



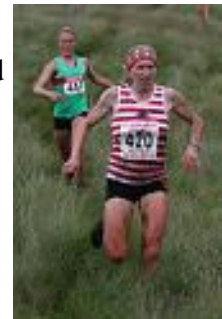
SheepSheet

December 2008



The 'alternative' FRA do

My first year as a Calder Valley team member could hardly have been more successful; team gold medals in the British and English Championships, and runner-up to Natalie White in the English individual. So I was looking forward to the presentation dinner dance, having attended twice before and watched others get their prizes. Driving my M-reg Mercedes van (known locally as the White Beast) has never been an enjoyable experience, but I was sure the 400 mile round trip from Gloucestershire would be worth it.



The author

To liven up the journey, and get in the party mood, I decided to sing along to Rod Stewart's Greatest Hits, undeterred by accusations from Mr Grumpy in the passenger seat that I would 'peak too soon'. As it turned out, it was the best part of the trip. Now, whilst Rod is famed for his gravelly voice, not even he could disguise the sound of a gearbox exploding into pieces at 65mph. If the extreme grating and banging was not enough to alert us to a problem, the plumes of smoke from the bonnet and acrid smell of burning gearbox oil was a real giveaway. Before I'd even had a chance to flick the hazard warning switch, I knew there was only one place the Beast was going - van heaven.

Although we were only in Stafford, I held onto a belief that we could perhaps get towed to Kendal; at least until I remembered I'd downgraded my RAC cover to roadside only. A very kind RAC man went far beyond the call of duty in towing us to the nearest breaker yard, giving Dave a lift to the train station, and taking me to Tesco to get something to eat. I particularly enjoyed my stale sandwiches, knowing that I'd paid £56 for 2 tickets and Jo 'who ate all the pies' Waites had already bagged my sticky toffee pudding!

So my alternative do consisted of partying in a lay-by in the rain for 6 hours doing Sudoku, enjoying the views of an overflowing rubbish bin and looking at the dress I never got to wear (£3.50 from the Cats Protection League shop). Dave eventually returned with the car and a piece of hose-pipe to drain the fuel tank. Several swigs of diesel later it transpired that the pipe was too short, so in addition to the van, we left the scrappy a 'tip' of 50-odd litres of fuel- and not even the red stuff this time! We loaded as much as possible until the dogs could only fit in by folding them up small, and headed home, arriving at 1.30am just as the do was probably ending. A grand day out!

However, it's not all bad news. I am taking this experience as a sign that I must try even harder next year to make up for it. So come on girls, let's train hard and race well and retain those titles in 2009!

Helen Fines

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Ruminations

I hope you have all had a good year on the fells. I guess you will be sitting over Christmas making your New Year resolutions to get fit again next year and go for those big challenges you haven't quite got round to yet; may your dreams come true. In order to help you do this there will be a regular feature on Training and Fitness in 2009 from our very own club coach, Graeme Woodward.

You can start off as you mean to go on with the Giants Tooth run on 1st Jan, now being organised by Chris & Catherine Smale of Todmorden Harriers (who have taken over from Allan Greenwood).

If you know of any 'wannabe runners' then please encourage them to come along to our 'come and try it' session on Tuesday 13th January.

As the girlies have set a trend for cakes after races (to replenish all the carbo and restore tired muscles of course), we have a new Recipe Corner 'Porters Pantry' with an item from Jason Stevens, so come on guys get baking. Alternatively you could stick with the new varieties of Kendal Mint cake featured.

I hope you will enjoy the Runner Profile featuring Karl Gray, you may just find out something you didn't know about him.

There will be a regular 'Lambstales' section too, featuring the exploits of our junior runners; so come on get those articles to me and send your photos in too.

I hope you will enjoy my first edition as editor of Sheep Sheet; it is a hard task following the efforts of Thirza and Ben over previous years. I have started to make a few changes already, but if you have any ideas or comments then do let me know. Most of all keep those race reports and articles coming; without them there would be no newsletter. Please email to ckenny@lancswt.org.uk.

Wishing you all a very Happy Christmas and a healthy and injury free New Year.

Clare Kenny

Dates Pen-ding.....

December

- 14.12.08 Calderdale Way Relay
27.12.08 Coley Canter (org. Karl Gray)

2009

- 01.01.09 Giants Fell race (Chris Smale)
11.01.09 Todmorden Score event
13.01.09 'Come & try it' session
20.01.09 **Thirza's 50th birthday run and do!**
05.02.09 Pennine Bridleway Relay
24.02.09 Night Score event
06-07.03.09 High Peak Marathon

Vasque Series

- | | | |
|----------|---------------------|--------|
| 01.03.09 | Wye Valley | Short |
| 22.03.09 | Wuthering Hike | Short |
| 18.04.09 | Calderdale | Medium |
| 25.04.08 | Highland Fling | Long |
| 09.05.09 | Fellsman | Long |
| 16.05.09 | Marlborough Downs | Medium |
| 05.07.09 | Osmotherley Phoenix | Medium |
| 01.08.09 | Lakeland 50&100 | Long |
| 08.08.09 | Dark & White | Short |
| TBC | Sept Pumlumon | Short |
| 20.09.09 | High Peak 40 | Medium |
| 03.10.09 | Long Mynd | Long |
- www.runfurther.com

Social

- 24.01.09 CVFR Dinner & Dance, MCC
tickets £15 from Jo Waites

English Championship races 2009

- Sat 7th March Half Tour of Pendle (Medium)
Sat 6th June Carding Mill (Short)
Sat 20th June Tebay (Medium)
Sat 11th July Wasdale (Long)
Sat 29th Aug Dent (Short)
Sat 10th Oct Langdale (Long)

British Championships races 2009

- Sat 4th April Slieve Bernagh (Short)
Sat 2nd May Stuch O'Chroin (Long)
Sat 20th June Tebay (Medium)
Sat 1st Aug Y Garn (Short)

LDWA events

- 03.01.09 The Hebden, Mytholmroyd
10.01.09 The 26th Tandem, Goathland
11.01.09 Two Crosses circuit, Tottington
17.01.09 The Crooked January Jollies, Crook
25.01.09 That's Lyth, Kendal
07.02.09 Rombald's Stride, Guiseley
14.02.09 Anglezarke Amble, Rivington
28.02.09 Myrtle Meander, Bingley

CVFR Trips

- 04.04.09 Ireland - Youth Hostel w.e
July09 Skyrace, Italy
4-day event with numerous races taking place
and 30km fell run on Sunday. More details
from Jo Waites when available.

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Committee Meetings: 13.01.09 and 03.03.09 Shoulder of Mutton 8.30pm All Welcome
If you have any questions to raise come along or email the Secretary prior to the meeting.

