2020, 2021 due to Covid. The FRA championship committee kept faith and so it was a day of blue skies and sunshine on the North Yorkshire Moors which greeted senior championship fell racing; and just like buses two come along at once with the Guisborough Woods Junior Championships counter scheduled for three weeks later.

Competitors would be unlucky if they had more than dust on their fell shoes at the race end, with the course a championship version of the local fell series route, baked by three months of dry weather.

The race title 'Three Tops' belied the five main climbs with the final climb to the trig 324 metres, a steady climb that always feels like it should be run faster and a brute for those who pushed too hard on the earlier climbs, many a good race to Little Roseberry being undone on the pull from the moor bottom.

On the day there were 284 runners on the start line with nearly 400 registered and all on the waiting list offered race places.

In the race itself, 68 women were set off at 13.00. Hannah Russell eked out a small lead over Antonia Fan by checkpoint 1 at Highcliff Nab and through checkpoints 2, 3 and 4 they couldn't be separated. By the final Checkpoint 5 Antonia had gained a distinct lead. Hannah's race morning recce and a terrific descent paid dividends as she crossed the line a few seconds ahead of Antonia. Tees Valley and North Yorkshire Moors honours were upheld by Betty Bergstrand, 10th overall and York Knavesmire Harriers team victory.

The men set off at 13.30 with 214 starters, Tim Lamont, in his first fell race, led out to checkpoint 1 and increased his lead at each checkpoint to finish ahead of M40 Doni Clarke by 42 seconds.

The men's team event was won by Keswick AC, with Calder Valley in 2nd.

Thanks to the 35 plus volunteers from the running community on the day, with Cleveland Mountain Rescue Team providing members and medical support at checkpoints and finish line. Significant donations were made to the Rescue Team who we support regularly and to the Sea Cadets who hosted registration, results, and refreshments.

Clive Thornton

OPEN

1. T. Lamont	HelmH	68.49
2. D. Clarke M40 (1)	Tod	69.31

3. M. Lamb	Kesw	69.37
4. M. Elkington	Amble	70.05
5. E. Corden MU23 (1)	Stockp	70.10
6. K. Gray M50 (1)	CaldV	71.20
7. D. Kay M50 (2)	CaldV	71.21
8. S. Stead	Kesw	71.20
9. N. Lawson	DkPk	71.51
10. C. Gillespie MU23 (2)	DkPk	71.55
15. R. Jebb M40 (2)	HelmH	72.22
17. N. Leigh M40 (3)	Horw	72.27
24. G. Mulholland M50 (3)	CaldV	73.58
131. J. Bagge M60 (1)	HelmH	94.00
139. M. Keys M60 (2)	Ross	95.17
148. P. Jeggo M60 (3)	SpringStr	96.47
203. A. Watts M70 (1)	CheshHR	102.45
251. R. Taylor M70 (2)	Penn	111.24

LADIES

61. H. Russell	HelmH	83.14
64. A. Fan	Amble	83.17
88. E. Hopkinson F40 (1)	Wharfe	87.04
90. R. Mather	YorkKn	87.21
91. B. Penty	YorkKn	87.23
92. E. Pannone FU23 (1)	Eden	87.26
104. F. Royle FU23 (2)	LancUni	89.32
113. B. Bergstrand FU23 (3)	MiddMand	90.24
135. S. Richmond F40 (2)	Penn	94.13
147. N. Butterfield F40 (3)	CaldV	96.44
162. K. Robertson F50 (1)	NFR	97.55
170. R. Patrick F50 (2)	Tod	98.46
172. D. Gowans F50 (3)	Acc	99.05
181. R. Browne F60 (1)	Bowland	100.48
224. P. Goodall F60 (2)	Totley	110.00
276. J. Forrester F70 (1)	Matlock	140.40

282 finishers

GREAT HAMELDON / Lancashire BS/9.6km/338m / **01.05.22**

A fell race on the outskirts of Accrington and Burnley which takes you under the A56, over a miniature railway line and skirting a pylon, does not sound as enticing as the Lakeland valleys and mountain tops that our Cumbrian cousins can offer. But (once you leave the pylon behind) this race takes you through glorious East Lancashire moorland with steep climbs and descents, shoe-sucking bogs and everything you would want from a fell race, including a section of the King's Highway (last re-surfaced when Richard II was on the throne), a fast finish through woodland and a pub with a beer garden at the end.

First run in 1979, previous winners include Ricky Wilde, Colin Donnelly and many more. The overall winner gets a large silver tray presented to them - goodness knows why but quite useful for carrying pints into the beer garden I imagine.

This year, the weather was cool but not raining or windy. Perfect fell running weather. A lap around the school field followed by negotiating a narrow gate thoughtfully put in place by the Council since last year, the runners go up through the wooded Coppice before making their way to the hill proper. A loop round the hill taking in the summit and it's downhill all (most) of the way back.

The winner was Phil Marsden in a time of 37.39, 1.27 behind the course record, followed 34 seconds later by Joshua Holgate and then 17 year old Will Curry.

Local club Clayton-le-Moors dominated the ladies' race

with Briony Holt (FU23) coming in first followed closely by previous winner Louisa Powell-Smith. Laura Craig from nearby Barlick came in third.

The first race in the Pendle and Burnley Grand Prix, 222 runners set off, and 222 runners came back. As a race organiser, that is the only stat that matters. Many thanks to all the marshals and helpers who made it all go smoothly.

Dom Howell

OPEN

1. P. Marsden M40 (1)	Horw	37.39
2. J. Holgate	BBurn	38.13
3. W. Curry MU23(1)	Ross	39.39
4. B. Whitehead	Barlick	40.26
5. N. Gaskell M50 (1)	BBurn	40.38
6. S. Hall M40 (2)	Unatt	40.55
7. C. Winfield MU23 (2)	Bux	41.04
8. P. Crabtree M50 (2)	Bing	41.44
9. O. Murphy	Ilk	42.27
10. G. Goodwin M50 (3)	Acc	42.36
13. A. Berry M40 (2)	Barlick	43.14
14. N. Whitfield M40 (3)	Penn	43.27
42. G. Thompson M60 (1)	Barlick	48.35
58. T. Taylor M60 (2)	Ross	50.08
63. P. Boardman M60 (3)	Horw	50.36
78. J. Pickup M70 (1)	Clay	53.48
132. J. Carman M70 (2)	Trawden	61.14

LADIES

25. B. Holt FU23 (1)	Clay	45.53
26. L. Powell-Smith F40 (1)	Clay	46.11
35. L. Craig	Barlick	47.17
44. L. Ensor F40 (2)	Wharfe	48.44
54. L. Parker F40 (3)	Acc	49.37
68. J. Wells	Ross	50.59
76. R. Rimmington	Clay	53.20
95. J. Butterworth F50 (1)	Skip	56.00
97. D. Hagger	RibbleV	56.14
100. B. Savage F50 (3)	Clay	56.47
112. L. Whittaker F60 (1)	Wharfe	58.19
113. J. Townson F60 (2)	Trawden	58.22
207. K. Goss F70 (1)	Clay	80.16
218. C. Leathley F70 (2)	Clay	90.02

222 finishers

COINERS JUNIOR FELL RACES / West

Yorkshire

0.9km/62m-5.3km/231m **02.05.22**

Coiners is back after a two-year enforced break and it's as though nothing has changed in the intervening time. The weather was fair, the course was dry, and 2nd May brought a real festival of running. With five junior races across six age groupings taking place in the morning and the senior race starting at 1.00 pm, the day was given over to this great event on the slopes of Park Fold in Mytholmroyd.

What has changed is the organisation of the day with Di Wright taking over the juniors' event and Stella Chrisanthou the new organiser for the seniors. And well organised it was with the local scouts and Royd Ices providing refreshments on the field and young and old gathering to celebrate fell racing from a whole host of clubs from across the North of England.

First up were the Juniors with a mass start. The organisation for these races is fantastic as each age

group - from U9 upwards - run on a different course except for the U17 and U19 who share a 5.3km race out onto Erringden Moor with a good 231m of climbing.

With just under 100 juniors taking part, the conditions were good and the races were fast and furious, so much so that three female records were broken on the day with Emily Gibbins creating a new U19 Girls' record, Amelie Lane breaking the girls' U17 record and Clara McKee not just breaking the girls' record but taking the overall record for the U13s' course in a seemingly unassailable 11.06.

Calder Valley had runners in all age groups and were particularly well represented in the U13 group with seven of the 21 runners wearing the red and white hoops of the club.

Not far behind Clara, Joseph Stone came first in the U13s' Boys race with Harry Cliff claiming third spot just 15 seconds ahead of Archie Cole. Clara's brother Thomas clinched second spot in the Under 15s' race.

In the U17s, Leo Illstone was third Boy with Tom Owen coming in fourth just a few seconds behind him and Elijah Peers-Webb running a good race to come second boy in the U19s.

In the younger groups, Cora Slater was fourth girl home in the Under 9s with Georgie Illstone and Isahbel Symington fourth and fifth girls in the Under 11 age-category.

Mani Kaler, Ewan Edwards, Ted Parker and Murray Wood all had good runs in their age groups.

All-in-all a good day for running and a wonderful day for the Calder Valley juniors and their coaches.

Marc Collett

BOYS U9 - 0.9km/62m

1. F Allen	Kghly	04.47
2. C. McGoldrick	Settle	04.56
3. C. Varley	Unatt	05.12

GIRLS U9 - 0.9km/62m

5. E. Duffy	Ross	05.40
7. N. Wilson	Sadd	05.57
11. R. Overbury	Unatt	06.06

BOYS U11 - 1.7 km/125m

1. C. Porteous	Bing	09.34
2. C. Headley	Kghly	10.07
3. L. Allen	Kghly	11.01

GIRLS U11 - 1.7 km/125m

7. P. Pinker-Hull	Bing	11.18
9. O. Akers	Otley	12.05
11. E.Oakden	Kghly	12.21

BOYS U13 - 3km/152m

2. J. Stone	CaldV	12.19
3. J. O-Sullivan	Kghly	12.26
5. H. Cliff	CaldV	12.44

GIRLS U13 - 3km/152m

1. C. McKee	CaldV	11.06
2. B. Buckley	Kghly	12.35
9. I. Patefield	Wharfe	14.03

BOYS U15 - 3.7km/187m

1. N. Gallagher-Thompson	Kghly	17.53
2. T. McKee	CaldV	18.28
3. J. Palmer	Skyrac	18.51

GIRLS U15 - 3.7km/187m

5. G. Turner	Pstone	19.26
9. I-M. Wilson	DkPk	21.11
10. K. Buckley	Kghly	21.19

BOYS U17 - 5.3km/231m

1. J. Cooper	DkPk	23.58
3. A. Budding	Ilk	26.29
4. L. Illstone	CaldV	26.56

GIRLS U17 - 5.3km/231m

2. A. Lane	Wharfe	24.46
6. A. Kennedy	CityYork	28.45
7. O. Aldham	Wharfe	29.14

BOYS U19 - 5.3km/231m

1. T. Clay	Bing	23.00
3. E. Peers Webb	CaldV	25.42

GIRLS U19 - 5.3km/231m

2. E. Gibbins	Ilk	25.19
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RAINOW 5 / Cheshire

BS/8km/229m / **04.05.22**

Wow - great to be back after a 2-year break due to the pandemic. A record number of runners - 236 - made for a great atmosphere. Big thanks to everyone who helped on the night as well as thanks to the runners for car-sharing and those who walked, jogged or cycled to the start this year! We had a large contingent of Macclesfield Harriers (50) as well as 31 "visitors" from Chorlton as well as lots of other club runners and unattached runners and, as it was "May the fourth", we also had brave people running in great Star Wars costumes.

Lucas Parker led the field for the whole race by quite a margin and stormed back in an amazing 31.54 seconds. The first lady was Rachel Hall in 38.51. Macclesfield Harriers claimed both the men's and the ladies' team prizes.

Big thank you to Red Willow brewery and to Running Bear for donating fantastic prizes.

There was a great post-race atmosphere with an amazing supply of cakes from the Rainow Pre-School Parents! With lots of pre-entries this year, as well as on the night entries and cakes, the race raised a total of £2000. On the night donations were presented to representatives from local charities which benefit our local environment, safety outdoors and supporting the village hall; £500 to Cheshire Wildlife Trust (Kerridge Nature Reserve), £500 to Buxton Mountain Rescue, £500 to the Rainow Village Institute and £500 raised for Rainow Pre-School.

