

The
FELLRUNNER



ISSUE **134** WINTER

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Further information on membership is available on the FRA website, www.fellrunner.org.uk

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A local spectator and runner in the 2022 Wasdale Fell Race © Stephen Wilson, www.granddayoutphotography.co.uk

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

If you have an idea for a story or would like guidance or support to develop your work then please email editor@fellrunner.org.uk. 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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Below: Runners in the Hodgson Brothers Mountain Relay 2022 © Will Herman

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FRONT COVER:

Matt Elkington (Ambleside AC) © Lundy (Dave Lund)

EDITOR’S LETTER

It’s been an honour and a pleasure to get another issue of *The Fellrunner* to print. It was, as always, a big team effort, and I am humbled by the incredible contributions and selfless dedication of everyone involved. Space comes at a premium, and never more so than today, so I’d like to use the space afforded to me to say thank you.

Firstly to Charmian (outgoing Chairman) and Neil Talbott for entrusting me with these precious 160 pages; I love filling them with your contributions, race results and reports. There is no bigger honour than to have someone bestow their trust in you and I hope the magazines have made you proud. I do look back fondly at that fateful night in 2019, when I suggested to Neil that he meet some friends and I at an ‘Oktoberfest’ hosted by Sticklebarn in the Langdale Valley. He seemed rather stressed at the time, saying he needed to get the magazine to print in a handful of weeks as the designer had needed to step away rather suddenly. I said I could help. How hard could it really be? I had studied film and opened Photoshop (once or twice). It was a steep learning curve.

To our regular contributors: Barbara Carney and David Weatherhead for their tireless work compiling and reformatting results, delivering ahead of deadlines time and time again; to Martin Stone for his Long Distance Summary (always a highlight) and his proofreading prowess this issue; and to Martyn Price for his brilliant Amphibious Ambitions Report and endless help proofreading over the years. Then there’s Karen Nash, with her infectious passion for long distance running (and someone who I couldn’t beat at my fittest – one day!); Ian Charters for his inspirational JNLC accounts and tales from the hill – since a ‘good’ cancer diagnosis in my early thirties and excellent prognosis, the fearful side of me still looks at people like Ian running in their late 50s, 60s and 70s and wonders if I’ll be around, running then, too. Silly, I know - but I’m in awe of you all!

Denise Park – where to begin! You’ve become a treasured friend and I look forward to a giggle and a natter shortly. And Darren Fishwick – I’ve always looked forward to receiving your articles. I’m not sure how they ended at ‘the back’, but it feels fitting to end the magazine on such a high! I also know just where to turn!

Stephen Wilson, again, I am not sure how to begin to thank you for your endless help with photographs that really bring the magazine to life. Dave Woodhead, you’ve been utterly amazing! There have been numerous other photographers who’ve given freely to this magazine – notably Jacob Adkin, who gave me a ‘library’ of generic

images to pull from (an absolute dream when you’re on a deadline and designing at silly o’clock); James Appleton for his awe-inspiring images; Andy Jackson (a treasured friend and pillar of support on top of contributor); Mozzie Steve Firth, Jamie Rutherford and Steve Ashworth. The latter who has provided the most incredible images I just can’t help but give a double-page spread.

A big thanks too to Andy Ford (OtterMaps) for all the gorgeous maps which have really brought the articles to life over the last few years, I don’t think anyone realises just how much time and passion you put into each of them. It’s a pleasure to work with you!

Our proofreaders, you are my absolute heroes. If I told you that half of this issue has been meticulously proofread by Walter Gibson, it wouldn’t be an exaggeration. Thank you! Geoff Briggs, who I love bumping into at the most random times and places on the fells and at races, has also gone over and beyond. There are so many more of you who have been utterly pivotal to getting the magazine to print over the years: Dave Litter, where do I begin? Ricky Parrish is someone else I’d need a paragraph or two on; Nic Barber, I do love how you warn me ahead of time that you’re going on a bender the coming weekend – I always make a mental note not to send any more articles for at least a week! Martyn Price and Ross Brannigan, good friends who’ve always been there at the eleventh hour! Peter McDonald and Graham Breeze, you have always been incredible, thank you! And most recently I have to give a big thank you to: Tony Bray who has stepped in over the last two issues; David Swift-Robinson and Damian Hall for their last-minute help with this issue. Damian was proofreading PDFs on his train home - you just can’t run away! Bad joke, but the book’s not...read more on page 89.

This issue is, as ever, packed with brilliant contributions. My heartfelt thanks to those involved. Some personal standouts include: Fiona Pascall’s ‘A Day Out in the Fells’ on page 20 – having met Fiona during Nicky Spinks’ successful attempt on the women’s Lake District 24-Hour Record and seeing how effortlessly she moved over the fells, it’s been wonderful to see her set a new record and hear her account; John – your tribute to your son, Hugh, (page 85) struck a chord that has stuck with me over the past few months. It’s reminded me how lucky I’ve been and how every day really is a gift we need to use wisely - to do the right thing, to help, be kind and build one another up. He sounded like an incredible person. Thank you, too, to Jack Kuenzle (page 26) - whose athletic prowess is matched only by his kindness and consideration for those around him (and his love of short shorts!). Finlay Wild, thank you for the introduction!

I’d like to close by asking that if more of you would like to join our team - not only as contributors, photographers and proofreaders, but as designers too - we’d love to hear from you! We haven’t finalised printing deadlines for 2023 – however, for now, please work to submission deadlines of: the end of February for the spring issue, end of May for the summer issue and end of September for the winter issue. Please email for firmer deadlines in the new year.

I’d like to wish you and your loved ones a wonderful festive season and a safe winters’ running. Please do take care (and have a read of Charmian’s article on page 54 before heading out on the hills).



TORY MILLER, EDITOR OF THE FELLRUNNER

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SECRETARY’S CORNER

The FRA’s AGM for 2022 fittingly took place immediately after the 50th anniversary edition of the Langdale Horseshoe Fell Race, which this year concluded the English Championship. For once the weather gods smiled on Langdale as October’s biblical weather subsided for just one day. Many congratulations to our new Open champions, Matt Elkington (Ambleside AC) and Hannah Russell (Helm Hill Runners), and all other category and team champions and medallists.

The draft minutes of the AGM, along with a summary of the general discussion afterwards, are available on the FRA website (under FRA > AGM); a summary of most of the key items is given below.

THANKS, CHARMIAN...

After four (actually four-and-a-quarter) years’ outstanding service, the AGM marked the end of Charmian Heaton’s tenure as Chairman. It is simply not possible, in the space of just one column, for me to put into words how much time, effort and energy Charmian has poured into this sport over the last four years. Early mornings, sleepless nights, cross-country trips for Race Organiser meetings, Junior fell race organisation, the FRA’s reunion of founder members, calculation of the results for the 50@50 anniversary race series (in a quite magnificent spreadsheet) and thousands upon thousands of emails – no job description could ever scratch the surface of how much Charmian has done and the incredible dedication she has shown.

In one of the great examples of anagrammatic nominative determinism of our time, Charmian took over as Chairman in August 2018 at the same AGM in which I accidentally became Secretary. I don’t think either of us had any idea quite what we were letting ourselves in for and it quickly became clear that the scale of the tasks facing us was far greater than we had anticipated. Several committee positions were gapped but somehow Charmian managed to pick up all the pieces and slowly but surely she turned things around. It is notable that the turnover on the committee, which was very high during the period immediately before and after Charmian took office, has been far more manageable over the last couple of years.

From a personal perspective it has been a pleasure to work with Charmian and I shall miss our meet-ups at various locations around the south Lakes. It is not an exaggeration to say that fell running was facing an existential crisis at the start of her term as Chairman; the sport is truly indebted to her in ways that most fell runners will never even begin to appreciate. Charmian – thank you so, so much for everything you have done over the last four years.

Charmian has now handed over the reins to Stuart Ferguson (Northumberland Fell Runners), who introduces himself in this magazine. Stuart has done a tremendous job over the last three years as our Race Liaison Officer (RLO) Lead, overseeing our RLO team and revamping our programme of race audits which is central to demonstrating the FRA’s commitment to making fell races as safe as reasonably practicable. I wish Stuart all the best for his tenure and look forward to supporting him as best I can.

We are fortunate that Charmian has agreed to stay on the FRA Committee as Commercial Manager, so we will continue to benefit from her knowledge and experience. She will also retain her role as PA to the FRA Equipment Officer, who is usually too busy checking his various social media accounts to respond to emails.

...AND ANDY

In her final magazine letter, Charmian (as she did at the AGM) has separately hailed Andy Watts’s contribution to the FRA, but I cannot let Andy’s own retirement (after a ten-year stint as Treasurer) pass without my own tribute.

I have tried and failed to enumerate the myriad hats Andy has worn during his time on the Committee but he must have covered almost every role at some point. From the new website to fell coaching courses, from this magazine to various liaison roles and from chairing the Safety and Rules sub-committee to editing the FRA Handbook, he has pretty much filled a bingo card of FRA duties. Such flexibility is Andy’s hallmark, with every task completed to the same exceptional levels of quality and timeliness.

I truly have no idea how I would have managed without Andy’s ever-patient guidance, clarity of thought and willingness to help in any capacity, not to mention his extraordinary ability to manage a prodigious workload without ever smashing a plate or dropping a ball. Thank you, Andy, for everything you have done over the last decade and especially, from a personal perspective, the last four years.

MOUNTAIN MARATHONS

After a long hiatus owing to the pandemic, I was delighted to be able to travel to the Isle of Arran in August to compete in the

first Kong two-day mountain marathon, organised by the same team that runs the excellent annual series of 4-hour mini-mountain marathons around England and Wales. Their first two-day event was originally scheduled for 2021 but had to be postponed owing to ongoing COVID restrictions.

The terrain was joyously brutal and we were blessed with excellent weather, which made for a superb weekend for the 350 or so pairs that made the journey. Despite the success of the race, a loss was incurred; whilst this deficit could largely be ascribed to the one-year postponement and irrecoverable sunk costs, it highlights the delicacy of these extremely precious events which – in my extremely biased opinion – represent true fell running in its purest form. The FRA intends to look at ways in which we can help to secure the future of these wonderful races but their existence must not be taken for granted.

LITTON BIRKS LOOP FELL RACE

Just before going to print, I received this message from Luke Appleyard:

“The current organiser of the Litton Birks Loop race is looking for someone to take over the running of the event. It would be a shame to consign this race to history; as far as I am aware there are no other short races where flat speed counts for so much, and one year the top three was decided by who could lap Birks Tarn the fastest.

The details of the current RO can be found on the FRA website.”

Please contact the current RO if you can help.

personally for her contribution during that time, which has been unfailingly prompt, diligent and helpful; Wendy, in recognition of your efforts I would be happy to continue in my unofficial role as your IT consultant and troubleshooter. Nic Barber, Championship Co-ordinator, will pick up the role of liaison to MRAG (the Mountain Running Advisory Group of UK Athletics) and the British Championship sub-committee, with other liaison roles being covered by our new Chairman.

To everyone’s relief, our COVID Co-ordinator role has been discontinued; the former incumbent, Jamie McIlvenny, has generously agreed to act as Webmaster for the next twelve months as the transition to the new website is completed. Pita Oates has

stepped up into Stuart’s previous role of RLO Lead while Dave Littler has returned to the Committee as Magazine Co-ordinator, assisting the Editor with the magazine’s production, and we welcome them to their new roles.

FINANCE

In his tenth and final Treasurer’s report, Andy Watts reported a net expenditure for 2021 of around £12k. The majority of this was due to two one-off projects – the new fell and hill coaching modules and the new FRA website. The FRA had also invested in the post-pandemic return to fell running – for example, by assisting Race Organisers financially regarding electronic entry and timings – whilst various overheads, most notably magazine costs, had risen sharply.

Despite the 2021 deficit, the FRA retains a healthy reserve; it had therefore been decided to freeze membership subscription fees once again for 2023. In the post-meeting discussion, the FRA was asked at what point it would be necessary to consider raising subscription fees. Our response was that we believe holding a significant reserve is prudent to cater for a scenario where the FRA were to face a significant legal case with associated costs and/or where difficulties were encountered with an insurance claim following a major incident. The current reserve is approximately equal to the FRA’s annual expenditure, and this was felt to be a useful guide for the size of the reserve. At present, the Committee does not envisage that a review of membership fees will be necessary in 2023 (for 2024).

Andy has now effected a characteristically seamless transition to Simon Long (Saltwell Harriers), whom we welcome to the FRA Committee.

LAND ACCESS

As in 2021, the topic of land access permissions was raised at the post-AGM discussion; the outgoing Chairman described this topic as one of the greatest challenges facing the sport. It had been particularly difficult to make meaningful progress during the pandemic but it was agreed that the FRA would renew its efforts to join forces with other outdoor groups, especially non-commercial ones, to try to tackle access problems.

FRA MEMBERSHIP

Having recently welcomed its 9000th member, the FRA was asked whether this reflected higher participation in the sport or a higher percentage of already active fell runners joining the FRA. The FRA Membership Secretary, Pat McIver, and the outgoing Chairman together responded by stating that both causes were probably partly responsible. They explained that although Race Organisers may be asked by the FRA to provide the member/ non-member breakdown for their race, it can prove difficult and time-consuming to obtain accurate figures. Nonetheless, it was felt that the introduction of additional FRA member benefits such as a priority entry window (especially to Championship races, capped at 80% of available entries) and reduced entry fees to some races had certainly contributed to the membership increase.

The Secretary reminded the meeting that the FRA and Race Organisers have an essential duty to ensure that participants in FRA races understand the risks of the races they enter, and to be seen to do so. Failure to achieve this could place the organisation and the sport in a perilous position should a serious incident take place in an FRA race. Evidence from 2018-19 had shown that many runners in FRA races, even those considered amongst the toughest events carrying a greater personal risk, had not even heard of the FRA nor understood the unique nature of the sport. The Secretary explained that this situation had been felt to be unacceptable and that strenuous attempts had since been made to improve matters, with the increased FRA membership reflecting those efforts.



NEIL TALBOTT, FRA GENERAL SECRETARY

secretary@fellrunner.org.uk

Above: Neil (right) with his race partner Philip Rutter after winning the inaugural two-day Kong Mountain Marathon on Arran, August 2022 © Victoria Thompson

CHAIRMAN’S LETTER

There is only one place to start my first magazine article as Chairman. I am sure you would like to join me to thank Charmian for the last 4 years as Chairman, I think it is safe to say that the FRA is in a much better place today, by far. I am also pleased to advise that Charmian will continue on the committee as Commercial Officer.

With regard to other outgoings from the committee, specific mention to Andy Watts for his 10 years service, not only for his role Treasurer but also his support to the committee with his very wide knowledge of this unique sport. Thanks also to Wendy Dodds, Ricky Parrish, Mike Walford and John Rawlinson for their input and support.

Personally I would like to thank Charmian, Andy and Wendy for unselfishly giving up their FRA experience and knowledge, putting up with my, on occasion, repetitive and deep questioning.

The 2 main projects currently in progress are moving along very nicely, the FHMT (Fell, Hill, Mountain & Trail) modules for the LiRF and CiRF coach qualification and the transition to the new website.

The first tranche of LiRF modules have just been completed, we move onto the development of the CiRF fell modules, updates at www.fellrunner.org.uk/courses/coaching

The website transition continues with the recent transfer of the forum.

With a focus on the mountain craft, navigation via map and compass is the back bone of our sport, the 2023 FRA nav course dates are out, get in booked in quick at www.fellrunner.org.uk/courses/navigation

Work has started on the 2023 handbook, as has become customary, planning to be delivered to your post box before the Christmas Holiday.

I thoroughly enjoyed watching the front runners complete the Langdale Horseshoe, the last English Championship counter this

year, just before heading down to the AGM in Chapel Stile. Looking forward to attending the Senior Do in Sheffield. The Junior Do in Sedburgh, early august was great fun, nice to see the future of fell running enjoying the sports day theme, well done Gareth for arranging the event.

Introducing the new committee members. Nic Barber has agreed to take on the additional role of Liaison to other athletic bodies. Simon Long of Saltwell Harriers takes on the role of treasurer, Pita Oates of Bowland Fell Runners as Race Liaison Officer Lead along with Claire Calverley of Northumberland Fell Runners, as auditor. Jamie McIlveney of Trawden AC moves to Website Office from Covid co-ordinator, this role has been stood down and Dave Littler of Bowland Fell Runners, Magazine Co-ordinator. I hope by the time you read this article we will have our new Environment and Access Officer in post.

The 2023 Senior & Junior English Championships have recently been announced by Nic and Gareth, a good geographical spread of races, including some new areas to ponder. Look forward to seeing you in Shropshire on the 11th February for the first senior counter and then the 23rd April at Black Combe for first junior race.

See you on the Fells.



STUART FERGUSON, FRA CHAIRMAN

chair@fellrunner.org.uk

FROM THE RETIRING CHAIRMAN

Just over four years ago, I was perfectly happy as Membership Secretary on the FRA Committee and, as I had recently moved to the Lake District after retirement, I volunteered to meet with members of Ambleside AC to discuss the great GPS debate. This was shortly before the AGM in August 2018 and I was asked who would be the new Chairman. At that time, no-one had agreed to stand, and I was persuaded to throw my cap into the ring and to step out of my comfort zone.

So, what have we achieved in the last four years? I believe that we have made huge steps to protect the unique and special nature of our sport by reinforcing the requirement to be able to navigate with map and compass, and by banning the use of GPS devices. We invested a lot of time, travelling around the country to meet with race organisers which gave me a lot of pleasure and as a result of these meetings, we allowed RO’s to implement dual entry fees for their races. This has raised awareness of the FRA and allowed us to communicate better with competitors who may not have the benefit of a club framework. We also introduced a club ambassador scheme to help us to get important messages across to those who may not be members of the FRA. Together with the 3-tier entry system for Championship races, I believe that these initiatives have been a factor in the growth of FRA membership to just over 9000 and we have recently welcomed Serena Partridge from Pickering who has been presented with a voucher for £100 from Pete Bland Sports to celebrate this milestone.

Highlights of my tenure as Chairman were the plans to celebrate the 50th anniversary of the FRA in 2020 and we launched a new logo and kicked off the 50@50 race series before we were forced to put all our plans on hold due to the Covid-19 pandemic. I threw a lot of my energies into production of the 50th Anniversary Fellrunner which helped to fill the void due to the lack of racing. Then in November, 2020 we were shocked and saddened to learn of the loss of Pete Bland who had been a lifelong supporter of fell running and we were able to celebrate his life and contribution with the Pete Bland tribute. We were able to resume the 50@50 race series in 2021 and the grand finale was the Auld Lang Syne race on New Years Eve. We were also able to host a reunion of founder members in November 2021 in conjunction with the Long tour of Pendle in Barley where it all started in 1970.

I am particularly proud of the way the FRA committee has developed over the last four years and we now have representation from a wide geographical spread and a significant number of younger members. One committee member who has gone above and beyond for the last ten years is Andy Watts who joined the committee as Treasurer in 2012. Not content with this significant job, he also picked up the Liaison Officer role and, when I joined as Membership Secretary in 2015, he took me under his wing and accompanied me to meetings with EA Membership Services. Recently, he has managed the development of the new website and has been an enormous help with the creation of the new coaching modules. The FRA Articles of Association require committee members to stand down after 10 years and so we have said a fond “Farewell” to Andy who I understand has a classic car which requires some attention.

I am staying on the Committee as Commercial Manager, looking after our generous sponsors and advertisers but I too am looking forward to having a bit more time to enjoy the fells and I hope to see many of you at races in the future.



CHARMIAN HEATON, FRA CHAIRMAN

chair@fellrunner.org.uk



WORDS NIC BARBER

The running elk

MATT ELKINGTON: A PROFILE

Matthew Elkington from Ambleside AC is a childish 27. On Saturday, he won Langdale Horseshoe and, in doing so, sealed the 2022 Senior English Fell Running Championships. On Sunday, he turns up on my doorstep demanding chilli and a beer, on crutches after a trip to Westmorland General to check that an elephantine ankle gained during the race is nothing more sinister than a bad strain. Thankfully, it's not. Between my wife and I, we have known Matt for two decades. Which is enough. "It's been a good year. I don't want to brag, but I've bought a house, won the English Championships, and come second in the British Championships, behind Fin. In a previous year, I'd have been using this interview to try and get a girlfriend, but I don't need to do that now." Matt's girlfriend is Eve Pannone, 2022 British Women's open and U23 champion, English U23 champion, and fourth in the seniors. "She's very sensible and fundamentally a better human than me." Matt is quick with a laugh and his tongue is often firmly in his cheek.

Left: Matt racing in the Coledale Horseshoe fell race, 2022 © Stephen Wilson, www.granddayoutphotography.co.uk

Matt grew up in an orienteering family “of varied abilities” in Kenilworth near Coventry; such a hill running mecca - he remembers doing hill reps on the canal. He was a good orienteer as a kid, but then everyone started training properly and it took him a while to catch up, as he was less keen on running back then. Matt ran for Octavian Droobers (still does) and the West Midlands junior squad.

After university, Matt moved to Ulverston in 2017 to get closer to bigger hills. He works at BAE as a “generic boring engineer” and joined Ambleside AC in 2018, knowing club captain Jack Wright from orienteering and university. Since joining, there have been plenty of second places in the Hodgsons and the British Fell relays. Matt still likes orienteering, but “the amount of focus it requires to be competitive means a lot more specific work and planning than running needs.” He doesn’t really like long races or running for more than two hours. For fun, he did Wasdale in 2019. “I thought, ‘I sometimes beat Jebby on a 90 minute race, so let’s try for four hours!’, but he got bored of my company and ran away from me. I pretty much died on Gable.” Matt still finished fourth in 4.15.50.

In 2020, Matt developed long Covid. “My lung capacity was so trashed I couldn’t keep up with you up Dale Head 15.5 hours into your BG”. It took about six months to recover fully but, in 2020, this was quite easy as there weren’t many races. In 2021, he initially targeted the English championships but, despite a few

top-10s, didn’t get a long counter; he did manage third in the one-off British Championship race at Dufton. He started working with coach Martin Cox in March 2021. “We get on well. I don’t feel the need to be in constant contact, but with a coach you have to be honest. His input has definitely seen an uptick in my results.”

For his 2022 championship-winning season, Matt was consistent: fourth at Guisborough, third at Lower Borrowdale, second English at Buckden, and winner at Bradwell and Langdale. (Old Crown Round was “too long mid-season for me.”). For the British Championship, Matt was third at Buckden and Durisdeer, and fifth at Black Mountains, to seal second overall. Early season, he showed form by beating a strong field at Coledale Horseshoe, then represented England at Snowdon, and ran close to the record on Leg 1 of the Hodgson relays with Gavin Dale. “Getting an England vest was cool, but I didn’t have my best race. I get a bit of stick for not racing too much, but have done more this year than some of those giving the stick!”

The English championship came down to Langdale - mainly a shoot-out between Matt and Dan Haworth (Matlock), albeit with Brennan Townshend (Keswick), Ben Rothery (Ilkley, not racing), Doni Clarke (Todmorden) and Harry Bolton (Keswick) mathematically able to win, but with diminishing likelihoods. Matt had done lots of little recces, covering the whole route three times and the line to Crinkle



Below: Matt racing in the Matterhorn Ultraks race, pictured with the Matterhorn in the background © Sportograf



Top left to right: Matt (right) with Rob Jebb, Wasdale fell race 2019 © Stephen Wilson, www.granddayoutphotography.co.uk; Matt and girlfriend, Eve Pannone, taking a mid run dip © Matt Elkington; Matt with his trophy after winning the Langdale Horseshoe fell race 2022, which sealed his English Championship victory © Chris Hodgson; Bottom left: Matt seconds before crossing the line to take the win in the 2022 Matterhorn Ultraks race © Sportograf

Crags much more. “I’d have liked it to be cloudier!” He had put together his own special map of the route, and had an orienteering map of Blisco to aid the crucial final descent. Before the start, he was nervously excited, but came across as relaxed and in control.

“The start wasn’t too quick, with plenty of people taking turns at the front. Then Dan put in a spurt, but took a duff line into Stickle Gill which dropped him behind. Brennan, Doni, Dan and I ran together to Esk Hause. On the skittery traverse under Esk Pike, I pushed to get a gap and kept going. I wanted, but didn’t expect, to get out of sight to keep my lines to myself”. At Bowfell he had a 1.5 minute gap; 2.5 minutes by Crinkle Crags; and, despite crunching his ankle shortly after the Bad Step, 3.5 minutes at Blisco. “The descent to Red Tarn was painful but the climb up to Blisco was a relief as it put less pressure on my ankle”. He finished just outside 2 hours 2 minutes, 5 minutes ahead of Brennan in second, Doni having lost time coming off Blisco in third.

So what’s next then? Well in the short term the British Relays look unlikely, given the crutches and the kind of ankle brace familiar to all veteran orienteers. It might be the Zwift virtual bike racing league for a bit - adding this into his training this year seems to

have helped. As for 2023? “I’ll start with some XC. It would be cool to get a GB mountain running vest so I might try that, but I prefer races with good descents, which can be lacking in mountain running. It would be good to stage a defence of the English Championship.”

question box

- Q: Favourite Hill? A: Blencathra.
- Q: Favourite Race? A: Grasmere Guides
- Q: Favourite Pub? A: Old Dungeon Ghyll
- Q: If you could be any animal for a day? A: Eagle
- Q: How many geese could you take in a fight? A: At least 10 (we stop the interview to watch youtube videos of geese attacks)

Editor’s note - an interview with Hannah Russell (Helm Hill), the 2022 Women’s Senior English Champion, can be found in the 2022 Spring Issue of The Fellrunner #132. Hannah came back from injury to finish 2nd at Langdale, adding to 3 wins earlier in the series, and claiming the title for the first time.

A DAY OUT IN THE FELLS



FIONA PASCALL'S LAKE DISTRICT 24HR WOMEN'S RECORD

THE CHALLENGE

The aim of the Lake District 24-hour record is to climb the greatest number of fells and return to the start point within 24 hours. To progress the record, one must climb every fell the current record holder did and either return to the start in a shorter time or add an extra fell.

The women's record was first set by Jean Dawes in 1977 who ran the 42 peaks of the now famous Bob Graham round. In 1979 Anne-Marie Grindley added a massive 16 fells to create the majority of the current route. More recently, Nicky Spinks added 2 fells in 2011, held the title for 9 years before Carol Morgan added Grisedale Pike in 2020. Nicky reclaimed her title in 2021 by beating Carol's time.

THE IDEA

I first came across this challenge while training for a Bob Graham round in 2021. On finishing my BGR in just less than 20 hours, my sister suggested I give it a go. I was lucky enough to support Nicky on her successful 24-hour record in 2021 and was blown away by her knowledge of the fells, her drive and especially her climbing. I have a clear memory of having a rice pudding in one hand, a baked beans pot in the other and her poles under my arm, trying and failing to keeping up with her relentless pace going up Bowfell and thinking 'there's no way I could maintain this speed.'

Clearly something changed. I've always loved running but never took training seriously until taking on the Bob Graham round. My training for this was disorganised and sporadic but I enjoyed at least trying to train seriously. In summer of 2021 I started being coached by Martin Cox, an incredible coach who has been behind some major achievements in fell and mountain running. He seemed confident that the Lakes 24-hour record was a possibility so it became the challenge for the year.

Opposite page: Fiona running down Hindscarth with Christian James © Matt Milsom
Left top to bottom: Fiona on final descent to Newlands Pass © Matt Bennett; at the finish at Newlands Pass © Matt Bennett

THE PREPARATION

My coach, Martin Cox, suggested I do some racing over the winter to practice race conditions and have some short-term goals. I wanted to practice in the fells as much as possible, so I did a couple of the fantastic NAV4 races and scraped a record for the George Fisher’s Tea Round. In spring I ran in the iconic Fellsman, another must-do British ultra, and took first female which was a big boost.

My training for the round consisted of lots of easy running alongside some sessions and long runs. Perhaps more importantly, I did Pilates at least twice per week. I also do some upper and lower body strength work, some high intensity interval training and some specific arm and shoulder strength training for using poles. I introduced some cycling to my training in the few months running up to the round.

THE PLANNING

Then there were the recces - this is the fun part. Heading up to the lakes for 2 or 3 day running holidays, getting to know the fells in every condition, learning the route so well that you dream about splits and finishing the weekend blissfully worn out. Luckily for me there were a few of us southerners training for rounds in the Lakes so we had a group at the campsite and I would often do my recces with my husband Matt and our dog Dibble. I did do a couple of night recces in biblical conditions leaving Matt and Dibble curled up together in the van. In fact, the majority of my recces were in classic Lakes conditions where visibility was non-existent and hypothermia was looming. I’m not complaining, there is something magical about being inside a whirling cloud, covering ground against the wind and the odds, and getting back to the car after a 5 hour battle with the elements.

I recced and planned for the option to add 5 tops. Nicky had initially planned to add Bowscale Fell and Knott in the Northern fells on her round in 2021. Though she didn’t end up adding them, she had nailed the route and, legend that she is, came down to show me the best lines. This turned out to be invaluable since there was very little in the way of trods or dry terrain. I thought about adding St. Sunday Crag (before Fairfield) and Ullscarf (before High Raise). Both would add an extra 30 minutes to the round. These were in my final schedule but were always question marks because adding them would be a somewhat blind gamble being so early in the route. The last potential top to add was High Spy, again about a 30 minute detour. Both the men’s and women’s rounds have started at Braithwaite in recent years, but this isn’t a requirement. I decided to start at Newlands pass instead, partly because I found the north west fell leg easier in the dark but mainly so that High Spy would be close to the end, the idea being that I would have a good idea of whether adding it was doable by the time I had to make the decision.

THE ROUND

On the 15th July 2022, with support cars loaded full of food, with a forecast for hot, clear weather and with my amazing family and friends looking after me, I headed up to Newlands Pass. I was scared. I’d had a fall a few weeks before and hurt my hand and knee. I was sure my knee would give in after the first hour and if not, my hand would fall off on Broad Stand. I had pre-guilt about quitting having asked all these amazing people to give up their day to support me. It turns out I just needed to get going and get it out of my head.

LEG 1

Summits: Scar crags, Causey Pike, Sail, Eel Crag, Wandope, Whiteless Pike, Grasmoor, Sand Hill, Grisedale Pike.

Support: Matt Bennett, my ever-suffering brother-in-law, and Ollie Hemstock who had been roped in by Matt.

We set off at 10pm still in the light and headed up the first climb to Scar Crag. While most of the round follows the BGR route with a few diversions, this leg is totally separate. I had allowed three hours for this leg but had done it faster in training and wanted to start strong, so I went out a little fast. The clag came along with the dark but Matt and Ollie were controlling me like a video game character saying “right a bit.. left a bit.. sharp turn coming up” etc and we kept a good pace even in the thick clag. We reached Braithwaite 15 minutes early where Beth, my sister and very overqualified road crew met us with potatoes, coke and leg 2 support.

LEG 2

Summits: Lonscale Fell, Skiddaw Little Man, Skiddaw, Sale How, Great Calva, Knott, Bowscale Fell, Blencathra.

Support: Keswick local and ultra specialist Kirsty Hewitson, and southern training buddies Gwilym Rivett and Angus Bentley.

This was perhaps the leg I was most worried about; I’d given myself 4h20m for it but it had taken me 5 hours on a bad weather recce. It was also the leg with the hardest terrain (in my opinion). We set off at a good pace along an empty A66 then started the battle against bracken up Lonscale fell. There is no easy line up here, but Angus went ahead to guide me while Gwil and Kirsty listened kindly to my complaints about my stomach. On Lonscale the clag came in again and the team performed text book support with one of them going ahead to guide and the other 2 staying with me. Even with the line Nicky had showed me, these were sapping miles in those strange small hours before the body accepts that sleep isn’t going to happen. This was of course true for my support as much as for me; it’s a massive ask for a friend to get up at midnight and run with you, but for them to carry your kit, stay at your pace and keep



Top: Fiona at Lingmell summit © Joe Farnell. Bottom: Fiona running down from Seat Sandal © Matt Milsom

your morale high is heroic. After a somewhat stressful but quick descent down Blencathra’s parachute, we arrived at Threlkeld 10 minutes up on my schedule. Here we met my parents Emma and Charlie who have done their fair share of waiting in Threlkeld for their children over the years but were perky as ever as they filled me up with coke.

At this point, I decided to skip St Sunday Crag and Ullscarf. Kirsty is a total pro when it comes to long rounds, and she persuaded me that taking risks this early was a bad idea. I am not an experienced fell and ultra runner, I had never run more than 100km, so I didn’t know what was going to happen in the latter part of the round. Along with this, the aim was to break the 24-hour record; 70 tops in 24 hours 1 min would be a failure, and far more frustrating than 68 tops in 23 hours.

LEG 3

Summits: Clough Head, Calfhow Pike, Great Dodd, Watson’s Dodd, Stybarrow Dodd, Raise, Whiteside, Helvellyn Lower Man, Catstycam, Helvellyn, Nethermost Pike, Dollywagon Pike, Fairfield, Seat Sandal.

Support: My local running club hero Ben Davidson, who came all the way from Somerset, and Chris Andrade, another super runner who I’d met on one of the wilder recces and roped in to support.

The clag disappeared, the sun came out and we set off up Clough Head in high spirits overlooking a stunning cloud inversion. This leg, similar to leg 2 of the BGR, is the most runnable, which for me meant having to keep pushing to maintain a good pace. I was feeling OK for most of this leg, still fairly comfortable and the legs were working. Heading up Fairfield I started to feel hot and was breathing hard. Descending to Dunmail Raise, my confidence was waning and the enormity of what was still ahead of me was playing on my mind. However, I was now about 30 minutes up on my schedule after missing St Sunday Crag, a welcome cushion for my nervous mind.

LEG 4

Summits: Steel Fell, Calf Crag, Sergeant Man, High Raise, Thunacar Knott, Pavey Ark, Harrison Stickle, Loft Crag, Pike O’ Stickle, Rosset Pike, Bowfell, Esk Pike, Great End, Ill Crag, Broad Crag, Scafell Pike, Scafell, Lingmell.

Support: Local and national fell legends Joe Farnell, Damian Hall and Casper Kaars Sijpesteijn.

After a whirlwind checkpoint, we set off up Steel Fell. I generally like this climb because it looks brutal but is actually fairly short. Today was no exception, a new burst of energy and riveting chat about Agas (Damian) meant the climb flew by. Once we started

running however, I started to feel a bit bloated, hot and low on energy. I felt I was breathing too hard on the climbs and while I was eating well, my food was sitting in my stomach. Joe took control of the navigation and Damian and Casper did some trouble shooting. I took an extra salt tablet had some chewy sweets rather than gels but thought the issue was more stress related than physical. They gently persuaded me that being tired is understandable and expected, not something to panic about, and that I'd given myself a cushion by skipping 2 fells, so it's okay to use that cushion. We took the pressure off, eased off up the climbs and everything else began to settle down. I was losing about 30 seconds on most of the splits, but that was OK; I had time in the bank and if I had to skip High Spy at the end, so be it.

I had voiced concerns that my parents, who I'd asked to meet us at Esk Hause, would be late or wander off and miss us. However, they were there with extra hydration and a psychological boost up Great End. A not so well rested Matt and Oli met us at Broad Stand with a dangling harness. I'd only practiced the climb once before. It's an easy climb but I had been worried that my hand wouldn't have the strength to pull me up. As we learn many times over in this sport, the body is often more capable than we give it credit for. Everything went OK, and I toddled up to Scafell with no major issues. A fun scree run down Lord's Rake, and final climb and descent of Lingmell, and we hit the heat of Wasdale Head 40 minutes up on the schedule. I had gained time by skipping Ullscarf but had lost time on almost every split. I still had a cushion, but I didn't have time to relax. Now began the 7 hour sprint finish.

LEG 5

Summits: Yewbarrow, Stirrup Crag, Red Pike, Haycock, Steeple, Scoat Fell, Pillar, Looking Stead, Kirk Fell West, Kirk Fell East, Great Gable, Green Gable, Brandreth, Grey Knotts, Fleetwith Pike.

Support: My husband Matt Milsom, Runar Saether, another super strong ultra-runner who was roped in by Martin, and Dibble, who is great for route finding and morale, not so good for carrying food.

Wasdale Head was another whirlwind of having water poured on me, shoes changed for me, potatoes and coke. I felt overwhelmingly fortunate having all these incredible people who have their own busy lives to live, rushing around to help me in this self-indulgent goal. It was a real boost and while it was hot and Yewbarrow was looming, I set off with replenished determination as well as dry feet.

I knew the climb up Yewbarrow would be tough, but Matt nipped off to the stream to dunk my vest and hat a few times which was a massive help, and the climb went quicker than expected. I still lost 2 minutes up Yewbarrow and while I tried to rationalise that it was

OK and I could always skip High Spy, 68 tops sounded a lot better than 67 at that point and I wanted to keep pushing.

The splits I had used for my schedule were from day 4 of a 5 day recce of the whole round; I had set off from Honister, headed over Moses Trod to Wasdale, climbed Lingmell and on the descent, had tripped on a boulder field and landed like a pancake. This is the fall that injured my knee and hand. Today my climbing was slow and painful, I was hot and my legs felt heavy. My descending, however, was pretty solid, I wasn't suffering from that clumsy stumbling that comes with beat up quads because I was still smashing the carbs and hydration. Through this leg I was losing a minute or so on the splits that had more ascent than descent, but maintaining on those with more descent. I'd put Matt on this leg because I knew it would be hard and I wanted someone I could be horrible to without judgement. I don't think I was too rude but there was definitely some groans, growls and "THERE'S STILL SUCH A LONG WAY TO GO!"s. It's difficult to know what to do when you're supporting a runner going through a low. Runar and Matt nailed the balance of gentle encouragement, matter of fact fuelling and split updates and chatting in a way that didn't require me to respond.

Coming down into Honister we discussed the next leg. I was still 25 minutes up on my schedule which included High Spy. My schedule had me arriving at the finish 23 hours 50 minutes after starting, so there was another 10 minute cushion. I had 2h33m to complete a 1h54m leg. This should be easy ...

LEG 6 AKA PARTY RUN

Summits: High Spy, Dale Head, Hindscarth, Robinson.

Support: Seb Le Barth and Christian James, my London cheerleaders. Return appearances from Matt M, Angus, Chris and Dibble, and Emma, Charlie and Beth joined for the first 2 tops before driving to the finish.

Matt went ahead to Honister to convey that 1. I wouldn't be stopping 2. All I wanted to eat was awesome sauce (apple flavoured spring gel) and 3. High Spy was on.

This leg should have been a celebration. I had plenty of time, I had all my friends and family around me, and I only had four tops to reach. I wanted to enjoy it, I really did, but I couldn't relax. I felt like I was moving so slowly that a 30 minute cushion seemed like nothing. The climb up High Spy, usually a joy, was brutal and took, I thought, a year and a half. My descending was still okay, but the first step I took uphill again had me gasping for breath and groaning again. Luckily there are some lovely long descents and only 2 big climbs. Reaching Robinson at 23:11 I finally conceded to what everyone had been telling me since Honister; it was in the

bag. My massive support team spread out in a long line coming off Robinson. Every rock and tussock was pointed out and the small scramble down Newlands pass, sometimes tricky to find, was marked by human sign posts. I ran down the final path to applause from everyone who had come out to help and touched the start/finish signpost 23 hours 26 minutes after leaving it.

REFLECTIONS

I was incredibly happy with this result. In theory, I could have added an extra top and still finished in time but there's no way I would have taken the risk. If I added St. Sunday Crag and reached Honister 30 minutes later, I would have skipped High Spy.

I trained my muscles, I trained my gut and I studied my route. But, as I hope this account makes clear, in the end I was just a body, being carried around the fells by people who love the sport and invested, for whatever reason, in a shared goal.

My advice to anyone looking to complete a round in the fells would be

1. Get out and support someone else, this is how you learn and feed the addiction.
2. Enjoy the process, getting out and learning about the history of the round, every inch of the route, and the charming unpredictability of the fells is as important and gratifying as the round itself.
3. Find support you can rely on. Granted, not everyone can have the BGR record holder as their road crew, but having a team around you that you trust and enjoy spending time with is vital.

I'd like to end by saying that my record is by no means unbeatable. Training, recceing and planning for the round was a wonderful process and I couldn't recommend it more highly. I would love my record to be beaten, it would mean the progression of the tradition and women's fell running in general. I look forward to supporting the next woman to take on the challenge.

Right: Fiona on the climb up Dale head with support runners Charlie and Beth Pascall, Chris Andade, Seb LeBarth, Christian James, Matt Milsom © Angus Bentley





My NAME IS

JACK KUENZLE

I am originally from the northeast United States, where the technicality and steepness of the trails lends to very similar running to that of the mountains of Britain. I think the UK Rounds first came on my radar in 2018 when Kilian set the record on the Bob. My interest was further grown by John Kelly's Grand Round. After running a 100 mile route on the Appalachian Trail in New Hampshire in mid-June, my original plan was to race in the western US, but I became very concerned about smoke from wildfires in the late summer. So, I shifted plans to the UK with intentions to stay for a month or two and race the Ramsay. I only whispered to a close friend before I came over that maybe, if everything went fantastic on the Ramsay, I would consider the Bob Graham, but contesting a record that Kilian had seemed impossible. By early July, I had flown to the UK, purchased a Mazda Bongo campervan in Fife, and had become a permanent presence on the porch of the Glen Nevis Youth Hostel, from which I could "borrow" their Wi-Fi signal.

Background: Jack during his record-breaking Bob Graham Round, September 2022 © Steve Ashworth

PHILIP TRANTER ROUND – 28th JULY

After a couple of weeks in Fort William I shifted my aim to the Tranter, finding it less boggy and more aesthetic than the Ramsay. Throughout July I ran the route exclusively, dialing the lines and terrain. It rapidly became clear that, coming from the States, I would have to undergo both physical and mental adaptations to race well on the fells. In the eastern US, off trail travel during FKTs and races is fairly rare, equally due to dense vegetation and forest protection regulations. So, I had to get used to experimenting with different lines and making the macro and micro routing adjustments to move quickly. Fortunately, I was able to pull the GPS data of dozens of fell runners off Strava and overlay them in a mapping application. Most importantly, I had Finlay’s lines and could compare his lines to those of other athletes to determine where he deviated from the traditional trods. Physically, I had to get used to the pounding, sustained downhill of Lochaber and strengthen my ankles to blind stepping through steep heather and rocky bogs. Finally, I had to adjust to running on steep grass, a particular type of terrain that is unusual in the States.

Having never raced Finlay, or even anyone who had raced Finlay, I wasn’t feeling terribly confident. Especially on the grass, heather, and bog, terrain most foreign to an American runner. In training, I ran the route in pieces, hitting each section a minimum of three times. I focused my efforts to areas that felt most alien, namely the off trail, grassy run between the summit of Sgùrr Eilde Mòr and Stob Bàn. I tried to only take breaks to route find, hydrate, and eat on the summits, working on perfecting the flow and clean movement in the ground between the summits. Running on his 2020 9 hour schedule between the summits, I felt the pace was extremely fast and likely unsustainable. The week before I raced, I was heartened a bit during a training run with Finlay on Ben Nevis. Watching him slip and slide on the steep grass I was encouraged that he was, even on his best terrain, actually human and I may have a chance to set the record. During the same outing, he mentioned that he may take another shot at the Tranter soon, reinforcing my desire to maximize my potential on the course.

As is typical for me, the week prior I was extremely nervous. Arguably, the Tranter was the stiffest effort I had ever attempted and my first time racing on trails outside the northeast US bubble since 2019. I had everything prepped the night before my effort when I checked Strava at 11 PM and found, to my horror, that Finlay had raced the Tranter again that day, taking eight minutes off his 2020 record. I scrambled to calculate new splits and make rough estimations as to how he performed versus his 2020 splits, an effort I was extremely familiar with. I was so frazzled that when



Top to bottom: Jack with Finlay Wild, shortly after Jack broke the record for the Tranter Round; Jack’s trusty Mazda Bongo - his home for the 10 weeks he spent in the UK during the summer of 2022 © Jack Kuenzle

I hopped in my car shortly after, I drove a mile on the ‘correct’ side of the road, almost colliding head on with a van on a bend. The dangers of fell racing.

Race day on 28th July and my plan was to go out and just match Finlay’s splits through the Mamores and then pick up time on the Lochaber peaks. Finlay’s training and races are primarily short distance focused, in my assessment, and I felt I would have an advantage in the back half of the effort. But I was way too nervy to properly control the intensity and just hit it hard from the start. Cut a couple minutes off Finlay’s splits going up Mullach, another on the way to Stob Bàn (Mamores), and another going to Sgùrr a’Mhaim. I maintained the same level of effort to Sgùrr Eilde Mòr (last peak on the Mamores side of the effort) but bled a minute to Finlay. I was fighting for every second, cutting every switch back, I felt like I was nailing everything, but he was still gaining a bit.

Three minutes feels like a mile when you’re behind but an inch when you’re ahead. Nutrition and hydration proved to be an issue. I only grabbed 500 mL when I passed the lochan prior to Sgùrr a’Mhaim, quickly ran dry, and was forced to drink from a sheep wallow prior to An Gearanach. In the days prior to the effort, I had been cooking all my own meals and hadn’t been adding much salt at all. I know pre-loading electrolytes is conventionally not recommended, but I found due to my (accidentally) low salt diet, I was muscularly cramping almost from the start. I had a couple of salt capsules that staved the cramps off through the Mamores.

Off the summit of Sgùrr Eilde Mòr, I pounded down the ridge to the River Nevis. Finlay, the previous day, had noted that the conditions in the valley were a bit boggier than average. I didn’t find it horrible, but at one point I sunk in the mud to above my knees. The climb up Stob Ban was the low point. The wind was blocked, and I baked in the sun. The cramping intensified, at one point getting to the point I was cramping on every push off, but I don’t think it slowed my pace much. The steep, off-trail heathery ascent felt incredibly slow for a record attempt and there were few landmarks at which to check progress. To my surprise, on the summit of Stob Bàn I found I had put 4:30 on Finlay in the hour since Sgùrr Eilde Mòr. I lost 1:30 going up Ston Choire Claurigh, but from there to the Ben I was able to cut a minute or two per split.

All week I had hoped and stressed for dry conditions. But as I climbed Càrn Mòr Dearg I was extremely relieved to actually encounter rain and the heat proved to be a greater issue than slick rocks. I ran the ridge to the Ben, dropping off as much as possible to run the flowy single track below. From the summit of the Ben, 16 minutes up, I resolved to focus on not falling on the descent made slick with rain. I tagged the sign at the youth hostel at 8:38:23, 14 minutes under Finlay’s time from the day before. This was definitely one of my proudest efforts to date. While I’d consider coming in first at a race a perfect day, the hard thing about racing records is, in many contexts, breaking the record isn’t enough. Knowing that other runners will challenge this effort in the future, my goal is as close to perfection as I can manage. That being said, I consider the Tranter almost perfect for me, other than some mild cramping and slightly hotter than desired weather.

BOB GRAHAM ROUND – 2nd SEPTEMBER

In the wake of the Tranter, I was feeling fairly confident for the Bob. After I had a great time recording an episode for Finlay’s Go Mountain Goats, I left Fort William for Cumbria to meet with Martin Stone. In between petting the alpacas and chasing chickens around his yard, he sat down with me and graciously deep dove the BGR and the history of speed attempts on the Round.

‘FOR SEVERAL REASONS I FELT KILIAN’S TIME WAS BEATABLE.,

First, Kilian did not have his best day. The previous weekend Kilian had won Marathon du Mont Blanc, he flew to the UK on Tuesday, scouted the course throughout the week, and raced on Sunday. Although I think Kilian is less heat sensitive than me, he also raced on a very hot day. Finally, his pacing was suboptimal. He had 14 minutes of stoppage on course, six at the road crossings and eight just past the summit of Grey Knotts.

Then, in 2020, Beth Pascall set the female record on the Bob Graham in 14:34. I did some very rough maths and compared the delta between her time at Western States, second fastest female ever, and Jim Walmsley’s course record to the delta between her time on the Bob and Kilian’s time on the Bob. With Beth’s performances as a constant, I concluded that Kilian’s time was likely a little soft. Obviously, this was no indication I could break it, but I felt there was time to be cut on the course. Further, in 2021, Finlay had raced the Bob, running just seven minutes short of Kilian’s time. I had gone faster than Finlay on the Tranter, a course on his home terrain that he had raced multiple times. Further, the Tranter is shorter and closer to Finlay’s, in my view, optimum racing distances.

With this in mind, I opted not to run any race splits on the course while preparing. I figured my performance relative to Finlay on the Tranter was the best indicator of how I would do on the Bob and paying attention to or even having knowledge of Kilian’s splits during training would just make me nervous and drive me to run too fast in training, as it probably did for the Tranter. As far as strategy, I felt both Kilian and Finlay had run too fast on Leg 1. Working through the splits, I found if I ran eight minutes slower than Kilian on Leg 1, matched his splits from Threlkeld to Moot, and managed to not stop at the road crossings or Grey Knotts, I would finish the route six minutes faster. This would end up being the strategy I largely followed on race day.

Concerned about fatigue from the Tranter, I decided that I would race no sooner than September 9th. I resolved not even to check the long term weather forecast before September 5th. Many locals that I talked to were very concerned about rain in late October, but I was near certain there would be a weather window at some point after September 9th.

I quickly began finding a crew. My post-Tranter podcast with Finlay had helped and a number of runners reached out to me interested in supporting my BGR. I don't enjoy pre-spraying and talking about an upcoming race effort, but it was necessary to get the word out to potential supporters. I felt having a robust crew was absolutely essential. I was determined not to carry anything during the effort and knew how challenging it can be to keep up with a runner on a race effort while muling all their gear. I felt more pacers would spread the load out more effectively and increase the chance that I wouldn't drop an entire pacing team. Pacing is challenging, pacers aren't in the same headspace as the racing athlete, they're carrying all of the racer's stuff, and the pacers, usually, are not tapered. Keeping up requires pacers to be capable of running much faster than the target splits. Martin sat down with me and we combed through Finlay's and Killian's crews, reaching out to everyone who was still in shape. Similarly, Tory Miller and I went through recent race results and athletic clubs and found suitable runners. Further, I attended a Keswick AC social and a couple of fell races and quickly developed a Google Doc of roughly forty people interested in pacing.

Beyond normal training, I executed some work specific to the BGR. I ran every part of the course at least twice in the month leading up, many sections three or more times. I experimented with different lines, sourcing from Kilian's, Beth's, Finlay's, and George's routes. I found that sustained dry weather in the Lakes and Scotland is usually accompanied by above average temperatures. Further, while the Lake District isn't particularly warm, I found that the all day sun exposure above tree line can be extremely draining. With this and the Tranter experience in mind, I wanted to get in at least eight, 25 minute sessions in the sauna before the BGR.

The week of August 22nd, I logged another heavy training week at 105 miles and 46,000 ft of climbing. Sunday morning I woke up particularly cooked and checked the weather for the next week. No rain for at least the next five days. Already the past four had been fairly dry. I decided to take the day off and that I would determine the following morning whether I was going to go for it. I was hesitant because I wanted to do at least a two week taper, I hadn't started my heat training, and I'd never even been up Broad Stand (the section of the route requiring rock climbing). The next day, at

the Keswick Show Fell Race, I talked to a number of runners and decided it may be Friday 2nd September or never. I reached out to my pacers on WhatsApp and found only a couple were available on Friday, well short of the 14 pacers that normally accompany a BGR record attempt. Fortunately, between posts on my own Instagram and sympathetic locals messaging club chats, I was able to raise enough support.

That week, I scrambled to get everything ready. Writing instructions for my crew, cramming in sauna sessions, rush ordering my carbon plated road shoes, it all came down to the last minute. I had met a local girl on Tinder in Edinburgh, Sophie Lamb, and we'd been on a couple of dates. I had invited her down to Keswick for a couple days starting on Wednesday, not knowing I'd be going for the BGR on Friday. I don't think she understood I was going for the record until the day before, but she gamily agreed to support me.

Two days prior to the Bob, I travelled out to Seatoller for a fantastic meeting with Billy and Ann Bland, as Kilian had in 2018. While Ann served us tea in their living room, Billy assessed my chances at taking the record, asking relevant questions like how much I weighed and if I drank filtered water or water "straight from the fells". Hearing that I weighed nearly 13 stone, he christened me with my Cumbrian nickname, "Fatty".

Thursday night into Friday morning I slept extremely poorly, fortunately in an Airbnb instead of my Mazda Bongo, but I woke up ready enough. Whenever I race, I always think, "OK I am going for the record, is this the best a human has prepared for this? Is this the best a human has felt before doing this? Because I feel like absolute shit right now." The morning before the BGR was no exception. Sophie and I woke up and headed over to Moot Hall. Friday actually turned out to be the first day I had met most of my crew, to include Mark, Nic, Billy, Paul, and Tory. Tory came bearing an enormous array of homemade pastries which kept the pacers (and Martin) well fed throughout the day. At 6 AM, we launched from the steps up Skiddaw.



Right: the moment Jack set off from Moot Hall on his record-breaking Bob Graham Round - pictured with Martin Stone © Paul Wilson

ROAD SUPPORT:

Tory Miller, Paul Wilson, Sophie Lamb, Martin Stone

LEG 1

Pacers: Michael McGleenan, Billy Cartwright, Nichola Jackson, Mark Lamb

Having never run any of the legs for time, I was unsure how possible it was for me to touch Kilian's leg 1 split during just a single leg time trial (2:05-2:07 for 13 miles 5500 ft climbing). Race day my eight minute slower splits felt smooth and very easy coming out of Keswick up to the summit of Skiddaw. I kept accidentally pushing the pace and Nic kept reeling us back in. We summited Skiddaw and then dropped down to the dirt track before Great Calva. We hit the track 40 seconds behind my target splits, after what I felt was a good descent, and I freaked out. We sprinted up Great Calva and split the climb two minutes faster than Kilian, despite the climb only being eight minutes, and managed to drop the entire pacing team but Billy. I was worried Billy and I had gone way too hot, so we pulled the pace way back churning up Blencathra. Leg 1 ended up being much boggier than expected, despite the recent dry weather. I think the air is too cool and the sun too low angle in September to bake the soil like I witnessed in July. Coming off Blencathra and down Hall's Fell, Billy and I took some poor lines, but it prevented me from hammering my quads too hard on the descent. I relayed to Billy my concern about Andy and Steve keeping up on the next leg, based on us dropping 75% of the pacers on Leg 1, and he agreed to carry on, despite the fact he didn't have any additional food or water prepared.

LEG 2

Pacers: Steve Hebblethwaite, Andy Berry, Billy Cartwright

We picked up Andy at Threlkeld and started pushing up the slope to Clough Head. Andy found some great lines up the grass and bog low on the mountain and we were soon at the top. At the summit, we joined Steve who had left the aid station some ten minutes before us. Despite the clean navigation, we had split the climb 1:40 slower than Kilian. At this point, I had yet to match a single Kilian split and was very concerned, so I instructed Andy and Billy to skip the next two summits and ran with Steve to Great Dodd, hoping to hammer and match the split. We ended up splitting it 3:00 faster than Kilian, similar to the moment on Great Calva, but this time the pace felt controlled. From here to Wasdale we really dominated and were faster than Kilian almost every split. We continued leap frogging pacers to prevent burnout and pushed on. Lisa Bergerud met us at Sticks Pass with water and the pacers pushed ahead to fill up bottles. Jon Tombs met us at Grisedale Tarn for the same. We left Steve at the tarn while Andy, Billy, and I climbed Fairfield. Billy,

I think, was a bit unsure as to where the route went and thought we traversed Fairfield to Great Rigg and he skirted the summit and headed down the ridge in the wrong direction. He actually asked Andy and I "Can I skirt this way?" and we looked and he actually had found a great line to the summit that avoided some rock. We led and he followed, skirting the rocks, but then he continued past the summit. Eventually I think Nic found him at a pub in Grasmere. I dropped back down to the tarn, picked up Steve, and pushed up and over Seat Sandal to Dunmail.

LEG 3

Pacers: Sam Stead, Matt Atkinson, Jack Eyre

After pounding the quads down Seat Sandal, I received a quick soaking of ice water and picked up my new team for Leg Three.

At the base of Steel Fell we were met by Billy Bland who drove us on with a quick "Get on with it Fatty!"

The climb up Steel Fell was brutal, steep, sustained, and unrelenting, and was in full sun without any wind. At the summit I felt OK, but pushing through the maze of wet bog and grass from there, over Calf Crag, and up Sergeant Man I began to rapidly fade. This was the first low point of the day, but in comparison to Red Pike this was just a miniature speed bump. Matt was absolutely essential here, he had all these incredible lines through the bogs, and his lines would prove key on Legs 3, end of 4, and the fell section of 5. Further, we ran out of water (this would be a theme of the day, I drastically underestimated how much water I would use). Matt pushed out Jack to find water and meet us beyond High Raise, I figured we would never see him again, but he easily beat us with all bottles filled. He did this a couple of times. Thunacar and Harrison passed OK, but at Pike of Stickle things turned and we cruised easily all the way to Wasdale. I popped in some earbuds, turned up the worst music I had, and just ran directly in Matt's footsteps

and with Sam close behind. This was definitely the highlight of the day; the running was just so smooth. Zero brain activity. The sun was mercifully stuck behind the clouds and remained there until Wasdale. Paul Wilson met us before Great End with water and refilled the pacers. I had never climbed Broad Stand and was a little concerned about onsighting it, but it was easy. Chris Evans was there with a rope, but I almost could have gotten away without it. I lost almost two minutes on Kilian on this 11 minute climb, but I think I was just enjoying the scrambling and change of pace. The descent to Wasdale was relentless and pounding, as expected, and the pacers absolutely amazed me with their ability to scree surf. The last thing Sam told me was that I would have another low point, I agreed but just never would have fathomed the depths I would end up going to.

LEG 4

Pacers: Gavin Dale, Doni Clarke, Noah Wadsworth, Kirk Wadsworth, Matt Atkinson, Jacob Tonkin, Phil Winskill (Latter half)

I picked up Gavin at Wasdale and began the horrific climb up Yewbarrow. We were joined by Noah and his father Kirk, which ended up being a lot of fun and a great addition. The Yewbarrow climb is 2000 ft of 25-30% grass straight up out of the valley. It was a bit hot and in the sun. We made it to the summit in decent shape where Doni was waiting and performing a handstand. Despite the fact Kilian had spent three minutes in aid at Wasdale, I lost 1:30 on him to the summit of Yewbarrow. We dropped down to the col before Red Pike and began what I knew was to be a horrendous climb. It was hot and just so sustained. At one point, my ears began to ring to the point I could barely hear, and my vision faded between grey and black. I stopped and pissed, and my urine was extremely dark. I quickly consumed a litre of water but then my pacers were dry. Noah and his dad had a litre of electrolyte mix but I was a little hesitant to consume so many electrolytes and possibly put myself in a position for hyponatremia (Googling this now I may not know how this actually works). I consumed all the electrolyte mix and then 500 mL of juice which Noah had, which was unbelievably good. I am definitely going to use juice mixed with water in the future. I immediately felt better and by the time we were heading up Pillar I was back to the Leg 3 feeling. At the base of Kirk Fell we met Jon Tombs who gave us much needed water. At the base of Great Gable we ran into Matt, I didn't know he would come back out and I almost started crying. He took us up and over to Green Gable where we met Jacob Tonkin and Phil Winskill. Rolled with them over to Grey Knotts, which felt amazing to pass without stopping, gaining a free seven minutes. Likewise, Honister, where we picked up three free minutes.

LEG 5

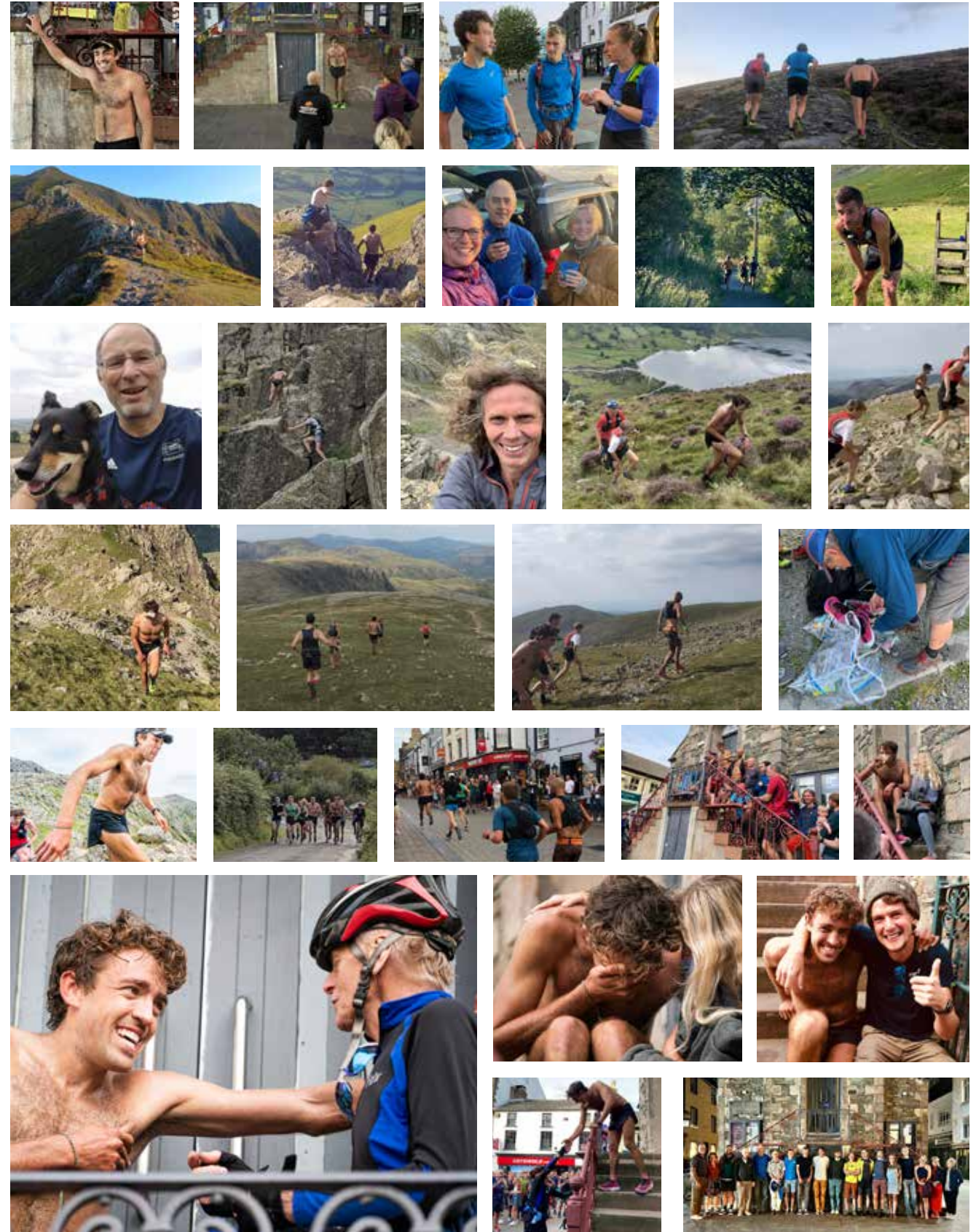
Pacers: Jonny Cox, Rich Keefe, leg 4 team & many others

I think everyone, minus Noah and his dad, whose car was at Walsdale, continued onto Leg 5. The climb up Dale Head is long and I had been dreading it since Red Pike, but it passed well. Jonny tried to drive me on a bit faster, but I just had nothing left. Doni was great here, giving me little pep talks and encouraging me along. Once I got to Robinson it was a relief, but I was a bit concerned about the rowdy downhill to the valley. Matt took us on some absolutely whacky lines that ended up being fantastic, stuff I had never seen in my map study. We hit the asphalt and cruised the first 3/4 of a mile or so in fell shoes and then met the support crew which helped me into my carbon road shoes. The upper didn't stretch at all and my socks were wet, so this transition took far longer than I wanted, probably twice as long as Finlay's (:45 vs 1:30), but I am so happy I did it. The shoes just made the ending so pleasant and fun and fast. Ran the road back to Keswick, trying to straight line between the sides of the road finding the shortest path. We had picked up additional runners on Robinson and again on the road, and had probably 10 people at this point. Billy Bland even joined on his bicycle. Two days prior, Billy had told me that the Bob was a walking route, "nobody has even averaged 5 MPH". He pulled up and said I was going to do it; Fatty was going to break 5 MPH. First time I started crying. While I ran on blind corners the pacers ran ahead to slow traffic and block me, which I was very touched by. After we left the final road, we sprinted it in to a big crowd in the town centre. After I finished, I was just so physically wasted, I couldn't stop crying. Just so much pain and mental exhaustion. I think having unlimited access to food and water and no need to navigate, I was able to push incredibly hard. My time was 12:23:48 which reduced Kilian's record by 28:34.

An enormous thank you to everyone who helped, I'm sure I forgot some. There were also multiple people who reached out to me after the Tranter and were stoked to pace, but had other obligations on Friday and were unable to make it. Specifically, thank you to Martin Stone. Martin probably put in a solid 50 hours at least towards this effort, between recruiting people, helping analyze historic efforts, acquiring trackers and support, and driving all over Cumbria and supporting me at every road crossing. He was absolutely essential. Whether he likes it or not, I think he's established himself as the essential ingredient to a successful speed attempt (Aiding Bland, Jornet, Wild, and me).

Right: a selection of images from behind the scenes of Jack's Bob Graham on the 2nd of September 2022 © Steve Ashworth and support team, all mentioned in the preceding article.

BEHIND THE SCENES...



WORDS BEN ABDELNOOR

MAJKA KUNICKA

AN INTERVIEW WITH THE 2022 WOMEN'S
LAKELAND CLASSICS TROPHY WINNER

I must confess that, of all the Lakeland Classic Trophy winners, Majka is the person of whom I knew the least about. I only became aware of her at the start of this year and when I open our conversation with a question as to why I haven't heard of her before, she laughs and tells me she keeps herself quiet. To my embarrassment it turns out she's won Borrowdale Fell Race, and I didn't realise, but in her humble manner tells me that she shouldn't really have won it.

Majka strikes me as someone who's always chosen the option of 'going big'; climbing in the Scottish mountains, tackling the peaks of El Chorro, racing the ultra trails on the continent or being introduced to fell running via the High Peak Marathon. And if you're going to be invited onto a team, as an introduction to long-distance fell running, who better than your Penistone team mate, Nicky Spinks?