Gambolling (Race Results)

August

Borrowdale 2.08.08 AL			
Pos	Name	Club	Time
1	S Booth	Borrowdale V40	2.49.50
11	Karl Gray	M	3.06.06
25	Adam Breaks	M	3.17.26
29	Shaun Godsman	M	3.22.28
71	Jason Stevens	M	3.38.40
99	Helen Fines	F	3.43.21
136	Anne Johnson	F40	3.58.28
189	Rob Sharratt	M	4.10.44
236	Martin Huddleston	M	4.27.32
328	Celia Mills	F40	4.49.28
345	Jackie Scarf	F45	4.56.16
359	Allan Greenwood	M45	5.05.40
373	Stewart Gardner	M55	5.11.00
376	Thirza Hyde	F45	5.14.40
380	John Nunn	M45	5.20.18
395	Tony Steward	M55	5.30.56
400	Joanna Porter	F	5.31.38
401	Darren Sugden	M	5.31.39
410	Dave Beston	M50	5.40.03
420 runners			

Crow Hill 05.08.08 BS

Pos	Name	Club	Time
1	Karl Gray	M	30.34
4	Adam Breaks	M	33.04
8	Bill Johnson	M40	34.31
11	Johnnie Moore	M40	35.22
18	Steve Pullan	M	36.50
19	Chris Godridge	M	36.53
20	Mark Chatterton	M	37.08
29	Reece Spurr	M	39.27
32	Johnnie Watson	M	40.30
37	Tim Hayles	M	41.11
41	Dave Culpan	M40	42.06
44	Martin Whitehead	M50	42.52
49	Claire Hanson	F	44.24
53	G Woodward	M40	49.04
61 runners			

Golf Ball 06.08.08 BS

Pos	Name	Club	Time
1	Andy Buttery	RossM	37.42
7	Alex Whittam	M	39.40
140 runners			

Teggs Nose 09.08.08

Pos	Name	Club	Time
1	M Fowler	Ches. HR	M40 55.23
14	A Johnson	F40	65.41 1 st Lady

Sedbergh Hills 17.08.08 AL

Pos	Name	Club	Time
1	Darren Kay	Hor M	2.23.34
36	Bill Johnson	M40	2.44.34
48	Andy Fleet	M	2.48.50
68	Gayle Sugden	F	2.55.51
102	Jon Underwood	M	3.06.33
143	Darren Sugden	M	3.21.40
146	Lee Shimwell	M	3.23.43
158	Tony Steward	M50	3.32.40
166	Dave Culpan	M40	3.40.39
174	John Nunn	M40	3.45.47
184	Clare Fothergill	F	4.00.03
185	Philip Jones	M50	4.01.05
189	M Whitehead	M	4.06.41
206 runners			

Round Latrigg 20.08.08

1	R Lightfoot	Ellenbor'M	30.36
69	Sue Mitchell	F40	44.08

Burnsall Classic 22.08.08

Pos	Name	Club	Time
1	Ian Holmes	V40 Bingley	14:39
3	Karl Gray	M	15:01
41	C Godridge	M	19:32
43	Reece Spurr	M	19:48
110 runners			

Pendleton 30.08.08 AS

1	T Addison	Helm Hill	36.43
17	A Fleet		41.28
137 Runners			

September Results

Ben Nevis 06.09.08 AM

1	Roc Agustí	FSA	01:29:12
2	Jebb Rob	Bingley	01:29:25
15	Breaks Adam	CVFR	01:41:00
71	Fleet Andrew		01:56:40
236	Pemberton Gareth		02:19:42
338	Horsley Brian		02:40:04
344	Nunn John		02:40:38
379	Bradley Tony		02:49:54
442 Runners			

Shelf Moor 07.09.08 AS

Pos	Name	Club	Time
01	Dave Taylor	DPFRV40	46.39
16	Graham Hill	V40	54.07
66 runners			

Gambolling cont'd.....

Grisedale Horshoe 06.09.08 AM

Pos	Name	Club		Time
01	Jonny Bland	B'dale	M	2.05.28
02	Jo Blacket	Dk Peak	V40	2.05.34
14	Jane Reedy	Ambleside	F	2.32.48
57	Tony Steward		V55	3.20.42

77 runners

I decided the night before to do this race as its one that I had never done and had heard it was a great route and challenging as well. Overnight the rain was heavy with high winds and the road to Patterdale was flooded in sections with branches in the road so I anticipated an interesting run.

The start from Glenridding village hall goes past Gillside camping area to Rattleneck Bridge and then the first climb up alongside Mires Beck to Birkhouse Moor and then across the top to Red Tarn where the clag was waiting for me. A steep climb up to the Catstye Cam checkpoint follows and then a rocky path across Swirral edge where I met some runners coming in the opposite direction! I assumed they had overshot Red Tarn before starting their climb. The rocky climb then drops down to Helvellyn where a mixture of clag, gale force winds and rain meant I was running at an angle over Helvellyn to stop being blown over. I stuck to the main path round Nethermost Pike, High Crag and on to Dollywagon Pike and down to Grisedale Tarn.

Other runners had left the descending main path earlier than me as I could see them just emerging from the mist on the valley floor. A "hairy" crossing of Grisedale Beck (river!) followed by the ascent of St Sunday Crag and the search in the clag and hailstones for the descent point at Blind Cove was next. Normally at the bottom of the descent from St Sunday Crag you go straight across the valley floor re-crossing Grisedale Beck via a bridge.

This year it was out of bounds due to a dispute with a farmer and so a left turn back up the valley to another bridge was required which added just over a mile to the normal 10 mile course. The final climb as anyone knows who has done it is quite severe (hands and knees in my case!) before a descent down the side of Mires Beck to the finish outside the village hall and lots of food!

This race was one of the highlights of the 2008 fell running year for me (together with Blencathra and Borrowdale) and one I will certainly revisit if these old legs of mine can keep going! (74 finishers out of 77 starters) **Tony Steward**

Half Yorkshireman 14.09.08

Pos	Name	Club	Time
1	Karl Gray	M	1.38.14
2	Ben Mounsey	M	1.41.38
9	Stephen Smithies	MV40	1.54.01
16	Adrian Muir	MV40	2.02.04
39	Christopher Godridge	M	2.10.19
41	Steve Hunter	MV40	2.11.39
52	Darren Sugden	M	2.14.47
54	Stephen Grimley	M	2.15.15
58	Martin Whitehead	MV50	2.18.32
61	David Culpan	MV40	2.19.26
64	Linda Crabtree	FV40	2.20.47
80	Tony Steward	MV50	2.25.23
84	Carl Greenwood	MV40	2.26.20
90	Jeremy Wilkinson	MV40	2.29.30
181	Mick Banks	MV50	2.42.07
183	Gail Tombs	FV50	2.42.11
223	Dave Beston	MV50	2.49.49
307	Rose Carnochan	FV40	3.06.03
347	Kay Pierce	FV6	3.15.25