Rachael Lawrence

OPEN

1. L. Parker MU23 (1)	Stockp	31.54
2. A. Bunyan	Macc	33.38
3. S. Harding	Macc	34.52
4. T. Arthur	Chorlt	35.04
5. E. Clowes MU23 (2)	NcastleTri	35.24
6. M. Burley	Macc	35.36
7. D. Bethell	StaffsM	36.25
8. M. Basnett	Staffs	36.36
9. C.Bentley M40 (1)	Macc	36.47
10. M. Owens M40 (2)	Chorlt	36.56
11. L. Ashwood M40 (3)	Disley7	37.08
13. M. Lynas M50 (1)	Macc	37.34
20. D. Dunn M50 (2)	Macc	38

23. E. Mackintosh MU23 (3)	Unatt	38.37
27. E. Gamble M50 (3)	CheshHR	39.18
79. D. Veyard M60 (1)	Bakew	44.49
83. N. Whigham M60 (2)	GoytV	45.22
107. S. Storey M60 (3)	Pstone	47.12
120. A. Watts M70 (1)	Wilms	48.36
189. T. Hulme M70 (2)	Unatt	55.59
195. T. Longman M70 (3)	Macc	57.04

LADIES

24. R. Hall	Macc	38.51
33. N. Bowen	Unatt	39.48
45. R. Munday F40 (1)	Macc	41.25
46. H. Thompson	Poynt	41.30
49. F. Sharpley	Macc	41.56
62. K. O'Donnell F40 (2)	Macc	43.03
70. K. Gill F40 (3)	Macc	43.42
109. A. Frost F50 (1)	Macc	47.14
131. B. Jackson F50 (2)	Altrinch	49.41
134. S. Gilliver F60 (1)	RunBear	50.06
154. K. Sutton F60 (2)	Wilms	51.48
157. L. Ashwood F50 (3)	Disley	52.19
166. A. Coulson F60 (3)	Wilms	53.32
231. S. Bean F70 (1)	Chorlt	71.37

236 finishers

TODD CRAG FRA JUNIOR CHAMPIONSHIPS

/ Cumbria

07.05.22

BOYS U9

1. C. McGoldrick	Settle	04.11
2. C. Varley	Unatt	04.25
3. E. Greaves	BlCombe	04.28

GIRLS U9

4. L. Hodgson	Amble	04.30
5. E. Duffy	Ross	04.35
8. H. Nicholls	Unatt	04.47

BOYS U11

1. H. Tancrel	HelmH	10.27
2. H. Hopkinson	Ross	10.50
3. J. Mitchell	Trawden	10.54

GIRLS U11

4. A. White	Skip	10.57
11. I. Thwaites	Amble	11.49
13. B. Bailey	StaffsM	11.56

BOYS U13

2. T. Wood	Macc	14.19
3. A. White	Traff	14.24
4. C. Dobson	Ross	14.30

GIRLS U13

1. C. McKee	CaldV	13.37
13. A. Carr	Ross	15.42
16. I. Jebb	HelmH	15.50

BOYS U15

1. J. Sanderson	Settle	26.16
2. A. Peaker	Kghly	27.17
3. N. Gallagher-Thompson	Kghly	27.32

GIRLS U15

13. M. Hoshiko	Wirral	29.50
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20. M. Jebb	HelmH	30.56
21. G. Turner	Pstone	30.59

BOYS U17/U19

1. C. Allmond U19	Amble	28.49
2. J. Ormrod U17	Ross	28.56
3. W. Walker U19	Clay	29.22
4. A. Poulston U17	Wirral	29.30
5. W. Longden U19	Bux	29.32
13. C. Pickens U17	CaldV	31.22

GIRLS U17/ U19

1. J. Bailey U17	Leven	31.52
2. A. Lane U17	Wharfe	32.07
3. E. Whitaker U19	Hgte	32.09
4. R. Flaherty U19	Bing	32.09
5. C. Rawstron U19	Skyrac	32.10
7. I. Holt U17	Bburn	34.43

LLANBERIS-ELIO RIDGE / Gwynedd

AM/11.3km/752m / **07.05.22**

It was third time lucky for the Inter-Counties race that had been originally scheduled for 2019. We were also blessed with fantastic weather for the 155 runners who were tackling the Inter-Counties, Llanberis Ridge race route from Llanberis over Moel Eilio, Foel Gron and Foel Goch before returning to Llanberis via the Maesgwm path. The Inter-Counties and Moel Eilio open race started simultaneously but the runners in the latter race after Foel Goch, had an additional climb of Moel Cynghorion before heading back to the finish.

Reigning British Fell Champion, Chris Richards, had a convincing win in a time of 46:50, finishing a minute ahead of Max Nicholls, the winner of the Inter-Counties when it was last held in 2019. Joe Steward took the bronze medal, just seven seconds ahead of 18-year-old, Finlay Grant, who was leading Under 23's. The race for the minor medals in the Under 23's was hard fought with Ben Sharrock finishing only 17 seconds ahead of Joe Dugdale with Alex Mason missing out on a medal by less than half a minute.

Scout Adkin won the women's race in 53:49 in 22nd place overall, nearly two minutes ahead of teammate, Hannah Russell. Just over half a minute later, Sara Willhoit took bronze. Eve Pannone took FU23 gold, more than three minutes ahead of Chloe Leather with Finty Royle less than a minute further back in third.

It was great to see so many Counties fielding a full team – 21 mens' and 15 women's teams. Both races were dominated by the powerful Cumbria and Yorkshire squads. With three runners from Ilkley Harriers in the top eight counters (Nathan Edmondson, Jack Cummings and Ben Rothery), Yorkshire won the men's race whilst Cumbria had FU23 winner, Eve Pannone backing up individual gold and silver medal winners, Scout Adkin and Hannah Russell to take team gold in the women's race. North Wales won both sets of bronze medals by a whisker; the women were two points ahead of Shropshire whilst the men were tied on points with Greater Manchester but took third place as their final counter, Rhodri Owen finished ahead of Danny Hope.

As the race was used as a trial race by Wales and England for the upcoming Senior Home Internationals, runners seeking selection were able to enter the Inter-Counties race even if they had not been selected for their County. There was an excellent performance from 19-year-old Matthew Knowles in sixth place, whilst the Yorkshire reserve, Tim Lamont, was tenth.

Wales also incorporated their Inter-Regional Championships into the event with North Wales capturing both male and female team golds.

I would like to thank Arwel Lewis and his team of volunteers for staging a great race in a stunning area. Finally, thank you to all the Team Managers and runners and my predecessor, Andy Watts, for providing his advice and support on my 'maiden' Inter-Counties race.

I look forward to seeing you all at 2023 race which is scheduled for the first Saturday in May.

Arwel Lewis

OPEN

1. C. Richards	HelmH (Cumb)	46.50
2. M. Nichols	Tonbr (Kent)	48.17
3. J. Steward	Salf (Gtr Manch)	49.05
4. F. Grant	Unatt (Derby)	49.12
5. N. Edmondson	Ilk (Yorks)	49.33
6. M. Knowles MU23 (1)	LancsM (EdinUni)	49.48
7. J. Cumming	Ilk (Yorks)	49.53
8. M. Elkington	HoardH (Cumb)	50.11
9. T. Lamont	HelmH	50.14
10. B. Rothery	Ilk (Yorks)	50.24
11. K. Savage	Leeds (Yorks)	50.32
12. F. McGrath	Brist&W (AvonS)	50.38
13. D. Clare	Unatt (Lancs)	51.32
14. B. Sharrock MU23 (2)	AAC (Gt.Man)	51.37
15. J. Dugdale MU23 (3)	Lough (Cumb)	51.54

LADIES

22. S. Adkin	Moorf/Knav (Cumb)	53.49
37. H. Russell	HelmH (Cumb)	55.40
41. S. Willhoit	Shrews (Shrop)	56.16
56. K. Walshaw	Holmf (Yorks)	58.40
58. R. Jones	Lancs	59.08
59. H. Smith	Yorks	59.10
63. B. Penty	Knave(Yorks)	59.36
76. J. Emmerson	Covent (Warwick)	60.46
77. E. Pannone FU23 (1)	Hallam (Cumb)	61.09
10. A. Fan	Amble/LevV (Cumb)	62.01

154 finishers

MEARLEY CLOUGH / Lancashire

AS/5.6km/380m / **10.05.22**

After missing two years due to the Coronavirus pandemic, it was fantastic to welcome runners back to the Calf's Head at Worston for the 22nd edition of the Mearley Clough race. There were a couple of issues to worry about beforehand with two very large trees brought down in various storms completely blocking the approach route through the woods which had me planning a slight diversion to the route. Farmer Matthew Whitwell, however, saved the day and had the trees sawn through clearing the path in the days leading up to the race – his help and permission to use the fields for parking is very much appreciated.

Super vet, Darren Kay, returned to the race for the first time in a few years and showed a clean pair of heels winning untroubled in 31.24. This win makes Darren the most prodigious of winners in the men's race – four in total with previous wins in 2006, 2007 and 2013. Not bad for a 52-year-old who seems to be having a good season so far in 2022. Indeed, it seemed to be a night for veterans with seven MV50s in the top 20, and only nine non-vets in the top 20. In the ladies' race outright winner



was FV40 Emma Hopkinson, a good six minutes clear of the second lady Deborah Gowans, a FV50 runner in Todmorden Harriers colours for the first time.

The weather played ball once more – this was my fifth race since taking over as organiser, and we nearly always get a decent night. A bit of sun with a stiff westerly breeze was perfect for running, but the marshals and finish crew certainly felt a bit of bite in the breeze as we were stood around waiting for the runners. As always, a big thank you to my team of volunteers who make my job much easier – the race obviously wouldn't happen without them.

After the race was over, we retired to the Calf's Head for the now legendary pasta supper provided for all the runners and marshals by our host, Pam. The presentation was a slimmed down version to reduce time spent indoors for those still wary of the dreaded Covid. The prizes consist of the normal Pete Bland vouchers for winners and category winners, augmented by goodies from our race sponsor, Moorhouse's Brewery. There was also a number draw for a £100 voucher donated by Matt Bland at Pete Bland Sports to celebrate Clayton le Moors Harriers' 100th anniversary. The prize was won by Darwen Dasher, Rebecca Simms – big thanks to Matt for a brilliant gesture.

I was slightly disappointed by the turnout this year, 136 against around 200 for the last four years but we just about broke even after our donation for Rossendale and Pendle MR who cover the event for us. Interestingly, approximately 35% of entrants were non-FRA members and it was the extra levy charged which made sure we broke even.

Hopefully we will be back in 2023 – see you all there. Spread the word about the free pasta supper!

Andrew Firth

OPEN

1. D. Kay M50 (1)	CaldV	31.24
2. S. Lungu	P&B	32.53
3. P. Crabtree M50 (2)	Bing	35.04
4. J. Horrocks	Bburn	35.21
5. H. Nash MU23 (1)	Unatt	35.23
6. G. Goodwin M50 (3)	Acc	36.01

7. E. Hopkinson F40 (1)	Wharfe	36.58
8. N. Usher MU23 (2)	NewbN	37.28
9. M. Haworth M40 (1)	Unatt	37.36
10. D. Howell M40 (2)	Clay	38.11
18. D. Motley M40 (3)	Clay	39.00
34. G. Schofield M60 (1)	Horw	41.53
42. D. Naughton M60 (3)	Unatt	42.34
55. S. Baker M60 (3)	Chor	44.07
96. I. Smith M70 (1)	Unatt	51.18
124. P. McDermott M70 (2)	Prest	63.28

LADIES

7. E. Hopkinson F40 (1)	Wharfe	36.58
48. D. Gowans F50 (1)	Tod	43.07
56. J. Brown F50 (2)	Clay	44.21
85. A. Dugale F50 (3)	Clat	48.47
82. J. Needham F40 (2)	ResR	48.15
95. M. Teare F40 (3)	Bburn	51.11
110. J. Leonard F60 (1)	Tod	54.09
120. M. Goth F60 (2)	Tod	59.05
114. L. Lord F70 (1)	Clay	56.11
132. K. Goss F70 (2)	Clay	69.53

136 finishers

JACK BLOOR RACES / West Yorkshire

BS/8.4km/350m / **10.05.22**

Held on Ilkley Moor, this classic 8.4 km navigational fell race was established in 1985 to commemorate the life of an acclaimed Yorkshire athlete.

Following a two-year absence due to the Covid pandemic, a glorious May evening saw the welcome return of actual head-to-head racing for this 35th annual race.

The big question was whether a challenger could prevent Jack Wood from extending his record run of five consecutive victories? Missing a key but subtle path, Jack Cummings lost his mid-way lead. From the highest point of the race, the trig point atop Rombalds Moor, all was set for a dual between Jack Wood and former MU23 winner, Joe Woodley. The latter stages of the senior race require speed, sound route choice, agility and a degree of courage for the steep, rocky descent of Ilkley Moor. With a 23 second margin, Joe Woodley took the men's

Left: Reigning British Fell Champion, Chris Richards on his way to winning the Inter-Counties, Llanberis-Elio Ridge race © Dave Woodhead, www.woodentops.org.uk

title in the time of 40:03. Jack Wood was second with Harry Kingston placed third. The Arthur Dolphin Trophy for the first MU23 was awarded to Arran Horne, who was 20th overall.

Aged only 17 years, local girl Emily Gibbins not only took the FU23 Pat Bloor Trophy but also won the overall senior women's race. In what was her first attempt and in a time of 46:13, this is a most impressive result. Emily's name now joins a host of 'greats' engraved on the iconic trophy featuring the Swastika stone carving. Betty Bergstrand took second place and in third position was Issy Rowe.

