

36th Wasdale Fell Race 12th July 2008 - Results, Retirements & Race Report

Posn.	No.	Club	Cat.	Finish	Whin Rigg Cl tim 60	Greendale	Seatallan Cl tim 2.25	Pillar Cl tim 3.25	Great Gable Cl tim 4.30	Esk Hause	Scafell Pike	Lingmell Nose	
1	118	Pete Vale	Mercia FR	S	03:51:07	35	42	1:26	2:04	2:42	3:08	3:31	3:47
2	77	Mark Palmer	MDC	V40	03:54:59	37	55	1:30	2:08	2:47	3:13	3:35	3:51
3	100	Ben Abdelnoor	Ambleside AC	S	03:59:24	37	55	1:31	2:11	2:51	3:18	3:42	3:56
4	99	Jon Deegan	DPFR	V40	04:01:39	36	55	1:29	2:08	2:47	3:16	3:40	3:58
5	18	John Hunt	DPFR	V40	04:08:06	37	55	1:30	2:11	2:52	3:21	3:46	4:04
6	4	Blackett, Joe	DPFR	V40	04:12:03	37	55	1:30	2:11	2:52	3:23	3:51	4:09
7=	79	Jackie Lee	Eryri H	LS	04:12:17	39	59	1:35	2:17	2:59	3:30	3:54	4:09
7=	47	Janet McIver	DPFR	LS	04:12:17	38	58.30	1:35	2:17	2:59	3:30	3:54	4:09
9	38	Mike Johnson	Bowland FR	V45	04:17:49	39	59	1:35	2:17	2:59	3:31	3:57	4:14
10	40	Jonathan Wright	Todmorden H	S	04:18:40	38	1:00	1:35	2:17	2:59	3:31	3:57	4:14
11	98	Mike Robinson	DPFR	S	04:20:51	39	59	1:37	2:19	3:02	3:36	4:01	4:17
12	119	Barry Wilkinson	Borrowdale	V40	04:21:22	38	57	1:33	2:15	3:02	3:34	4:00	4:17
13	106	Alan Smith	Deeside R	V45	04:29:48	42	1:03	1:40	2:25	3:04	3:41	4:06	4:26
14	117	Michael Cunningham	Macclesfield H	S	04:30:42	39	1:01	1:37	2:19	3:02	3:39	4:07	4:27
15	25	Ross Litherland	Macclesfield H	S	04:31:53	43	1:03	1:40	2:27	3:04	3:43	4:08	4:28
16	51	Phil Clark	Kendal AC	V55	04:31:57	41	1:03	1:40	2:25	3:04	3:42	4:08	4:28
17	3	David Eiser	Knavesmire H	S	04:33:21	39	59	1:35	2:17	3:02	3:37	4:07	4:29
18	37	David Ward	Borrowdale FR	S	04:34:13	40	1:00	1:37	2:23	3:04	3:43	4:10	4:30
19	128	Peter Ward	Lochaber AC	S	04:34:23	41	1:02	1:40	2:26	3:10	3:45	4:11	4:30
20	83	Hodge Grayson	Lonsdale FR	S	04:36:04	40	1:01	1:37	2:23	3:04	3:43	4:12	4:32
21	67	Iain Kelly	Keswick AC	S	04:38:21	42	1:02	1:40	2:27	3:14	3:49	4:16	4:35
22	144	Alex Pilkington	Settle H	S	04:38:29	41	1:01	1:40	2:26	3:12	3:46	4:15	4:35
23	49	Jonathan Whitaker	Harrogate AC	V40	04:39:41	42	1:03	1:40	2:29	3:15	3:49	4:16	4:35
24	5	Matthew Hulley	DPFR	S	04:42:30	42	1:03	1:40	2:28	3:11	3:47	4:16	4:38
25	78	Steve Hebblethwaite	Keswick AC	S	04:45:53	45	1:04	1:45	2:33	3:17	3:54	4:22	4:42
26	58	Chris Lumb	Kendal AC	V50	04:47:00	41	1:01	1:40	2:29	3:16	3:54	4:27	4:43
27	44	Philip Addyman	NFR	S	04:47:17	42	1:03	1:40	2:28	3:15	3:54	4:23	4:43
28	32	Lewis Grundy	NFR	V40	04:48:54	43	1:04	1:45	2:32	3:18	3:56	4:24	4:44
29	69	Mike Nelson	Macclesfield H	V40	04:52:08	43	1:04	1:45	2:33	3:24	3:47	4:27	4:48
30	130	Mark Christie	Chorley H	V45	04:53:23	44	1:04	1:45	2:33	3:20	3:57	4:27	4:49
31	20	Derek Fuller	U/A	S	04:55:24	45	1:07	1:49	2:35	3:22	3:47	4:27	4:50
32	86	Peter Keron	Wharfedale H	S	04:58:47	45	1:06	1:48	2:37	3:29	4:05	4:34	4:54
33	7	Toby Cushion	Pennine FR	S	05:01:56	45	1:04	1:48	2:35	3:28	4:06	4:34	4:57