411 runners

Padfield Plum Fair Scamper 14.09.08

Pos	Name	Club	Time
1	C Birchall	Leeds M	35.26
14	Andy Fleet	M	42.27
18	Sally Newman	LV40	43.14
45	Steve Garner	V50	52.41

61 runners

Lantern Pike 20.09.08 BS

Pos	Name	Club	Time
1	S Vernon	Stockport M	30.30
25	Andy Fleet	M	38.14
43	Sally Newman	L45	40.36
158	Steve Garner	V50	49.14

267 runners

Simonside 20.09.08 BM

Pos	Name	Club	Time
1	N Swinburn	Northumberland	47.12
45	Sue Mitchell	LV40	70.13 2nd L

Three Shires 20.09.08 AL

Pos	Name	Club	Time
1	Ricky Lightfoot	E'oro M	1.57.23
225	Mike Wardle	M50	3.01.27
283	Linda Hayles	L50	3.22.37
299	Neil Croasdale	M60	3.36.10

319 runners

Gambolling cont'd.....

Good Shepherd 20.09.08 BL

Pos	Name	Club	Time
1	J Logue	HorwichV40	2.02.45
12	Bill Johnson	V40	2.18.49
15	Jonathon Emberton	V40	2.23.49
22	Naomi Sharratt	L	2.26.40 1 st
26	Chris Godridge	M	2.29.18
32	Nick Murphy	V50	2.35.33
34	Lee Shimwell	M	2.37.51
36	Alex Cornish	M	2.38.43
37	Rod Sutcliffe	V50	2.39.15
40	Jackie Scarf	LV40	2.41.55 3 rd
41	Darren Sugden	M	2.41.56
43	Helen Lambert	L	2.43.26 4 th
60	Stephen Grimley	M	2.52.04
61	Karl Robertshaw	M	2.52.53
62	Tony Steward	V50	2.53.06
74	John Nunn	V40	3.12.30
83	Mick Banks	V50	3.33.31

90 runners

The 90 runners that lined up for this classic Calderdale race took their starting orders from the race organiser's pet border collie Jess and set off in brilliant sunshine. A stiff climb through a nature reserve, followed by a trek across the moor to Stoodley Pike, preceded a stretch of heather bashing on the way to the Cloven Stones checkpoint. Race leader and clear winner James Logue defied convention and became the first runner in the race's history to deviate from the recommended route of following the conduit to cross the Pennine Way down to Mankinholes. Instead, James opted for the "down and up" route; down on a good line through some horrible terrain to Withens Clough and then back up to Withens Gate. The marshalls were so surprised by his route choice that by the time the information had been fed back to race HQ the 'official' story was that James's wife was about to give birth and he, having received the news en-route, had abandoned the race and set off for home.

All the runners (including James) then faced the long slog back up to Stoodley Pike, followed by thigh high mud at Sunderland Pasture, good running to Cragg Vale, before the final ascent to Robin Hood Rocks and then a fast run back to Mytholmroyd, where sandwiches and soup were rewards for their efforts. James Logue (Horwich) was first Man and first Vet and long race specialist Naomi Sharratt (Calder Valley) took the honours as first Lady.

Mercia Men grabbed the beers and Calder Ladies the chocolates. Willem Projieen was first overseas runner having flown in from Holland just to do the race! Over five hundred pounds was raised for Rainbow House and everyone seemed to enjoy the day. Hope to see you all and some more of you next year. Jason, Jo (and Jess)

Scafell Pike 27.09.08 AS

Pos	Name	Club	Time
1	S Bond	Tommy's Fell Stars	1:04:52
14	Andy Fleet		1:13:39

71 runners

Thieveley Pike 27.09.08 AS

Pos	Name	Club	Time
1	Ben Mounsey	M	30.41
2	Shaun Godsman	M	30.53
3	Alex Whittem	M	32.39
17	Steve Hunter	M	38.21
34	Lee Shimwell	M	40.51
39	Tom Hayles	M	41.40
41	Carl Greenwood	M40	42.20
42	Sharon Godsman	L	42.34
45	Mike Wardle	M50	43.25
51	Graham Lloyd	M45	44.02
52	Martin Whitehead	M50	44.05
74	Neil Croasdale	M60	48.33
77	Linda Hayles	L50	49.10

91 runners

Whernside 27.09.08 BL

Pos	Name	Club	Time
1	M Speak	Knivesmire M	1.26.18
52	Chris Godridge	M	1.53.51
98	Karl Robertson	M	2.05.26
123	Dave Beston	V50	2.13.37
124	Dave Culpan	V40	2.13.49
156	Mick Banks	V50	2.34.55

172 runners

October results

Long Mynd Hike 4.10.08 50m Ultra

Pos	Name	Club	Time
1	Andy Davies	Mercia	8hr 23m
15	Jonnie Moore		10h 52m
43	Clare Kenny		12h 57m

288 runners

Gambolling cont'd.....

Bronte Way 05.10.08

Pos	Name	Club		Time
1	L Athersmith	Bingley	M	53.43
3	Gary Oldfield		V40	57.13
86	Jackie Scarf		V45	76.37
129	Mick Banks		V55	85.43

169 runners

Breiddens 12.10.08 AM

Pos	Name	Club		Time
1	Tim Davies	Mercia	M	54.46
54	Paul Atkinson		V45	79.10

104 runners

Summit 26.10.08

Pos	Name	Club		Time
1	Chris Smale	Todmorden	V40	29.47
8	Dave Beels			34.34
14	Martin Huddleston			36.57
18	Karl Robertshaw			38.57

36 runners

Withins 26.10.08 BM

Pos	Name	Club		Time
21	Graham Hill		V40	55.01
48	Chris Sylge(?)		V40	58.06
53	Nick Murphy		V50	58.19
54	Paul Biddulph		M	58.24
91	Stephen Grimley		M	61.44
104	John Hazell		V40	63.16
109	Craig Worley		M	63.54
112	Charlie Boyce		V40	64.42
131	Dave Beston		V50	67.33
133	Darren Talbot		M	68.06
147	John Wallace		V40	69.58

180 runners

November results

Great Whernside Fell Race 1.11.08.