Right: Majka on her way to winning the Three Shires Fell Race and sealing her 2022 women's Lakeland Classics Trophy victory © Stephen Wilson, www.granddayoutphotography.com.

“I’ve been running all my life but not always in this country,” Majka tells me. “We moved to Penistone, on the edge of the Peak District National Park, in 2015. That was when I joined Penistone Footpath Runners. I met Nicky Spinks and told her I was interested in off-road running. We started running together, then she suggested I join Dark Peak Fell Runners for the High Peak Marathon in 2019. We won the female team and had a good chance to win it overall but it was my fault in the end that we didn’t.” I never did find out what happened.

“My first fell race was back in 2016, one of those short ones in the Peak District. I actually won Borrowdale once, in 2019, but that was a mistake. I shouldn’t really have won it but everyone else was competing at a Championship race elsewhere.” We quickly cover some other Lakeland races; Majka loves the Duddon race, has never done Wasdale, but reckons the Teenager with Altitude is her favourite race, having first done it in 2018. “Teenager is brutal. I like Borrowdale because it’s technical and Langdale because it’s rough. I like that sort of running.” She’s raced a fair bit abroad too, reckoning that the Monte Rosa Sky Marathon is her favourite race, along with Trofeo Kima, a 32-mile rough mountain race in Italy with 14,000 feet of climbing: “This is the kind of race I want to do all my life.”

Unlike the Lakeland Classics Trophy mens winner Harry Bolton, Majka had marked the Lakeland Classics series as her goal for the year. That and Trofeo Kima. “Trofeo Kima was in August and it was an amazing experience: massive boulders, scrambling and climbing using via ferrata. I loved everything about it, except the first 10 kilometres on the bloody road.” The race was won by Finlay Wild in just over 6 hours, with Majka coming in 13th woman.

Compared to Trofeo Kima the Three Shires must seem short, but Majka’s enjoying a transition from longer races and challenges to the relative shortness of fell races. Winning Three Shires sealed her Lakeland Classics victory but, as with Borrowdale, she didn’t see it as “a good win”. “Kelli is amazing and it was such a close competition. [Just 0.4 points separated Kelli Roberts and Majka in the final standings of the Trophy]. I’d been having chest problems all season and I couldn’t shake it off. At all the races this season I’ve felt terrible and couldn’t breathe properly. I finally got diagnosed with asthma. Three Shires was the first race that I felt healthy. I was following John Hunt who claims I won the Trophy because of him!”

I ask her, “Did you look at the LCT results before Three Shires to work out how much time you had to beat Kelli by?” “No, I don’t work like this. I’m not good at maths, and before the race Victoria Thompson was above me in the series. I thought if I can be third then that’s good enough. I didn’t have big expectations, I’ll do my best and see what happens. Kelli made a comment on my Strava

account after the race, something like, ‘Oh, well done, you won it!’ and that was the first time I realised I had won the Trophy!”

Majka graduated in Poland before moving to Edinburgh in 2005 for a holiday job with friends from university, before spending time in Inverness and Aberdeen. “Living in Scotland I was so obsessed with rock climbing at the time. I took a year out and met a guy climbing who said I could do my foundation year in Edinburgh and not have to go back to Poland. I studied medicine whilst in Poland before specialising in psychiatry when I moved to Sheffield in 2008. I’ve forgotten about medicine and now I deal with the minds. I work as a forensic psychiatrist in a medium secure unit.”

“I loved living in Scotland. I love heights; the higher the better. The Lakes are great because of the technicality of the terrain; I love all the rocks.” Whilst in Scotland she ticked off some of the big rounds, often with good friend and Scottish hill runner, Jon Gay. “I met Jon through Nicky Spinks and we become best friends. People like them inspire you to do more. I supported Nicky in 2018 on her double Ramsay. I ran with her for around 20 hours. Jon and I did the Tranter’s Round together in 2019.” Jon and Majka paired up again that year to complete the Etive Round, comparable to the Ramsay and Rigby Rounds, in 22 hours 15 minutes. She did the Rigby Round in the Cairngorms in 28 hours 15 minutes with Dark Peak club mate Laurence Piercy in September 2020. That same year she joined Jon Gay again to run as a pair in the Monte Rosa Sky Marathon, roped together for safety across 21 miles of glaciers and snow. Jon then came and helped Majka on her Ramsay Round attempt in 2021. “But I haven’t actually done the Ramsay,” Majka is keen to stress. “I took 24 hours and 9 minutes. So I was out by nine minutes, but I’m happy anyway.” I get the impression, despite only just meeting her, that with her carefree laugh, her openness and honesty, that she genuinely doesn’t care. She just enjoys doing what she does and won’t get hung up on times, just having a good time. As if to confirm this she then tells me about her Frog Graham in 2021, which also wasn’t approved. “I went to the wrong top on Mellbreak. It was extremely hot, the same day as Buttermere Horseshoe, and people were on the cairn waiting for racers and I assumed it was the right spot, but I’d missed it by 50 metres. 13 hours 2 minutes. But I enjoyed it anyway; it was fun. I’ve supported loads of Bob Grahams and Paddy Buckleys but now I’m into faster running despite getting older. I’d still like to do a Bob Graham in winter but wouldn’t risk running on my own. Ideally I’d run with a friend, but I don’t think Jon is up for any more rounds! I’ve done the Abraham’s Tea Round and the Cumbria Traverse in winter and loved the ambience of empty wintry fells.”

I ask Majka about her plans for the short and long term: “I think in 2023 I’d like to have a go at the British and English Championships. I haven’t done a British Champs race and I think I’m not that old yet, I can still get faster. Look at Sharon Taylor, she’s smashing



An illustration of Majka Kunicka © Lundy (Dave Lund)



Above top to bottom: Majka climbing High Crag during the Darren Holloway Memorial Race (Buttermere Horseshoe) in 2022 © Stephen Wilson, www.granddayoutphotography.co.uk; Majka with her Dark Peak's team mate, Juliet Downs, racing in the British Fell and Hill Relays © Stephen Wilson, www.granddayoutphotography.co.uk

everything and she's V40. [Sharon finished 9th at the World Trail Running Championships in Thailand in 2022]. I'd like to do the Royal Ultra Sky Marathon Gran Paradiso, as well as the Tromsø Skyrace in Norway. In ten years I still want to be doing my best at races.

Maybe I'll go back to longer stuff. I see people like Wendy Dodds and hope I can be like her, Nicky too and Jill Stephen. Jill is one of my idols; she broke Helen Fallas' Tranters Round record this year. And of course Jon Gay, he's done so much but never talks about himself."

I ask her about female representation in fell running and how to draw more women in to the sport. "I think women are clearly under represented and a lot of people will say it's because they don't have the same chances but I think it's due to other reasons. I think you need to have certain characteristics that make you want to run and race on the fells. You need to have certain skills, be independent, not reliant on other people. Women quite often don't have the same attitude to running as men. I think for women it's not necessarily about the competition but a good day out with friends. They'd probably enter races if it was less about competition, but bigger fields with more people entering for fun. I sometimes get asked by female colleagues whether I'm scared running on my own on the fells and I always reply that it is a lot safer then running on the roads. So addressing a safety aspect is important if you want to attract more females to the fells. Having an organised group, making sure no one is left behind and everyone taken care of would probably make a difference."

"I think you will always find a group of females who are particularly interested in fell running. The question is how do you motivate that group to perform to the best of their abilities. I think hearing inspiring stories of women achieving their goals, like Jasmin, Jill and Nicky, helps. Support from families is important too. We've got three kids, my partner and I both run, so we understand each other's need to find the time to train. Having a supportive partner is crucial to stop just dreaming and beginning to achieve your goals."

As our conversation draws to a close I ask whether she'd change anything in fell running. "It's a small group of people doing their sport for the love of the mountains. If we advertise fell running and make it more attractive more people would come to the sport but we'd lose that important aspect of keeping it pure. Advertising has already transformed trail running, attracting professional athletes who turn up for the prizes rather than for the love of the sport, often making it nearly impossible for the ordinary runner to get an entry."

We've spoken for less than an hour but I've found in Majka someone with a genuine love for the sport, who understands the simplicity and happiness that can be taken from getting out on the hills. She's talked a lot about the people who are inspirational to her. I think there's one more we can add to that list. Majka Kunicka has proven herself to be an inspiration to me, and I'm sure to many others who will come to read about her.

WORDS BEN ABDELNOOR

SIMPLY BOLT'N

AN INTERVIEW WITH 2022 LAKELAND CLASSICS TROPHY WINNER HARRY BOLTON

For the Spring 2022 edition of *The Fellrunner* I interviewed Matt Atkinson, winner of the 2021 Lakeland Classics Trophy. In that article I referred to a young Harry Bolton three times in the opening paragraph. Twelve months later I'm sitting in the kitchen of the Bolton family home on the edge of the Lake District National Park interviewing Harry as the winner of the 2022 Lakeland Classics Trophy.

GROWING UP: LANCASHIRE & CUMBRIA

Harry was born in 2000 in Barley, Lancashire, at the foot of Pendle Hill, but moved to Keswick when he was a child. So close



Previous page: Harry on Halls Fell, Blencathra © Ben Holmes. Above, top to bottom: Harry on Pendle Hill in 2004 © Bolton Family Collection; Harry racing Tour of Pendle in 2021 © Bolton Family Collection

warm-up took him past his old front door and a trip down memory lane, although at 22 his memories aren't that old. Harry's father, Tony, takes up the story: "Harry won the race and the organiser, Kieran Carr, was obviously hoping to have a local win his race: 'Not another interloper from Keswick stealing in to win our local race!'"'. So it was pointed out that Harry grew up in a house not 300 yards from the start and was probably the most local runner ever to win, as well as one of the youngest race winners. He's hoping to go back in 2022. *[Editor's note: Harry did go back and win the Tour of Pendle for a second time]*

The family moved from Barley to Caldbeck when Harry was seven. A local family, the Regans, introduced them to the fells and helped them explore the local area. Robin Regan, a few years younger than Harry, used to run for Eden Runners but has now joined

Northern Fells Running Club. Caldbeck sits on the northern edge of the Lake District, 12 miles from Carlisle, and is a peaceful village with a small but active community: a shop, a cafe, a couple of gift shops selling artisan crafts and a pub. "Living in Caldbeck during lockdown was perfect. High Pike, around the back of Skiddaw, is the nearest fell and I was up and around that area almost every day. The summer before lockdown was the first year I took my running seriously."

JOINING KESWICK

Harry first tried fell running whilst attending sixth form at Keswick School, having previously played football for Keswick at secondary school. He claims to have never been that good a footballer, but could run up and down the pitch all day. As an U17 he competed in the FRA junior championships, "but I was always quite far down the field. I remember not even making the U17 Cumbria team." It was Dave Troman, a teacher at Keswick School and long-time member of Keswick AC, that suggested Harry get along to the club. It was at this time that Matt Atkinson, having graduated from Durham University, returned to his old school in Keswick as a teaching assistant. One of Matt's students happened to be Harry and their friendship has grown as they've become club-mates and training partners.

When I ask Harry who he admires in the sport, first on his list is someone also mentioned by Matt Atkinson: club-mate Mark Lamb. "Mark took me under his wing, took me out for runs and showed me what races were going on." Mark, currently the Keswick men's captain, ran with Harry at the local parkruns and welcomed him into the club. Sam Stead and Steve Hebblethwaite, two more Keswick stalwarts, were early club friends. A club that was in the middle of a five-win streak of Hodgson Brothers Mountain Relay wins (2017-22)¹. This year Harry made the team for the third consecutive year.

FORAYS ON THE FELS

At Loughborough University, studying sports technology, Harry started doing training sessions with the University athletics team. The training involved big efforts and sessions that focussed on the track; it wasn't what Harry was looking for. "That summer I had seven weeks out in the Alps, racing with friends on the continent. I found in the Alps what I wanted to do."

His first fell race was Ennerdale Show, in 2016, as a fresh-faced 16 year old. His first long race was Three Shires in 2019, but prior to that it was a championship race, Grizedale Horseshoe, that made him realise he preferred the intensity of racing over longer distances. This year at Duddon Harry confirmed this realisation, winning his first Lakeland Classics in a respectable 2 hours 57 minutes.

¹ The Hodgson Brothers Mountain Relay was not run in 2020

Winning is relatively new to Harry. "2021 was the first year I won a race, Fellside. The Saturday prior to Fellside I'd raced in the championships at Alderman's Ascent, a really hot day. The following Wednesday evening I won Fellside, then two days later on the Friday evening was the Wansfell uphill time-trial. The next day, Saturday, was the Old Crown Round, which I won. I was getting cramp just warming up before the race, but it turned out to be the best I've felt in a race!"



Top left: Harry at his first fell race - Ennerdale Show fell race in 2016 © Stephen Wilson, www.granddayoutphotography.co.uk. Above: Harry on his way to winning his first Lakeland Classic, the Long Duddon Valley fell race in 2022 © Stephen Wilson, www.granddayoutphotography.co.uk

Graduating from Loughborough 18 months ago, 2021 was his first season with a full card of races. What an opening season 2021 was, finishing 13th overall in the English and 10th overall in the British Championships. In the U23 category he came second in both. This year he's won the U23 English and British titles, and finished a highly impressive 4th overall in the British, just behind Mark Lamb, and 5th in the English Championships. "I'd beaten Lamby in most races this season, including the other two British counters, but the day before Buckden Pike, the only short I did, I was in bed unwell." It's worth pointing out that at Durisdeer, the British medium counter, he finished fourth, but with the same time as third place. After a 3 hour 41 minute battle at Seven Sevens in Northern Ireland, his only long British counter, he finished five seconds off second place.

A FUTURE ON THE FELS

Along with his local race, Old Crown Round, which he won in 2021 and came 4th in this year's English Championships, he cites Wasdale Horseshoe as his favourite fell race. He's only run Wasdale once, but sees it featuring in his calendar for many years to come. "The route works well, getting steadily tougher as it goes along. I quite like that level of difficulty although I'd prefer it run the other way around, being more runnable towards the end!"



Above: Harry racing Three Shires, the deciding race in the 2022 Lakeland Classics Trophy © Stephen Wilson, www.granddayoutphotography.co.uk

Of the Lakeland Classics he's not done Buttermere Horseshoe but plans to race that, and enough of the others, to qualify next year. "At the start of this year I wasn't targeting the Lakeland Classics, I was going to treat them as long runs, but after Duddon I decided I'd be a bit more serious in my approach to the other Classics. One race I'd like to win is Borrowdale. It's the race to win, but not one that'd suit me, which is partly why I'm attracted to do it. When I started running I couldn't run well on rocks, but doing the Lakeland Classics made me train more for that type of terrain."

DOWN TO THE WIRE: THREE SHIRES

I ask Harry about the final race in the Lakeland Classics Trophy: Three Shires. Going into it was one of the closest finishes in the Trophy's 20 year history, for both the men's and women's competitions. Did he realise how close it was and what he needed to do at Three Shires? "I'd worked it out myself and confirmed it with Matt [who takes on the role of Lakeland Classics statistician from 2023]. Philip Rutter [the LCT leader] wasn't entered for this

final race. Based on a two-hour winning time at Three Shires I needed to finish within two and a half minutes of this winning time. I changed tactics, setting off fast and trying to hold on. Jack Wright pulled away going up to Swirl Howe and then I messed up my line coming off Blisco. I was always within two minutes but going up Lingmoor, the final climb, I took a wrong turn through the head-high bracken, bashing my way through and losing my sense of direction. I fell into a gully and scrambled up thinking I'd lost the Trophy. I pushed on the descent to make up some ground and hung on to be only a minute and a bit behind Jack at the finish."

IS IT WORK OR LEISURE?

There's a lot going on in Harry's head; he has a disciplined, scientific manner in which he applies himself to his running, training and racing. That's reflected in his degree in sports technology, involving product design, sports science and engineering. He was offered a placement over the summer, working in Switzerland for Scott Sports, developing a traction-testing robot. He would have been working in a laboratory, developing the technology and coming up with the protocol to test the grip of different shoes. "Sadly, because I was straight out of university, I needed either three years of experience or a PhD to work in that region of Switzerland, so I didn't get to go."

He had a brief placement working for inov-8 but for the last six months, including most of a summer spent abroad, he's been working freelance for Ron Hill Ltd as a product designer.

TRAINING, PLANNING & COACHING

There are similarities between last years winner of the Trophy, Matt Atkinson, and this years winner. Both spend a lot of time analysing data, whether it be from their Strava accounts of training and racing, from reccies of races to come, or results of previous races. It's certainly not pointless trivia and endless number-crunching; they both have a definite sense of purpose and a confident idea of the end goal. It might not be how traditional fell runners would approach it, but it certainly has proven to get them results.

"I spend quite a lot of time looking at routes, recceing and producing spreadsheets with timings on. For nutrition I can get quite geeky, breaking sections of a race down and work out my carbohydrate intake per hour, how many gels and how much energy drink to consume. I work on an intake of 60g carbohydrates per hour, mostly Voom bars and Maurten energy drink." He's been thinking of making his own glucose-fructose energy gel.

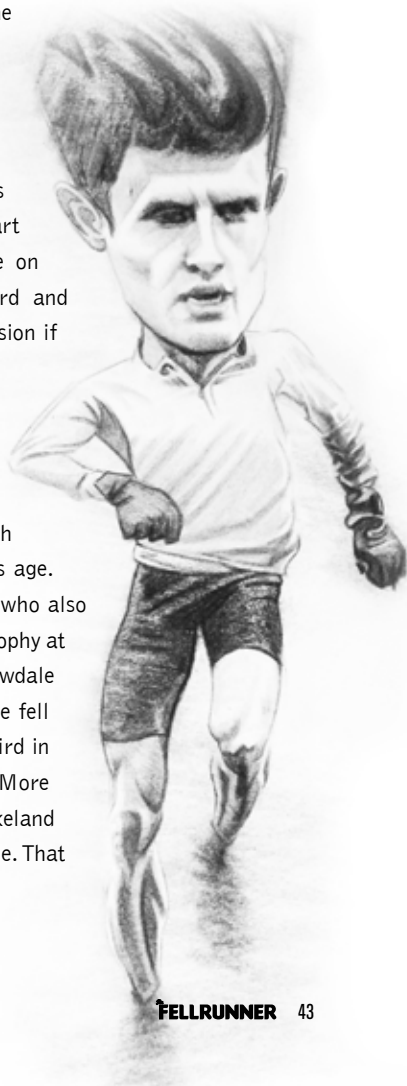
An illustration of Harry Bolton © Lundy (Dave Lund)

Harry shows me his spreadsheets, measuring each week's distribution of frequency of runs and accumulated kilometres. Two 90km weeks were his highest. This year so far he's averaged 65km and 3500m ascent per week, "which is probably why I can get away with not doing that much distance. Only Matt Atkinson does less distance but as much elevation on Strava."

"I use Strava for all my runs and races. This autumn I've been trying to plan out what I'm going to do next year, putting in races and rest weeks. This year I tried to do that but got carried away and entered everything. I don't do many sessions, tending to just run faster when I feel like it, around 80km per week during the winter months."

When I ask who else he looks up to in the sport he says Billy Cartwright (Matlock AC) and Chris Richards (Helm Hill). "I train with both of them. I did quite a few sessions with Billy last winter and I know him from Loughborough. I've seen more of Chris when we've been training abroad. I've listened to their training ideas; methodical but less bothered about the outcome than you'd expect, focussing on the process. Even if what they are doing now doesn't make them better in the short term, it's building for the future, making them better in the years to come. Billy's plan is to be sustainable, taking rest weeks and recovering. I've considered a coach but having spoken with Chris he says I'm good at the art of coaching, focussing more on not pushing myself too hard and knowing when to ditch a session if I'm tired."

For a 22 year-old, and relative newcomer to the sport, Harry has a level-headed and sensible approach similar to someone twice his age. There is another fell runner who also won the Lakeland Classics Trophy at 22. He's gone on to win Borrowdale fell race eight times, Wasdale fell race four times and finish third in the Skyrunner World Series. More importantly, he won the Lakeland Classics Trophy a second time. That man? Ricky Lightfoot.



The SLOVAKIAN HAMMER

WORDS JACOB TONKIN

Whilst nobody can deny that the feats of the Mark Lambs, Carl Bells and Nichola Jacksons aren't impressive, I've always been in awe of the unsung heroes within our fell running community. To me, the term 'unsung hero' is defined by Boris Psodorov. A man who has played a small, but increasingly important, part in so many people's fell running adventures.

Boris moved to the Lake District from Slovakia 10 years ago, and started working at the Borrowdale Hotel. It was there that he discovered his love of the fells. He'd go out running on his days off, mainly to earn a few pints in the evening. His passion, grit and determination showed in each run he went on. Slowly but surely he became a big part of the running scene in Keswick. He was dubbed 'Keswick's favourite Eastern European', but in reality he

had truly embraced the fell running way of life, and had become a true Cumbrian. He always went well out of his way to help anyone who needed it and loved to get involved in the running community. He was as excited for you to finish a race as he was for his own performance. He would celebrate each race as though it was the World Cup final. There really wasn't a dull moment when Boris was around.

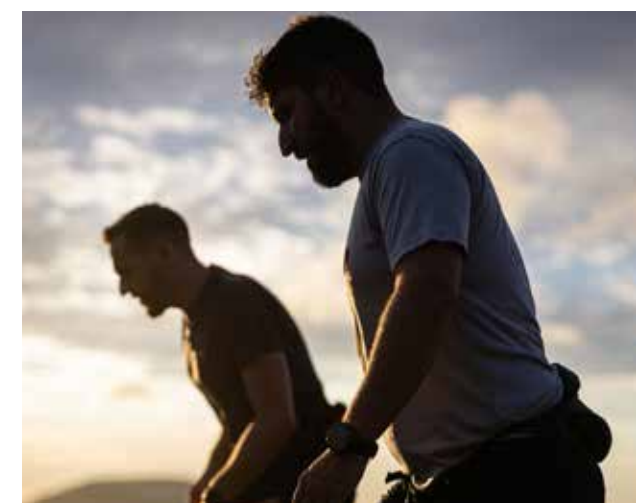
Whilst living in Keswick, Boris completed a lot of races and running challenges: Cumbria Way, KMF 50, Clough Head, Latrigg and Langstrath to name but a few. He was aware he'd never be as quick on the climbs as a lot of folk, but he well and truly made descending his thing. All his friends called him the "Slovakian Hammer" when he was charging down the fells, due to his sheer descending prowess.

It was his job, though, that gave Boris a platform to support so many people. He really rose to fame by becoming "that guy who fetches you a pint when you get back to the Moot Hall!" If you've finished a 'big round' at the Moot Hall in the last 3 ½ years there's a good chance that he was the first person you saw. He'd be standing on the steps armed with a fresh well-deserved pint from The Round in his hand, making sure he was the first to congratulate you on your achievement. "Well Done, drink this! Then come and have a reward burger and tell us all about it!" he'd say to you as your head is spinning, not knowing whether to laugh, cry or be sick.

Over the years Boris has probably done 27,000ft of ascent on the stairs of the Moot Hall to give countless folk a victory pint, including the likes of Paul Tierney, Beth Pascal, Howard Draccup and James Gibson on their record-breaking big rounds. When I completed my Bob Graham, in June 2021, I was given 0.28 seconds for it to sink in before I had a pint thrust into my hand and was cuddled half to death by Boris. He was beaming with pride, and crying more than I was.

Unfortunately, in September Boris's 10-year stay in the Lake District came to an end. Whilst I am excited for him to be starting a new chapter of his life in the Czech Republic, I can admit that I have been completely heartbroken to see him go. He leaves a very big hole in the hearts of many in Keswick. When I (tried) to run in with Jack Kuenzle on his record BG, I shed a tear that my best friend Boris wasn't there to give Jack his beer. I wonder if anybody will ever take over the mantle as chief pint-fetcher to all those weary runners?!

So to Boris I say thank you for your unwavering friendship over the years, and I look forward to coming to visit you. Next time you come back to your English home I'm sure you'll be owed plenty of pints from everyone you've helped. Now you'll be the Czech Republic's favourite Cumbrian!



Opposite page: Boris (right) running with the author, Jacob Tonkin © James Appleton, www.jamesappleton.co.uk. Above, top to bottom: Boris on Brandreth, looking down to the Ennerdale valley; Jacob Tonkin and Boris running together © James Appleton, www.jamesappleton.co.uk; Boris handing Beth a pint after she broke the women's Bob Graham Round Record in 2020 © Sam Bénard



merry on it

Damian Hall was in for a surprise on the lesser-trod Merionnydd Round

WORDS DAMIAN HALL

In retrospect, I should have taken more notice of the fact that only four people are known to have completed the Merionnydd (probably pronounced ‘merry-on-ith’) Round. There have possibly been less than 10 attempts and no completions since 2015.

The fact that the record is 23:29, by Stuart Bellamy, tellingly with two more completions within a minute each of that, should probably also have made more of a mark in my sawdust. Legendary fell-runner Colin Donnelly has completed it (solo), too, but his time is seemingly unknown.

Lead photo: The lesser-travelled canyon country © Damian Hall

The 47 summit, 72 mile, 26,000ft southern Snowdonia circuit was created by Yiannis Tridimis in 1998, including the infamous Rhinogs to the west and brooding Cadair Idris to the south.

My good friend, the cow-botherer Tim Laney, first mentioned the Merionnydd Round to me (the git) after doing it last summer over two days (er, minus one peak). He mentioned “really tough terrain” and tricky nav. But all fell rounds have those, right?

I was intrigued. Fresh rounds are a rare find. I felt an urge for a new adventure and some big days out with lots of vert as preparation for Tor Des Geants. The remoteness, reported toughness and almost frontier feel appealed too.

On the GoFar Facebook page Tim Budd wrote about having a go at the mysterious round with Chris Webb. “[We] died a thousand deaths on the way to Arenig Fach,” he reported. “My advice? Recce it until you’ve worn lines in the heather/bog to make the attempt faster.”

“I think that the area between Snowdonia and mid-Wales shows the true character of wild Wales,” said Yiannis in an email. “I spent a few years recceing and designing the route and have fond memories of the experience. A traverse of the middle and northern Rhinogs will convince anyone about the beauty of this wilderness.”

I vaguely remember Tim saying something about it being the wrong time of year for an attempt, because heather and bracken would be high. But it was too late. I felt compelled towards it.

I recced about 40 miles of the round. The Rhinogs section felt thrillingly rugged and remote, albeit challenging to actually run on due to every fell runner’s favourite terrain: ankle-snapping rocks hidden beneath blankets of heather, often on a steep slope. Precious trods would magically disappear and reappear (if you’re lucky). It was slow going. North of the Rhinogs is canyon country, where you could easily get stranded attempting to scramble a cliff face. On the southern section, the 2,000ft climb up Aarn Benylln took me an hour on fresh legs, longer than anything on the Paddy. It would transpire that that was the ‘easy’ 40 miles.

The round has the uncommon luxury of seven road crossings, but I’ve come to think of it as three main sections: the lovely, lumpy, largely runnable south-eastern bit (Cadair Idris, et al.); the half-runnable, rocky Rhinogs to the west; and the bit where you question your life choices (at least a third of it geographically and like it takes half the time overall). I didn’t have time for more recces and while useful they also diminish the adventure. I wanted a bit of that, too.

A weather window opened, even if it had rained heavily for days before. I caught a train to Barmouth and started out at 4.30am on Thursday 4 August. I couldn’t take the direct route up the first peak I’d sussed out the night before, due to head-high bracken. But otherwise the first half of that leg was glorious. Runnable grassy summits, mostly following a wall in the light clag as the sky lightened, allowing glimpses of silvery rivers below.

I missed a key bit of the thin trod descending Rhinog Fach. Then decided that rather than the roundabout route up Rhinog Fawr that Tim had showed me, I’d try something more direct, the first of several sub-optimal decisions. Much of the rest of that leg mostly involved me clinging to rock faces and scrambling back down to look for another route up, or tagging a confusing second phantom summit. I didn’t mind. I was having a blast.

I had no schedule as such, but carried a copy of Yiannis’s 23:30 timings as a rough guide and towards the end of the leg realised the 22 miles would take me over seven hours, longer than he took. I’d been a bit casual. I’ve run a 21:30 solo winter Paddy Buckley and naively didn’t think the Merionnydd would be much slower. But I was already nudging a 24-hour finish. No time allowance for any mishaps now. But I was heading into uncharted territory.

On the climb towards Fael Fawr, a buzzard made it clear it wanted me to buzz off (understandable). Then an albatross-sized crow showed consistent interest, flying slightly ahead, then waiting atop the next peak, eyeing me with abject mockery. It if wasn’t for the beating sun the landscape would have felt forbidding.

“Beyond Craig Wen there is bog,” wrote Tim Budd. “There are no paths, no lines on the heat maps. Nothing. Just moorland and bog.” And that’s the better bit of that leg. Can’t say I wasn’t warned. Laney had suggested I don’t recce this bit as it would “piss you off so much you won’t want to do the round.”

There was a trod at first. Then just waist-high spiky grass atop ankle-deep, Mudclaw-stealing bog. Then a long gradual ascent began with shin-hating trod-less scratchy heather. It took me three and a half hours to travel the nine miles to the summit of Arenig Fach. My legs felt fresh, but I only ran about 30 minutes of it.

Worse still, with no visible trod off the hateful thing, I couldn’t even run down it. That was annoying. Budd describes it as “awful”, “nightmare terrain”, “trackless, featureless shin-destroying heather. Awful isn’t even the word for it. We were going slower than crawling pace”. It would get worse.



Above: All 47 summits on the 72-mile Merionnydd Round in southern Snowdonia. Map designed by Andy Ford, contains OS data © Crown copyright and database right (2022)
© Otter Maps www.ottermaps.co.uk.

A sub-24 hour round seemed just about possible still and it was a pleasure to do a long slow climb up Arenig Fawr. It was lovely that bit, in the afternoon sun. I even saw two hikers. Next was a dilemma: which order to do Ddualt and Rhobell Fawr in, with an out-and-back required on one or the other. I was learning enough about this rough, runner-hating, gawd-forsaken country to know that often the direct route isn't the most friendly.

A canny detour via Coed Y Brenin looked like something a proper orienteer might do, but was boggy and slow. But then faster trails – ace in the hole! Oh actual running, how I've missed you! I had decided on Rhobell Fawr first, but once out of the woods Ddualt looked so close (perhaps not coincidentally I was missing a contact lens) with tree plantations helpfully felled on the hill ahead. It seemed to call out to me.

Those plantations had been felled, but about two years ago. On the steep climb I was slowed by waist-high brambles, as I leapfrogged from tree trunk to trunk, not always successfully. Then a madcap dash – time felt critical now – through the forest, on boggy trail and at one point clinging to a fence above a raging river. Up Rhobell Fawr in the last of the evening sunshine and straight back down, missing my turning and doubling back.

Just when I needed a fast section, I found out what Laney meant when he'd said, "You haven't got to the slow bit yet". As usual, my lack of recce/route knowledge didn't help, but I find it difficult to put the next bit into words. It was a boggy bowl of trod-less heathery hell. It stole my hopes of a sub-24 hour finish. More skin from my shins. And a bit of my soul.

Finally climbing up Aran Benllyn in the gloaming and dodging some frisky cows I was back on charted territory. Sub-24 hours seemed impossible now, especially as I only had one gel and four sweets left for what would end up being 10 hours, so I decided to chill (I didn't want any injury ahead of TDG). I'd also accidentally turned my torch on in my pack and, unsure how long it would last, used it on the lowest setting, which slowed me further in the clag. Otherwise it was a largely lovely night, with the novelty of being able to actually run. I surprised a badger. And thought about breakfast a lot.

After uneventfully tracing the long line of enjoyable peaks, it began to get light on the climb up Cadair Idris. The top was windy, cold, rocky, bleak. Finally I was tumbling down towards Barmouth approaching 8:00am. There was still time to trip and fall on the long wooden bridge across the bay. Not only had I forgotten what running felt like, but hard, reliable ground seemed altogether alien.

The Merionnydd Round is as tough to complete as it is to pronounce. The terrain is so prohibitive in places that it leaves no time in reserve for mishaps, energy lulls or topographical indecision or confusion. It's a test of spirit (and nav) more so than of legs and fitness.

Never again, I thought, as I crammed a fry-up into my famished cakehole. But an hour later on the train home I was emailing Yiannis with an annoying questions about route choices, starting place options and optimal times of year...

Right, top to bottom: With Tim Laney on a Rhinogs recce, Semi-happy selfie with the Barmouth finish in view, the Mudclaw-stealing bogs beyond Craig Wen © Damian Hall



THE HAPPY FELLRUNNER

A JOSS NAYLOR CROSSING

22.09.22

WORDS JULIE CARTER



Above left column top to bottom: Julie and with Ali Milner approaching Dunmail; approaching Styhead with Steve Hebblethwaite; Mandy, Natalie and Kate waiting at Styhead © Tony Stephenson. Middle top to bottom: Julie on Pillar Summit © Natalie Hawkrigg; climbing Steel Fell with Steve Hebblethwaite © Tony Stephenson; welcoming party at Greendale © Mandy Glanvill; Right top to bottom: Heading up Red Screes led by Ali Milner and Katie Milburn © Tony Stephenson; setting off up Red Screes with Ali Milner and Katie Milburn © Tony Stephenson; happy endings - Natalie, Julie and Kate at the finish © Julie Carter

You can't ever boil a good day out down to a single emotion or motive. Fellrunning is a rich experience. But that said, there is one word which sums up how I felt doing my Joss Naylor Challenge in September and that word is *HAPPY*. And I was happy in an important way—in a Type One, moment-by-moment kind of way. Free of pressure and expectations about performance, it was all about the day out.

At ten to five I was met on a very dark Pooley Bridge by Craig Smith and Steve Angus. They know the route very well but they hardly knew me. I had worries—would these super-fit guys think I was pathetically slow? But it only took me a few minutes to realise these were no macho-men, but were reassuring kind and expert supporters. Trotting up to Loadpot Hill settled me down:

“Steady Julie, slow down a bit, you don’t have to push hard at this stage, this pace is easily fast enough.”

We got into a nice steady rhythm and what a morning we shared. Full moon to the right of us, psychedelic sunrise to the left, mist in the valleys and a herd of antlered red deer ahead. Who wouldn’t get out of their bed at three o’clock to live through a morning like that on the fell? Then as we got over High Street the clag rolled up and the last couple of tops were in thick grey mist. But no worries, Craig knew every inch of the ground and soon I was down at Kirkstone, downing a tin of rice pudding... happy. The High Street leg had been ‘easy street’—no stress.

Apart from the very last bit of the route from Seatalan to Greendale (leg 4) I knew the ground very well, so wasn’t at all concerned about the mist. Off up Red Screes I went with Ali Milner and Katie Milburn also joined us to Hart Crag. Good chat, good friends, good running and the thigh-testing descent to Dunmail. It was no effort really, every moment just a pleasure.

Steve Hebblethwaite started his support duties right away as he shepherded us safely across the busy road. Up Steel Fell and we trotted on over the bogs to High Raise. We talked about poetry and parenthood, but the ground was sapping and we had nothing to look at except reeds, tussocks and mist.

“Not much of trod is there.” I remark, beginning to feel that this was getting hard.

“Funny to think that if you weren’t doing a Joss Naylor, you’d probably never set your feet over this exact place.”

“He’s right”, I think. “Appreciate it. Don’t wish it was easier. Take it how it is”. Then, while weaving over the trods of Rosset Pike, the mist lifted. The Bowfell ascent always feels a little like a magic passage. One minute you’re at the bottom of an imposing craggy mountain and then you quickly sneak up its flank. Emerging near the top always feels like a surprise even though I’ve done it dozens of times. Soon we are over Esk Pike and on Great End and it almost feels like it’s passed too quickly, but the descent to Styhead demands attention. It is impossible to run down this hill and think about anything other than running down this hill.

Styhead and end of the leg: Ah... a cup of tea... savoured... and a sandwich to go with it. And a chat and a hug from my lovely wife Mandy and a howl from my hound Moss.

“Bye, thanks Steve.” And it’s off up Gable with Kate Apps and Natalie Hawkrigg.

“Big bugger, isn’t it.” I reflect.

“Don’t think about it”, they say and distract me with a tale about how liquorice bars can turn your poo black and that this can be confused with a medical emergency. More stories, laughs and enjoy the view... which soon disappears. Accept what comes—back pain.

“It’s only a bit of pain.” Says Natalie. Paracetamol efficiently dispensed.

Wind up,
rain coming down,
extra layers on.
Hard to hear each other talk in the
lashing gale up Pillar,
so we sing instead.
The weather is wild and so are we.

Three strong women, smiling in the storm, taking each fell, one at a time. Each one paid homage to, as we work up, touch the summit, and trot down. I’m tired, but Seatalan isn’t as big as it had grown in my mind. We don’t get a good line down but scree and bog are scree and bog and does it really matter? At Middle Fell summit it feels like only moments since I left Pooley Bridge. We get to Greendale quickly. Very wet, but no torches needed. Greeted by two Herdwicks and Mandy and Ali and her husband Paul. I love these fells and I love these runners. Thank you Joss. We all love you—for everything you are and have given us.

Later someone asked me how long it took. I had plenty of time being fifty-eight years old, sixteen hours were allowed and I took fourteen and a quarter. But really it was only a matter of moments. Happy moments; each one accepted and relished. To have a day on the fells with no striving. To have experienced all this; from sunrise to sunset, from sunshine to storm. A happy day indeed.

Yes, thank you Joss and thanks Mandy and Moss and Craig, Steve, Ali, Paul, Katie, Steve, Kate and Natalie. Given where we are in history right now— doesn’t this kind of happy feel incredibly precious?

Going THE WR



52 WINTER 2022

WORDS LUKE APPELEYARD

Now and again, fell racing gives you a keyhole glimpse at what it feels like to be thoroughly tested. It gives you an impression of what it is like to be Steve Backshall, someone properly hard who will kayak down a gorge in Papua New Guinea that the local tribes people walk the long way around. No plan ever survives contact with the enemy.

Ever since first running the High Cup Nick race, I've wondered whether a line up to the right of the gill off the stream CP was on. In February the gill bottom is soft and sodden which slows me down dramatically, a diagonal NE ascent out of the wretched pog to meet the scar, followed by a flat blast on to the nick, would save you from the awful stodge...in principle.

When I dib at the stream, my race is in good shape. It's not a very loaded field, and it shows. I had planned to break from the race route shortly after the stream around a wall junction, and then pick my way diagonally toward a small plateau near the beginning of the scar by utilising flats and terraces to keep me running in between short bursts of walking climb. If I can give myself plenty of time to make the ascent by opting for a diagonal line I can keep moving quickly, which will be good for overall economy. Within about a minute of leaving the race route the 'fit starts to hit the shan'; the going underfoot, even on the flat, is so rough it's hard to stay running, and worse still the race route actually intersects my line further on, so I may as well have stayed on the trod. There are rocks poking out of the grass everywhere and plenty of cattle divots.

I stick to the plan and lean into the main bulk of ascent; the runners I was behind are now a long way off in front of me, this is the first sign I'm going slower than expected. The climb is awful to put it mildly, the scree slides and boulder fields are only covered by a small layer of turf and it would be simpler if the grass wasn't there at all. Every step up results in half a step down due to slipping off the edge of something and into a hole, my shoes won't stop trying to rotate around the other side of my foot as it slides off taking half my bodyweight with it. There are absolutely no defined routes, no obvious terracing, and the plethora of obstacles are obscured by the long grass. Conventional contouring is impossible, and a straight up route requires more leg power than I want to commit, due to the consistent need for big steps. It's a far cry from the side of Winder, which is what I was expecting; it's taking ever such a long time and I'm consuming energy at a vastly increased rate with no gels in my pack.

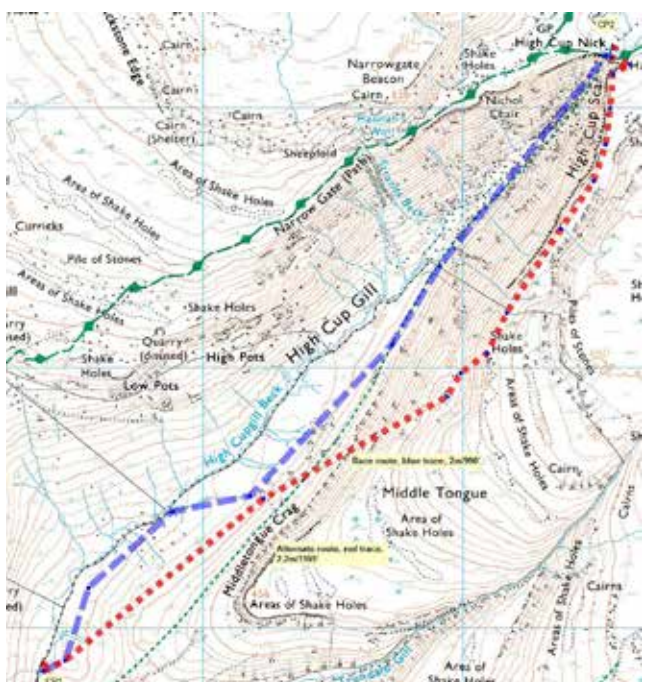
I arrive at my first target feature, a series of scree chutes below a black crag, which are easier to cross and climb than the grassy side of the gill, and before long I find the plateau which is key to my line leading to a stile. The plateau turns out to be a hillock, and before long I'm descending, which I do carefully as a crocked ankle at this stage might see me spending the night there. On the final draining climb I startle an enormous hare, which makes short work of the terrain as it runs off. My navigation is spotless and I find the stile first time of asking, which means I am now at the same elevation as the scar and no further ascent is needed. The views are tremendous; a small stream can be seen cascading down the opposite side which raises to my attention the fact that there are runners above it, just how far back am I, I think to myself.

My plan is to make up lost time by tearing up the grass on the flat run in to the nick CP, but I'm goosed, my legs are dead. As I look down into the gill below I can see that I am level with the back end of the field. I rejoin the race route at the CP and hear someone shout, "Where the hell has he come from?" I try to claw back some places, which works initially, but by CP3 (Peeping Hill) I've run out of petrol, my body's energy reserves are depleted. The climb has twisted my knees on several occasions and both are suffering connective tissue straining from trying to push off unstable surfaces over and over again. On the way back into Dufton I stop and tell the tale to a club mate who is warming down, there's no point rushing, and I walk over the line barely able to run full stop.

I relay my story to Morgan, who looks at me as if I'm a total moron. I manage to negotiate two slices of cake in the hall and,

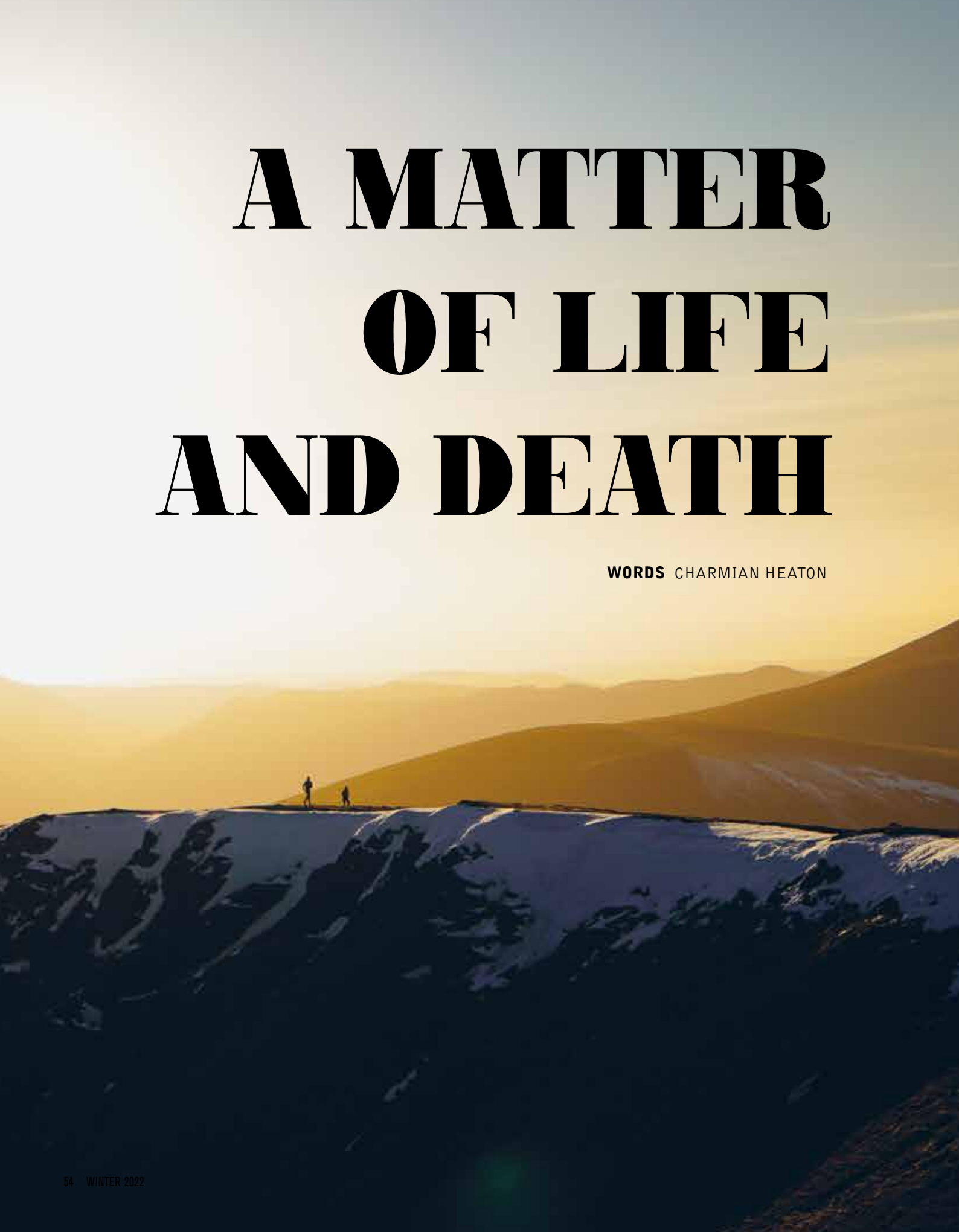
once eaten, I lay down on the floor to allow the sugary goodness to replenish me. A guy asks me if I'm ok, to which I reply "I am, just about", and he tells me he's sending a paramedic in to see me. The paramedic sits me on a chair and listens politely as I regale him with my story of hardship and woe, and many people keep asking me if I need any help. I think I might have gone a bit pale at one stage.

As I sit there, trying to reason with my experience, I wonder of there may be any conditions under which my route would be quicker. It would be slower in the rain, slower in the snow, tricky in the fog; even if half way up the gill bottom you had to sit a 50 question open book exam on *Stud marks on the Summits* with an 80% pass rate, the gill would still be faster. My printout made eye watering reading, CP1-2 took 37 mins, and I was well over an hour to the nick. I reflect on how, despite the rules permitting it, few people will investigate new lines and take chances. All too often runners will just follow the herd, which in most, but not all cases, are going the right way. I would encourage anyone and everyone to go the wrong way once in a while.



Above: Luke's route (red) versus the more well-trodden race route (purple). Created using MemoryMap © Crown copyright 2022 Ordnance Survey, Media Licence 012/22.

Opposite page: Luke Appleyard (Wharfedale Harriers) at the High Cup Nick fell race, 2022 © Stephen Wilson, www.granddayoutphotography.co.uk.



A MATTER OF LIFE AND DEATH

WORDS CHARMIAN HEATON

Despite the lovely weather as I write this, nights are drawing in and the leaves on the trees are beginning to display their autumnal colours, indicating that winter is on its way. Fell running and racing is a simple sport with relatively few rules, which are intended to protect participants and race organisers, and to ensure that everyone stays safe. These safeguards become ever more important as the days shorten and temperatures fall, and the steps that we take to ensure our safety in races are just as relevant when we are out on the fells whilst training or just having fun.

There have undoubtedly been any number of near misses with runners finding themselves cold and potentially hypothermic over the years. The FRA published the leaflet “Hypothermia. How to avoid it – and what to do if you get it”¹ following a particularly wild Edale Skyline in 2007. The FRA compulsory kit requirements should be regarded as a minimum but, of course, will not keep runners safe whilst stashed in a bum bag or race vest. Nicky Spinks has a saying which is, “If you have thought about it three times then do it”. In other words, if you think your hands are cold then stop and put your gloves on etc.

I was at the Wadsworth Trog in February this year on a foul day, and it was interesting at kit check to observe the range of kit which complied with the rules. Most runners turned up with winter-weight jackets, although a small number had what I would describe as “skinny kit”. Photographs at the start reveal that most started the race wearing waterproof jackets, hats and gloves, and photos at Cock Hill show that most runners had all their gear on. Later, I was at the finish when one runner had to be rescued and brought back, as he was reported in an unresponsive state. He had not been wearing hat or gloves and only put on his jacket when he was in trouble and needed help to fasten it. A team had to sit him down, undress him and get him in warm, dry clothes as he was unable to do anything to help himself. Happily, after an hour or two and numerous cups of tea and soup, he recovered and the RO could breathe a sigh of relief.

This incident reminded me of a very honest race report² written by former GB mountain runner and one of the most successful fell runners of recent years, Ben Mounsey, after the Lee Mill Relays in 2015. In a nutshell, two CVFR teams were battling it out in what were horrendous conditions with gale force winds, hail and torrential rain which flooded parts of the course with freezing cold water. Ben and rival Karl Gray warmed up together and agreed it was “vest weather”. Ben writes,

“Just before the summit, I passed Karl and it was here that the weather was most intense. I wasn’t expecting this. I knew it was bad, but this was serious stuff. I felt like I was running head-on into a tornado, the wind must have been around 80mph. I was struggling to stay upright and no matter how hard I ran, I wasn’t making any progress towards the top. It was a huge relief to turn at the summit and head back across the moor with the wind behind me.”³

“The hail was battering me so hard it felt like I was being shot. I was like the guy on the front cover of Platoon, taking bullets from all angles. I didn’t want to stop and put on my jacket either, because I didn’t want to lose any time. I’d lost all feeling in my hands and I could barely even speak.”

“As I began to climb steeply out of the valley, I realised that I was quickly heading into a zombie-like state. When I hit the top of the ascent the wind hit me like a head-on collision with the Hogwart’s Express and literally took my breath away. I was well and truly battered. I felt dizzy and disorientated, and I just wanted to stop and wait for Karl. I honestly stopped caring about the race, I just wanted to finish.”

Ben did finish his leg of the race ahead of Karl but was in a total hypothermic state, barely able to walk and unable to speak. He later apologised, taking full responsibility for his actions saying:

“I only have myself to blame for underestimating the weather and I’ve learnt a valuable lesson. As an experienced fell runner, I really should know better.”

Ben had further cause to question what he takes with him on the fells while on regular training runs, when he unexpectedly came across a serious incident whilst running on Blencathra in October 2020. A casualty had fallen 100 feet face-first from Sharp Edge onto the rocks below, and Ben and his companion went to his aid. They spent two hours with the casualty until Mountain Rescue arrived, during which time they became very cold but had no extra clothes to wear, or any emergency equipment. It made him feel helpless and he vowed never to put himself in a similar position again.

Then just a week later, the fell and mountain world was rocked by the tragic death of Ben’s close friend and International Mountain Runner, Chris Smith, whilst out on a training run in Scotland on 27th October 2020. Chris had set out alone at around 3pm, carrying a phone loaded with an OS map of the area, for an eleven-

Opposite page: Fell runners enjoying a fresh winter’s day in the Lake District © Jacob Adkin

Footnotes: ¹ View the FRA Hypothermia Leaflet online at https://files.fellrunner.org.uk/documents/FRA_Hypothermia.pdf; ² Read Ben Mounsey’s blog at <https://benmounsey.net/2015/11/30/bad-education/>; ³ View a video of the 2015 Lee Mill Relay - <https://youtu.be/5iC7uipS-g0>



Right: Chris Smith racing in the 2016 Inter County Championships in North Wales
© David Woodhead, www.woodentops.co.uk.

mile route with 1450m of ascent, which included four Munros (mountain tops over 3,000 feet high) namely Meall nan Aighean, Carn Maigr, Meall Garbh and Carn Gorm, and he was expected back by 5pm. When Chris had not returned by around 7pm, his worried wife called the police but, despite an extensive search and rescue operation, his body was not found until 29th October when two of his friends found him lying in the heather at around 600m above sea level and well off his planned route.

At the inquest, it was reported that driving sleet, reduced visibility, and a wind chill of -11°C had caused him to become disorientated; a post-mortem examination concluded that he died of hypothermia. The coroner said he had taken off his hat, gloves, jacket and watch and laid them out next to him. Paradoxical undressing is a feature of hypothermia and increases heat loss, the court heard. Sadly, a husband, father of two and friend to many had lost his life and will be sorely missed.

All of these experiences demonstrate that even in Britain, we should never underestimate the effects of the weather. Runners of all abilities are susceptible and vulnerable if they do not take appropriate measures to protect themselves should conditions deteriorate or if they find themselves immobilised for any reason. So, what steps should we all consider?

PLANNING

- Consider the weather forecast and daylight hours available.

- Allow enough time for your planned route.
- Tell someone where you are going and what time you expect to be back.
- Work out potential escape routes.

WHAT TO PACK (AND NOT JUST FOR RACES)

- Paper map and compass (digital devices can fail).
- Additional layers appropriate to the season and allowing for immobility.
- Hat and gloves - and spares.
- Whistle.
- Survival bag.
- Mobile phone - not to be relied upon as signal can be non-existent in the hills.
- Head torch.
- Sufficient food and drink for the duration of the run.

As a result of his experiences, Ben tested the Garmin inReach Mini which has satellite capability and enables movements to be tracked remotely. Whilst not for everyone and having an associated subscription cost, it may be worth considering to prevent loved ones from worrying.



WORDS & PICTURE ANONYMOUS

In January I was lucky to race Cannock Chase Trig Points in Staffordshire. This fast fluid course amongst the beautiful silver birch and pine trees and heathland, evoked wonderful childhood memories.

As the race approached Castle Ring, I remembered my mother and father taking my sister, brother and myself for gentle walks around the Roman ruins. On one occasion a wisp of smoke curled above the forest and my father warned me there was a dragon sleeping there.

As a teenager Cannock Chase became my favourite place for walking my dog and that was where I first learned to run. Christmas 1994 I ran for one whole hour and felt very proud of myself. My mother met me at Stepping Stones for a picnic.

From the late 1990s I started fell races and became utterly addicted.

My mother thought me mad to run and get muddy and as I now lived away, she was glad she wasn't the one now having to wash all my dirty clothes.

Sadly by 2012 I was estranged from my mother. Whilst I was abroad for a few months she took her own life, at the nearby village of Tong, Shropshire. Alas, I only learned of this a year later. And so I could not attend her funeral and experienced no true family grieving. Little did I know the grief would lie buried.

At May 2022 the ten year anniversary of my mother's passing, these memories, and another trip to Cannock Chase, enabled the grief and sadness to rise up and overwhelm me.

Some of my local non-fellrunning friends, learning of my mother's suicide, and my apparent sadness, started to distance themselves from me.

However of note, the kind mental health people particularly remarked how strong and close the fell running community are. They told me to keep going to races.

Amongst all our fell running friends, without exception, every one who knows this quiet private story, has been very supportive.

And there are others amongst us who have lost loved ones, including this year.

May we pay our deepest respects to them all.

For sure, some of our fell races run along the byways and lanes of cherished family memories.

Let us quietly reflect upon the kind spirit we share in fell racing.

Fresh air, heather and mud, blisters, dibbers, prizes, cake, they all help.

And so, amongst all our friends, we quietly heal.



attended included Greek on their curriculum, so I never grasped the Corinthian ideal that sport should never be taken too seriously, that one should not try too hard and any superiority should be gained effortlessly and for its own sake. The Italian word is *sprezzatura*.

For my part I always raced to win something. The English word is greed.

When I think back to ‘games’ at school I finally lost my team spirit on one cold winter day on a frozen, rutted playing field off Chorley New Road, Bolton – I can see the grim scene even now – when I concluded that rugby wasn’t really my game and the delights of cross country running suddenly beckoned. At least with running if you fall, hit the ground and break something it is probably your own fault and not the result of an act of thuggish brutality by another.

I didn’t excel in running either, but training over the sand dunes near my next school in Kent was at least an idyllic introduction to the off-road pleasures that fell running would bring in later life. I never won an event outright during my school years and was always just a reliable team counter although later, when earning a living, I did win a company inter-departmental 10k trail race. I still have the photograph of me serenely crossing the finish line wearing vest number 1. Number 1! Had the race organiser expected me to win? Or did that number merely reflect where B for Breeze came in the alphabetical entry list?

The joy of that victory had to last half a lifetime because I only ever had one more outright win and for this I had to travel to France. Pot hunter? *Moi*? The tourist office for L’Alpe-d’Huez held a regular race for runners and cyclists, La Montée, from the town of Le Bourg-D’Oisans, up the famous 13 kilometres of 21 hairpins to the ski resort made famous by *Le Tour de France*. My prize was a *Decathlon* rucksack of various goodies including, this being France, a prophylactic – somewhat to my bemusement until it was confiscated by my teenage son.

So, one lifetime, two wins. Must try harder.

THE GOOD OLD DAYS

When amateur fell races became more organised with the issue of the first FRA Calendar in 1970, fell running was delightfully simple with no recognition of veteran male categories – or of any women. Only in 1979 did the fell championship recognise male vets and finally arrange a competition for women. Then as competitors in the sport grew old gracefully individual race organisers increasingly recognised more and more older age categories. And then these categories became recognised in championships and the English Championship now recognises categories right up to Vet 80 (for men and where there is meaningful competition) with lots of X5 categories in between. Clearly the provision of prizes in higher age categories encourages ageing runners to remain within the sport

and thereby bolsters the membership and financial wellbeing of the FRA – so a jolly good thing.

In a light-hearted piece (*Ageing to Win* – October 2003) I wrote about the alacrity with which runners, who for years have regaled listeners with tales of their aches and pains, upon approaching an age category threshold suddenly rekindle their love for fell racing, or at least the prospect of winning prizes and receiving the adulation of their peers. Whilst it isn’t quite a case of runners passing a significant birthday and rising like Lazarus from the dead, one does suddenly encounter people one has not seen for years turning up to races to gambol about like Spring lambs.

TURNING PETROL INTO WINE

Of course, nobody would admit to driving halfway across the country just to win a prize of a bottle of supermarket wine, so these sudden appearances must just be coincidental with a nostalgic desire to meet up again with old running chums. Although thinking of supermarket wine does remind me that the late and wonderful Dave Parry always gave very acceptable M&S wine as prizes for his North York Moors races. Even better was the fact that Dave never took any unclaimed bottles home and at the end of every prize-giving the first few to win the unseemly scramble to reach the prize table could take a bottle home, just for staying until the end. Dave’s prize-givings were always well attended.

Of course, prizes are not only something to be taken by mouth: vouchers for fell shoes, items of clothing, plaques and cups – all go down well, although best of all must be cash in a brown envelope. Cash, as they say, is king, although it does get spent and then it is gone, so when I feel nostalgic I just dig out my faded first in category Anniversary Waltz or Guisborough Moors T-shirts. Or a green rugby shirt emblazoned with *Land Rover*, which I must admit never had many social outings. A green rugby shirt? What would people have thought of me? Although the more interesting part of that day’s prize (at Worsthorne Moor), was the accompanying large model of a green *Land Rover* which I assume had come from a dealership. It didn’t really go with my sitting room decor, so my son took possession and for that day at least he thought I was a real hero.

In those fondly remembered racing days one of my mantras was that the race organiser was always right, even if I didn’t always quite understand why he or she must be. This would include the times when I have been sent a prize voucher through the post that I knew from the results I had not actually won and the odd times when I have watched my rightful prize being given to someone who finished behind me. Outrageous RO incompetence of course – but one’s dignity and public-school values meant one simply could not make a fuss. After all, this fell running lark is only just a bit of fun.

Nevertheless, it’s odd how long and vividly a prize-giving will remain in the memory. The RO who presented me with a bottle of *Moet & Chandon* for coming first V70 will long have a special place in my heart, as will the RO who presented every V70 entrant with a prize on the basis that by still running at such an elevated age we all deserved something just for getting round the course. For a bottle of wine, I am happy to be patronised.

When as the co-founder of the Lakeland Classics Trophy (with Brian Martin) I had to select a trophy for the winning categories I chose Bentham Pottery mugs – so not something to drink but something to drink from – and it pleases me that twenty years later the mugs are still presented. And thinking of vivid memories I still recall the LCT winner who having received his mug from me at the FRA ‘Do’ broke it before he even got it home. And then rang me to ask if I had a ‘spare’.

These are just a few valedictory reflections from my decades of fell running, of races run and of prizes sometimes won. One RO might have presented exactly the same bottle of wine to the first 20 runners where another RO might give prizes to only the overall male and female winner. But the differences in approach didn’t really matter – it was all only for fun.

VOICES FROM THE HILLS

I have recently been helping Steve Chilton with research for his excellent new book on the pioneering women fell and mountain runners, to be published in February as *Voices From The Hills*. The role of women in the early history of fell running has long needed a champion and in Steve it finally has one.

Steve’s book includes many personal accounts from the great names of early fell running and their struggle to be allowed to enter the sport. From Bridget Hogge, Carol Walkington, Anne-Marie Grindley... to Angela Mudge, Sarah Rowell, Linda Lord – the book contains their vivid and enthralling tales, all in their own words.

The first challenge in the women’s story was just being allowed to compete and this was eventually won. Another challenge was the matter of prizes and it is embarrassing to read how badly some race organisers treated those pioneering women in the early days – for them to watch the first man receive a bottle of whiskey while the first woman might be given some scented soap.

Thankfully today, with the proportion of female membership of the FRA now at 25% for the main adult age bands (and an encouraging 44% for those aged 20 or under), those dark days of prejudice are far behind us – or I assume they are? After all, whether the first woman beats ten or a hundred others, she is still first woman.

That win and that prize of recognition should never be tarnished but remain only a fond memory.

CÀRN MÒR DEARG

WORDS SELWYN WRIGHT

On the sharp arete the granite plane surfaces;

Contorted solid blocks, linked but separate.

Gaping spaces between towers rising from the deep

Earth piled up foot upon thousand feet:

Either side a drop through wafer thin air.

In a series of bounds legs flowed

And leapt in close connection with this age old rock;

Up, down, across, sprung in synchronicity.

Each step measured and quickly hung

Out over taut and leavened sky

To find the next diamond crusted boulder.

This life on the edge lived with a concentration

Too focussed to be broken.

Up here I am immortal.

For half an hour.

Background: artwork created with a blend of assets from vecteezy.com

LET'S BE N.I.C.E.R TO ACUTE SPORT'S INJURIES

WORDS DENISE PARK

The acronym RICE (rest, ice, compression, elevation) was first introduced in 1978 by Gabe Mirkin, as the most appropriate way to manage acute sport's injuries. An acute injury usually refers to an injury which has had a sudden onset causing severe pain, rather than one which has developed over a period of time. The injured area may be swollen, and it may also be difficult to walk or move normally. Whilst RICE has been the recommended protocol in response to an acute injury, questions have recently been raised as to whether it remains the most appropriate course of action.

Evidence-based medicine means that medical interventions are now required to have evidence to prove that they do what they are supposed to do. Unfortunately, it is often difficult to test a single specific intervention due to many other factors which could affect the result. 'Rest' for a fell runner might suggest avoiding running but continue to cycle, whereas to another person it might mean stay off work and become a couch potato for 6 weeks. These two different approaches would result in very different outcomes with the same intervention for a similar injury. Unfortunately, many of the studies which have looked at the various components of RICE have been carried out on animals to try to minimise these additional variables, which means there are very few high-quality studies which specifically refer to the human body. In the light of recent research, the British Medical Journal has now introduced a new acronym - PEACE and LOVE (Dubois and Esculier, 2020) to replace RICE until further evidence becomes available. PEACE advises how to manage an acute injury initially, with LOVE suggesting how to proceed after the first few days.

P - PROTECT

This is now thought to be a more appropriate recommendation and replaces the previous advice to rest. Whilst it is important to unload damaged tissue immediately following injury, a gradual



Above: Denise Tunstall (Durham Fell Runners) at the Grisedale Grind Fell Race '22 © Jacob Adkin

return to function should be encouraged as soon as pain allows. REST suggests 'complete rest' until the tissues have repaired and whilst the tissues need to be protected from further injury in the initial stages, this should only be immediately following the injury. Gradual loading of injured tissues promotes responses within the cells that result in structural change and a much better repair. The time the tissues need to be protected depends on the severity of injury and the type of tissues damaged, but it is important to begin slowly re-loading the tissues as soon as possible after the initial period of protection. The advice to 'rest completely for 6 weeks' is rarely necessary, except in cases of more serious trauma.

E - ELEVATE

Whilst there are very few clinical studies looking at the effectiveness of elevating an injured part above the heart, it is still thought that it helps to minimise or reduce the swelling of an injured area.

A - AVOID ANTI-INFLAMMATORY MEDICATION

Several studies have now shown that non-steroidal anti-inflammatory medication taken up to 72 hours after an injury may adversely affect the body's healing process, particularly in relation to bone, muscle, or ligament injuries. Inflammation is the body's natural response to an injury as it triggers the repair of the tissues, so medication such as ibuprofen or nurofen which

inhibit this process may hinder the repair of the tissues. There are also increased risks of other side effects such as stomach-related problems.

A study of endurance runners in 2013 showed that anti-inflammatory drugs were the most frequently taken medication during routine training, in the lead up to and during competition, and in the days following events. When questioned, the runners stated that the most common reason for taking the anti-inflammatory medication was for pain relief. Painkillers such as paracetamol have been shown to be as effective for pain relief, so it is now recommended that painkillers are used immediately following injury rather than anti-inflammatories, as there will be fewer side effects and less chance of the healing process being compromised.

C - COMPRESSION

It is thought that external pressure applied to the area of injury helps to prevent or reduce the swelling and minimise further bleeding of the tissues. Again, there are very few studies which have specifically looked at the use of compression alone.

E - EDUCATE

It is important that individuals are educated about the new guidelines on the management of acute sports injuries. The benefits of an active recovery which load the tissues safely, the use of painkillers rather than anti-inflammatory medication for pain relief, and the early introduction of physiotherapy will all help to restore function to the injured tissues resulting in a faster return to sport with less chance of recurrence of injury.

& After the initial few days of PEACE – the tissues then need LOVE.

