

the FRA calendar, on the FRA website and on that website's Forum I made it absolutely clear that FULL waterproof whole body cover MUST be worn or carried. OK, so the race doesn't go up Ben Nevis but at this time of year, the biting winds howl along that section of the Pennine Way between Blackstone Edge and Stoodley Pike. On the start line I emphasised that it is VERY exposed up there. "If anyone looks to be in trouble and needs help, please give it".

In spite of this and our random kit checks, one runner set off without the required kit and ended up being caught out. We knew it had been pretty bad when some of the first runners home were saying things like, "It was brutal up there" and the clag was right down". One chap came over to me after finishing and after removing his glove, showed me his white and severely crooked finger. It was bent into a near perfect right-angle at the knuckle. He had fallen on the rough moorland and reckoned it might be dislocated, although he said his hands were so cold he couldn't feel anything. I found his clubmate and we arranged a trip to the Infirmary.

Soon all were accounted for except one and after a long and anxious wait, Jackie ended up having to arrange a rescue vehicle to pick one very distressed stranded runner from near to the White House. A runner without windproof over-trousers. Let's hope a valuable lesson has been learned.

A superb run by James Logue in those conditions, only a half minute or so outside the course record. With Jon Morgan of Dark Peak for company, the Todmorden based former Ireland international, now running in the colours of Calder Valley after a lengthy spell with Horwich RMI, made a break on the outward section of the Pennine Way track. Jon seemed happy to chat as they bounded along but James was more intent on conserving his energy in a bid to win the race! As they made their way around the White Holme drain loop, after being marshalled onto the peaty path by a very hardy Manhar Patel, James dug in and made a bid for glory. However, he sensed that Jon was going to be hard to shake off. As the wind grew more fierce towards White Holme reservoir, James remembered that Jon had told him earlier in the race about his 17 hour winter Bob Graham round, achieved only 2 weeks previously and reckoned that this just might have a detrimental effect. As he neared the end of the loop, just before the return journey, James glanced back and found himself with a healthy lead. "As I headed towards the White House I looked at my watch and thought, "Wow, the record might be on". A mighty effort on the descent and run in saw James just 36 seconds outside Ricky Graham's 2008 benchmark and over 5 minutes clear of the field. Jon came in second, over two minutes ahead of Andy Buttery. Phil Taylor again took the over 50s' prize in another of my races, while Pete Booth won the over 60s and Steve Davies the over 70s.

The first three women home were separated by only just over a minute. Kath Rosedale, running unattached crossed the line first, chased home by Ginney Willey just 23 seconds adrift and Trish Gavins, first veteran.

Kath Brierley placed fourth, ahead of the over 50s' winner Karen Taylor, completing a family double.

Thanks to all my helpers, Jackie and Kathrine on registration and finish recording, Charmaine and Manhar, who marshalled the route and Bill Smith who came by public transport all the way from Liverpool to help us compile our results

boards. Thanks to Sue and Mark, new tenants at the Summit. They only moved in on Wednesday and made us welcome with drinks, despite the lack of food owing to kitchen renovations. Last but not least, thanks to Chris Smale who bounded up the hill and collected in all the markers, saving me a big job.

Allan & Jackie

1. J. Logue O/40	CaldV	1.18.18
2. J. Morgan O/40	DkPk	1.23.29
3. A. Buttery O/40	Ross	1.25.43
4. B. Grantham	Ellesmp	1.25.57
5. A. Thorpe O/40	CaldV	1.27.42
6. S. Smithies O/40	CaldV	1.28.00
7. P. Taylor O/50	Ross	1.28.17
8. R. Lindsay	Middle	1.28.56
9. C. Davies O/50	Sadd	1.29.05
10. S. Molloy O/40	Ross	1.29.30

VETERANS O/50

1. (7) P. Taylor	Ross	1.28.17
2. (9) C. Davies	Sadd	1.29.05
3. (16) T. Taylor	Ross	1.33.08

VETERANS O/60

1. (27) P. Booth	Clay	1.35.35
2. (32) K. Taylor	Ross	1.37.35
3. (77) D. Lucas	Roch	1.54.38

VETERANS O/70

1. (102) S. Davies	Accrin	2.09.19
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LADIES

1. (55) K. Rosedale	Unatt	1.47.29
2. (59) G. Willey	Middle	1.47.52
3. (67) K. Brierley O/40	Tod	1.49.46
4. (73) K. Taylor O/50	Ross	1.53.15
5. (76) L. Calrkson O/40	DarwenD	1.54.18

111 finishers

SIMONSIDE CAIRNS

Northumberland

BM/11m/1770ft 16.01.11

The rescheduled Simonside Cairns race took place for the 15th time in somewhat milder conditions than of late, although fairly wet ground made for testing conditions.