Pos	Name	Club		Time
11	Andy Fleet		U23	38.01
65	Philip Jones		V50	49.55

89 runners

Wreckin Wrecker 2.11.08

Pos	Name	Club		Time
1	M James	Shrewsbury	M	56.39
12	Jonnie Moore		V40	67.56

111 runners

Roaches 09.11.08 BL

Pos	Name	Club		Time
1	Andy Davies	Mercia	M	2.04.55
143	Celia Mills		F40	3.13.15

221 runners

15th Nov Tour of Pendle

Pos	Name	Club		Time
1	Graham Pearce	P&B		2.25.43
46	Anne Johnson		F40	3.01.54
50	Steve Hunter		M	3.03.54
52	Rob Sharratt		M	3.04.12
57	John Attey		M	3.05.28
83	Will Stiegler		M	3.20.41
93	Mike Wardle		V50	3.20.41
113	Stephen Grimley		M	3.30.56
150	Martin Whitehead		V50	3.49.22
155	Dave Culpán		V45	3.51.01
159	Carl Greenwood		V40	3.52.47
165	Graham Lloyd		V45	3.59.36
176	Tony Steward		V55	4.12.57

185 runners

Drogo 10 16.11.08

Pos	Name	Club		Time
105	John Marshall	CVFR	MV45	1:23:18

416 runners

Rivock Edge 23.11.08

Pos	Name	Club		Time
1	Owen Beilby	Wharfedale	M	50.20
96	Philip Jones		V50	74.07

114 runners

David Staff Memorial 30.11.08

Pos	Name	Club		Time
1	Ben Fish	Blackburn	M	31.29
2	Alex Whittem		M	34.44

148 runners

Winter Score Event 23.11.08

What a great event put on by Bill and Anne! If it becomes any more popular you guys are going to have to get a bigger house! The day started with rain, sleet and strong winds but the sun soon came out and the Ogden, Wainstalls and Midgley areas were soon scattered with runners. Bill used all his cunning to hide 22 controls, and gave us 3 hours to find as many as we could. The orienteers really shone, with James Logue collecting an unbelievable 19 controls to amass a total of 300 points. Jon Emberton wasn't far behind with 280 points from 15 controls, but was penalised 10 points for being late back. Jackie Scarf took the ladies victory with 200 points.

Back at Bill and Anne's we were warmed back up with Anne's fantastic chilli and sumptuous cakes. Thanks for putting on a brilliant event and letting a bunch of smelly, dirty runners take over your home. I'll definitely be back again next year!

Jo Porter

Gambolling (Race Results)

December results

Bolton by Bowland 07.12.08 CM

Pos	Name	Club	Time
1	T Cornthwaite	B'Burn	45.51
39	Chris Standish	M	38.03
83	Dave Culpan	V45	67.25

116 runners

The fourth win for Tom Cornthwaite although the 1989 record remains intact. Very cold and icy with treacherous conditions underfoot.

Tanky's Trog 07.12.08 Category BL 21.5 miles 3750 ft ascent

Pos	Name	Club	Time
1	Matt Hulley	Dk Peak	M 3.14
2	John Boyle	Dk Peak	M 3.16
23	Nicky Spinks 1st Lady	Penistone	FV40 3.46
96	Clare Kenny		FV40 5.02
97	Tony Steward		V50 5.10
113	John Nunn		V50 5.17

This race starts at Marsden and finishes at Edale so transport arrangements need to be worked out and my wife Kay volunteered to do the driving (a little begging goes a long way!). A very frosty night persuaded me to wear trail shoes for my first attempt at this event as I anticipated the running surface would not be too boggy and there are a lot of stone flags in different sections to run on. Unfortunately I forgot they would be covered in ice on the day and so ended up running in the grass alongside them where a lower profile fell shoe would have been much more useful.

The navigation from Marsden up Kirklees way (part of the Autumn Leaves race route) past the Wessenden Reservoirs, over the A635 road and up to Black Hill is very straightforward. I left the PW just after Black Hill descending to and crossing Crowden Little Brook to pick up a good track that led down to Crowden. I had reccied Bleaklow and Kinder prior to the race but there was no snow on the ground when I reccied Bleaklow and it looked a lot different on the day! There are many routes available over Bleaklow and I stuck to what is probably the main one which involves following the PW for a section and then leaving it at Wildboar Grain to cut out an obvious loop on the map rejoining it later just past Hern Stones.

There is another option a little further on the PW to either continue to the A57 Snake Pass or leave it earlier and descend down Upper North Grain joining the Snake further down and in effect cutting a corner which I tried. The surface was not the best though with frozen snow not supporting my weight and that section took a lot out of me I felt. A slightly intimidating section follows running down the Snake Pass with the traffic flashing past you till you cross the river Ashop just after the Snake Pass inn. There is an initial climb here up Gate side clough where I went straight up to Seal Stones picking up the path then to Blackden but again there were many choices with others cutting directly across to Blackden Brook and following it up for example. Finally there is a short crossing of Kinder and then a steep descent to the finish at the Rambler pub in Edale. Up to Bleaklow I had constipation having not passed anything but I picked up a few places over Bleaklow and more on the descent to Edale. A bottle of "Rescue Ale" was presented to all finishers along with the sandwiches, soup and tea. 141 finished.

Tony Steward



Gambolling cont'd.....

Gold Coast 15k Road Race, Hong Kong 9.11.08

With a 3 day stopover in Hong Kong on my Australia trip I contacted the HK road runners to see if any races were on, whilst I was there. My contact told me I was in luck with this race. Strictly pre-entry I had to enter quickly. The guy promised me my race number, chip and shuttle bus ticket would be waiting for me at my hotel when I arrived and I would pay the entry fee on the morning of the race.

True to his word, when I arrived everything was waiting for me. We arrived in HK Friday evening and the race was Sunday morning so not much time to acclimatise.

Sunday morning I was up early to catch the shuttle bus out of the city, through Kowloon and to Ngau Kok Wan (or something like that anyway!) about 10 mile out of city.

The first 1km of the race was uphill, with a very narrow start. Using my fell running experience I stuck my elbows out a bit to give myself some room. One diminutive Chinese guy showed a lack of 'running etiquette' darted straight across my path, I shoved him and he hit the deck ! (don't mess with English fell runners!)

The rest of the course was entirely flat, run on a private road owned by the Hong Kong Water Board. Marvelous views across the bay with two very impressive suspension bridges, Tsing Ma and Ting Kau.

My finish time was 1.12, nothing special but it was very hot. I was, however well pleased to finish well up the field 203rd out of 1,400.

A well organised affair, I was rewarded with a well filled goody bag and a good tee shirt.