L - LOAD

The injured tissues need to be protected immediately following an acute injury to prevent further damage or re-bleeding, but rehabilitation to restore function should be started as soon as pain allows. Crutches, braces, supports, or tape can help to decrease the load through injured tissues whilst allowing for early activity, but it is important that they do not totally prevent movement from occurring. Tissues respond to the stresses that are put through them, so early mobilisation of the injured area helps to promote the repair and remodelling of the tissues and restore and maintain the strength. Physiotherapy can also introduce early load to the injured tissues by using specific techniques which help to encourage an organised repair with correct fibre realignment.

O - OPTIMISM

Optimistic people tend to have a better outcome, and symptoms experienced can be influenced by a person's mindset rather than the

severity of the injury. With a little understanding, you can manage your recovery and return to activity as soon as possible rather than becoming despondent and unnecessarily anxious about the time your injury is going to prevent you from running.

V - VASCULARISATION

It is important to continue some form of pain free cardio-vascular exercise whilst injured as this improves general blood flow around the body and to the injured area. It maintains the strength of the uninjured tissues and helps boost motivation. After 24 hours of unloading muscles, the number of sarcomeres (the functional unit of the muscle fibre) begin to reduce, so it is important to maintain the strength of the non-injured parts of the body, with a gradual return to activity of the injured area. Studies have shown that people who continue to exercise whilst injured also reduce their need for painkillers.

E - EXERCISE

Exercises specifically for the injured area encourage early mobilisation and allow for a gradual controlled loading of the tissues when it might not be possible to resume other functional activities. Once the initial period of protection has passed, exercises can help to restore flexibility, strength and proprioception as the pain allows.

NO ICE?

For some time, there has been quite a debate whether ice or any other form of cold therapy should be used immediately following an acute injury, which is why the letter 'I' has been excluded from the latest acronym. Some of the research has suggested that heat may be more effective than cold, so studies have been carried out to look at the physiological changes which occur when cold is applied. Unfortunately, this is quite complex as there are numerous factors that need to be taken into consideration when looking at the effectiveness of cold therapy: -

- the location of the injury – arms, legs, torso, spine,
- the depth of the injury - whether the injured tissues are just below the skin or much deeper in the body,
- the type of tissue affected – bone, joint, ligament, muscle, tendon, nerve
- the length of time since the injury,
- the type of cold applied (eg ice cubes, cold gel pack, cold water immersion, various cryotherapy devices),
- the duration of the treatment - how long the cold needs to be applied,

- the expectation of the individual – if you believe the treatment will help, it appears to be more beneficial.

Some of the research suggests that the use of cold alone does not help to reduce swelling, may prolong rather than accelerate the healing time, and, depending on the depth of the injured tissues, may not reduce the temperature of the targeted tissues, but other evidence suggests cold may still have beneficial effects.

1. Cold has been shown to help prevent secondary damage to healthy cells after an acute injury, so it is recommended that cryotherapy (cold treatment) should be applied in abundance within the first few hours after injury or after strenuous exercise.
2. Cold numbs the affected area so is very effective at reducing pain. As pain often prevents movement of injured tissues, cold treatment helps to reduce the pain which allows the injured tissues to gradually be loaded, helping to restore normal function much quicker.

The combination of cold with compression was found to be particularly effective in the management of pain following joint replacement surgery.

3. The decrease in temperature of the tissues depends mainly on the method of application, the initial temperature of the tissues and the length of time the cold is applied, but melting iced water applied through a wet towel for repeated 10-minute intervals appeared to be the most effective as frequent, shorter applications help to sustain lower temperatures in the affected area.

4. The application of cold to an injury appears to be a safe, effective treatment with very few adverse side effects or complications. (The main complication is an ice-burn which is preventable by applying appropriate protection to the skin).

5. It was also found that someone could be more susceptible to injury for up to 30 minutes following the application of cold as reflex actions and muscle function can be impaired. This should be remembered if applying cold prior to any activity.

WHAT ABOUT HEAT?

The research remains unclear whether heat could or should be introduced to recently injured tissues. It may be found that this

is dependent on the type of tissue damaged and the severity of the injury. Ice might be more appropriate for a newly sprained ankle, whereas a warm hot water bottle may be found to be more beneficial for someone who is experiencing acute low back pain. The heat can often help to relax muscles which are in spasm and a significant source of pain, so we might find that different injuries require separate guidelines.

There may also be a place for alternating hot and cold treatments as an injury begins to resolve, and whilst this is often recommended, further research is required before we will know if science finds that this is a better way to proceed.

As an individual resumes activity after an injury, I often recommend the use of heat prior to exercise to help warm-up the tissues and improve the blood flow to the injured area. This is then followed by the application of cold after the exercise to help with the cool-down and reduce any pain or discomfort. Whilst I have not seen any studies to support this, experience suggests it may be beneficial.

SHOULD WE BE NICER?

Taking the recent findings into consideration, it would suggest there is still a place for ice, compression, and elevation in the early management of an acute injury. We also want to try to speed up rather than delay the healing process, so whilst we need to initially protect the tissues, we should then gradually re-load the tissues as pain allows. We also need to use discretion regarding the use of non-steroidal anti-inflammatory medication for the first 72 hours after injury.

Until further evidence becomes available, perhaps we should just be NICER:

- N** No anti-inflammatory medication – use painkillers for pain relief
- I** Ice – for repeated 10-minute applications
- C** Compression - in combination with ice
- E** Elevation – raise the injured part higher than the level of your heart to help reduce swelling

- R** Reduce movement - then gradually load and restore normal movement as soon as possible.

***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

WINTER 2022

What an extraordinary finish to the Long Distance Season. Like buses coming along together, one JK (John Kelly) left the UK and returned to his native USA, only to be replaced by another American, JK2 (Jack Kuenzle) who spent 10 weeks in the UK lighting up the record books. Both are extraordinary athletes with John Kelly excelling on multiday routes and Jack Kuenzle at the traditional rounds. John Kelly's mantra "I'm here to set a record, not to break one" is equally relevant to Jack

JACK KUENZLE – TRANTER ROUND AND BOB GRAHAM RECORD – 10 WEEKS IN A MAZDA BONGO

You can read Jack's excellent article about his 'brief stay in the UK' elsewhere in the magazine. I'd like to share some personal thoughts about Jack's time here and his absolutely extraordinary achievements on Tranter's Round and his monumental Bob Graham.

I don't think it is easy for someone from another country (even an English speaking country) to parachute into the UK, live a nomadic lifestyle out of a small camper van and prepare well for record attempts on these two rounds.

Background photo: Jack on the steps of Moot Hall with some of his support crew, shortly after setting a new Bob Graham Round record © Steve Ashworth

Hardly anyone in the fell and hill running community had heard of Jack until he beat Finlay Wild's solo unsupported record for Tranter's Round by 14 minutes. Jack arrived in Fort William in early July but for whatever reason it was a few weeks before he met up with Finlay (who lives in Fort William). Finlay asked Jack to join him for a training run up the Ben about a week before their respective record breaking Tranter's attempts. Finlay was pretty impressed by Jack's ability and from that meeting and research he had already done, he concluded that Jack was a very special mountain runner. Finlay's record for Tranter's was **9hrs 5 seconds**. During their training run he mentioned to Jack that he was thinking of making another attempt soon to break 9hrs. Finlay was on tremendous form and on 27th July, he shaved **8 minutes** off his own record. I can't help thinking that in the back of his mind he was hoping that he had now put the record out of sight for Jack. By complete coincidence Jack was planning his record attempt for the day after Finlay's. Imagine the comedy moment at 11pm that night when Jack spotted Finlay's **8hrs 52mins** Strava track. After weeks of preparation, getting a shock like that must take some processing, let alone the need to do some more admin to rejig the schedule late at night. It's enough to make your hair stand on end! However, Jack set off the next morning, Thursday 28th July and you can read elsewhere about how he broke Finlay's record by **14 minutes**, completing the round solo unsupported in **8hrs 38mins 23secs**.

I think that Finlay and Jack are quite similar in that they possess a laser focus that allows them drill down to the detail of these challenges and prepare themselves in a way that is without precedent. Jack talks about pulling the data off Strava for a

dozen or so Tranter's completions and then getting into Finlay's head as he practised Finlay's various lines. One might be forgiven for thinking that Jack is ever so slightly on the spectrum. Even if he is, when you meet him he is down to earth, full of fun, self-effacing and in some ways quite laid-back. But clearly this belies a steely determination that is way beyond our comprehension.

Finlay first introduced Jack to Tory Miller and I a few days after he had set his Tranter's record. He was now re-locating to Keswick so that he could lay siege to the Bob Graham. We offered to help him find some fast pacers and to prepare for the big day. Over the years I had supported Billy, Kilian and Finlay on their BG attempts and felt well placed to provide Jack with an insight about previous fast attempts. I suggested to Jack that before his attempt he should pay a visit to Billy and Ann Bland so that he could introduce himself to 'The Master'. Maybe it would provide Jack with a sense of historic perspective that would make him even more focused. During August while he was based in Keswick, Jack did a great job networking with the Lakeland fell running community. He helped out at races and talked to anyone who showed an interest in his quest. He understood the importance of being put in touch with the fastest Lakeland fell runners and getting to know them. But such was his focus that he never took part in a single race during his 10 weeks in the UK.

Some felt that Jack was quite likely to succeed but for me the whole thing seemed far less clear cut. Having supported Billy, Kilian and Finlay on their BG attempts and seeing how these phenomenal athletes tackled the round made me acutely aware of the speed and sheer intensity of those 13 hours. When Finlay completed his Bob Graham 7 minutes slower than Kilian Jornet, he felt content that he had given it his all. He had performed superbly and fought all day to limit the deficit to 7 minutes. It's the mark of a great competitor who isn't intimidated by the enormous effort required, especially when it is not quite possible to stay on terms with the record. But at the end of the day, it confirmed the feeling I had when supporting Kilian in 2018, that he was indeed Superman. Finlay had struggled to keep up with Kilian and I believed that we were now into the realm of marginal gains and that whoever came next would be trying to break a record rather than set one.

Back in the States Jack had been setting solo unsupported FKT records. Like Finlay he is extremely self-contained and self-reliant. I was not convinced that he would derive the full benefit and extra speed, being supported by pacers. Jack was very confident in his ability and self-assured, however this didn't come across as being arrogant. But I did find it weird that in the lead up to the BG, Jack kept harping on about Kilian not



Above: Jack (second right) with the author Martin Stone (second left) at Moot Hall shortly after breaking the Bob Graham Round Record © Steve Ashworth

having had his best day, even though he demolished Billy’s record by more than 1 hour! How could Jack keep saying that when Kilian is Superman? I wondered if this was a coping mechanism, a mind game and part of Jack psychological preparation. I was fully onboard with the attempt, but I was also mindful of Finlay’s BG journey almost exactly a year earlier.

By late August Jack had reccied most of the route 3 times. He contacted me on Sunday 28th August in a mild panic, concerned that the stable weather would come to an end and that the weather in September could be unpredictable. He was now proposing to make the attempt on Friday 2nd September, at least a week earlier than he felt was optimal for his recovery from Tranter’s’. Weekdays are not great for finding a whole raft of superfast pacers because folk have to work. It was a manic few days spent trying to put all the logistics in place but by Thursday night we were ready. I’ll leave you to read Jack’s article for a blow by blow account of the day.

And so I was proved completely wrong. Jack was indeed Superman after all and although I had got to know him a little in the weeks leading up to his BG I had absolutely no idea that he was so blisteringly fast and strong. His time of **12hrs 23mins 48 secs** completely demolished Kilian’s record by **28mins 34 secs**. This is a massive improvement of **4%** and represents an improvement of 40 seconds for each of the **42 summits**. This run was not remotely about marginal gains, it was another huge and unexpected step forward on the Bob Graham Round. Jack never stopped for a second at the road crossings and you could sense his satisfaction as he sprinted past us, shaving time off Kilian’s record for no extra effort. The pacers told stories of the completely brutal and relentless pace on the first 3 legs. Jack would reach the top of a hill and then race hard down the other side. There was never any recovery, and he literally raced all day. He may have had some short

lived struggles but such was his preparation and the management of his nutrition that he was able to power through the whole route without a significant bad patch. After it was done, I asked him where he was on the route when he knew that he would break the record. “As I was heading towards Scafell Pike”. “But that’s hours before the finish. How did you know that you wouldn’t have a bad patch?” All I got was a wry smile and nothing more needed to be said. Some who are unaware of Jack’s preparation for the BG have questioned the ethics of an American parachuting into the UK and being ‘escorted’ round the BG by the top Lakeland Runners. But I hope that having read the pieces in this Fellrunner you’ll realise that it wasn’t like that at all. Finlay and Jack could have powered round the BG on their own, probably in less time than it took Billy to complete his fast BG all those years ago.

In 2018 could Kilian have gone much faster if he had known the time to beat was **12hrs 23mins** rather than **13hrs 53mins**? I don’t think so because Jack was right that Kilian didn’t allow much recovery from racing in Chamonix the previous weekend and he reccied until 2 days before his attempt. But if he committed the same amount of time as Jack to preparing and reccying, maybe he would have a chance.

So, is Jack Kuenzle the best runner in the world on a course like the Bob Graham? Probably not! There will always be someone, somewhere who may not even know that they have the potential to be even faster. But I do believe that this amazing record is the last huge time reduction we will see and although I was wrong before, this time I think there is no doubt that we are into the realm of marginal gains. The next person who tries to break Jack’s record will spend 12 hours fighting tooth and nail for every inch of margin.

Well done Jack – you are the new Superman (for now)!

FIONA PASCALL – LAKE DISTRICT 24 HOUR WOMENS RECORD

The Pascall family clearly has some very good genes! In Summer 2020 Beth set the Women’s Bob Graham record in **14hrs 34mins** and at the time it was 5th fastest ever. A few weeks later her parents Charlie M70 and Emma W65 completed the Joss Naylor Traverse within their age group time, supported by their children.

During 2021, Fiona completed her Bob Graham and Beth (older sister) introduced her to coach Martin Cox “to prepare her for her fell running career”! In late 2021 a bold plan was hatched to break the Women’s Lake District 24 Hour Record. Fiona laid down a marker when she set the women’s record of **6hrs 2mins 47secs** for the George Fisher’s Tea Round at the end of January 2022. During the Spring Fiona recced and planned meticulously for the 24 hour challenge but this wasn’t entirely straightforward as she



Above: Fiona Pascall, well on her way to breaking the women’s Lake District 24 Hour Record © Fiona Pascall

lives in Somerset and a number of her recces were in drab weather. Sabrina Verjee remarked on Facebook that she had been admiring all the hard work on Fi’s Strava. In the late Spring Fiona won the women’s race on the 60 mile The Fellsman and this was a good indicator that she was on track for her attempt.

Nicky Spinks previously set the women’s 24 hour record (**for the second time**) in Summer 2021 and climbed 65 peaks. Fiona had been fortunate to pace Nicky on Leg 2, which gave her a unique opportunity to observe the ‘Master’ at work and get a feeling for what it is like to attempt a 24 hour record. Both the Men’s and Women’s Lake District 24 Hour record attempts can start/finish anywhere on the route. For the past 40 years contenders have started from Braithwaite and travelled clockwise. Fiona took a fresh look at the options and chose Newlands Hause, which on all previous attempts has been the final road support point. The main reason for this choice was so that she would be descending Blencathra after daybreak.

Fiona set off at 22:00 on Friday 15th July and made the bold decision to add the summits of Knott and Bowscale on the Northern Fells, her 2nd section. This committed her to running faster than Nicky for the rest of the day so she could make up the time spent adding these extra peaks. The day went very well with almost perfect weather conditions. She arrived at Honister with time in hand to head off east of Dale Head and add in a new additional peak, High Spy. She then retraced her steps and climbed the steep slope onto Dale Head from the east. High Spy was quite a costly addition but the beauty of the plan to start/finish at Newlands Hause meant that High Spy was being added really near to the end when it was almost certain that she could add the peak and still be sure to complete the round within 24 hours.

Fiona set an exceptional new Lake District 24 Hour Record of **68 peaks in 23 hour 26 minutes** and covered **140km** with **11,000m** of ascent/descent.

ROBIN DOWNIE – INAUGURAL MARTIN MORAN ROUND

Martin Moran was a British Mountain Guide and long distance mountain runner. In Winter 1984, he was the first person to climb all the Munros in Winter. He set a record for traversing the Skye Ridge in 1993. Also in 1993 Simon Jenkins and Martin were the first to climb all 75 Alpine 4000M peaks in one continuous journey, travelling on foot or by bicycle to get between mountain ranges, but without using any motorised transport. This was an epic journey on foot and by mountain bike, for which they won the FRA Long Distance Award. Martin and his wife Joy moved to Lochcarron in the NW Highlands of Scotland in 1985. They ran a mountain guiding business for 35 years, inspiring countless folk of all ages to enjoy their leisure time in the mountains. Martin died in 2019 when an avalanche struck the expedition he was leading in the mountains of Northern India. It was a tragic loss for his family and the greater mountaineering community.

Robin Downie grew up in Lochcarron and first met Martin and Joy Moran as a youngster through the local community. The Morans were a huge inspiration for Robin who has been taking part in mountain races for the past 6 years. Robin writes “Martin knew his local hills better than anyone and shared them with many of us throughout his life. Martin spent lots of time investing in the community he lived in, especially in the young people. Hearing about his adventures and reading his books has inspired me to push and challenge myself even further in my love for hill running. Over the last 4 years I have been working out a route similar to the



Above: Robin Downie on the ascent of Liathach Ridge © Brian Sharp



Background photo: Robin and a support runner on Liathach Ridge © Brian Sharp

difficulty of the other big rounds in Britain such as the Ramsay Round. When Martin died, the idea of **The Martin Moran Round** was born”. Martin’s son Alex helped Robin to design the route.

The **Martin Moran Round** is 90km with 29,000ft ascent/descent, including the 9 Munros and 6 Corbetts in Torridon and Achnashellach. It is challenge of very similar scale to Ramsay’s Round. Robin set off at 3am on 6th August and completed the round supported by friends in a fast inaugural time of **20hrs 51mins**.

The conditions were good, though it could have been drier underfoot. His journey took him over Beinn Alligin, Baosbheinn, Beinn an Eoin, Beinn Dearg, Liathach, Beinn Eighe, Beinn Liath Mhor, Sgorr Ruadh, Fuar Tholl, Maol Cheann-dearg, An Ruadh-Stac and Beinn Damh.

Robin’s run has raised more than £5,000 for the Martin Moran Foundation, whose mission is to inspire people through the power of mountain adventure, climbing and community in wild places. It aims to remove barriers for young people who want to explore the beauty, freedom and value of our natural world.

KIRK WADSWORTH – THE CUMBRIAN

At 05:00 on Friday 22nd July Kirk and his friend Tim Jenner set off from the Moot Hall on an attempt to combine three of the classic Lakeland challenges in one epic journey – The Frog Graham (run and swim), Bob Graham Round and Fred Whitton Challenge (cycling).

They both completed the Frog Graham Round which is a 40 mile run over 18 peaks with 15,500ft of climbing and two miles of swimming across four lakes. This took them about 16 hours. The weather deteriorated on Friday evening and after a 3 hour break they set off on a Bob Graham Round in very poor weather conditions. A knee injury unfortunately forced Tim to retire on Skiddaw but Kirk was able to battle on and he completed the round late on Saturday night in awful weather in just under 24 hours. Kirk said “One of the joys is getting to the top and admiring the view but we couldn’t see anything. The rain also made the rocks really slippery.”

It was still raining at 04:00 on Sunday morning when Kirk set out to ride the Fred Whitton which is 113 miles with 13,000ft climbing over the five highest road passes in the Lakes. Despite difficulty keeping food down, Kirk grafted his way round the route in less than 12 hours, supported by a great team of local fell runners and cyclists.

Kirk and Tim have previously completed the rounds separately, but they decided to create The Cumbrian as an ultimate test. The pair, who both live in Cumbria and work in education, were supported by about 40 people and have raised more than £4,600 in online donations. They were raising money for Jigsaw Children’s Hospice, Keswick Mountain Rescue and The Brathay Trust.

Right, top to bottom: Kirk and Tim at Moot Hall together after their Frog Graham Round; Kirk arriving at Moot Hall after horrid conditions on the Bob Graham Round; cycling up Newlands Pass on their Fred Whitton Challenge © Al Topping, www.altopping.com





SHANE OHLY – CLASSIC ROCK RECORD (SOLO, NO ROPE)

Shane was brought up in the South West and he emerged onto the Cornish climbing scene in the 1990’s where he made his reputation for first ascents of up to E7 to E8 grade. Many of his ascents were solo and onsight. From 2000 onwards he turned his attention to fell running and especially his love of Mountain Marathons.

For the past three years, Shane has been recceing the 15 multipitch Lakeland routes described in Ken Wilson’s original book ‘Classic Rock’. Over the years a number of climbers have linked the climbs together into a linear 50KM journey involving 70 pitches up to VS grade and 4300m of ascent. Most notably in 2020 a summer of madness saw the record reduced twice in 24 hours as Will Birkett reduced Tom Randall’s time to **10hrs 41mins**. Shane’s climbing and running background provided him with a mix of skills that allowed him to make a really serious attempt on the record. He applied laser focus to recceing the climbs, practising each of them many times in climbing shoes before repeating them wearing fell shoes. His decision to wear fell shoes for the entire journey saved him significant faffing time and he felt comfortable with the level of risk and jeopardy. On Wednesday 17th August, Shane started his solo unsupported attempt at the foot of Dow Crag at 10:09 and finished at the top of Little Chamonix on Shepherds Crag at 19:31. His time of **9hrs 22mins** reduced Will Birkett’s record by a massive margin of **1hr 19mins**.

Shane writes “The weather was perfect. After a super-hot spell over the weekend, the crags were completely dry and then yesterday was cloudy and cool giving ideal running and climbing conditions in the mountains. Right up until the evening before I was planning to run on a much faster schedule, but I made a last-minute change, adding an hour to the running splits so that I had a much greater margin of safety. I feel totally comfortable with that decision and



Left: Shane climbing Bracket and Slab at Gimmer © Mark Bullock. Above: Shane on his final recce © Shane Ohly

enjoyed a brilliant day in the mountains, in control and having fun. Whilst I hope that people take some inspiration from this (and I was certainly inspired by Will Birkett and Tom Randall’s 2020 exploits), please make sure you choose challenges that are suitable to your level of experience and skill. **Hand on heart, I can’t recommend Classic Rock in this style.** I’d like to thank my amazing wife, Heather, who supported my decision to rekindle a passion for soloing and has provided so much background support. I really couldn’t do something like this without her help. Also, to various friends who have joined me running and climbing on Classic Rock reces over the past three years.”

The stats for geeks are: Total Time 9hrs 22mins, Running Distance 50KM, Running Ascent 2,960M, Running Time 7hrs 14min, Climbing Ascent 660M, Climbing Time 2hrs 8mins.

JOSH PERRY – PACIFIC CREST TRAIL SELF-SUPPORTED RECORD

It is rare that we report on mountain challenges abroad but a new self-supported FKT on the PCT captured my imagination. This 2,650 mile giant of a journey is from the Mexican to Canadian border. The trail traces a line up the mountains of west coast USA, traversing five diverse major regions which each need to be tackled in a different way. Water has to be carried for 20 miles across the desert and it’s very hot. There are snow-capped passes and freezing temps to endure in the Sierras, wildfires in Northern California, mosquitoes in Oregon and then the epic scale and remoteness of Washington State. It generally takes about 150 days and if you take much longer, the route will inevitably involve many days of challenging snow travel at the start or finish of the route.

In 2013 Heather Anderson set the self-supported speed record on the PCT of 60 days 17 hours. If you do the maths, you get a figure of 44 miles a day and a very significant amount of ascent. Being self-supported meant that Heather carried all her own gear and food and was responsible for her own resupplies.

Josh Perry, a 27-year-old British endurance hiker, completed the Pacific Crest Trail on August 7th in the same style in just **55 days 16hrs 54mins** and reduced Heather’s time by more than 5 days. Josh had spent years preparing for the PCT with fast hikes on a number of other American trails. He attempted a southbound FKT on the PCT in 2019 but was forced to stop after suffering an allergic reaction to a wasp sting. Of his new record, he wrote that “it definitely wasn’t plain sailing, especially not during the second half. I cried a lot, had more than a dozen panic attacks, dealt with multiple bouts of tendinitis and overuse injuries, was sick, had diarrhoea, some resupply boxes and shoes didn’t turn up, I ran out of food and had my stomach shut down, got stung by wasps and more.” Josh completed all 1,700 miles of the trail across California

in record time but was forced to take an alternate route around a major bush fire in Oregon, which required crossing miles of rough terrain and overgrown trails. With Global Warming major fires are becoming more prevalent along the route and Josh was disappointed that his time was compromised by the route closures. Still, **48 miles** per day through high mountain country is not to be sneezed at!

Olly Stephenson, until recently the organiser of the Carnethy 5, also completed the thru-hike this Summer in just under **90 days**.



Top: Josh at Cutthroat Pass, 2597.5 miles into the Pacific Crest Trail; Josh at Seiad Valley (1656 miles in), pictured just before breaking the supported time to Oregon © Josh Perry

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.

WWW.GOFAR.ORG.UK

Tony Wimbush has an excellent website that documents long distance routes and records. If you have completed a new route or have something newsworthy about the long distance scene, please help Tony to keep the website up-to-date by also sending an email to gofar99@gmail.com.

Background photo: Liathach Ridge © Brian Sharp

FRA LONG DISTANCE AWARD

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 for one or more long distance mountain achievements within a year. Journeys should be mainly on foot and could include some cycling, swimming, kayaking and climbing. The achievements should take place in the UK or the nominee should be resident in the UK. The award is not restricted to FRA members. The contender should be aiming to set as fast a time as possible, to beat a deadline or set a record. Performances in races are not

WINNER OF THE 2022 LONG DISTANCE AWARD

There were 7 nominees this year:

- JAMES GIBSON – 214 Wainwrights, first continuous winter completion
- JAMES GIBSON – 214 Wainwrights, 2nd round within 4 months!
- JOHN KELLY – 214 Wainwrights record, ‘His Last Hurrah’
- FINLAY WILD – Paddy Buckley Round Record, Solo Unsupported
- JACK KUENZLE – Tranter’s Round Record, Solo Unsupported
- JACK KUENZLE – Bob Graham Record
- FIONA PASCALL – Lake District 24 hour Women’s Record
- ROBIN DOWNIE – Inaugural Martin Moran Round
- KIRK WADSWORTH – The Cumbrian (Frog Graham, Bob Graham & Fred Whitton)

28 votes were received from members of the Long Distance panel and each of the nominees received at least one vote. Our American guest, Jack Kuenzle emerged as the clear winner of the award. His extraordinary 10 weeks in the UK lit up the long distance mountain running scene. He left us in no doubt that he is one of the world’s greatest mountain endurance runners, both running solo unsupported on Tranter’s Round and with a support team on the Bob Graham.

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 often 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 we will add it to the archive.

These two records represent an unexpected leap in performance and it is possible they could last for a generation. The Long Distance Award was presented to Jack during an online video interview filmed for Kendal Mountain Festival. Jack is the 2nd American to win the award, following in the footsteps of John Kelly who received the award in 2020 for his Grand Round and his Pennine Way Record.



Above: Martin Stone making a surprise appearance and presenting Jack Kuenzle with the 2022 Long Distance Award during an online interview hosted by Dan Duxbury for the 2022 Kendal Mountain Festival © Kendal Mountain Festival

AMPHIBIOUS AMBITIONS

WORDS MARTYN PRICE, SECRETARY, FROG GRAHAM ROUND CLUB

Above:???

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Most people won't be surprised to hear that the "season" for regular Frog Graham Round attempts is now pretty much over, there are a few hard-core individuals tentatively planning Winter Rounds, but generally speaking the water temperature is just too cold to permit a round in the normal manner and that will be it until things warm up next year. It's a bit ironic that in the last issue of *The Fellrunner* I stated that there had been 'no successful rounds thus far', because there have actually been a decent number of attempts in 2022; we have recorded no less than 46 individuals sallying forth from the Moot Hall, resulting in 24 successful rounds, so roughly a one in two success rate. This compares well with our best-ever year (2020) when there were 51 registered attempts and 29 successful rounds. Just for the record, I was also foolish enough to make this statement:

'... 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!'

Prophetic words. It seems a long time ago now, but it really WAS a stifling heatwave wasn't it? A couple of contenders took the opportunity to have a go at the FGR without a wetsuit, however the air temperature was just too warm and they were both forced to pull out at the end of leg two, I suppose it's all about finding a happy medium. Anyhow, there have been some interesting trends this year and I suppose the primary one is an increased number of clockwise attempts, up until the beginning of the year we had only had a total of seven successful CW attempts and four of those were by a group from Esk Valley Fell Club, so why the shift? There are a lot of analogies here with the CW v ACW Bob Graham Round debate, however one inescapable factor has driven this: When doing a regular ACW round, you really must try and time it so that you still have sufficient light to get across Derwentwater safely. Several contenders have found this out the hard way and if you don't have kayak/canoe support to lead you across via the three islands, it becomes a near impossible task. I know I'm repeating myself here, but if you are doing a supported round, then the single biggest advantage you can give yourself is to have someone guide you across Derwentwater so that a) you go in roughly the correct direction and b) you have an emergency resource if it all goes wrong. Remember, on an ACW round the Derwentwater swim comes more or less at the end and it's no small matter to swim a mile across often rough and choppy water when you've just ran forty miles over the fells, let alone visit the three islands enroute.

It's also a fact that very few contenders have swam all four lakes alone (this was actually the subject of considerable matrimonial dispute when I was planning my own Frog Graham Round some

years back) and it's crucially important that you know you own capabilities and time your attempts accordingly. One alternative is a CW round because that way you get the worst swim out of the way early doors, however the downside is that you are faced with swimming Bassenthwaite and then climbing Skiddaw as a finale.

Jann Smith and Jane McCarthy (Ilkley Harriers) decided on the CW option and went round on a mixed weather day in July when these two adventurous ladies experienced the worst that the Cumbrian weather could throw at them, but still managed to get round in the fastest CW time to date. The news must have spread because fellow Ilkley Harrier Alison Weston also went round CW on her second attempt, the first being scuppered by her support vehicle breaking down! I expect 2023 to bring more clockwise attempts as it's the sensible option in many respects, particularly if you are going unsupported.

It's always interesting when someone who doesn't run regularly on the Cumbrian fells has a go at the Frog Graham Round and one such was Anderson Hirst who hails from Stratford-upon-Avon, he originally contacted me stating it was his intention to hike the Frog Graham over a period of days, however I pointed out that although there are no time limits it has to be a single, unbroken effort for it to count for inclusion on our Roll of Honour. This triggered a stream of correspondence and some flying visits to the Lake District, the upshot is that I'm pleased to say that Anderson successfully got round in 19:27 on 22 August, becoming member 147 in the process. He very kindly sent me an account of his adventure:

'... the moment of truth for me with the Frog Graham was seeing the look of terror in my wife & son's eyes when I innocently relayed my nervousness about taking on the challenge. It was the moment when I told them I was concerned about getting to Derwent Water before it got dark, so I could do the mile or so swim crossing, having slogged over 40-odd miles of hills and 3 lakes swims already. We all implicitly realised that I needed to have a very good game plan, especially I was planning to do it "solo supported".'

Completing The Frog was a daunting, exhilarating, all-consuming project for me over this summer. Here are some of the highlights from the preparation and the event itself:

- *Texting Helen, my wife, after the very first recce of Mellbreak to say 'This hill is ridiculous! There is no way I can complete this'*
- *Sitting in the Bridge Inn at Buttermere, with rain lashing around the tent outside, realising I would have to abort the attempt for the next day due to a forecast of 40 to 45 mph winds on the tops, with very low visibility. Then, driving round the next day picking up all my drop bags, to find that mice had eaten their way into all of them!*

Opposite page: Shaun Godsmen (CVFR) nearing the end of the infamous Mellbreak climb from Low Ling Crag © Lee Shimwell

- *Making the foolish decision to bivvy in some woods the night before my successful round, only to discover a family of ticks had started their evil work burrowing into my legs. Three weeks-worth of antibiotics later, I made the vow not to do that again anytime soon*
- *Entering Braithwaite in the dark of early dawn, in the pouring rain, taking off my waterproof jacket, and trying to get a wetsuit on, thinking to myself "I don't think I got my gear choice quite right here..."*
- *Getting to Derwent Water at 8.30 pm with just enough light to make it across, having eaten a full bag of jelly babies to power up the swimming engine*

It was a journey involving many twists and turns, especially as I live in Stratford upon Avon, a place not noted for its lakes, mountains or....anything related to the Frog Graham Round or fell running really. But I was captivated and inspired by the stories of other runners' successful rounds in the Fellrunner and thought I at least deserved the chance to try and fail'. He didn't.

Of course, everyone has the their own story to tell and this year we have had people who have used the Frog Graham as a focus point in their recovery from mental health issues and also people who suffer from chronic illness or are recovering from physical trauma. Dan Hughes suffers from a form of inflammatory arthritis called ankylosing spondylitis and very recently had a hip resurfaced, however this didn't stop him from going round the FGR in a very respectable 21:34, this is pretty good for someone who claims to have power-walked all the fell sections, well done to him!

As the season progressed we had lots of good, solid performances, but I was beginning to wonder where the fast guys were, as we had nothing under 15 hours. Kevin Brooks (CFR) was the nearest in 15:35, then all of a sudden Shaun Godsman from Calder Valley Fell Runners threw his hat in the ring. I knew that it was on Shaun's radar as I'd been tipped off some while back, Shaun went out on 4th September and stormed round in 13:04, he was really unlucky not to sneak under the 13-hour barrier - only four contenders have managed this to date. I was really impressed by some innovative route choice on his round, I thought I'd seen pretty much every option there is, but he came up with new lines including some that may or may not have been intentional! He was supported on leg 2 by long-distance star Dougie Zinis and I questioned Shaun as to whose idea it was to go via Tarbarrel Moss in Whinlatter. This was his response: *'I would like to blame Dougie for the Tarbarrel route, but I have to say it was my mistake as we did set off in the right direction, but I stopped and turned, thinking I was going the wrong way'*. Full marks to Shaun then, I know several who wouldn't hesitate to blame navigational errors on me, despite solemn vows of

secrecy. Shaun's was the fastest round of the year by some margin.

I'd been told of several high-profile athletes who were seriously considering a crack at the FGR at some point in the year, however nothing materialised until late in the season when I was contacted by elite triathlete Richard Keefe. Richard is also a keen fell-runner and decided on a late September attempt, his training this year had gone pretty well and resulted in several top ten places, he'd also supported some very speedy Bob Graham Rounds (including Jack Kuenzle's record-breaking attempt) and was encouraged by current FGR record holder Richard Anderson. All that said, the cooler water temperatures so late in the year were always going to make it a tall order and he set off at 0800 on Monday 26 September in less than ideal conditions. Although he did everything right, the cold was sapping the speed from his body and he sensibly called it a day at Buttermere. I'm sure he won't mind me sharing that he was actually up on record-time pace at Crummock water, hopefully he will come back for another go in 2023. Richard Anderson's record time is 10:25:06, will we see a sub-10?

SUCCESSFUL 2022 FROG GRAHAM ROUNDS:

NO.	NAME	TIME
130	Stephen Riggott	18:39
131	James Gregory	18:39
132	Jeremy Windsor	19:44
133	Shona Main	22:45
134	Niamh Lewis	16:32
135	Jann Smith	16:41
136	Jane McCarthy	16:41
137	Kevin Brooks	15:35
138	Daniel Hughes	21:34
139	Matt Dumenil	16:57
140	Eleanor Johnstone	16:59
141	Hadrian Howarth	19:37
142	Alex Kirby	18:17
143	Graham Hayes	18:17
144	Alison Weston	17:45
145	Ian Stephenson	18:17
146	Orna O'Toole	21:37
147	Anderson Hirst	19:27
148	Shaun Godsman	13:04
149	Sarah Warren	18:13
150	Emma Shawcross	15:40
151	Toby Livesy	18:51
152	Kate Darlow	18:13



As before, very best wishes to Joss for his continuing recovery and rehabilitation. I am sure the runners Joss was able to meet at Greendale Bridge this year appreciated seeing him there more than ever.

2022 didn't see a record number of Crossings but, like 2021, is comparable with many of the previous 'quieter years'. This isn't a matter of concern and I only mention it here because it is often one of the first questions people ask me along with 'how many have done it, now?' I rarely know how many attempts have been successful until the middle of September because only a few people let me know when they were unsuccessful and, sometimes, it takes a little time to gather all the required information which can lead to a delay between a successful attempt and ratification. At the time of writing there have been 16 successful Crossings in 2022 with no more scheduled, as far as I am aware. After this year I really have no excuse for not knowing, at least roughly, how many runners have successfully completed Joss's challenge because Rick Ansell in July was the 300th to do so.

In May Steve Wathall (M60) and Neil Bower (M55, Swaledale Runners) were successful. In July Jackie Scarf (W60, Calder Valley FR), Helen Elmore (W50, Dark Peak FR) and Rick Ansell (M60, Tring RC) all reached Greendale Bridge within their allowed time. In September Jim Thompson (M55, Saltwell Harriers), Mike Hitchmough (M55, Newburgh Nomads) were successful as was Jules Carter (W55). In addition, there were a few other notable Crossings. In April Nicky Spinks (W55, Dark Peak FR) came back to celebrate another birthday with her first Repeat Crossing and her second age group record time, the first woman to achieve two age group record times. In August Mike Warrick (M70, Rhayader RC) also returned for a Repeat Crossing as a M70 becoming only the 6th to do so. Perhaps, most remarkably, Martin Walsh (M75, Bowland FR) returned in June for a successful Repeat Crossing to become only the second seventy five year old runner to complete the Crossing, first seventy five year old to complete a Repeat Crossing and achieved a new age group record time. My congratulations to each and every one of you.

This is the time of year when we are usually looking out, or trying to find, our ‘glad rags’ ready for the Presentation Dinner in October. This year, regrettably, the number of people wishing to attend the dinner fell, somewhat awkwardly, between too many for the restaurant and too few for the function suite at Irton Hall. Ian Roberts was left with no choice other than to cancel the 2022 Presentation Dinner. The tankards have been obtained and engraved – thanks to Mike Ayers’ sponsorship – and are ready for next year’s dinner. Other venues are being considered as is a change of date to avoid clashing with other events in the FRA calendar.

Finally, in addition to the runners and their support teams, of course, there is another small group of individuals who make a significant contribution to the Joss Naylor Lakeland Challenge and that is the “Meet + Greet” group. This year Rainer Burchett, Julie Gardener and Charmian Heaton have all turned out to meet multiple attempts and wish them well on their way to Greendale Bridge. My thanks to all of them and, also, the appreciation of all the runners they met, especially if there wasn’t time at the road crossing to properly say “thanks for coming out to meet me”. Pauline and I also turned out to meet some attempts and so we know, first hand, just how much it is appreciated. This article would be incomplete if I didn’t ask for others join the “Meet + Greet” group, so I will – if you are or might be interested in contributing in this unique way please get in touch with me, without obligation, and I’ll explain in a little more detail what is involved. Thanks also to Peter Ferris-Naylor for fielding text messages during attempts and for keeping Joss up to date with Contenders’ progress. Most of all, of course, thanks to Joss for setting the challenge and for being at Greendale Bridge whenever he can.

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

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

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Opposite page: Charlie (M70) and Emma Pascall (W65) on the way to their successful Joss Naylor Lakeland Challenge in summer 2020 © Fiona Pascall.
Right top to bottom: Mike Warick - heading towards Scoat Fell, with Mosedale and Wasdale Head below and the Scafells beyond, on 25 August; Geoff Davis on 12 June, just leaving the summit of Red Screes; Helen Elmore, on 16 July, with Joss at Greendale Bridge at the end of her successful Crossing © Ian Charters



runfurther update

WORDS KAREN NASH

It was great to be back to a full set of 12 in our ultra race series. Since the update in the summer magazine there have surprisingly been six of the twelve races. The first of these was a new to us race near Worcester; Hallows 12 Parishes. Although it starts tamely along the river Severn there are some wild hilly sections and superb views. Pennine 39 by Nav 4 is a firm favourite taking in what many consider to be the best bits of the Pennine Way. If you have never been to High Cup Nick you should enter. There are many hilly sections and some rough running that would appeal to fell runners. Three of the last four races in the series are all ‘longs’ at over 50 miles. The Bullock Smithy Hike was run on a warm and humid day. Again there are some flatter sections but also some beautiful wild sections through the Peak District and the moors above Edale. Round Rotherham is rather different as it crosses the Yorkshire plain linking pretty villages with just a few urban areas too. After dry weather even the fields were forgiving and the cycle paths at the start and end made for fast running giving Kevin Hoult another perfect 1000 points to bring his total to the magic 4000. The final ‘short’ was shorter than usual for us as it was a ‘replacement’ race after one was cancelled earlier in the year. The Lancashireman may only be 26 miles or so but that does not make it easy. A few of us added distance with some navigation errors and the moorland paths above Gorple and Widdop reservoirs and again around Theievely Pike were boggy and slow. It was well attended, fast and competitive. After this race it soon became clear that the female champs was hotting-up and we could soon have a new leader. Claire gained 1000 points with a superb winning run. It is great to see younger women running our ultras. The final race was the Yorkshire Trod. It is brave to put on a 60 mile race in later October especially as it goes over Buckden Pike, Simon’s Seat and Rylstone Moor. The route is superb showcasing wonderful bits of the Dales. It was a small entry this year but despite this it was very competitive and caused several changes in our leader table.

The men’s championship continues to be very competitive not only in the Open class but in the age categories too. It is exciting to see the women’s championship becoming more competitive again this year and with the promise of a couple more and faster younger runners next year. New blood has also over turned the team standings with Lonsdale taking a substantial lead over Krypton who narrowly overtook Todmorden at the last race of the season.

As always we owe big thanks to our sponsors Mountain Fuel, Tent Meals, Romney’s mint cake, Injinji socks, Ultimate Direction and Icebug shoes. Without them we could not take prizes for winners or offer spot prizes to our members.

If you are interested in finding out more about Runfurther and racing ultras please visit our website (www.runfurther.com) and our facebook page (www.facebook.com/groups/354970015195). New members are always welcome.

2022 RUNFURTHER SERIES RESULTS

POS	MEN	WOMEN
OPEN		
1	Kevin Hoult (4000 pts)	Karen Nash 1st V60 (3794 pts)
2	Rory Harris (3835 pts)	Claire Nance (3752 pts)
3	Phil Withnall (3795 pts)	Katherine Sutton (3327 pts)
4	Adam Worrallo (3669 pts)	Claire Shaw (3322 pts)
5	Martin Terry 1st V60 (3267 pts)	Felicity Newton (3150 pts)
VETS		
V50	Andrew Waddington (3242 pts)	Jenny Wyles (2960 pts)
V60	Martin Terry (3267 pts)	Karen Nash (3794 pts)
V70	Tony Wimbush (1958 pts, 3 races)	

Lead photo: A runner near High Cup Nick during the Pennine 39 race © Nick Ham



AN INTERVIEW WITH SERENA PARTRIDGE

THE FRA'S 9000TH MEMBER

WHY DID YOU DECIDE TO JOIN THE FRA?

I thought it was about time I supported the Fell Runners Association having gained so much from taking part in the sport over the years. I used to think the FRA was for serious folk at the sharp end or for those who've been hill running for decades, it sounds so hardcore! I'm still at the back end of races but I've enjoyed being a part of the fell running community for almost ten years now, so I accept it's not just a passing fad for me. I'm looking forward to learning more about fell running in different regions and checking the fixtures list to see if any races coincide with trips away.

HOW DID YOU GET INTO RUNNING?

About twelve years ago I was working intensely on a project deadline from home and didn't leave the house for eleven days! Realising this wasn't at all healthy I took up walking which led to the occasional short run. In 2012 I heard that my local Pickering Running Club was launching a beginners course so I immediately signed up and soon got the bug. The following year I took part in the York & District Road Race League for the first time. I enjoyed the improvement, confidence and camaraderie that came with each 10k race over the summer. It was a welcome contrast to my work as an artist, which often involves sitting still for hours, meticulously embroidering tiny scale creations.

WHAT WAS YOUR FIRST FELL RACE?

My first was Tom's Bransdale Race in 2013. The race was organised by the National Trust in memory of Tom Watson, a past employee of the National Trust and a keen local runner. We were greeted at the finish line with live music, homemade flapjack and bottles of wine. It was a superb evening and I was keen for more. Soon after, I was introduced to Dave Parry's Winter Fell Series, on the North

York Moors. My first of these was the Viking Chase, from Lord Stones Country Park and up over the Wainstones. The weather was sunny and wow, the views were striking.

WHAT DO YOU ENJOY ABOUT FELL RUNNING?

I love the simplicity and low-key nature of fell running and exploring places I wouldn't otherwise visit. I enjoy being out in all weathers and the wide variety of terrain underfoot. Plus, the shower afterwards feels well deserved, when covered in mud from a tough race on the moors in a hailstorm. Again, I like the contrast with my artwork, which I try to keep pristine and wrapped in tissue.

BEST FELL RUNNING EXPERIENCE

I'm not sure I can pick a favourite. One of the most memorable was while visiting my brother in Hawaii. We took part in 'Vi's Top of Tantalus' a 7-mile race on the technical trails of Tantalus Mountain, overlooking Honolulu. I believe it was part of the HURT 100 course. The main thing to look out for was tree roots... everywhere!

WHAT DID YOU PURCHASE WITH YOUR VOUCHER FROM PETER BLAND SPORTS?

I needed a new waterproof which was confirmed after a downpour in the Lockton Limping race in October. I looked online but wanted to try them on, so was inspired to book a weekend break in Kendal. I chose the inov-8 Stormshell because it's super light and comfortable. The staff in Peter Bland Sports were really informative and helpful and I tested it out the next day with a run up to Scout Scar.

Lead photo: Serena (far right) racing the Lockton Limping Fell Race © Dean Wise

AN INTERVIEW WITH IAN WINTERBURN

FRA FIRST AID CO-ORDINATOR



WHAT DOES YOUR ROLE AS FIRST AID CO-ORDINATOR ENTAIL?

I organise and run the ITC FRA Outdoor First Aid Courses. I have delivered almost 26 courses over the last eight years.

WHAT HAVE YOU DONE WHILST ON THE COMMITTEE?

Graham Breeze invited me to join nearly 10 years ago, to bring my skills as a mountain professional (mountain leader and mountain rescue team member) to the committee. I've sat on the safety/rules sub-committee and written many articles for the Fellrunner magazine, mainly on navigation, First on Scene, hypothermia and hyperthermia. The current pamphlets are based on these articles.

WHAT IS YOUR SPORTING BACKGROUND?

I've always been sporty; anyone who knows me will tell you I'm also a tad competitive. I started running in the school cross country and orienteering teams, then became a climber and hillwalker in my teens. I've also been a competitive sailor and instructor - competing in two Three Peaks Yacht races, with one win and one second place.

HOW DID YOU GET INTO FELL RUNNING?

I always loved moving over the hills fast - even as a teenager. During a school holiday, I caught a bus to Horton and ran the Three Peaks in walking boots in under six hours. As a walker, I'd try and keep up with the runners. I used to run just to keep fit, but I eventually joined Dark Peak.

Left: Ian racing in the Mickledon Straddle Fell Race © Mark Harrison

WHAT WERE YOUR FIRST IMPRESSIONS OF THE SPORT?

I’ve always known about fell running and, living in Sheffield, there could only be one club. I joined Dark Peak when I was 39, with the plan to get into the V40 team. Clearly, I had no idea of the high standard within the club. That said, one wild day in Scotland, competing as a Vet 50, I was told I had been a counter in our vet 40 team and got a British Champs bronze medal. So hold onto those dreams!

WHAT DO YOU LOVE MOST ABOUT FELL RUNNING?

Exploring the wild, remote places meant I could go further and deeper into the hills. I rarely followed the paths; I just planned my own route. I’ve made many good friends over the years.

WHAT ARE YOUR BEST FELL RUNNING ACHIEVEMENTS?

I’ve won a few minor races, but I guess three, consecutive, top-ten places in the infamous Tankies Trog, now superseded by the Trigger. There’s also a third place on the HPM and winning my age category on the Burbage Skyline.

FAVOURITE BOOK, DREAM DINNER DATE AND DESERT ISLAND DISC?

I like any true-life adventure story. If I had to pick one, that not many know, it would be ‘Stranger in the Forrest’ about a young American who become the first Westerner to walk across Borneo. The dream dinner date would obviously be my wife. My desert island disc would be the classic rock album, Led Zepplin IV.

WHO IS YOUR BIGGEST INSPIRATION IN THE FELL RUNNING COMMUNITY AND WHY?

This one is easy! As a teenager, I had always wanted to do the Pennine Way. I had read, in a climbing magazine, about the record of 3 days 4 hours and 36 minutes, held by some shepherd from the Lakes. I did a bit of research and found out more. From that moment on, I was hooked on the thought of running over the hills. I’ve met the great man many times since. I’ve even had the honour of running with him on a friend’s Joss Naylor Challenge. Thanks Joss!

WHAT WAS THE SCARIEST MOMENT YOU’VE HAD ON THE FELLS AND WHY?

Not one I’m proud of. Years ago I agreed to lead a group of forumites on a HPM recce from Cut Throat Bridge to Snake Summit - a regular run which I knew well. The forecast was snowy showers but nothing desperate. By Swains Head though, the weather had closed in, and it was snowing hard. Visibility was dropping and I suggested that we should bail and just drop into the upper Derwent. However,

we had left a Land Rover at Snake Summit. I often tell runners and walkers on courses that, if you think you should bail out or turn back, then do it. We didn’t and pushed on. This was the hardest navigation I’ve ever done. We were in a complete whiteout; it was impossible to pace-count as the snow was chest deep in places and there were no discernible navigation features. Needless to say, it was a real epic. The car was buried in thick snow and ice and one of the party became hypothermic. We got off and we lived to tell the tale, a real adventure.

WHAT IS YOUR LEAST FAVOURITE FELL, AND WHY?

Probably Scafell Pike or Snowdon. To be fair, it’s not the mountains themselves I don’t like, but the litter and the summit queues.

WHAT’S YOUR FAVOURITE FELL RACE?

That’s a difficult question, as there are so many. But I’d have to select High Cup Nick, Shelf Moor, and Tankies. any race that involves route options and hard navigation will do.

WHAT’S THE WORST FELL RUNNING INJURY YOU’VE EVER HAD?

Torn ligaments in my ankle on Anniversary Waltz, which was my first Lakeland race.

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

Not sure, but it would be in a remote location, miles from anywhere.

GPS OR NO GPS?!

Only to be carried for safety, never for racing. My navigation skills are the only advantage I’ve ever had, so I’m definitely against the use of GPS whilst racing.

WHAT’S THE MOST MEMORABLE FELL RUNNING EVENT/ OR CHALLENGE YOU’VE BEEN INVOLVED IN (EITHER PARTICIPATING OR SUPPORTING)?

Helping with the Relays organised by Dark Peak and supporting lots of Bob Graham attempts, enabling people to achieve their dreams. The 3 Peak Yacht race is up there too as it pulls together my two favorite sports. One of my best ever days on the hill was an unsuccessful attempt at the Rigby Round with Nicky Spinks, the weather finally getting the better of us after 20 hours, Ultimately a day on the hill, with any friends or clients. Whether it’s teaching navigation, social running, racing, or crossing the great ranges. All these are infinitely more memorable than sitting in an office.

THE COACHING PATHWAY



WORDS NICKY SPINKS, FRA COACHING AND EDUCATION CO-ORDINATOR

Many clubs have a coaching section for adults and also for juniors. If you would like to either join the coaching pool at your club or set up a coaching section then the following guidance on what courses are available and in which order to take the courses will be helpful. The new UKA requirement for First Aid which was introduced in April 2022 is also explained below. Please contact me on education@fellrunner.org.uk if you have any further questions.

There is still some confusion as to what courses prospective coaches should take and so the Coaching Pathway is explained below:

LEADER IN RUNNING FITNESS

Prospective Leaders and Coaches wishing to take runners off-road should first gain the standard England Athletics Leader in Running Fitness course (LiRF) which is available as a Remote Practical and Virtual course and provides insurance cover to take groups (12 and over) running. It covers why people run, warm ups, main sessions, cool downs, drills, running technique, introductions, instruction, demonstration, safety, energy systems, planning and barriers.

<https://www.englandathletics.org/coaching/qualifications/leadership-in-running-fitness/>

COACHING ASSISTANT

If you wish to coach children under the age of 12 you also need to take the Coaching Assistant course which has been relaunched as a

blended course – made up of four Virtual Classroom Modules (on-line self-guided learning modules) and a practical day. The course is designed to provide prospective coaches with an introduction to coaching athletics via a range of running, jumping and throwing skills and activities. It also focuses on the introduction of the fundamental movement skills that underpin athletic activities.

<https://www.englandathletics.org/coaching/qualifications/coaching-assistant/>

COACH IN RUNNING FITNESS

The standard Coach in Running Fitness (CiRF) Award is a 4 day face to face contact including and an assessment day course. It is designed for those who want to get involved in coaching runners over the age of 12 who take part in non-track based activities eg road, cross country and multi terrain events. It covers an individual to coach athletes and focuses on the How To skills of coaching (feedback, analysis, demonstration etc) plus a lot more detail on technique, drills, strength and conditioning, planning, health and safety.

<https://www.englandathletics.org/coaching/qualifications/coach-in-running-fitness/>

OFF ROAD COACHING LIRF MODULE

The FRA and UK Athletics have developed an Off Road coaching LirF modules which is tagged onto the Standard LirF courses and covers all aspects of off-road running including Risk Assessment,

Above: Nicky Spinks coaching a group of runners © Due North Events, www.duenorthevents.com

uphill and downhill running techniques, running over obstacles (rocks, water etc) running over different types of off road terrain and safety.

A number of courses have been run in 2022 and in order for me to assess the demand for 2023 can anyone interested please email me on education@fellrunner.org.uk

OFF ROAD COACHING CIRF MODULE

This is expected to be developed for 2023 and please can anyone interested in the course please email me on on education@fellrunner.org.uk

UKA FIRST AID REQUIREMENTS FROM APRIL 2022

These changes have been brought in by UKA to make sure coaches are trained in safeguarding and first aid as part of their qualification. This is to align with the Health and Safety Executive (HSE) requirements under Civil Law and Duty of Care. Adding the Basic First Aid Training Certificate as a mandatory part of entry line qualifications will ensure coaches are given the right level of support, and that they help athletes train in safe environments.

The First Aid course requirement is being rolled out as Coaching licenses are renewed and for all new licenses from 1st April 2022.

UKA DEFINITION OF THE FIRST AID REQUIREMENTS FOR COACHES AND LEADERS

Category A: Many clubs, venues or events will have their own emergency First Aiders present and Coaches and Leaders must demonstrate a duty of care for their athletes and participants. In all locations it is mandatory for all new Coaches and Leaders to have a Basic First Aid Training Certificate as a minimum standard. UK Athletics strongly recommends that all existing Coaches and Leaders also have an in-date Basic First Aid Training Certificate as a minimum standard.

Category B: Where Coaches and Leaders are delivering athletic activities, and where the athletic activity takes place without a First Aider immediately available, UK Athletics strongly recommends that existing Coaches and Leaders have an in-date First Aid Training Certificate as a minimum standard. We would expect this to be at training locations where the expected response time for help is between 10 and 30 minutes.

Category C: Where Coaches and Leaders are delivering athletic activities in remote and hard to access areas, where athletic activity takes place without a First Aider and where help may take a long time to arrive (e.g. fell and country trails), they must have an in-date Outdoor First Aid Training Certificate. The minimum requirement is a two-day course. This is a requirement for the Fell Leadership in Running and Fitness (LIRF) and Fell Coaching in Running and Fitness (CIRF) UK Athletics Coach licence scheme

HUGH AGGLETON

28/9/84 – 14/8/22

JOHN AGGLETON



Hugh epitomised fell running. He loved the hills, he loved the physical and mental challenges with their highs and lows, and he loved the camaraderie. Hugh began running regularly to stay fit when rowing at Oxford University. This meant tackling the hills of South Wales with Mynyddwyr De Cymru. At first it was more toil than pleasure but one club night, high in the hills above Ogmore Vale, he took off into the distance with the fastest runners and had what he later described as an epiphany. From that moment he never looked back.

In 2005 he began entering races, starting at the back as he imagined he would be last. As he discovered his love and aptitude for fell running, his performances went from strength to strength. Almost anyone racing in Wales between 2006 - 2018 would recognise Hugh, mainly from behind. During that period, he won numerous races and set course records. He was South Wales Series WFRA champion twice. In 2015 he was the WFRA and Welsh Athletics Men’s Open Fell Running Champion. In recognition of his ability, Hugh repeatedly represented Wales at fell running.

Among other notable achievements, he twice won the world-famous Man versus Horse race (2013, 2105), but never quite beat the first horse. He was King of the Mountains (with Chris Jones) in the 2014 Three Peaks Yacht Race. He also won fell and trail races in Shropshire, Northumberland, Hampshire, Wiltshire, and the Isle of Wight. He won races that ranged from 3 to 50 miles and completed the South Wales Traverse in under 18 hours at an early stage of his career. He ran various marathons, for example being the first GBR man home (out of 477) in the 2016 Athens Authentic Marathon. For his road running, Hugh also represented the RAF.

Hugh was always incredibly modest of his achievements. On hearing of his death, a past President of Mynyddwyr De Cymru wrote ‘trying to get him to admit that he’d actually won something, was a great effort in itself!’ In 2019 Hugh knew his fell running was over after being diagnosed with an incurable, aggressive brain tumour. Like his running, he showed quite extraordinary fortitude and inner strength over the time he had left. His absence on the hills and mountains will be sorely missed.

Above: Hugh Aggleton just after winning the Man vs Horse race in 2013 © John Aggleton. Following page: Hugh during the 2015 3 Peaks fell race © Andy Jackson

FRA NAVIGATION COURSES 2023

WHAT ARE THEY?
• A weekend introduction to map reading and navigation skills on the fells for those new to fell running or wishing to try races requiring navigation skills.

WHEN / WHERE ARE THEY?
• Spring - Kettlewell in the Peak District (3-5 March 2023)
• Autumn - Elterwater in the Lake District (22-24 September 2023)

HOW MUCH DO THEY COST?
£100 for FRA members, £120 for non-members. including full board. Pre-entry only.

HOW DO I REGISTER?
Download an application form from www.fellrunner.org.uk/courses/navigation

KEEN TO FIND OUT MORE?
Please contact **Pauline May** for more information:
Email: navigation@fellrunner.org.uk.
Web: www.fellrunner.org.uk/courses/navigation
Post: Pauline May, Wood Lea, Palace House Road, Hebden Bridge, HX7 6HW

“A fierce competitor who came into his own over long difficult fell races. It was a privilege and an honour to have shared the mountains with not only such a fierce competitor but also a friend.”

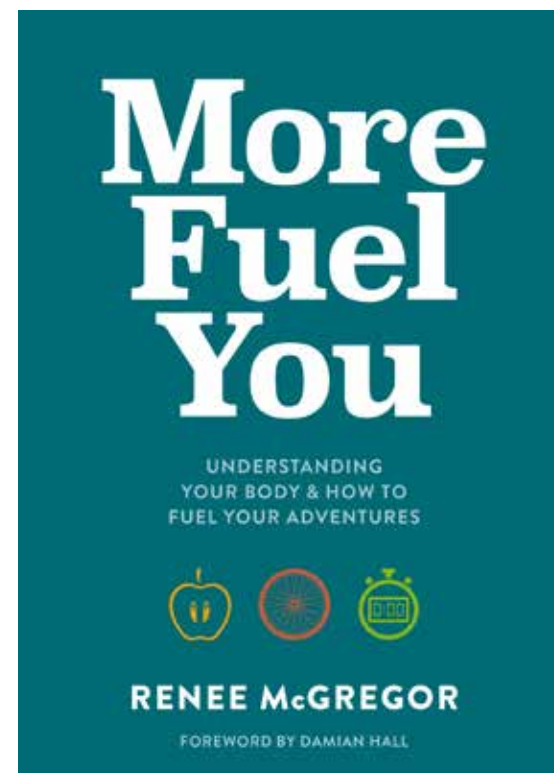
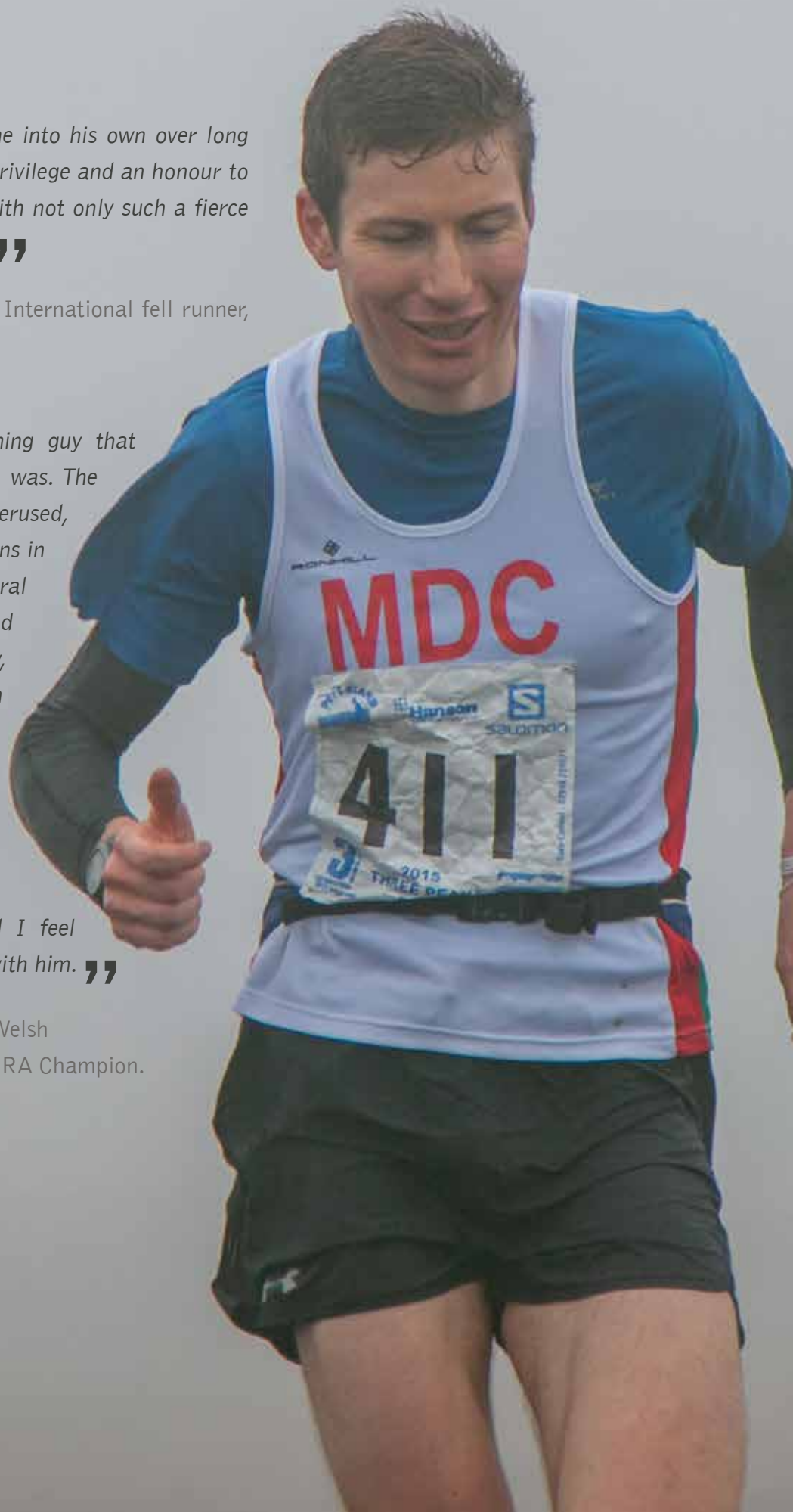
Peter Ryder – fellow Welsh International fell runner, WFRA champion

“Hugh was such an unassuming guy that you forgot just how good he was. The phrase ‘natural athlete’ is overused, but he really was. Multiple wins in major fell and trail races, several international vests, fast road times, serious cycling ability, and the skill and grit to turn up and win anything.”

Helen Brown - British Fell Running Champion

“He was a superb chap and I feel honoured to have competed with him.”

Mark Hopkinson – fellow Welsh International fell runner, WFRA Champion.



MORE FUEL YOU

BY RENEE MCGREGOR

REVIEWED BY LAUREN MUNRO-BENNETT

More Fuel You is a must-read. This book is for the fell runner, coach, parents and guardians of runners, partners of runners and for anyone in a supportive role to a runner. It's also for individuals who are struggling with their relationship with food. Here are my thoughts on this incredible book:

Renee is a leading sport and eating disorder specialist dietitian with twenty years' experience working in clinical and performance nutrition. She has worked with athletes in the Olympics, Paralympics and Commonwealths, along with other sports (including ballet). More recently, she set up 'Team Renee McGregor' where she supports individuals of all levels and ages by providing nutritional strategies to improve sports performance and manage eating disorders. Renee is also an incredible mountain runner, becoming British trail running champion this year in her age group over the short distance race.

Renee's book is so much more than what I'd imagine from a 'typical' sports nutrition book. It's jam-packed with so much knowledge, experience and information. She begins by explaining just how much food we need for our body to function before we even add exercise into the mix. She goes on to explain what happens to our brain and body if we don't meet our energy requirements.

Renee then goes through the most common diets in our current society, discussing the pros and cons of each, including: low carbohydrate diets; vegan and plant-based diets; intermittent fasting and calorie-controlled diets. She then delves into specific populations, including the female athlete, master's athlete and what she coins as the "individual athlete". Renee illustrates that nutrition doesn't stop at the food on our plate, personality traits, behaviours, psychology and perceived self-worth of an athlete are just as important when it comes to their health.