34	72 David Owen	Keswick AC	V50	05:04:52	45	1:07	1:50	2:42	3:32	4:08	4:38	5:01
35	107 Rick Ansell	Tring RC	V45	05:04:57	43	1:04	1:48	2:36	3:31	4:06	4:34	5:00
36	14 Neil Hardiman	Clayton-le-Moors	V40	05:05:06	45	1:11	1:55	2:47	3:43	4:14	4:42	5:01
37	135 Jamie Robinson	Bingley H	S	05:05:08	43	1:04	1:47	2:36	3:32	4:07	4:40	5:01
38	132 Ian Barnes	Ambleside AC	S	05:05:27	45	1:04	1:50	2:43	3:38	4:14	4:42	5:02
39	46 Dave Tait	DPFR	V60	05:05:54	43	1:04	1:45	2:36	3:33	4:07	4:40	5:02
40	21 Eddie Winslow	Ilkley H	S	05:06:07	45	1:06	1:48	2:40	3:23	4:11	4:44	5:02
41	55 Jonathan Moore	CVFR	V40	05:07:00	43	1:03	1:45	2:33	3:26	4:05	4:38	5:03
42	82 Neil Thompson	Keswick AC	S	05:07:27	45	1:08	1:52	2:44	3:43	4:15	4:43	5:03
43	27 Ian Pudge	Fell Ponies	S	05:08:18	48	1:12	1:53	2:45	3:42	4:13	4:42	5:04
44	145 John Boyle	CFR	S	05:08:26	47	1:11	1:53	2:44	3:38	4:13	4:43	5:07
45	126 Martin Terry	Clayton-le-Moors	V45	05:08:58	47	1:10	1:53	2:45	3:43	4:15	4:43	5:05
46	74 Mark Holland	U/A	S	05:09:02	45	1:07	1:49	2:40	3:36	4:13	4:43	5:04
47	60 Paul Clavey	Helm Hill	V40	05:09:21	45	1:08	1:52	2:43	3:39	4:15	4:43	5:05
48	66 David Wilson	Bowland FR	V40	05:11:18	46	1:09	1:51	2:42	3:35	4:13	4:43	5:06
49	114 Julie Carter	CFR	LV40	05:12:20	45	1:07	1:52	2:43	3:39	4:14	4:44	5:06
50	22 Richard Lloyd	Mercia FR	V40	05:12:41	46	1:07	1:50	2:44	3:40	4:14	4:44	5:08
51	90 Andrew Hirst	Wharfedale H	V45	05:13:17	46	1:07	1:52	2:46	3:43	4:18	4:50	5:10
52	53 Anthony Fryer	Valley Striders	S	05:14:08	42	1:04	1:45	2:35	3:32	4:15	4:44	5:09
53	45 Nicky Spinks	Penistone FP R	LV40	05:14:18	48	1:14	1:58	2:49	3:43	4:17	4:46	5:09
54	141 Andrew McFarlane	Clayton-le-Moors	V40	05:16:10	47	1:12	1:54	2:45	3:43	4:17	4:48	5:12
55	121 Chris Addy	Eden R	S	05:16:16	48	1:14	1:58	2:50	3:45	4:20	4:48	5:12
56	12 Martin Brady	Clayton-le-Moors FR	V45	05:17:46	46	1:10	1:54	2:48	3:44	4:19	4:50	5:13
57	133 Richard Hall	U/A	V40	05:17:56	45	1:07	1:49	2:43	3:42	4:17	4:44	5:13
58	6 Morgan Williams	Ilkley H	V40	05:20:38	49	1:14	1:57	2:48	3:43	4:21	4:51	5:15
59	8 Andy Butler	Pennine FR	V50	05:20:54	48	1:12	1:58	2:49	3:44	4:20	4:51	5:15
60	64 Peter Browning	Clayton-le-Moors	V45	05:21:17	48	1:13	1:58	2:49	3:46	4:23	4:55	5:17
61	71 Philip Pearson	Saltwell H	V45	05:21:31	43	1:04	1:45	2:36	3:37	4:16	4:42	5:15
62	73 Mike Vogler	Ambleside AC	S	05:21:46	46	1:08	1:52	2:47	3:46	4:24	4:57	5:18
63	95 Miichael Mcloughlin	Preston H	V55	05:22:43	46	1:08	1:53	2:47	3:45	4:23	4:56	5:18
64	34 Paul Jennings	CFR	V40	05:23:27	46	1:07	1:51	2:42	3:35	4:21	4:56	5:19
65	113 Darren Parker	U/A	V40	05:23:53	46	1:08	1:54	2:47	3:44	4:24	4:57	5:19
66	31 Derek Buckley	Bowland FR	V50	05:25:06	43	1:04	1:47	2:36	3:39	4:19	4:51	5:20
67	23 Simon Fox	Wirral AC	V40	05:29:34	46	1:11	1:53	2:47	3:45	4:24	4:57	5:24
68=	91 Mike Walker	Barnet & D AC	S	05:30:20	44	1:07	1:48	2:40	3:40	4:18	4:53	5:24
68=	93 Neil Walker	Altringham H	S	05:30:20	44	1:07	1:45	2:36	3:35	4:14	4:48	5:23
70	112 Roy Gibson	DPFR	V45	05:30:28	44	1:04	1:48	2:40	3:42	4:21	4:56	5:25
71	2 Alayne Finlay	Knivesmire H	LS	05:32:07	47	1:12	1:52	2:45	3:43	4:24	4:56	5:25