Dave Beston (Press Officer)



Frolicks on the fells - Shepherd's Skyline - 8.11.08

Shepherds Skyline 08.11.08 BM

Pos	Name	Club	Time
1	Ian Holmes	Bingley	V40 42.31
2	Ben Mounsey		M 43.15
3	Karl Gray		M 43.48
6	Alex Whittem		M 45.08
7	Adam Breaks		M 45.51
16	Jason Stevens		M 48.59
28	Bill Johnson		M40 49.45
29	Stephen Smithies		M40 49.51
33	Chris Mawdsley		M40 50.27
38	Simon Bourne		M40 50.59
41	Andy Fleet		M 51.03
45	Mark Goldie		M40 51.41
47	Jo Waites		L 51.53
48	James Williams		M 52.26
49	Robert Sharratt		M 52.32
50	Steve Hunter		M40 52.38
63	Graham Hill		M40 53.52
84	Anne Johnson		L40 55.23
86	Paul Biddulph		M 55.44
88	Lee Shimwell		M 55.49
94	Rob Rawlinson		M 56.33
95	Alex Cornish		M 56.34
122	Nicky Murphy		M50 57.50
139	Tim Brooks		M 59.18
141	Carl Greenwood		M40 59.27
142	Tim Hayles		M 59.29
152	Allan Greenwood		M40 60.23
157	Keelan Serjeant		M 60.38
165	Martin Huddleston		M 61.06
168	Mark Wardle		M50 61.24
178	Graham Lloyd		M40 61.52
182	Jackie Scarfe		L40 61.58
188	Stephen Grimley		M 62.23
199	Clare Kenny		L40 63.02
200	Stewart Gardner		M50 63.03
201	Darren Sugden		M 63.08
209	Craig Worley		M 63.56
211	Claire Hanson		L 63.58
212	Jeremy Wilkinson		M40 63.58
214	Martin Whitehead		M50 64.02
216	Linda Crabtree		L40 64.15
218	Joanna Porter		L 64.29
238	Alastair Whitelaw		M40 66.12
244	John Nunn		M40 66.55
256	Dave Culpan		M40 67.50
298	Mick Banks		M50 70.46
301	Gail Tombs		L50 70.49
363	runners		

Stoodley Pike 8.07.08

Pos	Name	Club	Time
1	Danny Hope	P&B M	18.55
6	Alex Whittem	M	20.15
8	Jason Stevens	M	20.44
15	Steve Smithies	MV40	21.12
19	James Williams	M	21.47
28	Mark Goldie	MV40	22.25
33	Jon Moore	MV40	22.37
36	Jon Emberton	MV45	22.56
39	Gary Hodgkinson	M	23.23
49	Gaz Pemberton	M	24.08
50	Steve Pullan	M	24.10
57	Anne Johnson	LV40	24.20
62	Lee Shimwell	M	24.37
63	Nick Murphy	MV50	24.38
73	Chris Godridge	M	25.14
86	Keelan Sargeant	M	25.34
104	Helen Allcock	LV45	26.15
105	Jackie Scarf	LV45	26.18
110	Johnnie Watson	M	26.34
119	Ben Davies	M	26.48
121	Graham Lloyd	MV45	26.50
135	Clare Kenny	LV45	27.24
139	Dave Culpan	MV45	27.32
141	Thirza Hyde	LV45	27.40
154	John Nunn	MV45	28.11
159	Jo Porter	L	28.21
160	Allan Greenwood	MV45	28.23
172	John Riley	MV55	29.09
182	Louise Evans	L	29.54
198	Mark Etherington	MV60	33.04
216	runners		



Dave Culpan

Frolics on the fells - Shepherd's Skyline - 8.11.08

What is it about this race that makes it so popular? Last year it attracted 235 runners and this year a whopping 363! We ended up parking in Todmorden, well not really, but we might as well have! It was a warm up run just to get to the pub to register and as I approached the start line I made a mental note to try my hand at road running, surely a far less commercial sport in comparison!

With the crowds also came the top runners. Those familiar names that send a shudder down any runner's spine... Ian Holmes, Gary Devine, Graham Pearce, Andy Wrench and not to forget our very own Karl Gray, Adam Breaks and Alex Whittam! This was all set to be another classic.

I was already making excuses as per usual, the old favourites, 'I've not trained much' and 'my legs hurt'. I'd also been ill following the British relays- honestly! I really had and it was made all the worse when Mark 'put the bloody pressure on' Goldie said he'd bet Shaun that I would beat Holmesy! Not sure what Mark smokes for breakfast but I quickly laughed off that ridiculous assumption and made up more excuses. At this point I started limping just in case I had a bad run.

Anyway, after a quick warm up and a few mental words with myself we were off. Too late for negative thinking now, best try and win Mark his quid- I wouldn't want to see him out of pocket. So I just went for it. Full on sprint up the first ascent. I was bricking it thinking that Holmsey would be right behind me and breathing down my neck and to my surprise I had actually built up a pretty big lead. At this point I felt like I was running for my life. A bit like a bloke in a film who is being chased by some mad tribe with spears. My only hope was to hold on and try to settle into the race.

As we turned at the top of the hill we began to run across the skyline, I had a quick glance and Holmsey had started to creep up on me. Clearly he'd begun to read his script. It was heavy running too, the ground was very wet and my shiny new Inov8 talons were covered in mud. However, their condition was by far the last thing on my mind, 'keep going' I thought... 'it'll get easier'- yeah right! As I was leaping over rock after rock I somehow caught my foot and fell face first on the ground. In a flash I suddenly found myself in second place and chasing a Bingley vest all the way to Stoodley Pike. It was at this point I remembered that I was sandwiched in between the two best descenders in the country, Holmsey in front and Mr Gray just behind. Talk about pressure! Luckily I framed myself and didn't lose anything going down but I was breathing heavily on the short recovery on London Road and feeling totally knackered!

The big climb back to the skyline is really tough. Apart from all the mud it's just a real hard slog all the way to the top and I was really feeling it by the time I'd got there! By this point Holmsey had worked up a commanding lead and my aim now was to secure second place and to hold off Karl. Not the easiest task I can assure you! The last mile seemed to last forever and the finish always felt like being around the next corner. It wasn't till I could hear the screams of delight (mainly from Thirza! Mrs Calder Valley) that I knew I was close.

It was pure relief when I crossed the finish and I was really chuffed with my second place! Not only did I not have to use an excuse for under performing, I'd also beaten Karl, something that doesn't happen very often to anyone! (As you all already know!). I was also really pleased for the team. Karl, Alex and Adam all had excellent runs and we stormed to the team prize in both the men's and women's team categories! Jo Waites had won the women's race for a record 4 times in a row! A fantastic achievement!

So it was a red and white day all round and the only downside was losing Mark a quid. Sorry mate, I'll buy you a beer at the next race to make up ☺ At least you had faith in me though, that bloody Shaun can buy his own!



Ben Mounsey

Profile: Karl Gray

How did you get into running?

Working with Dave Hyde (Thirza's husband) at the Calderdale Royal Hospital. He loved the sport and I was looking to get fit for football. Having done a few runs with Dave, I was hooked! It was Dave who first recognised my potential & who started giving me training tips.

When did you move towards the championships and why?