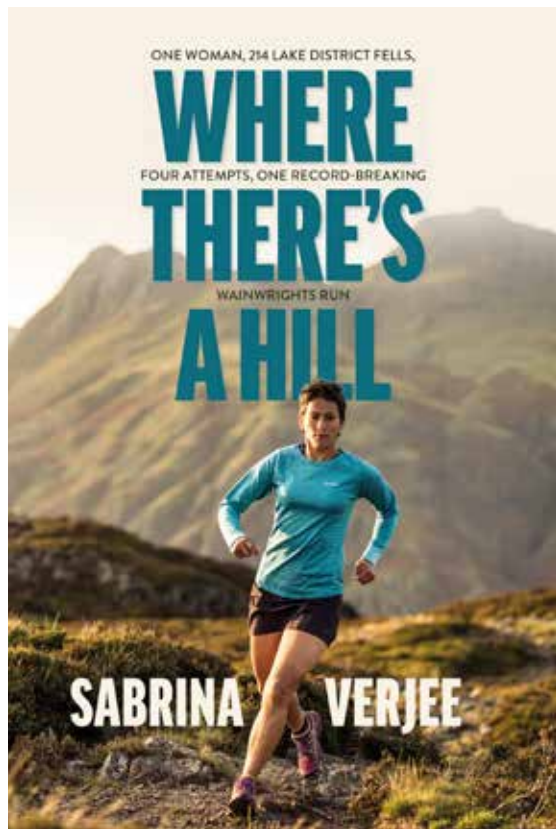
What Renee does so well is put a spotlight on 'taboo' topics. For example, she goes into detail about Relative Energy Deficiency in Sport (REDs), menopause and that it's not okay to not have your period just because 'you do a lot of sport' (hypothalamic amenorrhea). These topics need to be discussed more openly in the fell running world, in particular under-fuelling and over training (REDs). It's likely that most of us know someone who's struggled with their relationship with food in some way and this book is a fantastic resource that can start the process of individuals getting the appropriate support they need. Renee's book feels like an invaluable tool that could raise the awareness within the fell running community and start discussions on these difficult topics.

Furthermore, Renee delves into wider issues including cultural factors and under-represented groups in sport under the lens of nutrition. She highlights how the lack of science around nutrition in these groups has an impact on the guidelines available. Here, she stresses the importance of considering individual factors for each person when it comes to nutritional guidance.

I'd recommend that every fell runner reads this book. Not only will this book help you decide what food to take out for a long run in the fells; the knowledge gained will enable you to spot red flags in yourself or among running friends if things aren't quite right when it comes to food.

I highly recommend giving it a read!

More Fuel You is available from Vertebrate Publishing, www.v-publishing.co.uk, or bookshops.



WHERE THERE'S A HILL

BY SABRINA VERJEE

REVIEWED BY BECCA WEIR

Ultrarunning phenomenon Sabrina Verjee heard about the Wainwright summits challenge from Steve Birkinshaw in 2014, after she moved to Cumbria from Bedfordshire. In June 2021, on her fourth attempt, she succeeded in completing the round of 214 peaks in under six days – a new record. Many readers of *The Fellrunner* already know what Verjee achieved. Her book's interest lies in her own account of the 'how' and 'who'.

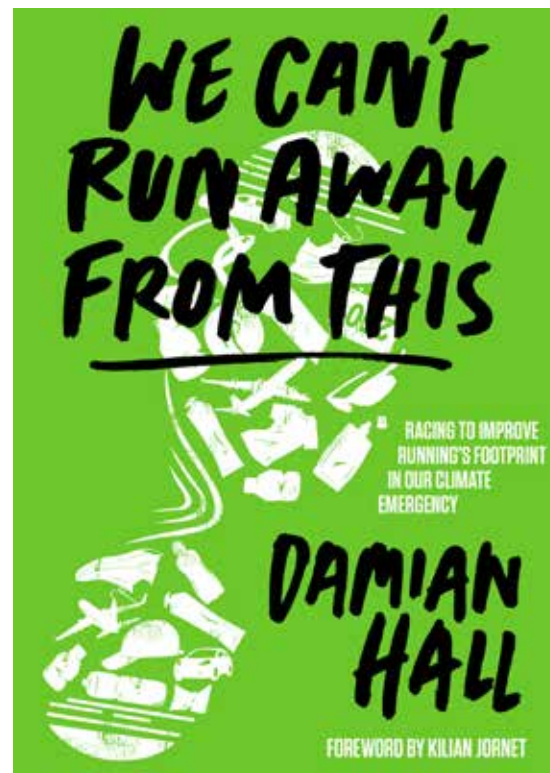
Verjee begins with her childhood and family, her experiences of exclusion and belonging through sport at school and university, and her discovery of adventure racing. Her forthright prose gets the job done with the same efficiency that she built the foundations of a school during a gap year: examples illustrate strengths she uses on the hills. The narrative gathers pace when she turns to ultrarunning

– a decision prompted in part by frustration with the gender bias of some of her adventure racing team-mates: 'I could compete to the best of my ability without being hampered by teammates who thought I was useless.' She returns to gender equality and difference in the context of the controversy about her second round, when she 'almost' broke a man's record.

The highs and lows of her first three Wainwrights attempts form the core of the book. Attempt one fell foul of a misunderstanding about COVID restrictions; attempt two was completed with downhill assistance due to injury; attempt three was scuppered by asthma and terrible weather. Things go wrong. I admire her decision not to edit out the 'whiney', 'grumpy' versions of herself that surface under strain. She has a lot of fun. Food is almost a character in its own right, from a prawn and Marie Rose baguette near Nab Scar to a ton of cake. She keeps going. The result is an epic if understated testimony to her grit and skill, and to the commitment and generosity of the support team to whom the book is dedicated. Her successful fourth round reads as an appreciative roll-call of supporters rather than a climax: 'I'm not jubilant, just relieved I didn't let everyone down and their efforts weren't wasted. [...] I just feel satisfied. And content.' An epilogue sees her shift roles to support friend and teammate John Kelly as he breaks her record. She places her achievement as part of a record-breaking/making pattern.

Analysis is central to Verjee's approach. She learns from each attempt, gaining insight and honing her strategies to make the most of her strengths – managing her body and mind, functioning with very little sleep ('my secret weapon'), and planning logistics to maximise efficiency. Also thought-provoking is how she tackles tensions between the personal and public aspects of her challenge. Verjee wanted to do it in a way that satisfied her own standards. At the same time, she is keenly aware of her visibility via tech, and knew that attempts were always going to be more than personal. For example, in chapter six, she questions runners who break the Countryside Code by following quick routes across private farmland. Setting the example of a 'clean' route matters. Her account of the controversy about the status of her second round, 'my non-record-breaking hobble around the Waintwrights', illustrates how confusion can gather in the gap between personal and public, and between experience on the ground and observation at a distance, via dot-watching or media interpretation. On occasions she recalls feeling she has to keep going for others. There is more to this story than inspirational record-making: Verjee's 'how' is complicated and engaging. No two readers will interpret it in the same way.

Where There's A Hill is available from *Vertebrate Publishing*, www.v-publishing.co.uk, or bookshops.



WE CAN'T RUN AWAY FROM THIS

BY DAMIAN HALL

REVIEWED BY STEVE CHILTON

In his latest book ultrarunner Damian Hall moves away from describing his races and adventures, to assessing the impact of those adventures and his life choices. This was a hard read – and I don't mean that in a bad way. The subject matter is SO serious and affects us all, whether we be runners or not. Climate.

Damian takes the different aspects and treats them chapter by chapter – shoes and kit, travel, diet, etc. His research is deep and well presented. He also leavens the read with observations about changes he has made in his own life choices, and also some light humour. As an ambassador for several brands he navigates the potential conflict of interest by being as neutral as possible, but

also highlighting the fact that he has dropped his work with some brands as a consequence of his research.

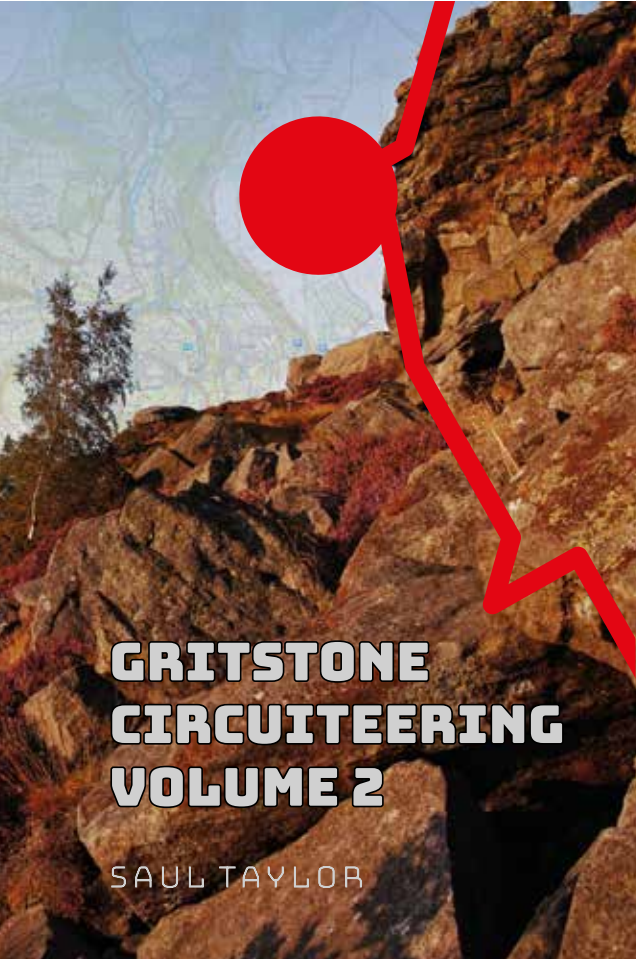
Some of the content is more pertinent to readers of *The Fellrunner* than others, although I would argue that we should all consider all of the topics covered in the book. Particularly so in the case of the chapter on races, entitled 'Racing away from net zero'. It starts with a quote from author and activist George Monbiot: 'It is hard to think of a better formula than a global sporting event for causing maximum environmental damage.' There are probably more questions than answers in this section though. There is coverage of the big events, just two examples being the London Marathon and the Dragon's Back race, and the fact that they are starting to review their impact, and sustainability. Some are better than others at that and are being more transparent. One question is whether race organisers, even at small local fell races, should be publicising transport options (like car-share) and even applying disincentives to long distance travelling entrants.

The book also has good suggestions for further reading, and each chapter lists some actions we could all consider taking. Each chapter finishes with a 'yeah but what can we do about it?' section. For instance, at the end of the chapter on racing and training t-shirts (entitled 'Getting t-shirty') there are three and a half pages of suggestions under the subheads: read, think, refuse, reduce, repair, reuse, recycle.

Reading about the work being done in this area, it is interesting to see coverage of the recent actions of two notable ultrarunners: Jim Mann for 'Trees not Tees' and the 'Future forest company'; and Kilian Jornet with his no trace brand NNormal and work with the 'Athlete Climate Academy'.

The big takeaways I had from the book are that travelling to distant races, particularly if you fly, is unsustainable; and that we all consume too much – shoes, clothing, and meat and dairy products – all having very large carbon footprints. I definitely recommend reading this important book, but be warned – it will probably shock you, hopefully in to considering your own life choices. We can't run away from this.

We Can't Run Away From This is available from *Vertebrate Publishing*, www.v-publishing.co.uk, or bookshops.



**GRITSTONE
CIRCUITEERING**

BY SAUL TAYLOR

REVIEWED BY ANDY WATTS

This little book (128 pages, wirebound) is a guide to climbing locations in the Southern Peak District. What then is the relevance to fell running? Well, several things in fact. The book is put together by Saul Taylor, Belper Harrier, FRA member and Tutor on the FRA Leadership Coaching courses. It links well-known climbing sites into 10 circuits which can equally be used as fell routes. Of course you can take the gear and tackle a few ascents if that’s your game, but the climbs are alongside (not part of) the route of each circuit! The routes traverse some of our best moorland and remote countryside in the gritstone area, mostly in Derbyshire.

The routes are interesting and well documented with Harvey 1-40k map sections, and excellent landscape photographs. They range from 7 milers at Stanage and Chatsworth, to longer routes at Crowden and Kinder, with some challenging longer outings at the Roaches and Derwent Valley. Several, including Burbage and Nine Edges, use routes also followed by fell races. Finally there is a 216 miler linking all 170 documented climbing locations. Not to be done (by mere mortals) all in one go, but giving a great set of accessible worthwhile routes to explore, a segment at a time!

The book gives laudably clear and straightforward advice on each route, with helpful suggestions on parking and access. With some amusing, though ‘so so familiar’, cautionary tales “some of the crags will be impossible to find, you will fall over, sheep will laugh at you, walkers will recoil in horror”. Sounds just like a flat-out run over Kinder!

An excellent introduction to anyone looking for hand-picked running routes in good, remote fell running country. A version with waterproof paper (omitting the 216 miler) is also available. If interested in the book or the concept of circuitering drop a line to saul@circuitering.co.uk.

Gritstone Circuitering is available from Future Primitive Publishing, www.future-primitive.co.uk.

**JUNIOR
FELLRUNNER**



HELLO JUNIORS

Welcome to the final Junior Fellrunner of 2022 and my first as editor. It has been a good year for racing and running on the fells and we have had a busy calendar. We have seen some great races in the FRA Junior Championships, English Schools’ Championships and all the other junior races up and down the country.

I hope you enjoy reading about the exploits of the juniors in this issue and you find inspiration to keep getting the miles in during the winter months. If you have a story to tell like Harry and Louis or would like to do a text-talk, just drop me a line on the email below and you could see your words in the magazine.

I’d like to end by saying a thank you. Firstly, to Natalie for editing the junior pages and coming up with some great ideas over the past few issues. Secondly, a big thank you to Fergus Ogilvy and Giggleswick School who rescued the English Championships this

year and helped put on a great event with over 360 junior runners enjoying sunshine and terrific racing.

Enjoy your running and say hello if you see me at a race.



DAVE LITTLER,
FRA JUNIOR EDITOR
daveuk64@gmail.com

THE JUNIOR DO

A fun day was had in Sedbergh where a prayer to the rain Gods meant the younger junior runners could enjoy the Sports day activities on the playing fields, and the older runners could enjoy a challenging orienteering course on the hills around the village hall in the sunshine. A big thank you to Victoria Wilkinson for kindly organising the orienteering course.



Left and above: the Sports day activities at the Junior Do in Sedbergh © Dave Littler

Hard earned, and well deserved T-shirts and Hoodies were distributed, as well as the trophy and medal winners receiving the recognition they deserved for their season’s performances.

Dr Adam Booth gave an inspirational talk on his journey to the top of Everest, and how he has combined his medical career with his passion for climbing. I hope it served as a source of motivation for our next generation that hard work and following their passions, will lead them to their own summits.

A massive thank you to all our race organisers, without whom there would be no Championship. A particular thank you to Charmian Heaton for all her help and with the Junior Championship, including organising the T-shirts, Hoodies and Trophies on the day. A big thank you also to previous Junior Coordinator Helene Whitaker

who has given me a tremendous amount of support and advice in my first year in the role.

ENGLISH JUNIOR CHAMPIONSHIP 2023

I am very pleased to announce the six races that will form the Junior Championship for 2023.

The courses and the locations are fantastic, and I hope it will provide for a varied terrain that will have something for everyone and make for an exciting and competitive Junior Championship.

DATE	HOSTED BY
April 23rd	Black Combe
May 6th	Ambleside
May 20th	Storth
June 24th	Telford AC*
July 9th	Clywdian Fell Runners
July 16th	Goyt Valley Striders

*Incorporating the Junior British Inter-Counties Hill & Fell Championship

Please refer to the FRA website for updates on the Junior Championship races and entry details as they become available - www.fellrunner.org.uk

As always, if you have any questions about the Junior Championship, please don’t hesitate to get in touch; juniors@fellrunner.org.uk

Look forward to seeing you all at the Black Combe Fell Race start line next year.



GARETH HARDCASTLE,
FRA JUNIOR CO-ORDINATOR
juniors@fellrunner.org.uk

Junior Fellrunner Cover: Ben Brassington (QES) leading Zac Jardine (South Craven) as the English Schools Fell Running Championships returned to Giggleswick © Stephen Wilson, www.granddayoutphotography.co.uk. Below: Jess Bailey (Ulverston Victoria HS) on her way to victory in the Year 12/13 Girls race at the English Schools Fell Running Championships © Stephen Wilson, www.granddayoutphotography.co.uk





JACK SANDERSON

INTERVIEWED BY DAVE LITTLER

WHO ENCOURAGED YOU TO START RUNNING AND AT WHAT AGE?

My dad encouraged me to start running when I was six. I used to run round the perimeter of the local rugby pitch after rugby training in the morning.

CAN YOU REMEMBER YOUR FIRST RACE? DID YOU WIN?

My first race was at Wray scarecrow festival when I was 6, and I came 11th. I was just so happy to be competing in races.

WHAT DO YOU LIKE BEST ABOUT FELL RUNNING?

My favourite bit about fell running is the thrill I get from it and the feeling I get when I win.

WHO DO YOU LOOK UP TO OR ADMIRE?

I look up to a few runners: Eliud Kipchoge, Mo Farah and Kilian Jornet. Eliud because of his famous quote 'No human is limited'.

This makes me believe I can do anything with my running. Mo Farah because of all the titles he's won and Kilian Jornet, he's won nearly everything there is to win on the mountain running scene.

WHAT WAS YOUR FAVOURITE RACE IN 2022?

My favourite FRA race in 2022 was either Black Combe or Todd Crag. But overall, I think my favourite has to be the Kilnsey Crag race as it was such a fun and challenging (scree descent) course.

WHAT IS A TYPICAL TRAINING WEEK FOR YOU?

A typical training week for me is running 6 out of 7 days a week. This includes 1 S&C session, 2 easy runs, 3 sessions (on a Tuesday, Thursday and a Saturday) and a long run on a Sunday.

WHAT DO YOU ENJOY AWAY FROM RUNNING? YOU'VE MOVED TO A NEW SCHOOL, HOW IS THAT GOING?

Away from running I enjoy a bit of mountain biking and when we get chance to go, paddle boarding and kayaking in the Lakes. My new school is going well with lots of new challenges and adventures but is very busy. I attend CCF (Combined Cadet Force) and have chosen to specialise in the Marines. There are lots of other activities but I don't get much spare time with the days being 8am – 6pm and going in on Saturdays too.

ARE YOU LOOKING FORWARD TO THE CHALLENGES OF MOVING UP TO U17 NEXT YEAR? WHAT CHANGES DO YOU THINK YOU'LL HAVE TO MAKE TO BE COMPETITIVE NEXT YEAR?

Very much so! Looking forward to the longer courses and the new competition I'll have to face, having won all 9 of the FRA races from the time I've been in the U15s.

At the moment, I'm not looking to change anything to be competitive next year but I'll just keep training hard and keep improving over the winter.

WHAT WOULD YOU LIKE TO ACHIEVE IN YOUR RUNNING IN THE NEXT FEW YEARS?

In the next few years, I would like to earn my first England vest on the Fell. I would like to try and qualify for English Schools Track and Field Championships 2023. On the road, (I know it's a long shot) but I'd like to try and achieve British U15 5k record which is 15.02. The reason I want to try this is because I ran an unexpected 15.39 when I was 13 back in July.

WHAT'S YOUR FAVOURITE BREAKFAST?

My favourite breakfast is porridge.

FAVOURITE TV PROGRAM AND SCHOOL SUBJECT

I don't really watch much TV, however, I'll always watch the athletics or races on the TV when I have the chance. I also like to

watch running on YouTube to help keep myself updated on all the latest running news.

I've just chosen my options which are P.E., Design, Spanish, Geography and triple science. Along with my sports scholarship I'm going to enjoy P.E. Apart from these I like the challenge of Maths.

DO YOU HAVE ANY ROUTINES ON RACE DAYS?

I try to keep myself focused and composed ahead of the challenge I'm about to face.

Other than this I don't really have any routines.



Opposite page: Jack Sanderson on his way to winning the 2022 English Schools Year 10/11 title © David Weatherhead, www.woodentops.org.uk. Above top to bottom: Jack racing in the Coniston Gullies Fell Races 2022; Jack in the Black Combe Dash / FRA Junior Championship Race 2022 © Stephen Wilson, www.granddayoutphotography.co.uk



WORDS HARRY YATES

THE YATES BROTHERS

HARRY & LOUIS

First of all, let me introduce myself. I'm Harry, age 12, and my brother is Louis, age 8, and we have been recently nicknamed 'The Yates Brothers' of Horwich RMI Harriers. In this article I would like to share our experiences of running and competing in the fell races over the past couple of years. We totally love fell running, which is quite a unique sport to Greater Manchester, the region where we are from.

So, what inspired us to run? When I was little, I used to go to Lytham with my grandparents and I loved running up the prom and because of this I joined Horwich Harriers at 7 years old. I can clearly remember falling in my first fell running session up Rivington, but this didn't discourage me at all.

In 2019, I competed in my first ever English FRA races as an under 11 at Up the Nab, Clougha Pike and Coiners. As a 9 year

old, I felt daunted by the prospect of climbing those massive hills, yet I was so excited about how fast I would be able to run back down them!

Unfortunately, in 2020, due to Covid, lots of races were cancelled so I was really keen to run in the English FRA races in 2021. However, I broke my ankle in early summer 2021 which was a big setback and had a massive impact on my confidence and overall fitness. I was gutted! Nevertheless, I was determined to overcome this misfortune and through commitment, encouragement and regular training and racing, I was very ready to take on the challenge of the steep fells in 2022.

My fell racing journey of 2022 started in April at Pendle Hill and Rivington Fell Races where I gained 4th position in both races. I was very pleased with my performances and this helped me to believe in my ability to compete at this level.

In May, the English FRA season started on a very windy Sunday in May at Black Combe. Although I was disappointed with my position, it was a great race with absolutely impressive views! However, I was on a mission to be in the top 10 at the end of the championship. Over the five races, I achieved 3 top ten places and my favourite being the last race at Sedbergh on an extremely wet and muddy day. Despite the poor running conditions, I was thrilled with my 5th position and this finally secured my top 10 overall position. I had finally made it! Besides the English FRA races, I also secured a 3rd place at Trawden and Grasmere Sports u14 fell race and a 1st position in the Boulsworth fell race. Apart from fell racing, I am delighted to say I came 1st u13 boy in the Horwich Jubilee Races and also 1st u13 boy in the Pendle and Burnley Grand Prix this season.

My younger brother, Louis, has also inspired me. As a 7 year old, he made his debut in fell racing and competed in all four English FRA races in 2021. I was very proud of him! In 2022, he has had a number of 3rd places at Hoppits Hill, Pendle, Ilkley, Guisborough Woods, Trawden and Sedbergh u9s fell races this year. However, his proudest moments have been two first positions in the u9s Rivington Pike and Boulsworth fell races. He has also had a very good season by achieving 1st place u9 boy in the Horwich Jubilee



Series and 2nd u9 boy in the Pendle and Burnley Grand Prix. Louis is quite daring and prefers the fast race of running downhill whereas I am stronger going uphill.

Our training plans for U11s and U15s fell races next year are by competing in cross country, doing local junior and adult park runs as well as swimming sessions and, of course, some football!

Nevertheless, all of this wouldn't have been possible if it wasn't for our two running coaches, Brenda and Tony Hesketh, two Horwich RMI Legends. Brenda, Louis' coach, is such a caring lady who always encourages her juniors regardless of their ability. However, my current running coach, Tony, is an absolute inspiration to us all as he still competes in his races at 74 years old. He is absolutely amazing! In addition to this, we have had the privilege of running with superb juniors from other clubs who have helped to push us on.

I hope that you have enjoyed our journey into fell running. My advice would be to enjoy your running and despite any setbacks you might experience, never give up believing.

Opposite page: Louis Yates (right) and Harry with their rosettes from Boulsworth © Clare Yates. Above right: Harry at the Black Combe Dash fell race 2022 © Mike Wilkinson. Bottom left: Louis racing the Guisborough Woods fell race 2022 © Mike Wilkinson.

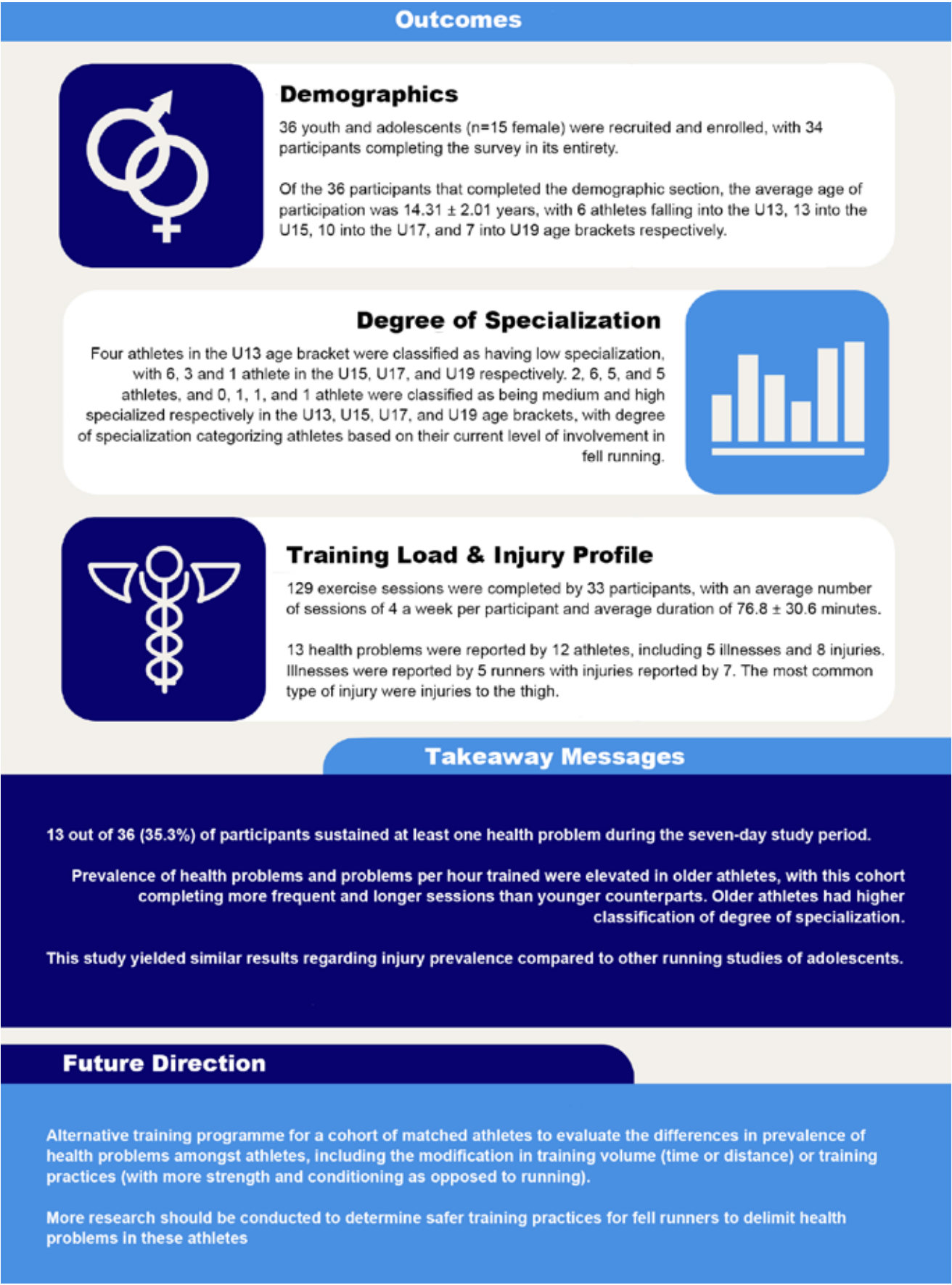
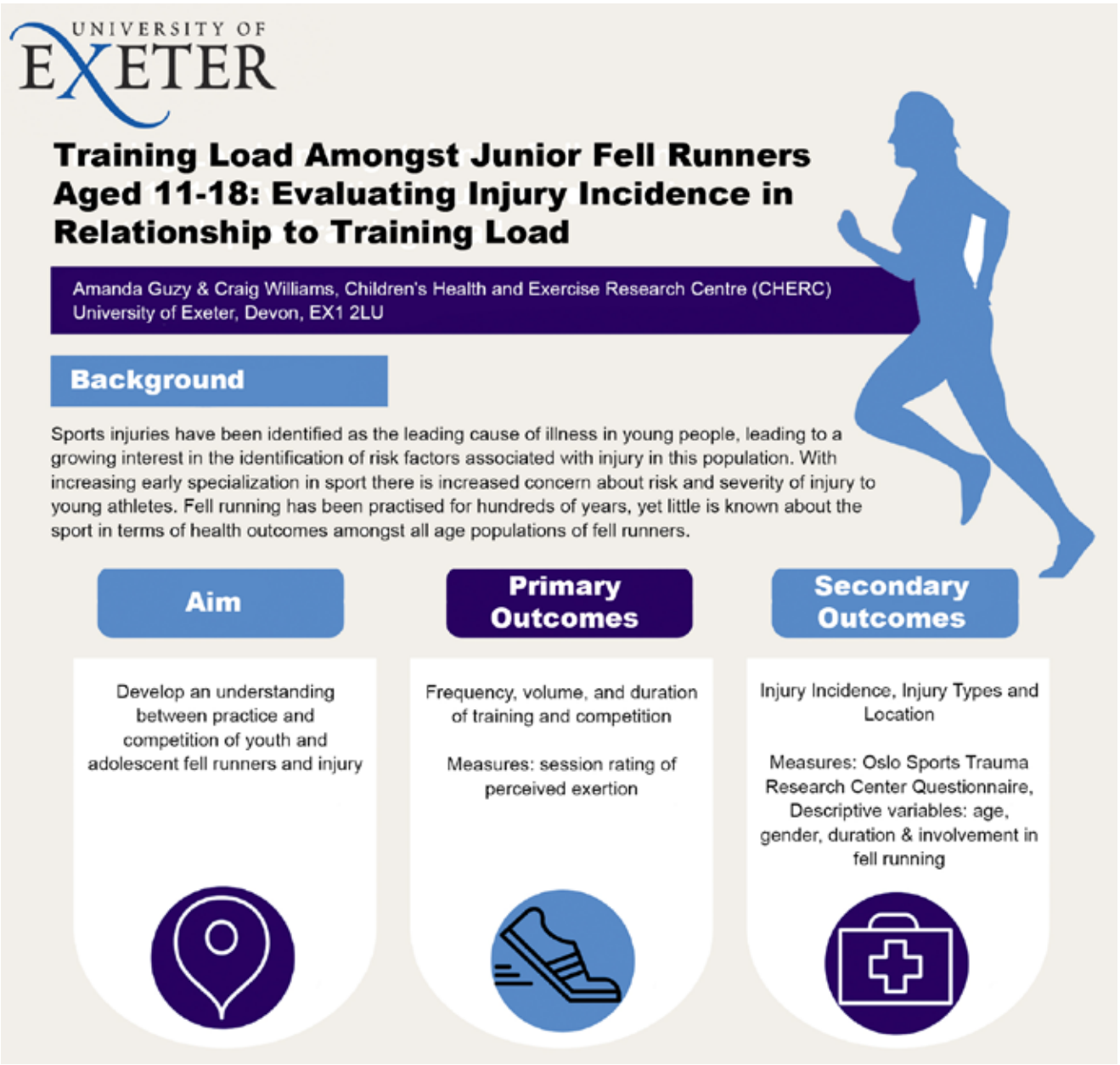
TRAINING LOAD AND INJURY RATES IN JUNIOR FELL RUNNERS

FOREWORD BY HELENE WHITAKER

In 2021 many of you contributed to the only study ever undertaken to investigate injuries in Junior fell runners. I approached Professor Craig Williams from the University of Exeter Children's Health and Exercise Research Centre with a request for information to assist the junior committee in making decisions regarding racing distances. Amanda Guzy successfully gained her Master's as a result and kindly shares her findings in the info graphic below. It shows that more running, and more specialisation on a single sport is correlated with more injury

and illness. This follows similar running related studies and is the first study to confirm it in younger fell runners.

Professor Williams has kindly offered to do a feedback session, and if you would be interested in attending (via Zoom), please contact Gareth Hardcastle, the Junior Coordinator on juniors@fellrunner.org.uk . Thank you to everyone who participated and to Amanda and Professor Williams for all their time and hard work.





REPRINT

2022 ENGLISH JUNIOR CHAMPIONSHIPS RESULTS

COMPILED BY JIM GODWIN

Our sincerest apologies for the errors that were printed in Issue 133 of *The Fellrunner*. Herewith the corrected results tables.

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.

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
9=	Joseph Green	Ambleside AC	4	164
9=	Harry Yates	Horwich RMI	5	164

UNDER 13 GIRLS

POS	NAME	CLUB	NO. RACES	POINTS
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
9=	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 G-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

POS	NAME	CLUB	NO. RACES	POINTS
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 FR	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
10=	Lottie Hesketh	Clayton-le-Moors	4	154

UNDER 17 BOYS

POS	NAME	CLUB	NO. RACES	POINTS
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

POS	NAME	CLUB	NO. RACES	POINTS
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 Jenneson	Buxton AC	5	169
7=	Libby Rickerby	Chorley AC & Tri	4	165
7=	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	Rossendale HAC	4	181
5	Isaac Battye	Horwich RMI	4	180
6	James Bowen	Ambleside AC	4	172
7	Eammon Clowes	Newcastle Tri Club	4	166
8	Elijah Peers-Webb	Calder Valley FR	4	159
9	Dylan Cater	Helm Hill	3	118
10	Douglas Segger-Staveley	Settle Harriers	3	110

UNDER 19 GIRLS

POS	NAME	CLUB	NO. RACES	POINTS
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
5	Evie Taylor	Blackburn Harriers	4	173
6	Constance Jenneson	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

CLUB RESULTS BY CATEGORY

CAT	POS	CLUB	ENTRIES	POINTS
U13B	1	Ambleside AC	26	833
U13G	1	Rossendale 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	Calder Valley	8	343
U19G	1	Harrogate HAC	7	335

CLUB CHAMPIONSHIP

POS	CLUB	ENTRIES	POINTS
1	Wirral AC	5	725
2	Rossendale HAC	5	707
3	Calder Valley FR	5	704
4	Helm Hill	5	703
5	Keighley & Craven AC	5	700
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

FRA CHALLENGE

UNDER 9 BOYS

NAME	CLUB	NO. RACES
Samuel Bamforth	Ambleside AC	4
William Bamforth	Ambleside AC	5
Thomas Hardcastle	Mercia FR	4
Benjamin Hickman	Abbey Runners	4
Ted McAleese	Unattached	5
Calum McGoldrick	Settle Harriers	4
Billy White	Unattached	4
Jacob Wilkinson	Horwich RMI	4

UNDER 9 GIRLS

NAME	CLUB	NO. RACES
Lola Hodgson	Ambleside AC	5
Jennifer Irving	Horwich RMI	4
April Mort	Horwich RMI	5
Hannah Nicholls	Unattached	4
Olivia Smalley	Chorley AC & Tri	4

UNDER 11 BOYS

NAME	CLUB	NO. RACES
George Bradley	St Theresa's AC	4
Peter Butler	Ambleside AC	5
Ralph Coe	Dark Peak FR	4
Kit Evans	Ambleside AC	5
Charlie Headley	Keighley & Craven AC	4
Jos Jebb	Helm Hill	5
James McAleese	Ambleside AC	5
Jack Mitchell	Trawden AC	5
Harri Tancred	Helm Hill	5
Morgan Watson	Chorley AC & Tri	5
Robert Watson	Ambleside AC	5
Stephen Watson	Ambleside AC	5

UNDER 11 GIRLS

NAME	CLUB	NO. RACES
Bleu Bailey	Staffs Moorlands AC	5
Casey George	Halifax Harriers	5
Lucy Hardcastle	Mercia FR	5
Freya Hodgson-Jones	Ambleside AC	5
Ivy Marshall	Ambleside AC	5
Tess Reedy	Ambleside AC	4
Iris Thwaites	Ambleside AC	4
Alice White	Skipton AC	4
Maddison Wilkinson	Horwich RMI	5
Ava Winstanley	Chorley AC & Tri	4

CLUB CHALLENGE

CLUB	NO. RACES
Ambleside AC	5
Chorley AC & Tri	4
Helm Hill	4
Horwich RMI	5

Background photo: The view from Black Combe © Stephen Wilson, www.granddayoutphotography.co.uk



ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIPS

GIGGLESWICK, NORTH YORKSHIRE

COMPILED BY FERGUS OGILVY

The 14th English Schools Fell Running Championships returned to Giggleswick in North Yorkshire. The course comprised a fast, flat start and finish field but between those were lower fell fields, woodland and open fell on limestone. Regular twists, turns, a stream crossing, a marsh, and continual changes in gradient were key features and made it accessible and interesting for all runners but a genuine challenge for those at the top end. The course was framed by spectacular views of Giggleswick Quarry and further into the Yorkshire Dales National Park and over to Lancashire and Lake District.

There were 451 entries in this year’s event and 363 who completed the races from 81 different schools. Running conditions were affected as a result of heavy rain on the Thursday that swelled the stream and made for a muddy, slippery track in some of the fields and on the wet limestone, with sunshine for most of the day but a few squally showers that added to the experience.

This was the third time that these fixed route courses had been used for this event and the Year 12-13 course was a new configuration. There was some excellent running from all athletes and at the top end five new course records were set.

We hope we can build on entries for next year and encourage schools from further South to get involved. This year our most travelled schools came from Newquay and the Isle of Man, with the majority being from the North of England.

Overall winners of the team event were Queen Katherine’s School from Kendal with the winning team of Jake Smith (Y7), Isla Jebb (Y7), Emmy Ranner (Y7) and Millie Jebb (Y8/9). Ilkley GS and Queen Elizabeth School from Kirkby Lonsdale completed the podium.

The event could not have taken place without a huge support network, so thank you to: the Chair of the FRA, Charmian Heaton, and Steve, sponsors Pete Bland Sports, Bridgedale Socks, Timing Up North (Race timing and results service) and Community Traffic Management, Steve Brennan, and Kenny Gibson – ‘Team Glasgow’. Special thanks go to Giggleswick School and staff from many departments for bringing the event together, and a host of volunteers from the running community who manned registration and stood out on the fell at various marshalling points.

View the full results here - www.timingupnorthresults.co.uk

ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIPS RESULTS

YEAR 7 - 2.8KM/130M

	POS	NAME	CLUB	TIME
BOYS	1	Rob Carter	Ilkley GS	13.46
	2	Oliver Goodman	Uplands Aca.	14.08
	3	Jake Smith	QKS	14.11
GIRLS	1	Isla Jebb	QKS	14.44
	2	Marcie Ford	Bradford GS	15.15
	3	Emmy Ranner	QKS	15.44

YEAR 8/9 - 4.2KM/206M

	POS	NAME	CLUB	TIME
BOYS	1	Ben Brassington	QES	20.46
	2	Hugo Berry	Sedbergh School	21.09
	3	Tadek Kunicki-Holda	Penistone GS	21.11
GIRLS	1	Clara McKee	Calder HS	21.05*
	2	Izzy-Mai Wilson	Bradfield School	23.23
	3	Bethan Buckley	North Halifax GS	23.29

YEAR 10/11 - 5.5KM/247M

	POS	NAME	CLUB	TIME
BOYS	1	Jack Sanderson	Giggleswick School	23.37*
	2	Finlay Goodman	Home Educated	24.16
	3	Samuel Perry	Isle of Man Schools	25.03
GIRLS	1	Georgia Bell	Ulverston Victoria HS	27.17*
	2	Olivia Aldham	South Craven School	29.49
	3	Sophie Cowen	QES	30.28

YEAR 12/13 - 5.9KM/251M (NEW COURSE)

	POS	NAME	CLUB	TIME
BOYS	1	Freddie Roden	Prince Henry’s GS	25.50
	2	Edward Hobbs	Ilkley GS	26.49
	3	Isaac Battye	Rivington & Blackrod HS	27.08
GIRLS	1	Jess Bailey	Ulverston Victoria HS	28.25
	2	Emily Gibbons	Bradford GS	29.08
	3	Amelie Lane	Bradford GS	30.17

Opposite page: Winners from the English Schools Fell Running Championships 2022 © David Woodhead, www.woodentops.co.uk. Background photo: Harry Stennett (Isle of Man Schools) leading a pack of Y8/9 runners in the 2022 English Schools Fell Running Championship races © Stephen Wilson, www.granddayoutphotography.co.uk



JUNIOR FELL RUNNING WORD SEARCH

(SET BY QUIZRUNNER)

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

BRITISH AND ENGLISH FELL RUNNING CHAMPIONS 2010 – 2021

The UPPERCASE parts of the following names are all hidden in the square – horizontally, vertically, diagonally or reversed

Chris RICHARDSON	Rob JEBB	Lloyd TAGGART	Jacqueline LEE
Carl BELL	Joe SYMONDS	Hannah HORSBOROUGH	Helen FINES
Sam TOSH	Morgan DONNELLY	Kelli ROBERTS	Philippa MADDAMS
Chris ARTHUR	Tim DAVIES	Jasmine PARRY	Holly PAGE
Rhys FINDLAY-ROBINSON	BILLY Cartwright	Lou ROBERTS	Olivia WALWYN
Finlay WILD	Simon BAILEY	Bronwen JENKINSON	
Rob HOPE	Tom ADDISON	Victoria WILKINSON	

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The FELLRACER

Steve Franklin (Totley AC) racing the 2022 Hodgson Brothers Mountain Relay © Will Heman

2022 ENGLISH CHAMPIONSHIPS REPORT

Nic Barber, Championship Coordinator

Better (2) years late than never, Guisborough 3 Tops kicked off the Championship season in late April. Despite a clash with the 3 Peaks, competition was tough, and the results saw a sense of freshness at the front, with newcomers Tim Lamont (Helm Hill) and V40 Doni Clarke (Todmorden), taking the top 2 positions ahead of Mark Lamb (Keswick), eventual Champion Matt Elkinton (Ambleside) in 4th. Plenty of U23s were in the mix, but still the Calder Valley V50 pair of Karl Gray and Daz Kay were in the top 10. A close battle saw Hannah Russell (Helm Hill) pip Antonia Fan (Ambleside) with Emma Hopkinson (Wharfedale) in 3rd and 1st V40.

Injured feet, then falling off his bike, meant Tim wasn’t seen at a champs race for the rest of the season, and the 3 Peakers returned at Lower Borrowdale in May. A final descent battle royale saw Sarah McCormack (Ambleside) hold off a stellar last descent from Nichola Jackson (Keswick) and Sharon Taylor (V40, Helm Hill), the leading 3 separated by less than 10 seconds. Brennan Townshend (Keswick) edged Dan Haworth (Matlock), with Matt Elkington in 3rd, edging defending champion Billy Cartwright (Matlock).

On to the classic Dales short, Buckden Pike. Dan Haworth pushed Fin Wild and in doing so was first English finisher, Matt Elkington 2nd and Dark Peak’s U23 flyer Finlay Grant in 3rd. Hannah Russell’s descent saw off Nichola Jackson and Sarah Wilhoit (Mercia), with Sharon Taylor taking the V40 points ahead of Emma Hopkinson.

A claggy day at Old Crown Round with only 175 finishers, many not in attendance cursing possible points gone begging. Billy Cartwright edged Brennan Townshend with Ben Rothery (Ilkley) in 3rd, 4 races finishing between 3rd and 5th saw him 3rd overall by the

end of the season. Sharon Taylor mystified Nichola Jackson for the win, Emma Hopkinson in 3rd.

Bradwell on a very hot August day and the season started to come nicely to a head. Hannah Russell well clear of Nichola Jackson and Caroline Lambert (Middlesbrough). Matt Elkington finally getting his champs race win with a last climb smash and grab, ahead of Luke Fisher (Tonbridge) and Dan Haworth.

So onto Langdale. A nominal 6-way battle for the Men, through really a winner-takes-all between Matt and Dan which saw Matt finish ahead of Brennan and Doni. I understand Dan may still be somewhere between Bowfell and Long Top! Returning from an injury, Hannah just needed to finish in the top 7 to take the overall, which she did with 2nd behind Nicola. Sharon could also have technically won but ‘hates Langdale’ and didn’t race. Nichola has now finished 2nd in every Championship since 2016.

In the U23s Harry Bolton was ever present and with 4 wins ahead of Alex Mason (Dark Peak) and Toby Gill (Matlock). Eve Pannone won all 4 races she contested to finish ahead of Finty Royle (Lancaster Uni) and Alice Gamble (Sheffield Uni)

A strong Langdale saw Majka Kunica (Dark Peak) take 3rd V40 behind Sharon and Emma. Doni Clarke’s 5 V40 wins sealed the V40s ahead of Rob Jebb (Helm Hill) and Math Roberts (Calder Valley). For many vets classes, if not already determined before Langdale, expected strong performances settled the destination of the Championship. MV55 went very close, Ian Holmes sweeping up the maximum points and in doing so handing the Championship to Jon Deegan (Ambleside) ahead of John Hunt (Dark Peak) and Charlie McIntosh (P&B) in equal 2nd.

Many thanks to all the race organisers, series sponsors Pete Bland Sports and Inov8, and all those who support the Championships throughout the year(s).

2022 ENGLISH CHAMPIONSHIPS INDIVIDUAL RESULTS

	1st	2nd	3rd
MEN	Open	Matthew Elkington (Ambleside)	Brennan Townshend (Keswick)
	U23	Harry Bolton (Keswick)	Alex Mason (Dark Peak)
	V40	Doni Clarke (Todmorden)	Rob Jebb (Helm Hill)
	V45	Rob Jebb (Helm Hill)	=2nd: Karl Gray/Gavin Mulholland (both Calder Valley)
	V50	Karl Gray (Calder Valley)	Gavin Mulholland (Cal-der Valley)
	V55	Jon Deegan (Ambleside)	=2nd: John Hunt (Dark Peak)/Charlie McIntosh (Pudsey & Bramley)
	V60	Mark Roberts (Borrowdale)	Philip Pearson (Northern Fells)
	V65	Billy Procter (Helm Hill)	Richard Bellaries (Clayton-le-Moors)
	V70	Robert Taylor (Pennine)	Andy Watts (Cheshire Hill Racers)
	V75	David Tait (Dark Peak)	Raymond Brown (Penistone)
WOMEN	Open	Hannah Russell (Helm Hill)	Nichola Jackson (Keswick)
	U23	Eve Pannone (Eden)	Finty Royle (Lancaster Uni)
	V40	Sharon Taylor (Helm Hill)	Emma Hopkinson (Wharfedale)
	V45	Lou Osborn (Ambleside)	Ruth Thackray (Bingley)
	V50	Lou Osborn (Ambleside)	Ruth Thackray (Bingley)
	V55	Deborah Gowans (Todmorden)	Melanie Blackhurst (Todmorden)
	V60	Rowena Browne (Bowland)	Becky Weight (Bingley)
	V65	Pat Goodall (Totley)	Wendy Dodds (Dallam)
	V70	Wendy Dodds (Dallam)	Jan Forrester (Matlock)
			Beryl Buckley (Glossopdale)

2022 ENGLISH CHAMPIONSHIPS TEAM MEDALLISTS

	1st	2nd	3rd
MEN	Open	Keswick AC	Dark Peak
	V40	Calder Valley	Helm Hill
	V50	Calder Valley	Helm Hill
	V60	Helm Hill	Dark Peak
			Cheshire Hill Rac-ers
WOMEN	Open	Helm Hill	Dark Peak
	V40	Calder Valley	Helm Hill
	V50	Todmorden	Calder Valley

*Creation of MV75 and WV70 categories occurs when there are at least 5 competitors in each of 3 or more races. Creation of M60 and W50 teams category occurs when at least 4 teams competing in 4 or more races including one of each distance for MV60 team.

Therefore these categories do not elicit sufficient competition this year to award prizes, but results are provided for posterity.

Full tables are available on the FRA Website Championship page.

2022 BRITISH FELL & HILL CHAMPIONSHIP REPORT

BLACK MOUNTAINS RACE

17 SEPT 2022

.....

Ian Hartman, Mountain Running Advisory Group

The 2022 championship marked a return to the four-race format in which runners must complete a race at each of the three distances. After the first race in 2020, the series was cancelled, and last year a one-off Championship race was held. After victories in the first three races, three of the gold medals had already been decided: Finlay Wild (Lochaber) was Men’s Open champion, repeating his 2015 success, with Harry Bolton (Keswick) winning the Men’s Under 23 title and reigning champion, Eve Pannone (Eden) claiming the Women’s Under 23 title. After a win at Durisdeer and high finishes at Sevens and Buckden Pike, Eve also had an unassailable lead in the Women’s Open category.

Ninety-one runners were on the start line outside Llanbedr Village Hall for the testing route around the Black Mountains in South Wales. Less than a week after excellent performances at the trials for the World Mountain Running Championships at Keswick (Skiddaw uphill only) and Moffat (up & down), the reigning u23 champion, Tom Wood (Eryri) held off three experienced Keswick runners, John Battrick, Steven Hebblethwaite and Mark Lamb to win the race in a time of 2:30:43. Matthew Elkington (Ambleside) took fifth place and this was sufficient to give him second place in the Championship ahead of Mark Lamb who had to settle for the bronze medal, the same position he held in 2021.

Lou Osborn (Ambleside) was the leading woman in 16th place overall, just dipping below the three-hour mark. Lou, who has been the Women’s Open winner on three previous occasions and twice V40 champion, won the V50 category for the first time, sweeping up the V40 championship in the process and taking silver in the open category. Four of the first five women were over 50s; in addition to Lou, Ruth Thackray (Bingley) was second, with Helen Elmore (Dark Peak) in fourth place and Deborah Gowans (Todmorden), fifth; Eloise Lee (Mercia) was third. In the championship, Rachel Pilling (Pudsey & Bramley) was third in the Open category, Bianca Dyer (Helm Hill) and Ruth Thackray (Bingley) were second and third in the V40s, and in the V50s, Helen Elmore took the silver and Ruth Thackray, the bronze medal.

Calder Valley Fell Runners dominated the Men’s V40 and V50 categories; Charlie Lowther (Eden) was second in the V40s, behind Gavin Mulholland (Calder Valley) and ahead of Matthew Roberts (Calder Valley) and Karl Gray (Calder Valley) whilst Pete Vale

(Mercia) was third V50, behind Gavin and Karl. Previous V40 and V50 championship leader, Kenny Richmond (Helm Hill), had to settle for fourth place in the V40s in which Calder Valley had a clean sweep of the medals through Matthew, Gavin and Karl. However, he was able to take bronze medal in the V50s behind Karl & Gavin. The first three V60s were 2014 V50 champion Stewart Whitlie (Carnethy), twice V50 champion (2012/2013), Mark Roberts (Borrowdale) and Dave Powell (Aberystwyth) with Stewart taking championship gold ahead of Mark and previous leader, Philip Pearson (Northern Fells) who were equal second.

By winning the Open Men’s team in the first three races, Keswick had already claimed their fifth consecutive title; with only four runners in this race, they left the door open for a Calder Valley clean sweep in the Men’s team events. In addition to Calder Valley, two clubs fielded teams in the Open category and there were three V40 Men’s teams and one V50 team. The host club, Mynydd Du were second Open team and fourth V40. Mercia were third in the Open team and second in both the V40s and V50 whilst Dark were third in the V40s. In the Championship, Calder Valley were runners-up to Keswick in the Open teams and won the V40s and V50s. Helm Hill were second team in both the veteran’s categories, narrowly edging out Dark Peak in both. Dark Peak had the consolation of a one-point gap in the Open category thus taking bronze medals in all three categories.

Throughout this year’s championship, few Women’s teams have been fielded and none were fielded at this race. Helm Hill won gold medals in the Open teams for the fourth consecutive year, but these were the only medals awarded in both the Open and V40 categories.

Many thanks to Mynydd Du and Race Organiser, Paul Dodd, for promoting this British Championship race; it would have been great if more runners had supported the race but well done to all the finishers, especially the sixteen from Mynydd Du.

Opposite page: Women’s Open and U23 British Champion Eve Pannone (Eden) leading Women’s V40 and V50 British Champion Lou Osborn (Ambleside AC) at Buckden Pike British and English Championship fell race © David Weatherhead,www.woodentops.org.uk

2022 BRITISH CHAMPIONSHIPS INDIVIDUAL RESULTS

		1st	2nd	3rd
MEN	Open	Finlay Wild (Lochaber)	Matthew Elkington (Ambleside AC)	Mark Lamb (Keswick AC)
	U23	Harry Bolton (Keswick AC)	No Award	No Award
	V40	Matthew Roberts (Calder Valley FR)	Gavin Mulholland (Calder Valley FR)	Karl Gray (Calder Valley FR)
	V50	Karl Gray (Calder Valley FR)	Gavin Mulholland (Calder Valley FR)	Kenny Richmond (Helm Hill Runners)
	V60	Stewart Whitlie (Carnethy Hill RC)	=2nd: Mark Roberts (Borrowdale FR) / Philip Pearson (Northern Fells RC)	
WOMEN	Open	Eve Pannone, (Eden Runners)	Lou Osborn, (Ambleside AC)	Rachel Pilling, (Pudsey & Bramley AC)
	U23	Eve Pannone, (Eden Runners)	No Award	No Award
	V40	Lou Osborn, (Ambleside AC)	Bianca Dyer, (Helm Hill Runners)	Ruth Thackray, (Bingley Harriers & AC)
	V50	Lou Osborn, (Ambleside AC)	Helen Elmore, (Dark Peak FR)	Ruth Thackray, (Bingley Harriers & AC)

2022 BRITISH CHAMPIONSHIPS TEAM MEDALLISTS

		1st	2nd	3rd
MEN	Open	Keswick AC	Calder Valley Fell Runners	Dark Peak Fell Runners
	V40	Calder Valley Fell Runners	Helm Hill Runners	Dark Peak Fell Runners
	V50	Calder Valley Fell Runners	Helm Hill Runners	Dark Peak Fell Runners

Helm Hill Runners won the WOMEN’S Open team medal, no other teams qualified.



ENGLISH AND BRITISH CHAMPIONSHIP RACES 2023 - A PREVIEW

Nic Barber, Championship Coordinator, and Jude Jepson, British Championship Coordinator

Many thanks to the race organisers of both the 2022 and 2023 Championship races, those who support the Championships by competing, and series sponsors Pete Bland Sports (English and British) and inov-8 (English).

LONG MYND VALLEYS

Church Stretton, Shropshire (English)

Saturday 11th February, 11.00am

AM 18.5km/11.5miles; 1372m/4501ft

Records (current course): Vic Wilkinson (2017) 1:41:20; Tom Addison (2017) 1:33:28

When you think of the great fell races, you might not immediately think of the Shropshire hills, but the Long Mynd Valleys fell race certainly deserves a place amongst the classics. The brainchild of Mercia member Eddie Harwood, the LMV was devised to complement the Titterstone Clee race making a Shropshire weekend series, with the shorter Clee race takingplace on the Saturday and the longer Valleys race being run on the Sunday. Since its inception in 1987, the Valleys has been an English championship race on four occasions, (1993, 1998, 2011 and 2017). In 2013, due to concerns around erosion and wet flushes, the course was changed at the request of the National Trust, with the old course records being held by Ian Holmes (1998) and Carol Greenwood (1993).

Starting in the picturesque Cardingmill Valley, the first half of the new course is one that can be attacked, especially on the plateau of the Long Mynd and the two fast descents into Ashes Hollow and Minton batch. But make sure you don't go too hard, because then you start the series of steep climbs and descents across the valleys, finishing with a fast descent to the finish below the reservoir. Taking place in its usual calendar slot of February, make sure you bring your winter gear and, more importantly, be prepared to use it!

- Dom Jones/Tim Parker, Mercia Fell Runners

MOURNE MAURAUDE

Newcastle, Co. Down (British)

Saturday 25th March

AM 16.0km/10 miles; 1200m/3940ft

This year Northern Ireland Mountain Running Association British Championship race will start in Donard Park. It will visit Slieve Donard

Summit, Chimney Rock Mountain Summit and Slieve Commedagh Summit before returning to base in Donard Park, at approximately 16k with at least 1200m of climbing.

The race is being run in memory of the U.S. airmen who lost their lives in WW2 plane crashes around the race route:

(1) On the lower slopes of Slieve Donard. A Wellington Bomber. (6 killed)

(2) On the summit of Chimney Rock Mountain. A (B26) Marauder. (5 killed)

(3) On Slieve Commedagh, near the castles. De Havilland Mosquito. (2 killed)

(4) On Slieve Commedagh, 150 feet from the summit. A Wellington Bomber (3 killed).

So when on the course spare a thought for the American airmen who lost their lives some 80 years ago in the run up to the D Day landings.

Full details for the race will be available on www.nimra.org.uk by the end of November.

FAIRFIELD HORSESHOE

Ambleside, Cumbria (English)

Saturday 13th May, 12.00pm

AM 14.5km/9 miles; 914m/2999ft

Records: Vic Wilkinson (2013) 1:27:15; Jacob Adkin (2021) 1:14:45

Taking in the fells of Nab Scar (check point / CP), Heron Pike, Great Rigg (CP), Fairfield (CP), Hart Crag, Dove Crag (CP) and High Pike, the Fairfield Horseshoe fell race remains one of the oldest races in the fell running calendar. The idea of the race was first mooted by Fred Rogerson in the early 60s but not put into practice until 1966, following the formation of the Lake District Mountain Trial Association, of which Rogerson was a key member. Interestingly it was around the same time that the LDMTA also inaugurated the Skiddaw race. The natural course of this category A medium route and its stunning setting – from the beautifully landscaped gardens of Rydal Hall to the heart of the Eastern Lakeland Fells – have always made it one of the most popular fell races in the calendar.

In May 2021 Keswick AC's Jacob Adkin sliced 31 seconds off Mark Robert's 21- year record to set a new stunning best time of 1.14.45. The women's record was set by Victoria Wilkinson in 2013.

Considering the windy, claggy conditions experienced on the day, this stands at an equally impressive 1.27.15 .

Navigation at Fairfield is generally easy. However, from the very first race, the summit has seen many costly blunders in bad weather and in the 70s and 80s a bell was sometimes used to summon runners. This of course was of no assistance on the run off! For more detail on the history of the race please refer to my piece in the 50th anniversary edition of The Fellrunner. Please note that an inaccuracy was contained in this article that I must correct: in 2000, Mark Roberts kept strictly to the east side of the wall on his descent from Dove Crag to Lower Sweden Bridge even though he was competing during a period when this compulsory line was not fully enforced. Nowadays, marshals just beyond Dove Crag summit are on patrol to enforce this rule in order to prevent damage to an ancient and carefully maintained stone wall.

Ambleside AC welcomes the English Fell Running Championships back to Fairfield in 2023 for the first time since 2013.

Jon Deegan, Ambleside AC

DUDDON VALLEY

Newfield Inn, Seathwaite, Cumbria (English)

Saturday 3rd June, 11.00am

AL 29km/18 miles; 1830m/6004ft

Records: Janet McIver (2008) 3:11:26; Ian Holmes (2007) 2:42:35

This is a long established race (with minor route change in 2007) starting from one of the quieter valleys in the Lake District National Park. It is also one of the Lakeland Classic races. The race takes in Harter Fell, Hardknott, Little Stand (not very little!), Three Shires Stone, Swirl How, Dow Crag, White Pike and Caw. Most of the race is on open fell without clearly defined paths so navigational ability is needed, particularly if the mist is down. The final descent after crossing a large stile is flagged with a final splash though the bog into the finish field. There is also a short race (9.5 mile AM) at the same time which could suit partners or colleagues not ready for the long.

We hope to have a music night in the evening after the race at the pub again this year. Parking in the finish field with possible overflow nearby. Fifteen minute walk to start.

James Goffe

MEALL AN T-SUIDE GRAHAM BROOKS MEMORIAL

Fort William. (British)

Saturday 1st July, 2.00pm

AS 5.6km/3.5 miles; 460m/1510ft

Meall an t-Suidhe is a fast and furious short race which starts from Claggan Park (where the Ben race starts) before heading out along a dirt track and through some (often) boggy moorland. Once you

reach the the hill foot it’s a gut-breaking, hands-on-knees climb to the summit on grassy trods. After a glimpsed view you return the same way. A real Scottish, leg-burning descent; steep and rocky, runners pick the best line and let fly. If your legs survive that then it’s a sprint back to the games field – don’t underestimate the run in after this brilliant descent.

Parking is in the local area and there are plenty of facilities in Fort William and the surrounding area for those wishing to stay on. If you want to make a weekend of it there is also the Half Nevis on the Sunday (12.00 noon) and Cow Hill (7pm) on the Monday.

CHAPELFELL TOP

St. John’s Chapel, Weardale (English)

Sunday 23rd July

AS 7km/4.4 miles; 400m/1312ft

Course records: K Robertson (1999) 37:46; J Blackett (1999) 33:12

Chapelfell Top is a classic short out and back fell race which packs a little bit of everything into its short 7km: tough fell ground, a big climb from the off to the summit of Chapelfell Top at an elevation of 700m and a fantastic, quick descent. The race starts in the picturesque village of St John’s Chapel located in the wild North Pennines. After leaving the village, the route starts up a rough track and you continue heading upwards as you pass through a gate onto the open fell. After this point there are no paths or tracks and the route is unmarked – you need to follow your nose (and any trods that you may find) upwards. As you near the summit there is a network of peat hags to navigate. Find a good line through them and you are flying. When you reach the summit cairn you turn around and head straight back down the way you came all the way to the finishing field. Keep an eye on your navigation as you hit the track, there is a left turn that has been missed by many a race leader before – miss the turn and you will have to endure a humiliating mile run along the road from Daddry Shield.

Fran Blackett, Durham Fell Runners

MAESGWM DETOUR

Llanberis, Gwynedd (British)

Saturday 5th August

AM 18.9km/11.7 miles 1060m/3480ft

The Maesgwm Detour is a revised and longer version of the Maesgwm Muddle which has hosted the British Championships twice before, on 30/08/2014 when Rob Hope won the race in 1:24:53 with Victoria Wilkinson 1st female in 1:37:09; and on 12/08/2017 when Carl Bell won in 1:26:47 with Bronwen Jenkinson 1st female in 1:42:31.

Whereas the Muddle was an 8.7m/2789ft (14km/850m) event, the detour is a bit more of a challenge: 11.75m/3,480ft (18.9km/1,060m).

What’s in a name? Since work was completed to make the Maesgwm path more tourist friendly (more of a road than a path) it was decided to avoid Maesgwm at all costs, hence the detour! The race will start and finish from the same location (by the YHA) and follow the original Muddle route but will take a different direction towards Bwlch Cwm Brwynog, to the summit of Cynghorion 674m, followed by a fast running descent to the top of the Maesgwm path and a reverse of the Moel Eilio race route taking in the summits of Foel Goch 605m, Foel Gron 629m and Moel Eilio 726m, followed by another fast running descent down to the Bwlch y Groes gate where the runners will turn left through the disused quarry to complete an anti-clockwise loop of Cefn Du 442m, back to the Bwlch y Groes gate and the fast run in back to the finishing field by the YHA.

SEDBERGH HILLS

Sedbergh, Cumbria (English/British)

Saturday 20th August

AL 22.5k/14 miles; 1830m/6004ft

Records: Victoria Wilkinson (2014) 2:19:34; Keith Anderson (1991) 1:57:11

Next year will see Sedbergh Hills as a Championship race. It was last a Champs race in 2014. The key facts that enable the small town to host a large event are that we are only 5 miles from the M6, we have the wonderful Village Hall named the ‘People’s Hall’, Sedbergh School are willing to allow us to use their playing fields as parking (weather permitting) and the route is a long established traditional fell race.

The race was first established in 1979 and organised by Mike Walford (with the women that year racing over a shortened course). Over the years some famous names have taken the winning honours, including Billy Bland, Kenny Stuart, Hugh Symonds to name a few. Only three men have run under two hours; Robin Bergstrand, Keith Anderson and Rob Jebb. In the women, Vanessa Peacock has won on six occasions.

The Howgill Fells are grassy, generally rounded and rather featureless, with only a few dilapidated sheepfolds, tussock fells and meandering streams wandering down valleys, in between varying degrees of steep sided hills. The chances of being disorientated in misty conditions is rather high. I would strongly recommend a recce! Cut off times will be strictly adhered for the safety of all, as will the vetting system to gain an entry.

After a short road section, it ramps up very steep before the gradual long climb to Arant Haw, descending down to the stream crossing before the steep climb to Castley Knott, then the route contours on narrow trods above Black Force waterfall – here is where the nav can get tricky. Then it’s the hands-on-knees climb up and around

Hazalgill Knott before the tussocky descent into Bowderdale, then a long runnable climb up to highest point, the Calf, before the long run in over Winder. Any jelly legs will be found out on the final steep descent to the finish.

Vic Wilkinson, Bingley

JOHN HEWITT SHELF MOOR

Old Glossop, Derbyshire. (English)

Saturday 23rd September

AS 9.1km/5.7miles; 457m/1499ft

Records: Carol Greenwood (1986) 47:17; Colin Donnelly (1989) 39:45

Please car share where possible. The six mile route taken by the Shelf Moor race has three of the area’s aircraft wrecks within close proximity. After a fast start along the Doctor’s Gate track, one is at the top of the steep climb called James’s Thorn, the remains of which nestle in the peat on the 1800 foot contour. Another lies below in Ashton Clough, while the B-29, “Overexposed” rests at 2038 feet near Shelf Stones, virtually the top of the Peak District. The views from the trig point on a clear day are quite extensive.

Markers are followed northwards across Shelf Moor to the north side of Dowstone Clough. After the stream crossing, runners hurtle down the soft peaty terrain, and from Lightside emerge at the track that leads to the finish near the bus turning circle at the end of Shepley Street in Old Glossop.

Glossopdale Harriers have dedicated this race to the memory of its former Chairman John Hewitt. John loved to race and we would ask that you honour his memory by running this race with as much joy and enthusiasm as you can muster. For those of you that wish to race the ‘John Hewitt way’ we recommend an overly optimistic starting pace, sub-optimal navigation skills, putting on the best ‘race-face’ grin of determination for that finish line sprint, but saving most of the day’s energy for food, drink (beer or tea!), and lots and lots of laughter with friends.

Lance Hamilton-Griffiths/Alison Holt, Glossopdale Harriers

2022 BRITISH ATHLETICS FELL AND HILL RELAYS

BROUGHTON, SCOTLAND

15 OCT 2022

Ian Hartman, Mountain Running Advisory Group

Carnethy Hill Running Club were the hosts for this year’s British Athletics Fell and Hill Relays at Broughton in the Scottish Borders. On a cool blustery showery day, 181 teams lined up with a rainbow in the background.

After the first short solo leg, Helm Hill Runners (Chris Richards) had a lead of nearly two minutes over Dark Peak Fell Runners in the Men’s race whilst for the women only four seconds separated Scout Adkin of Ambleside A.C. from Phillipa Williams of Dark Peak. The second longer leg, which is run in pairs, saw the Dark Peak men’s team (Jonny Crickmore/Nathan Lawson) take a two-minute lead over Matlock and they extended their lead in the navigation leg, also run in pairs. Ochil Hill Runners through Ali McLeod and Ross Spalding moved ahead of Matlock by the end of the third leg but a storming run by Dan Howarth for Matlock restored their second place after a great battle with Ochil’s Rory Abernethy. Finlay Grant’s fourth fastest time in the final leg was sufficient to secure a comfortable victory for Dark Peak.