72	143	Huw Price	U/A	V45	05:32:21	46	1:08	1:55	2:53	3:46+	4:37	5:09	5:28
73	87	Richard Clarke	YMCA H	V45	05:32:43	49	1:14	1:59	2:53	3:46+	4:32	5:04	5:29
74	48	Mick Cochrane	DPFR	V60	05:32:49	46	1:12	1:58	2:51	3:46+	4:26	5:00	5:27
75	70	Rachael Lawrance	Macclesfield H	LS	05:33:08	48	1:12	1:56	2:52	3:46+	4:26	5:00	5:28
76	59	Rigby Jerram	Kendal AC	V45	05:34:07	47	1:09	1:54	2:47	3:46	4:29	5:04	5:30
77	140	Mark McDermott	Macclesfield H	V45	05:36:04	46	1:09	1:56	2:54	3:46+	4:34	5:07	5:31
78	116	Andrew Murray	Keswick AC	S	05:37:03	47	1:11	1:55	2:50	3:46+	4:32	5:05	5:31
79	30	Shaun Thompson	Saddleworth H	S	05:38:33	48	1:14	1:59	2:53	3:46+	4:29	5:04	5:31
80	142	David Naughton	Darwen Dashers	V45	05:38:39	47	1:11	1:47	2:35	3:43	4:32	5:05	5:31
81	33	Paul Hainsworth	NFR	V50	05:38:45	49	1:13	1:59	2:55	3:46+	4:37	5:09	5:34
82	26	Ian Shuttleworth	Holmfirth H	V40	05:40:19	47	1:12	1:56	2:50	3:46+	4:34	5:07	5:35
83	115	Shaun Hardisay	Eden R	S	05:41:26	55	1:25	2:16	2:48	3:45	4:22	5:08	5:35
84	54	Tony Wimbush	Idle AC	V55	05:42:41	49	1:15	2:00	2:55	3:46+	4:39	5:12	5:38
85	97	Sue Hodgkinson	Black Combe R	LS	05:43:19	50	1:16	2:04	3:00	3:46+	4:39	5:14	5:38
86	88	Peter Jackson	Wharfedale H	V50	05:43:58	50	1:13	2:04	3:01	3:46+	4:42	5:17	5:39
87	39	Martin Stocks	Ashbourne AC	V45	05:44:07	45	1:07	1:51	2:44	3:46+	4:28	5:08	5:38
88	57	Trevor Wilkinson	CFR	V45	05:45:00	46	1:08	1:54	2:54	3:46+	4:35	5:12	5:40
89	111	Dave Chaffey	Derwent Valley O	V40	05:45:20	49	1:13	1:59	2:57	3:46+	4:42	5:15	5:41
90	136	Bill Oxley	U/A	S	05:45:56	51	1:17	2:03	2:59	3:46+	4:49	5:18	5:42
91	84	David White	Helm Hill H	S	05:46:48	48	1:14	2:00	2:57	3:46+	4:46	5:17	5:42
92	85	Mick Wilson	Helm Hill R	V55	05:47:32	47	1:12	1:56	2:41	3:46+	4:37	5:14	5:42
93	105	Stewart Lebelinski	Notts AC	V55	05:47:44	51	1:17	2:04	2:55	3:46+	4:37	5:12	5:42
94	68	David Regan	U/A	V40	05:50:19	46	1:12	1:56	2:53	3:46+	4:44	5:18	5:45
95	1	John Nixon	Borrowdale FR	V60	05:51:30	49	1:17	2:02	2:57	3:46+	5:08	5:15	5:45
96	123	Jamie Rackham	CFR	S	05:51:31	46	1:12	1:54	2:51	3:46+	4:42	5:17	5:46
97	19	Brian Melia	Ilkley H	V40	05:51:33	48	1:12	1:57	2:52	3:46+	4:37	5:15	5:46
98	94	Karen Nash	Preston H	LV45	05:54:24	48	1:12	1:59	2:57	3:46+	4:49	5:21	5:50
99	16	Michael Breslin	Bailrigg H	V65	05:55:26	52	1:18	2:08	3:07	3:46+	4:51	5:24	5:51
100	134	Simon Waller	Helm Hill R	V40	05:55:33	47	1:10	1:56	2:56	3:46+	4:49	5:21	5:51
101	139	Andrew Hearle	Mercia FR	V50	05:55:49	49	1:14	2:03	3:00	3:46+	4:50	5:24	5:51
102	56	Adrian Dixon	FRA	V60	05:55:53	52	1:18	2:06	3:05	3:46+	4:51	5:24	5:51
103	109	Neville Griffiths	Spectrum Striders	V60	05:58:38	50	1:15	2:01	2:57	3:46+	4:49	5:25	5:52
104	62	Jo Moore	Keswick AC	LS	05:59:02	52	1:17	2:07	3:05	3:46+	4:55	5:25	5:54
105	122	Peter Nesbitt	Owesity Olympions	V45	05:59:04	52	1:18	2:08	3:08	3:46+	4:55	5:28	5:54
106	120	Chris Green	FRA	S	05:59:12	50	1:14	2:03	3:03	3:46+	4:51	5:28	5:54
107	146	Eddie Lesniak	Achille Ratti CC	V50	06:03:15	51	1:17	2:05	3:05	3:46+	4:55	5:30	5:58
108	137	Martin Sleath	White Peak	V55	06:06:50	50	1:16	2:07	3:06	3:46+	4:57	5:35	6:01
109	110	Mike Gibbison	Bowland FR	V40	06:07:36	48	1:14	2:03	3:00	3:46+	4:55	5:35	6:02