Doing championship races was a natural progression. Firstly I started trying to stay with better runners on club runs. Then getting race experience in low key local races & again picking better runners to try stay with. Once I began to do well, national races were the next challenge!

Apart from the Championships, what else did you get up to in 2008?

2008 started amazingly well, the Trog, Mourne mountains & 3 peaks were probably the highlights. I became the 20 mile Yorkshire road champion at the Spenborough 20 (Yes! A road race... preparation for the peaks!) A mid season injury & post peaks fatigue saw a dip through May & June. Got my form back late summer just in time to JUST keep up with Ben and 'shoe' at the Relays. Also had a fantastic weeks cycling in the Alps in July!

How is fatherhood treating you and what were your intentions at the start of the year?

Fatherhood is my single best achievement, its fantastic! Not the best for scheduled consistent training though (Ask Andy Clark!). It just means that you have to take opportunities to train when you can & make the most of 30 mins here and an hour there. Think I've achieved my individual goals this year, but a little disappointed with not completing the English Champs.

So, do you think you can build on your success? What plans do you have for 2009? As Captain, I want to develop the Mens team further, as we have lots of talent & potential in the club. Team goals are a top 5 in the British or/& English Champs & also an FRA Relay medal! Individually? Yes I think there is more to come.

Do you have any ambitions towards other challenges, records etc?

Yes, but I want to focus on the Team & Championships for now.

What motivates you and how do you find the time to train?

Motivation is simply to try & improve. Improving means training harder, so I'll run to work & back or get out early before the family are up. Other training & races comes through negotiation, brownie points!

Do you have any top tips for those just setting out in Fellrunning?

Build your training gradually, be patient for improvements & above all else... enjoy it!

Do you listen to music when running or training - if so, what's the favourite groove?

I'm a bit of a technophobe & struggle downloading music, so just tend to listen to the radio on my Sony. By the way when training hard, music is just a distraction, best on long steady runs to take your mind of the miles.

Who has influenced or motivated your running or it is all self motivated?

An individual sport like running has to require a lot of self motivation. However, you have to be confident in the mountains! Therefore, time spent training and doing recce's with Andy Clark, Greg and Steve Houghton, Mike Wardle, Jon Underwood, Rod Sutcliffe (the list goes on) have been invaluable in my development.

Is there anything else you would you like to see from the Fellrunning Association? Haven't thought about it and have no thoughts on this at the moment.



English Championships



Gail collecting her medal

I can't quite recall when, but towards the end of 2007, that Thirza (in her forthright way!), suggested that I should "seriously" consider competing in the 2008 English Championship races.

"You will probably have a fair chance of medalling in that old bats –er – V55 category, but you'll never beat Wendy Dodds though....." she reasoned.

Well, it has to be said, I hadn't considered this idea at all, although I had entered the 3 Peaks race as it was THE special year and I thought I could go much better than my time in the 2006 race. !" Thirza pressed relentlessly.

No pressure there then, as they say..... so I thought I'd do it.

First mistake (being a bit green about the gills in this area) was missing out on entering Black Combe before it filled up. However, still loads of opportunity to do the required number of races and score in each category. Next up was the 3 Peaks and I hit the right spot on the day, securing a healthy 9 points to kick off the campaign and knocking 20 minutes off my PB.

Quite a time then, 2 months, before the next counter at Blackstone. I entered a couple of races in France in early June and was running well, but on my return home, unfortunately developed a painful problem in the right hip, triggering off other problems which dogged the other Championship races.

At Blackstone Edge, WD was seen to arrive in spectator- mode with her arm in a sling (Thirza got the low-down on that one). However, apparently she completed all the other races with fresh pins inserted into her shoulder, so a flaky leg didn't seem too disastrous. Thanks to Simon, I managed to make the start line each time. He must have spent hours icing, warming up and massaging bits of leg over the weeks; and he chauffeured me to all the venues too!

The Agricultural Show at Dufton, one of the very few shows to survive the travesty of the summer weather, provided a super setting for the last race, and would determine the outcome of the series placings. Sadly, I couldn't manage any speed other than slow, and when I passed Jo sitting on the pathside towards the end I genuinely thought she'd well finished and was tracking the "tail –end Charlies"! Coming in 200m before the funnel, a somewhat desperate late surge got me past a V60 to finish a handful of seconds in front of her. It was only on immediate post- race analysis of the then current standings, I realised how crucial that action had been, as it secured me the Silver medal by the slimmest margin of one point!

We attended the FRA Presentation dinner in Kendal's Castle Green Hotel, where Thirza had gone to town creating a special celebratory atmosphere by decorating the Calder Valley table with Party streamers, (weird) balloons and an assortment of glittery things. It was a great feeling to be sharing the occasion with our glorious Golden girls who collected their spoils, with Sally beating a path back and forth to receive her individual medal haul.

We all had a great time, dancing till the band stopped and drinking far too much!

Thanks for your "prompting" and continued support, Thirza. As she will be fresh into the V50 category for the 2009 Champs, I can now say to her: "Go for it girl!!" **Gail Tombs**

The Vasque series (formerly Montrail)

On a Todmorden Harriers Bat run late 2007 I was invited to join the Kryptonettes team; I started well with a steady run at Wuthering Hike, 5th followed by 3rd at the Manx Mountain Marathon. Flushed with these successes I went out hard at the Calderdale hike and secured first place with the help of Julian Brown to pace me over the final section. However, those new orthotics did my knee no good whatsoever and resulted in months of road cycling and little running at all.

As October approached I was still dithering about attempting the Long Mynd Hike to complete the series. With my name still on the leader board temptation got the better of me and having completed the Yorkshireman and the RAB MM I felt set to 'give it a go'. I felt quietly confident, despite thinking that 50 miles sounded a hell of a long way, but with no-one to share transport with and give me a kick up the bum by Saturday any such confidence had evaporated and I felt very much like a novice.

Marking up maps on the train to Church Stretton was an indicator of my lack of preparation, but then sometimes ignorance is bliss. With warnings about strict kit checks I arrived with 3 of everything and was relieved when my rucksack, minus superfluous items, reached manageable proportions. Johnny Moores was there offering encouragement, it was good to see a friendly face.

In the start field I encountered the handful of people I knew amongst the several hundred I didn't and was happy to start off very steadily chatting to Chris Armour and Mike Pope about their Ironman exploits, which somehow put the event into context.

CP3 and that 'Gin & Orange' must have done the trick as I suddenly felt an injection of pace was in order and started picking people off on the way to Pole Bank CP4. I soon caught up with Anne Wade and proceeded to motor along to Bridges CP5 and a welcome cup of tea, which powered me up to Stiperstones CP6 catching up with Long Mynd Hike veterans giving tips on route choice. Fortunately for me one of these experienced 'hikers' led me over to Mitton and set me on my way up Earls hill CP7 and the second chance to see who was ahead. As I ascended I met Johnny coming down, having a great run within the top 20 and looking good.