The second leg in the women’s race saw the Carnethy pair of Naomi Lang and Holly Page take a five-minute lead which the host club retained at the end of the navigation leg although both Ambleside and Dark Peak had closed the gap. Ambleside had an ace up their sleeve for the final leg with Sarah McCormack recording the fastest time to give them the gold medals ahead of Carnethy. Dark Peak only just managed to retain the bronze medal position, finishing only seventeen seconds of Black Combe who had set the fastest time on the navigation leg by Cat Taylor and Lizzie Browne with Kate Maltby second fastest on the last leg.

It was great to see members of the British team selected for next month’s World Mountain & Trail Championships running well in the relays – Chris Richards, Scout Adkin, Phillipa Williams, Holly Page, Dan Howarth, and Finlay Grant - we wish them every success in Thailand.

Many thanks to Pete Bland Sports who sponsored the event and to the members of Carnethy Hill Running Club who contributed to a successful event.

The 2023 relays will be hosted by Keswick AC on Saturday 21st October. We are now looking for a club or neighbouring clubs to host the event in 2024 – if you are interested please contact Jude Jepson (judejellybaby@hotmail.co.uk)

Left: Dark Peak runners in the British Fell and Hill Relays 2022 © Stephen Wilson, www.granddayoutphotography.co.uk



CHAMPIONSHIP CATEGORIES			
	1st	2nd	3rd
Open Men	Dark Peak FR (3:25:36)	Matlock AC (3:28:03)	Ochil HR (3:28:52)
Open Women	Ambleside AC (4:04:01)	Carnethy HRC (4:11:15)	Dark Peak FR (4:16:27)
V40 Men	Calder Valley FR (3:47:37)	Wharfedale Harr. (3:51:54)	Carnethy HRC (3:54:45)
V40 Women	Hunters Bog Trotters (4:49:40)	Eryri Harriers (4:59:42)	Calder Valley FR (5:09:15)

NON-CHAMPIONSHIP CATEGORIES			
	1st	2nd	3rd
Mixed	Edinburgh Univ. H&H (3:53:09)	Dark Peak FR (4:10:13)	Carnethy HRC (4:20:31)
V50 Men	Borrowdale FR (4:02:42)	Dark Peak FR (4:16:23)	Carnethy HRC (4:21:35)
V50 Women	Dark Peak FR (5:03:27)	Ambleside AC (5:43:34)	
V60 Open	Clayton-le-Moors H. (5:20:33)	Holmfirth HAC (5:33:34)	Westerlands CCC (5:36:55)

FASTEST LEGS		
	Men	Women
Leg 1	Chris Richards (Helm Hill Runners) - 33:48	Scout Adkin (Ambleside AC) - 39:43
Leg 2	Jonny Crickmore/Nathan Lawson (Dark Peak FR) - 1:06:34	Naomi Lang/Holly Page (Carnethy HRC) - 1:13:32
Leg 3	Sasha Chepelin/Ali Masson (Carnethy HRC) - 1:01:21	Cat Taylor/Lizzie Browne (Black Combe) – 1:15:38
Leg 4	Matt Knowles (Edinburgh University H&H) - 33:25	Sarah McCormack (Ambleside AC) - 38:21



HODGSON BROTHERS MOUNTAIN RELAY

2 OCT 2022

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Chris Hodgson

What a glorious day’s racing we had this year. The sun shone (well, nearly) and 70 teams set off promptly at 9.15 a.m. on an autumnal Sunday morning in October.

As well as the competitive racing, the thing that always stands out and gives us a sense of what runs through this race’s DNA is the atmosphere at the event: it has a sense of camaraderie rarely found in other sports, and a sense of friends catching up with each other, even if it’s after you have raced them keenly over high fells and rough descents. That’s what we hope to keep, and we hope you feel too.

The 2022 women’s champions were Ambleside AC, who overtook Helm Hill on Leg 2 with an outstanding time of 1.17.53 by Lou Osborn and Antonia Fan, and then managed to hold them off to win by just over two minutes in a time of 4.36.48. Neither club were at full strength, so showed real strength in depth to post such fast times.... chapeau! Dark Peak Fell Runners finished off the podium with an excellent third place.

In the Mixed category Black Combe Runners achieved a superb 12th place overall in 4.11.29 and, unusually, mixed male/female runners on the same leg to great effect. Their margin of victory over second-placed Eden Runners and third-placed Northern Fells Running Club was some 17 minutes, and we thought for a while it might be a new Mixed record. Then some looking into the past found that in 2003 Bingley Harriers set an astonishing time of 3.58.41, a team that included the likes of Ian Holmes and Rob Jebb at their peak. It should also be mentioned that the Black Combe pair on Leg 1 of Kate Maltby and Lizzie Browne set what we think is a new Leg 1 record for a women’s pair of 41.21, a record that has stood since 1991. And remarkably, they broke it by over a minute.

The Veteran category was like travelling through a Donnie Darko time-warp, as a team from Borrowdale Fell Runners was literally a who’s who of fell running folklore. Their winning team included seven M50 runners and three men who hold HBMR leg records that are still standing from the 1990s (Scoffer, Ben Bardsley, Jim Davies). Incredible longevity. Ambleside and Dark Peak took second and third places with all three teams finishing inside the top fifteen.

Lead photo: Wharfedale Harriers team mates running in the 2022 Hodgson Brothers Mountain Relay © Will Heman

Lastly, but definitely not least, let’s celebrate the winners of the Open trophy, Keswick AC, who are beginning to create a story of long-term success themselves, as this was their fifth victory in a row. They overhauled Ambleside AC on Leg 2 and went on to win by a relatively comfortable four-minute margin. They also had two of the fastest legs in this year’s race. Ambleside remained strong to retain second place with Dark Peak taking their third, third place finish. Congratulations to Keswick for a terrific run of victories.

We are hugely indebted to an army of marshals and helpers, to Raynet communications, to the landowners who allow us access to run this race and to Patterdale School for their calorie-replacing(!) refreshments. The Mike Rose trophy for outstanding help at the Hodgson Relay was this year given to Geoff Briggs, who completes 10 years at the high-level Pile of Stones checkpoint on Leg 3. Somebody really should tell him to come down for a break.

Roll on October 2023.



The Keswick AC winning open team © HBMR



The Ambleside AC winning ladies team © Antonia Fan



The Black Combe winning mixed team © HBMR

RELAY RESULTS

	1st	2nd	3rd
OPEN	1. Keswick (3.34.23)	2. Ambleside (3.39.00)	3. Dark Peak (3.41.59)
LADIES	30. Ambleside (4.36.38)	32. Helm Hill (4.39.14)	38. Dark Peak (5.19.37)
MIXED	12. Black Combe (4.11.29)	20. Eden (4.28.48)	27. Northern Fells (4.31.35)
VETS	11. Borrowdale (4.11.19)	14. Ambleside (4.18.31)	15. Dark Peak (4.21.35)

FASTEST LEGS

	Men	Women
LEG 1	1. M. Elkington/G. Dale (Ambleside AC) - 33.43	16. K. Maltby/L. Browne (Black Combe) - 41.21
LEG 2	1. J. Battrick/S. Halsall (Keswick AC) - 64.39	24. L. Osborn/A. Fan (Ambleside AC) - 77.53
LEG 3	1. M. Atkinson/C. Bell (Keswick AC) - 48.10	24. V. Thompson/B. Dyer (Helm Hill) - 64.24
LEG 4	2. S. Fisher/A. Thornton (Howgill) - 66.50	37. S. Taylor/J. Oates (Helm Hill) - 83.56

LAKELAND CLASSICS TROPHY 2022

Bill Johnson, Championship Coordinator

Harry Bolton of Keswick AC was the star of this year’s LCT. Not only is he just the third U23, after Jo Simpson and Arthur Raffle, to complete the LCT (at least since the U23 category has been used), but he took the overall 2022 victory. Harry won at Duddon, came second to Philip Rutter (Helm Hill) at Wasdale and second to Jack Wright (Ambleside) at Three Shires. Philip Rutter came close to beating Harry to the overall title, with a win at Buttermere to go with the Wasdale victory, but could not quite get close enough to Brennan Townshend at Borrowdale to score enough points to overhaul Harry.

The battle for the women’s title was even closer. Less than half a point separated Majka Kunicka (Dark Peak) and Kelli Roberts (Helm Hill) by the end of the season. That’s the equivalent of about a minute at Wasdale or 30 seconds at Three Shires. Sharon Taylor (Helm Hill) got the initial win at Duddon, with Kelli and Majka behind. Kelli then surged ahead with a victory at Buttermere and a strong performance at Borrowdale (where Anna Lupton of Black Combe was first woman). Kelli had a good lead going into the final race, Three Shires, with Victoria Thompson (also Helm Hill) just behind after her win at Wasdale and second at Buttermere. But in that last race Majka pulled out an amazing performance, taking the race win and victory in the LCT by the smallest of margins.

Unfortunately Ennerdale Horseshoe was cancelled with gale force winds, so we had a five-race LCT this year rather than six. That meant a smaller choice of races to get the super long counters in – two out of Duddon, Buttermere and Wasdale were necessary. Even so 53 runners managed to complete this year’s series including 11 women – which is one of the highest percent of female completers there has been (21%). Of the 20 years of the LCT only 2005 saw a higher proportion of female completers: 25%.

Ambleside won the team trophy for the third consecutive year. In the early days Borrowdale were pretty much unbeatable, then Dark Peak took over that mantle and now Ambleside are the club at the top. For the record, Borrowdale have won nine team titles, Dark Peak six and Ambleside five. No other club has broken that trilogy.

There are two other awards presented in the LCT. One is for the runner who scores the highest points, having also completed every race in the series. This year that was won by David Lund of Ambleside. The other award is for the ‘most improved runner’ based on a previous LCT completion and this year. Richard Tunnicliffe and Victoria Thompson were very close to taking this title but it went to Sean Leckey of Ambleside. In 2021 Sean scored 194 points to finish 28th. This year he scored 241 points and finished 9th.

With this twentieth year of the LCT completed, Ben Abdelnoor and Bill Johnson are standing down from organising the trophy. Brian Martin and Graham Breeze created and organised the first ten years of the LCT. Ben and I have done the next ten years, and we are delighted to pass you onto the very capable hands of Jacob Tonkin and Matt Atkinson to continue the LCT into the future. See you all at a race soon.



LAKELAND CLASSIC TROPHY RESULTS 2022

	Men	Club	Points
1	Harry Bolton U23	Keswick	295.8
2	Philip Rutter	Helm Hill	294.7
3	Tom Simpson	Ambleside	286.0
4	James Harris	Ambleside	284.1
5	Sam Dixon	Helm Hill	278.1
6	Ben Abdelnoor V40 (1)	Ambleside	275.4
7	Harry Stainton	Black Combe	271.5
8	Chris Webb V40 (2)	Glossopdale	254.7
9	Sean Leckey	Ambleside	241.4
10	Allen Bunyan	Macclesfield	241.1
13	David Lund V40 (3)	Ambleside	238.8
16	John Hunt V50 (1)	Dark Peak	230.0
17	Paul Cornforth V50 (2)	Ambleside	228.7
22	Philip Pearson V60 (1)	Northern Fells	207.9
27	Matthew Lynas V50 (3)	Macclesfield	191.7
36	Leigh Warburton V60 (2)	Bowland	164.9
50	Steve Wathall V60 (3)	Black Combe	93.7

	Women	Club	Points
20	Majka Kunicka V40 (1)	Dark Peak	209.4
21	Kelli Roberts	Helm Hill	209.0
24	Victoria Thompson	Helm Hill	205.6
35	Sue Richmond V40 (2)	Pennine	173.9
37	Lauren Munro-Bennett	Ambleside	160.5
41	Joanne Worboys-Hodgson V50 (1)		127.6
47	Alison Wainwright V50 (2)	Dark Peak	101.3
49	Tania Wilson V50 (3)	Buxton	97.0
51	Julie Carter V50 (4)	Keswick	92.8
52	Tanya Shepherd	Horsforth	89.5
53	Jo Simpson	Ambleside	81.0

	Club	Points
1	Ambleside AC	283.4
2	Helm Hill Runners	261.6
3	Keswick AC	254.7
4	Black Combe Runners	243.0
5	Dark Peak Fell Runners	218.5

Left: Lauren Munro-Bennett (Ambleside AC) Langdale Horseshoe Fell Race 2022 © Stephen Wilson, www.granddayoutphotography.co.uk

OMM 53RD, LANGDALE - RACE REPORT

29-30 OCT 2022

Stuart Hamilton, Head of Events OMM

Sixty mile-per-hour winds, heavy rain, a boggy campsite, and a bagpiper outside your tent at 6am – the Original Mountain Marathon (OMM) was back.

Now in its 53rd year, the OMM was initially planned to go ahead in Langdale last year but, unfortunately, the event centre was destroyed 24 hours before the competitors arrived by 70mph winds and flash floods. This was already ‘Plan B’, after Covid-19 scuppered the original plan for the event to be held in Arrochar, Scotland.

Despite tough conditions, the race went ahead on the last weekend in October, with 1500 competitors gathering at Stool End farm in Great Langdale to begin a challenging two days in the hills with everything they need strapped to their backs.

Setting out from the start line, each pair were handed a map of the 323 square-kilometre competition area, covering everywhere from Borrowdale in the north to Conistone in the south. Competitors navigated their way across these unmarked hills, attempting to find the best route between the checkpoints hidden amongst the fells, all the while being battered by the elements.

Runners have the choice of two course styles: linear, where they navigate to checkpoints along a route as fast as possible; and score, where tactics and risk play out as runners gather as many points as they can within the time limit.

Having covered up to 30 miles of unforgiving terrain, they found their way to a remote overnight camp in Cockley Beck to pitch up and try to recover ready for day two. At 6am, the skirl of the bagpipes roused tired runners from damp tents, announcing it was time to pack up and head out for the second day of racing.

Of the 728 teams that started, 614 managed to complete their courses: a testament to the severity of the conditions and the fortitude of the competitors.

“It was my first OMM and the organisation was superb.” – Rickie Cotter, Competitor

There were many stand-out performances across the six possible courses, with a particularly close fight at the front end of the Overall category in the Elite linear course. OMM podium regulars Ali Masson and Dan Ashwood of Carnethy Hill Runners set a blistering pace on day one, completing the course in under six hours. Day two saw

Philip Rutter and Sam Dixon of Helm Hill Runners hot on their heels, with an incredibly close battle across the last few controls. It was the boys from Helm Hill who took the victory, putting almost 10 minutes between themselves and the Carnethy pair.

Helm Hill was well represented on the podium, with Victoria Thompson and Janie Oates taking the Women’s Prize in the Elite whilst Megan Fitzpatrick and Bodil Oudshoorn took first in the Long Score.

In the demanding Long Score (considered by some to be even harder than the Elite) Mixed team Jasmin Paris and Konrad Rawlik (Carnethy Hill Runners) – no strangers to the event – took the category win and finished 2nd overall. Out on the course, after a steady start on Saturday, they decided to “do something slightly riskier” and push on to gain some crucial extra points. A strategy that clearly paid off.

This year was the first the OMM has used live GPS tracking in the event, an addition that allowed a unique perspective on the teams’ decision making and route choice, not to mention great entertainment when they got lost. Most importantly, the tracking allowed a whole new layer of competitor safety to an event already regarded by many as the benchmark for competitor welfare.

“It is fantastic to be back in Langdale and able to bring this amazing community together again. Seeing competitors face such challenging conditions and come back smiling is what makes this event special” – Stuart Hamilton, Event Director

The organisers would like to give special thanks to the competitors for supporting the event over two difficult years of cancellations and changes. And, as ever, these events are only possible thanks to the hard work and dedication of the 156 volunteers, some of whom have been with the event for over 30 years and some as much as 50 years. The organisers would also like to reserve special thanks to the landowners and stakeholders for their kind permissions and support, in particular the event centre hosts at Stool End Farm and the overnight camp at Cockley Beck.

“The weather took it out of us” – Marcus Scotney

Following the successful return of the event, the organisers are pleased to announce the entries are open for the 54th edition, to be held 28th – 29th October 2023 in North Wales.



A selection of photographs from the 53rd OMM in the Langdale valley © Andy Milton Photography & OMM



Race Results

HOOFSTONES / Lancashire
BM/12.9km/425m / **22.01.22**

OPEN

1. S Godsman M40 (1)	CaldV	60.40
2. K. Gray M50 (1)	CaldV	60.58
3. M. Roberts M40 (2)	CaldV	53.42
4. J. Farnell	Totley	67.52
5. D. Kilpin M40 (3)	Pstone	68.23
6. A. Foster	NLeeds	68.31
7. I. Symington M40 (4)	Tod	68.45
8. T. Jordan	Pendle	69.39
9. D. Howell M40 (5)	Clay	70.10
10. G. Hartley	Sadd	70.41
13. S. Pickhard M50 (2)	Stockp	72.04
14. T. Smith M50 (3)	Bowland	72.13
33. C. Harle M60 (1)	Unatt	79.13
41. T. Taylor M60 (2)	Ross	81.07
42. J. Rainford M60 (3)	Prest	81.19
55. K Taylor M70 (1)	Ross	87.34
83. A. Cardinale M70 (2)	Otley	91.29

LADIES

34. J. Buckley F40 (1)	Bing	79.19
37. J. Powell F50 (1)	Wharfe	79.45
54. L. Watson F40 (2)	Bing	84.42
58. B. Weight F60 (1)	Bing	91.00
61. S. Walch F40 (3)	Pstone	94.30
73. R. Hammond F50 (2)	Stainl	103.45
74. L. Carter F50 (3)	Holcmbe	104.38
77. V. Young F60 (2)	Stainl	106.24

83 finishers

MOORHOUSE'S PENDLE / Lancashire
AS/7.3km/457m / **02.04.22**

Another great day out in the sunshine on Lancashire’s favourite hill. 199 runners were treated to ideal conditions – dry, warm and little wind – so record times were up for grabs.

In the men’s race there was a sprint for the line as the first three crossed within seven seconds of each other. Jack Cummings managed to hold off clubmate Nathan Edmondson by just two seconds, and Kieron Savage – any clubs out there looking for a decent runner?- followed in a respectable third place. If only they could have pushed Jack a bit harder – he was just two seconds outside the record!

The ladies’ race saw the first three inside the existing record, but it was Emma Hopkinson who took the win and set a new record for the course. Helen Smith and Ruth Jones finished soon after.

Clayton-le-Moors Harriers are celebrating 100 years this year and I decided to award an additional prize of £100 to the 100th placed runner. There was much talk ahead of the race as to how it could be won: “I could set off at the front and count 99 runners who pass me” or “The marshal at the trig is bound to count everyone through, so I just need to catch up or let a few runners past”. The list was endless!

In the end it was Robert Halstead who took the prize, which was a £100 Pete Bland voucher kindly donated by Pete Bland Sports.

The main prizes included presentation packs of Moorhouse’s beer for category winners along with Moorhouse’s T-shirts and Bob-hats.

As usual, next year’s race will be on the first Saturday in April – 1 April 2023 – put the date in your diaries.

Mark Nutter

OPEN

1. J. Cummings	Ilk	30.31
2. N. Edmondson	Ilk	30.26
3. K. Savage	Unatt	30.28
4. B. Rothery	Ilk	30.40
5. D. Clarke M40 (1)	Tod	31.17
6. H. Bolton MU23	Kesw	31.58
7. M. Howard	CaldV	32.09
8. R. Hope M40 (2)	P&B	32.11
9. K. Gray M50 (1)	CaldV	32.20
10. I. Foley	Horw	32.28
13. D. Hope M40 (3)	Horw	33.20
34. J. Wright M50 (2)	Tod	36.22
39. G. Goodwin M50 (3)	CC	37.30
81. D. O’Duffy M60 (1)	Bowland	43.05
100. R. Halstead M60 (2)	Tod	45.39
104. G. Gough M60 (3)	Clay	46.15
114. K. Taylor M70 (1)	Ros	47.35
147. K. Robinson M70 (2)	Wharfe	52.05

LADIES

27. E. Hopkinson F40 (1)	Wharfe	35.30
30. H. Smith	RibbV	35.49
32. R. Jones	Salf	36.10
40. K. Walshaw	Holmf	37.41
44. L. Whitaker FU19 (1)	Hgte	38.43
46. H. Hardaker	Kghly	38.50
56. B. Holt FU23 (1)	LancUni	39.05
74. L. Parker F40 (2)	Acc	42.02
101. J. Collins F40 (3)	Barlick	45.47
105. J. Powell F50 (1)	Wharfe	46.29
128. J. Gledhill F50 (2)	Manx	49.27
159. A. Brydson F50 (3)	NLeeds	54.29
127. A. Daykin F60 (1)	Clay	49.16
129. J. Townson F60 (2)	Trawden	49.42
193. K. Goss F70 (1)	Clay	70.38

199 finishers

ORCHAN ROCKS / West Yorkshire
AS/5.4km/280m / **26.04.22**

OPEN

1. D. Clarke M40 (1)	Tod	22.08
2. A. Whittam M40 (2)	CaldV	23.19
3. D. Leckie	Tod	24.45
4. J. Moon	CaldV	25.16
5. B. Blossie	Tod	25.19
6. J. Wright M50 (1)	Tod	25.23
7. C. Kay	Tod	26.03
8. B. Charnley M40 (3)	Barlick	26.08
9. D. Howell M40 (4)	Clay	26.14
10. C. Goddard M40 (5)	Tod	26.20
14. A. Priory M50 (2)	Clay	28.11
15. C. Funnell M50 (3)	Clay	28.21
38. A. Davies M60 (1)	CaldV	31.28
41. R. Bellaries M60 (2)	Clay3	32.00
42. D. Collins M60 (3)	Tod	32.09
82. P. Ehrhardt M70 (1)	Tod	50.53
83. R. Hirst M70 (2)	Clay	59.34
84. P. Martin M80 (1)	Bowland	59.38

LADIES

12. B. Holt FU21	Clay	27.12
28. R. Patrick F50 (1)	Tod	30.06
31. L. Kaye F40 (1)	Vegan	30.27

33. E. Fielder F40 (2)	Tod	30.47
47. A. Daykin F60 (1)	Clay	32.46
50. K. Brierley F60 (2)	Tod	33.36
51. A. Dugdale F50 (2)	Clay	34.01
56. J. Hobson F50 (3)	Hfx	34.23
58. R. Thompson-Davies F40 (3)	Tod	34.41
74. J. Leonard F60 (3)	Tod	39.05

84 finishers

KONG MINI MOUNTAIN MARATHAN ROUND 1 / Cumbria
MM / **08.05.22**

The first round of the Kong Mini Mountain Marathon started from the lovely village of Kentmere. The area covered parts of the Kentmere Horseshoe race with the addition of a trip to Mardale and Longsleddale for those wanting a challenge.

Philip Rutter visited most of the checkpoints and Sue Richmond also managed a high score for the women. It was great to see everyone sitting outside the Institute enjoying the weather, food and views. Thanks to the farmers and villagers of Kentmere for allowing the event to go ahead and Hollingworth and Vose for the parking. Also, thanks to Max Wainwright, Joe Law and Nick Barber for setting out/ bringing in checkpoints. Looking forward to seeing you in the Peak District in September or Arran for the two-day mountain marathon.

Alison Wainwright

OPEN

1. P. Rutter	HelmH	680 pts
2. J. Wright	Amble	629 pts
3. P. Vokes	OctavD	610 pts
D. Archer M40 (1)	DFR	595 pts
I. Jones M50 (1)	EryriO	540 pts
P. Hodgson M60 (1)	Tod	360 pts
A. Robinson/A. Chingos	StAndUni	430 pts

LADIES

1. V. Thompson	HelmH	460 pts
S. Richmond F40 (1)	Penn	488 pts
K. Bryan-Jones/H. Elmore F50 (1)	DkPk	470 pts
M. Gough/H. Wilson F60 (1)	Tod	290 pts
L. Hayles F60 (1)	CaldV	147 pts

MIXED

C. Williamson/R. Thorley Mixed (1)	DkPk/HilsR	400 pts
P. Stephens/A. Abi Mixed 40 (1)	LincO	250 pts
N. Richards/D. Farrow Mixed 50 (1)	Mercia	450 pts
L. Lowther/T. Murray Mixed 60 (1)	NLDs/HelmH	320 pts
J. Booth/M. Fletcher Mixed 65 (1)	SChesh	160 pts

BLACKSTONE EDGE / Lancashire
AS/5.6km/366m / **18.05.22**

Well, where did that come from? 185 starters for the 39th Edge fell race! I was checking entries in the days leading up to the event and thought I’d better put a limit on numbers, but we were OK.The weather bailed me out again – fine and not too windy.

Looking at the size of the field, I assume that quite a few did it for the first time. Perhaps word of my famous prizegiving got round... and, yes, the bog rolls went very early on. For the regulars, the only runner that stood out in the top 30 was Edge’s favourite, Danny Hope, the event’s most prolific winner, although he could only manage second this year to newcomer (Eastern European, I think), Samuel Longu.

It was a great run from the first lady, Rowen Pymm, who was 42nd out of 180 runners. Brilliant!

My farmer friend, Steve Shepperd, did a great job getting the registration area set up for me and the ladies who did the refreshments did a great job too.I still got a moan from the farmer as lads warming up left the gate open and he said his cattle got out .

Finally, as always, the race wouldn’t go ahead without the generous help from other club runners from Todmorden, Rossendale, Rochdale and individuals too.Thanks also to my son, Daniel, who comes up every year from Nantwich to help me as he has the day off work. He also ran the race off only gym work to finish in 57th place.

When I finish my races, I never know whether it will be me or someone else organising the next one. Well, it’s down to the body after the bike crash and my van passing its MOT, which it’s struggling to do these days – 21 years old is the old gal!! Fingers crossed!

Kevan Shand

OPEN

1. S. Longu	P&B	31.39
2. D. Hope M40 (1)	Horw	32.33
3. E. Hassell	Wharfe	33.21
4. M. Stansfield M40 (2)	Sadd	33.38
5. P. Brennan M40 (3)	Ross	33.44
6. H. Prady	Unatt	34.03
7. D. Gilbert M40 (4)	Horw	34.03
8. S. Greenwood	Ross	34.12
9. A. Deavin	Unatt	34.17
10. M. Fawthrop	Horw	34.35
28. K. Jones M50 (1)	Sadd	37.55
30. C. Stansfield M50 (2)	Ross	38.06
31. M. Wharton M50 (3)	CaldV	38.15
33. I. Ferguson M60 (1)	Bing	38.18
37. G. Chadderton M60 (2)	Horw	39.18
50. S. Bennett M60 (3)	Bowland	41.02
81. J. Maxfield M70 (1)	NewbNom	45.11
100. R. Spencer M70 (2)	CaldV	45.38
159. J. Cox M70 (3)	Middlet	56.28

LADIES

42. R. Pymm	Sadd	39.25
58. J. Wells	Ross	42.03
66. R. Crossland	Unatt	43.07
69. J. Adamson	Horw	43.48
76. D. Butler	Sadd	44.44
78. J. O’Regan F40 (1)	Sadd	45.04
79. A. Mort F40 (2)	Horw	45.05
83. H. Taylor F40(3)	Holc	45.19
105. S. Dyson F50 (1)	Sadd	47.23
112. S. Darke F50 (2)	Sadd	48.15
116. J. Robertson F50 (3)	Radcl	48.19
124. A. Baldwin F70 (1)	Stainl	48.51
137. J. Leonard F60 (1)	Tod	50.54
157. C. Heginbotham F60 (2)	Sadd	55.43
182. R. Hare F70 (2)	Middlet	70.50

182 finishers

LATTERBARROW LOOP / Cumbria
AS/4.8km/250m / **25.05.22**

Thank you to the 76 that turned out for a great night of fell racing. As well as the large CFR contingent, it was great to see support from Ellenborough, Black Combe, Keswick, Northern Fells, Borrowdale, and St Bees Triers.

Ricky Lightfoot took the win, which was impressive after winning OCT at the weekend, but hot on his heels was Sam Holding and Carl Bell. As well as the overall win Ricky also won the Phil Davidson River Man trophy by making it to the first river crossing first.

In the women’s race, Sophie Likeman took the win but the honours of the River Belle trophy went to second place Helen Leigh, who must have bombed round and down Swarth Fell just to have the honour of being presented with the River Belle Vase. Rounding off the top three places was Jodie Gray.

I would also like to highlight the superb running from the three junior athletes running in the senior race - Mylo Jewell (6th), Ben Wrigley (13th) and Daisy Woodcock (29th Overall and fourth woman). It was great to see the young ones getting the opportunity to run with the seniors on this short race.

Last but not least, the race couldn’t go ahead without the great support from the fell running and local community. So I’d like to thank:

Local National Trust Office ; Access, Will Rawling and Rob Oliver; Marshals, Jim Davis, Mark Likeman, Anita Barker + Nev, ,Alison Whitehurst,Steve Whitehurst, Carol Morgan + Lottie; Marshal and Chief Kid - Entertainers, Crellin Kids - (Sort of) Helpers.

Thank You

Ryan & Rebecca Crellin

OPEN

1. R. Lightfoot	Ellenb	24.26
2. S. Holding	CFR	24.29
3. C. Bell	Kesw	24.45
4. A. Ted M40 (1)	NthnF	26.06
5. W. Houghton	Ellenb	26.20
6. M. Jewell MU17 (1)	CFR	26.47
7. J. Gilbert	CFR	28.26
8. S. Likeman Female (1)	CFR	28.43
9. H. Seal M40 (2)	CFR	29.02
10. A. Roberts	Unatt	29.28
14. A. Wrigley M50 (1)	FR	30.29
15. M. Rudd M40 (3)	NthnF	30.32
16. P. Crompton M60 (1)	CFR	30.36
18. A. Bradley M50 (2)	CFR	31.11
24. N. Selby M60 (2)	BICmbe	32.07
30. T. Bolton M50 (3)	NthnF	33.01
35. M. Wise M60 (3)	CFR	34.35
68. M. Hind M70 (1)	Borr	42.44
69. J. King M70 (2)	CFR	44.06

LADIES

8. S. Likeman	CFR	28.43
20. H. Leigh	Bburn	31.27
28. J. Gray	Kesw	32.37
29. D. Woodcock FU15	Kesw	32.42
33. R. Singleton	NthnF	33.48
37. R. Stanley	CFR	34.44
39. J. Chatterley F50 (1)	CFR	35.02
58. A. Cummings F60 (1)	CFR	38.43
60. A. Jackson F40 (1)	CFR	38.54
67. C. Dickinson F40 (2)	NthnF	42.11
70. R.F. Read F50 (2)	BICmbe	45.02
71. L. Buck F60 (2)	CFR	45.04
72. A. Wright F50 (3)	CFR	46.09
74. T-A. Lowden F40 (3)	Unatt	51.27

76 finishers

PEN Y GHENT / North Yorkshire
AM/10.5km/564m / **04.06.22**

The first run since 2019 due to COVID and no gala either. So, cakes were back, and we ran out of them in the Pavilion.

A wonderful day which was led from start to finish by Joe Baxter, after the new record, just missing in 49:15 trying to catch 48:10 set in 2018 by Alasdair McCloud of Leeds.

First lady was Rachel Pilling in just over an hour. A Pudsey and Bramley whitewash! Although Barlick just beat them for the team. Three Settle runners ,Matt Fretwell in 7th, Matt Baines (once we persuade him), 12th and Matt Holroyd 22nd. Must be something in the name!! And the water.

Thank you CRO for being there and supporting us. I hope the cake donation of over £100 helps.

Unfortunately, due to challenges with local landowners and people still following the race route over the private land, the course may have to change again but we will make it happen. 3 June 2023 - put it in your diaries.

Gary Allsop

OPEN

1. J. Baxter	P&B	0.49.15
2. T. Corrigan	Barlick	0.51.06
3. P. Pruzina	P&B	0.52.01
4. D. Mirfield	Barlick	0.53.00
5. A. Collins	Barlick	0.53.32
6. M. John	NLeeds	0.53.32
7. M. Fretwell	Settle	0.55.26
8. E. Hassel	Wharfe	0.55.58
9. J. Allard	Wharfe	0.57.11
10. J. Thomas	SheffUni	0.57.13
11. S. Hall M40 (1)	Barlick	0.58.46
13. S.Tilford M40 (2)	Wkfield	0.59.20
16. T. Bysouth M40 (3)	Abbey	1.00.30
20. M. Dearden M50 (1)	Settle	1.01.38
23. C. Early M50 (2)	KimbwthStr	1.02.21
30. I. Ferguson M60 (1)	Bing	1.04.35
33. M. Lofthouse M50 (3)	NiddV	1.04.45
64. D Stephenson M60 (2)	Bing	1.10.14
68. M. Nutter M60 (3)’	Clay	1.10.54

LADIES

18. R. Pilling	P&B	1.00.47
25. F. Royle FU23 (1)	LancUni	1.02.42
38. N. Jackson F40 (1)	NLeeds	1.05.19
43. E. Taylor	Barlick	1.06.15
51. D. Gowans F50 (1)	Tod	1.07.41
66. K. Miller F40 (2)	Clay	1.10.42
72. A. Weston F50 (2)	Ilk	1.12.23
79. N. Dugdale F60 (1)	Clay	1.14.36
88. A. Shepard F40 (3)	Unatt	1.16.43
105. T. de Curtis F50 (3)	Clay	1.21.57
121. S. Vietoris F60 (2)	Dallam	1.39.27

LANGSTRATH / Cumbria
AS/7.5km/430m / **07.05.22**

Back in the mists of time it was not unknown for Scots reivers to raid down into Cumbria and make off with whatever they could carry. Well, it’s happened again with both the men’s and ladies’ prizes going north of the border with Tim Morgan coming through to win the men’s race and Anna Macfadyen both the ladies’ overall and the first FU23. However, the locals were up there as well with Matthew Atkinson and Carl Bell finishing

Background photo: Wasdale show fell race 2022 © Carol Emmons

second and third. Simon Netherway and Ali Tod had a bit of a battle for the M40 prize with Simon just taking it by ten seconds. The clock went back a few years with some Borrowdale boys doing well – Jim Davies taking first M50 and Martin Mikkelson-Baron taking fourth overall. Jim Downie (who won’t see 70 again) beat all the M60s to take home the prize. The MU23s were well represented with Tupelo Burdeau and Isaac Robinson both running well.

In the ladies, Catherine Spurden was second with Janie Oates third, We had not a single F40 which is a bit disturbing but Nicola Davies ran well in her first race for some time to finish ahead of all the other F50s and F60s.

We had one casualty when one runner damaged an ankle. He was escorted down to Watendlath by others who gave up their races to help. His companions then drove round to Watendlath and ‘rescued’ him back to the pub.

I had so many helpers this year that I hardly had anything to do on the night. Huge thanks to everyone who turned out to help with several doing more than one job. Thanks also to Carol Morgan who provided first aid cover, to Guy and his staff at the pub and to Ralf Smits at Borrowdale CE School for letting us use the grounds for parking. The school will benefit to the tune of £145 as we donate all profits to the school.

Mike Hind

OPEN

1. T. Morgan	Carmethy	39.49
2. M. Atkinson	Kesw	40.09
3. C. Bell	Kesw	40.19
4. M. Mikkelson-Baron	Borr	40.41
5. H. Stainton	BICmbe	42.06
6. J. Kenny	HelmH	42.17
7. S. Netherway M40 (1)	Kesw	42.25
8. A. Tod M40 (2)	NthnF	42.35
9. J. Hartley	BICmbe	42.41
10. J. Davies M50 (1)	Borr	44.45
16. S. Pearce M40 (3)	Eden	46.59
19. S. Mounsey M50 (2)	Howgill	50.32
25. C. Routledge M50 (3)	Amble	51.22
47. J. Downie M70 (1)	Kesw	66.32
48. N. Moore M60 (2)	CFR	67.27

LADIES

23. A. Macfadyen FU23 (1)	Forres	51.08
28. C. Spurden	Kesw	52.35
30. J. Oates	HelmH	53.18
32. J. Gray	Kesw	53.46
42. G. Stevens	Amble	62.04
44. N. Davies F60 (1)	Borr	63.48
51. D. Tunstall F50 (1)	DFR	70.39
53. N. Butler F60 (2)	Kesw	71.39
54. L. Malarkey F70 (1)	Kesw	79.08
55. L. Buck F60 (3)	CFR	80.00

JOHN CLARKE MEMORIAL / Essex
AS/5km/250m / **17.06.22**

Temperatures of 35°C during the day meant that conditions were particularly warm for the 26th running of Orion Harriers’ John Clarke Memorial Fell Race - the only category A race in Essex or inside the M25.

Among the men, veteran Joe Dale held off local youngster Oliver Bushdari to win. The women’s race also saw a veteran, Kelly Clark, run brilliantly, beating young Claire Huggins for the win, though by a bigger margin.

The warm weather and free bottle of beer for each runner

contributed to the post-race festivities and the club bar was drunk dry by the end of the night.

Tim Wright

OPEN

2. J. Dale M40 (1)	VictPk	22.20
2. O. Bushdari	Orion	22.33
3. T. Beedell	WdfdGrn	22.53
4. F. Lassonde M40 (2)	VictPk	22.58
5. B. Jenkins M40 (3)	Orion	23.23
6. M. McTernan M40 (4)	Orion	23.38
7. P. Brown	ELndn	24.04
8. S. Anderson	EtonM	24.09
9. D. Gonella	Orion	24.13
10. S. Fabes M40 (5)	VictPk	24.22
18. S. Wilkes M50 (1)	BishSt	25.54
34. P. Goodhew M50 (2)	Orion	29.48
42. A. Lunn M50 (3)	Orion	31.01
45. C. Dixon M60 (1)	Cambr	31.38
71. G. Hammersley M60 (2)	Purbeck	39.29
78. M. Dooley M60 (3)	Unatt	41.17

LADIES

20. K. Clark F40 (1)	VictPk	26.36
33. C. Huggins	Orion	29.18
39. A. Trautmansdorff F50 (1)	Loughton	30.28
44. H. White	Orion	31.34
50. M. Knapman F40 (2)	Loughton	32.39
54. C. Frith F40 (3)	ELndn	33.01
55. K. Harrington	Unatt	33.03
61. N. Cendrowicz F50 (2)	Highte	34.13
68. M. Armitage F50 (3)	Orion	37.27
80. P. Cockman F60 (1)	VictPk	41.54
88. F. Day F60 (2)	ELndn	47.13

92 finishers

BRIDESTONES / West Yorkshire
AS/7.5km/375m / **14.06.22**

OPEN

1. D. Leckie	Tod	36.53
2. C. Norman	CaldV	39.21
3. B. Blossse	Tod	39.26
4. R. Mills	Unatt	39.34
5. A. Roberts	CaldV	40.42
6. D. Howell M40 (1)	Clay	42.25
7. J. McGregor Female (1)	Tod	42.59
8. N. Crossfield M50 (1)	Hfx	43.03
9. M. Wharton M50 (2)	CaldV	43.50
10. I. Carruthers M40 (2)	Unatt	44.15
11. S. Taylor M40 (3)	DarwD	44.20
12. P. Taylor M50 (3)	DarwD	44.37
19. J. Pemberton M60 (1)	CaldV	47.30
23. A. Davies M60 (2)	CaldV	49.19
25. D. Spendlove M70 (1)	CaldV	50.35
27. K. Taylor M70 (2)	Ross	51.31
31. M. Nutter M60 (3)	Clay	51.56
51. R. Sutcliffe M70 (3)	CaldV	74.16

LADIES

7. J. McGregor	Tod	42.59
15. R. Patrick F50 (1)	Tod	45.16
22. E. Fielder F40 (1)	Tod	48.58
32. A. Baldwin F70 (1)	Stainl	53.10
37. R. Johnson F50 (2)	CaldV	54.34
38. R. Thompson-Davies F40 (2)	Tod	54.48

41. J. Carr F40 (3)	DarwD	56.05
47. M. Jeal F60 (1)	Ilk	69.48
50. H. Farran F50 (3)	Ross	72.38

53 finishers

CALTON CRAWL / Staffordshire
BS/8.2km/244m / **14.06.22**

It was good to see many new young faces and many familiar not so young faces at the race after a break of three years.

Good underfoot conditions perhaps helped Joe Oldfield to break Jack Ross’s 2016 course record of 30.44 by one second. Although not mountainous, this short race does cover testing terrain with some very steep ascent and descent.

Thanks are due to the farming community and villagers who turned out in large numbers to support the race. All proceeds to the Memorial Hall.

John Goldstraw

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	33.30
6. S. Crowe	SChesh	33.53
7. A. King	Unatt	34.14
8. G Briggs M50 (1)	DkPk	34.49
9. J. Clark	Belper	35.57
10. L. Beresford	Matlock	35.50
13. A. Scholes M40 (3)	Unatt	36.28
16. R. Kaul M50 (2)	Ashbrne	37.10
21. J. McMurty M50 (3)	Ashbrne	37.38
29. D. Wilkinson M60 (1)	DkPk	39.24
41. M. Moorhouse M70 (1)	Matlock	41.15
43. D. Brierley M60 (2)	MowC	41.35
68. B. Warwick M70 (2)	Derwnt	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)	Ashbrne	44.13
60. D. de Simon	Unatt	44.53
61. K. Busfield F50 (3)	Ashbrne	45.24
64. R. Booz	Ashbrne	47.12
65. M. McGilvery	Ashbrne	47.17
67. J. Milnes F60 (1)	Macc	48.04

100 finishers

BROWN WARDLE (and a bit more) / Lancashire
AS/5.3km/360m / **15.06.22**

After a two year forced absence, the Brown Wardle race was back on, the sun was shining and the race was back in the local area Grand Prix, so many thanks to all involved in promoting the race to the selection team. We had a record entry of 101 who set off up through the fields to Brown Wardle, Middle Hill and then a return, back over Brown Wardle with a couple of climbs thrown in just for good measure.

First back was Sean Greenwood in 27.55 (Andrew Worster’s record is still intact). Second back and the run of the night went to Martha Tibbot, who pushed Sean all the way around the course finishing just 15 seconds behind him in 28.10 and smashing the existing ladies’

record by over four minutes. In third place was Michael Stansfield in 28.14

Second lady and keeping it in the family was Martha’s sister, Bridget Lancashire in 35.22, and third lady was Trudi Entwistle in 36-29. This year’s recipient of the John Agg M55 shield was Nigel Crossfield in 32.32.

Apart from a gashed shin that required some First Aid at the finish, all who started finished the race and received the usual complimentary can of lager. The race is simple – firstly a number, a race around a tough route, friendly marshals, the first three men, first three women and the V55 shield – what more do you want for three quid?!

As usual, once the beer bill was settled £200 was donated to the 41st Whitworth Cubs & Scouts for the upkeep of the scout hut and for equipment.

Andrew Lee

OPEN

1. S. Greenwood	Ross	27.55
2. M. Tibbot Female (1)	Sadd	28.10
3. M. Stansfield M40 (1)	Sadd	28.14
4. D. Gilbert M40 (2)	Horw	29.13
5. T. Campbell M40 (3)	AstleyT	29.44
22. C. Stansfield M50 (1)	Ross	33.23
28. D. Kelly M60 (1)	Ross	34.28
51. J. Maxfield M70 (1)	NewbNom	37.55

LADIES

2. M. Tibbot	Sadd	28.10
31. B. Lancashire	Sadd	35.22
36. T. Entwistle F50 (1)	CaldV	36.10
54. F. Dyson F50 (1)	Sadd	38.14
60. J. O’Regan F40 (1)	Sadd	39.35
91. F. Bunnell F60 (1)	Unatt	52.10
101. B. Roberts F70 (1)	Sadd	67.14

101 finishers

HARROCK HILL RACE 3 / Lancashire
BS/8.4km/275m / **22.06.22**

OPEN

1. J-J. Doherty	LpoolH	34.37
2. S. Fairhurst	Horw	35.16
3. J. Heyes M50 (1)	Wigan	36.03
4. T. Harkin M50 (2)	LpoolP	37.41
5. C. Birkett M40 (1)	StHelnsS	38.12
6. F. Devlin	NEndur	38.25
7. S. Carr MU23 (1)	LpoolP	38.29
8. J. Harrison	Unatt	38.33
9. S. Wilkes M50 (3)	BStorf	38.49
10. T. Newberry	Billinge	38.57
11. M. Brussels MU23 (2)	StHelnsS	38.59
13. S. Anders M40 (2)	StHelnsS	39.22
17. K Walker M40 (3)	Skelmers	39.40
25. N. Hayhurst M60 (1)	Bowland	40.31
36. S. Burthem M60 (2)	Spectrum	41.52
47. S. Cooke MU23 (3)	Billinge	43.45
54. D. Rees M60 (3)	LpoolP	44.56
74. J. McGlynn M70 (1)	Wigan	47.35
133. P. McDermott M70 (2)	Prest	63.37

LADIES

24. C. Andrew F40 (1)	Warring	40.26
53. N. Fellows F50 (1)	Chorley	44.51
57. K. Moorfield F40 (2)	WiganP	45.07
61. H. Thompson F40 (3)	Skelmers	45.28
63. S. Monaghan F50 (2)	StHelnsS	45.52

64. N. Rushton F50 (3)	Chorley	46.05
66. J. Collins F60 (1)	Wigan	46.16
67. A. Pilkington FU23 (1)	Chorley	46.22
68. R. Belvedere	Unatt	46.47
79. A. Ferguson F60 (2)	Burnden	48.17
94. K. Forster F60 (3)	Spectrum	51.29
149. S. Stewart F70 (1)	SthprtW	59.13

150 finishers

TIDESWELL / Derbyshire
BS/7.1km/260m / **24.06.22**

The weather was perfect, the ground was just right, and we had a full entry.

The race started up at the quarry and the leaders battered down the rocky trail to run through Tideswell Dale, which became the Pamplona of the Peaks as the friendly cows tried to join the race. Over the narrow bridge over the river and then the race is a right haul up the hillside, passing orchids and wildflowers for those who could still focus. Once at the top there was an opportunity to catch your breath along a section of field and trail on the ridge to then turn sharply onto a sneaky bit of up stuff before some serious downhill racing, and a dash down the road before heading back up the Dale to the finish.

Matt Nicholls was first back in a stunning time of 27.57, with Lucy Beadnall first woman back in 31.18.

First and second men and women all received stained glass medals designed for the event, as did the first local, Jonathan Williams.

See you all again next year.

Heather Marsden

OPEN

1. M. Nicholls	Matlock	27.57
2. L. Beresford	Matlock	28.45
3. J. Wade	DkPk	28.55
4. B. Jenkins M40 (1)	Orion	29.06
5. R. Lloyd M40 (2)	Bux	29.28
6. R. Bradbury M50 (1)	Matlock	29.43
6. P. Davies M40 (3)	DkPk	29.43
8. T. Rutter M40 (4)	Fatboys	29.44
9. J. Street M40 (5)	Clowne	29.47
10. S. Kirby	SteelC	29.48
11. M. Nolan M50 (2)	DkPk	29.55
16. S. Patton M50 (3)	DkPk	31.02
35. A. Barnett M60 (1)	DkPk	34.13
37. D. Wilkinson M60 (2)	DkPk	34.35
46. A. Fox M60 (3)	Penn	36.13
87. A. Ashforth M70 (1)	HandswR	44.03
96. L. Thurston M70 (2)	Matlock	47.31

LADIES

19. L. Beadnall FU23 (1)	Bux	31.18
24. R. Thorley	DkPk	32.18
32. G. Cox	Matlock	33.56
40. J. Beadnall F50 (1)	Bux	35.13
50. C. Lloyd F40 (1)	PorterV	36.23
53. A. Ryder	Unatt	37.17
61. A. Yokoyama-Nichols F40 (2)	Unatt	38.51
65. G. Tredwell F40 (3)	Bux	39.37
69. P. Goodall F60 (1)	Totley	39.57
81. J. Davies F60 (2)	Totley	42.48
90. V.Playdon F50 (2)	Ashbrne	45.58
92. T. Gregory F50 (3)	Bux	46.24

106 finishers

BOSLEY VILLAGE FETE / Cheshire
BS/7.5km/250m / **25.06.22**

OPEN

1. E. Clowes MU23 (1)	NcastleTri	32.12
2. A. King	FRA	33.45
3. T. Lovatt M40 (1)	Unatt	35.43
4. M. Messenger M50 (1)	Macc	36.00
5. A. L. Hodgkiss M50 (2)	Biddulph	37.26
6. A. Clowes MU23 (2)	NcastleTri	38.01
7. S. Rider M40 (2)	Congle	38.04
8. F. Sharpley FU23 (1)	Macc	38.35
9. B. Foreman M60 (1)	Matlock	38.38
10. J. Homer M50 (3)	Wilmsl	38.49
12. D. Wilkinson M60 (2)	DkPk	39.44
14. R. Lawson M40 (3)	Wilmsl	40.27
18. M. Moorhouse M70 (1)	Matlock	41.25
25. I. Ankers M70 (2)	StaffsM	48.31

LADIES

8. F. Sharpley FU23 (1)	Macc	38.35
11. C. Alston	Unatt	39.12
13. E. Weston F50 (1)	Congle	39.56
19. C. Smith F40 (1)	Mowcop	45.09
20. C. Wood F40 (2)	Congle	43.43
26. A-M. Jones F60 (1)	Macc	48.46
30. D. Hill F60 (2)	Congle	50.33

JUNIORS 3KM

1. T. Wood Boy	17.59
2. B. Gilmour Boy	20.25
3. E. Kerr Boy	24.01
5. I. Stoddart Girl	26.12

36 senior finishers

10 junior finishers

BUTTERMERE HORSESHOE (DARREN HOLLOWAY MEMORIAL RACE) / Cumbria
AL/35.5km/2515m / **25.06.22**

Missed in all of the excitement of the short race, Philip Rutter was having a great run. He slotted in with the chasing group up until the short and long split on Whiteless Pike and then just pulled away from the rest of the competition. The steady start paid off with Philip joining a very select group of runners (now totalling five runners) who have completed the course in under four hours (in Philip’s case by just six seconds – it’s a good thing he had his watch on and knew it was on the cards). Behind Philip, the battle for second place continued until James Harris overtook Matthew Atkinson on the way to High Stile to lead home the wining team of Ambleside AC.

Kelli Roberts also waited until after the short/long course split to break away from the rest of the ladies and maintain that position at the front of the ladies’ race all the way to the end.

Further back the true spirit of fell running support was in full display. Unfortunately, one runner totally lost all strength on the way up Mellbreak and couldn’t continue. Immediately all the runners around him gave up their race and rallied around to support. One runner found the energy to continue to the Mellbreak checkpoint and then return with a marshal to ensure that the runner was looked after. In all, I know that at least four other runners spent over ½ hour with the casualty, with many more stopping to offer kit and support. This included Julie Carter who was leading the race for F50 ladies from the subsequent winner Joanne Worboys-Hodgson by

around three minutes. At High Stile, the race was still all to play for given the effort required to get up Mellbreak, but Julie stopped to offer her professional training as a doctor and, in the process, lost her place, showing even in the heat of a race that fell runners know to put the safety of their fellow competitors first. I felt truly humbled by the selflessness of everyone involved.

Mountain Rescue were called out and brought him back to base where he was assessed, fed a pie or two before making his way home the following day.

Paul Jennings

OPEN			
1. P. Rutter	HelmH	3.59.54	
2. J. Harris	Amble	4.08.57	
3. M. Atkinson	Kesw	4.14.50	
4. T. Simpson	Amble	4.15.50	
5. S. Dixon	HelmH	4.18.30	
6. B. Abdelnoor M40 (1)	Amble	4.26.24	
7. J.Walton MU23 (1)	Kghly	4.26.37	
8. P. Vokes	DrongO	4.27.05	
9. A. Schofield M50 (1)	Borr	4.41.12	
10. J. Hood M40 (2)	Barlick	4.43.53	
12. D. Lund M40 (3)	Amble	4.46.43	
21. J. Hunt M50 (2)	DkPk	4.57.30	
26. C. McIntosh M50 (2)	P&B	5.14.34	
28. P. Pearson M60 (1)	NthnF	5.16.41	
46. I. Ferguson M60 (2)	Bing	5.50.32	
66. S. Wathall M60 (3)	BICmbe	6.39.37	

LADIES			
23. K. Roberts	HelmH	5.11.10	
27. V. Thompson	HelmH	5.14.55	
31. R. Mather	Knavesm	5.23.25	

33. M. Kunicka F40 (1)	DkPk	5.26.45
37. H. Leigh	Bburn	5.29.17
41. S. Richmond F40 (2)	Penn	5.43.06
62. J. Worboys-Hodgson F50 (1)	Unatt	6.33.42
63. H. Whitaker F50 (2)	Hgte	6.36.07
70. A. Wainwright F50 (3)	DkPk	6.42.39

87 finishers

DARREN HOLLOWAY MEMORIAL RACE - SHORT / Cumbria
AL/20.8km/1518m / **25.06.22**
Never underestimate an unknown runner...!

As always, the ‘short’ and long races started off together and one runner was well out in front before they even got off the road and through the car park at Scale Hill. Messages kept coming back on the radio about this guy no-one recognised storming round, well ahead of everyone else. It turns out that the runner was Patrick Roddy, a very talented road runner from London, who was playing to his strengths uphill. It took a very strong run from Mark Lamb to keep sufficiently in touch to be able to overtake Patrick on the descent of Grasmoor. Mark kept the pace up all the way around and broke the course record by over eight minutes. If Patrick gets a taste for fell running, and also gets a chance to practice his downhill and recce the routes, he could be a name to watch out for.

Only a little further back was an on-form Sophie Likeman. Sophie was soon out of sight from second placed Samatha Sale and could just run her own race, which just happened also to be at record pace, breaking the course record by just under a minute.

I’d like to thank all my marshals and helpers, especially the marshals on Mellbreak, who had been told that the

record was an extremely good one, and not to worry about getting to the summit before Tom Day did in 2019. Hats off to them for the quick retrieval of the SI Box so that Mark wasn’t held up on his record-breaking run.

Paul Jennings

OPEN			
1. M. Lamb	Kesw	2.11.17	
2. P. Roddy	ThamesHH	2.24.52	
3. J. Ockenden	HBT	2.35.07	
4. S. Pateson M50 (1)	HelmH	2.39.29	
5. S. Likeman Female	CFR	2.39.47	
6. N. Hopley	Unatt	2.40.18	
7. C. Ward M40 (1)	Unatt	2.55.08	
8. M. Keys M60 (1)	Ross	2.56.36	
9. D. Hoare M40 (2)	Bowland	2.56.48	
10. M. Bourne M50 (2)	Bowland	2.57.15	
14. D. Banks M50 (3)	Kend	2.59.49	
15. P. Riley M40 (3)	HelmH	3.01.20	
41. J. Clapp M60 (2)	Unatt	3.36.38	
51. B. Lindsay M60 (3)	PstoneFP	4.17.18	

LADIES			
5. S. Likeman	CFR	2.39.47	
17. S. Sale F40 (1)	Lostock	3.02.47	
22. R. Munday F40 (2)	Macc	3.11.25	
25. L. McCabe F40 (3)	Otley	3.13.43	
26. R. Harpur	Unatt	3.13.48	
27. J. Darigala	PstoneFP	3.14.14	
29. K. Riley	Macc	3.16.07	
30. A. Frost F50 (2)	Macc	3.19.07	
44. D. Tunstall F50 (3)	DFR	3.53.54	

51 finishers

LAKESIDE – GUMMERS HOW / Cumbria
AS/5km/260m / **25.06.22**

The Lakeside-Gummers How race 2022 was undertaken on a clear warm summer’s evening, although slightly breezy, a brief sunshower adding to the atmosphere. Visibility was good and the sun welcomed the solo event at 5.30 p.m. This event is unique in the FRA calendar combining fell running with rowing, two skills requiring different techniques and strengths. The rowing boats were delivered from Fell Foot Park by Stokes Watersports to the Lakeside Hotel on Lake Windermere, with a manned safety boat on standby. Ten individual competitors gathered in Buck Yeats field, at the site of the original event, dating back to the 1880s, having had a 60 year lay-off, also more recently cancelled due to foot and mouth disease and two years for Covid.

Along the 400 metre start from Buck Yeats to the Lakeside Hotel, Alastair Dunn, Jacob Aubrey and Simon Bailey were leading the small pack of ten runners to the lake shore to choose their rowing boats. After a strong row by the leaders, Alastair and Jacob were vying to land first on the east shore of Windermere. Alastair and Jacob were then fairly even crossing the A592 road. When running up the fellside Alastair was leading, having run this event on numerous occasions and knowing the best lines. Simon overtook Jacob on the way up Gummers How. First to the top of Gummers How was Alastair with Simon second and Jacob close behind, all picking up a wrist band from the summit marshals. On the descent the race was close, Alastair leading with Simon and Jacob neck and neck. From the descent, they crossed Townhead Estate where the runners returned to pick up any rowing boat. Alastair pushed off first to return to Lakeside in 29.13,and he received first prize of DBB donated by the Lakeside Hotel. Jacob was second in 29.40, receiving Pete Bland vouchers, and Simon was third in 30.08 receiving a PB prize. Alice Rea was the solo lady entrant with a respectable time of 39.03.

The team event had 12 named teams, who can be made up from different clubs, adding to the camaraderie and excitement between the entrants. Each team draws a boat prior to the event for the outbound row. The teams started again from Buck Yeats field and repeated the 400 metre run to the Lakeside shore to pick up their allocated rowing boat. The Oxenhope Project (Ian Holmes/Tom Hodgson/Christian Holmes) and the Helmsmen (Will Acland/Oliver Waters/Kieran Hodgson) were vying to land on the east shore. The third position was taken by the Last of the Summer Wine (Ben Procter/Paul Reilly/Jack Simpson), who had been the winners in 2019. There were three mixed teams and one ladies’ team in the action all rowing well to the east shore. Due to the breeze and rowing direction, there were a few boats that came close to each other. First to the top of Gummers How was the Oxenhope Project, closely followed by the Helmsmen. More teams came into the frame. The marked descent through Townhead Estate was fast. The first into their chosen rowing boat for the return row to the Lakeside Hotel was Oxenhope Project. The final team results were first Oxenhope Project (29.54), their prizes were Pete Bland Vouchers, second Helmsmen (30.40) with prizes of Inov8 T shirts from Pete Bland, and third Last of the Summer Wine (32.10).The first mixed team was Addisons United (32.19).

The race was restarted in 1994 by David and Neil Birch, whose relative had won “a silver coffee pot” in the Lakeside to Gummers How Guides Race in 1883.

Many thanks to Stokes Watersports (based at Fell Foot) for the rowing boats and safety boat. Thanks to all the competitors, marshals, landowners and this year’s

sponsors, the Lakeside Hotel and Pete Bland Sports. Without all the support the 2022 Lakeside to Gummers How races could not have been organised.

Helm Hill Runners are proud to support and organise this unique event.

R A Aubrey

INDIVIDUALS			
1. A. Dunn M40 (1)	HelmH	29.13	
2. J. Aubrey MU23 (1)	HelmH	29.40	
3. S. Bailey M40 (2)	StaffsM	30.08	
4. S. Ohly M40 (3)	HelmH	30.49	
5. D. Evans	Denbigu	33.36	
6. D. Coward	HoadH	34.32	
7. W. Proctor M60 (1)	HelmH	36.45	
8. M. Cropper M40 (4)	HelmH	36.57	
9. A. Rea Female	HelmH	39.03	
10. P. McIver M50 (1)	Howgill	41.06	

TEAMS			
1. Oxenhope Project		29.54	
2. The Helmsmen		30.40	
3. Last of the Summer Wine		32.10	
4. Addisons United		32.19	
5. The Ship of Fools		34.11	
6. The Sinkers		36.52	
7. On the Nest		38.14	
8. UVHS Oarstars		41.51	
9. Jorussic Runs		43.13	
10. Unsettled and Puddled		46.03	
11. They’re not all locked up yet		47.55	
12. Lancashire Luggers		50.08	

10 individuals and 12 team finishers

ELDWICK GALA / West Yorkshire

BS/4.8km/168m / **25.06.22**

It was a sunny breezy day with a packed Gala field. We had to set up a different finish onto the Gala field squeezing between the childrens’ play equipment and Mr Bubble Man. The registration team, field marshals and race finishers had to contend with a steady stream of giant bubbles. The race was in our (Bingley Harriers) Fell Championship, very local and, being a short race open to age 13 upwards, I was hoping for a good Bingley turnout. 2022 didn’t disappoint. There were 29 Bingley Harriers plus five or so family/close friends running plus another 30 Harriers, friends and families helping to make everything run smoothly and safely on the day.

85 runners gathered on the main road outside the Eldwick Memorial Hall, mostly local Yorkshire clubs with a scattering from further afield - Chorlton, Accrington, and the Lakes (Helm Hill and Black Combe). This being a short summer village gala race, I also encourage local unattached runners by including them in the prize list.

The start is a fast blast down the road (road closure in place!), and on down Saltaire Road to the bridge onto Shipley Glen, where the work starts. A rocky path up round the quarry, followed by a wide rutted path climbing steadily onto the moor through the heather and bracken, across Glen Road, and then steeply up past the caravan site and across to the final climb to the Hope Hill trig point....and return as far as the main road and then along The Green, in front of the Acorn Pub, climb the high stone stile into the fields and your best dash back to the Gala field.

Race winners were William Hall and Helen Smith, 4th overall. Helen was chased in by Scott Watson who finished in fifth place to take the local unattached prize.

From Bingley it was great to see younger runners Alistair Trusselle (U17, 7 th) and Robbie Temple (U15, 10 th) tussling with established senior runners Tom Gomersal (6th) and Robin Lawrence (9th) and Rubie Coulton (U17) in the placings. By sheer weight of numbers, Bingley took both team prizes; Men – Tom Gomersal, Alistair Trusselle, and Robin Lawrence and Women – Sarah Flaherty, Rubie Coulton and Joanne Henry.

Many thanks to all the Bingley helpers, friends and families, without whom it wouldn’t happen.

Next year’s date is Saturday 24 June 2023 Put it in your diary now.

Becky Weight

OPEN			
1. W. Hall MU23 (1)	CaldV	18.53	
2. M. Dugdale MU23 (2)	HelmH	19.12	
3. S. Gott M40 (1)	Ilk	19.21	
4. H. Smith Female (1)	Wharfe	19.34	
5. S. Watson	Unatt	19.39	
6. T. Gomersal M40 (2)	Bing	19.45	
7. A. Trusselle MU17 (1)	Bing	19.46	
8. M. O’Connor M40 (3)	CaldV	20.02	
9. R. Lawrence M50 (1)	Bing	20.09	
10. R. Temple MU15 (1)	Bing	20.13	
12. P. Crabtree M50 (2)	Bing	20.39	
14. G. Hull M50 (3)	Bing	20.45	
22. S. Webb M60 (1)	ValStr	21.32	
47. D. Stephenson M60 (2)	Bing	24.14	
55. S. Fry M60 (3)	Bing	25.39	
64. K. Scarfe M70 (1)	Unatt	27.29	
67. H. Atkinson M70 (2)	Bing	27.57	

LADIES

4. H. Smith	Wharfe	19.34
20. S. Flaherty F40 (1)	Bing	21.28
36. R. Coulton FU17 (1)	Bing	22.56
46. C. Cooper F40 (2)	Kghly	23.47
57. J. Henry F40 (3)	Bing	25.55
60. C. Francis F50 (1)	Bing	26.43
69. C. Crabtree F40 (4)	Bing	28.28
73. A-M. Roper F50 (2)	Bing	28.52
81. G. Smith F60 (1)	Baildon	35.01

85 finishers

BAKEWELL PUDDING / Derbyshire
CM/10.2km/240m / **26.06.22**

OPEN			
1. E. Patton	DkPk	38.41	
2. N. Hardy	Tipton	40.28	
3. M. Anderson M40 (1)	Totley	40.58	
4. H. Mayne	Unatt	41.12	
5. L. Banton M40 (2)	Clowne	41.19	
6. M. Scotney M40 (3)	DkPk	41.39	
7. T. Stokes M40 (4)	Youlgrave	42.25	
8. J.B. Radcliffe	Unatt	42.33	
9. E. James M40 (5)	Unatt	42.48	
10. M. Nichols	Matlock	43.14	
17. K. Fitch M50 (1)	Unatt	44.47	
26. R. Kaul M50 (2)	Ashbrne	47.52	
29. M. Lancaster M50 (3)	Lincoln	48.45	
31. B. Foreman M60 (1)	Matlock	49.20	
49. I. Whigham M60 (2)	GoytV	52.40	
65. R. Cooper M60 (3)	Matlock	54.52	
72. P. Gorvett M70 (1)	DkPk	55.47	

89. R. Alger M70 (2)	Ashbrne	57.56
107. M. Seddon M70 (3)	Holmf	61.28

LADIES

64. S. Witham F40 (1)	Matlock	54.47
67. E. Staniland F50 (1)	BaslowN	55.04
75. A. Yokoyama-Nicols F40 (2)	Unatt	56.03
82. A. Kolanowska F50 (2)	Matlock	57.02
84. K. Busfield F50 (3)	Ashbrne	57.14
93. P. Goodall F60 (1)	Totley	58.14
94. F. Rooker F40 (3)	Unatt	58.30
153. K. Pearce F60 (2)	GoytV	70.04
154. J. Waller F60 (3)	Unatt	70.15

JUNIORS – 4.2KM

1. H. Crilley Boy (1)	Unatt	18.15
2. E. Colebrook Girl (1)	Bux	18.40
3. K. Moran Inter Boy (2)	AFDAldshot	18.42
4. J. Hunt Boy (3)	Unatt	18.43
5. Rachel Cudahy Girl (2)	Bux	19.38
8. Rebecca Cudahy Girl (3)	Bux	23.00

182 senior finishers

23 junior finishers

ARNISON DASH / Cumbria
AS/2.4km/300m / **26.06.22**

Twenty-two runners braved the weather on the day at Ullswater Show to do battle with the infamous Arnison Crag, competing for prizes very generously sponsored by Catstycam Outdoors in Glenridding.

This year the wins went to Georgia Stevens and Charlie Lowther. Charlie had nearly a minute’s lead on Sean Leckey, who had also raced 23 miles at Buttermere the previous day, and Jack Simpson. The second woman finisher was Jill Libby, who was also placed first F60.