In the veteran men's classes Adam Osborne came fifth overall taking the M40 title whilst Jeff Green won the M50 class. First place in M60, was Steve Webb and the M70 title went to Malcolm Pickering. As the first ever runner in the M80 class, 82yr old Norman Bush of FRA laid down the gauntlet with an impressive time of 70.12.

Only ten seconds separated first-placed F40 Claire Cooper from Niamh Jackson. The F50 and F60 classes were won by Alison Weston and Joyce Marshall.

With three runners to count, the team competition saw a record entry of 17 men's and six women's teams vying for top spot. Representing Leeds University, Betty Bergstrand, Pippa Carcas and Izzy White took first place in the women's team competition. Roundhay Runners were second, followed by Ilkley Harriers. In the men's category, Jack Wood, Jack Cummings and Michael Odell secured first place for Ilkley Harriers with North Leeds Fell Runners placed second and Leeds City third.

There has always been an association between fell racing and beer, particularly from local brewers. We are extremely grateful to our senior race sponsor, the Flying Duck pub in Ilkley. Occupying one of the oldest buildings in Ilkley, this Church Street hostelry is home to the Wharfedale Brewery. All runners and prize-winners in the senior race were rewarded for their efforts with a much-appreciated voucher.

Loyal sponsor and supporter of the Jack Bloor races and the Memorial Fund, Terry Loneragan of Complete Runner kindly provided the race numbers.

Earlier in the evening, the Jack Bloor junior races saw enthusiastic performances by youngsters aged 6 to 18 years. The flagged and marshalled courses present an excellent introduction to the joy of fell racing: the buzz on the start line, the initial stampede, the jostling for position, the terrain, the pain, the doubt, the descent, the cheering, the finish, the elation, the banter. Best of all, every junior received a voucher from junior race sponsor, Outside the Box, Ilkley's famous community café. The top three boys and girls in each category were presented with certificates together with elaborate handcrafted cookie-medals, designed, baked, decorated and presented by the team from Outside the Box Café.

As for so many activities, junior racing risked losing momentum due to two years of restrictions posed by the pandemic. It was heartening to see the enthusiasm of the junior runners. Thanks go to the parents and coaches who encourage and support.

Aston Brogden won the MU19 race with Beth Rogers second overall and first girl. The FU15 title went to Amber Stewart with Ned Gallagher-Thompson the MU15 race with a lead of 21 seconds.

Robert Carter won the MU13 class whilst Isabelle Jebb



Left: Jack Bloor Races' men's senior winner Joe Woodley (Dark Peak Fell Runners) ascending towards the Badger Stone © Dave Woodhead, www.woodentops.org.uk

BOYS U11

1. C. Headley	Kghly	03.45
3. L. Allen	Kghly	03.58
6. S. Chambers	Kghly	04.24

GIRLS U11

2. H. Carter	Ilk	03.47
4. P. Pinker-Hull	Bing	04.02
5. I. Bellwood	Kghly	04.22

BOYS U13

1. R. Carter	Ilk	08.34
2. J. Lee	Ilk	09.12
3. E. Nicholson	Ilk	09.20

GIRLS U13

6. I. Jebb	Bing	10.20
8. F. Gerrett	Otley	10.34
9. L. Richards	Otley	10.50

BOYS U15

1. N. Gallagher-Thompson	Kghly	07.37
2. J. Greenlay	Otley	07.58
3. O. Shinn	Ilk	08.20

GIRLS U15

7. A. Stewart	Otley	10.35
9. M. Spencer	Otley	10.51
10. N. Brewis	Unatt	14.31

BOYS U19

2. A. Brogden	Otley	11.21
3. G. Chambers	Unatt	14.49
4. E. Clarke	Unatt	15.32

GIRLS U19

2. B. Rogers	Ilk	14.33
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184 finishers in senior race

WREKIN STREAK / Shropshire

AS/4.5km/247m / **11.05.22**

The first Streak for two years was well supported by ninety runners including five in the Junior race. The weather set fair after the rain earlier in the day. Everyone managed to find registration and survived the new one-way system at the bottom of the Wrekin.

Daniel Connolly continued his vein of good form comfortably heading the race from the off. Although this is his second win of the summer series, he hasn't managed to overhaul Tim Davies' Streak record. I am sure with a bit more competition his times will only get faster. Jack Agnew and Andy Watkins made it a clean sweep for Mercia in the men's race. The host clubs' Jordan Stamp finished in 7th place.

In the women's race Sara Willhoit followed her great result in the Three Peaks with a win on the Wrekin, finishing sixth overall.

Haley Wells had an excellent run in second place with Charlotte White third giving Mercia the podium places.

Simon Daws

OPEN

1. D. Connelly	Mercia	17.37
2. J. Agnew	Mercia	18.55

3. A. Watkins	Mercia	19.06
4. D. Birtwistle	Mercia	19.30
5. H. Bond MU19 (1)	Bux	19.55
6. S. Willhoit Lady (1)	Mercia	20.11
7. J. Stamp	Telf	20.14
8. J. Ayres	Trism	20.24
9. A. Bentham MU17 (1)	Mercia	20.28
10. J. Stuart M40 (1)	SyTri	20.41
19. C. Doran M40 (21)	Telf	22.21
14. T. Tansley M50 (1)	OswestO	21.35
22. S. Neeves M40 (3)	Mercia	22.41
25. D. Fishwick M50 (2)	Chor	23.02
27. M. Keys M60 (1)	Ross	23.19
43. T. Jones M50 (3)	ShropSh	25.13
61. B. Dredge M70 (1)	Mercia	27.32
64. K. Davies M60 (2)	Mercia	27.56
69. G. Hughes M60 (3)	Mercia	28.49

LADIES

6. S. Willhoit	Mercia	20.11
23. H. Wells	Mercia	22.50
30. C. White	Mercia	23.42
40. L. Williams F40 (1)	OswestO	24.54
47. S. Cordingley F40 (2)	Maldwyn	25.23
49. C. Lloyd	OswestO	25.29
58. T. Burgess	Unatt	27.04
74. E. Hall F40 (3)	Hartshil	30.32
78. J. Lloyd-Evans F50 (1)	OswestO	31.10
64. M. Oliver F70 (1)	Eryri	1.22.49

PARKS LIFE / Derbyshire

BS/7.0km/210m / **12.05.22**

Two years later than originally planned, 123 participants gathered for the inaugural running of the Parks Life on a dry and slightly chilly May evening. Assisted by the good folk of the Blue Box Community Group, Belper Harriers and Run Forest, the race passed off without too much incident.

Elisha De Meclo led the field for six of the undulating 7 kilometres, taking in a lap of the old Deer Park, where the bluebells were still out in force, before heading out up to Bargate on the east side of Belper.

Unfortunately, the leader took a wrong turn on the way back in, allowing local runners Jack Dakin and Yasmin Marks to take the men's and women's titles respectively and walk away with the most fantastic, knitted trophies, created especially for the event by local wool wizard, Jane.

Along with the post-race cakes, the event raised over £800 for the Blue Box community group. A big thanks to all marshals, helpers and all the runners for making it a success. Please come back next year.

Craig Jones

OPEN

1. J. Dakin	Derby	26.58
2. T. Perry	Macc	27.36
3. L. Beresford	Matlock	29.32
4. J. Clark	Belper	30.18
5. A. Young M40 (1)	Unatt	30.21
6. S. Smith	Belper	30.54
7. R. Kirkwood	Besst	31.11
8. J. Hunt M50 (1)	DkPk	31.20
9. M. Reece M40 (2)	Unatt	31.23
10. J. Paisley	Totley	31.29

14. D. Fishwick M50 (2)	Chor	32.02
22. B. Wight M40 (3)	Crook	34.17
26. D. Wilkinson M60 (1)	DkPk	34.43
30. D. Horton M50 (3)	Belper	34.52
37. M. Moorhouse M70 (1)	Matlock	35.39
41. A. Hodkin M60 (2)	Matlock	36.06
58. P. Harris M60 (3)	Belper	39.22
75. I. Ankers M70 (2)	StaffsM	41.33

LADIES

20. Y. Marks	Belper	33.36
25. H. Lilley	Sinfin	34.41
28. L. Jacklin	Sinfin	34.45
36. L. Rowley F40 (1)	Matlock	35.37
44. E. Bailey F40 (2)	StaffsM	36.36
50. E. Broughton F40 (3)	Ripley	37.27
55. C. Scott F50 (1)	Sinfin	38.54
59. C. Fabb F50 (2)	Unatt	39.27
72. V. Cotton F50 (3)	SuttAshf	41.06
74. B. Davey	Beest	41.29
114. A. Burley F60 (1)	NottsWR	51.03

122 finishers

MARILYN'S MELDON MADNESS / Devon

AS/8km/415m / **14.05.22**

The Dartmoor fell running season began with Marilyn's Meldon Madness, named after the late Okehampton Running Club runner, Marilyn Cooper. The sun was out and shining and the wind was calm, which was appreciated by all the senior runners as they were heading up to the highest point in Southern England, High Willhays.

We started with twelve juniors running part of the way up Yes Tor and racing back down to win one of the coveted chocolate oranges.

The senior race then took off going from Meldon Dam, up the rocky path to Yes Tor, over to High Willhays, and back down by Black Tor. With a dry April and May, the runners did not have to face too much boggy ground coming back from Black Tor. The great weather and dry ground helped the men's record get broken by Ryan Hanley by nine seconds with a new men's course record.

The first female runner was Elizabeth Dyson (43:21).

Marilyn's son, Pete, made the trip out west to run his Mum's race and came home in 56:49. Once Pete caught his breath, he presented the Marilyn Trophy to the first Okehampton Running Club woman, Claire Watkins (51:57).

Hannah Susorney

OPEN

1. R. Hanley	Cornwall	37.13
2. L. Roberts	SCARPA	38.12
3. S. Deller	Unatt	38.35
4. S. Priday	Okehamp	39.02
5. C. Turner	Okehamp	39.27
6. T. Lenton M40 (1)	AxeV	39.30
7. I. Littlewood M40 (2)	RunVent	41.58
8. T. Poland	Okehamp	42.11
9. D. Goodspeed	Plymth	42.29
10. C. Perry M50 (1)	Unatt	42.38
12. J. Lane M40 (3)	Okehamp	42.50
15. R. Cottle M50 (2)	SWRR	45.00
16. P. Merrick M60 (1)	Unatt	45.41
20. H. Marsden M60 (2)	Exmth	48.17
24. I. Ripper M60 (3)	Okehamp	50.16

25. S. Winterburn M50 (3)	Unatt	50.31
37. R. Windemer M70 (1)	Dartmoor	62.08

LADIES

13. E. Dyson	Haldon	43.21
22. A. Pelling	Unatt	49.22
26. C. Watkins F40 (1)	Okehamp	51.57
30. L. Godspeed	Plymth	57.38
31. L. Littlewood F50 (1)	RunVent	58.29
33. H. Ratcliff F50 (2)	Torbay	58.07
38. C. Derry F50 (3)	Unatt	62.13
42. J. Pateman F40 (3)	Torrington	69.58
44. R. Cartwright F60 (1)	Unatt	70.06
46. S. Davies F70 (1)	Unatt	83.30

86 finishers

LANTERN PIKE DASH / Derbyshire

AS/2km/200m / **15.05.22**

As Steve Temple (coordinator of the Hayfield 3 days in May) said, "Nice and warm for today's stomp up Lantern Pike and 44 set off and returned".

Ben Totler was first man in 12.19 with Amy Whelan first lady in 15.43. Both times were well short of the records of 10.37 and 13.06 respectively in 2016 but what can we expect after two years of static Covid events resulting in two years of overgrown trods on mainly private land for what is arguably the shortest fell race on the UK mainland.

Reversing the trend, a special congratulations to Frank Fielding who set a new M70 record. We await future male and female contenders to push the boundaries.

The Junior Race was won by Ollie McClagan as first boy in 15.57, with first girl being Iris Evatt in 17.00.

Many thanks to all the private landowners, helpers on the day and Chris, Landlady of the Lantern Pike Inn.