Alasdair Anthony, Phil Sanderson and Callum Gilhooly had a tremendous battle at the front with not much between them all the way round, and eventually finishing in that order.

Emma O'Shea, Sarah O'Neill and Claire Buis were the first three females home, all in very respectable times.

All monies raised in recent races will be shared between the Great North Air Ambulance and the Northumberland and National Parks Research and Rescue Team.

P. Appleby

1. A Anthony	Ochil	1.21.53
2. P. Sanderson O/40	NFR	1.22.29
3. C. Gilhooly	DkPk	1.22.56
4. D. Gay	HBT	1.27.11
5. T. Smith	Lochab	1.27.28
6. S. Charles	Clwydian	1.28.05
7. A. Fletcher O/40	Berwick	1.30.20
8. G. Huxley O/40	NFR	1.30.53
9. L. Bennett O/40	NFR	1.32.05
10. A. Higgins	NFR	1.32.06

VETERANS O/50

1. (18) D. Armstrong	NFR	1.36.29
2. (27) T. McCall	Unatt	1.39.58
3. (28) S. Meche	Thirsk	1.40.25

VETERANS O/60

1. (88) J. Cockburn	Alnw	2.20.11
2. (90) P. Whewell	NFR	2.21.57
3. (96) T. Hart	NFR	2.29.39

LADIES

1. (26) E. O'Shea	Deeside	1.39.57
2. (32) S. O'Neill	HBT	1.42.30
3. (41) C. Buis	Heaton	1.47.22
4. (61) S. Mitchell O/40	NFR	1.54.50

5. (71) J. Keavney O/40 Swale 2.00.35

100 finishers

STANBURY SPLASH

West Yorkshire

BM/7m/1200ft 23.01.11

29 year old Chris Steele descended from the Lake District to prove to the non-believers that Lakeland fell runners do come out of their beloved fells and have a good turn of speed over more runnable fell courses. Chris could now be nicknamed 'Superman', because Ian Holmes has reigned supreme over the Stanbury course since 1996. Many runners have tried to wrestle the Soreen crown from Ian's head, all have failed until now. Cheeky Chris made a pledge to Ian after the Auld Lang Syne race or was it more a New Year's resolution, that he would return and try to beat him at this race, because he couldn't believe that anyone could win a race so many times.

"For the ALS race I didn't ease down with my training and I felt a lot fresher today, my plan was to follow Ian and sit on his heels, until the final climb. Ian tends to push off the top of any hills to break you, which he had done to me at the ALS. Climbing out of Sladen Beck, through the steep fields I put the hammer down on the track, pushing off the top using Ian's tactic on himself, luckily I got in first and he couldn't respond. On the way back across the moor to the finish, I was more worried about Stuart Bond who seemed to come from nowhere in the final stages."

Unbeknown to Chris, by a twist of fate, he also used the squidgy power of a Soreen Malt Loaf to dethrone Ian, arriving early at the race Chris was starving, so promptly demolished half a Malt Loaf to feed his hunger. Did this give him the edge? Ian always has two slices of Malt Loaf for breakfast on race day. A school teacher at Cockermouth, Chris who was fourth in the British last year was introduced to running by Simon Booth some five years ago and in that time has run for England in the Snowdon Mountain race in 2009. With former British Fell champion Keith Anderson now coaching him, his England vest tally must have potential to go up, he certainly has the calibre and commitment to become a champion. This July will see him and his fiancée Alice get married and in truly typical fell runner style or some would say mentality, Chris is planning to have a wedding day race.

Ian always gracious in defeat said "I set a true pace and Chris was the only one in the group who was willing to push it and keen to take it on. Around Ponden Kirk it was Chris and Stuart Bond following me, I tried several times to break them, but the legs just didn't want to work today." Ian is still the record holder at 41.53 from 2006 and has won the veteran race now six times, and we are sure he will be back to win the open race again. In previous years the winning man or lady have received an oil painting of the Ponden valley by Margaret Pemberton besides their 'Crackerjack' style array of prizes, but Margaret has now retired, so Pudsey and Bramley artist, Shane Green, has used his talents to produce some fine etchings of the valley, which the first man and lady will receive.

Haworth GP Jo Buckle, along with Chris, was the recipient of an original Shane Green etching as she won the ladies' race in 44th overall in 51.21 with team mate Helen Fines, the British silver medallist last year over one and a half minutes behind. "I set off far too fast and was struggling towards the end. I would have liked to have beaten Shane Green like I did at the ALS, but I still was really happy to win as I really wanted this one. Last week I represented the North at the McCain

Cross Challenge in Cardiff and finished 5th which was pleasing, although I was a long way back from Charlotte Prudie the U20 European Cross Country Champion."