I picked off a couple more ladies on the descent and worked hard to keep people in sight leading me to Banks Farm CP8 and that next mug of tea 'manna from heaven'. I was informed I was 3rd lady, to my great surprise, and set off with alacrity as Gill Evans arrived. One guy knew the way and the rest of us followed in his wake, the blistering pace Terry set to Snailbeach saw us reach Shelve CP9 at 6.45pm looking for a good grouping for the overnight section.

Three mixed teams set off together from here. We seemed to hit all the checkpoints together and ran much of the way together or in each other's wake until we managed to get the lead to Pole Cottage CP14 and a 'straight in, straight out' check in. However, fate dealt the joker and we missed the path from Pole Cottage through to Minton CP15, adding sufficient time to allow both ladies to get ahead once more. This fact only became apparent on clawing our way up Ragleth Hill CP16 to see lights ahead. Time was still on our side though and we rallied to cross the line within 12 hours and in the top 50 finishers. **Clare Kenny**

Overall results

19	Johnnie Watson	20	Will Stiegler
21	Kerry Jenkin	23	Clare Kenny (3rd Lady)

See www.runfurther.com

CVFR are entering a team next year to give the Todmorden Harriers Kryptons a run for their money, contact Adam Breaks for more information.



Lambstales

Bradbourne 24.08.08

Under 8	Club	Time
1 Anna Wright	Erewash	6.34
2. Jude Whitelaw	CVFR	6.46

U12

1 Sally Searson	B'burn	7.00
4 Rose Mather	CVFR	8.08

1 Ben Johnstone	Wharfedale	6.22
3 Max Wharton	CVFR	6.54
6 Edan Whitelaw	CVFR	7.31



Issy and Rose try eating their medals at the Coiners Junior race

Viking Chase Jnrs 21.09.08

Pos	Name	Club	Time
U10			
1	O Spencer	Pendle AC	8.00
4	Dillon Whitelaw		11.22
U12			
1	Ben Johnston	Wharfedale	12.08
5	Max Wharton		13.16
11	Edan Whitelaw		15.06
15	Rose Mather		15.51
19	Issy Wharton		18.40

Calder Valley Junior Championship Winners 2008

Now that the 10 race series that made up this years club championship has come to an end its time to say a massive well done to those listed below, our winners and runners up. They have all managed to get out there and run in at least 6 races and some have run in many more. Again no one managed to run in all the races in the championship, but Max Edan Issy and Luka managed to do 9.

Thankfully whilst we celebrate success we also celebrate effort and 55 juniors have taken part in the championship running in at least 1 race so well done to all of you. The final championship table is now up on the website.

The presentation evening will be on Jan 24th so mark that date in your diaries.

U8 Boys Winner - Joey Gwilliam
U8 Boys Runner Up - Todd Halsey

U8 Girls Winner - Gemma Johnson
U8 Girls Runner Up – Libby Fazackerley

U10 Boys Winner – Luka Morris
U10 Boys Runner Up – Sam Foster

U10 Girls Winner – Jade Harvey
U10 Girls Runner Up –

U12 Boys Winner – Max Wharton
U12 Boys Runner Up – Edan Whitelaw

U12 Girls Winner – Issy Wharton
U12 Girls Runner Up – Rose Mather

U14 Boys Winner – Peter Walker
U14 Boys Runner Up – Jack Paige

U14 Girls Winner – Siarlot Lloyd
U14 Girls Runner Up -

The OMM 2008

Travelling up the M6 early Saturday morning, the weather looked fine. Driving over to Keswick, it started to look a bit dodgy with a few specks of rain on the windscreen. Passing beside Derwent water and into Borrowdale and the heavens opened!

Phil parked and we raced into a busy barn to register with organiser Jen Longbottom about 10am. Ominously, bedraggled pairs were already retiring, muttering 'It's really wild out there, beyond our capabilities' (*evidence that less experienced competitors knew their limitations*). There was no way we were driving all that way and not getting out to compete on the Medium Score class. (We'd met one guy who'd taken over 8 hours to drive up from Exeter on Friday; he set off just before us!)

Togged up with all our gear (tent, stove, sleeping bag, rations, spare clothes etc) we set off at 10.48am straight up some mountain on our left, rain driving at us. As is usual on these events Phil took charge and I just did as I was told (saves arguments). He's so quick and decisive with a map; *no wonder he orienteers for Wales*.

Two hours later we were doing OK, hitting controls head on and accruing lots of points. We'd descended into the valley and were jogging through Rosthwaite when we met a guy from Keswick Mountain Rescue. He said that they were dealing with 4 rescues and that as far as he was concerned the OMM was cancelled, but he hadn't actually got any official confirmation.

Unconvinced and optimistic, we headed for the bridge across the River Derwent and up onto Dale Head. What bridge? It was submerged and surrounded by 100 yards of fast flowing water, which was gushing off the hillsides. So, being safety conscious, we linked up with 2 other competitors and did a 4 man standard river crossing. The water was up to my hips! For the next 30 mins we attempted to carry on, but it became obvious that we weren't climbing up Dale Head, so reluctantly we made the decision to quit and cut over to Honister Pass and head back to Borrowdale.

The road was littered with cheerful OMM refugees heading back to base, all with tales to tell of the appalling conditions. What we didn't find out until later was that many more were at the café - Honister slate mine (later to be transported to Cockermouth by an over zealous owner), the overnight camp, HQ or had made alternative arrangements.

So began saga number 2: getting our Landrover out of a heavily water-logged field and through 3 ft of flood water. (*We wished to get home in time for Ben's 18th birthday on Sunday. Ben did the OMM with me last year but strangely didn't want to repeat the treat*). Suffice to say, with the help of the farmer's huge modern tractor, some nosh from Wilf's, a high 'air intake' under the bonnet and a desperate desire to sleep in my own bed, we escaped 4 hours later. I was elated!

We managed to give 4 pairs a lift en route, over to Buttermere and back over to Keswick via Newlands in the dark, with debris and water all over the road. (We phoned the kids to say we were Ok and coming home. They'd only just begun to see all the hype on the news and weren't really bothered!)

Were mistakes made by the OMM team? Yes. Communication has to improve: once the main HQ at Borrowdale was cut off by floodwater, communication was difficult if not impossible without mobile coverage. Transport became a big issue too with many competitors were stranded in their cars overnight.