Ron Rees

OPEN

1. B. Tetler M40 (1)	Gloss	12.19
2. C. Winfield MU21 (1)	Bux	12.36
3. J. Winfield MU23 (1)	Bux	13.30
4. M. Taylor	Unatt	13.53
5. J. Stubbs MU23 (2)	Penn	14.03
6. C. Jackson	Gloss	14.31
7. P. Skuse M40 (2)	Gloss	14.42
8. N. Bann M40 (3)	Gloss	14.48
9. M. Morton M40 (4)	Unatt	15.32
10. J. Hobson M40 (5)	GoytV	15.37
13. D. Wilkinson M60 (1)	DkPk	16.02
14. M. Pink M50 (1)	Penn	16.08
16. L. Bevanger M50 (2)	Marple	16.32
18. D. Croft M50 (3)	Macc	16.35
25. D. Clarke M60 (2)	Unatt	17.47
26. F. Fielding M70 (1)	Gloss	17.55
33. G. Barnes M60 (3)	Unatt	19.09
40. R. Taylor M70 (2)	Penn	23.32

LADIES

11. A. Whelan FU21 (1)	Bux	15.43
19. R. Evatt F40 (1)	GoytV	16.44
21. Z. Barton F40 (2)	Gloss	17.35
27. A. Frost F50 (1)	Macc	18.11
31. L. Whelan FU18 (1)	Bux	18.57
32. R. Cudahy FU21 (2)	Bux	19.05
37. R. Walton F40 (3)	GoytV	20.20
42. K. Smith F50 (2)	Unatt	29.34

JUNIORS

1. O. McClagan MU14 (1)	Unatt	15.57
2. H. Morton MU14 (2)	Unatt	16.06
3. D. Preston MU14 (3)	Bux	16.45
4. O. Bell MU10 (1)	Bux	16.55
5. I. Evatt FU8 (1)	Unatt	17.00
6. L. Sanchez MU10 (2)	Unatt	17.11
7. S. Parkinson-Jones MU8(1)	Penn	17.35
8.T. Gavin MU12 (1)	Gloss	17.43
9. B. Forrest FU12 (1)	Bux	17.46
10. V. Dawson FU10 (1)	Bux	17.50

44 senior finishers, 25 junior finishers

HAYFIELD MAY QUEEN / Derbyshire
BS/4.7km/200m / **20.05.22**

Once again youth prevailed with convincing wins from Lucas Parker (MU23) in 20:44 and Amy Whelan (FU19) in 26:07. Both these young runners have been taking part in this race as juniors for some years so it's great to see each of them taking top spot, both with considerable margins over their more mature chasers.

Ben Tetler was first M40 in second place, Joshua Southall was third and Stuart Diamond (MU23) was fourth. James Fryers was first MU19 in seventh place. The MU17 category was hotly contested between Sebastian Fitzgerald in tenth place and Jake O'Donnell in twelfth place.

Rachel Evatt was first F40 in second with Rachel Cudahy (FU13) coming a commendable third place. Rebecca Cudahy was first FU15 with Lucy Whelan second FU15.

James Corden was first M50 and David Clarke fought off Rob Murphy by seven seconds to be first M60. Andrea Frost was first F50 and Barbara Haigh was first ever F70 and now holds the record at 39.21. First locals were Sebastian Fitzgerald and Kirsteen Blair.

The field was smaller than usual but demonstrated quality in all respects – braving the unpromising weather earlier in the day for a dry evening – the heaviest downpour was reserved for the helpers putting up the finish funnel before the start.

It is a pleasure to provide a new home for the Spirit of Charlie Craig award now that the Lantern Pike fell race has lost its home at the Hayfield Country Show. This award was given to Rachel Cudahy (FU13) for her plucky race finishing third female.

This is a village fell race and was started by this year's May Queen and Junior May Queen – wearing their splendid May Queen dresses. It competes with the junior disco to be the final event of the week-long Hayfield May Queen celebrations and is also the first race of the three days in May series, the Mount Famine and Lantern Pike Dash races being the other two. Sixteen hardy runners completed all three races this year.

As always, I must give huge thanks to everyone whose support makes the race possible - our sponsors (Alpkit and Pete Bland Sports), all the landowners for allowing the race on their land and to the marshals and helpers who play such an important part for a race open to juniors of 12 and older.

Mary Edgerton

OPEN

1. L. Parker MU23 (1)	Stockp	20.44
2. B. Tetler M40 (1)	Gloss	22.13
3. J. Southall	Gloss	22.40
4. S. Diamond MU23 (2)	Bux	23.24

5. M. Sennett M40 (2)	Wharfe	23.36
6. M. Basnett	StaffsM	23.52
7. J. Fryers MU19 (1)	PstoneFP	23.58
8. S. Collins	Gloss	24.11
9. P. Skuse M40 (3)	Gloss	24.45
10. S. Fitzgerald MU17 (1)	Unatt	25.20
11. J. Corden M50 (1)	Stockp	25.26
12. J. O'Donnell MU17 (2)	Bux	25.30
15. J. Fitzgerald M50 (2)	Penn	26.49
17. M. Pinx M50 (3)	Penn	27.16
20. D. Clarke M60 (1)	Unatt	27.43
22. R. Murphy M60 (2)	Gloss	27.50
25. O. Emery MU17 (3)	Orion	28.03
38. B. O'Donnell MU19 (2)	DerwVO	30.07
42. G. Barnes M60 (3)	Unatt	30.36
50. H. Meredith MU23 (3)	Penn	32.00

LADIES

13. A. Whelan FU19 (1)	Bux	26.07
35. R. Evatt F40 (1)	GoytV	29.45
39. R. Cudahy FU13 (1)	Bux	30.17
41. S. Walch F40 (2)	PstoneFP	30.22
44. A. Frost F50 (1)	Macc	31.03
45. R. Cudahy FU15 (1)	Bux	31.06
52. H. Wright F40 (3)	PstoneFP	32.22
53. L. Whelan FU15 (2)	Bux	32.25
60. S. Halstead F50 (2)	PstoneFP	34.51
63. K. Balir F50 (3)	Unatt	37.13
67. B. Haigh F70 (1)	PstoneFP	39.21

72 finishers

OLD COUNTY TOPS / Cumbria
AL/59km/305m / **21.05.22**

I must start by thanking those who donated their 2020 entry fees to Ambleside and Langdale Mountain Rescue team, when we were forced to cancel after we had received quite few entries. From the entry fees and some money raised by selling the prize mugs we donated over £4000 to the rescue team.

How good it was to have to get my head around organising the Old County Tops once again after two missed years due to the Covid pandemic. I'm pleased to say that the run up to this year's event went smoothly – a two-year break is not long enough to forget what needs doing. Entries were down slightly on 2019, but we still had 114 pairs on the start line. With 15 pairs not finishing the race we had 99 finishers, a dropout rate of 13%.

I'm not sure how long our luck with the weather will last, but a generally dry day this year gave good running conditions once again. It would not have been the same story if the race had been held a day later, with heavy rain in the Langdale Valley the following morning.

The race was won by Ricky Lightfoot and Tom Owens who led from the start to finish in a time of 7.05.17 A strong second half by Josh Hartley and Harry Stainton saw them reduce a 13-minute deficit on Scafell Pike to two minutes at the finish. The first mixed team of Katie and Casper Kars Sijpesteijn finished sixth overall in 7.49.39, the closest any team has come to Caitlin Rice and Tim Budd's record, but still six minutes over. Jenny Rice and Catherine Slater were the first ladies' team finishing in a time of 8.34.35.

Two age category records were beaten this year, with Gary Thorpe and Neil McKenzie reducing the M110 record by 12 minutes and Jane McCarthy and Jan Smith reducing the F100 record by eight minutes.

It was great to see an Achille Ratti team finish in the first six for the first time in a few years. Congratulations to Rob Green and Dave Jackson on their fifth place; special congratulations to Rob on bettering his dad's 1998 winning time by three minutes. Once again Rob and Dave were awarded the Arthur Daniels trophy for the fastest Ratti pair. It could be a while before another team get their name on this trophy.

As usual, my final paragraph is dedicated to thanking everyone who helped make this amazing event a success. Over fifty Achille Ratti members turned up and worked tirelessly all weekend – what a fantastic group of people without whom there would be no race. I would also like to thank Raynet for providing radio communications and the New Dungeon Ghyll Hotel for the use of the field. Once again, the race was supported by Hangar 18 with Gary Dickinson present on race day. Some might have noticed Kaleel Zibe and his camera; Kaleel was getting some initial footage and a feel for the event in preparation for making a film of next year's event – we look forward to seeing it and hope you can join us on Saturday 20 May 2023.

Chris Lloyd

OPEN

1. R. Lightfoot/T. Owens	Ellenb/Shettl	7.05.17
2. J. Hartley/H. Stainton	BICmbe	7.07.51
3. A. Perry/T. Perry	HelmH/Matl	7.30.09
4. C. Webb/T. Budd M80 (1)	Gloss	7.40.42
5. R. Green/D. Jackson	AchRat	7.47.09
6. K. Sijpesteijn/C. Sijpesteijn Mix (1)	Kesw	7.49.39
7. J. Simpson/T. Simpson	HelmH	7.53.48
8. J. Morrell/T. Sabey M80 (2)	Ilk/Nthll	8.01.07
9. K. Hoult/B. Johnsonm M100 (1)	CaldV	8.01.53
10. M. Beresford/M. Barron	Amble	8.24.12
11. I. Symington/E. Bailey	Tod/Unatt	8.26.36
12. J. Dickinson/A. Bunyan	Macc	8.31.30
13. S. Jacques/J. Garcia M90 (1)	Unatt/HelmH	8.32.53
16. R. Bolton/M. Whittaker M90 (2)	Penn/Unatt	8.37.45
17. S. Richardson/B. Sheppard M90 (3)	Ilk	8.40.28
18. G. Thorpe/N. McKenzie M110 (1)	Amble	8.41.24
19. S. Netherway/C. Spurden Mix (2)	Kesw	8.42.22
20. P. Murphy/P. Vincent M100 (2)	Tyned	8.44.37
23. P. Swindles/G. Illingworth M100 (3)	Penn/Kesw	8.47.09
24. G. Lewis-Dale/D. Richardson M80 (3)	NShldsPoly	8.47.45
30. C. Nance/T. M-Monval Mix (3)	Horw/Unatt	8.57.45
31. M. Cook/M. Hitchmough Mix 100 (1)	Skelm/NewbN	8.59.28
34. N. Fellowes/M. Ellison Mix 90 (1)	Chorl/Ross	9.10.13
45. J. Duff/J. Telfer M110 (2)	NFR77	9.28.38
68. A. Weston/A. Merrick Mix 100 (1)	Ilk	10.16.21
77. A. Miller/L. Warburton M120 (1)	Unatt/Bowl	10.39.40

LADIES

14. J. Rice/C. Slater (F1)	HelmH	8.34.35
46. A. Priestley/M. Priestley (F2)	Ochill/Carn	9.29.55
54. S. Wood/S. Kirk F90 (1)	Macc	0.52.12
61. J. McCarthy/J. Smith F100 (1)	Ilk	10.02.25
69. S. Illingworth/B. Glaister F100 (2)	Kesw/Skelm	10.16.45
78. R. Ranner/K. Simpson F90 (2)	HelmH	10.41.31

99 teams finished

THORNTON-IN-CRAVEN LONG FELL RACE / North Yorkshire
BM/15km/536m / **29.05.22**

I have been a fell runner for the last 10 years and I'd describe my ability as average, at best. My love of chocolate and beer has always limited my power to



A Cockley Beck local keeping a wary eye on runners taking part in the Old County Tops fell race, or perhaps just wanting a sandwich to be dropped © Gareth Caley

weight ratio to that of an underpowered tuk tuk, but this has never stopped me putting in 100% effort. This year, I decided to organise my first fell race, after thinking 'What the hell, someone must start these things.' So, I contacted the FRA and committed myself. I must admit, it's one of the best things I have ever done.

At first, I tried to take on the challenge, on my own and soon found out how complicated the whole event could be and how costly it was. Race numbers, trophies, a website, signage, pins, safety apparel, among other things. It was getting ridiculous! I started to panic; what if nobody turned up? The costs mounted. The tension was rising! How was I going to manage the day? I imagined a multi-task nightmare lying ahead of me.

When I entered a local event in the next town and spoke with 'Chewy,' the race organiser, my attitude to managing the day shifted. He was leisurely wandering around the race registration area, chatting and joking that he had started arranging this on Wednesday. How did this happen? I'd put in over 50 hours of effort and the planning wasn't even close to being finished. 'It's all about delegation,' he informed me afterward. 'You're there in case something happens.' I hung around that night, after the prize giving and a wonderful thing happened. A discussion about my upcoming race began, and suddenly a wonderful group of volunteers started to offer their assistance. I was dumbstruck. From there, everything just fell into place; the Barlick Fell Runners adopted my race as their own, and I was overjoyed! Spot prizes, a team tent, marshals aplenty, and computer timing appeared as if by magic. What a wonderful thing! It wasn't just me and an underwhelmed family team any longer.

The day went off without a hitch; we had 99 runners who all said they had a great time. I couldn't believe it when people drove all the way from North Wales to participate in my race. The feedback was extremely encouraging. The runners and their families were overwhelmed with the local beauty and hospitality. It was over in a flash, as if it had been a dream, and the next thing I knew, I was walking the course removing flags (the few that remained.)

I think the biggest lesson that I have learned is to trust volunteers to help. I discovered that their competence, experience and enthusiasm is priceless. I am also grateful that my village was fully behind the idea and willing to help too. Something that was essential to the success of the day.

My advice to anyone thinking of starting a new race would be:

Read the FRA guidelines for organisers.

Get all the landowners' contact information and speak to them as soon as possible.

Don't give yourself too many jobs on the day of the race, you won't have time.

Use Facebook, link your event to as many running groups as possible.