The male veteran categories were closely contested, with Stephen Pyke placing first M50, David Baglee finishing

first M60 and Steve Howe rounding off the first M70. Benji Grundy was awarded first MU23.

Congratulations to all competitors for completing the course and returning safely.

The organiser was nearly flattened by an exploding gazebo, and a fallen tree went on to prevent anyone leaving the show until Patterdale Mountain Rescue set to with their chainsaws.

Tom Simpson

OPEN

1. C. Lowther M40 (1)	Eden	16.15
2. S. Leckey	Amble	17.10
3. J. Simpson	HelmH	17.54
4. S. Pearce M40 (2)	Eden	18.07
5. P. Reilly M40 (3)	HelmH	18.21
6. J. Todd M40 (4)	Kend	19.09
7. J. Addison	HelmH	19.27
8. S. Pyke M50 (1)	Unatt	19.42
9. C. Upson M50 (2)	Cambuslng	20.09
10. D. Baglee M60 (1)	Eden	20.55
15. M. Neale M50 (3)	Unatt	23.08
17. C. Valentine M60 (2)	Kesw	23.50
18. A. Miller M60 (3)	Unatt	23.58
20. S. Howe M70 (1)	Amble	21.56

LADIES

13. G. Stevens	Amble	21.56
22. J. Libby F60 (1)	Eden	33.22

22 finishers

CRAGG VALE / West Yorkshire
BS/6.4km/244m/ **29.06.22**

A new 2022 Cragg Vale Fell racecourse record: Martin Howard took 25.44 (John Brown’s old record from 2008 stood at 26.27). Well done to Martin, who has come up through the ranks of the Calder Valley Juniors!

We had a super turnout for this Wednesday evening race with 109 runners, meaning the competition was fierce with only 6.5 kilometres to battle it out. It’s a tough start up the tarmac track, which Esther, the Hinchliffe Arms landlady, called “Suicide Hill!” and that was before she’d even run the race! Because you can run if 14+ years, several local juniors took part and came very high up the scoresheet, which was pleasing to see.

Registration and refreshments in St John’s Church are always excellent. It’s a perfect venue, especially when you want to escape the midges outside. Little Valley Brewery from Cragg Vale provided prizes and beer to purchase, for which we are very grateful. It washed down well with the bacon/vegan sausage butties and homemade cakes. Phil Scarf announced the prize winners from the pulpit as usual!

Thanks to everyone for turning up and running or helping out. It will be a 20-year anniversary next year, so see you then.

Jackie Scarf

OPEN

1. M. Howard	CaldV	25.44
2. H. Holmes	Matlock	27.20
3. K. Manchester	Hfx	27.33
4. E. Hyland	CaldV	28.12
5. C. Pickens MU16 (1)	CaldV	28.14
6. A. Whittem M40 (1)	CaldV	28.22
7. S. Hall	CaldV	28.25
8. E. Peers-Webb MU18 (1)	CaldV	28.35
9. E. Wilkinson MU16 (2)	Kghly	28.52
10. E. Hassel	Wharfe	29.00
13. A. Ford M40 (2)	CaldV	29.18
15. D. Cannon M40 (3)	Tof	30.24
28. B. Johnson M50 (12)	CaldV	33.08
29. C. Miller M50 (2)	Stainl	33.15

32. A. McFie M50 (3)	Tod	33.45
47. T. Taylor M60 (1)	Ross	36.27
57. A. Davies M60 (2)	CaldV	37.54
60. D. Collins M60 (3)	Tod	38.09
58. J. Maxfield M70 (1)	NewbNom	37.55
77. K. Taylor M70 (2)	Ross	41.02

LADIES

26. J. MacGregor Stead	Tod	33.00
33. N. Butterfield F40 (1)	CaldV	33.49
48. M. Blackhurst F50 (1)	Tod	36.29
51. T. Blake Miller F40 (2)	Stainl	36.49
66. A. Pryce	CityYork	39.39
74. J. Hobson F50 (2)	Hfx	40.53
78. H. Berrett F60 (1)	Hfx	41.21
79. A. Baldwin F70 (1)	Stainl	41.23
88. A. Ackroyd F50 (3)	Hfx	43.04
90. C. Whitaker F60 (2)	Wharfe	44.19

CAUTLEY HORSESHOE/ Cumbria
AS/7.5km/805m / **29.06.22**

OPEN

1. D. Kay M50 (1)	CaldV	0.48.37
2. A. Todd M40 (1)	NthnF	0.54.28
3. J. Simpson	HelmH	0.55.19
4. R. Morris	Wlands	0.55.26
5. N. Peat MU23 (1)	HelmH	0.56.32
6. M. Irving	Ellenb	0.57.21
7. C. Balderson M50 (2)	Bowland	0.57.25
8. A. Horne MU23 (2)	NthnF	0.57.37
9. L. Mills	Bowland	0.57.54
10. S. Ohly M40 (2)	HelmH	1.01.07
13. R. Scott M40 (3)	HelmH	1.01.32
18. A. Cox M50 (1)	HelmH	1.05.21
19. T. Smith M50 (2)	Bowland	1.05.52
21. M. Bourne M50 (3)	Bowland	1.07.26
24. D. O’Duffy M60 (1)	Bowland	1.09.10
25. D. Griffin M60 (2)	HelmH	1.09.17
31. A. Miller M60 (3)	Unatt	1.15.54

LADIES

17. J. Oates	HelmH	1.04.17
35. S. Fosker F40 (1)	Bowland	1.17.49
37. R. Browne F60 (1)	Bowland	1.18.10
40. J. Cater F50 (1)	HelmH	1.25.54

43 finishers

CHEVY CHASE / Northumberland
BL/32.2km/1219m / **02.07.22**

The one thing you can nearly guarantee in the Cheviot Hills in July is that there will be weather! Lots of different types of weather, and this year did not disappoint!

176 competitors stared this year’s race at Wooler Youth Hostel and in reasonably good weather.

With sunshine, heavy showers and wind forecast you can guess which ones came into play when competitors were on the highest parts of the course!

However, this didn’t stop some really quick times around the course, with first runner back Jarlath McKenna with a time of 2.44.22!

K E Wait

OPEN

1. J. McKenna M40 (1)	BristolW	2.44.22
2. M. Briggs	NFR	2.49.44
3. R. Walsh	ChevTr	2.58.05

4. N. Hocklin	Unatt	3.03.10
5. P. Brunger	DerwV	3.06.32
6. J. Cherry	NShldsPly	3.07.23
7. R. Jarman M40 (2)	SShldsH	3.12.38
8. C. Jones	TyneBr	3.14.55
9. J. Graham	Unatt6	3.22.12
10. M. Nolan M50 (1)	DkPk	3.22.16
11. T. Grimwood M40 (3)	Swale	3.22.27
14. J. Duff M50 (2)	NFR	3.27.30
40. B. Atkinson M60 (1)	YkKnave	3.46.31
43. T. McCall M60 (2)	Norham	3.50.41
44. M. Jones M50 (3)	Norham	3.50.43
111. S. Ferguson M60 (3)	NFR	4.44.18
156. P. Reed M70 (1)	NFR	5.53.36
157. I. Holland M70 (2)	Unatt	5.53.38

LADIES

27. V. Broadbent	Unatt	3.40.56
45. K. Robertson F50 (1)	NFR	3.50.44
49. K. Davis F50 (2)	NShldsPly	3.54.38
68. F. Dembele	SShldsH	4.10.57
74. G. Campbell	JarrowH	4.14.21
76. J. Yeo F40 (1)	DerwV	4.18.27
78. L. Wastnedge	HBT	4.21.36
79. T. Imber F40 (2)	Elvet	4.22.11
82. C. Howard F50 (3)	Matlock	4.25.33
103. H. Heaney F40 (3)	NShldsPly	4.38.51
104. C. Cervenak F60 (1)	Unatt	4.39.06
122. M. Drozdowicz F60 (2)	CheviotTr	4.53.10

162 finishers

THURLSTONE CHASE / South Yorkshire
BS/6.4km/244m / **02.07.22**

Once again, the weather was kind, and 54 runners tackled the new (from last year) course.

The winning time was inside the record set last year but due to a slight deviation from the set course by the first two runners, which did not give any advantage in the final positions and was not considered significant enough to disqualify them, it was not possible to ratify the new time. The male record stays at 26.15 set by Joseph Carnelly of Bingley in 2021. The female course record is a very credible 27.28 set by Ruth Jones of Salford in 2021. There is a £25 cash prize for breaking either record so there is a challenge for 2023 when we hope that the Thurlstone Gala will once again take place alongside the race and the carnival atmosphere will encourage a larger field.

Keith Gordon

OPEN

1. P. Montgomery	PstoneFP	25.15
2. S. Asquith M40 (1)	CityYork	26.50
3. P. Johnson	Barnsley	27.09
4. P. Skuse M40 (2)	Gloss	27.13
5. O. Woodcock	St2Jog	27.41
6. B. Malcolm M40 (3)	PstoneFP	27.45
7. L. Storey M40 (4)	PstoneFP	28.12
8. A. Frost M40 (5)	DkPk	28.34
9. Z. Wray Female (1)	DkPk	29.10
10. M. Gradwell	Sadd	29.42
13. A. Sunderland M50 (1)	Holmf	31.21
16. M. Law M50 (2)	Holmf	31.49
19. D. Waterson M50 (3)	Kingstne	32.37
26. R. Docker M60 (1)	PstoneFP	34.40
29. S. Storey M60 (2)	PstoneFP	35.26

32. A. Hauser M60 (3)	Holmf	36.16
53. R. Brown M80 (1)	PstoneFP	47.01

LADIES

9. Z. Wray	DkPk	29.10
25. J. Lishman	DkPk	34.20
28. R. Banford	PstoneFP	35.02
30. C. Worth F40 (1)	PstoneFP	35.33
35. R. Hancock F40 (2)	PstoneFP	36.54
36. H. Wright F40 (3)	PstoneFP	37.11
42. S. Halstead F50 (1)	PstoneFP	38.47
47. J. Shotter F60 (1)	Holmf	41.11
50. J. Waller F60 (2)	Unatt	43.15
51. L. Mackie F50 (2)	PstoneFP	43.34
52. B. Haigh F70 (1)	PstoneFP	45.08
54. D. Pozorski F50 (3)	PstoneFP	49.34

54 finishers

SKIDDAW / Cumbria
AM/15.4km/960m / **03.07.22**

Last year I was very proud to put the Skiddaw fell race on as the first Keswick AC race back after the enforced Covid break. However, this year it was good to get back to normality and run the event with no restrictions or special measures in place. Skiddaw is one of those ‘marmite’ races, you either love it or hate it. After the long, soul-destroying slog to the fourth highest Lakeland summit, you simply turn around to begin the relentless feet battering descent back down. The route is reasonably straightforward given that it never deviates from the ‘tourist’ route, and while the summit plateau can prove tricky in the clagg, generally speaking navigation isn’t a big issue. I think this is where the like and dislike stems from. Some, perhaps those more comfortable with trail races, enjoy the relatively stress-free elements of having no route choice or finding the best lines. Whereas for the hardy fell runner, perhaps it is not enough of a challenge? Either way there is no doubt that Skiddaw will test your fitness.

This year saw a slightly disappointing field of only 99 runners, 20-30 short of the average. The morning rain perhaps deterring some, but also the rising cost of fuel and the expense of getting to races should perhaps not be overlooked. The rain stopped in time for the race but did leave for a very wet route which makes the rocky path that bit more of a challenge as it becomes greasy. The clagg lifted on and off the summit allowing some competitors to stop and take ‘selfies’. I can’t imagine Kenny did that when he set the still-to-be-beaten record some 38 years ago (1.02.18).

This year’s winner, Tom Wood, crossed the line in 1.12.31 with Holly Wootten taking the ladies’ title in 1.28.05 having left a considerable amount of skin on the greasy, rocky descent. Helm Hill, having included the race in their club championship, took both team prizes. A big thank you to all the runners and the marshals and volunteers without whom I couldn’t put the race on.

I hope to raise the profile of this ‘iconic’ race, perhaps a big cash offer to anyone who can beat Kenny’s record might do it....watch this space!

John Beetham

OPEN

1. T. Wood MU23 (1)	Eryri	1.12.31
2. C. Kitching MU23 (2)	Kesw	1.17.23
3. J. Wynne	HorsF&D	1.18.38
4. J. Eastwood	Slaithw	1.18.57
5. W. Laye	HelmH	1.20.14



6. N. Pear MU23(3)	HelmH	1.21.24
7. B. Wiseman M40 (1)	Ochil	1.23.56
8. H. Roberts	DkPk	1.23.56
9. J. Hannah	LancsM	1.24.16
10. C. Scott	Kesw	1.24.43
15. A. Mouncey M50 (1)	Unatt	1.26.40
16. M. Bispham M40 (2)	Bowland	1.26.44
18. J. Collins M40 (3)	Unatt	1.27.33
19. S. MacDonald M50 (2)	Bing	1.27.40
28. N. Sebley M60 (1)	BICmbe	1.30.38
60. D. Burton M60 (2)	CFR	1.44.43
64. S. Backhouse M60 (3)	Kesw	1.46.33

LADIES

21. H. Wootten	Kesw	1.28.05
29. H. Marshall F40 (1)	CFR	1.30.41
32. N. Jackson F40 (2)	NLeeds	1.31.21
45. E. Thompson F40 (3)	Elvet	1.37.05
49. L. Collins	Unatt	1.38.43
51. M. Robson F50 (1)	HelmH	1.40.25
63. J. Carter F50 (2)	Unatt	1.46.30
67. K. Bridge F50 (3)	Eden	1.48.16
82. N. Butler F60 (1)	Kesw	1.58.35
85. L. Buck F60 (2)	CFR	2.00.19

96 finishers

GREAT HUCKLOW / Derbyshire
BM/10.1km/335m / **03.07.22**

“This really is la crème de la crème”, said a competitor as he munched a flapjack while holding a real pint glass of restorative squash as I taped the quickly produced first sheet of results to the table in front of him. That followed completing what many runners said was amongst the best of Peak District routes, for its fantastic scenery and mix of often technically challenging terrain.

There was a good and cheerful field, but it was the smallest number for a long time. That didn’t stop the first place being hotly contested right through the race, with several changes of lead runner over the course. Neil Northrup was first over the line in a time of 47.56. Mark Anderson and Lewis Banton both crossed the line within 30 seconds of the winner.

The first female to finish was Jo Bednall in a time of 59.39, with Gemma Cox and Alice McComb second and third.

With all of the top three males M40, fourth placed Matthew Nichols was the first senior male and finished with a time of 49.10. The first F40 was Cheryl Stitt (73.49), and the first M40 not in the top three was Jordan Street, fifth overall (50.42). F50, after the first placed female, was won by Lorraine Toll (75.55), and first M50 was Jose Dias (53.07).

Pat Goodall was first F60 (67.44). Fewer than 90 seconds divided the top three M60, with Reg Cooper first over the line. F70 winner was Jan Forrester, while Alan Ashforth, took M70.

Dark Peak was first male team, and Buxton AC first female team, wining a pint for each runner in the Queen Anne.

For the first time in years, possibly since the race started in 2005, there was a winner of both fastest local female – Alex Horton of Fat Boys RC – and fastest local male – Peter Myers, and neither of them was the sweeper.

Happily, despite the challenging terrain, Derbyshire Cave Rescue had nothing to do but spectate.

Matt Watson

OPEN

1. N. Northrop M40 (1)	DkPk	45.56
2. M. Anderson M40 (2)	Totley	48.10
3. L. Banton M40 (3)	Clowne	48.21
4. M. Nichols	Matlock	49.10
5. J. Street M40 (4)	Clowne	50.42
6. M. Owens M40 (5)	Chorlton	51.57
7. E. James M40 (6)	Unatt	52.42
8. P. Skuse M40 (7)	Gloss	52.53
9. J. Dias M50 (1)	Danham	53.07
10. A. Hayden	DkPk	54.11
13. B. Moon M50 (2)	Unatt	54.56
14. A. Toll M50 (3)	Barrow	55.20
40. R. Cooper M60 (1)	Unatt	65.00
43. A. Bocking M60 (2)	CheshHR	66.12
44. G. Barnes M60 (3)	Unatt	66.28
78. A. Ashforth M70 (1	HandswRgs	79.15

LADIES

27. J. Bednall F50 (1)	Bux	59.39
31. G. Cox	Matlock	61.12
33. A. McComb	Unatt	62.55
49. P. Goodall F60 (1)	Totley	67.44
50. M. Ferraro	Unatt	71.22
61. C. Stitt F40 (1)	Gloss	73.49
64. J. Forrester M70 (1)	Matlock	74.41
66. S.Bradley F60 (2)	Bux	75.19
67. L. Toll F50 (2)	Barrow	75.55
68. T. Gregory F50 (3)	Bux	76.02
70. L. Costello F40 (2)	Unatt	76.41

86 finishers

DANEFIELD RELAY / West Yorkshire
Relay/3x4.8km/170m / **05.07.22**

After a two-year hiatus due to the Covid-19 pandemic, the Danefield Relay, hosted by Horsforth Fellandale, made a welcome return on a glorious Tuesday evening, the weather and the excellent turnout of around 100 teams ensuring a great atmosphere in the event 'arena'. The event, held on the eastern forest part of Otley Chevin, consists of a 3x3 mile relay with legs of a mix of fast forest trail and some more technical sections, particularly on the second half of the course with its classic sting-in-the-tail final climb up to the finish/changeover.

Over the years the relay has been supported by most of the local clubs from the north and west Leeds areas and northwards towards Ripon and Knaresborough. This year was no exception and, along with teams representing fell-running clubs such as Pudsey & Bramley and North Leeds Fell Runners, many of the other teams included runners making their first (or very occasional) appearance at an FRA race.

The race itself was effectively won on the first leg with Joe Baxter (Baxter’s Babes/P&B) breaking Jack Wood’s 2018 course record by one second and finishing well clear of second placed Harry Kingston (North Leeds). With Andrew Stemp running the fastest second leg and Paul Pruzina the fourth fastest third leg, Baxter’s Babes maintained their lead to win by 42 seconds from North Leeds with a second Pudsey & Bramley team in third place.

The ladies’ race was a closely-fought affair with Horsforth Harriers (Aiveen Smith. Lindsey Clegg and Aisling Wall) overtaking Roundhay Runners on the final leg to win by 45 seconds in a new ladies’ record, with Aisling running the fastest ladies’ time.

Elsewhere, it was great to see fellrunning legend Ian Holmes leading off for The Holmsies with Christian and Harry H, while team category prizes were won by Horsforth Harriers – Men’s Vets, Baildon Runners – Ladies’ Vets and Pudsey Pacers – both Mixed Open and Mixed Vets.

Of course, no race can take place without the hard work put in by many people and, although I was named Race Organiser many club colleagues put in many more hours of hard work than myself, particularly Tanya Shepherd, Debi Nicholson, Alex Jones, Mike Roberts, Sarah Glover and Phil Hancock who, along with all volunteers on the night, made me proud to be a member of such a great little club.

Martin Gebbett

OPEN

1. Baxter’s Babes (P&B)	0.53.44
2. North Leeds	0.54.26
3. P&B 1	0.56.03
4. The Holmsies	0.56.08
5. Horsforth Men’ 1	0.56.36
9. Horsforth Men’s Vets 1	1.00.32
10. Pudsey Pacers Mixed	1.01.05
11. Baildon Men’s Vets 1	1.01.41
12. P&B Vets	1.01.51
13. Hyde Park Cttee Crew	1.02.19
24. Horsforth Ladies 1	1.05.42
25. Roundhay Runners 2	1.06.27
27. Roundhay Runners 8	1.07.22
29. P&B Ladies	1.07.47
34. Pudsey Pacers	1.11.05
42. Baildon Runners Ladies Vets	1.13.54
51. Baildon Runners 3	1.16.02
56. Kirkstall Harriers 2	1.19.10
58. Horsforth Ladies Vets 1	1.19.39
75. Knaresborough Ladies	1.24.21

98 finishing teams

DON ASHTON MEMORIAL – TOCKHOLES / Lancashire
BS/9.3km/335m / **07.07.22**

134 runners turned out on a cloudy but warm Thursday evening in Tockholes, Darwen, for the return of the Don Ashton Memorial race, the first since 2019. This race has attracted some top class fell runners in recent years and this year was no different, with fell legend Darren Kay taking the overall win in a time of 37.49, as well as the now sought-after M50 Pewter Tankard.

Darren was battling all the way around the 5.9-mile route with local resident Josh Holgate, who provided a stern test and finished in second place in 38.06. Completing the podium was Dan Miller, less than one minute behind Josh in third place, in a time of 39.02.

There was no such battle at the front in the female category though, with Katherine Klunder continuing her great form, finishing 12th overall in 42.00 – she bettered her 2019 time by 2.19, a considerable improvement, especially considering a lot of other times were down from 2019 times.

Second placed female this year was Josephine Wells in 47.21, followed by third place Samantha Sale. Samantha was also the first F45 on the night. Natasha Fellows just pipped Josie Greenhalgh to the F50 prize, with only eight seconds splitting the two. Katy Thompson set a new age category record, chopping a huge 3.5 minutes off the previous best F65 time.

Worthy mentions for MU23 George Norris, finishing in fourth place in 40.09, M50 Gareth Briggs, finishing seventh in 41.13 and running the second quickest M50 time ever on the course.

The team prizes went to Spectrum Striders in the men’s and Chorley in the women’s.

Quick calculations are showing that we have raised over £1,000 for the East Lancashire Hospice.

C Ferguson

OPEN

1. D.Kay M50 (1)	CaldV	37.49
2. J. Holgate	Bburn	38.06
3. D. Miller	Unatt	39.02
4. G. Norris MU23(1)	Chorley	40.09
5. C. Tully M40 (1)	Salford	40.19
6. I. Carruthers M40 (2)	Unatt	40.38
7. G. Briggs M50 (2)	DkPk	41.13
8. J. Green M40 (3)	Prest	41.23
9. M. Fawthrtop	Horw	41.30
10. N. Adair M40 (4)	Spect	41.38
11. T. Harkin M50 (3)	LpoolP&S	41.56
31. J. Rainford M60 (1)	Prest	46.06
36. S. Burthem M60 (2)	Prect	46.55
39. K. Horrigan M60 (3)	Unatt	47.11
83. I. Smith M70 (1)	RibbleV	56.23
93. T. Hesketh M70 (2)	Horw	58.09

LADIES

12. K. Klunder	Chorley	42.00
40. J. Wells	Ross	47.21
54. S. Sale F40 (1)	Lostock	49.26
62. N. Fellows F50 (1)	Chorley	50.49

63. J. Greenhalgh F50 (2)	Lostock	50.57
67. A. Pilkington FU23 (1)	Chorley	51.27
75. H. Smith	Skelm	53.56
76. T. King F40 (2)	Ross	54.26
78. F. Lynch F40 (3)	BburnRR	54.46
82. L. Ingham F50 (3)	BburnRR	56.11
96. M. Sunter F60 (1)	Lostock	58.42
106. P. Hardman F60 (2)	LythStAn	60.21

134 finishers

WASDALE / Cumbria
AL/34km/2750m / **09.07.22**

The 2022 Wasdale was forecast to be hot and that turned out to be the case with 42 retirements and timed-out runners from 166 starters. Only the winner, Philip Rutter, made it round in under four hours, the gold standard for the event. The runner-up, Harry Bolton, was 7.5mins behind, also winning the MU23 category, with James Harris in third place about one minute behind Harry.

The ladies’ race was won by Victoria Thompson with runner-up Elaine Bisson, after about 33minutes, also collecting the F40 prize. Sue Richmond, also runner-up F40, was nine minutes behind. The gents’ team prize (4 to count) was easily won by Ambleside (James Harris/ Ben Abdelnoor/Jack Wright/Tom Watt) with 34 points from Keswick (Harry Bolton/Simon Darmody/Mingma Tshering Sherpa/Daniel Barton) with 117 points, beating Dark Peak by one point (John Hunt/Daniel Cade/Will Carter/Joe Blackett) at 118 points. There were no ladies’ teams of three, unfortunately.

Other category winners were Matthew Holroyd MU21, Ben Abdelnoor M40, Dave Ward M45, Kenny Richmond M50, John Hunt M55, and Leigh Warburton the M60 champion having now run 24 Wasdales, a truly

remarkable record! For the ladies, Joanne Worboys-Thompson won the F50 category and Julie Carter the F55.

The special local runners’ Joss Naylor trophy and prize for the leading Cumberland FR competitor, which includes a meal and accommodation for two at the Wasdale Head Inn, went to Ross Coles.

Many thanks go to Richard Byers (last year’s Wasdale R0) for co-organising this year’s event and to Martin Stone from SportIdent for the timing system and help with the generator(s) and admin before and after the race. Also to Charmian Heaton for supplying two checkpoint marshals and help on the day and to John Rea on the radios, plus much more help late on. My daughter, Helen, and husband Mykey, for all kinds of assistance with tents, checkpoint and other items. To the Wasdale Head Inn for supplying the CFR prize and food for the event and to Hawkshead brewery for the beers and the hoodies (I will be posting those out shortly).

I am working on printing off certificates for both 2021 and 2022 Wasdales and will be posting them out as well.

Hope to see you again at Wasdale 2023.

Richard Eastman

OPEN

1. P. Rutter	HelmH	3.56.38
2. H. Bolton MU23(1)	Kesw	4.04.09
3. J. Harris	Amble	4.05.01
4. H. Chatfield	Tring	4.23.07
5. B. Abdelnoor M40 (1)	Amble	4.24.25
6. J. Wright	Amble	4.25.27
7. H. Stainton	BICmbe	4.30.17
8. R. Lightfoot	Ellemb	4.36.46

Below: John Skelton (Cumberland FR) and Alison Wainwright (Dark Peak) in the 2022 Wasdale fell race © Stephen Wilson, www.granddayoutphotography.co.uk



9. E. Bland	Bowland	4.37.58	25. A. Carruthers M60 (1)	Baildon	24.35
10. S. Jaques M40 (2)	Unatt	4.38.43	27. J. Ryan M50 (3)	Baildon	25.13
11. P. Brennan M40 (3)	Ross	4.40.32	36. J. Wheldon M70 (1)	Baildon	27.31
14. K. Richmond M50 (1)	HelmH	4.42.35	37. B. Johnson M70 (2)	LBT	28.06
22. J. Hunt M50 (2)	DkPk	4.54.23	47. R. Myers M60 (2)	Baildon	32.00
24. P. Cornforth M50 (3)	Ambie	4.57.37	51. M. Mistry M60 (3)	SaltStr	33.51

71. L. Warburton M60 (1)	Bowland	5.59.28
85. J. Londesborough M60 (2)	Unatt	6.12.11
104. D. Brock M60 (3)	Orion	6.28.35

LADIES

25. V. Thompson	HelmH	4.57.39
48. E. Bisson F40 (1)	Elvet	5.30.38
52. S. Richmond F40 (2)	Penn	5.39.40
54. C. Slater	HelmH	5.40.33
81. H. Barber	CFR	6.07.33
88. T. Shepherd	HorsfF&D	6.13.18
90. J. Cartwright F50 (1)	Unatt	6.31.19
118. A. Wainwright F50 (2)	DkPk	6.44.21

124 finishers

BAILDON CANTER / West Yorkshire
BS/5km/152m / **09.07.22**

Wow! It was amazing to get back to some sort of normality, although I was a little nervous as to what to expect after two years of not being able to go ahead with the Canter. I needn’t have worried, as I had a fabulous team of helpers, the sun came out for us and so did the runners. The numbers were down on 2019, but the runners that did turn out for us came with their families and lots of enthusiasm, which all added to a great atmosphere.

It was great for Baildon as the first man and first lady home belonged to Baildon Runners, Michael Malyon in 19.06 and Donna Kaznowski in 25.13. If you cast your eyes over the list of runners, you will see some impressive names in the fell running family.

This year we changed the junior race from a one-mile run to a one kilometre for U9s and a two kilometre for both the U11s and U13s. They ran together but were timed in their age categories.

It was a rugged course and enjoyed by all, including two sisters that were on holiday, telling me that it was very different to the flat course that they had back home in Toronto.

The U6s were on the field and had a great time running in and out of hurdles, hoops, and cones, finishing with a sack race.

Every child took home a prize of some description.

Along with the Carnival, everyone had a good day out and we look forward to seeing you all again next year.

Sue Coates and team.

OPEN

1. M. Malyon M40 (1)	Baildon	19.06
2. G. Briscoe	Barnsley	19.19
3. W. White	NLeeds	19.42
4. E. Beaumont MU23 (1)	Kghly	20.00
5. S. Gott M40 (1)	Ilk	20.07
6. R. Herrington M40 (2)	StTheresa	20.23
7. J. Raven M40 (3)	Wharfe	20.41
8. W. Kerr M40 (4)	SaltStr	20.48
9. A. Robinson	Baildon	20.54
10. D. Middlemas	VallStr	21.13
11. G. Hull M50 (1)	Leeds	21.27
15. M. Lofthus M50 (2)	VallStr	22.12

25. A. Carruthers M60 (1)	Baildon	24.35
27. J. Ryan M50 (3)	Baildon	25.13
36. J. Wheldon M70 (1)	Baildon	27.31
37. B. Johnson M70 (2)	LBT	28.06
47. R. Myers M60 (2)	Baildon	32.00
51. M. Mistry M60 (3)	SaltStr	33.51

LADIES

26. D. Kaznowski F40 (1)	Baildon	25.13
32. K. Wilby F40 (2)	Ilk	26.08
33. N. Geers F50 (1)	Spenn	26.15
38. B. Raven FU23 (1)	Unatt	28.03
42. D. Tiffany F40 (3)	Unatt	28.49
43. J. Bower F50 (2)	SaltStr	29.37
49. S. Fulton F60 (1)	Bing	32.28
50. D. Johnson F60 (2)	Baildon	33.47
56. S. Hague F50 (3)	SaltStr	38.09

56 finishers

DOLLAR / Kinross
AM/15km/960m / **10.07.22**

For the second year in a row Dollar hill race was on the hottest day of the year. Fortunately there was a breeze to keep the runners cool on the high part of the course.

The race was won by Benjamin van Dijk, finishing more than seven minutes ahead of the second placed runner, his lead established before the summit of the first hill.

Second and first M40 was Ted Mason, followed by Victor Imsausti.

First lady and F40 was Keri Weatherhogg, followed by Heidi Ross and Diana Challands (F40).

The race was held on a Sunday a week later than usual because an SHR championship race had taken the usual Dollar slot. The race proved popular with people travelling from further afield as it was the day after Alva games, allowing people to make a weekend of it. We are going to discuss if we should stick with this arrangement or go back to its usual slot on the first Saturday of July. Any comments would be appreciated – contact via Ochil Hill Runners website.

Alex King

OPEN

1. B. van Dijk	Ochil	1.18.55
2. T. Mason M40 (1)	Wharfe	1.26.05
3. V. Imsausti	Ochil	1.27.29
4. C. Kelly M40 (2)	Unatt	1.28.42
5. A. Thornton	Howgill	1.33.17
6. N. Bax	Edinbgh	1.33.19
7. J. Dobson	Unatt	1.34.33
8. W. Manners M50 (1)	StirlTri	1.36.28
9. D. Allsop M50 (2)	Kirkintillo	1.39.53
10. E. Wilson	Insch	1.41.19
12. M. Anderson MK50 (3)	Unatt	1.42.47
40. G. Kerr M60 (1)	TriBridges	1.59.57
42. G. Pryde M60 (2)	Lomond	2.01.57
54. A. Stratton M60 (3)	Ochil	2.10.48

LADIES

20. K. Weatherhogg F40 (1)	Lomond	1.48.24
25. H. Ross	Carnethy	1.51.06
27. D. Challands F40 (2)	Moorfoot	1.51.54
29. R. Shepherd	Carnethy	1.56.21
34. M. Hetherington F50 (1)	Carnethy	1.56.21
43. P. Musgrave	Ochil	2.02.29
45. L. Blackley F40 (3)	Unatt	2.03.09

53. D. Purves F50 (2)	Lomond	2.10.43
59. L. Burt F50 (3)	Fife	2.16.27

PEAK FOREST / Derbyshire

BS/9.7km/247m / **10.07.22**

The Peak Forest Fell Race is run in the limestone area of the glorious Peak District countryside. The weather was hot and sunny this year and so we provided a water station halfway round the race which was very much appreciated. All the runners appeared to enjoy the course despite the heat.

There were 107 entrants who ran in the race on the day, which was an increase from previous years. We felt we benefited from the cancellation of the Bollington Nostalgia fell race. It was great to have so many runners.

The first runner home was Lucas Parker in a time of 42.43. Well done Lucas. The record is 35.42 which was set in 1987. We would also like to say well done to the first lady home, Nicola Bowen, who achieved a time of 50.05 against a record of 42.15 which was set in 1994. Nicola was in 22nd position overall.

The runners and those who helped on the day all appreciated the drinks and homemade cakes provided by Peak Forest Primary School.

We would like to say a big thank you to everyone who took part in the race and hope to see you again next year. We would also like to thank the marshals, the catering team and all the volunteers, who helped to make the race a success.

The money raised on the day is again for the benefit of a local charity.

Chris Hopley

OPEN

1. L. Parker MU23 (1)	Stockp	42.43
2. S. Knowles M50 (1)	Penn	42.52
3. S. Edwards M40 (1)	Unatt	43.03
4. C. Jones	Penn	43.23
5. M. Johnson M40 (2)	Stockp	43.30
6. A. Frost M40 (3)	DkPk	45.55
7. E. Cieslik M40 (4)	DkPk	46.03
8. M. Owens M40 (5)	Unatt	46.10
9. R. Green	Unatt	46.24
10. P. Skuse M40 (6)	Gloss	46.48
11. S. Pickard M50 (2)	Stockp	47.52
14. I. Fraser M50 (3)	EChesh	48.15
17. B. Foeman M60 (1)	Matlock	49.30
18. J. Lacey M60 (2)	Unatt	49.46
34. R. Murphy M60 (3)	Gloss	53.40
67. J. GormaN M70 (1)	Totley	58.35
100. L. Thurston M70 (2)	Matlock	75.17

LADIES

22. N. Bowen	Unatt	50.05
23. L. Rawson	FatB	50.07
26. G. Cox	Matlock	51.42
31. L. Riddle	Matlock	53.00
47. A. Baines F40 (1)	Unatt	56.48
57. C. Scott F50 (1)	Sinfin	57.28
60. E. McQueen F50 (2)	EChesh	57.35
70. P. Goodall F60 (1)	Totley	59.32
77. A-M. Jones F60 (2)	Macc	62.43
74. A. Muirhead F40 (2)	Unatt	61.20
80. A. Stiven F40 (3)	Unatt	64.47
84. M. Bray F50 (3)	Gloss	67.08

107 finishers

BEATER CLOUGH / Lancashire

AM/10.9km/610m / **12.07.22**

OPEN

1. T. Cornthwaite	Salf	60.55
2. D. Gilbert M40 (1)	Horw	64.01
3. M. Tibbot Female (1)	Sadd	65.29
4. J. Horrocks	Bburn	65.54
5. M. Fleming M40 (2)	Sadd	67.44
6. D. Cannon M40 (3)	Tod	68.21
7. D. Howell M40 (4)	Clay	68.42
8. D. Parton	Roch	69.34
9. M. Fawthrop	Horw	70.51
10. J. Gibbs M40 (5)	Radcl	71.22
11. K. Jones M50 (1)	Sadd	71.42
13. M. Dobson M50 (2)	Trawden	73.25
17. C. Stansfield M50 (3)	Ross	74.57
19. G. Chadderton M60 (1)	Horw	75.42
21. D. Kelly M60 (2)	Ross	78.05
23. A. Carruthers M60 (3)	Hales	81.41
29. K. Taylor M70 (1)	Ross	85.09
55. J. Hall M70 (2)	Middlet	118.37

LADIES

3. M. Tibbot (1)	Sadd	65.29
22. B. Lancashire	Sadd	80.09
26. L. Kaye F40 (1)	Vegan	84.07
30.. F. Dyson F50 (1)	Sadd	88.00
32. J. O’Regan F40 (2)	Sadd	90.41
33. S. Welch F40 (3)	PstoneFP	94.43
37. J. Leonard F60 (1)	Tod	104.10
45. D. Raidy F50 (2)	Ross	108.58
48. S. Therson F50 (3)	Sadd	111.37
60. B. Roberts F70 (1)	Sadd	176.48

60 finishers

CHAPEL FELL TOP / Durham

AS/7km/400m / **12.07.22**

Once again, the weather gods were kind and after an overcast day we were treated to a glorious, sunny summer’s evening – even if the headwind was perhaps a little impeding further up the hill towards the summit.

This year we had 58 people gather at the start line ready

for the short blast up to an elevation of 700 metres before turning back and hurtling back to the village of St John’s Chapel.

At the finish, I enjoyed a conversation with a runner who had taken on the race for the first time. When I had announced the cut-offs for the summit as one hour from the race start time he had been puzzled. It is only 3.5 kilometres. He said it soon became clear to him as the race progressed and he hit the rough ground with another 300 metres of elevation to gain! Chapel Fell Top is a special kind of fun.

The race was led early on by Chris Alborough and Harry Cowlings. Once through the gate, past the wall and out on to the open fell, Chris took the lead. He was not to suffer the same misfortune as last year’s leader who took a wrong turn on the descent. Chris lives in the village and has spent the last year training on this hill. It would be fair to say he was confident of his lines! I believe Chris was aiming for a time around 35 minutes, and he finished in an impressive 33.56, just 44 seconds off the long-standing course record that was set in 1999 by Joe Blackett.

First lady home was Emily Cowper-Coles, who also had an impressive run and finished 10th overall in a time of 39.22.

In the team prizes, Howgill Harriers took the male prize and Northumberland Fell Runners took the ladies’ prize.

Wasdale fell race is always on the Saturday before Chapel Fell Top. We had three tough DFR members completing this impressive double last night. Chapeau Paul Hodgson, Michael Sturla and Andrew Stimpson. Incredible efforts!

Huge thanks to all of our club members who volunteered to take on marshalling roles and to Dougie Nisbet for again capturing some incredible shots of fell runners out enjoying the joys of running in the North Pennines of County Durham.

F Blackett

OPEN

1. C. Alborough	DFR	33.56
2. H. Cowling	Howgill	34.48
3. D. Cope	Howgill	37.10
4. M. Jones M40 (1)	Unatt	37.28

5. J. Ravenscroft	Howgill	38.04
6. D. Boyle	Unatt	38.49
7. H. Carrick	Unatt	39.11
8. J. Addison	Hunwick	39.15
9. A. Blackett M40 (2)	DFT	39.19
10. E. Cowper-Coles Female (1)	Unatt	39.22
11. R. Bateson M40 (3)	NFR	39.37
21. A. Green M50 (1)	Tyned	42.50
24. S. Everett M60 (1)	DurhCty	43.19
25. J. Rippon M50 (2)	NFR	43.32
26. D. Gibson M50 (3)	Pontelnd	43.52
31. G. Bradshaw M60 (2)	Hunwick	45.30
47. B. Kivlehan M60 (3)	NFR	54.32

LADIES

10. E. Cowper-Coles	Unatt	39.22
34. K. Robertson F50 (1)	NFR	47.25
46. S. Fawkes	DH	52.33
48. A. Fiddes	RedK	54.49
5. N. Cameron F50 (2)	NFR	55.10
52. D. Tunstall F50 (3)	DFR	59.29
54. C. Calverley F40 (1)	NFR	65.54

58 finishers

BAMFORD CARNIVAL / Derbyshire

BS/7.3km/305m / **13.07.22**

Bamford has always been a relaxed and accessible fell race with a well-marked route on a July weekday evening in the heart of the Peak District. This year the weather was kind too with firm dry ground and clear skies but not too hot. Last year, as Covid restriction eased, Bamford was one of the first local races to go ahead. We had to switch to online-only entries and the start was in waves of 30 at two-minute intervals but achieved our highest ever number of entries – 300. Thankfully, this year, the start format was back to normal, although we did stick to online-only entries as it makes the admin so much easier. Entries were down – only 170 – so next year we may try a hybrid system with limited entries on the night.

We’ve seen a steady increase in the proportion of female entries over the last two decades and are pleased that this year was no exception, with 35%. We also had a strong turnout from Under 23s with seven entries in this age group. Particularly notable as the winner, Euan Patton, was only 17. He came in six minutes ahead of his father, well-known local runner Simon Patton, who kept it in the family with the M50 prize.

Nick Baynes

OPEN

1. E. Patton MU23 (1)	DkPk	29.03
2. P. Montgomery	PstoneFP	31.23
3. E. Clowes MU23(2)	NcastleTri	32.03
4. M. Burley	Macc	32.20
5. P. Davies M40 (1)	DkPk	32.49
6. J. Wills	Unatt	32.57
7. J. Wade	DkPk	33.04
8. G. Parr MU23(3)	PstoneFP	33.59
9. J. Foxall M40 (2)	DkPk	34.04
10. P. Skuse M40 (3)	Gloss	34.42
12. S. Patton M50 (1)	DkPk	35.09
15. I. Shaw M50 (2)	FatB	36.26
19. C. Early M50 (3)	KimbStr	36.47
37. A. Barnett M60 (1)	DkPk	39.53
50. A. Hartley M60 (2)	FatB	41.17
67. C. Harle M60 (3)	Unatt	43.30

LADIES		
18. M. Kunicka F40 (1)	DkPk	36.39
25. R. Rose	DkPk	38.11
28. E. Clossick	HilsbRiv	38.40
30. K. Kallmeier	Amble	39.10
36. P. Rose F40 (2)	DkPk	39.48
44. C. Narozanska F40 (3)	SteelCStr	40.49
66. T. Wilson F50 (1)	Bux	42.57
72. N. Geere F50 (2)	Spenb	44.08
101. K. Clark F50 (3)	SteelCStr	49.06
133. J. Waller F60 (1)	DkPk	55.19
135. F. Womersley F60 (2)	Totley	56.04

146 finishers

BLACK ROCKS / Derbyshire
BS/9km/250m / **13.07.22**

Black Rocks fell race was blessed with superb weather, with 144 runners enjoying the out and back (and up and down) race. A locked gate on the traditional route meant a slight detour at the start of the race extending the distance slightly – so even better value for the competitors.

The route starts with an enjoyable flat section along Cromford Canal towpath – flat out for the front runners. There is limited opportunity to pass on this stretch, but things change when the relentless climb kicks in up the High Peak Trail and then through wooded paths and trails to the Black Rocks trig point.

Having reached the summit, runners are rewarded with an easy second half to the race: other than some slightly tricky paths underfoot, it is mercifully downhill until the final drag back along the canal.

Karl Webster

OPEN		
1. J. Burgess M40 (1)	Bux	44.13
2. M. Nichols	Matlock	44.31
3. C. Brearley M40 (2)	HolmeP	45.20
4. J. Street M40 (3)	Clowne	45.58
5. R. Cooke	Unatt	46.07
6. J. Clark	Belper	46.39
7. A. Green	Unatt	47.04
8. D. Brassington	Wirksw	47.12
9. K. Fitch M50 (1)	Unatt	47.25
10. N. Edwards	Unatt	47.33
17. M. Russell M50 (2)	Unatt	48.50
19. M. Darling M50 (3)	Belper	49.05
38. D. Wilkinson M60 (1)	DkPk	53.06
57. R. Cooper M60 (2)	Unatt	57.03
68. C. Shaw M60 (3)	DkPk	58.43

LADIES		
31. E. Fowler F40 (1)	Badgers	51.48
47. R. Keeley	Belper	54.26
48. J. Bednall F50 (1)	Bux	54.55
53. S. Smith	Ripley	56.25
59. J. Stevens F40 (2)	DkPk	57.37
64. E. Eldridge F40 (3)	Unatt	57.48
82. C. Scott F50 (2)	Sinfin	60.28
83. K. Busfield F50 (3)	Ashbrne	60.37
81. G. Smith F60 (1)	Baildon	35.01

144 finishers

SEAT SANDAL / Cumbria
AS/7.4km/700m / **13.07.22**

A hearty thank you to the 50 runners who set off on the inaugural Seat Sandal Fell Race on a warm, clear, rather

humid, Grasmere evening. Our intention was for a hard, low-key event perhaps in the ‘old style’ with low costs, no technology, a few prizes, including two trophies donated by Tom Simpson of Ratio Technology, and plenty of fun. Hopefully all these aims were achieved.

The route begins in fields adjacent to the A591 then it winds its way on paths and trods, avoiding private land, before hitting the increasingly steep but mainly runnable climb to Grisedale Hause. At the Hause runners follow the old wall to the summit of Seat Sandal before a splendid grassy descent back to the valley floor.

A quick crossing of the fjord in Little Tongue Gill is followed by a very steep but short grassy climb and retracing the way out to return to the finish field.

Runners were in excellent form, most following the suggested route. A close tussle saw Tom Simpson take first overall and win the cup he/ Ratio Technology had donated! Harry Cooling came a close second and Mark McGoldrick took third and first M40. The ‘in form’ Lou Osborne was fastest lady by some distance and winner of the ladies’ trophy.

Sincere thanks must go to the local farmer, Peter Bland and his wife, for use of their land for the race and parking/ registration. Pete’s a fast ex-fell runner and nothing more needs to be said about the family name! Thanks also to Lowther Estates who gave kind permission to use their land and Pete Bland Sports for supplying the race numbers. Lastly, without the marshals and behind -the-scenes helpers, the race wouldn’t have gone ahead so a big thanks to them. Here’s to next year!

Roy G, Dave B

OPEN		
1. T. Simpson	Amble	44.43
2. H. Cooling	Howgill	44.44
3. M. McGoldrick M40 (1)	Wharfe	48.12
4. D.Cope	Howgill	49.23
5. M. Fretwell	Settle	50.16
6. R. Findley-Robinson	DkPk	50.54
7. J. Deegan M50 (1)	Amble	51.33
8. H. Collas	Unatt	51.39
9. F. Parker	Amble	52.22
10. P. Reilly M40 (2)	HelmH	53.37
16. D. Fishwick M50 (2)	Chorley	56.28
19. G. Illingworth M50 (3)	Kesw	57.58
29. D. Cowburn M40 (3)	Chorley	64.17
33. R. Gill M60 (1)	HelmH	65.02
38. A. Miller M60 (2)	Unatt	68.50
50. K. Masser M60 (3)	HelmH	85.30

LADIES		
17. I. Osborne F50 (1)	Amble	56.47
21. J. Oates	HelmH	58.06
26. R. Howard	Amble	61.09
37. F. Swann F40 (1)	Barlick	68.21
45. J. Wilcox F50 (2)	HelmH	74.32
47. J. Garside F50 (3)	Amble	74.53

50 finishers

VIKING CHASE / North Yorkshire
BM/12km/572m / **17.07.22**

Conditions for summer fell racing were favourable considering the impending heatwave, skies were overcast with a relatively cooling southerly breeze.

The Viking Chase is fourth counter in the Dave Parry Lets Run Summer Fell Race Series 2022, returning after a two-year Covid hiatus and welcoming 72 competitors to the start. With marshals provided by Cleveland Mountain

Rescue Team in position the runners were off at 10:48 hrs.

It was Harry Holmes who led out and quickly gained an early lead by the top of Carlton Bank, the first climb of the race. Cath Williamson was the leading female after the first climb. Harry Holmes continued to extend his lead as the race progressed to finish in 58 minutes, a lead of some eight minutes but a couple of minutes shy of Matty Speakes’ 55-minute record.

Sam Leadley raced to second, and there was a debate on the finish line as to whether Andrew Collier would have pipped Sam had he not made a navigational error in climbing up to Falconer’s Seat to take in a fifth peak.

Cath Williamson was the first female home with a time of 69.16 followed by Kay Neesam, (17th overall) and Kelly Gaughan (39th overall).

In the team competition, it was very close in the women’s event with all three teams needing the contribution of a ghost runner and two points separating first and third. On the day, the youngest and oldest women, Rebecca Dent (first FU23) and Sue Haslam (first F65), who made up the Scarborough AC team, were awarded prizes, while it was Pickering Running club of Kelly Gaughan and Serena Partridge (10th) who won in the final reckoning. NYMAC’s Kelly Struthers (4th) and Alison Lloyd (11th) were third team.

In a return to form it was the Esk Valley Fell Club men of Thomas Naisby (4th), Rorie McIntosh (7th), Martin Perry (14th) and Paul Cook (18th) who took first place from Pickering RC and NYMAC.

Thomas Aspin was first MU23 and Ben Senior first male veteran. Oldest runner in the race was Neil Scruton.

With race prizes donated by Esk Valley Fell Club, race proceeds of £466 will be donated to the Rescue Team.

Thanks to Sid Bollands race organiser.

Winter series 2021-22 presentations continued with Kelly Gaughan, Sue Haslam, Katy Rawnsley and Joe Blackett receiving awards.

Sid Bollands

OPEN		
1. H. Holmes	Matlock	58.27
2. S. Leadley	LoftW	66.12
3. A. Collier	Unatt	67.13
4. T. Naisby	EskV	68.47
5. P. Lawton	Scarb	68.53
6. C. Williamson F40 (1)	LoftW	69.16
7. R. McIntosh	EskV	69.46
8. B. Senior M40 (1)	Tsh	70.09
9. D. Smith M50 (1)	Picker	70.53
10. T. Ratcliffe	YKnaves	71.50
12. R. Williamson M50 (2)	LoftW	72.17
15. D. Parker M50 (3)	StTheresa	72.38
18. P. Cook M40 (2)	EskV	74.22
21. M. Richmond M40 (3)	Picker	76.29
26. K. Holmes M60 (1)	Unatt	78.12
31. B. Atkinson M60 (2)	YKnaves	79.06
33. N. Briggs M60 (3)	NYM	79.29

LADIES

6. C. Williamson F40 (1)	LoftW	69.16
17. K. Neesam F50 (1)	NMarske	73.34
39. K. Gaughan	Picker	82.23
44. K. Struthers	NYM	84.26
47. R. Dent FU23 (1)	Scarb	88.53
52. A. Hull F40 (2)	Quakers	94.42

53. S. Walch F40 (3)	PstoneFP	95.25
58. S. Haslam F60 (1)	Scarb	100.33
65. A. Lloyd F60 (2)	NYM	110.14
69. R. Kirkham F50 (2)	EskV	116.57

71 finishers

INGLEBOROUGH / North Yorkshire
AM/11km/600M / **17.07.22**

The case of the man who wasn’t there – the man in question being me. Three days before the event, Covid struck our household which led to some frantic phone calls in order to try and find a new RO. So, my thanks to Andy at the FRA for his prompt reply to my SOS and an even bigger thank you to Karen and Gary Allsopp for stepping in at the very last minute.

As for the race itself, we were back on the traditional course, starting and finishing on the Ingleton Carnival field after a hiatus of three years. I can’t write a report on the race as I didn’t see it, but all went smoothly apparently with 183 runners taking part.

My thanks to all the people who helped in any way, especially those whose jobs were changed at the last minute.

Chris Beesley

OPEN		
1. A. Mason	DkPk	50.13
2. T. Cornthwaite	Salf	51.48
3. M. McGoldrick M40 (1)	Wharfe	51.56
4. T. Hodgson	Hfx	52.35
5. L. Hudson	Kghly	53.42
6. C. Miller	Unatt	54.49
7. J. Eastwood	Slaithw	55.55.
8. D. Mirfield	Barlic	56.09
9. M. Fretwell	Settle	56.21
10. N. Ward	NthnF	56.43
12. S. Shorrock M40 (2)		
18. P. Crabtree M50 (1)	Bing	61.54
19. J. Green M40 (3)	Prest	61.56
23. N. Hayhurst M60 (1)	Bowland	62.33
24. S. McDonald M50 (2)	Bing	62.35
29. T. Smith M50 (3)	Bowland	65.12
39. B. Atkinson M60 (2)	YKnaves	67.05
48. J. Jones M60 (3)	HelmH	69.32
128. I. Smith M70 (1)	RibbV	84.25
183. A. Cardinale M70 (2)	Otley	125.13

LADIES		
11. H. Glover	Wharfe	56.54
16. C. Leather	LivP&S	61.27
26. S. Gibbs	Unatt	63.07
28. K. Klunder	ChorleyTri	64.47
38. J. Oates	HelmH	67.00
45. L. Parker F40 (1)	Acc	68.07
47. R. Browne F60 (1)	Bowland	69.24
77. A-K. Marsham F40 (2)	Ilk	74.40
84. A. Daykin F60 (2)	Clay	76.10
90. S. Fosker F40 (3)	Bowland	77.16
102. R. Beaumont F50 (1)	CaldV	79.08
117. C. McDermott F50 (2)	Prest	81.15
122. A. Dugdale F50 (3)	Clay	81.51

185 finishers

COCK HOW & BEYOND / North Yorkshire
BS/9.8km/344m / **20.07.22**

After a sweltering record-breaking couple of days where headlines warned of melting tarmac and railroads and

people stayed inside huddled around a fan, there was one main concern on all fell runners’ minds – what does this mean for the Cock Howe and Beyond Fell race on 20 July? For those who had done it before, the thought of taking on the steep initial incline in such intense heat was giving them nightmares. Perhaps prayers were answered however because upon arriving at the start line, runners were met with perfect conditions, cool and dry with the promise of dry ground underfoot. They were also met with some enthusiastic parking and registration volunteers from the York Knavesmire Harriers who did their best not to outwardly show their panic at being left alone with such serious responsibilities. However, it did make them even more grateful for everyone who organises and volunteers at all of these fantastic events.

The actual race started bang on 19:30 with a lap of the car park, which allowed spectators to cheer the runners on as they looked a bit foolish running round Chop Gate Village Hall car park in full fell gear. The runners then got on to more comfortable terrain but there was little respite with the brutal narrow path climbing immediately and sustaining a steep gradient for well over a mile. As the path levelled out, a beautiful view of the open moors awaited the runners along with the knowledge that it would not be long before they were able to show off their descending skills by returning down the same hill they had just slogged up. A brief sigh of relief at reaching the top was quickly dissipated with some runners getting a bit confused finding the path and ending up trampling quite slowly across the heather to reach the next check point. The rest of the route was lovely, a beautiful circle of the moorland with a fast and clear path. Of course, a final exhilaration greeted the runners with the long steep final finish, several runners making the most of the perfect conditions to practice their descents and practically flying down.

Back in the village hall the organising team had been busy getting the prizes ready, with beers, wines and chocolates given to... almost everyone! Overall, it was a fantastic race, enjoyed by many experienced and new fell runners alike.

Jessica Slater

The mini-heatwave had subsided just in time to be replaced by a fresh breeze, blue and grey skies and even a hint of rain – a good evening for fell racing. A new organiser to the series, Andy Chapman Gibbs of York Knavesmire Harriers, supported by numerous volunteers from the club, decided to revive the Cock & Howe and Beyond race last run in 2015.

The race opened, as is tradition, with a lap of the car park to stretch out the field before they head off up towards the Cock Howe cairn. It was Dan Bateson who led out the field fresh from his cracking second place at the weekend’s Kentmere Horseshoe. In close order were Rorie McIntosh and Sam Leadley.

In the women’s race, Cath Williamson gained an early lead over a returning Caroline Lambert. The opening two kilometres gains 240 metres in height and takes runners to the Cock Howe cairn, then follows an undulating loop of the moor top and then a descent of the main race climb. The moor top bracken, then in full bloom, meant runners puzzled as they tried to find the best line trods which are obvious in the winter and spring.

As the race developed, Caroline worked her way through the field to claim the women’s race and third overall. Dan held his lead with even time to showboat on the descent with a Morecambe and Wise heel click. Sam claimed second with Rorie fourth. Cath was second woman and first veteran; Dave Smith was first M50 and sixth place.

Clive Thornton

OPEN

1. D. Bateson M40 (1)	Scarb	43.03
2. S. Leadley	LoftW	44.58
3. C. Lambert Female (1)	Middlesb	45.50
4. R. McIntosh	EskV	46.35
5. A. Thacker	LoftW	46.37
6. D. Smith M50 (1)	Picker	47.08
7. C. Williamson F40 (1)	LoftW	47.44
8. M. Tune	EHull	48.10
9. P. Smith	Picker	49.18
10. S. Pugh M50 (2)	EskV	49.20
12. K. McLoughlin M50 (3)	NYM	49.47
13. G. Hawking M40 (2)	YKnaves	49.52
15. P. Cook M40 (3)	EskV	50.00
28. N. Briggs M60 (1)	NYM	54.09
40. A. Harnett M60 (2)	NYM	59.50
45. N. Scruton M70 (1)	Scarb	63.06
46. S. Haley M60 (3)	Unatt	63.29
69. M. Hetherton M70 (2)	Picker	85.49

LADIES

3. C. Lambert	Middlesb	45.50
7. C. Williamson F40 (1)	LoftW	47.44
17. R. Marshall F40 (2)	Scarb	50.32
34. J. Slater	YKnaves	57.00
47. C. Glover F60 (1)	Wharfe	63.31
49. S. Haslam F60 (2)	Scarb	64.08
51. H. Ashworth F50 (1)	ThirskS	65.32
55. F. Jeffrey F40 (3)	ThirskS	66.46
62. D. Jobson F50 (2)	NYM	71.43
66. R. Kirkham F50 (3)	EskV	78.46

69 finishers

FELLSIDE / Cumbria
AM/11.3km/580m / **20.07.22**

On the evening after the day when British temperature records went worryingly high, the Fellside race was held in a pleasantly unusual cool breeze, with clear and far-ranging views out over the Solway towards the Galloway Hills of Scotland.

Conditions were good and as firm underfoot as the usually boggy route over Knott ever gets. It was a day for records, but perhaps due to the pressure of the English Championship counter the following weekend, the pressure on runners to go fast was not so evident. However, two course records were broken by Alistair Tod and Jim Davies in the M40 and M50 categories respectively.

So, a moderate field of 50 runners congregated at the start line, a very social affair, until the start was announced and then it was quiet as heads went down, heart paces quickened and the toil of getting to the first check point of Brae had begun.

Word quickly came in of the first runners through, and the race leader by the second checkpoint was emerging in the form of Jonathan Cox. He maintained a lead to High Pike and the finish to win in 53.04, 45 seconds ahead of his nearest rival, Jake Collier.

In the women’s event Jenn Bell maintained a comfortable lead to win in 1.09.00, the second time her name has appeared on the trophy. Second was Lucy Stobbart.

It was a relaxed informal evening race, that was very kindly sponsored by Kong Running, and attended by the wonderful fell running community, ably supported by all the kind volunteers from The Northern Fells Running Club.

Adam Jackson

OPEN			
2. J. Cox	Eden	53.04	
2. J. Collier MU23 (1)	Kesw	53.49	
3. S. Hebblethwaite	Kesw	54.06	
4. A. Tod M40 (1)	NthnF	55.24	
5. J. Davies M50 (1)	Borr	58.47	
6. P. Nield M40 (2)	Bowland	59.58	
7. J. Eyre	Eden	60.07	
8. D. Birch M50 (2)	Kesw	60.27	
9. A. Creswell	CFR	60.51	
10. S. Pyke M50 (3)	DkPk	61.03	
12. M. Rudd M40 (3)	NthnF	64.07	
31. G. Davies M60 (1)	NFR	72.41	
41. A. Turner M60 (2)	Amble	81.51	
44. N. Moore M60 (3)	CFR	86.27	
49. C. Lates M80 (1)	BordLin	93.17	
50. M. Hind M70 (1)	Borr	127.48	

LADIES			
23. J. Bell	Kesw	69.41	
30. L. Stobbart	CFR	72.10	
34. J. Flwood	CFR	74.56	
35. D. Hosking F40 (1)	DFR	76.00	
42. E. Adams F40 (2)	Derwent	81.58	
46. J. Russell F50 (1)	NthnF	87.16	
47. C. Dring F40 (3)	Kesw	87.34	
48. D.Tunstall F50 (2)	DFR	90.20	

50 finishers

BLISCO DASH / Cumbria
AS/8km/650m / **20.07.22**

I call it a bit of fun – and right enough that’s what it’s always been. But it doesn’t matter that you tell them they’re racing for a bottle of beer, and it wouldn’t matter if, as happened one year at Blisco, they were racing for a cabbage – or indeed absolutely zilch – there would still be a scrap for the win. And then a scrap for every other place right down to my end of the field.

That’s fell running and that’s why we’re hooked on it (one reason). Sometimes though, one of the scraps is a bit out of the ordinary and this year at Blisco we witnessed such an occasion. In this millennium the race has only seen a sub-39-minute time twice – in 2013 when we hosted a British Championship counter, and in 2004 when the Inter-Counties came to town. So, for someone to go sub-39 on a bog standard Wednesday night with only a bottle of Bud at stake was remarkable.

Once Alfie Thorpe had delivered his Hors D’Oeuvres, Jack Wright, Tom Simpson and Ben Sharrock set off up Redacre Gill on a mission – more than just a bit of fun! Tom won the race for the summit, but Ben then stepped on the gas and was back at the ODG in double quick time.

Antonia Fan was unpressed in the women’s race and Matt Reedy rolled back the years for an M40 win. Good to see Nick Sebley take the M60 prize at his first attempt and this year lots of spot prizes of a pint at the Bar. Several people had come specially for the ‘Fat Man’s Prize’ and were disappointed – there’s only so much fun you can have!

Thanks to Dan and Matt on the summit and Jenny, Krystal, Jane and Elaine in the valley.

Selwyn Wright

OPEN			
1. B. Sharrock MU21 (1)	Amble	38.39	
2. T. Simpson	Amble	39.32	

3. H. Cooling	Howgill	40.47	
4. J. Wright	Amble	41.14	
5. P. Rutter	HelmH	42.56	
6. T. Watt	Amble	42.59	
7. J. Hartley	BICmbe	43.01	
8. A. Bunyan	Macc	43.14	
9. R. Findley-Robinson	DkPk	43.29	
10. A. Thorpe MU21 (2)	Amble	43.37	
11. M. Reedy M40 (1)	Amble	44.48	
12. B. Bardsley M50 (1)	Borr	45.08	
15. S. Jaques M40 (2)	Unatt	45.52	
22. S. Shorrock M40 (3)	Barlick	48.09	
37. C. Routledge M50 (2)	Amble	54.15	
38. A Hearn M50 (3)	HelmH	54.24	
50. N. Sebley M60 (1)	BICmbe	57.24	
52. P. Tynan M60 (2)	Lonsdle	57.36	
57. R. Gill M60 (3)	HelmH	59.05	
65. K. Taylor M70 (1)	Ross	63.12	
75. E. Dealtry M70 (2)	Kend	87.14	

LADIES			
21. A. Fan	Amble	47.44	
34. J. Oates	HelmH	53.39	
35. V. Thompson	HelmH	53.47	
56. H. Barber	CFR	58.21	
60. G. Stephens	Amble	59.48	
63. A. Glynn	Bath	61.58	
66. K. O'Donnell F50 (1)	Macc	64.02	

75 finishers

BEACON HILL / Northumberland
BM/10.6km/410m / **20.07.22**

OPEN			
1. M. Hetherington	NFR	49.42	
2. S. Myers	Unatt	51.45	
3. R. Bateson M40 (1)	NFR	51.46	
4. N. Biggers	Alnwick	53.37	
5. W. Lloyd	Tynedle	53.58	
6. P. Banks M50 (1)	VO2M	54.36	
7. G. Pearson M50 (2)	DVTR	55.13	
8. A. Ewart	NFR	55.45	
9. S. Bufton M40 (2)	Saltwell	56.01	
10. R. Garland M40 (3)	NFR	56.23	
12. K. Geldert M50 (3)	Alnwick	57.34	
32. G. McWilliams M60 (1)	ChevTR	69.21	
33. B. Young M60 (2)	NSP	70.37	

LADIES			
35. M. Drozdowicz F60 (1)	ChevTR	71.45	
36. A. Fiddes	Unatt	72.12	
37. G. Cavill F50 (1)	NFR	73.42	
39. V. Brook F40 (1)	Unatt	74.07	
40. M. Beattie	Pontel	75.05	

42 finishers

HOLME MOSS / Derbyshire
AL/28.5km/1315m / **24.07.22**

During the week before the event, we experienced extreme heat and moorland fires, and the Open Access land was closed by the Peak District National Park. We were advised two days before the event that the National Park access land would be open from midnight on the day before the race. This gave us just enough time to finish preparations.

We had 159 entries, but only 90 starters and only 80 finished, presumably because of the poor conditions on

the day. 76 pre-entries did not run, presumably due to the uncertainty of whether the event would go ahead or not.

The weather forecast was supposed to be warm with some light rain, but it turned out to be very wet and windy with poor visibility in many locations. Many marshals got very cold during the long spells they were out on the fells and at the finish field.

At the front of the race, Michael Kenyon’s victory seemed to be assured after the first descent into Ramsden Clough. However, he did say he lost a considerable amount of time trying to find a way up to Laddow Rocks, as did quite a few other runners. At that point he had a scare as he caught a glimpse of Ben Tetler within two minutes of him, but then picked up the pace to finish nearly five minutes ahead.

In the ladies’ race, Helen Haigh’s victory was never in doubt as she opened up a lead by the finish of nearly 26 minutes over second placed Imogen Jones, who finished first equal in last year’s race.

Slaithwaite Striders easily won the male team prize, with all three counters crossing the line together holding hands, in third, fourth and fifth place. There was no team prize awarded to the ladies as no club had three finishers.

The free refreshments at the finish brought a lot of praise from the participants and £47 of donations. The raffle in aid of The Holme Valley Mountain Rescue Team raised £177. As we don’t attempt to make much of a profit, we were able to donate a total of £600 to the Mountain Rescue Team. As this was more than we had intended, we are considering lowering the cost of entry next year.

Andy Hauser

OPEN			
1. M. Kenyon	Dronfld	2.45.45	
2. B. Tetler M40 (1)	Gloss	2.50.37	
3. N. Hockin	Slaithw	2.56.42	
4. J. Eastwood	Slaithw	2.56.42	
5. A. Smith M40 (1)	Slaithw	2.56.42	
6. N. Hopley	Unatt	2.58.31	
7. A. Davies M50 (1)	HillsbR	3.10.23	
8. T. Perry	Matlock	3.10.44	
9. C. Jeffrey M40 (2)	Unatt	3.12.53	
10. C. Jackson	Gloss	3.14.21	
11. C. Lawson M50 (2)	DkPk	3.14.44	
17. T. Werrett M50 (3)	DkPk	3.18.51	
29. P. Addison M60 (1)	DkPk	3.34.41	
45. K. Holmes M60 (2)	Unatt	3.57.17	
53. I. Johnson M60 (3)	Locjab	4.11.28	

LADIES			
15. H. Haigh F40 (1)	Holmf	3.17.57	
34. I. Jones	Penn	3.43.39	
42. C. Leigh	Penn	3.55.57	
44. L. McCavbe F40 (2)	Otley	3.56.19	
54. Y. Marks	Belper	4.11.56	
55. B. Hinchlffe F60 (1)	Holmf	4.12.47	
59. E. Sanders F50 (1)	Ashbrne	4.16.13	
70. J. Stevens F40 (3)	DkPk	4.33.56	
72. C. Howard F50 (2)	Matlock	4.41.19	
79. J. Davies F60 (2)	Totley	5.20.34	

80 finishers

BRASSINGTON HILL / Derbyshire
BS/9km/320m / **28.07.22**

On yet another of 2022’s warm and dry summer evenings, runners gathered from surprisingly far and wide to test themselves against the Brassington Hill Race route.