110	17 Simon Smart	FRA	V40	06:07:50	47	1:14	2:00	2:59	3:46+	4:51	5:28	6:00
111	52 Colin Brooke	U/A	V55	06:08:25	50	1:17	2:06	3:05	3:46+	4:57	5:35	6:03
112	127 Patrick Blythe	U/A	V40	06:10:34	48	1:14	2:01	2:59	3:46+	4:52	5:35	6:04
113	92 Steven O'Keeffe	CFR	S	06:11:22	47	1:14	2:02	2:59	3:46+	4:52	5:30	6:03
114	63 Peter Grayson	Black Combe R	V50	06:14:17	54	1:23	2:15	3:13	3:46+	5:06	5:41	6:08
115	24 Catherine Litherland	Macclesfield H	LS	06:14:40	53	1:22	2:12	3:13	3:46+	5:06	5:40	6:08
116	76 Pete Dodd	Rucksack	S	06:15:10	49	1:14	1:59	2:55	3:46+	4:49	5:24	6:05
117	81 Dave Till	Helm Hill R	V45	06:16:28	54	1:20	2:14	3:17	3:46+	4:35	5:48	6:12
118=	80 Philip Barnes	Macclesfield H	V50	06:24:48	52	1:18	2:06	3:06	3:46+	5:06	5:46	6:18
118=	61 Lucy Dunn	Keswick AC	LS	06:24:48	52	1:19	2:12	3:15	3:46+	5:08	5:48	6:18
120	15 Ian Moss	FRA & Phoenix AC	V45	06:31:00	47	1:12	2:02	3:01	3:46+	5:05	5:42	6:22
121	101 Richard Andrews	U/A	V40	06:31:24	48	1:13	2:00	3:00	3:46+	5:08	5:50	6:24
122	104 Mick Robinson	Notts AC	V50	06:33:30	56	1:25	2:16	2:52	3:46	4:48	5:50	6:25
123	129 Mark Hazell	CFR	V45	06:43:10	50	1:15	2:03	3:06	3:46+	5:06	5:42	6:29
124	10 Edwin Sherstone	Southport Waterloo	V40	06:55:32	51	1:18	2:05	3:06	3:46+	5:15	5:50	6:47
125	103 Max Howard	Retford AC	V45	06:56:48	51	1:18	2:07	3:06	3:46+	5:08	5:50	6:49