Just go for it, you can make it happen!

Anthony Brown

OPEN

1. T. Corrigan	Barlick	1.00.21
2. J. Craig	Barlick	1.02.09
3.D. Mirfield	Barlick	1.03.27
4. E. Hassell	Wharfe	1.05.59
5. M. Warters	Wharfe	1.06.08
6. M. Boocock MU21 (1)	P&B	1.06.49
7. A. Berry M40 (1)	Barlick	1.07.09
8. E. Hopkinson F40 (1)	Wharfe	1.08.39
9. B. Shaw M50 (1)	DarwenD	1.08.44
10. D. Cannon M40 (1)	Tod	1.08.51
11. D. Pease M40 (2)	Barlick	1.10.07
12. B. Charnley M40 (3)	Barlick	1.11.04
13. D. Fishwick M50 (1)	Chorl	1.11.37
15. M. Horrocks M50 (2)	Barlick	1.13.32
17. D. Clough MU23 (1)	Unatt	1.15.58
31. D. Thompson M60 (1)	Barlick	1.21.04
37. J. Pickup M70 (1)	Clay	1.24.44
39. S. Morran M60 (2)	CaldV	1.25.47
43. M. O'Brien M60 (3)	Stainl	1.27.44

51. M. Cortvriend M70 (2)	Prestat	1.33.03
65. J. Carman M70 (3)	Trawden	1.40.28

LADIES

8. E. Hopkinson F40 (1)	Wharfe	1.08.39
21. L. Craig	Barlick	1.17.56
26. J. Collins F40 (2)	Barlick	1.19.41
29. H. Shaw	Unatt	1.19.54
35. H. Whitehead	Barlick	1.24.30
41. H. Driver	Barlick	1.26.36
46. L. Whittaker F60 (1)	Wharfe	1.29.53
49. S. Pedder F50 (1)	Trawden	1.31.07
59. F. Jenkinson F40 (3)	Kghly	1.37.04
63. J. Shaw F50 (2)	DarwD	1.39.08
66. A. Jones F50 (3)	Prestat	1.42.17

74 finishers

THORNTON-IN-CRAVEN SHORT FELL RACE / North Yorkshire
BS/5km/164m / **29.05.22**

OPEN

1. T. Clarke	Skip	20.21
2. H. Thomas F(1)	Kghly	21.33
3. A. Life M50 (1)	Clay	23.42
4. G. Schofield M40 (1)	Horw	23.52
5. G. Bird M50 (2)	Wharfe	24.42
6. D. Barnes M60 (1)	Trawden	28.34
7. D. Cairns F(2)	Unatt	28.39
8. J. Evans F(3)	NiddV	28.58
9. S. Clarke Lady F50(1)	Unatt6	29.05
10. J. Lewis F55 (2)	Kghly	29.07
12. J. Divers M40 (2)	Unatt	30.40
13. M. Jeal F60 (1)	Ilk	31.17
16. J. Clough M60 (1)	Unatt	33.55
55. M. Dakeyen M60 (3)	Berserk	1.04.18
58. A. Oliver M70 (2)	Eryri	1.06.18

23 finishers

OTLEY CHEVIN / West Yorkshire

CS/4.5km/210m / **01.06.22**

A beautiful sunny summer's evening greeted the 44th running of the short but tough Otley Chevin Fell Race, with 127 runners eagerly toeing the start line on the cobbles of Station Road in Otley.

The 2.9-mile race, organised by Skyrac AC and sponsored by the Yorkshire Runner shop, lures runners in with a deceptively fast start along the street and through an empty coach park before the steep climb up Johnny Lane begins the leg burning ascent up to Surprise View at the top of Otley Chevin Forest Park, via the White House and the dreaded 'steps.' At the top, runners get a brief chance to take in the stunning views across Wharfedale and let the legs recover before hurtling all the way back down the Chevin into Otley.

The men's course record has stood since 2001 when fell legend Ian Holmes set a time of 17.04 minutes and no-one has come close to it since. However, this year Nathan Edmondson led out from the start and came within a few seconds of it, winning the race in 17:15, and you must wonder if he could have broken the record if he'd had anyone pushing him. Tim Stratton finished second, over a minute behind in 18.28 and Kieran Manchester was third in 18.30.

But the story of the race was all about rising local fell star Charlotte Rawstron. Recently selected for the British women's U20 uphill only mountain running team for the European Off-Road Running Championships in Spain, Charlotte won the women's race in 19.54, breaking the women's course record (set in 2018 by Emma Clayton) by one second. She finished eighth overall and took the first local prize (for the first finisher in the LS21 postcode). Katie Walshaw was second woman in 20.35 and Emily Gibbins was third woman in 21.20.

It was also great to be able to have the usual post-race

prize giving and drinks and food in the pub – at Kirkstall Brewery's Black Horse Hotel in Otley, where runners enjoyed a well-earned pint and pizza. And as for next year – who's up to the challenge of breaking that Ian Holmes record? Anyone? Come and have a go if you think you're fast enough!

Andy McCues

OPEN

1. N. Edmondson	Ilk	17.15
2. T. Stratton	CityYork	18.28
3. K. Manchester	Hfx	18.30
4. O. Murphy	Ilk	18.33
5. P. Boynton	Horsf	18.59
6. E. Hobbs	Otley	19.14
7. J. Morrell	Ilk	19.40
8. C. Rawstron F(1)	Skyrac	19.54
9. S. Gott M40 (1)	Ilk	20.07
10. J. Wynne	FellandD	20.14
14. J. Green M50 (1)	Ilk	20.40
19. R. Herrington M40 (2)	StTheres	21.10
22. N. Armitage M50 (2)	P&B	21.29
24. A. Spittlehouse M40 (3)	Unatt	21.44
30. M. Loftus M50 (3)	VallStr	22.39
36. S. Webb M60 (1)	VallStr	23.17
70. P. Bennett M60 (2)	BramBr	26.46
94. M. Baldwin M60 (3)	Ilk	29.21
86. D. Leslie M70 (1)	Abbey	28.36
127. A. Cardinale M70 (2)	Otley	50.33

LADIES

8. C. Rawstron	Skyrac	19.54
13. K. Walshaw	Holmf	20.35
21. E. Gibbins	Ilk	21.20
27. R. Pilling	P&B	22.09

51. F. Mullen	Abbey	24.46
66. L. Adams F40 (1)	VallStr	26.29
73. A. Weston F50 (1)	Ilk	27.22
76. H. Berrett F60 (1)	Hfx	27.34
81. J. Hobson F50 (2)	Hfx	27.59
84. A. Rawstron F50 (3)	Unatt	28.25
91. L. O'Brien F40 (2)	FellandD	28.52
111. O. McMahon F40 (3)	Dewsb	32.33

127 finishers

BLENCATHRA / Cumbria

AM/13km/825m / **01.06.22**

Another good evening's running in great conditions. After last year's English Championship race, we were back to a more low-key midweek event, but still with high numbers and, coinciding with half-term and the extra bank holidays, runners arrived from near and far.

Last year's direct motorway line through the bracken was still clear and was the route of choice, though the standard course record holder (not at this year's race) always took the diagonal line up the first climb and the sweep team found it to be quicker! Good to have a decision to make in the first four minutes!

Keswick AC put in an expectedly strong performance in the men's senior race and Helm Hill strong in the women's race.

Brennan Townshend led the field home with four Keswick AC runners in the top 10. Sophie Likeman won the women's race.

As always, grateful thanks to the many volunteers in the valley and on the fell. The conditions were kind to us this year, but regardless of that, these events remain totally dependent on the support of local clubs to deliver them. Thanks again everyone.

Dave Sargent

OPEN

1. B. Townshend	Kesw	0.59.57
2. F. Grant MU21 (1)	DkPk	1.00.52
3. M. Lamb	Kesw	1.01.33
4. J. Cox	Eden	1.03.37
5. H. Bolton MU23 (1)	Kesw	1.04.18
6. S. Holding	CFR	1.06.05
7. A. Bunyan	Macc	1.07.56
8. D. Spencer MU23 (2)	Kesw	1.08.40
9. M. Brindle M40 (1)	Amble	1.09.41
10. A. Tod M40 (2)	NFells	1.09.45
11. K. Richmond M50 (1)	HelmH	1.09.51
12. J. Hood M40 (3)	Barlick	1/10.59
19. P. Crabtree M50 (2)	Bing	1.13.48
31. M. Robinson M50 (3)	DkPk	1.16.43
54. P. Crompton M60 (1)	CFR	1.23.57
69. P. Pearson M60 (2)	NFells	1.26.26
91. D. Baglee M60 (3)	Eden	1.31.12

LADIES

29. S. Likeman	CFR	1.16.16
36. L. Barker-Chapman	Unatt	1.17.46
52. L. Osborn F50 (1)	Amble	1.23.26
56. S. Murray	Kesw	1.24.05
72. J. Rice	HelmH	1.26.51
98. B. Smith F40 (1)	Unatt	1.31.59
101. J. Chatterley F50 (2)	CFR	1.32.55
110. A. Richards F40 (2)	HelmH	1.34.26
111. J. Rigby M40 (3)	HelmH	1.34.34
120. K. Bridge F50 (3)	Eden	1.37.13
141. A. Cummings F60 (1)	CFR	1.42.24
167. J. Libby F60 (2)	Eden	2.09.57

172 finishers

LEO POLLARD MEMORIAL - RIVINGTON

HALL BARN / Lancashire

BM/12km/426m / **02.06.22**

All week I had been worrying that we would not have many runners turn up because of the Bank Holiday, and then at 6.00 pm, as we were setting up, the runners appeared en masse and it was all hands to the pump to get everything set-up. The inclusion of the race in the Run the Moors Fell Grand Prix swelled the numbers to 143 starters in great running conditions, dry and warm and no kit requirement.

This race is a tough midweek race at 7 miles/1400 ft ascent. It starts at Rivington Barn and includes climbs up to the Pike, 2 Lads, a loop around Smithills Estate to the Mast then a lovely open fell downhill section before climbing up to the Pike again and returning to Rivington Barn.

First runner home was Luke Foley in 50:30 and first lady and third overall was Martha Tibbot in 51:45 - a great run by both runners. I hadn't realised at the time but this was a new female course record, taking over three minutes off the previous record time of 55:23 set in the first Leo Pollard Memorial Fell race in 2019. Well done to Martha.

There were lots of comments from the runners at the finish about what a good race/event/course it is and that they enjoyed it which was satisfying to hear. This race has a simple set-up like fell running used to be before Covid. You turn up, sign in, pay, run, enjoy and although pay on the day is a bit of a gamble, I think for this particular midweek race it works well.

This race donates all proceeds to Bolton Mountain Rescue who provide safety cover for the race, both Woodland Trust and United Utilities waive any fees for use of their land and this year we presented BMR with a cheque for £600, well done everyone.

Many thanks to inov-8 who sponsor the race providing vouchers for the first three male and female finishers. Also to Pete Bland Sports who provided the race numbers to Bolton Mountain Rescue who provided safety cover, to United Utilities and Woodland Trust for giving permission to route the race over their land. Finally, to all the marshals who gave up their time to help stage this race.

See you next year.

Mark Shuttleworth

OPEN

1. L. Foley	Horw	50.30
2.S. Greenwood	Ross	51.40
3. M. Tibbot F(1)	Sadd	51.45
4.J. Horrocks	Bburn	51.49
5. R. Green	AchRat	52.09
6. S. Edwards M40 (1)	Unatt	53.32
7. P. Freary M50 (1)	Belgr	53.44
8. T. Newberry MU23 (1)	Billinge	53.51
9. M. Clemin M40 (2)	Sadd	54.04
10. P. Edwards MU23 (2)	Lostock	54.31
11. T. Campbell M40 (3)	AstTyl	54.47
17. R. Seddon MU23 (3)	Horw	57.37
21. C. Stansfield M50 (2)	Ross	59.22
25. G. Chadderton M60 (1)	Horw	60.49
26. A. Frost M50 (3)	Ross	61.11
33. P. Boardman M60 (2)	Horw	62.47
36. S. Horseman M60 (3)	Burnden	63.17
55. J. Maxfield M70 (1)	NewbNom	66.58
95. T. Hesketh M70 (2)	Horw	77.38

LADIES

3. M. Tibbot	Sadd	51.45
12. F. Royle FU23 (1)	LancUni	55.35
29. J. Goorney F50 (1)	LythStA	62.24
34. G. Keane F40 (1)	Sadd	62.50
39. J. Wells	Ross	63.53
48. K. Moorfield F40 (2)	WiganP	66.00
53. J. Jobey F40 (3)	Royton	66.55
60. F. Dyson F50 (2)	Sadd	67.19
85. L. Darbyshire F50 (3)	Burnden	74.02
93. J. Forrest F60 (1)	Burnden	76.16
108. P. Hardman F60 (2)	Unatt	82.23

143 finishers

DUDDON VALLEY SHORT / Cumbria

AM15.3km/915m / **04.06.22**

The Duddon Short is held at the same time as the Duddon Long fell race. It's a cracking a medium fell race with a bit of everything and a good preparation for those not quite ready for the long with the last three checkpoints shared. We do warn that although it is called the short, it is a proper medium about 9.5 miles and over 3,000 ft ascent and the ability to navigate can be helpful as the route choice needs some consideration.