Three times the Soreen winner Helen Glover could only manage third, but did win the locals prize, while in fourth Yorkshire fells champion Aly Raw set a new FV40 record of 55.42 beating Suzanne Budgett's 2006 time of 55.53. The ladies of Ilkley won the team with Kelly Harrison, Sally Malir and Diane Haggard.

The only other record setter was in the MV70 category by the Bunny Run MV70 champ, Peter Covey, who took nearly two minutes off Lawrence Sullivan's 2006 record to finish in 64.18 with over half the record field of 410 left in his wake. In the keenly contested locals' trophy challenge race, Paul 'Crabbers' Crabtree finally got his hands on the trophy after last year training newcomer and team mate Christian Holmes to deny him the title.

A record 182 'Lean, Mean Squidgy Machine' junior runners enjoyed the delights of the twenty first Soreen Quarry Runs and the goodies on offer on the prize table as well as in the goody bags, but first they had to earn their reward by competing. This was a record turnout for all the Quarry Run courses, Stoop and Withins being the others, the previous best was 170 at the Withins last year, and the best previous Stanbury turnout was 144 in 2009, a far cry from the 5 and 7 juniors who turned out in 1995 and 1996.

From a field of 49 eager under 8s William Wigg took the honours from Edward Garner and Lewis Hodgson, part of William's reward was to start the senior race, in the girls' race Ella Atkins repeated her victory just like in the Stoop race just before Christmas. The mud flew off the heels of the 120 boys and girls in the combined U10, U12 & U14 race, the buzz here is electric, the noise of the tiny feet stomping up the quarry climb is deafening and is only surpassed by the enthusiasm of the mums, dads, grandparents, family and friends cheering. First back to the rapturous applause was U14 Lewis Byram who won last year, he was chased all the way by English U12 champ Seth Waterman, who has only just moved up age group, since last year he has won the Withins and Stoop U12 races. Third U14 was Emile Cairess, before they finished thick and fast, in fourth was GU14 Harmonie Waterman, then came the battle for first U12 with James Lund holding off Joshua Newbold by one second, but chasing them down was U10 winner Jimmy Burke. Not to be outshone by Lewis Byram, his sisters, Lucy won the GU12s and Erica finished second GU12. Alex Baker took the honours in the GU10 age group from Annie Brown and Beth Morley. U16 Annabel Mason is becoming a champion in the making, because over the Christmas period she won the ladies' senior prizes at Whinberry Naze and Giant's Tooth, and here she finished second overall and reduced her own course record by twenty seconds, the only athlete to get the better of her was U16 Stoop winner Sam Haggard.

The club with the biggest haul of prizes had to be Holmfirth Harriers who are fast becoming a force to be reckoned with under the watchful eye of coach Kath Farquhar and colleagues. Is there a budding Mark Buckingham, Natalie White, Matthew Pierson, Lisa Lacon, Helen Berry, Sally Haigh, William Styan, Geoff Hall or the late great John Taylor in the making? One thing for sure, Holmfirth are top of the pile! It's very rewarding to see juniors progressing through the age groups and especially brothers and sisters competing, keep it up, remember there's always

a goody bag no matter where you finish, but never share it with mum or dad unless they've run. Squidgy power to you all!!

A big thank you to Soreen for their enthusiastic support of these events.

Dave & Eileen Woodhead

1. C. Steele	Borr	42.30
2. S. Bond	DkPk	42.45
3. I Holmes O/40	Bing	42.51
4. G. Pearce	P&B	43.08
5. T. Adams	Ilk	44.03
6. D. Kay O/40	P&B	45.34
7. T. Brunt	Holm	46.07
8. J. Ross	StaffsM	46.19
9. N. Charlesworth O/40	Wharfe	46.53
10. S. Carey	Tod	47.14

VETERANS O/50

1. (29) S. Oldfield	CaldV	49.20
2. (45) B. Goodison	Abbey	51.24
3. (48) P. Taylor	Ross	51.37

VETERANS O/60

1. (166) B. Horsley	CaldV	61.21
2. (231) P. Jagan	Bing	65.47
3. (264) J. Towers	Ilk	68.16

VETERANS O/70

1. (207) P. Covey	Bing	64.18
2. (393) G. Arnold	Prest	89.07

LADIES

1. (44) J. Buckley	CaldV	51.21
2. (66) H. Fines	CaldV	52.57
3. (77) H. Glover	Kghly	53.54
4. (95) A. Raw O/40	Bing	55.42
5. (102) S. May	Tod	56.25
(139) S. Grant	Abbey	59.23
(247) M. Jagan O/60	CravEn	67.15
(291) V. Kerr O/50	Ilk	69.41