As for cancelling the event, well I'd have gone ahead. Every competitor has to have experience, full kit and a partner. Everyone was well prepared and knew the weather could be awful. The media hyped it up to make it more newsworthy; I just laughed at some of the headlines. Never believe everything you read. It's a great 2-day event. If you like a challenge, sign up for 2009. I'll see you there! **Jackie Scarf**

PS We turned out for the EPOC event on Rishworth Moor the next day and Ben's excellent run and my decent one meant we became M18 and W45 Yorkshire Champions! . [Joey was 2nd in M14].

“We have come within inches of turning the Lake District mountains into a morgue”

Mark Weir, owner of Honister Slate Mine

It was a surprise to find that this "fun run" had made headline news!!
The media do try to sensationalise things. Causing unnecessary worry for partners.

It was very wet and very windy. I've never seen so much water on the hills before. But it was exactly what the weather forecast had said, so can't say we weren't warned!
Whether it should have been cancelled in the days before is debatable. In hindsight it probably should have been, but that's easy to say now.

We got to the overnight camp at the end of day 1 when we found out that it had been stopped. It had been hard work in the weather during the day, and my navigation had been at times shocking, but we'd enjoyed it and were looking forward to day 2. So we were surprised. But I'm sure it was the right decision to stop it. The river crossings were the exciting bits. Saw one stupid pair attempting to cross a raging torrent and Anne couldn't bear to look. We had one wobbly "what the hell are we doing?" moment looking up at Lingmell with the wind and rain at their fiercest, but we got through it !

After it was stopped was the farcical bit. The overnight camp was at Buttermere so we (and everyone else) walked up Honister Pass to get back to the event centre at Seathwaite, with gusts literally knocking me off my feet, and the road become a river, only to be told that we couldn't get down the other side because the water was too deep. So we had to return back to Buttermere.

Camped outside the barn there. It was an unusual sensation to find the tent pole being flattened onto us by the gusts and the tent canvas in our faces, only to spring back upright again. The tent survived somehow (unlike some of them!) Saw several CVFRs: Alex, Karl, Rob, SteveS, Jon, Julie, Rose.

Chairman Bill

“From afar, the racers looked like brow-beaten survivors of Dunkirk. But on closer examination, you could see them grinning at every opportunity, giving the thumbs-up – and the lie to the idea they were all in imminent mortal danger.” **Tarquin Cooper, Telegraph**

www.telegraph.co.uk/sport/3270058/Lake-District-mountain-marathon-You-dont-have-to-be-mad-to-run-here.html

Reports that hundreds were "forced to spend the night on a mountainside" missed the point entirely: the only ones whose plans were disrupted were the disappointed hundreds who were forced not to spend the night on a mountainside. I have yet to speak to a single competitor who felt that he or she had been the victim of an emergency. **Richard Asquith, Independent**

www.independent.co.uk/sport/general/others/the-extreme-world-of-mountain-%20marathons-975372.html

"You are dealing with the cream of mountaineering navigators and they had enough food for 36 hours, tents and sleeping bags. They can cope with most things and people are vetted before they take part. Most people were disappointed when it was called off." **Mike Parsons, Race Spokesman**

www.telegraph.co.uk/news/3264226/Mountain-marathon-Lake-District-could-have-become-a-morgue.html

NB: The OMM generated much discussion at the FRA AGM despite the fact that it is not an event registered with the FRA. Ed.

Porter's Pantry

Welcome to the new Porter's Pantry. The club seem to have gained a reputation for stuffing their faces with various delights after earning them on the fells so what could be more appropriate than a recipe corner! You can thank Jason for this one:

Malt Loaf

8oz Dried mixed fruit
8oz Soft brown sugar
12oz Wholemeal self-raising flour
3tbsp Ovaltine
1/2pt Milk

Preheat the oven to Gas 2 / 150 C. Grease and line a loaf tin. Mix all the ingredients together either by hand or in a food mixer. Put into the tin and bake for approximately 1 hour, or until an inserted skewer comes out clean.

A note from the ladies captain - Jo Waites

Thanks to everyone for such a fantastic year!!!!

This year we have had a great time with soooooo many achievements. A big well done to Sally for being the backbone of our team and for everyone who's run for fun, competitively and to support others in the team.

Well done to Sharon Godsman for winning the Thievely Pike fell race. A fantastic run and well deserved. Shaun and Ben had a battle all the way, with Ben storming down the hill and Shaun coming in close behind. Well done to Alex for coming 3rd, fabulous result 1 2 3!!!!

I can't believe it is nearly Christmas, I'll try not to eat all the mince pies J

Please run, race whenever you can and enjoy the club for what it is. A friendly, happy place where we can all have a good time and a great laugh together and at each other.

Kendal Mint Cake

If you felt comfortable in the safe knowledge that Kendal Mint Cake is a steady rock in a turbulent and rapidly changing world, prepare for a shock. I have had exclusive access to a whole new range of KMC products that will revolutionise the Mint Cake market for the 21st century.

Initial versions include Mint Extreme for tougher endurance activities and Mint Ultra, a wider bar for the wider runner. The Mint Zoom is made from a slightly narrower mould for faster shorter races. The Mint Lady is also a narrow bar designed for the slightly more feminine runner, and comes in Pink, Fuschia and Lime varieties. The Mint Ultra Extreme is a mainlining bar, but look out for the Mint Extreme Crack Zenith. I suggest you start with just half a bar of this – I'm still coming down off it, a trans-dental experience.

Kendal is exploring more niche markets with Mint Psycko for the chocolate addict, Mint Cardio (with garlic for the coronarily challenged), Mint Puke (Yorkshire Rhubarb flavour), and Mint Senna for the constipated older runner. Incidentally, the Mint Ultra Extreme Crack Zenith can be produced to order with or without Cardio, Puke and/or Senna features. Not all of these had a positive effect on my gastrointest-intestinal system, but they do carry a health warning covering 40% of the wrapper. In particular the Mint Navigator went south on me far too quickly. I didn't try the Mint Lo-Cal and the Mint No-Cal – I couldn't quite see the point.

I haven't experienced the new Mint Orgaz range yet, but apparently they come in Duckfeather, Strawberry, and Raspberry Ripple varieties.

If you are one of those ultra distance runners whose equipment tends to fall apart before they have finished the event, then the new Mint Victoria and Mint Niagra may be for you. They are based on a multilayer system that you could do well to get your teeth into. For instance the Mint Niagra Duralay Pyramid Stud has a long lasting stiff upper of Duralay, supported by an Underlay of Duckfeather for comfort and support (a vegan version using Merino cotton wool will also be available). An Interlay Pyramid Stud does the rest, providing what is effectively a carbofructobulldose sandwich. If recent sports research is confirmed, and the carbo-emissions problem is solved, then this could be the staple energy diet of future ultra runners. As the advertising blurb says, "this product will keep you going all day – and all night and all the next day!"

It's mint cake, Jim, but not as we know it.

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