There was a close battle for the win with Adam Crowe finishing just six seconds ahead of Phil Mather and Steven Patterson managed to get back to his selling duties at Pete Bland Sports in good time after finishing in third place.

The women's race was won by Eleanor Wainwright in 1.59.30 with Helen Walker second and Chloe Haines in third.

We had a Duddon Valley resident, Nick Sebley picking up the M60 prize. We also had a M70 finisher – Dave Tait – but no M80 as we had with Joss Naylor last year.

James Goffe

OPEN

1. A. Crowe	Amble	1.39.09
2. P. Mather	Lonsdale	1.39.15
3. S. Paterson M50 (1)	Unatt	1.49.00
4. C. Balderson M50 (2)	Bowland	1.49.10
7. G. Briggs M50 (3)	DkPk	1.56.54
8. N. Sebley M60 (1)	BlCmbe	1.57.15
9. D. O'Duffy M60 (2)	Bowland	1.57.21
13. P. Taylor M60 (3)	BlCmbe	2.03.43
38. D. Tair M70 (1)	DkPk	2.32.26

LADIES

12. E. Wainwright	DkPk	1.59.30
14. H. Walker F40 (1)	BlCmbe	2.04.21
20. C. Haines	Corstor	2.09.37
21. J. Darigala F50 (1)	PstoneFP	2.13.36
28. S. Haines F60 (1)	Unatt	2.21.25
33. M. Ockendon F60 (2)	Bowland	2.24.20

45 finishers

DUDDON VALLEY / Cumbria

AM29km/1830m / **04.06.22**

We were blessed with a beautiful sunny day coupled with a welcome easterly breeze giving excellent running conditions. There were 124 runners in the strenuous 18 mile, 6,000ft ascent long race. For the men, youth won the day with 22-year-old Harry Bolton winning in a time of 2.57.15. The early pace was set by Tom Simpson (3 rd) but he was reeled in by Harry and Doni Clarke (2 nd) on the ascent of Swirl How and Harry seized the race with the day's fastest descent from Caw to the finish.

In the ladies' race Sharon Taylor celebrated her selection for England with a convincing win. She found herself trying a new line following James Harris after Little Stand but it worked out well and she set a new personal best for the race (despite quite wet underfoot conditions) of 3.19.44 and was over 20 minutes ahead of Kelli Roberts with Majka Kunica third. Both winners were presented with the shields which were then handed back, and their names will be added to the shields (and extensions) and displayed with past winners and their times in the Newfield Inn which makes interesting reading for keen fell racing historians.

Ambleside won both men's and women's team prizes. No music evening was possible this year during this busy Jubilee weekend, but we hope to bring it back next year.

All proceeds from the car parking went to Mountain Rescue who received £325. They were very busy this year and helped walk down one of the runners from the short race and then had two other call outs for incidents to walkers in the valley.

Thank you to all the marshals and other volunteers many of whom have assisted for many years now and helped to make everything run very smoothly and to the farmers who not only give us permission but also take an active role in race support. Thank you also to inov-8 and Pete Bland Sports who provided additional inov-8 coupons and Pete Bland vouchers as part of the Lakeland Classics series.

James Goffe



Sophie Likeman (Cumberland Fell Runners) on her way to victory in the women's race at Blencathra fell race © Stephen Wilson, www.granddayoutphotography.co.uk



Jo Simpson (Ambleside AC) and her father, Paul Simpson (Ambleside AC), racing the Duddon Valley Fell Race (Long) only a week after both completed the Jura fell race © Stephen Wilson, www.granddayoutphotography.co.uk

OPEN

1. H. Bolton	Kesw	2.57.15
2. D. Clarke M40 (1)	Tod	3.00.54
3. T. Simpson	Amble	3.04.28
4. G. Greenhow M40 (2)	Amble	3.10.13
5. H. Stainton	BICmbe	3.11.37
6. B. Abdelnoor M40 (3)	Amble	3.14.28
22. P. Cornforth M50 (1)	Amble	3.33.57
25. J. Hunt M50 (2)	DkPk	3.35.34
35. P. Pearson M60 (1)	NFR	3.44.09
54. L. Warburton M60 (2)	Bowland	4.24.39
74. R. Halstead M60 (3)	Tod	4.35.34

LADIES

15. S. Taylor F40 (1)	HelmH	3.19.44
31. K. Roberts	HelmH	3.41.15
38. M. Kunika F40 (2)	DkPk	3.47.51
40. B. Halcrow	Amble	3.50.38
62. L. Munro-Bennett	Amble	4.12.57
68. H. Price F50 (1)	Hgte	4.25.13
73. J. Worboys-Hodgson F50 (2)	Unatt	4.34.36
78. H. Whitaker F50 (3)	Hgte	4.37.25
107. W. Dodds F70 (1)	Clay	5.15.36

119 finishers

COOMBE HILL / Buckinghamshire
BS/7km/220m / **05.06.22**

When I was awoken by thunder at 6.00 a.m, I felt a sense of deja-vu. Last year the race was preceded by a huge

storm. This year it turned out to be more of a damp than a torrential affair. The cloud was down on the Chilterns and the marshals had a chilly grey time of it at Coombe Hill Monument with the usual extensive views of the Vale of Aylesbury obscured. Numbers were almost 50% up on last year with 126 starters and, fortunately, the same number of finishers.

Men's record holder, Tom Grimes, was beaten into third place but in the slippery conditions his record remained intact. Becky Raftery made a determined attempt on fellow Tring runner Claire Shelley's women's record and although she won comfortably, the conditions were just not conducive to fast times. Claire herself had helped me mark the course in the morning and was out marshalling. Three runners came back looking a bit battered and bruised after slipping on the steep descents. When the chalk on these hills is wet there is really nothing that will give you grip except hope.

Everyone enjoyed their free pint in the pub afterwards and even the battered and bruised said they had enjoyed the run.

As always big thanks to the Shoulder of Mutton for hosting us and to members of Tring Running Club for helping to put on the event.

Rick Ansell

OPEN

1. I. D. Coleman	Dacorum	28.19
2. J. Palmer MU23 (1)	Chilt	28.45
3. T. Grimes M40 (1)	ELndn	29.29

4. S. Collum	Dacorum	29.29
5. R. Rowlands	Dacorum	29.59
6. M. Banes	VAYlesb	30.06
7. T. Hedges	Unatt	30.31
8. J. Ferguson	Unatt	30.42
9.. S. Wilkes M50 (1)	BishStort	30.46
10. M. Kenneby M40 (2)	StAlbans	30.50
13. M. Head M40 (3)	Tring	31.10
20. C. Poulton M50 (2)	Cambr	32.36
21. J. Quinn M50 (3)	Reading	32.48
30. P. Jeggo M60 (1)	SpringFStr	34.17
59. C. CohenM60 (2)	Tring	38.35
64. C. Dixon M60 (3)	Cambr	39.10
89. T. Frost MU23 (1)	Unatt	43.45
106. G. Firth MU18 (1)	Unatt	49.42
110. N. Bird M70 (1)	Unatt	51.47
114. P. Leach M70 (2)	Harbgh	53.14
116. M. Brooke M70 (3)	FRA	54.54

LADIES

22. B. Raftery	Tring	32.50
28. J. Gray F40 (1)	Dacorum	33.47
36. T. Gray FU16	Dacorum	34.55
38. R. Mitchell	LeightB	35.04
54. S. Maybanks F40 (2)	Beest	37.11
77. R. Dunkin F40 (3)	Bearbr	41.56
79. E. Heale FU23	Unatt	42.36
83. R. Forgham F50 (1)	Unatt	42.49

86. Z. Dobbs F50 (2)	Hilling	43.31
102. C. Reynolds F50 (3)	Welc2R	47.39
103. E. Lumn F50 (3)	Unatt	48.27
117. L. Farrow F60 (1)	Nuneat	55.49
125. L. Pymm F60 (2)	Bournv	73.10

126 finishers

BIG STONE / Derbyshire

AS/6.2km/390m / **05.06.22**

Big Stone Fell Race is a brand-new fell race in the Peak District - in conjunction with Chinley Fete, where there were games, BBQ, band and beer tent. The course goes out of the village and climbs up onto Cracken Edge, before the long descent back down into the village (after negotiating the steep and sharp down and up part) where the route passes the Big Stone – where the fell race got its name.

The race is 6.2 kilometres long with 386 metres of climbing.

Despite the weather, it was a great day and a really good turnout for the first year. Will Longden won the overall race in a time of 30.09 with teammates Ben Light and Caleb Winfield in second and third. The overall women's winner was Hannah Cowley, completing the course in 35.44. In second place was Amy Whelan and in third was Helen Elmore.

Both winners received custom made trophies out of stone collected from out on the hill and all first finishers in age categories received a bottle of Big Stone Beer.

The U18 winners received a Run Forest Run, Matlock voucher.

The whole event was a great success and will definitely be returning next year.

Edith Longden

OPEN

1. W. Longden MU18 (1)	Bux	30.09
2. B. Light	Bux	31.39
3. C. Winfield MU18 (2)	Bux	32.23
4, E. Clowes MU18 (3)	NcstleTri	32.46
5. I. Ridgeway	Unatt	33.07
6. M. Burley	Macc	33.34
7. M. Taylor	Unatt	33.54
8. M. Owens M40 (1)	Chorlt	34.21
9. N. Winfield M40 (2)	Penn	34.51
10. E. Gamble M50 (1)	CheshHR	35.09
11. N. Walker M40 (3)	Altrinch	35.25
18. D. Fishwick M50 (2)	Chorl	36.16
21. R. Houghton M50 (3)	Penn	36.40
33. A. Barnett M60 (1)	DkPk	39.07
50. A. Fox M60 (2)	Penn	42.58
63. A. Bocking M60 (3)	CheshHR	45.17
90. L. Thurston M70 (1)	Matlock	56.43

LADIES

16. H. Cowley	CheshDr	35.44
20. A. Whelan FU18 (1)	Bux	36.24
31. H. Elmore F50 (1)	DkPk	38.38
41. H. Harrington F40 (1)	CheshDr	40.39
42. H. Saunders	Macc	40.55
57. C. Leigh	Penn	44.35
70. R. Rongong F50 (2)	Unatt	46.38
71. M. Edgerton F60 (1)	Penn	47.18
72. S. Brown F50 (3)	Stockp	48.13
78. C. Parker F40 (2)	Penn	50.46

86. R. Feroletto F40 (3)	ChapelFr	54.37
92. J. Stocks F60 (2)	Unatt	59.13

93 finishers

BURBAGE SKYLINE / Derbyshire
BS/7km/189m / **07.06.22**

After a two-year absence, Burbage Skyline returned on 7th June. Despite a new, shorter route (to avoid nesting spots) the race sold out its 400 entry places and 314 turned up on the day.

The main talking point (and worry for the RO) was the presence of meandering cattle – however, highly proficient marshalling directed runners away from danger, and happily through some boggy and rough terrain to the finish.

Thanks to everyone who helped out.

Paul Fauset

OPEN

1. P. Taylor-Bray	Chorl	27.00
2. E. Patton MU19 (1)	DkPk	27.52
3. S. Franklin	Totley	27.59
4. G. Hopkinson	Matlock	28.17
5. J. Oldfield	Matlock	28.43
6. A. Bunyan	Macc	28.55
7. O. Matharu	HolomeP	29.29
8. J. Woodley	DkPk	29.38
9. C. Baker	Totley	29.43
10. C. Bevan	Dronfld	29.46
11. B. Shaw M40 (1)	Totley	30.14
14. L. Banton M40 (2)	Clowne	31.27
15. P. Middlemas M40 (3)	SteelC	31.38
22. M. Nolan M50 (1)	DkPk	32.13
27. J. Hunt M50 (2)	DkPk	32.53
41. I. Shaw M50 (3)	Fatboys	34.05
61. B. Foreman M60 (1)	Matlock	35.46
97. J. Slater M60 (2)	Unatt	37.47
107. R. Murphy M60 (3)	Gloss	38.38
200. B. Warwick M70 (1)	Derwent	44.33
272. A. Ashforth M70 (2)	Handsw	50.21

LADIES

43. R. Thorley	DkPk	34.13
56. H. Walker	Dronfld	35.29
57. F. Kesteven F40 (1)	Totley	35.37
81. H. Elmore F50 (1)	DkPk	36.53
87. R. Smart	DkPk	37.09
93. J. Buckley F40 (2)	Totley	37.29
102. C. Kay F40 (3)	Totley	38.15
140. C. Gilmer F50 (2)	SteelC	41.05
148. T. Wilson F50 (3)	Bux	41.35
193. P. Goodall F60 (1)	Totley	44.06
244. K. McAteer F60 (2)	Totley	47.55

313 finishers

OKE CROAK / Devon

BM/16.7km/628m / **11.06.22**

The Oke Croak Fell race was run for the first time since 2019 with 30 racers taking on the high northern moor. An unseasonably windy day kept the runners, and marshals, bundled up. The race started from Simmons Park in Okehampton and quickly left civilization and headed up on to the moor going to Oke Tor and then Yes Tor before heading back to Okehampton. Once on the moor, runners must navigate between old military tracks and a choice of sheep tracks allowing the runners to choose their own favourite bog.