406 finishers

JUNIOR RACES

Under 8s - 0.5m/100ft

1. W. Wigg	Tod	3.22
2. E. Garner	Pendle	3.27
3. L. Hodgson	Unatt	3.32
(5) E. Atkins Girl	Pendle	3.42

46 finishers

Under/10s/Under12s/Under14s - 1m/150ft

Boys U/10

1. (8) J. Burke	Holm	7.07
2. (28) C. Durrams	Holm	8.09
3. (29) L. H'greaves-	Madhas	8.10

Girls Under 10

1. (74) A. Baker	Pendle	9.33
2. (76) A. Brown	Ilk	9.37
3. (77) B. Morley	Ilk	9.38

Boys Under 12

1. (5) J. Lund	Kghly	7.02
2. (6) J. Newbould	Wharfe	7.03
3. (14) K. Atkins	Pendle	7.34

Girls Under 12

1. (12) L. Byram	Holm	7.28
2. (18) E. Byram	Holm	7.40
3. (23) E. Sunman	P'stone	7.57

Boys Under 14

1. (1) L. Byram	Holm	6.22
2. (2) S. Waterman	Holm	6.32
3. W. Cairess	Bing	6.36

Girls Under 14

1. (4) H. Waterman	Holm	7.01
2. (13) O. Sykes	Holm	7.28
3. (15) S. Spencer	Holm	7.35

120 finishers

Under 16s - 2m/300ft

1. S. Haggard	Wharfe	12.05
2. A. Mason Girl	Wakef	12.09
3. D. Bulmer	Wharfe	12.19
4. R. Sykes Girl	Holm	13.30
5. J. Eyre Girl	Altrinch	13.31

13 finishers

BLAKES HEAVEN

Cumbria

AS/4.2m/1650ft 29.01.11

The conditions for the 4.2 mile 1700ft Blake fell race proved to be perfect with a hard frost overnight providing good running under foot, and sunny calm conditions.

There was a near record field of 93 runners competing for this first race in the local calendar ranging from 17 to 70 with 39 of those from the promoting Cumberland Fell Runners club.

The field was led from the start with Callum Gilhooley and Natham Thompson setting the pace for the first ¾ mile into the forest section.

Alan Bowness now running for Ambleside upped the pace after the compulsory route section to take the lead with only Callum Gilhooley able to hold on. Alan's superior fell fitness proved to be too much for Callum and Alan took the win just 23 seconds outside the course record in 31.47.

The course record proved to be no problem with the ladies' winner and reigning British Fell Running Champion, Pippa Maddams, who is in superb form taking a further 54 seconds of her own course record to finish in 9th position in 35.08 with team mate Julie Carter taking second position in 41.23 and ate Apps pushing Julie all the way to take 3rd overall just 6 seconds down in 43.29.

Nathan Thompson finished in a superb 7th position and highest CFR finisher with 34.57.

The vets' races were dominated by local runners with Brian Taylor MV40 and the MV50 race won by Jackie Winn.

Mike Walsh set a fantastic pace in the MV60 category to finish 24th overall, some 6 minutes ahead of his nearest rival. Local runner Pete Taylor, proved age was no barrier and set the pace to win the MV70 category ahead of Barry Johnson.

Sam Ayres set the pace in ladies' LV40 category, two minutes clear of 2nd placed Sharon Schofield, However, Jackie Casey coming home in 42.45 proved age was no barrier, showing younger runners the way to take a fine win in the LV50 category.

Chris Knowles

1. A. Bowness O/40	Amble	31.47
2. C. Gilhooley	DkPk	32.04
3. J. Ross U/18	StaffsM	32.56
4. B. Stewart	Holmf	33.07
5. R. Maddams	Kesw	33.28
6. R. McGrath	Ellenb	33.49
7. N. Thompson U/18	CFR	34.57
8. B. Taylor O/40	Ellenb	35.00
9. P. Maddams Lady	Kesw	35.08
10. M. Robinson O/40	DkPk	35.38

VETERANS O/50

1. (17) J. Winn	Ellenb	37.18
2. (22) P. Crompton	CFR	38.50
3. (26) B. Hodgson	Ellenb	39.34

VETERANS O/60

1. (24) M. Walsh	Kend	39.28
2. (54) D. Fell	CFR	46.02
3. (57) S. Johnson	HelmH	47.18

VETERANS O/70

1. (81) P. Taylor	CFR	53.04
2. (86) B. Johnson	CFR	56.37
3. (92) S. Watson	CFR	60.58

LADIES

1. (9) P. Maddams	Kesw	35.08
2. (33) J. Carter O/40	Kesw	41.23
3. (35) K. Apps	CFR	41.29
4. (39) J. Casey O/50	BlCombe	42.45
5. (40) J. Gillyon	Kesw	42.47
6. (43) C. Russell	CFR	43.16

93 finishers.