Above: The start of the Holme Moss Fell Race © Sean Doyle

First in the short sharp trip up to the trig point and back was Brassington native, the aptly named Stef Brassington, who made it back in a record 32.08, despite a quick tour of every possible way down from the top of Harborough Rocks.

In the long course loop of trig point to Carsington to Brassington, first back was Oliver Matharu who took eight seconds off last year’s time to set a new record of 38.25.

In the ladies’ race, Caroline Brock took over four minutes off the record, finishing in 14th place overall in a blistering 41.56. New records were also set in the men’s junior category by Eamonn Clowes, finishing second overall, in the F40 category by Hayley Gill, also finishing second overall and by Simon Brister, who took eight minutes off the M70 category time.

The race is never for a ribbon’d coat, and the fame garnered whilst weekday evening running in the Derbyshire Dales is fleeting indeed, but, as one runner said, it’s enough to be out in fantastic scenery doing something you love and to follow that up with friends, food and drink whilst whittling away a summer evening.

One particular photo taken on the night encapsulates this race and it’s not of speed or endurance, of flying feet or pointed elbows, it’s of one competitor who, having clambered to the highest point, turns and takes a moment of stillness to enjoy the whole of Southern Derbyshire, the edges of Staffordshire, Nottinghamshire and Leicestershire, laid out under their feet.

It’s hard from an organiser standpoint to summarise the race so I’ll leave it to those who took part:

“I’ve lost some belongings. Somewhere between Carsington and Brassintgon. A pair of calves: they’re pretty rubbish but I’d like them back!”

“Fantastic race, great atmosphere and marshals. I came back buzzing. Thanks!”

“What a race! Definitely worth the ride out from Hull.”

“That was hugely enjoyable. Just under six miles of hills, one on hands and knees. Dozens of stiles. Big climbs. Large descents. Lung- busting, sweat-soaking evening of brilliance. Thanks, Brassington Hill Race 2022.”

A Richards-Jones

OPEN			
1. O. Matharu	HolmeP	38.25	
2. E. Clowes MU19 (1)	NcastleTri	38.39	
3. J. Burgess M40 (1)	Bux	39.33	
4. L. Beresford	Matlock	39.54	
5. P. Watson	Yourgr	40.55	
6. C. Davenport M40 (2)	Matlock	41.00	
7. J. Street M40 (3)	Clowne	41.11	
8. R. Cooke	Unatt	41.36	
9. B. Jeays M40 (4)	Beeston	41.45	
10. W. Broad	Unatt	41.48	
15. M. Jones M50 (1)	Ripley	42.02	
20. M. Darling M50 (2)	Belper	43.16	
21. A. Mellow M50 (3)	Matlock	43.20	
66. A. Hodkin M60 (1)	Matlock	50.02	
71. G. Hutchings M60 (2)	Ashbrne	50.59	
76. A. Mablethorpe M60 (3)	LongE	51.42	
60. S. Brister M70 (1)	Matlock	49.21	
67. M. Moorhouse M70 (2)	Matlock	50.05	
118. S. Whittaker M70 (3)	ErewV	57.36	

LADIES			
14. C. Brock	SteelCStr	41.56	
27. H. Gill F40 (1)	Matlock	45.17	
43. L. Riddle	Matlock	47.46	
52. L. Rowley F40 (2)	Matlock	48.38	
56. R. Keeley	Belper	48.59	
57. S. Maybanks F40 (3)	Beeston	49.05	
81. E. Van Loon	HolmeP	52.20	
82. J. Atkinson F50 (2)	HolmeP	52.31	
89. C. Scott F50 (3)	Sinfin	53.22	
158. T. Pickard F60 (1)	Youlgr	67.55	
166. C. Wickham F60 (2)	ErewV	75.02	

173 finishers

HEART OF THE LAKES – RYDAL ROUND
/ Cumbria

AM/14.5km/915m / **28.07.22**

The Heart of The Lakes Rydal Round was finally back for the first time since 2019 after being a victim of Covid-19 for two consecutive years.

This is the opening event for Ambleside Sports, and we were pleased to have 102 runners on the start line on a typically overcast, but warm, summer’s Lakeland day.

We paid tribute to the late Pete Bland in the form of a round of applause just ahead of the start gun.

The race was won by course record holder Ricky Lightfoot, and Sophie Likeman took first place for the females.

Many generous cash prizes were handed out over the different categories and all 102 runners were back safely (1 retiree).

Carolyn Meneaud

OPEN			
1. R. Lightfoot	Ellenb	1.23.16	
2. T. Simpson	Amble	1.23.24	
3. S. Jaques M40 (1)	Unatt	1.27.13	

4. A. Worster	CaldV	1.28.02	
5. S. Lecky	Amble	1.28.32	
6. H. Stainton	BICmbe	1.28.33	
7. J. Hartley	BICmbe	1.28.37	
8. T. Watt	Amble	1.32.08	
9. R. Saether M40 (2)	EHull	1.32.42	
10. J. Hood M40 (3)	Skip	1.35.50	
16. C. McIntosh M50 (1)	P&B	1.38.17	
24. S. Paterson M50 (2)	Unatt	1.41.54	
26. M. Horrocks M50 (3)	Barlick	1.42.04	
41. P. Pearson M60 (1)	NthnF	1.52.53	
51. R. Laycock M60 (2)	Settle	1.57.55	
62. G. Britton M60 (3)	Unatt	2.06.53	
98. N. Harris M70 (1)	Ross	2.33.19	
101. E. Dealtry M70 (2)	Kend	2.53.12	

LADIES			
21. S. Likeman	CFR	1.40.28	
31. L. Obbourn F50 (1)	Amble	1.43.12	
45. R. Thackray F50 (2)	Bing	1.53.09	
48. P.Cooke	Ackwth	1.56.10	
57. S. Acey	Pntelnd	2.04.46	
68. D. Hoskins F40 (1)	DFR	2.09.37	
70. E. Fowler F40 (2)	Badgers	2.10.30	
72. J. Darisala F50 (3)	PstoneFP	2.11.32	
77. L. Mallinson F40 (3)	Wharfe	2.15.06	
86. W. Dodds F70 (1)	Dallam	2.23.43	
100. W. Birkett F60 (1)	Amble	2.47.49	

101 finishers

JAMES HERRIOT RUN / North Yorkshire

CM/14km/305m / **31.07.22**

The Rotary Club of Wensleydale organized the James Herriot Country Trail Run under relatively normal conditions and were very grateful for the regular help from Swaledale Roadrunners who logged the finishers and times and also thanks to the Walking Shop in Leyburn for the prizes for the first, second and third in the main race and ladies’ race.

After early rain, conditions were ideal for the 174 runners who took part from the 200 entered. Like many races this year entries were approximately 30% down and we hope for old and new friends to enter the 2023 race to be held on 30 July 2023 at the same venue.

Excellent times were achieved throughout but particularly impressive were the first home Graham Rush in 50.42 and second Tom Adams in 51.50, who both broke the old course record which has stood at 51.58 since 2011.

First lady was Robyn Hawxby in 67.52, closely followed by Andrea Banks in 68.48.

Team results were Richmond & Zetland Harriers 4 x Men first, Swaledale Roadrunners 4 x Ladies first, Richmond & Zetland Mixed 2 x Men and 1 x Lady first.

Well done to all competitors and thanks again to all the helpers.

Barrie Whitfield

OPEN			
1. G. Rush	Leeds	50.42	
2. T. Adams M40 (1)	Ilk	51.50	
3. C. Hutton M40 (2)	LndnFrnt	58.47	
4. M.Ellis M50 (1)	Quakers	61.05	
5/ T. Banks M40 (3)	Tyned	61.07	
6. J. Todd M40 (4)	Ken	61.13	

7. R. Franklin M40 (5)	Unatt	61.24
8. M. Forrest M50 (2)	RichZet	61.47
9. J. Parsons M40 (6)	HelmH	61.54
10. J. Myers M40 (7)	RunSandy	62.39
12. P. Peacock M50 (3)	ThirskS	64.28
46. M. Jordan M60 (1)	Hgte	71.62
49. R. Burn M60 (2)	ThirskS	73.08
64. K. Hesketh M60 (3)	Prest	77.93
149. G. Bullock M70 (1)	ThirskS	99.12
153. C. Leese M70 (2)	Unatt	100.13

LADIES

33. R. Hawxby F40 (1)	Unatt	67.87
36. A. Banks F40 (2)	Tyned	68.48
39. H. Burrell F50 (1)	Swaled	69.06
43. E. Harrison	ThirskS	71.01
53. K. Reeve F50 (2)	RuchZet	74.13
60. L. Hiles F50 (3)	ThirskS	75.25
65. M. Forrero F40 (3)	NottsDr	78.02
71. A. Baldwin F70 (1)	Stainl	78.55
116. C. Glover F60 (1)	Wharfe	87.53
119. D. Carson F60 (2)	Unatt	88.08
172. D. Carr F70 (2)	Unatt	125.70

CROW HILL REVERSE / West Yorkshire
BS/8km/305m / **02.08.22**

It was good to put on the race after an absence of two years, and what a race we got from the first two runners home. Nathan Lawson and Martin Howard had a great battle all the way round. This ended up with both being inside the course record, Nathan just piping Martin by 14 seconds and being the first person to go under 29 minutes. In third place it was great to see the legendary Ian Holmes, well clear of any other runner.

In the women's race Cass Chisholm had an excellent run to claim a win. Cara Bincliffe finished second just ahead of Donna Cartwright. The next woman to finish was Aileen Baldwin in a very impressive time for a F70. The first F50 was Jane Hobson and F60 was Elise Milnes. The first M40 was Dave Middlemass, who seems to be getting quicker with every race.

On a literary note the race starts and finishes in Redacre Woods, close to the birthplace of the former poet laureate Ted Hughes and his old stomping ground. Indeed, the standing stone, Churn Milk Joan, which is passed on the

outward and return journey is the subject of a Hughes poem. Keeping up the literary theme the first M60 was Boff Whalley, whose book on Gary Devine, "FASTER! LOUDER!" is an excellent read. Also, the first Tod Harrier to finish was Chris Goddard in 11th place overall. Chris's books on the moorlands of West and South Yorkshire and the woodlands of Calderdale and Airedale are very informative and superbly illustrated.

The first M70 was Dick Spendlove, his teammate Elijah Pears-Webb was first MU18 and 7th overall.

Calder Valley Fell Runners were rewarded for an excellent turnout with the men's and ladies' team prize, although they were pushed hard by Wharfedale Harriers men and Halifax Harriers ladies.

Thanks are due to my Tod Harriers club mates who turned up in force to help marshal and help with all the assorted jobs required. The race raised over £350 for the Calder Valley Search and Rescue Team.

Dave Collins

OPEN

1. N. Lawson	DkPk	28.47
2. M. Howard	CaldV	29.01
3. I. Holmes M50 (1)	Bing	31.48
4. E. Hassell	Wharfe	33.04
5. M. Warters	Wharfe	34.04
6. D.Middlemass M40 (1)	ValIStr	34.30
7. E. Peers-Webb MU18 (1)	CaldV	34.40
8. L. Shimwell M40 (2)	CaldV	34.47
9. S. Brock M40 (3)	Wharfe	35.03
10. A. Roberts	CaldV	35.12
16. N. Crossfield M50 (2)	Hfx	37.18
24. M. Wharton M50 (3)	CaldV	39.21
32. B. Whalley M60 (1)	P&B	42.08
35. A. Davies M60 (2)	CaldV	42.54
46. G. Lloyd M60 (3)	CaldV	46.41
41. D. Spendlove M70 (1)	CaldV	45.15

LADIES

34. C. Chisholm F40 (1)	CaldV	42.29
37. C. Bincliffe	Hfx	44.07
39. D. Cartwright F40 (2)	Radcl	44.38
47. A. Baldwin F70 (1)	Stainl	46.53
48. C. Jackson	CaldV	46.54

51. J. Hobson F50 (1)	Hfx	48.49
54. S. Cunningham F40 (3)	Tod	49.54
56. E. Milnes F60 (1)	Tod	50.09
63. J. Leigh F50 (2)	Unatt	56.00
69. J. Hughes F50 (3)	Ross	59.38

70 finishers

PARWICH PANORAMIC / Derbyshire
CS/8.5km/200m / **02.08.22**

OPEN

1. S. Anderson	LongEa	35.01
2. C. Patterson	Ashbrne	35.10
3. M. Burley	Macc	36.00
4. J. Street	Clowne	37.11
5. J. Evans	Beeston	37.33
6. S. Coope	SheltStr	37.52
7. G. Briggs M50 (1)	DkPk	37.58
8. J. Speake	Notts	38.10
9. A. Mellor M50 (2)	Matlock	38.25
10. M. Jones M50 (3)	Ripley	38.35

LADIES

14. I. Hackett	WolvesB	39.18
16. R. Rose	DkPk	39.49
28. E. Clossick	HillsbR	42.28
37. R. Keeley	Belper	44.15
39. L. Rowley	Matlock	44.24
62. C. Scott	Sinfin	48.38
75. J. Howitt	Ripley	50.30
83. A. Kolonowska	Matlock	52.37

122 finishers

GUN RUN / Staffordshire
BS/9km/250m / **03.08.22**

Thanks again for entering our race, the first Gun Run for about 15 years and over a new course, accurately measured at six Yorkshire miles (other units of measurement are available...).

Whether or not you 'did a good time', we hope you 'had a good time'.

70 folks set off and 70 folk came back, all in one piece and mostly having enjoyed themselves over the course, including two ascents of Gun Hill, newly acquired by Staffs Wildlife Trust, and to whom the race proceeds are going.

As far as I know no-one got too lost. Having 'a not too hilly or technical' fell race sometimes makes it a bit harder for the out-and-out fell runners, a bit easier for the fast and flat speed merchants, and so it proved, with places changing throughout the race.

A couple of the road runners set a good pace over the initial flatter section on road and fields, but Allen Bunyan and Mark Burley gained the upper hand on the second climb back up to the summit of Gun Hill and held on to take the first two places ahead of Rob Whitby and Nick Hamlin.

In the ladies' race, vets Kristy Gill, Rachel Munday and Kathleen O'Donnell chased each other round with Kristy surprising herself (but no-one else, given her current form) with the win just ahead of a fast-finishing Rachel and Kathleen.

In the vets, evergreen Malcolm Fowler and Trevor Longman were once again amongst the age group winners.

Many thanks to all the marshals, timekeepers,

landowners, and the Swythamley Centre; to Jo, Tony and Michael for helping me mark the course; to Wendy and Matt for sweeping; and to expert race starter, four-year-old William, for setting you all off (and his mum Emma for allowing him to stop up late).

Hope to see you next year.

Julian Brown

OPEN

1. A. Bunyan	Macc	43.00
2. M. Burley	Macc	44.32
3. R. Whitby	Macc	44.51
4. N. Hamlin	Altrinch	45.26
5. N. Bookerr	Macc	45.52
6. A. Beavers M40 (1)	Macc	46.04
7. J. Pickard	Macc	46.19
8. C. Bentley M40 (2)	Macc	46.39
9. J. Ross	Unatt	46.44
10. B. Greenwood	Macc	47.05
12. M. Fowler M50 (1)	Macc	48.06
14, N. Hammond M50 (2)	FramFly	48.33
16. N. Hey M50 (3)	Macc	49.19
31. C. Thorley M60 (1)	Unatt	57.35
32. D. Nimmo M40 (3)	SChesh	57.49
33. P. Chrisp M60 (2)	Unatt	57.54
53. T. Longman M70 (1)	Macc	63.29
54. P. Craddock M60 (3)	StaffsM	63.42
59. I. Ankers M70 (2)	StaffsM	66.25

LADIES

18. K. Gill F40 (1)	Macc	52.13
21. R. Munday F40 (2)	Macc	52.54
25. K. O'Donnell F40 (3)	Macc	56.25
26. E. Bailey F40 (4)	Unatt	56.55
45. A. Martell F60 (1)	Altrinch	60.26
47. J. Hackett F50 (1)	WolvB	61.19

70 finishers

MIDDLETOWN HILL / Shropshire
2.8km/449m / **04.08.22**

What a race. 58 starters left the field for the first climb of the mighty Middletown Hill heading straight for the summit: it's a bit disconcerting as RO when the field seems to move off slowly.

Aled Lees took an early lead being first to the summit the first time, with Sara Wilhoit close behind, these two already gaining a substantial lead on the rest of the field. Following up and strung out a little bit, were Dom Jones, James Stuart, Matt Benson and Conner Middleton . At the bottom of the first descent, the lead places had not changed, but further down the field Tom Treasure had gained seven places, and Nicola Richards had gained nine, two cracking descents on a steep and rough descent.

By the start of the final climb Sara Wilhoit had taken the lead which she was to hold onto to the finish, winning by 15 seconds and at the same time setting a new female course record of 23.04.

Behind her, Stuart Smith, running in 7th place, took a dive into the brambles, got up, shook himself down, then smashed his way up through the field to finish third, taking most of the places on the final climb.

Sara Wilhoit is the first female to win a Shropshire Summer Series event outright for 18 years.

Thanks to Paul Beeson and Rob Martin (Maldwyn Harriers) who gave up their race to assist Colin Williamson off the hill after he'd had a fall.

Dave Farrow

OPEN

1. S. Wilhoit Female (1)	Merica	23.04
2. A. Lees	Unatt	23.19
3. S. Smith	Shrews	25.09
4. D. Jones	Mercia	25.13
5. J. Stuart	SyTri	25.24
6. C. Middleton	Shrews	25.27
7. J. Atyeo	Mercia	26.32
8. M. Price Female (2)	Mercia	26.47
9. R. Woolland	Mercia	27.39
10. M. Benson MU17 (1)	Maldwyn	27.46

LADIES

1. S. Wilhoit	Mercia	23.04
2. M. Price	Mercia	26.47
3. H. Wells	Mercia	28.29

TEGGS NOSE / Derbyshire
BM/12.4km/480m / **06.08.22**

In spite of the large number of competing races and athletic events, there were 67 entries for this deceptively strenuous race, hosted by the Macclesfield Sheep Dog Trials and organised by Macclesfield Harriers. The race was promoted as a suitable introduction to fell racing, and, indeed, a number of finishers confirmed that they were newcomers to the sport.

Both newcomers and 'old hands' declared themselves well tested over the 12.4km course, enjoying much terrain usually closed to public access.

Weather conditions were warm with some slight breezes on the higher ground. The fully marked and marshalled race route was significantly changed from that of previous years at the request of some of the landowners, and so Arron McCloskey and Zanthé Wray set new course records.

Thanks are due to the Macclesfield Sheep Dog Trials Association and Running Bear of Alderley Edge for their support with prizes, the landowners for access permissions, and to the marshals, registration, and finish teams without whom we could not have re-established the event after a forced two-year break. £201 was raised for Macclesfield Silklife Foodbank.

Wendy Lynas

OPEN

1. A. McCloskey	Unatt	0.58.35
2. H. Bond MU23(1)	Bux	0.59.28
3. J. Lowe	DkPk	0.59.42
4. B. Archbold M40 (1)	Wilmslow	0.59.59
5. A. Beavers M40 (2)	Macc	1.00.00
6. A. Galloway	Unatt	1.01.00
7. M. Fowler M50 (1)	Macc	1.02.10
8. T. Peers	Stockp	1.02.23
9. G. Langford	Chorlton	1.02.39
10. C. Bentley M40 (3)	Macc	1.02.49
11. A. Gibb M60 (1)	VRoyal	1.04.26
12. J. Noakes M50 (2)	Macc	1.05.08
18. D. Fishwick M50 (3)	Chorley	1.07.59
34. T. Hargreaves M60 (2)	Stockp	1.18.46
39. G. Lingford M60 (3)	Congle	1.22.09
51. I. Ankers M70 (1)	StaffssM	1.28.04
60. N. Harris M70 (2)	Ross	1.36.45
65. W. Gibson M70 (3)	Unatt	2.02.55

LADIES

15. Z. Wray	DkPk	1.07.08
20. K. Davies F40 (1)	StaffsM	1.09.42

22. L. A. Dye F40 (2)	Unatt	1.12.30
27. H. Elmore F50 (1)	DkPk	1.15.24
29. K. Riley	Macc	1.15.37
35. R. Lawrence F40 (3)	Macc	1.19.44
44. S. Stevens F50 (2)	Chorlt	1.23.57
45. S. A. Hales F60 (1)	Macc	1.25.35
55. J. Forrester F70 (1)	Matlock	1.32.14
56. C. Woods F60 (2)	Ramsbttm	1.33.13
62. J. Higson F50 (3)	Penn	1.37.32

ROUND HILL / North Yorkshire
CM/14.1km/335m / **07.08.22**

After a really dry July, the usual bogs up to the first checkpoint at Round Hill were non-existent and a sunny but not too warm day led to fast conditions.

Robert Smith was first back at the finish but realised he'd missed the last checkpoint, so the first place went to the 2017 winner, Chris Miller. William White came second, ahead of Andrew Collier.

Alice Leake improved on second from last year to win this year, her time being also the third fastest ladies time since the first race in 2003. Ruth Thackray was second in a time just four seconds slower than the F50 record of Maureen Laney from 2005 and Hannah Jacobsen was third.After a forgetful and eventful pre-race, Marc Sennett took the first M40 prize. Paul Crabtree was much better prepared and was first M50. Barry Atkinson and Dave Tait were first M60 and M70 respectively.

For the Ladies, Niamh Jackson was first F40. Probably the performance of the day was by Alison Bennett who was first F60 and broke Becky Weight's record by almost three minutes.

First team of two men and two women was North Leeds Fell Runners, the team of William White, Andrew Foster, Niamh Jackson and Ellis Maguire, finishing closer of Bingley Harriers and Ilkley Harriers in second and third.

Thanks to the 126 competitors whose contribution helped Otley AC donate £600 split equally between two local Brain Tumour and Leukaemia charities..

Andrew Robertshaw

OPEN

1. C. Miller	Wharfe	0.57.01
2. W. White	NLeeds	0.58.44
3. A. Collier	Unatt	0.59.19
4. T. Pyznat	GrupettoG	0.59.39
5. M. Sennett M40 (1)	Wharfe	1.00.32
6. B. Barker	Unatt	1.01.05
7. D. Egan	P&B	1.01.23
8. M. Boocock	P&B	1.02.10
9. P. Crabtree M50 (1)	Bing	1.02.52
10. T. Richardson	Hgte	1.03.04
12. J. Pierce M40 (2)	Ilk	1.03.44
14. A. Spittlehouse M40 (3)	Unatt	1.04.08
20. M. Lofthouse M50 (2)	NiddV	1.06.58
23. M. Blakeley M50 (3)	Roundhay	1.08.05
34. B. Atkinson M60 (1)	YKnaves	1.09.53
47. K. Holmes M60 (2)	Unatt	1.12.57
53. D. Stephenson M60 (3)	Bing	1.14.33
100. D. Tait M70 (1)	DkPk	1.32.33
114. D. Seaman M70 (2)	NiddV	1.41.41

LADIES

15. A. Leake	LeedsC	1.04.14
21. R. Thackray F50 (1)	Bing	1.07.21
29. H. Jacobson	Unatt	1.09.06
30. N. Jackson F40 (1)	NLeeds	1.09.24



Above: the leading two runners in the James Herriot Run - eventual winner Graham Rush (Leeds City) on the right, and runner up Tom Adams (Ilkley Harriers) left © Barrie Whitfield

36. F. Mullen	Abbey	1.11.06
48. H. Fox	Abbey	1.13.14
61. S. Elliott F50 (2)	Otley	1.16.14
69. S. Bresnan F50 (3)	Knaresb	1.18.52
71. A. Bennett F60 (1)	Ilk	1.19.19
80. C. Morland F40 (2)	Knaresb	1.23.36
83. M. Green F60 (2)	Bing	1.23.58
96. R. White F40 (3)	Ilk	1.29.41

125 finishers

ECCLES PIKE / Derbyshire
AS/5.4km/305m / **10.08.22**

Eccles Pike fell race, one of the oldest fell races in England, took place again this year in all its unrestricted glory. COVID restrictions lifted so a mass start led to a charge across the football pitch before heading through the village and up, with more up, followed by another up. All done in sweltering heat. A group of local runners took water pistols up to the summit and shot at the 170 runners. This was followed by descending, followed by even more descent, until the cruel ascent up from the village to the finish at the football pitch. The end for many seemed to signal a desire to take a close look at the grass until the desire to be upright came back to them.

This is a community event: the local running club organises it, the local Buxworth Memorial Club was the base for the first time this year and parking was provided by the church and local football club (which has the excellent what3words address of ‘alone.grudging.pace’ which seemed quite funny for fell running, and possibly racing).

A big thank you to Crazy Legs Events for timing and producing the results, and the local landowners who allowed us to cross their land.

The profit is being donated to Mentell, an online and physical group which helps men talk about mental health issues and hopes to prevent suicide.

The race was won by local man Will Longdon (I believe he’s been picked to run for GB).Well done Will! The winning female was Lucy Bednall.

Brian Holland

IVYBRIDGE 3 TOPS / Devon
BS/10km/450m / **11.08.22**

This was a brand new and challenging (“beautifully brutal”) fell race, organised by Erme Valley Harriers, as part of the Dartmoor Fell Series. Starting on the Southern edge of Dartmoor, the route takes runners steeply up the Western Beacon, before weaving down through gorse then up again through bracken to pass over Weatherdon. A short recovery on the disused tramway known as the ‘Puffing Billy’ is followed by a tussocky stretch over Glasscombe Ball and a steep section down to the stream crossing near Owley Corner. Then that serious climb up the Ugborough Beacon. A gentle descent/ re-ascent of the Western Beacon precedes a very steep downhill, followed by a road finish to the Ivybridge Rugby Cub.

Run on one of the hottest evenings of the year, 66 brave runners started the senior race, and 66 runners finished. The race was won by local teenager Matt Gilvear in the (now course record) time of 48.40, beating second place Ross Porter by more than a minute. In third place was Ceri Rees. First lady, and 5th overall was Great Britain trail runner Jo Meek, in a time of 53.23, nearly 10 minutes ahead of second lady, Lucy Walker. Anna Carter was third lady.

Veteran categories were won by Ceri Rees (M40), Paul Creese (M50), Andy Trigg (M60), Jo Meek (F40) Rebecca Stanton (F50) and Ro Cartwright (F60). The

Erme Valley Harriers trio of Matt Gilvear, Nick Bristow and Andy Trigg picked up the male team prize.

Junior races were also run over part of the senior route: one kilometre for U9/U11 and three kilometres for U13/ U15 categories. Honours went to Chloe Clarke (GU15), Thomas Carter (BU13), Maya Rees-Durham (GU13), Arthur Lane (BU11), Chloe Prall (GU11), Jacob Lane (BU9) and Esme Prall (GU9).

Chris Prall

OPEN			
1. M. Gilvear MU17 (1)	ErneV	48.40	
2. R. Porter	SHams	49.42	
3. C. Rees M40 (1)	WildR	50.22	
4. P. Crease M50 (1)	Okehmptn	53.11	
5. J. Meek F40 (1)	Winchtr	53.23	
6. T. van Berkel	Perran	53.29	
7. S. Decker	Unatt	56.07	
8. A. Allen	Dawlish	56.18	
9. A. Grady	Haldon	57.23	
10. J. Lane M40 (2)	Okehmptn	57.35	
11. N. Bristow M50 (2)	ErneV	57.46	
12. T. Chalk M40 (3)	Unatt	57.59	
14. D. Oakes M50 (3)	Perran	59.43	
15. A. Trigg M60 (1)	ErneV	60.02	
16. P. Merrick M60 (2)	FRA	60.06	
23. H. Marsden M60 (3)	Exmth	62.57	

LADIES			
5. J. Meek F40 (1)	Winchtr	53.23	
25. L. Walker	SWFR	63.16	
28. A. Carter	Unatt	67.48	
35. N. Shaw F40 (2)	SWRR	71.03	
39. R. Stanton F50 (1)	Unatt	74.25	
41. H. Ratcliff F50 (2)	Torbay	75.39	
42. L. Littlewood F50 (3)	RunVent	77.25	
60. R. Cartwright F60 (1)	FRA	90.15	

66 finishers

RAVENSCAR RUMBLE REVISITED / North Yorkshire
BS/10km/247m / **11.08.22**

Clear blue skies and bright sunshine with a welcome cooling breeze off the sea greeted the 80 runners who signed up for the Scarborough AC Ravenscar Rumble/ Revisited fell race. Registration was held in the tearooms, courtesy of the Butler family, with the original Rumble extended to 10 kilometres so the start and finish could be accommodated in the vicinity of the tearooms and allowing lots of free parking.

Daniel Bateson, who led from the start, finished to claim victory and establish the course record of 41.15. The ladies’ winner in fifth place overall was Catherine Williamson in 45.16, setting another course record for the new race.

The previous Ravenscar Rumble has always been organised by the National Trust in the village. Since Covid, the Trust has been unable to gather enough staff together to sort it, so a group of us from Scarborough AC stepped in and returned the race to the calendar.

After expenses, £300 was given to the National Trust towards footpath restoration.

Bob Lille

OPEN			
1. D. Bateson M40 (1)	Scarb	41.15	
2. S. Leadley	LoftW	42.38	
3. P. Butler M50 (1)	Scarb	43.04	

4. R. Preston	Scarb	44.56	
5. C. Williamson F40 (1)	LoftW	45.42	
6. A. Harrison Graze MU23 (1)	LoftW	45.42	
7. P. Allen	Picker	46.04	
8. P. Sutherens M40 (2)	RunScarb	46.38	
9. R. Sirrs	Unatt	46.45	
10. G. Hawking M40 (3)	YKnaves	47.03	
11. R. Williamson M50 (2)	LoftW	47.25	
15. M. Machouki M50 (3)	Scarb	49.09	
19. N. Briggs M60 (1)	NYM	50.34	
28. N. Ridsdale M60 (2)	EskV	52.18	
39. A. Robertson M60 (3)	Scarb	55.23	
41. N. Scruton M70 (1)	Scarb	56.14	
73. M. Hetherton M70 (2)	Picker	68.46	

LADIES			
5. C. Williamson F40 (1)	LoftW	45.16	
23. G. Campbell	JarowH	51.29	
27. N. Carr Walls	Scarb	52.01	
33. A. Giddings	Scarb	53.43	
40. L. Hiles F50 (1)	ThirskS	55.44	
43. S. Walch F40 (2)	PstoneFP	56.39	
45. F. Hethershaw F50 (2)	Scarb	57.09	
47. S. Haslam F60 (1)	Scarb	57.28	
48. A.L. Bletsoe F40 (3)	Unatt	57.46	
49. J. Cordingley F60 (2)	Unatt	58.18	
62. H. Rutter F50 (3)	YksWolds	64.07	

80 finishers

RICKY’S RACE / Derbyshire
BS/7.3km/240m / **11.08.22**

Ricky’s Race was accompanied by a mini-heatwave. Although only 4.5 miles, runners tackled almost 800 feet of climb. The warm weather meant that runners were treated to some beautiful views of the Derbyshire Dales, but it was not an evening for personal bests or course records to be set.

The route was tinder dry, with wooded sections providing welcome relief from the evening sun. In past years runners have coped with slippery conditions caused by the mud – not a speck of mud in sight this year, but the very dry surfaces still provided some slippery sections that required concentration from runners, alongside the endless tree roots that were determined to snare anyone not paying full attention.

Ricky’s Race includes a sting in the tail – an annual source of amusement for the marshals directing those that have not run the race before or read the course description. After an initial fairly brutal climb from the start, and a second elevation, runners emerge from the woods with their natural homing instincts screaming that it must all be downhill to the finish point. However, the sight of a cheery marshal pointing skywards and directing “up to the trig” provides a character-building end to the race. Only a handful of front-runners are likely to run to the trig – it isn’t a case of “will I have to walk” ... simply a matter of “how far before I start to walk”. For spectators at the finish area, and those who have finished their race, there is a perfect view up to the skyline, watching a line of weary figures with hands on their knees travelling up to the trig.

160 runners completed the race, with Harvey Martin stretching away from Greg Hopkinson to bag the win.

For the ladies, Gillian Allen also dominated, ensuring a win for Steel City Striders for the second consecutive year.

Andy Mellor

OPEN			
1. H. Martin	Unatt	29.06	
2. G. Hopkinson	Matlock	30.18	
3. O. Matharu	HolmeP	30.42	
4. E. James M40 (1)	Unatt	32.20	
5. T. Horton	Unatt	32.44	
6. J. Street M40 (2)	Clowne	33.16	
7. W. Broad	Ashbrne	33.43	
8. A. Higgs	ErewV	34.08	
9. S. Cooper	SheltStr	34.27	
10. M. Jones M50 (1)	Ripley	34.36	
12. K. Fitch M50 (2)	Unatt	35.11	
13. A. Squire M40 (3)	HolmeP	35.28	
14. G. Elkington M50 (3)	NDerby	35.40	
28. D. Wilkinson M60 (1)	DkPk	38.05	
37. A. Maplethorpe M60 (2)	LongE	39.25	
42. H. Partridge M70 (1)	HolmeP	39.45	
55. A. Hodkin M60 (3)	Matlock	41.03	
95. T. Longman M70 (2)	Macc	41.03	

LADIES			
20. G. Allen	SteelCStr	36.55	
39. L. Rowley F40 (1)	Matlock	39.36	
64. E. Bailey F40 (2)	Staffs	42.15	
70. R. Brandon F50 (1)	HPRC	43.00	
73. E. Eldridge F40 (3)	Unatt	43.16	
83. C. Scott F50 (2)	Sinfin	44.27	
92. E. Sanders F50 (3)	Ashbrne	45.46	
102. C. Deakin	Derwnt	49.07	
114. K. Taylor	Totley	50.11	
116. C. Watson	Sutton	50.33	
125. S. Binks	Unatt	52.02	
135. J. Gleig F60 (1)	SteelCStr	56.19	
146. C. Wickham F60 (2)	ErewV	60.27	

160 finishers

DENIS STITT MEMORIAL / West Yorkshire
AS/6km/370m / **11.08.22**

After a break of two years, for you-know-what, the Denis Stitt was back on again.

We were fortunate to have a ‘warm’ evening, and conditions underfoot were perfect for running.

We also had an FRA race observer attending, not as scary as it sounds, and as I first thought. If you get informed you’re having a race, don’t worry too much. If you have all the correct procedures in place, you’ll be fine.

For the first time ever, we had a water station at the end of the first lap. I was told some people were drinking like camels, so it was obviously needed.

As for the race itself, there were sixty-one starters, a decent field, and sixty finishers, with exactly half that number being Holmfirth Harriers, a good turnout from us. First back was Joseph Harding, an unattached runner from Sheffield. Our fell secretary, Phil Hobbs, is casting his recruitment net in Joseph’s direction.

First Lady was Helen Haigh, who seems to be making a habit of it: that is her third win on the trot.

With five men in the first ten, and one in twelfth, Holmfirth had the first two men’s teams, Hillsborough being third. Holmfirth ladies also got the first two teams, with Penistone FP, who always turn up to our race, coming third.

Right: Matlock AC runners in the 2022 Ricky’s Race fell race © Tony Sprinks

With prizes in 5-year categories, around two thirds of the field went home with something. The majority of runners stayed for the prize giving, and it made for a great atmosphere afterwards.

If you ran, well done, and thanks for supporting the race.

Thank you also to the team on entries and results, timekeepers, marshals and sweepers, who did a great job of collecting the flags and tape as they went round. Without those people there would be no race.

A mention also to Cartworth Moor cricket club, who don’t charge us for using their premises, though we give a donation. They put on a great chilli, as always, and a very welcome bar.

I hope you all enjoyed it as much as I did (afterwards).

John Ewart

OPEN			
1. J. Harding	Unatt	31.26	
2. C. Philip	Sadd	32.06	
3. C. Jones	HillsbR	32.45	
4. P. Hinchliffe	Holmf	33.07	
5. T. Street	Holmf	33.46	
6. P. Hewitt	Holmf	34.02	
7. T. Brook M40 (1)	Holm	34.25	
8. J. Wood	Holmf	34.53	
9. O. Sheard	Penn	35.10	
10. R. Savin	Unatt	35.53	
11. A. Davies M50 (1)	HillsbR	36.09	
18. N. Robins M50 (2)	Holmf	40.22	
20. G. Baxter M50 (3)	Holmf	40.38	
26. C. Davies M60 (1)	Sadd	42.53	
37. S. Storey M60 (2)	PstoneFP	45.59	
40. A. Shaw M60 (3)	Holmf	46.58	
50. N. Midgley M70 (1)	Holmf	51.46	
51. W. Murgatroyd M70 (2)	Unatt	52.54	

LADIES			
15. H Haigh F40 (1)	Holmf	38.25	
19. S. Pritchard	HillsbR	40.30	
24. J. Jones F40 (2)	Holmf	41.37	
25. J. Cartmell	HiilsbR	41.46	
31. A. Smith	Holmf	43.55	
39. R. Timms F40 (3)	PstoneFP	46.26	
44. B. Hinchliffe F60 (1)	Holmf	48.17	
58. D. Peck F50 (1)	Holmf	57.10	

60 finishers



thankfully there were no major problems from the heat. One fall and a Mountain Rescue evacuation later and all were accounted for.

Many enjoyed the refreshments available on the finish field, lying in the shade, relaxing, recovering. Overall, a very full day for a short race!

Greg Rimmer

OPEN			
1. M. Elkington	Amble	36.10	
2. L. Fisher	Tonbr	36.22	
3. D. Howarth	Matlock	36.47	
4. N. Lawson	DkPk	36.56	
5. B. Rothery	Ilk	37.03	
6. J. Crickmore	DkPk	37.54	
7. H. Bolton MU23 (1)	Kesw	38.05	
8. M. Lamb	Kesw	38.09	
9. B. Houghton	DkPk	38.50	
10. D. Clarke M40 (1)	Tod	39.06	
14. A. Mason MU21 (1)	DkPk	39.42	
15.M. Roberts M40 (2)	CaldV	39.45	
22. G. Mulholland M50 (1)	CaldV	40.35	
27. N. Leigh M40 (3)	Horw	41.45	
40. J. Deegan M50 (2)	Amble	45.17	
43. C. Macintosh M50 (3)	P&B	45.35	
78. S.Webb M60 (2)	VallStr	49.54	
85. P. Pearson M60 (3)	NthnF	50.47	
106. T. Antcliff MU23 (2)	SHUOC	55.01	
134. M. Moorhouse M70 (1)	Matlock	60.31	
142. R. Taylor M70 (2)	Penn	63.24	

LADIES			
1. H. Russell	HelmH	41.21	
2. N. Jackson	Kesw	43.10	
3. C. Lambert	MiddleM	44.17	
4. S. Taylor F40 (1)	HelmH	44.49	
5. A. Fan	Amble	45.22	
6. E. Pannone FU23 (1)	Eden	46.12	
7. C. Brock	SteelCStr	47.03	
9. L. Osborn F50 (1)	Amble	49.00	
12. R. Pilling F40 (2)	P&B	49.53	
14. L. Bednall FU23 (2)	Bux	50.51	
15. R. Thackray F50 (2)	Bing	51.01	
16. S. Richmond F40 (3)	Penn	51.14	
17. D. Gowans F50 (3)	Tod	52.11	
23. R. Browne F60 (1)	Bowland	53.52	
41. P. Goodall F60 (2)	Tod	62.04	

RUSLAND 5 / Cumbria
BS/7.8km/310m / **17.08.22**

The 177th Rusland Show was our first since the beginning of the Covid-19 pandemic and my first as race organiser, as I’m sure was abundantly clear from my briefing to the runners of the 5-mile race, who gamely followed the white flags out onto Bethecar moor at the opening of the show. Respects are due to the late Johnny Morgan, who conceived the Rusland 5 as an addition to our existing sports program and continued to support the Show up until the Covid-19 pandemic.

Harry Stainton was first back in 33.12, with a respectable lead over Rory Addison (2nd) and erstwhile local hero Bobby Gard-Storry (3rd). Lizzie Browne was first lady in 36.10, followed by Juliet Downs and Rebecca Cleator .

Junior races followed the return of the 5-milers with all routes leaving the showfield to climb a short but very steep hill before a headlong charge back. A packed U12

race was won by Thomas Iveson of Ambleside and Sophie O’Neill of Furness Fell Runners. U14 winners were Riley Scott of Leven Valley and Daisy Woodcock of Keswick AC, and U17s by Alfie Addison of Helm Hill and Olivia Swarbrick of Furness Fell Runners.

The fell racing concluded with the short senior fell race, a sprint out of the showfield following the junior routes, and up the hill known locally as Camel’s Hump. Fell legend Rob Hope won in 13.42 with a good lead on Harry Stainton and Bobby Gard-Storry, both doing the double. First lady was Helen Smith of Wharfedale in 14.44, followed by 5-mile winner Lizzie Browne and U23 Emily Swarbrick of Furness Fell Runners.

Thanks to all competitors, who in addition to bearing with me in the fell races took part in the handicapped track races and the tug of war, probably the egg throwing (always messy) and maybe some of the many horticultural and home produce classes that make up the heart of the Show. Lastly thanks to the volunteers who gave their time to make it all happen. See you next year.

Adam Crowe

OPEN			
1. H. Stainton	BlCmbe	33.12	
2. R. Addison	HelmH	33.56	
3. B. Gard-Storry	Ochil	34.08	
4. T. Tipping M50 (1)	HelmH	34.25	
5. M. Dugdale MU23 (1)	HelmH	34.47	
6. J. Parsons M40 (1)	HelmH	35.21	
7. C. Roberts M50 (2)	Kend	35.28	
8. T. Ripper	BlCmbe	35.59	
9. R. Driscoll	BlCmbe	36.01	
10. L. Browne Female (1)	BlCmbe	36.10	
14. P. Swindles M40 (2)	Penn	37.14	
15. R. Downs M50 (3)	CheshHR	38.36	
18. L. Appleyard M40 (3)	Wharfe	40.23	
23. P. Taylor M60 (1)	BlCmbe	43.11	
28. P. Wakefield M60 (2)	Unatt	46.20	
29. C. Howard M60 (3)	Furness	46.37	
42. L. Theurston M70 (1)	Matlock	57.00	
47. I. Conway M70 (2)	HoadH	64.53	

LADIES			
10. L. Browne	BlCmbe	36.10	
19. J. Downs	DkPk	41.66	
22. R. Cleator	BlCmbe	43.02	
30. L. Scott F40 (1)	LevenV	46.51	
32. E. Dugdale F50 (1)	HelmH	47.22	
33. J. Casey F60 (1)	BlCmbe	47.32	
37. D. Howard F50 (2)	Furness	51.35	
40. H. Tayler F60 (2)	BlCmbe	54.41	
43. R. F. Read F50 (3)	BlCmbe	58.15	
46. C. Edwards F40 (2)	Unatt	64.23	

47 finishers

CROOK PEAK / Somerset
BS/4.8km/200m / **17.08.22**

Three days after the drought broke, the 30th Anniversary Crook Peak Cake Race found a weather window: rain has yet to ever fall on the race. The last one was pre-pandemic, so it was great to see a field of exactly one hundred runners.

Chris McMillan took over where he left off by winning again, and Naomi Eaton won the women’s race. Both received a large chocolate cake as their prize, but generously adhered to the tradition of sharing it with all the runners. A comment on the race’s Facebook page

said, “Mega turn out for a cracking little midweek race on the hills of Mendip, I love it, it’s full on from start to finish”. To me that makes it worthwhile.

Will Robbins

OPEN			
1. C. McMillan	Weston	19.14	
2. M. Cowell	Cheddar	19.51	
3. S. Gregory	Pontpr	19.57	
4. B. Kelsey	DkPk	21.03	
5. D. Bourne	Cheddar	21.04	
6. N. Golding	Mendip	21.26	
7. G. Williams	Sthville	22.57	
8. K. Bale	Wston	21.46	
9. J. Robertson	Unatt	21.58	
10. B. Davidson M40 (1)	Sthville	22.57	
11. O. Frost M40 (2)	Wells	23.02	
15. A. Grant M50 (1)	TACH	23.42	
16. A. Malloy M40 (3)	Unatt	23.47	
22. A. Noble M50 (2)	Weston	24.56	
24. R. Chamberlain M50 (3)	Unatt	25.16	
38. C. Hopes M60 (1)	Sthville	27.11	
41. J. Malone M60 (2)	Nailsea	27.46	
47. T. Hogg M60 (3)	Cheddar	28.42	
77. C. Clark M70 (1)	Wells	34.02	

LADIES			
14. N. Eaton	WTempo	23.35	
17. J. Faram	Sthville	24.00	
40. K. Gormley	Weston	27.45	
58. L. Davies	Weston	30.00	
62. K. Hoffen F50 (1)	Wstbury	30.44	
63. J. O’Callaghan F40 (1)	Unatt	30.45	
67. S. Selway F40 (2)	Unatt	31.41	
70. J. Bailiss F50 (2)	Weston	32.12	
71. C. Drewett F50 (3)	Unatt	32.39	
75. A. Bull F60 (1)	Westbry	33.21	
81. J. Petty F40 (3)	Unatt	35.00	
83. K. Clark F60 (2)	Wells	36.16	
84. H. Kelsey F60 (3)	Wells	36.33	
92. L. Green F70 (1)	Weston	39.21	

95 finishers

FALSTONE FALCON / Northumberland
BS/8km/230m / **20.08.22**

With half of the forest blown down and inaccessible, storm Arwen did its best to disrupt the route of the Falstone Falcon fell race. This necessitated a modified route involving more sections of forest trails.

The first two runners missed the run-in from the old railway line to the finish and ended up passing the Blackrock Inn! And it rained and it rained and it rained.

All the runners said what a brilliant route and they’d really enjoyed it.

Mike Sanderson

OPEN			
1. R, Bateson M40 (1)	NFR	39.57	
2. R. Hughes M40 (2)	NFR	41.02	
3. C. Jones M40 (3)	Claremnt	46.52	
4. M. Nicholson M40 (4)	Blyth	56.48	
5. B. Kivelhan M60 (1)	NFR	57.15	
6. L. Wilkinson F40 (1)	NFR	57.54	
7. J. Rutter M60 (2)	Unatt	58.45	
8. M. Latham M60 (3)	NFR	58.52	

8 finishers

BURNSALL FEAST / North Yorkshire
AS/2.4km/274m / **20.08.22**

Burnsall Feast Sports and Classic Fell Race returned after a 2-year absence, but some aspects had changed. The 10-mile road race which took place earlier in the afternoon, and which some runners used as a warm-up for the fell race, had to be cancelled due to the increase in traffic in the area and lack of available marshals. Also, it was decided to move the Junior Fell Racing start and finish into an adjoining field for safety reasons, and the finish of the Senior Race was moved off the road and onto part of the village green.

The Classic race starts with a short sprint up the road into a grassy field before crossing a lane into a steeper field which has thistles, long grass and rushes. Once onto the fell the bracken had been cleared to reveal the usual path, but further up the fell the heather had taken over and care was needed to see where to put your feet. Then it was round the flag and down the steep front back to runnable fields and the finish line.

Heading the field this year was Nathan Lawson in a time of 14.32, closely followed by Nick Swinburn in 14.32 and Grant Cunliffe in 16.19. First lady was Lex Whitaker in a time of 18.09. Kiri Wood was second lady in 20.02 followed by Ruth Thackray in third in a time of 21.29.

A smaller entry than normal of junior runners tackled the fields below the fell wall, and many thanks go to Fred Bosomworth for creating a path with his strimmer. We would like to make a special mention to Olivia Aldham who was the only entrant in the Under 17s, and ended up running on her own.

Many thanks for the support of all the runners, marshals and helpers on the day and to Upper Wharfedale Fell Rescue for their continued support.

Louise Stockdale

OPEN			
1. Nathan Lawson	DkPk	14.32	
2. Nick Swinburne	Norld FR	14.5	
3. Grant Cunliffe	Ross	16.19	
4. Andrew Stemp	P & B	17.02	
5. Andrew Peace V50 (1)	Bing	17.37	
6. Michael Corbishley	Ross	18.03	
7. Alex Whitaker Female (1)	Harro	18.09	
8. Tommy Buckle	Unatt	18.33	
9. David Middlemas V40 (1)	ValleyS	18.34	
10. Matt Fawthrop	Horw	18.37	
11. Fred Bosomworth V40 (2)	Unatt	19.04	
15. Darren Fishwick V50 (2)	Chorley	20.03	
17. Gareth Hird V40 (3)	Wharfe	20.42	
20. Colin Moses V50 (3)	Wharfe	20.56	
24. David Griffin V60 (1)	HelmH	21.21	
29. John Boothman V60 (2)	Barlick	21.58	
53. Stephen Pattison V60 (3)	PudseyP	25.01	
78. Antonio Cardinale V70 (1)	Otley AC	50.54	

LADIES			
7. Alex Whitaker	Harro	18.09	
14. Kiri Wood	Wharfe	20.02	
26. Ruth Thackray V50 (1)	Bing	21.29	
31. Jean Powell V50 (2)	Wharfe	22.05	
36. Abigail Swales V40 (1)	Craven	23.04	
45. Tanya Shepherd	Fell&D	24.09	
50. Becky Weight V60 (1)	Bing	24.51	
51. Lucy Needham	Wharfe	24.52	
52. Sue Marshall V60 (2)	Skipt AC	24.58	

69. Eleanor Hudson V40 (2)	Unatt	30.51	
72. Hena Chaudry V40 (3)	Ross	31.29	
74. Julian Gerrity V50 (3)	K&C AC	32.04	

PIETHORNE / Lancashire
BD/10km/275m / **21.08.22**

The second edition of the Piethorne 10k was held this year. A healthy turnout of 116 runners took part in the 10k route with just under 300 metres of ascent. The route itself is a great introduction to fell running with some small technical sections, very runnable climbs, and clear paths to follow. The area lies to the south of the popular Hollingworth Lake and is claimed to be the gateway to the South Pennines. Lovely rolling hills and good tracks with views of the reservoirs make this area popular with walkers, runners and mountain bikers.

This year saw the return of both the male and female winners from last year’s event. Andrew Worster, still returning to full fitness from his lengthy injury, managed to be first back with a time of 39.26, just over a minute slower than the record he set last year.

However, it was the women’s race that took the most interest for everyone. Katie Walshaw was under pressure from the on-fire Martha Tibbot to keep her crown. Martha had finished second to Katie at Piethorne last year and this year Martha has been winning race after race. She was only ten seconds from winning Alderman’s Ascent overall back in May. So, it was inevitable these two ladies would battle throughout the course from the start: Martha came out tops eventually to take the win and also set a new women’s record by beating Katie’s time from last year by 12 seconds.

It was a good day for Saddleworth as not only was Michael Fleming third male, they had two ladies in the top three finishers (Martha and Rebecca Canaway) and they also took home the ladies’ team prize with Louise Szuminski being the third counter.

Skelmersdale Boundary Harriers made it worth their while travelling along the M62 by clinching the men’s team prize with Nick Taylor, Kevin Walker and Luke Wills being the counters for the prize.

Well done to everyone who took part. The beer and coke at the end were enjoyed by many.

Lastly, well done to those who ran their first ‘Fell Race’. Although there was a section of tarmac in the middle of the route, we hope you are not put off and continue to progress in this fantastic, friendly sport.

We hope to see you all again next year.

Darren Graham

OPEN			
1. A. Worster	CaldV	39.26	
2. L. Hinchcliffe	Rochdle	41.28	
3. M. Fleming M40 (1)	Sadd	41.50	
4. M. Tibbot Female (1)	Sadd	42.47	
5. K. Walshaw Female (2)	Holmf	43.39	
6. H. Brierley	Lincoln	44.14	
7. I. Douglas M40 (2)	Ramsbttn	45.10	
8. N. Taylor	Skelmers	46.51	
9. K. Walker M40 (3)	Skelmers	47.07	
10. B. Frechette M40 (4)	CaldV	47.14	
11. D. Fishwick M50 (1)	Chorley	47.55	
12. D. McDermott M50 (2)	Ptrest	48.44	
15. I. Dale M50 (3)	Royton	49.41	
17. A. Dunleavy M60 (1)	Burnden	50.21	
18. K. Horrigan M60 (2)	FRA	50.38	

20. P. Boardman M60 (3)	Horw	51.45	
38. K. Taylor M70 (1)	Ross	56.55	
73. W. Murgatroyd M70 (2)	Unatt	66.28	
83. M. Cunningham M70 (3)	Manch	68.26	

LADIES			
4. M. Tibbot	Sadd	42.47	
5. K. Walshaw	Holmf	43.39	
34. R. Canaway	Sadd	55.55	
35. R. Webster	Chorlt	56.19	
39. L. Kempster F40 (1)	LonelyG	57.03	
42. E. Bowen F50 (1)	Penn	57.32	
51. H. Wood	Chorlt	58.37	
54. F. Leslie F50 (2)	Chorlt	59.39	
55. C. McDermott F50 (3)	Prest	59.43	
64. S. Richardson F40 (2)	Moorside	62.17	
67. R. Almond F40 (3)	RochTri	63.10	
101. S. Shackleton F60 (1)	Tod	76.26	

115 finishers

LAKELAND COUNTRY FAIR / Cumbria
AS/8.5km/705m / **21.08.22**

Sandwiched between two days of rain, race day had fine weather this year. Forty-eight runners – 11 women and 37 men – set off from the show ground in Torver to the turn-around checkpoint at the summit of the Old Man of Coniston. Sam Tosh was first to the top, in probably the fastest time ever for the ascent, with Tom Simpson 49 seconds behind. But it was another matter on the downward leg, with Tom shaving 44 seconds off the men’s record to clock 45.22, and Sam crossing the finish line 55 seconds later. Sophie Horrocks was first woman in 57.44, with Rebecca Howard second.

Thanks to showground marshals Katie Dawson, Heather Troughton, Phil Glennon and Jackie Coe, and summit marshals, Phil Children and Ian Birch. Thanks too to Sam Clarke for loan of equipment, and Rydal Estates for landowner’s permission.

After organising the race for 12 years – only 10 races as bad weather and Covid put paid to two of them – I wish to step down, so please contact me at lcfcfellrace@outlook.com if you’re interested in taking over.

Nigel Coe

OPEN			
1. T. Simpson	Amble	45.22	
2. S. Tosh	Carnethy	47.17	
3. R. Findley-Robinson	DkPk	49.08	
7. L. Bowness MU23 (1)	HelmH	51.17	
13. A. Breaks M40 (1)	CaldV	54.57	
15. J. Deegan M50 (1)	Amble	55.59	
25. N. Sebley M60 (1)	BlCmbe	64.46	

LADIES			
20. S. Horrocks	Carnethy	57.44	
23. R. Howard	Amble	63.20	
24. L. Parker F40 (1)	Acc	63.58	
32. J. Darigala F50 (1)	Pstone	72.40	
35. E. Simmonds FU23 (1)	HoadH	74.00	

48 finishers

SEDBERGH HILLS / Cumbria
AL/22.5km/1830m / **21.08.22**

Sedbergh Hills began in 1979 and this year we had 79 starters, with two previous winners battling it out towards the end for the win. Garry Greenhow (2.23.04) took the honours in the end as well as taking the M40 win and also helping Ambleside to the team win. Garry

and the 2019 winner, James Harris (2.24.15), who finished second, were in a nice little group throughout, along with those finishing in the top six.

The grassy featureless hills of the Howgills tested the racers’ knowledge and choice of lines at points: through the thick grass, the strength sapping climb out of Langdale and down into Bowderdale, runners who had saved energy for the long runnable climb up to the highest point, CP5 (the Calf 676 metres), could push on and gain some places. Garry in second at the Calf had the extra running legs and overtook James on the way to Winder before the steep descent to the finish. Alistair Thornton (2.26.46) and Oli Murphy (2.26.58), finishing third and fourth respectively, had a battle to the bitter end with only 12 seconds separating them at the finish. Andy Berry (2.29.46) had a good descent off Winder gaining a position to finish fifth to pip Matt Brindle (2.29.56) by just ten seconds.

In the women’s race it was more spread out due to the small field of women. Eleanor Johnstone (2.51.30) took the win battling with the men around her. She was followed by her teammate and also the F40 winner, Sue Richmond (3.04.13). Ellie Mather (3.12.24) took third. The everlasting Wendy Dodds ran herself into various age group category prizes being not only first F70 but also beating the F50 and F60 women too. Credit where credit is due.

Organising my first event, the near perfect weather made it easier for runners and all involved. I want to express my sincere thanks to everybody who helped leading up to and on the day. My team of marshals, landowners, helpers, family, friends, Pete Bland Sports, Ambleside AC and Black Combe, Sedbergh School, Seasons Best, Mountain Fuel, SI Entries and all my Cake Bakers. Also to you the runners. You made the event happen. Thank you.

£116.50 was donated to North West Air Ambulance and £116.50 to Kirby Stephen Mountain Rescue.

Vic Wilkinson

OPEN

1. G. Greenhow M40 (1)	Amble	2.23.04
2. J. Harris	Amble	2.24.15
3. A. Thornton	Howgill	2.26.46
4. O. Murphy	Ilk	2.26.58
5. A. Berry	Kesw	2.29.46
6. M. Brindle M40 (2)	Amble	2.29.56
7. H. Cooling	Howgill	2.30.52
8. S. Leckey	Amble	2.33.11



9. P. Mather	Lonsd	2.34.27
10. L. Eccles	PennyL	2.34.43
11. A. Jebb M40 (3)	Bing	2.34.48
16. J. Hunt M50 (1)	DkPk	2.44.09
21. J. Baron M50 (2)	HelmH	2.46.36
31. J. Rainford M50 (1)	Prest	3.01.51
40. I. Ferguson M60 (2)	Bing	3.10.52
47. R. Laycock M60 (3)	Settle	3.19.20

LADIES

25. E. Johnstone	Penn	2.51.30
32. S. Richmond F40 (1)	Penn	3.04.13
43. E. Mather	Lonsd	3.12.24
52. B. Dyer F40 (2)	HelmH	3.29.40
57. N. Walkingshaw F40 (3)	Howgill	3.35.42
61. H. Harrison	Barlick	3.41.34
63. W. Dodds F70 (1)	Dallam	3.50.09
69. J. Verity F50 (1)	Howgill	3.58.47
76. C. Addison F50 (2)	HorsF&D	4.41.34

76 finishers

GOLF BALL / Lancashire
BS/8.8km/244m / **24.08.22**

On a nice summer’s evening the Golf Ball got off to a good start. Numbers were down this year but, hopefully, will be back to normal next year.

In the men’s senior race, Grant Cunliffe had a great win, followed home by Andrew Worster and Alex Whittm.

In the ladies’ race, first home was Martha Tibbot in 11th place, followed by Lisa Parker and Deborah Gowans.

The evening presentation went well and everybody was thanked for all their support.

Jan Kempson

OPEN

1. G. Cunliffe	Ross	36.48
2. A. Worster	CaldV	38.26
3. A. Whittm M40 (1)	CaldV	39.31
4. O. Heaton	Bowland	40.35
5. C. Donnelly M40 (2)	Sale	40.57
6. D. Gilbert M40 (3)	Horw	41.27
7. M. Hartley	Bburn	41.42
8. J. Carruthers M40 (4)	Unatt	41.44
9. D. Tattersall	Bury	41.45
10. M. Fleming M40 (5)	Sadd	42.05
17. M. Clawsen M50 (1)	Ross	45.51

18. D. Graham M50 (2)	Tod	46.34
20. M. Walsh M50 (3)	Horw	46.45
31. M. Keys M60 (1)	Ross	49.00
35. R. Moore M60 (2)	Clay	50.30
38. P. Boardman M60 (3)	Horw	51.15
63. K. Taylor M70 (1)	Ross	56.55
78. I. Smith M60 (2)	RibbV	60.21

LADIES

11. M. Tibbot	Sadd	42.41
28. L. Parker F40 (1)	Acc	48.41
42. D. Gowans F50 (1)	Tod	51.49
44. J. Wells	Ross	52.09
46. A-M. Hindle F50 (1)	Ross	52.09
82. M. Morley F50 (2)	Bburn	60.24
85. L. Ingham F50 (3)	Bburn	60.56
99. C. Woods F60 (1)	Ramsbttm	67.19
105. L. Lord F70 (1)	Claty	68.00
110. K. Windle F60 (2)	Trawden	77.22

115 finishers

HARROCK HILL - RACE 4 / Lancashire
BS/8.4km/275m / **24.08.22**

OPEN

1. S. Fairhurst	Horw	34.11
2. L. Eccles	PennyL	35.14
3. J. Dickinson MU23 (1)	LpoolP	35.29
4. J. Heyes M50 (1)	Wigan	35.43
5. T. Newberry	Billinge	36.38
6. N. Usher MU23 (2)	NewbNom	36.52
7. G. Norris MU23(3)	Chorley	36.55
8. C. Leather FU23 (1)	LivPem	37.43
9. F. Devlin	NEndur	37.47
10. M. Copolov	NewbNom	37.50
12. C. Birkett M40 (1)	StHelS	38.21
14. D. Edwards M40 (2)	Chorley	38.33
18. D. Fishwick M50 (2)	Chorley	38.46
19. A. Bramham M50 (3)	Unatt	38.56
20. W. Laszoz M40 (3)	SpectStr	39.02
23. P. Muller M60 (1)	NthMstr	39.27
25. T. Harvey M60 (2)	Unatt	39.42
35. N. Hayhurst M60 (3)	Bowland	40.40
72. J. McGlynn M70 (1)	Wigan	46.59
132. P. McDermott M70 (2)	Prest	69.45
138. B. Hargreaves M70 (3)	NMAC	76.25

LADIES

8. C. Leather FU23 (1)	LivPem	37.43
36. C. Andrew F40 (1)	Warring	40.41
57. N. Fellowes F50 (1)	Chorley	44.12
59. K. Staunton	Billinge	44.20
63. H. Smith	Skelmsers	45.06
64. L. Dermott F50 (2)	LivPem	45.09
66. R Fitzsimmons	Chorlt	45.47
67. K. Moorfield F40 (2)	WiganP	46.06
68. J. Collins F60 (1)	WiganH	46.23
70. S. Monaghan F50 (3)		46.44
71. J. Salloum F40 (3)	WiganH	46.54
113. S. Stewart F70 (1)	SthpWloo	56.53
122. A. Mercer F60 (2)	RedR	62.33

138 finishers

Left: Mark Lamb (Keswick AC) on his way to winning 2022 Arnison Crag Horseshoe fell race © Louise Greenwood

HARROCK HILL - SERIES RESULTS / Lancashire

OPEN

S. Fairhurst	Horw	4 points
J. Dickinsn MU23 (1)	LivPem	10 ponts
J. Heyes M50 (1)	WiganH	12 points
C. Birkett M40 (1)	StHelS	27 points
D. Edwards M40 (2)	Chorley	33 points
P. Muller M60 (1)	NMstrs	51 points
P. Fitzsimmons M50 (3)	WiganH	78 points
N. Hayhurst M60 (2)	Bowland	78 points
J. McCarthy M50 (2)	NEndur	95 points
J. McGlynn M70 (1)	WiganH	221 points

LADIES

K. Moorfield F40 (1)	WiganP	167 points
N. Fellowes F50 (1)	Chorley	169 points
J. Salloum F40 (2)	WiganH	193 points
J Collins F60 (1)	WiganH	198 points
S. Monaghan F50 (2)	StHelS	206 points
A. Williams F40 (3)	Skelmers	209 points
H. Doyle FU23 (1)	Natt	381 points
S. Stewart F70 (1)	SthptWloo	385 points

DUFTON SHOW / Cumbria
AS/8km/460m / **27.08.22**

Thank you to all the runners who supported us after two years away.

Cracking day, cracking race.

Susanna Foot

OPEN

1. S. Leckey	Amble	32.59
2. C. Bell	Kesw	33.49
3. B. Pennington M40 (1)	Howgill	35.00
4. V. Wilkinson F40 (1)	Bing	35.40
5. P. Mather	Lonsd	36.20
6. Andy F	Unatt	39.00
7. S. Mounsey M50 (1)	Howgill	39.13
8. M. Findlay	Unatt	39.43
9. N. Wood M40 (2)	HelmH	40.07
10. P. Eccleston M40 (3)	CovGodiv	40.26
12. D. Griffin M60 (1)	HelmH	42.29
13. R. Harwood M40 (3)	Kghly	43.20
20. P. McIver M50 (2)	Howgill	46.49

LADIES

4. V. Wilkinson F40 (1)	Bing	35.40
16. S. Braithwaite FU23 (1)	Eden	44.56
17. S. Addison	Unatt	45.23
23. J. Verity F50 (1)	Howgill	50.35
28. H. Craggs F40 (2)	Burnden	59.06

28 finishers

OCHIL 2000s / Clackmannanshire
AL/33km/1770m / **27.08.22**

The good weather, clear tops, sun, and cool breeze for this year’s Ochil 2000s resulted in a new course record (for the new course) with Alexander Chepin completing the course in 2.53.04, breaking the previous record by 47 seconds. Following three minutes later was Graham Gristwood in 2.56.18. First M40 was Jonny Muir (8th place overall) in 3.42.11, followed in ninth place by James Ashworth and first M50 in 3.46.05.

The women’s prize went to Andrea Priestly (F50) in 3.57.24, having won the race more times than

anyone else. Second place and first F40 went to Diana Challands in 4.08.01 followed by first senior woman Erin MaFaddan in 4.18.49.