The ladies' course record was smashed by Kirsteen Welch in 1:23:23. While the first runner back was local Samuel Friday in 1:21:12, a visitor to Dartmoor from Erewash Valley RC, David Swift-Rollinson, found himself leaving the moor without going up Yes Tor and turned-back heading up Yes Tor to complete the race, but added an extra 6 kilometres to an already 16ish kilometre route.

Hannah Susorney

OPEN

1. S. Priday	Okehamp	1.21.12
2. T. Lenton M40 (1)	AxeV	1.21.53
3. K. Welch Lady	Sidmth	1.23.23
4. A. Vallance M40 (2)	Okehamp	1.23.53
5. R. Byrne	Unatt	1.25.13
6. R. Evans Lady	Unatt	1.28.17
7. J. Warren	Unatt	1.28.18
8. T. Poland	Okehamp	1.28.38
9. J. Lane M40 (3)	Okehamp	1.30.18
10. I. Luke M40 (4)	Poole	1.31.59
13. I. Andrews M50 (1)	Unatt	1.44.43
15. I. Ripper M60 (1)	Okehamp	1.49.31
16. P. Rowe M50 (2)	Haldon	1.55.24
18. P. Chadwick M60 (2)	Wells	2.00.26
19. J. Binns M50 (3)	Okehamp	2.00.46
21. P. Evison M60 (3)	Okehamp	2.13.25
25. D. Pressley M70 (1)	SWRR	2.21.55

LADIES

3. K. Welch	Sidmth	1.23.23
6. R. Evans	Unatt	1.28.17
14. C. Watkins F40 (1)	Okehamp	1.46.00
17. K. Puremont	Falmth	1.55.31
20. S. Andrews F50 (1)	Unatt	2.07.13
22. A. Binns F50 (2)	Okehamp	2.14.29
23. J. Pateman F40 (2)	Torring	2.15.05
24. K. Werrent	Unatt	2.18.59
26. D. Tansley F40 (3)	Okehamp	2.28.19
64. M. Oliver F70 (1)	Eryri	1.22.49

30 finishers

WINGLE TROUT / Derbyshire

BS/9.5km/320m / **11.06.22**

The Burnt House Farm rotation guarantees two things – a steady breeze in the fete field and, being on top of the hill, a cruel climb to the finish. The spectators are compensated with spectacular views and the race timekeepers have a little more time to record the finishers.

The route, roughly 9.5 kilometres and 400 metres of climb, is a mixture of fields, forest track, ridge and moorland with two river crossings and a scramble through the chasm of Lud's Church. The prize for all finishers is a fresh trout.

The downhill start resembled a medieval battle charge as the phalanx of 270 runners headed for a 3 metre breach in the wall. The field soon spread out and the lead runners had climbed the first hill and were charging along the Dane Valley Way as those in the pack were negotiating the first river crossing.

Steve Vernon (first in 2021) won the race in 40:26. Joe Dale led a strong contingent of Victoria Park Harriers in second place. Allen Bunyan was close behind in third.

18-year-old Harry Bond ran a great race to finish fourth overall (first MU23). Finlay Pettie, 16, was first MU18, 25th overall.

The ladies' race was won by Kate Davies (Bailey), Staffs Moorlands, in 51:01, 17th overall. Nia Rose Nokes,



Runners competing in the Great Lakes fell race, including women's race winner Jenny Caddick (Dark Peak Fell Runners) © Stephen Wilson, www.granddayoutphotography.co.uk

another strong performance from City of Stoke AC, was second and Pennine's Imogen Jones took third position.

Age group honours in the senior race went to Jane Searle, Dark Peak (W50), Katrin Flikschuh, Victoria Park Harriers (W60), Kurt Fitch (M50), Neil Clarke, Macclesfield Harriers (M60) and the evergreen Mick Moorhouse, Matlock (M70)

Macclesfield Harriers had a clean sweep of the team prizes and placed first in Male, Female, Male Vets and Female Vets – a lot of Harriers out there and some great performances.

The junior race, a 3km route with both river crossings and the same brutal finish was won by Thomas Wood (BU15), Macclesfield Harriers in 19:30 (despite a slight diversion taken by the lead runners at the start). Second home and first girl was Charlotte Lunt (GU17), City of Stoke AC in 21:20.

Additional junior age group honours went to Jessi Leung (GU13), Toby Binder (BU13) and Jim Millar (BU17).

Robert Gittins

OPEN		
1. S. Vernon M40 (1)	Stockp	0.40.36
2. J. Dale M40 (2)	VictPk	0.42.18
3. A. Bunyan	Macc	0.42.35
4. H. Bond	CityStke	0.45.09
5. M. Burley	Macc	0.46.09
6. M. Basnett	StaffsM	0.46.20
7. L. Ashwood M40 (3)	Disley	0.46.22
8. A. Beavers M40 (4)	Macc	0.46.41
9. D. Bethell	StaffsM	0.46.56
10. C. Rowlands	Unatt	0.47.23
16. K. Fitch M50 (1)	Unatt	0.50.55
23. M. Darling M50 (2)	Belper	0.51.20
27. C. Moss M50 (3)	Congle	0.52.29

50. N. Clarke M60 (1)	Macc	0.56.35
61. M. Moorhouse M70 (1)	Matlock	0.58.09
72. G. Pettengell M60 (2)	MowCop	1.00.26
88. T. McGaff M60 (3)	CheshHR	1.01.42
175. I. Ankers M70 (2)	StaffsM	1.12.24
233. L. Thurston M70 (3)	Matlock	1.23.06

LADIES

19. K. Davies F40 (1)	StaffsM	0.51.01
31. N. Nokes	City/Stke	0.53.20
36. I. Jones	Penn	0.54.05
53. S. Fourie F40 (2)	Unatt	0.57.01
58. R. Till F40 (3)	Macc	0.57.28
75. K. Hutchinson	Macc	1.00.52
90. K. Flikschuh F60 (1)	VictPk	1.01.48
92. J. Searle F50 (1)	DkPk	1.02.07
101. A. Frost F50 (2)	Macc	1.02.45
117. E. Bowen F50 (3)	Penn	1.04.52
147. A-M. Jones F60 (2)	Macc	1.08.27
155. D. Hill F60 (3)	Congle	1.09.45

268 finishers

CALTON CRAWL / Derbyshire

BS/8.5km/244m / 14.06.22		
OPEN		
1. J. Oldfield	Matlock	30.43
2. H. Bond MU23 (1)	Bux	31.59
3. M. Basnett	StaffsM	33.12
4. M. Statham M40 (1)	StaffsM	33.15
5. B. Moore M40 (2)	Ripley	30.30
6. S. Crowe	SChesh	33.53
7. A. King	Unatt	34.14
8. G. Briggs M50 (1)	DkPk	34.49
9. J. Clark	Belper	35.31

10. L. Beresford	Matlock	35.50
13. A. Scholes M40 (3)	Unatt	35.28
16. R. Kaul M50 (2)	Ashbou	37.10
21. J. McMurty M50 (3)	Ashbou	37.38
26. J. Wright MU23(2)	Unatt	38.34
29. D. Wilkinson M60 (1)	DkPk	39.24
40. J. Ainsworth MU23 (3)	Unatt	40.56
41. M. Moorhouse M70 (1)	Matlock	41.15
43. D. Brierley M60 (2)	MowCop	41.35
68. B. Warwick M70 (2)	Derwent	48.16
69. P. Craddock M60 (3)	StaffsM	48.25
74. I. Ankers M70 (3)	StaffsM	49.51

LADIES

33. Y. Marks	Belper	39.56
50. A. Wainwright F50 (1)	DkPk	43.16
55. E. Sanders F50 (2)	Ashbou	44.13
60. D. de Simon	Unatt	44.53
61. K. Busfield F50 (2)	Ashbou	45.24
64. R. Booz	Ashbou	47.12
65. M. McGilvery	Ashbou	47.17
66. N. Owen F50 (3)	Belper	47.25
67. J. Miles F60 (1)	Macc	48.04
82. L. Stone F40 (1)	StaffsM	52.50

100 finishers

GREAT LAKES / Cumbria

AL/21km/2130m / 18.06.22		
Another successful staging of the Great Lakes fell race, described by many who enter as their favourite race of the calendar. We love putting it on and seeing so many happy folk crossing the finish line. We couldn't put it on, however, without the generosity of so many hill marshalls who give up most, if not all, of their day to give something back to the sport. Our thanks also to Cumbria Raynet who, whilst		

enjoying providing the safety cover of communications on the fells, do it completely voluntarily. The race wouldn't happen without all these folks generosity. Do ask yourself whether you've given anything back to the sport of fell running recently...

The weather conditions were good, with visibility excellent and no rain. With a dry course it meant that all runners were home in under six hours.

Tom Simpson of Ambleside AC came home in first and was very surprised to find he'd taken six seconds off Simon Booth's ten year old record. Of the seventy eight starters we had only seven women, which is disappointing, but Jenny Caddick led the women's race from start to finish. Jean Brown and Rachel Vincent rounded out the top three, with Philip Rutter and Sam Dixon doing so in the men's race.

The event raised over £340 for Great North Air Ambulance. Keith and Jean Rowan of Stool End Farm very kindly allow us to take over their farm for the day to put on this race. They ask nothing in return except a donation to GNAA. We are indebted to them.

Britta Sendlhofer & Ben Abdelnoor

OPEN

1. T. Simpson	Amble	2.37.35
2. P. Rutter	HelmH	2.38.38
3. S. Dixon	HelmH	2.55.22
4. A. Fallas M40 (1)	Carn	2.55.43
5. J. Harris	Amble	2.56.12
6. J. Wade	Unatt	3.02.41
7. M. Reedy M40 (2)	Amble	3.09.05
8. S. Jacques M40 (3)	Unatt	3.10.33
9. P. Tierney	Amble	3.11.57
10. D. Lund M40 (4)	Amble	3.17.46
12. P. Cornforth M50 (1)	Amble	3.19.57
24. N. McKenzie M50 (2)	Amble	3.33.11
29. J. Morgan M50 (3)	DkPk	3.45.25
47. D. Naughton M60 (1)	CheshHR	4.07.19
69. E. Lesniak M60 (2)	AchRat	5.09.44
72. E. Rooney M60 (3)	LauderLR	5.34.33

LADIES

36. J. Caddick F50 (1)	DkPk	3.52.09
48. J. Brown F50 (2)	Clay	4.10.16
54. R. Vincent F40 (1)	Tyned	4.20.16
61. C. Litherland F40 (2)	Unatt	4.41.03
68. A. Green F50 (3)	CFR	4.50.19

62 finishers

HARROCK HILL RACE 2 / Lancashire

8.53km/ 820ft / 22.06.22		
OPEN		
1. T. Murphy MU23 (1)	Chorley	34.15
2. S. Fairhurst	Horw	34.36
3. J. Dickinson MU23 (2)	LivPem	35.48
4. G. Norris MU23 (3)	Chorley	36.14
5. J. Heyes M50 (1)	Wigan	36.29
6. S. Tucker M40 (1)	Swinton	36.32
7. J. Horrocks	Bburn	37.17
8. N. Adair M40 (2)	Chorley	37.27
9. D. Edwards M40 (3)	Chorley	37.54
10. A. Steeple M40 (4)	Chorlton	38.20
13. P. Muller M60 (1)	NthnM	38.44
27. G. Callaghan M50 (2)	LivPem	41.02
28. D. Parkinson M50 (3)	Prest	41.05



Tom Simpson (Ambleside AC) racing his way to a new course record for the Great Lakes fell race © Stephen Wilson, www.granddayoutphotography.co.uk

48. M. Hudson M60 (2)	LivPem	43.34
76. J. McGlynn M70 (1)	Wigan	47.46
77. D. Collins M60 (3)	Wigan	47.49
149. S. Stewart M70 (2)	SthprtW	59.13
170. M. Beech M70 (3)	BlpoolWF	74.06