Alex King

OPEN

1. A. Chepin	Carn	2.53.04
2. G.Gristwood	Ochil	2.56.18
3. S. Fisher	Howgill	3.10.38
4. R. Spalding	Ochil	3.14.40
5. S. Wainwright	Ochil	3.19.52
6. V.I. Arenega	Ochil	3.31.14
7. B. Gard-Storry	Ochil	3.34.14
8. J. Muir M40 (1)	Carn	3.42.11
9. J. Ashworth M50 (1)	Ochil	3.46.05
10. C. Milne	Central	3.52.08
13. W. Henderson M50 (2)	Shettle	3.59.01
25. M. Terry M60 (1)	Clay	4.28.48
33. G. Pryde M60 (2)	Lomond	4.39.30
37. D. Ball M60 (3)	Penicuik	4.43.36

LADIES

12. A. Priestley F50 (1)	Ochil	3.57.24
16. D. Challands F40 (1)	Moorft	4.08.01
21. E. McFadden	Highl	4.18.59
28. M. Priestley	Carn	4.30.31
30. F. Horsfield F40 (2)	Kinross	4.35.19
35. A.T. Westwell	FalkInd	4.41.26

ARNISON CRAG HORSESHOE / Cumbria
AS/5km/300m / **27.08.22**

Wonderful to see Patterdale Dog Day back after a gap of two years. It is a beautiful setting and a fantastic day out, and it was perfect weather conditions.

Arnison Crag Horseshoe is one of the traditional sports that combine to make Patterdale Dog Day. The scenic fell race is only a 3 mile/5-kilometre route but it punches above its weight. It combines grassy uphill running and muddy squelchy uphill running, with a bit of flattish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippery and rocky in places – fabulous if you love downhill running.

Mark Lamb was first runner back in 22.41 – only 11 seconds outside the record. He was followed by first M40 – Daniel Bateson. First M50 was Dwane Dixon in 29.01. Dwane was also first local – well done. First M60 in a time of 36.03 was Stuart Backhouse and the M70 prize went to John Vernon in 44.13.

First lady home was Lucy Spain in 32.47 – and smiling as always. Second lady (and F60) was Lindsay Buck in 37.55. The F40 prize went to Jennie Hill in 42.37.

Finally thank you to the team of helpers who make it all possible: Phil Brown who is our man at the top; John Varley and Tom Driscoll for marshalling at Trough Head; Louise Greenwood for gate duty; Jane Saul, Gillian Beggs, Stephanie Hill and Christine Pullan for being such a professional registration and finish line team. Also to Graham Allen for being the chap with the camera and to Jim for his help with the commentary.

Thank you to all the runners for making it such a superb event and for finishing with a smile. Thank you to Catstycam Outdoor Shop in Glenridding for sponsoring the prizes, and thank you to Arnison Crag for being such a great little fell

Hope to see you all next year!

Christine Kenyon

OPEN

1. M. Lamb	Kesw	22.41
2. D. Robson M40 (1)	Scarb	24.20
3. C. Lowther M40 (2)	Eden	24.25
4. J. Tonkin	Kesw	27.51
5. D. Dixon M50 (1)	Unatt	29.01
6. A. Scholes M40 (3)	Unatt	29.13
7. J. Neilson	Unatt	29.29
8. B. Wilkinson M50 (2)	Borr	30.39
9. O. Ross	Unatt	31.03
10. C. Blackburn	Unatt	31.54
17. S. Backhouse M60 (1)	Kesw	36.03
18. R. Cannon M50 (3)	HelmH	37.40
27. J. Version M70 (1)	DkPk	44.13
29. L. Thurston M70 (2)	Matlock	45.14

LADIES

12. L. Spain	HelmH	32.47
19. L. Buck F60 (1)	CFR	37.55
23. V. Haworth	Kesw	39.33
24. D. Hernandez	Unatt	40.09
26. J. Hill F40 (1)	Unatt	42.37

32 finishers

CHIPPING SHOW / Lancashire
BM/12.1km/549m / **27.08.22**

After two year’s absence the show was on again and the sheep, cattle and horses arrived, together with the tractors, old and new. The conditions, for running, were as dry as they had ever been and there was fine weather for the show.

The race starts in the showfield. The runners dash across the field to a marked course across the local countryside to the foot of the fell: here they take their own route passing marshalled checkpoints.Part of the route on the fell is flagged to keep the runners away from sensitive areas. After leaving Parlick, they are swiftly downhill back to the marked course.The leaders in the race have the honour of finishing in the showfield in front of the crowds. Later runners have to finish on a back route, near the registration tent because the winning ‘beasts’ are beginning their parade.

The presentations took place behind the president’s tent and the show committee were thanked for allowing the race to go ahead, as were the landowners and Natural England, who have given a 5-year permission for the race.

Jo Howard

OPEN

1. M. Ainsworth M40 (1)	HelmH	1.07.42
2. T. Arthur	Chorlt	1.08.20
3. D. Gilbert M40 (2)	Horw	1.10.29
4. R.Mellon M50 (1)	Bowland	1.11.58
5. O. Wade	Bowland	1.15.36
6. S. Horrocks	Barlick	1.15.59
7. M. Horrorkcs M50 (2)	Barlick	1.16.38
8. J. Horrocks	Bburn	1.18.01
9. S. Schofield M40 (3)	Unatt	1.18.26
10. N. Adair M40 (4)	SpectStr	1.22.25
11. R. Timms M50 (3)	Settle	1.22.33
14. J. Rainford M60 (1)	Prest	1.22.59
34. A. Welsh M60 (2)	Bowland	1.44.42
36. C. Eaton M60 (3)	Unatt	1.50.27
54. A. Cardinale M70 (1)	Otley	3.17.08

LADIES			
18. E. Taylot	Barlick	1.25.19	
29. S. Chippendale	RedR	1.34.00	
32. D. Carwright F40 (1)	Radcl	1.44.08	
37. K. Forster F60 (1)	SpectStr	1.50.48	
38. M. Dickson	Chorlt	1.51.07	
39. C. Ramwell F50 (1)	Settle	1.51.15	
43. A. Uss	Unatt	2.07.55	
44. S. Welsh F40 (2)	Bowland	2.09.25	
46. C. Markham F40 (3)	LythStA	2.09.38	
47. J. Rolfe F60 (2)	LythStA	2.10.02	

55 finishers

BARROW-KESWICK SHOW / Cumbria
AS/6.5km/425m / **29.08.22**

Keswick Show was back on in 2022 after a two-year gap due to Covid-19, and with it the Barrow fell race also returned. The show itself was a great success with a record turnout on a cloudy but warm day. The race is organised and marshalled by Keswick AC, and this year was kindly sponsored by Joe and Val Bennett (the landowners) and supported by Kong Running.

Runners were set off from the main ring at 2.00pm out across the fields and towards the summits of Stile End and Barrow. The pace was blistering from the start with Steve Halsall stretching the race out across the flat fields. Nearing the river, runners were given a route choice, 'dry feet' or 'wet feet', and despite it being requested beforehand nobody opted for the bridge: the river crossing evidently seemed much more appealing in the muggy conditions! Out onto the fell and a leading trio had formed consisting of Steve, Jonny Cox and Bertie Houghton. It remained a close battle on the climbs with the three sumitting Barrow within seconds of each other. By the time they were back down into the fields Jonny and Bertie had pulled away slightly, and ultimately Jonny managed to hold on to win by a mere five seconds, with Steve not far behind in third.

In the women's race, Shirley Murray put in a strong performance to take the win over a minute ahead of her closest competitors. However the battle for the remaining podium places was much tighter. Rhiannon Douglas was initially leading but the river crossing and subsequent reedy section quite literally proved her undoing, with her needing to stop to retie a shoelace. Fired up, she clawed her way back up to second just in front of Niamh Hunter by Stile End. From there the positions remained unchanged but Niamh pushed Rhiannon all the way to the line, coming in only ten seconds behind to claim third.

The winners both received free meals for two courtesy of The Round restaurant, and will also have their names added to the new silverware, a pair of tankards which will be permanently displayed in The Round for all to see.

As ever, many thanks must go out to the large numbers of marshals and helpers who made the race possible on the day.

Matthew Atkinson

OPEN			
1. J. Cox	Eden	31.38	
2. B. Houghton	DkPk	31.43	
3. S. Halsall	Kesw	32.04	
4. H. Cooling	Howgill	32.13	
5. M. Atkinson	Kesw	32.47	
6. H. Murray	Lesw	34.16	

Right: Niamh Hunter (Edinburgh University H&H) on her way to winning the women's race at the Ennerdale Show © Stephen Wilson, www.granddayoutphotography.co.uk

7. B. Bardsley M50 (1)	Borr	34.39	
8. H. Seal M40 (1)	Derwent	34.47	
9. T. Bathelmes	Kesw	35.29	
10. C. Winfield MU23 (1)	Unatt	35.36	
11. P. Winskill M40 (2)	Kesw	36.11	
20. J. Boyle M50 (2)	CFR	37.58	
21. D. Prosser M50 (3)	Kesw	37.59	
27. C. Knowles M60 (1)	Ellenb	39.00	
39. J. Bagge M60 (2)	HelmH	41.14	
71. P. Morris M60 (3)	Kesw	48.38	
85. J. King M70 (1)	CFR	57.52	

LADIES			
28. S. Murray	Kesw	39.12	
35. R. Douglas	Border	40.33	
36. N. Hunter FU23 (1)	EdUnH&H	40.43	
42. J. Bell	Kesw	41.54	
51. S. Ervine	Ksw	43.13	
54. J. Murdy F50 (1)	SShields	43.25	
57. T. Beetham F40 (1)	Kesw	44.26	
70. A. Richards F40 (3)	HelmH	48.09	
75. G. Atkinson F50 (2)	Kesw	49.52	
83. N. Butler F60 (1)	Kesw	55.42	
84. L. Malarkey F70 (1)	Kesw	57.48	

88 finishers

DARK SIDE OF THE COMBE / Cumbria
AM/12.5km/625m / **29.08.22**

It was a great day for the Black Combe Country Fair and this race. No problem navigating to the top, just a few minor problems for some navigating back through the bracken band! I'd made sure there was a decent line up the hill and warned everyone before the start that if they keeled over in the bracken, we might not find them till November. Thankfully, they all came back having enjoyed one of the best two-mile downhill runs from the summit you'll find anywhere.

It was a smaller turnout this year than last but there was still some good racing. The men's winner was Julian Barrable, visiting from Edinburgh, who was first to the top and who then kept his lead to run in ahead of locals Harry Stainton and John Millen. Norman Hayhurst put in a good run as an M60 to come fourth.

In the women's event, Penny Browell also ran strongly and came in ahead of Rebecca Cleator.

Special mention must go to John Crossley, from Vancouver, winner of the M70 class, who has always wanted to run a fell race and came all that way to run with his nephew, Robert Cameron.

Pete Tayler

OPEN			
1. J. Barrable	Corsto	1.09.38	
2. H. Stainton	BlCmbe	1.11.01	
3. J. Millen M40 (1)	BlCmbe	1.16.00	
4. N. Hayhurst M60 (1)	Bowland	1.21.54	
5. W. Fish	Dallam	1.22.29	
6. G. Lloyd	BlCmbe	1.23.01	
7. N. Sebley M60 (2)	BlCmbe	1.26.28	
8. A. McFee M50 (1)	Tod	1.26.58	
9. K. Brooks M40 (2)	BlCmbe	1.29.33	
10. P. Browell F50 (1)	Elvet	1.31.09	
16. J. Goffe M60 (3)	BlCmbe	1.43.48	
21. J. Crossley M70 (1)	Unatt	1.52.26	

LADIES			
10. P. Browell F50 (1)	Elvet	1.31.09	
12. R. Cleator	BlCmbe	1.36.05	
19. E. Adams F40 (1)	Derwent	1.47.30	
26. R. Reed F50 (2)	BlCmbe	2.08.14	

27 finishers

ENNERDALE SHOW / Cumbria
AS/3km/200m / **31.08.22**

For the second year in a row, runners were able to tackle the short, steep route up and down Knock Murton in warm sunshine.

The full show returned this year after the pandemic and a scaled-down Shepherds' Meet last year. This increased the numbers of both junior and senior fell runners willing to tackle the fell.

At just over 1.5 miles in total, the senior race allows the U15 and U17 runners to test themselves and experience racing against some seasoned fell runners.It was, in fact, U17 runner Mylo Jewell who led the runners off the showfield and onto the first steep climb at the bottom of



Knock Murton. He was closely followed by another young senior, Sam Holding. Sam took over the lead as the single file of 47 runners started to disappear over the first rise.

Sam and Mylo maintained their lead to the summit turn. Sam maintained the lead and turned first for a fast descent back to the showfield to take the win. Mylo didn't give up the chase, descending well and maintaining second position. Third runner back was Russell Walsh.

First senior female was Niamh Hunter. First U15 boy was Daniel Campbell in ninth place and first U15 girl was Zoe Brannon in 18th overall.

Tony Jewell

OPEN			
1. S. Holding	CFR	12.26	
2. M. Jewell MU17 (1)	CFR	13.24	
3. R. Walsh	ChevTrail	13.39	
4. L. Proctor M40 (1)	HelmH	13.39	
5. J. Boyle M50 (1)	Kesw	13.44	
6. J. Parson M40 (2)	HelmH	14.33	
7. N. Hunter Female (1)	EdUnH&H	14.56	
8. S. Hunter	CMRT	15.05	
9. D. Campbell MU15 (1)	Unatt	15.07	
10. R. Butler M40 (3)	Kesw	15.25	
11. J. Henderson M50 (2)	Kesw	15.39	
12. D. Worsell	CFR	15.42	
13. P. Wakefield F40 (1)	Kesw	15.57	
14. D. Shepherd M50 (3)	FramFly	15.58	
18. Z. Brannon GU15 (1)	Kesw	16.43	

27 finishers

GREAT LONGSTONE / Derbyshire
BS/7.7km/290m / **02.09.22**

Finally, back after a three-year gap, and we were grateful to have a full entry list (though not all turned up), and a glorious evening. Concerns about cover from Edale Mountain Rescue caused by a clash with Chatsworth Country Show were eventually overcome at the last minute and, in fact, the show provided an added bonus in that there was a hot air balloon rally which came directly over our start/finish and one actually landed on the recreation ground! That can't be guaranteed every year but the race was again much enjoyed by the participants, taking in as it does the wonderful sunset views on the descent from Longstone Edge. We were graced by a few fancy dress runners celebrating a 50th birthday and one runner from Cornwall – quite a trek to Derbyshire!

Thanks as ever to all the marshals who make the race possible and we look forward to next year.

Peter Thompson

OPEN			
1. W. Tighe	Bux	28.21	
2. O. Matharua	HolmeP	29.31	
3. B. Squire	HolmeP	30.41	
4. C. Baker	Totley	30.50	
5. S. Knowles M50 (1)	Penn	30.53	
6. C. Brearley M40 (1)	HolmeP	31.45	
7. M. Nichols	Matlock	32.13	
8. J. Hartley M50 (2)	Totley	32.16	
9. R. Bradbury M50 (3)	Matlock	32.30	
10. J. Foxall M40 (2)	DkPk	32.32	
A. Barnett M60 (1)	Beeston	37.40	
S. Whittaker M70 (1)	Erewash	45.27	

LADIES			
H. Elmore	Orion H	35.53	

J. Stevens F40 (1)	DkPk	41.25	
T. Wilson F50 (1)	Buxton	40.48	
K. McAtteer F60 (1)	Totley	45.36	

165 finishers

BLACKSHAW HEAD FETE / West Yorkshire
BS/8.9km/274m / **03.09.22**

With little rain in the month preceding the race it was always going to be fast but I don't think anyone expected the overall winner, Martin Howard, to take a minute and a half off Max Wharton's old course record. Martin led from the gun and time trialled his way to the win, but the remaining podium places were more hotly contested with Ed Hyland edging Andrew Worster by ten seconds to take second place. Ed and Andrew were both clearly shifting with Ed only two seconds outside the 2015 course record.

With a Calder Valley lockout on the men's podium, it was left to local legend Rebecca Patrick to make sure Todmorden Harriers were represented with Jenni Boocock and Catherine Holden rounding out the rest of the podium places.

Ian Symington

OPEN			
1. M. Howard	CaldV	34.37	
2. E. Hyland	CaldV	36.12	
3. A. Worster	CaldV	36.24	
4. M. Sennett M40 (1)	Wharfe	38.10	
5. J. Wynne	HorsF&D	39.43	
6. B. Crowther	Hfx	40.17	
7. W. Hall	CaldV	40.31	
8. A. Collier	Unatt	40.44	
9. A. Deavin M50 (1)	Unatt	40.59	
10. P. Haigh M40 (2)	CaldV	41.45	
11. P. Davies M40 (3)	DkPk	42.20	
13. D. Fishwick M50 (2)	Chorley	43.30	
16. M. Wharton M50 (3)	CaldV	45.56	
23. T. Taylor M60 (1)	Ross	48.15	
30. J. Emberton M60 (2)	CaldV	49.23	
35. S. Morran M60 (3)	CaldV	51.14	
83. P. Martin M70 (1)	Bowland	86.50	
84. R. Hirst M70 (2)	Clay	88.38	

LADIES			
19. R. Patrick F50 (1)	Tod	47.43	
24. J. Boocock	Bing	48.21	
38. C. Holden F40 (1)	CVFR	52.02	
46. K. Mansell F50 (2)	Tod	54.37	
47. R. Johnstone F50 (3)	CVFR	55.06	
48. S. Oxley F60 (1)	Tod	55.21	
52. A. Baldwin F70 (1)	StainLion	56.39	
64. L. Rowe F40 (2)	PorterV	59.32	
66. C Priestley F40 (3)	PendleTri	60.30	
71. S Layfield	CVFR	64.02	
72. C Hewlett	AcreStR	64.58	

JUNIORS

UNDER 9s - 0.9km/45m			
1. A. Finnegan BU9 (1)	Unatt	08.10	
2. I. Symington BU9 (2)	Unatt	09.46	
3. G. Symington BU9 (3)	Unatt	10.22	

UNDER 13s - 1.4km/77m			
1. H. Cliff BU13 (1)	CaldV	07.35	
2. A. Cole BU13 (2)	CaldV	07.46	
3. O. Dawson BU13 (3)	Unatt	09.06	

4. Z. Freeman BU13 (4)	Unatt	09.29	
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UNDER 15s - 4km/305m

1. R. Dawson GU15 (1)	Unatt	24.09	
2. D. Ritchie BU15 (1)	Unatt	25.27	
3. W. Freeman BU15 (2)	Unatt	25.54	
4. B. Gilmore BU15 (3)	Unatt	29.52	

UNDER 17s - 4km/305m

2. I. Illstone BU17 (1)	Unatt	21.14	
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85 senior finishers

GLADSTONE 9 / Conwy
AM/14.5km/855m / **04.09.22**

Well, a fantastic day was had by all! We were treated to great weather, great views, great performances, great work by our great marshals, great smiley faces, a great venue and great prizes.

The race was insured/permitted by the Welsh Fell Runners Association and was very kindly supported by Penmaenmawr Town Council. We were very fortunate to have again been given the facilities at Penmaenmawr Phoenix Football Club, which provided us with a large car park, and plenty of outside space in which we were able to carry out registration/presentation. We were also treated to their catering skills, so that all runners and marshals were given a bowl of delicious home-made soup and a roll. We were grateful to Penmaenmawr's Spar, its Cards and Gifts Shop, its local Bakery and its Fish & Chips shop (and to Caffi Siabod in Snowdonia) for providing the prizes - it was truly a case of Penmaenmawr/Capelulo/Dwygyfylchi at their very best! I have described the race route elsewhere, but it's worth repeating.

The 9-mile race route takes in only two summits – those of Tal y Fan at just over 2,000 ft and Moel Lus at just over 1,000 ft - but what goes on in between these is just as important! Runners will experience gruelling climbs, technical descents, prehistoric trackways and flat, fast, grassy sections. They'll run across a ford, past ruins of ancient dwellings, over a little footbridge and register at a check point in the centre of an ancient (Neolithic - possibly 5000 years old) Druid's Circle – Meini Hirion in Welsh. Unless visibility is poor, in which case the runners' navigational skills will be put to the test when crossing the wild moorland, their efforts will be rewarded with spectacular views of the main Carneddau Ridge, the Great Orme, Puffin Island, Anglesey and the site of the Graig Lwyd Neolithic Axe Factory, which sits on an extinct volcano northwest of the North Wales Path, which leads the runners to their last checkpoint. The icing on the cake is the company of the genetically unique wild Carneddau Ponies, which have survived the harsh conditions and graced this spectacular terrain with their presence for hundreds of years.

Small donations were given to Eryri Harriers and to the WFRA, and the remaining profit was divided between Penmaenmawr Phoenix Football Club, which provided their fantastic facilities free of charge, the Carneddau Pony Society and the Snowdonia Society. Massive thanks are due to our loyal group of helpers, who turn out year after year. Their help and the support from Fabian4/ RaceTek's Adrian Moir made my job as Race Organiser so much easier. The whole team is proud to have hosted such a successful, responsible event, which gave so much pleasure to so many people and which enabled me to proudly show off the generosity, the attributes and the hidden treasures of my lovely village, Penmaenmawr, its landscape, its heritage and its businesses.

Ellie Salisbury

OPEN			
1. G. Roberts	CaldV	1.11.37	
2. S. Edwards	Eryri	1.20.07	
3. J. Brown M50 (1)	Buckley	1.22.28	
4. C. Lowe	Eryri	1.25.04	
5. L. Ramsay	Unatt	1.26.21	
6. K. Reynolds Female (1)	Eyri	1.27.51	
7. C. Near M40 (1)	Unatt	1.28.57	
8. N. Hockley M40 (2)	Eryri	1.30.15	
9. P. Jones M40 (3)	Eryri	1.31.21	
10. J. Lee F40 (1)	EEryri	1.31.30	
14. A. Lewis M60 (1)	Eryri	1.40.47	
18. V. Belshaw M60 (2)	Denbigh	1.44.41	
23. R. Crane M50 (2)	Unatt	1.48.25	
30. H. Lewis M60 (3)	Buckley	1.56.14	
33. N. Gooding M50 (3)	Pensby	1.57.10	

LADIES			
6. K. Reynolds	Eryri	1.27.51	
10. J. Lee F40 (1)	Eryri	1.31.30	
15. H. Evans F40 (2)	Buckley	1.41.08	
19. G. Moore	Eryri	1.44.45	
20. H. Eadsforth	Unatt	1.45.36	
27. N. Albitson F40 (3)	Eryri	1.54.42	
31. M. Peffers F50 (1)	ClwydR	1.56.36	
56. M. Oliver F70 (1)	Eryri	2.56.21	

56 finishers

ISLE OF WIGHT FELL RUNNING CHAMPIONSHIPS / Isle of Wight
11.09.22

The Isle of Wight Fell Running Series consists of three races held over two days with the runners covering 24 miles of off-road running with over 4300 feet of ascent. This year we had 150 runners registered and 295 finishing the three races. The races were hosting the SEAA Fell Running Championships for the 23rd year.

This year each race was started with a minute’s silence in remembrance of the Queen.

This year again saw some good entries from Oxford AC, Victoria Park Harriers, Serpentine Running Club, Cambridge Harriers and Compton Harriers, with local club Ryde Harriers also well represented.

Race one, the St. Boniface Fell (AS), is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down, the runners covering 4 kilometres and 776 feet of ascent.

It’s then all too short a gap to race two, The Ventnor Horseshoe (BM), held on Saturday afternoon. The runners again start at the seafront, ascend St. Boniface before descending to Wroxall, go through to Cook’s Castle and then along the railway line before the long ascent to St. Martin’s Down (and the steps) and Luccombe Down before returning via a descent of St. Boniface. The runners cover 12 kilometres here with 1600 feet of ascent.

Sunday morning sees quite a few stiff runners lining up for the Wroxall Round (CL), the longest with the runners covering 21 kilometres and 2000 feet of ascent. The race starts off relatively flat through La Falaïse Park before ascending to Watcombe Bottom and Stenbury Down. It’s then a steep descent to Stenbury Manor Farm before another ascent to Gat Cliff, Freemantle Gate. Then it’s

Left: Dick Kearn (Compton Harriers) at the St. Boniface fell race, part of the Isle of Wight fell running championship
2022 © Joe Norman

through to the Donkey Sanctuary and the railway line before another long ascent to St. Martin’s Down (those steps again) and Luccombe Down before the descent of St. Boniface to the finish.

The weather held for the weekend but recent rain made for slippery conditions underfoot.

In Race 1, the St. Boniface Fell, first man was Matthieu Marshal of Oxford City AC in 18.38 with Hugh Torry of Serpentine Running Club second (and first M40) in 19.04 and Patrick Brown of Orion Harriers third in 19.51. Second M40 was Nick Wilkins (Unattached) in 20.17. First M50 was Christian Poulton of Cambridge Harriers in 20.41 with Lynas Matthews of Macclesfield Harriers and AC second M50 in 21.52. First M60 was Martin Fray of Compton Harriers in 22.57 with Mike Maliphant of West Wight Road Runners second in 25.39. First M70 was Harry Waterhouse of Saddleworth RC in 31.16.

First woman and first F50 was Anne Brindley (FRA) in 25.33 with Amy Chambers (FRA) second and first F40 in 26.45 and Natasha Cendrowitz of Highgate Harriers third (and second F50) in 26.38. Second F40 was Lesley McCarthy of Greenwich Tritons in 27.53. First F60 was Lucy Gettings of Compton Harriers in 28.41.

In Race 2, the Ventnor Horseshoe, first man was Matthieu Marshal of Oxford City AC in 55.09 with Hugh Torry of Serpentine Running Club second (and first M40) in 58.26

and Glenn Hughes of Serpentine RunningClub third and second M40 in 58.49. First M50 was Christian Poulton of Cambridge Harriers in 1.04.34 with Stuart Backhouse of Ryde Harriers second M50 in 1.06.49. First M60 was Martin Fray of Compton Harriers in 1.09.59 with Clem Dixon of Cambridge Harriers second in 1.16.55.

First woman and first F50 was Anne Brindley (FRA) in 1.17.11 with Amy Chambers (FRA) second and first F40 in 1.20.23 and Lesley McCarthy of Greenwich Tritons third and second F40 in 1.23.02. Second F50 was Natasha Cendrowitz of Highgate Harriers in 1.27.37. First F60 was Ursula Windemuth of Meckenheimer Sportverein in 1.41.12.

In Race 3, the Wroxall Round, first man was Matthieu Marshal of Oxford City AC in 1.24.57 with Glenn Hughes of Serpentine Running Club second and first M40 in 1.28.15 and Hugh Torry of Serpentine Running Club third (and second M40) in 1.34.13. First M50 was Christian Poulton of Cambridge Harriers in 1.38.18 with Stuart Backhouse of Ryde Harriers second M50 in 1.42.11. First M60 was Martin Fray of Compton Harriers in 1.50.46 with Clem Dixon of Cambridge Harriers second in 1.55.53.

First woman was Victoria Crawford of Serpentine Running Club in 1.52.55 with Anne Brindley (FRA) second and first F50 in 1.59.30 with Amy Chambers (FRA) third and first F40 in 2.06.02. Second F50 was

Natasha Cendrowitz of Highgate Harriers in 2.14.43. First F60 was Lucy Gettings of Compton Harriers in 2.17.53.

The overall men’s series winner and SEAA Fell Running Champion was Matthieu Marshal of Oxford City AC, winning all three races.

The overall women’s series winner and SEAA Fell Running Champion (also F50 champion) was Anne Brindley (FRA), with two wins and a second.

Overall series men’s team winners were Serpentine Running Club (Torry, Powell, Gillanders) with London Frontrunners (Theis, Relph, Artist) second and Ryde Harriers (Backhouse, Gardner, Cupis) third.

The first Island woman and SEAA women’s F40 champion was Amy Chambers, an FRA member from the Isle of Wight (entered SEAA as she was an FRA member).

Natalie Rose of Ryde Harriers finished all three races and won an SEAA gold medal in the Senior Woman category.

Many thanks to Wight Event First Aid for the cover over the two days, St Catherine’s School for allowing us to use them as a venue again and to Wightlink for their generous travel sponsorship for mainland runners.

Chris Lewis

SCAFELL PIKE / Cumbria
AS/7.2km/914m / **10.09.22**

The Queen’s death meant that I was almost minded to cancel the race as all sporting events were in jeopardy and the normally substantial number of army runners simply disappeared as a result. But after asking around and thinking better of putting off the 24 souls already pre-entered, we went ahead. Without the army the field was reduced to 63, down from 119 in 2019. There was no Scafell Pike in 2020 or 2021 due to Covid and my absence.

But this race was something quite special in its wonderful atmosphere, also in that Ian Holmes, who still ranks as the ultimate King of the Mountains winning all three races (Snowdon/Ben Nevis/Scafell Pike) in 2004, was on the podium as an M55 runner, quite amazing. Also, at M75, Martin Walsh has run 21 Scafell Pikes, and 22 each of Snowdon and Ben Nevis. Lindsay Buck now has raced in 18 Scafell Pikes, but is famous locally for ascending Scafell Pike litter picking. This year alone, by the race date, she had done 183 ascents! Known as the ‘Wasdale Womble’ Lindsay is an example to all of selfless devotion to protecting the mountain she loves.

A first this year was the production of an excellent video of the event by Olga Wiggins, filming even as she ran the race. I am always in awe of the wonderful folk who turn up and run this epic race and the supporters, especially Dave Hughes and John Rea who joined me on Friday night as we tried to set up the tents ahead of the race but had to abandon the effort as the wind was so strong.

I’ll let the results speak for themselves and use the words I have left to say a special thanks to my wife, Martha Quinteros, for helping to make the flapjacks, to Rob Davis who went up on the summit to check the runners through and collecting all 63 of our notoriously effective bread bag closure tallies. Also, to Ian Finlay for helping setting up the event and collecting car park charges, to Jim Davies together with Lindsay (above) for registration and time keeping, to Andrew Lopez-Naylor for kindly allowing us to use his field again and to John and Gail at Seathwaite in Duddon for the loan of the radios used for the Duddon fell race.

Hope to see you again in 2023. Cheers.

Richard Eastman

OPEN			
1. N. Lawson	DkPk	0.54.21	
2. J. Walton MU21 (1)	Kghly	0.57.59	
3. I. Holmes M50 (1)	Bing	0..58.16	
4. S. Holding	CFR	0.58.40	
5. J. Yells	Lockab	0.59.31	
6. T. Barthelmes	Kesw	1.05.20	
7. E. Clowes MU21 (2)	NcastleTri	1.05.53	
8. Andy F	Unatt	1.06.01	
9. G. Davidson M40 (1)	Lochab	1.06.42	
10. D. Gilbert M40 (2)	Horw	1.07.01	
16. P. Reilly M40 (3)	HelmH	1.08.27	
21. J. Blackett M50 (2)	DkPk	1.11.34	
23. P. Crompton M60 (1)	CFR	1.14.58	
24. M. Toman M50 (3)	Accring	1.15.28	
29. N. Sebley M60 (3)	BICmbe	1.18.51	
60. M. Walsh M70 (1)	Bowland	2.01.16	

LADIES			
19. H. Smith	Wharfe	1.11.17	
25. L. Parker F40 (1)	Accring	1.15.33	
32. J. Gray	Kesw	1.19.22	
37. E. Adams F40 (2)	Derwent	1.24.57	
41. J. Chatterly F50 (1)	CFR	1.27.19	
42. L. Buck F60 (1)	CFR	1.28.28	
51. A. Graham F50 (2)	CFR	1.37.26	
54. A. Jackson F40 (3)	CFR	1.38.56	
57. K. Taylor F60 (2)	NFR	1.41.39	
59. E. Heuterman	DarweDash	1.56.36	
63. A. Wright F50 (3)	CFR	2.10.58	

63 finishers
THREE SHIRES / Cumbria
AL/20km/1220m / **17.09.22**

Great to have Joss Naylor at the Three Shires Race this year helping with the prize-giving in what is, hopefully, the latest stage in his recovery from last year’s stroke. Joss was thoroughly enlivened to meet many of the runners who showed their love and respect for the greatest Fellrunner of all time.

It was a wonderful day all round with some of the best weather of the summer giving the 249 runners a ‘grand day out’. It’s 39 years since we began the race and it’s been a family event ever since. Jack and Katie began as toddlers playing in the stream with their cousins as the race unfolded beside them, moving on to helping and then, more recently, to racing themselves. It’s been an unspoken dream for Jack to sometime win the race for a lot of that period, and this year the dream came true! But before he got presented with the Trophy by the proudest of fathers, he had some jobs to do, including lugging several 25-litre water containers up the hill to the tea counter. All in a day’s work for a race winner!

Thanks to everyone at our wonderful club Ambleside for all the hard work making the race happen, and to Pete Bland Sports, Inov8, and especially this year to Martin Stone at SportIdent. I can thoroughly recommend the full SI service to other race organisers – Martin takes a lot of the strain of organizing off your shoulders.

Congratulations to Majka Kunicka, who took the women’s race and to Ben Abdelnoor who peeled back the years with a time of 2.01.05 as first M40 and to Ian Holmes, Billy Proctor and Ken Taylor who took the other veterans’ prizes. Philippa Wakefield, Marie Robson, Rowena Browne and Wendy Dodds led home the older female categories. Roll on year 40! See you next September!

Selwyn Wright

OPEN			
1. J. Wright	Amble	1.56.33	
2. H. Bolton MU23 (1)	Kesw	1.57.45	
3. T. Simpson	Amble	2.00.23	
4. B. Abdelnoor M40 (1)	Amble	2.01.05	
5. S. Dixon	HelmH	2.01.19	
6. R. Findlay-Robinson	DkPk	2.02.33	
7. H. Stainton	BICmbe	2.03.45	
8. S. Harding	Macc	2.05.13	
9. J. Hartley	BICmbe	2.07.05	
10. M. Duggan	HelmH	2.07.12	
12. M. Brindle M40 (2)	Amble	2.09.16	
14. I. Holmes M50 (1)	Bing	2.10.06	
22. J. Goudge M50 (2)	Horw	2.16.27	
28. R. Mellon M50 (3)	Bowland	2.18.33	
61. B. Proctor M60 (1)	HelmH	2.33.58	
81. L. Warburton M60 (2)	Bowland	2.38.37	
86. J. Rainford M60 (3)	Prest	2.39.50	
185. K. Taylor M70 (1)	Ross	3.12.15	
221. J. Taylor M70 (2)	Bowland	3.36.48	

LADIES			
47. M. Kunicka	DkPk	2.26.40	
54. B. Halcrow	Amble	2.29.59	
80. P. Wakefield F40 (1)	Kesw	2.37.40	
82. K. Roberts	HelmH	2.39.06	
84. S. Hodgson	Unatt	2.39.31	
96. S. Richmond	Penn	2.42.38	
111. B. Dyer F40 (2)	HelmH	2.48.30	
121. M. Robson F50 (1)	HelmH	2.51.07	
123. R. Browne F60 (1)	Bowland	2.51.19	
128. J. Powell F50 (2)	Wharfe	2.52.41	
190. W. Dodds F70 (1)	Dallam	3.18.13	
227. L. Malarkey F70 (2)	Kesw	3.42.28	

239 finishers

CRONKLEY / County Durham
BM/17.1km/560m / **17.09.22**

Low Wray Farm in Holwick once again played host for the Cronkley Fell Race. The 40 starters were treated to a clear, dry day though the westerly breeze coming down the dale felt cool. The clear day provided the runners with good views of Cross Fell and the Great Dun Fell weather station on the run out to the turnaround checkpoint.

The relatively low water in the Tees allowed the checkpoint to be set up in its traditional island location, giving runners a chance to cool their feet before setting off for the run back to Holwick, this time the breeze providing a helpful tailwind.

In the overall results, Chris Alborough came in first with a time of 1.18.20, just shy of a full 10 minutes ahead of second place Hamish Carrick in 1.28.07. John Donneky was third (and first M40) in 1.30.32.

In the women’s race, first (and fifth overall!) was Emily Cowper-Coles, in 1.31.59, followed by Anna Linfoot in 1.38.57 with Tamsin Imber in third (and first F40) 1.45.04.

Thanks as always to Karen and her staff at Low Wray Farm, my small team of marshals and sweepers and, of course, all the runners who continue to support Cronkley Fell Race. See you next year!

Paul Hodgson

OPEN			
1. C. Alborough	DFR	1.18.20	
2. H. Carrick	DFR	1.28.07	



3. J. Donneky M40 (1)	Derwent	1.30.32
4. M. Littlewood M40 (2)	Elvet	1.31.46
5. E. Cowper-Coles Female (1)	OswestO	1.31.59
6. R. Veeitch M40 (3)	EskV	1.32.45
7. L. McEwan M40 (4)	Elvet	1.33.00
8. P. Tickner M40 (5)	DurhamC	1.35.12
9. S. Mounsey M50 (1)	Howgill	1.35.55
10. A. Dobrianski M40 (6)	DFR	1.36.29
11. S. Everett M60 (1)	DurhamC	1.36.54
21. P. Coulthard M50 (2)	Alnwick	1.49.26
22. M. Foster M50 (3)	Dulwich	1.51.33

LADIES

5. E. Cowper-Coles Female (1)	OswestO	1.31.59
19. T. Imber F40 (1)	Elvet	1.45.04
26. N. Mason F40 (2)	Elvet	1.54.01
29. E. McCabe F40 (3)	Elvet	2.00.43

38 finishers

ORTON / Cumbria
BS/10km/258m / **24.09.22**

After 2-year break, Orton Fell Race returned to the race calendar. The race, organised by the Friends of Orton Primary School, saw a good turnout for both juniors and seniors considering the race was only confirmed to be going ahead in late July.

Joe Kenny claimed first place in a time of 41.34, followed by Harry Cooling in 42.58 and Michael McGlennon came home third 43.31.

Jo Hickman Dunne was first female home in 52.22, followed by Connie Hurton in 54.32 and Helen Gordon was third female home in 55.01.

After the race, everyone enjoyed a selection of cakes, biscuits, tea and coffee provided by Friends of Orton School, and the children were kept entertained with lots of games such as ‘Bat the Rat’, ‘Lolly-pop Lotto’ and a Prize Tombola!

Below: Martin Sleath (White Peak) at the Kong Mini Mountain Marathon - Round 2 © Stephen Wilson, www.granddayoutphotography.co.uk

Huge thanks were given to everyone involved in making the event possible and to residents, landowners, marshals and runners that supported the race. The day raised a fantastic £1000 with all proceeds going to Orton Primary School.

Next year’s race will take place on the 23 September 2023.

Simon Mounsey

OPEN

1. J. Kenny	HelmH	41.34
2. H. Cooling	Howgill	42.58
3. M. McGlennon	Unatt	43.31
4. B. Pennington M40 (1)	Howgill	43.43
5. P. Mather	Lonsdle	44.42
6. R. Bibby M40 (2)	HelmH	45.44
7. J. Addison	HelmH	46.39
8. R. Dey MU23(1)	Unatt	46.52
9. P. Nield M40 (3)	Bowland	47.14
10. P. Barker	HelmH	47.19
17. A. Hart M50 (1)	HBT	49.18
18. D. Griffin M60 (1)	HelmH	51.15
25. P. Nelson M50 (2)	Howgill	54.49
28. J. Tombs M50 (3)	Eden	58.53
31. D. Roper M60 (2)	Howgill	60.45
37. G. Moffat M60 (3)	Howgill	63.10
46. M. Walsh M70 (1)	Kend	74.08

LADIES

20. J. Hickman Dunne	Unatt	52.22
24. C. Hurton	Unatt	54.32
26. H. Gordon FU23 (1)	Howgill	55.01
35. R. Mellow F50 (1)	Howgill	62.06
36. S. Budgett F50 (2)	Horw	62.13
39. D. Wilson F40 (1)	MerrseyTri	65.24
43. D. Tunstall F50 (3)	DFR	67.14

44. H. Turner f40 (2)	Unatt	67.28
48. C. Simpson F40 (3)	Unatt	74.47
51. I M. Lewis F60 (1)	Howgill	82.40

52 finishers

KONG MINI MARATHON – ROUND 2 / Derbyshire
MM / **25.09.22**

The second event in the Kong Mini Mountain Marathon had been in the planning process for three years but was finally held in the area to the west side of Kinder in the Peak District. The start was from Chinley Head and competitors were aided by the dry ground conditions (though still lots of tussocks) and perfect weather to gain some high scores.

Alison Wainwright

OPEN

1. N. Talbott	660 pts
2. S. Mills	640 pts
3. M. Pickering/T. Milton	635 pts
A. Morris MU23 (1)	437 pts
R. Robinson M40 (1)	749 pts
I. Jones M50 (1)	590 pts
P. Addison M60 (1)	507 pts
P. Hodgson M60 (2)	370 pts

LADIES

E. Johnstone	560 pts
M. Ploum/T. Parker FU23 (1)	367 pts
S. Richmond F40 (1)	560 pts
R. Brown F50 (1)	490 pts
M. Gotyh F60 (1)	360 pts
G. Davies/L. Tromans F60 (2)	270 pts

MIXED

D. Berden/C. Jones Mix (1)	649 pts
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J. Havenhand/G. Padget Mix40 (1)	370 pts
R. Mapleson/C. Mapleson Mix50 (1)	330 pts
C. Harris/N. Harris Mix60 (1)	310 pts
M. Gotyh F60 (1)	360 pts
G. Davies/L. Tromans F60 (2)	270 pts

WADDINGTON / Lancashire
BM/11.3km/415m / **25.09.22**

This September saw the second running of the Waddy Fell Race, with a slightly revised route from last year: a little bit longer with a touch of extra descent and climb. This didn’t seem to deter Billy Cartwright though as he stormed to victory in 44.10, over five and a half minutes ahead of the second placed runner, Adam Hartley in 49.44. That winning time may take some beating in future years. First woman and sixth placed overall was Nichola Jackson in 51.17, and second place went to Lisa Parker with a time of 59.17. Both team prizes were won by Bowland Fell Runners.

Along with a large contingent of Bowland vests, it was great to see a lot of local runners present, some of whom were running their first fell race. All 101 runners made it back safely in under two hours, the last runner making the cut-off point of 45 minutes with two minutes to spare. Despite a very small downfall just before the start, leading to at least one marshal umbrella request, the heavens stayed shut for the race, once again giving great views over an autumnal Trough of Bowland from the summit trig checkpoint. Everyone enjoyed the hospitality of Waddington Village Club for the presentations along with Martin’s famous soup. The celery and black pepper was particularly good this year I thought.

As ever, the race wouldn’t be possible without all the marshals and helpers who give up their time, and thank you to local sponsors Melt and Vaga for supplying the prizes again. Bowland Mountain Rescue gave their support despite a busy weekend locally, and they also benefitted from a race donation along with the local church wall restoration fund.

The new route will remain in place for future races, fingers crossed the weather does too. Next year’s race will take place on Sunday 24 September at 2.00 pm.

Matt Bourne

OPEN

1. B. Cartwright	Matlock	44.10
2. A. Hartley	BlackplW&F	49.44
3. T. Newberry	Billinge	50.18
4. D. Clarke	Bowland	50.39
5. H. Nash MU23 (1)	RibbleV	51.06
6. N. Jackson Female (1)	Kesw	51.17
7. P. Crabtree M50 (1)	FRA	51.28
8. A. Palmer	Prest	52.17
9. L. Mills	Bowland	52.33
10. O. Wade	Bowland	52.48
11. B. Fletcher M40 (1)	Bowland	53.14
12. B. Shaw M50 (2)	DarwenD	54.00
14. I Shaw M40 (2)	Bowland	55.31
15. C. Tully M40 (3)`	Salf	56.31
19. D. McDermott M50 (3)	Prest	57.33
27. K. Horrigan M60 (1)	FRA	59.56
40. D. O’Duffy	Bowland	64.48
41. G. Smith M60 (3)	Bowland	65.03
66. S. Brearley M70 (1)	Bowland	71.12
68. I. Smith M70 (2)	RibbleV	72.29

LADIES

6. N. Jackson	Kesw	51.17
25. L. Parker F40 (1)	Accring	’59.17

48. S. Chippendale	RedR	66.29
50. R. Cranshaw F40 (2)	Unatt	66.53
52. L. Goddard F50 (1)	Bowland	68.11
53. K. Staunton	Unatt	68.16
55. M. Ockenden F60 (1)	Bowland	68.38
59. L. Hall F40 (3)	Lancast	69.15
62. C. McDermott F50 (2)	Prest	70.16
74. J. Shaw F50 (3)	DarwenD	73.57
98. J. Gates F60 (2)	Settle	98.29

101 finishers

DALE HEAD / Cumbria
AS/7.8km/675m / **16.10.22**

After a 2-year break, the Borrowdale Shepherds Meet returned. All previous Meets had been held in September but this later date was chosen in the hope of more benign weather. With a week to go, thunderstorms and heavy rain were forecast making the race look uncertain. Fortunately the day dawned sunny with light winds – excellent for running although earlier rain ensured boggy conditions.

In most years, runners ford the river to gain those extra few seconds. With the water being a bit deeper than normal this year, those that did attempt the river crossing found that they were almost brought to a juddering halt - seconds gained by the marginally shorter route were lost in the struggle through deep water.

Matt Atkinson and Jack Scott battled it out all the way with Matt just managing to pull away towards the finish to retain the Grant Horsborough cup. With only four female entries, it was an easy victory for Jackie Lee, who took the Johnston & Barrington plate.

Sue Ashley

OPEN

1. M. Atkinson	Kesw	51.28
2. J. Scott	Inov-8	51.40
3. O. Smith M40 (1)	Manx	54.48
4. D. Thacker	Kesw	57.47
5. S. Jones	Manx	58.17
6. L. Taggart M50 (1)	Manx	58.30
7. M. McGleenan	Unatt	58.41
8. N. Hepburn-Fish M50 (2)	Borr	59.50
9. S. Netherway M40 (1)	Kesw	59.56
10. H. Fox MU23 (1)	SlaithStr	60.01
11. T. Cringle M40 (3)	Manx	60.32
16. B. Wilkinson M50 (3)	Borr	67.26
21. K. Loan M60 (1)	Kesw	74.52
26. C. Valentine M60 (2)	Kesw	77.10
30. J. Jones M60 (3)	HelmH	85.30

LADIES

17. J. Lee F40 (1)	Eryri	68.54
34. G. Atkinson F50 (1)	Kesw	88.03
37. L. Malarkey F70 (1)	Kesw	97.28
40. R. Knight	Kesw	118.23

41 finishers

BUTTERMERE SHEPHERD’S MEET / Cumbria
AS/5km/600m / **23.10.22**

The weather forecast deteriorated daily from Wednesday until race day, though perhaps the Met Office had their pessimistic hats on as the rain did ease off every now and then during the morning. Again, the marshals aiming for Robinson were instructed to use their judgment as to where the race would turn. They did decide it was safe, if not comfortable, for them to sit atop of Robinson for the hour - warmed by the noticeably large number of thanks from the runners, so the full race course was run.

Eight Juniors joined us for the two-kilometre lung buster that sees very little running on the way up, as it’s real hands-on-knees climb. But what a gallop and slide on the way down. The race was won by Darcie Green (U13G) winning ahead of Cumberland Fell Runners’ Callum Taylor (U11B) who, in turn, held off Joss Wood (U11B) from Ambleside and Helm Hill’s Tess Reedy (U11G), also picking up a big tub of sweets – those won’t last until Christmas, or possibly even until they got home.

In the main race there were also three junior runners who all held their own against the older runners. It is great to see them in the main race and it’s clear that they would rather run in a field of 80 runners than in a ‘race’ with three runners. Honours went to Alfie Addison (MU15) in a remarkable time of 44.19 and finishing in 24th. Charlotte Hewison just pipped Izzy Sanderson (both FU15) both coming home in under an hour.

It was another youngster who perhaps had the best result of the day with Eve Whitaker (FU19) winning the ‘new’ race trophy. It’s the third time she has won this race. Her win knocked minutes off the old record. In the men’s race, the record also tumbled with Steve just getting the better of Tom on the descent.

There were cakes aplenty thanks to the Great Cumberland Bake Off, and we managed to light the CFR boiler so warm brews were had and a prize-giving was held indoors once runners were extricated from the chip van queue.

Many thanks to the clubs that supported this race by putting it in their championships. The increased numbers generated a small profit that has been split between the show, the CFR boiler repair fund and the Cockermouth Mountain Rescue team.

Andrew Bradley

OPEN

1. S. Hebblethwaite	Kesw	34.32
2. T. Simpson	Amble	34.45
3. M. Reedy M40 (1)	Amble	38.28
4. S. Lecky	Amble	38.37
5. J. Stringer	NFR	40.14
6. R. Brown M40 (2)	Kesw	40.17
7. T. Watt	Amble	40.32
8. J. Harris	Amble	40.37
9. B. Pennington M40 (3)	Howgill	40.40
10. E. Whitaker FU19 (1)	Hgte	40.46
17. S. Bolland M50 (1)	Bowland	42.57
27. D. Posser M50 (2)	Kesw	45.18
29. J. Howorth M50 (3)	Kesw	45.49
30. P. Crompton M60 (1)	CFR	45.58
46. M. Wise M60 (2)	CFR	52.13
55. C. Valentine M60 (3)	Kesw	55.07

LADIES

10. E. Whitaker FU19 (1)	Hgte	40.46
18. B. Halcrow	Amble	43.11
22. S. Likeman	CFR	43.39
34. G. Stevens	Amble	48.54
39. N. Hawkrigg F50 (1)	NthnF	49.18
42. Z. Hebblethwaite	Kesw	51.11
43. L. Higgins FU23 (1)	Amble	51.22
45. J. Reedy F40 (1)	Amble	51.30
51. A. Innerdale F50 (2)	Eden	53.20
52. R. Towe F40 (2)	Amble	54.03
53. C. Sanderson F50 (3)	HelmH	54.52
67. L. Buck F60 (1)	CFR	57.53
71. N. Butler F60 (2)	Kesw	60.54

84 finishers



CASTLE CARR / West Yorkshire
AL/24km/1200m / **23.10.22**

What a difference a year makes! 14 runners last year, and 141 this year over the two Castle Carr races.

Unexpectedly, the race limit of 80 for the ‘Long’ race filled up with pre-entries. The weather was bad – heavy rain for much of the day – but still 71 runners turned up, which is a pretty low dropout rate. Two of those runners switched to the shorter race on the day.

At the front of the race a group of three formed. Paul Pruzina, Jack Wood and Gavin Mulholland exchanged places throughout the race. At the final checkpoint there was just two seconds separating the three of them with the next runner ten minutes behind. Jack Wood made his move on the final climb and descent over the moor to take first place.

Amongst the women, FU21 Poppy Cooke led for much of the race, building up a 90-second lead on Alice Wilson by CP6. However Alice pulled this back to just six seconds on the climb to Crow Hill (CP7) and then stormed ahead, putting in some very fast splits to take the win by ten minutes.

With the clag down, navigation was not straightforward, and several runners found themselves on less-than-optimal routes. Tim Brook and Simon Bell had been in fourth and fifth place since the halfway point of the race, but somehow took a wrong route over the moor at the end, while mentally tired, and dropped down to 15th and 16th.

The team competition was mixed, requiring both men and women from a club to count. Saddleworth Runners came away as first team, with Northowram Pumas second and Horsforth Fellandale third.

Thanks as always to all the marshals standing out in bad weather; to the Scholefields for letting us run through the Castle Carr Estate; and to the Hare & Hounds who made us very welcome.

Bill Johnson

OPEN			
1. J. Wood	Iik	2.18.50	
2. G. Mulholland M50 (1)	CaldV	2.19.09	
3. P. Pruzina	P&B	2.19.57	
4. E. Hassell	Wharfe	2.37.39	
5. M. Warters	Wharfe	2.39.32	
6. M. O’Connor M40 (1)	CaldV	2.39.42	
7. T. Barry MU21 (1)	Penn	2.40.02	
8. J. Wood	Holmf	2.41.02	
9. I. Cocks M40 (2)	Barlick	2.45.29	
10. I. Du Feu M50 (2)	Stadium	2.45.43	
13. D. Marsden M40 (3)	CaldV	2.50.38	
12. P. Wells M50 (3)	CaldV	2.49.26	
24. I. Ferguson M60 (1)	Bing	3.03.00	
27. S. Morran M60 (2)	CaldV	3.10.04	
59. M. McLoughlin M70 (1)	Prest	4.11.52	
66. N. Harris M70 (2)	Ross	5.02.22	

LADIES			
23. A. Wilson	Sadd	3.01.42	
29. P. Cooke FU21 (1)	Ackwth	3.11.50	
30. L. Parker F40 (1)	Accr	3.14.54	
36. L. Hirst F40 (2)	NthowP	3.19.13	
42. L. Murphy F50 (1)	CravenE	3.24.36	
43. S. Abbott F40 (3)	Kghly	3.24.39	
49. T. Shepherd	HorsF&D	3.34.25	
53. R. Dorrington F50 (2)	NLeeds	3.42.50	

55. F. Dyson F50 (3)	Sadd	3.49.15
61. G. Walker	Unatt	4.41.39

66 finishers

CASTLE CARR HALF / West Yorkshire
BM/10.6km/470m / **23.10.22**

This was the first running of this race, put on alongside its big brother, the full Castle Carr race. The Half race started a couple of hours after the longer race and shares the same second half of the route – so that Half runners would meet and gradually pass Full runners over the later stages.

One person who passed more Full race runners than most was Martin Howard. He shot out of the blocks and by Sheepstones Trig (CP2) after nine minutes he had a four-minute lead on second place! He continued to set fastest split times between each checkpoint to set a race record target that will take some beating.

Behind Martin there was drama: Chris Goddard, Norman Hayhurst and Jonathan Coney were in second, third and fourth at Rocking Stone (CP4), the point where runners turn towards home. But in the stages through the estate and back over the moor all three lost out to the runners behind them, as Dom Leckie, James Wynne, Luke Appleyard and Ben Blossie all came past. Even so, Norman’s time as a M60 is a fast one that will also take some beating.

Amongst the women, Cass Chisholm led from the start. Behind Cass, FU21 Beth Dewing put in the fastest female splits of the day from Rocking Stone (CP4) down into the estate and then back over the moor to the finish but could not quite catch Cass.

Eleven U21s and U23s from Leeds Uni competed in the two Castle Carr races on the day, many doing their first fell race, which was great to see.

The team competition was mixed – two men and two women from each club – to allow men and women from a club to compete together rather than separately. Calder Valley were first team, and Leeds Uni second.

Bill Johnson

OPEN			
1. M. Howard	CaldV	0.53.42	
2. D. Leckie	Tod	1.07.54	
3. J. Wynne	HorsF&D	1.08.50	
4. L. Appleyard M40 (1)	Wharfe	1.09.34	
5. B. Blossie	Tod	1.09.37	
6. C. Goddard M40 (2)	Tod	1.10.42	
7. N. Hayhurst M60 (1)	Bowland	1.10.49	
8. J. Coney	NLeeds	1.11.45	
9. G. Carley MU23 (1)	LeedsUO	1.12.44	
10. S. Delye MU21 (1)	LeedsUO	1.14.01	
11. L. Meleschko M40 (3)	CaldV	1.14.28	
12. G. Bailey M50 (1)	Meltham	1.14.42	
13. M. Tempest M50 (2)	Tod	1.15.09	
16. P. Dukes M50 (3)	Meltham	1.16.04	
20. A. Shaw M60 (2)	Holmf	1.17.50	
22. D. Collins M60 (3)	Tod	1.18.58	
59. D. Tait M70 (1)	DkPk	1.38.07	
63. W. Murgatroyd M70 (2)	Unatt	1.41.36	

LADIES			
14. C. Chisholm F40 (1)	CaldV	1.15.51	
15. B. E. Dewing FU21 (1)	LeedsUO	1.16.01	
21. A. Richards F40 (2)	HelmH	1.18.54	
25. S. Brewer F40 (3)	Meltham	1.21.22	
27. Z. Tweed FU23 (1)	LeedsUO	1.21.38	

29. E. Baldwin FU23 (2)	LeedsUO	1.22.05
31. J. Scarf F60 (1)	CaldV	1.22.28
32. S. Pascal F50 (1)	CaldV	1.22.36
33. K. Brierley F60 (2)	Tod	1.23.21
35. R. Alathoor	CaldV	1.23.46
53. B. Renou F50 (2)	Unatt	1.36.02
55. A. Baldwin F70 (1)	StainInd	1.37.12
64. H. Hodgkinson F50 (3)	Tod	1.41.51

72 finishers

HELLRAISER / Cumbria
AS/8.8km/605m / **30.10.22**

As this race was in its first year and we didn’t expect a huge turnout, we only had male and female categories. If this race is continued, we would expect to have a 16–18-year-old category and maybe consider a senior but the numbers would have to greatly be increased.

The race went well, despite several marshals dropping out. As per the landowner’s request, we flagged the route and had two checkpoints which I think worked really well, especially as the weather was quite miserable.

We had nine marshals in total, all with radios which were essential to the safety of everyone.

I very much enjoyed organizing the race and hope to organize more for good causes. Now the times have been set I would love to see more people come and beat them!

A Foster

OPEN			
1. G. Dale	Amble	44.17	
2. A. Todd	NthnF	48.00	
3. M. Pollock	OxfordU	48.33	
4. J. Holman	Amble	48.41	
5. R. Addison	HelmH	49.53	
6. M. Clark	Amble	50.10	
7. R. Razzetti MU18 (1)	Borderl	50.52	
8. A. Jackson	NthnF	55.54	
9. N. Hawkrigg Female	NthnF	58.11	
10. P.D. Hartog	Rotterdam	59.22	
11. A. Scott	WtrcrookW	59.41	
12. R. Singleton Female	NthnF	60.01	
13. N. Weightman	NthnF	63.26	
14. J. Martin	TriLakel	66.40	
15. T. Symonds	NthnF	68.19	
64. K. Scarfe M70 (1)	Unatt	27.29	
67. H. Atkinson M70 (2)	Bing	27.57	

LADIES			
9. N. Hawkrigg	NthnF	58.11	
12. R. Singleton	NthnF	60.01	
16. L. Crisp	NthnF	70.01	
19. J. Russell	NthnF	74.48	

21 finishers

DARREN FISHWICK

THE BOWELS OF FLEETWITH



WORDS DARREN FISHWICK

ILLUSTRATION JIM TYSON

Fell runners are undoubtedly spoilt for choice with the quantity and variety of races at their disposal. A multitude of events varying in distance, gradient and terrain are readily accessible to suit all tastes. Amongst the fixtures there’s one race in particular that stands out for its uniqueness. The Bowels of Fleetwith is the race in question and the following brief description had me

intrigued: “Starting from Honister Slate Mine, all competitors will wear a helmet and head torch then race 1/2 mile uphill to enter the underground mine. The route then goes through approximately 1 mile of tunnels, inclines and chambers before the mine is exited halfway up Fleetwith Pike. Helmets are discarded and the race continues to the summit. The route then traverses to Grey Knotts before descending back down to Honister”.

Undeniably impressed I added The Bowels of Fleetwith onto my to-do list. However, I did have a slight reservation. Simply put, when a race has 'bowels' in its name, it's not exactly aesthetically pleasing to the eye. On reflection I suppose it could be worse. For instance, if such a race existed through the mines at Coniston, I'd definitely think twice before entering The Bowels of The Old Man. Admittedly my anal-retentive thoughts are based entirely on wordplay, but I genuinely feel the word 'bowels' evokes a sense of unease. And for this reason alone I could've easily pooh-poohed The Bowels of Fleetwith, but I went with my gut feeling and looked forward to the race.

No doubt I over-analysed The Bowels of Fleetwith race name, and in the grand scheme of things my musings were trivial. Especially when taking into account the thoughts of a former work colleague of mine. The bloke in question was so influenced by names, his preferred spouse would be called Carol or Holly. By his own admission, women with festive names primarily have a birthday around Christmas and he'd only need to purchase one present by combining both occasions - it was certainly a contentious plan. Personally I think his potential bride, regardless of her name, should be a yo-yo enthusiast. For countless times at work, my other colleagues and I would endure his painstakingly rehearsed yo-yo routines where he'd 'Walk the Dog' and 'Rock the Baby'. Whilst showcasing his 'skills' he'd always repeat the same one liners: "Broken yo-yo for sale, no strings attached" and my own personal favourite "yo-yoing has its ups and downs". Then in an attempt to impress the ladies he'd suggestively say "as you can see, I have no problem getting it up". What I've not yet mentioned about his 'act' is that it was a charade - he didn't actually have a yo-yo! He just pretended to go through the motions. I feel his ideology regarding women's names, and his ludicrous yo-yoing pretence were simply the characteristics of a harmless eccentric. Unfortunately his cheapskate ways and bizarre behaviour would often provoke a barrage of outrage from his female co-workers: they were convinced he wasn't a full shilling. He retired a few years ago and I recently heard he's still a bachelor, but to raise his confidence he's apparently started wearing built-up shoes and is taking elocution lessons. Basically, he can't help being peculiar - he lives within the bowels of Burnley!

A few days before the race I paid my mum a visit. The Bowels of Fleetwith became the main topic of conversation. My mum appeared engrossed and listened attentively, then her facade switched to a look of concern once I mentioned the compulsory helmet and head torch. She reminded me how as a child I was afraid of the dark and confined spaces, and maybe venturing through a mine wasn't in my best interests. I reminded her that I'm approaching 53 and such fears have diminished with age. She laughed and reminisced about the time I got stuck whilst hiding behind the settee after being spooked watching an episode of Scooby-Doo. My own recollection of this incident is vague at best and I beg to differ. I suggested it was more than likely an episode of Dr Who featuring The Daleks. My mum pondered before

adamantly saying "no, it was definitely Scooby-Doo". Sheepishly I asked how old was I at the time? Whilst trying to keep a straight face but failing miserably, my mum mischievously replied "21". I laughed, then seriously started to think: how dark and confined will the mine be? Once again my enthusiasm for the race had been tainted with apprehension. To quote Shaggy... Zoinks!

Earlier this year trips to the Lake District bore witness to an unofficial social experiment on the driving habits of motorists. The bridges stretching the M6 near Lancaster carried the following illicitly sprayed slogans: "Why are you a middle lane moron? The motorway has three lanes for a reason! Good drivers keep left!" Vandalism or artistic expression? Whatever your feelings on the matter, this act of surreptitious graffiti certainly drove home its strongly implied message. There's no doubt that a reduction in middle lane hogging ensued. However, during the drive to The Bowels of Fleetwith the graffiti was conspicuous by its absence and unsurprisingly the 'hoggers' had made an unwelcome return. I know it's out of fashion and a trifle uncool, but I can't help getting annoyed by motorists driving like fools. I told my wife that during these hard economic times it seemed a waste of money erasing the thought provoking graffiti. I was even tempted to send a strongly worded email to the relevant authorities, but I feel no one would take notice. "Sorry Darren, what did you say, I wasn't listening?" was my wife's satirical response. She then informed me that Gordon drives in the middle lane. At first I was puzzled, then the penny dropped and in unison we sang the 70's classic 'Gordon is a moron' whilst I continued to abide by the Highway Code and only use the middle lane for the purpose of overtaking...and flashing at 'hoggers'.

Shortly before arriving at Honister our progress was halted by a chicken crossing the road. I asked my wife why would a chicken do such a thing? Refusing to take the bait, Alison replied "poultry in motion". I applauded her riposte, then asked the question "which came first, the chicken or the egg?". Without hesitation my better half suggested placing an order for both items on Amazon and we'll inevitably find out. I agreed that's an ingenious way of solving this age-old dilemma and scientists should take note and stop overthinking things! Whilst we were talking the chicken crossed the road and got to the other side - without due care or attention might I add! We arrived at Honister in plenty of time and visited the gift shop where we witnessed a commotion over at the pay desk. A frustrated customer was causing a kerfuffle due to his disappointment that the ornate piece of wall-mounted slate he'd purchased hadn't come with fixings and fasteners. I started to think about the forthcoming Bowels of Fleetwith and sincerely hoped that the ladders encountered during the race had been securely fixed and fastened, to avoid my own disappointment. My wife told me I sometimes overthink things. I asked does that make me a scientist? No!...apparently it doesn't.

At race registration all runners were handed compulsory protective headgear. Without hesitation I donned the obtrusively bright orange helmet and excitedly paraded around in front of my wife. She looked completely baffled as I playfully bellowed out "ta-daaaah!" whilst flamboyantly shaking my hands in an act of self -presentation - akin to a showman revealing a grand prize. Alison smirked and said "I think you might have covid, as you've clearly lost all sense of taste". Apparently I needed a reality check as the helmet resembled "a pea on a drum". My wife addressed the problem by adjusting the straps and then questioned how I'd managed to reach adulthood reasonably unscathed. I accentuated the positive and eliminated the negative and thanked her for the backhanded compliment. With my safety helmet now properly secured I went for a pre-race warm-up to test the comfort and stability of my new attire. As I made some final adjustments, such was my faffing I almost literally bumped into Mike Robinson of Dark Peak Fell Runners. Mike's a fell running stalwart, a quintessential good bloke. He recommended a fast start as overtaking opportunities inside the mine would be limited. I thanked my friend for his advice and joined the coterie of runners on the start line. As expected the majority of runners had already switched on their head torches anticipating the start. It's better to be safe than sorry: nobody wants to be caught clumsily fumbling about in the dark. I speak from experience, it's embarrassing.

The sight of illuminated runners dashing through Honister carpark prompted shouts of encouragement and jest from numerous bystanders. One gentleman was so amused by the high-visibility procession he quipped, "you can run, but you can't hide". I sincerely hoped he was correct as the thought of going walkabout and getting

lost within the mine was unimaginable. On reaching the mine's entrance a couple of things became evident. First and foremost I was knackered after the fast start but pleased with my position... every cloud. And secondly the small number of runners in front were moving well, so I wasn't expecting to negotiate any tricky overtaking manoeuvres. Mike on the other hand was on a mission and had other ideas. He was directly behind me and his shouts of "get a move on" echoed throughout the mine. Mike's a soft-spoken gentle giant of a man, but in the near darkness and cold-damp atmosphere of the mine my imagination portrayed him as a daunting mythical figure giving chase. I could feel his looming presence as we contested every tunnel, incline and chamber - this was my real-life episode of Scooby-Doo. When my pursuer finally overtook me, I was perplexed by his display of agility, he was like a man possessed. What a relief to see mild-mannered Mike just ahead as I exited the mine, and not the crazed antagonist that I'd imagined - the dark really does play tricks with the mind. To quote Daphne...Jeepers! The remainder of the race was in the great outdoors: back to normality and familiar surroundings. Talk about a race of two halves: underground and overground - stark contrast exemplified. At the finish all competitors received a drink token to wet their whistle at 'Honisterfest' - a festival being held at the slate mine. Congratulations to race winners Ben Mounsey and Kirsty Hall. Many thanks to Lou and Paul and all helpers for such a unique experience.

I would've gotten away with the race win too, if it wasn't for those meddling runners finishing before me.

The Bowels of Fleetwith - It's not to be sniffed at!





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