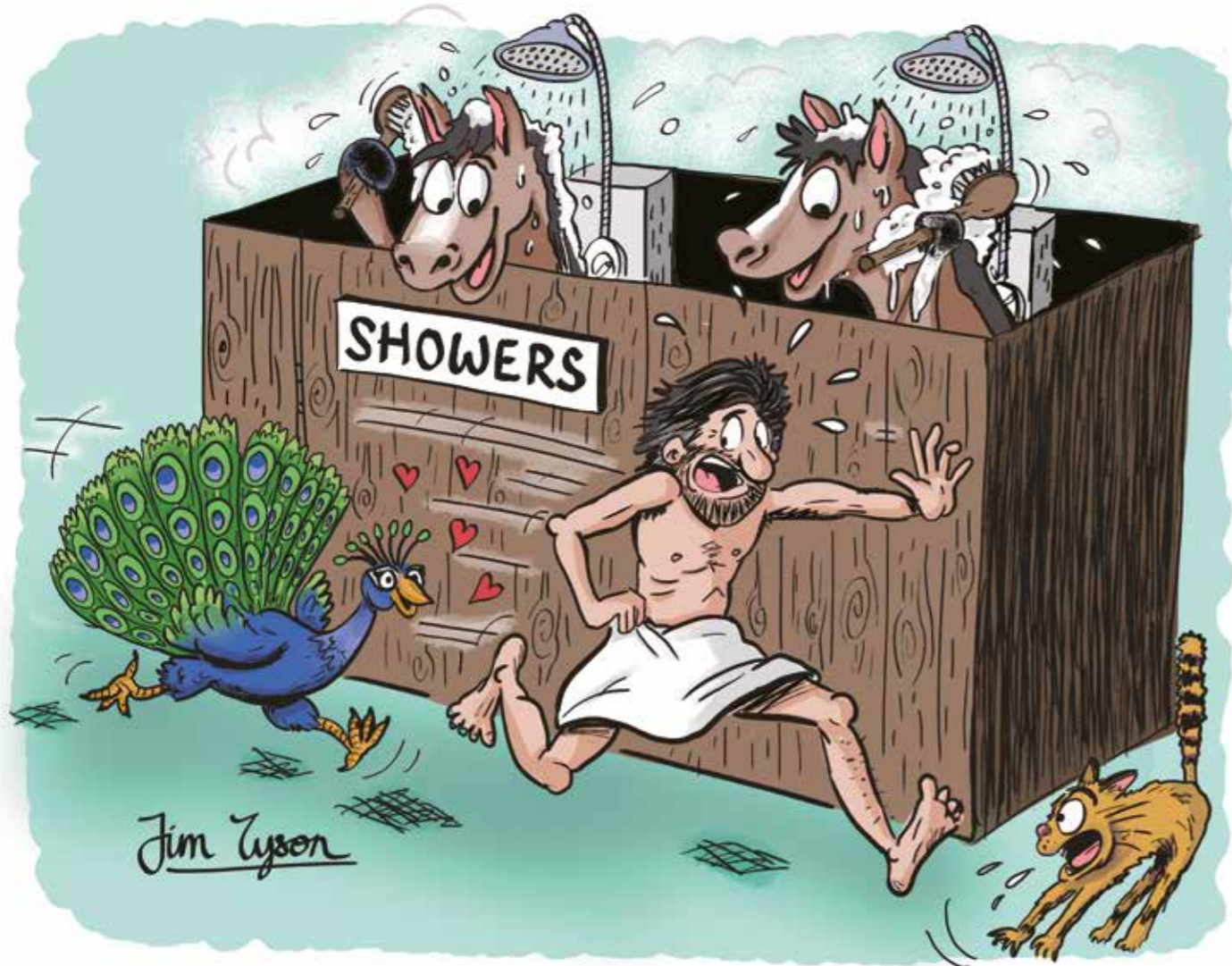
LADIES

17. R. Hodgkinson	LivplH	39.01
44. E. Booth F40 (1)	Horw	42.55
49. T. Von-Messey FU23 (1)	StHlnsS	43.47
52. B. Glaister F50 (1)	Skelmers	45.06
54. K. Moorfield F40 (2)	WiganP	45.11
59. N. Fellowes F50 (2)	Chorley	45.37
63. K. Cheshire	BlpoolWF	45.56
64. N. Vose	Wigan	45.57
69. S. Poole F40 (3)	Skelmer	46.32
73. S. Monaghan F50 (3)	StHlnsS	47.22
78. J. Collins F60 (1)	Wigan	47.51
90. A. Ferguson F60 (2)	Burnden	49.13
149. S. Stewart F70 (1)	SthprtW	59.13

172 finishers

DARREN FISHWICK

BROADENING MY HORIZONS



WORDS DARREN FISHWICK

ILLUSTRATION JIM TYSON

Cambridge is consistently ranked as one of the top universities in the world. A list of notable alumni features the likes of Isaac Newton and Stephen Hawking. One of my work colleagues is also a former student of Cambridge. He isn't notable to the general public but no doubt his parents are immensely proud. My colleague

is a bashful white-collar professional who's too unassuming to readily mention his abilities or achievements. His demeanour within the workplace strongly suggests that he feels awkward whenever questioned about his prestigious education. Evidently he carries himself in a manner that expresses shyness and he'll often slouch when relaying his meticulous engineering ideas. I find his delivery

of instructions to be almost apologetic. He's the academic type and looks socially uncomfortable on the shop floor.

I was educated at Southlands comprehensive school in my hometown of Chorley. Admittedly, Cambridge it is not and to my knowledge a list of notable alumni doesn't exist. However, I did once witness an eye-watering spectacle whereby a school friend combined Isaac Newton's laws of motion with Stephen Hawking's big bang theory. The dramatic event in question was the performance of a continuous display of flatulence. It's no exaggeration to proclaim that my friend provided unparalleled entertainment for a solid couple of minutes. As a fart enthusiast this was music to my ears and I was beside myself to have witnessed a spectacle of such magnitude. My school friend was so committed to the cause that he actually 'followed through' whilst attempting a grand finale. I laughed until my stomach hurt. He hadn't just gone through the motions; he was blowing out of his arse...literally. He deserved a round of applause and duly received one. In acknowledgement my flatulent friend took a bow then washed himself and his underpants in the River Yarrow. Apparently it wasn't the first time he'd 'touched cloth' and fearing his mother's wrath he scrubbed away the evidence. He disclosed that his extraordinary display of wind was down to excessive marzipan consumption - I was puzzled by his dietary confession but didn't request an explanation. Once my friend was cleansed we rode home on our bicycles and he air dried his underpants by hanging them from the handlebars of his bike. Once again, I laughed until my stomach hurt. Reminiscing aside; I feel that my education was sufficient. I'm the manual type and I feel socially comfortable on the shop floor.

University or comprehensive: my professional work colleague and I read from the same page on a variety of topics. One in particular being our shared interest in the great outdoors. My colleague is a fell walker and the Lake District is his preferred location. Although recently during an outdoorsy conversation he announced it's about time he broadened his horizons and went in search of pastures new. I was in total agreement and encouraged him to spread his wings and explore. I then felt the urge to continue broadening my horizons and go in search of fell races I hadn't previously done. I looked at the upcoming races and was drawn towards Wrekin Streak. I then noticed the inaugural Parks Life was on the following day. I decided on both races and without further ado, I packed the van for a little trip.

WREKIN STREAK FELL RACE

It's been a few years since we've ventured down to Shropshire for a midweek fell race. On the morning of the race I downloaded some music to keep us entertained during the drive. My wife looked concerned when I mentioned I'd compiled a couple of playlists.

Her fears were confirmed when I said, "you've got a choice, do you fancy death metal or thrash metal?". Without hesitation she replied, "that's like asking someone if they'd prefer to stand in cat shit or dog shit?". I pondered the question but I couldn't give a definitive answer as I needed more information regarding the stools. I asked about consistency and size but my wife was non-committal. Instead she sighed the longest sigh that I'd ever heard, then looked upwards and asked God to give her strength. Apparently my wife's question was rhetorical; Alison required no answer, she was merely highlighting the ridiculousness of my playlists. I got the hint and instead of listening to music we talked about the soaring energy, petrol and food prices. Understandably it wasn't long before our economic discussion had dampened our spirits. I reached for a pick-me-up and pressed play on my thrash metal compilation. My wife commented that the fast tempo beats were certainly a distraction from the current cost of living crisis. She described my music as "the lesser of two evils". I enthusiastically instigated a high five. I was told not to push my luck.

Wrekin hill is one of Shropshire's most prominent landmarks. A few hours before the race we arrived at a campsite from where unsurprisingly the hill could be seen on the horizon. We were greeted by an elegant elderly lady who insisted we viewed the shower arrangement before making our decision on whether to stay. I was intrigued and apprehensive in equal measure, I looked at my wife who simply shrugged her shoulders in bemusement. Undeterred we followed the site owner towards an ornate block paved courtyard. The yard was surrounded by working stables and within its confines prowled a peacock. We're told not to worry as "he's more afraid of you, than you are of him". Alison whispered into my ear "I beg to differ". I wholeheartedly nodded in agreement. The owner then opened one of the stable doors and proudly announced, "this is our salubrious shower, it's a horse shower but you're more than welcome to use it". My wife and I both laughed whilst surveying the room. It resembled a large wet room and was surprisingly clean given the circumstances. In an adjacent room equestrian equipment littered the walls and floor. I also noticed a cat basket placed upon a large boiler soaking up the residual heat. Throughout all the stables Smooth Radio was quietly playing. We're told the radio has a calming influence on the horses and the resident cat obviously doesn't mind as he's never looked for alternative accommodation. We'd seen enough...and decided to stay.

Wrekin Streak is a no nonsense there and back fell race covering less than 3 miles. On arrival at registration I'd plenty time to recce the route so I took full advantage. I soon realised that navigation wouldn't be a problem during the race. The route goes up a very distinct path to the summit trig point and returns the same way. The terrain isn't technically challenging but its hard underfoot. The weather on the night was good and the views were fantastic - I'm

sure I could see Lancashire. Recce done and given the dry underfoot conditions I decided to wear an old pair of shoes. This turned out to be a poor decision as during the race my feet took a pounding on the descent. Sore feet aside; it was an enjoyable evening race. Many thanks to race organiser Simon and all involved.

Once back at the campsite I gathered my towel and toiletries then headed for the courtyard. The peacock was prowling, and from behind adjoining stable doors a couple of horses were peering.

As I approached the shower stable I sensed I was being followed by the peacock. He's now in full plumage; acting out a noisy courtship ritual to attract a mate. Undeniably I was impressed by his iridescent display of vanity, but first and foremost I felt unnerved and scarpered from the frisky bird.

The disturbance had startled the resident cat, who was heading to the boiler room for a warm cosy nap. The horses seemed surprisingly unfazed, they're no doubt accustomed to the peacocks charade. I couldn't help but laugh at the bizarreness of the whole situation. But credit where it's due; the shower was excellent. Although I didn't feel the alleged calming influence of Smooth Radio as I always find easy listening music hard to listen to....how bizarre!

PARKS LIFE FELL RACE

(Any references to the song Park Life by Blur within this 'race report' are completely coincidental.)

Our plans for the day: a leisurely morning in Shropshire then casually drive over to Derbyshire for the evening race. I do enjoy being away in the camper as I get up when I want. Except on days when I get rudely awakened by a noisy peacock. I put my trousers on, have a cup of tea and think about leaving the van. The weather's good so I have breakfast outside and feed the pigeons, I also feed the sparrows too, it gives me a sense of enormous well-being. I then met our campsite neighbour for the first time. He was a talkative bloke, who for the foreseeable future will be living in his motor home as he'd recently separated from his wife. I was sympathetic towards his predicament but he just laughed and said, "my wife still misses me, but her aim is

getting better". His gallows humour made me chuckle. It's fair to say he seemed very content with his current situation. Our conversation was then interrupted by the smell of cooked bacon wafting from his temporary abode. Without hesitation he rubbed his well rounded stomach, licked his lips and excused himself. I almost said "you should cut down on your pork life mate and get some exercise". Instead I asked him to bring his breakfast outside and join us. He declined my offer as he gets intimidated by the dirty pigeons, they love a bit of him. We wished him well and before departing the campsite we had one last chat with the site owner. She told us that next week she'd be holidaying in France. I shouted "au revoir" when leaving the site. My wife called me pretentious. I replied "Pretentious? Moi?". Alison smirked and said "oui".

Parks Life fell race is located in the Derbyshire town of Belper. My only previous visit to the town was back in 2006 when I'd gone to watch a game of football. I nearly missed the start of the match which would've been particularly unfortunate as I'd walked there from home covering a distance of approximately 100 miles. I was accompanied every step of the way by Nellie my beloved border terrier. Our walk raised over a thousand pounds for my hometown club. Unfortunately the Chorley players hadn't read the script and were outplayed in a 3-1 defeat. After the game we hitched a ride back to Chorley on the team bus; Nellie went to sleep and I nursed my aching feet. Thankfully at Parks Life fell race I arrived feeling far more refreshed. Some would say it's got nothing to do with Vorsprung durch Technik. Well speaking from experience it's certainly easier driving to Belper than walking to Belper. I also had time to spare so I watched some joggers; who go round and round and round the registration field. I was surprised with the turnout for this inaugural race. All the people, so many people, 123 to be exact. Personally I didn't find the race technically hard by fell race standards but it's a good runnable course that certainly raised my heart rate. Leaving me happy for the rest of the day, safe in the knowledge there will always be a bit of my heart devoted to Parks Life. Many thanks to race organiser Andy and all involved.

I hope to continue broadening my horizons. I've currently done 526 different fell races of which many are now simply a blur... know what I mean?



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