Retirements & Timed out

9	Geoff Briggs	Pennine FR	V45	43	1:04	1:49	----	----	----	----	----
11	Simon Halliday	Clayton-le-Moors	VS	46	1:09	1:55	2:49	----	----	----	----
13	Brian Belfield	Staffs Moorlands AC	V55	53	1:22	Greendale?	----	----	----	----	
28	Terry Conway	Worcester AC	S	45	1:04	1:49	2:48	3:46+	----	----	
29	Derek o'Brien	Worcester AC	S	45	1:04	1:49	2:49	3:46+	----	----	
35	Kate Cooper	CFR	LS	46	1:10	2:03	3:13	----	----	----	
36	Chris Bunker	U/A	S	45	1:25	Retired	----	----	----	----	
41	Aengus McCullough	NFR	S	44	1:04	1:45	3:06	----	----	----	
42	Wayne Walsh	Bowland FR	V45	58	1:25	2:18	TO 3:28	TO 4:30+	----	----	
43	Richard Stokes	FRA	V50	57	1:29	Retired	----	----	----	----	
50	Helene Whitaker	Howgate H	LV40	45	Ret'd WR	---	----	----	----	----	
65	Karl Fursey	Black Combe FR	S	57	1:28	2:16	TO 3:29	----	----	----	
75	Nick Collier	U/A	S	51	1:18	Greendale?	----	----	----	----	
89	Neil Taylor	Wharfedale H	V45	49	1:16	2:06	3:10				
96	Simon Hardisty	Glossopdale H	S	53	1:12	2:16	TO 3:28	----	----	----	
102	Paul Lydon	Totley H	S	49	1:14	2:02	3:02	3:46+	----	----	
108	Roger Ashby	Sale Harriers (MCR)	V65	54	1:25	2:16	TO 3:29	----	----	----	
124	Ed Swift	Horwich RMI	V60	56	1:25	2:16	TO 3:29				
125	Sal Chaffey	Derwent Valley O	LV40	55	1:25	2:16	TO 3:29				
131	Sam Stell	Old Sedberghians	S	46	1:13	1:57	2:53	3:46+	----	----	

138 Bill Williamson	CFR	V40	53	1:19	2:12	3:25	----	----	----
147 Steven Cliff	Bowland FR	V60	1:04	1:36	2:18	TO 3:29	----	----	----
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Team Results

Gents / mixed (4 to count - all ages)

1 DPFR	29	5,6,7,11
2 Keswick AC	122	21,25,34,42
3 Borrowdale FR	139	12,14,18,95
4 Clayton-le-Moors	191	36,45,54,56
5 Macclesfield H	196	15,29,75,77
6 DPFR (2)	207	24,39,70,74
7 Bowland FR	232	9,48,66,109
8 CFR	245	44,49,64,88

Ladies - (3 to count - all ages)

Race Report

The 36th Wasdale took place in cool cloudy conditions, ideal for the runners but very cold for the marshals – in particular the Esk Hause & Scafell Pike checkpoint marshals suffered from the cold. They are all volunteers, of course & this is not always appreciated by those runners who want longer cut-off times to get round!! Last year the cut-off times were extended by 5 minutes at Seatallan, 10 at Pillar & 15 at Great Gable. They were still in place this year.

Once again we had a good field size - 147 for a non-championship year is very good indeed. We carried out the usual sample kit checks then sent the field of dead on 11 o'clock.

The leading gent Pete Vale ran pretty much his own race, clear from the rest of the field from Whin Rigg onwards, crossing the road at Greendale 3 minutes up, then increasing to between about 4 to 5 minutes at each checkpoint to the finish. Pete also has a joint win from the Ennerdale with Nick Sharp in 3hr 48min 01sec, this appears to be only the second time that the Wasdale & Ennerdale have had joint winners, the first time was at the inaugural Wasdale in 1972 when ? & ? ran in together hand in hand. This year's Wasdale had the ladies' joint record holders Janet McIver (after a record run in the Ennerdale!) with Jackie Lee finishing together.

The gents runner up was V40 class winner Mark Palmer from Mynnyd Du, 3rd Ambleside's Ben Abdelnoor. The next two V40s, Ambleside's Jon Deegan & Dark Peak's John Hunt came 4th/5th so 3 out of the 1st 5 finishers were Vets. Just behind Joe Blackett came the winning ladies Jackie Lee from Eryri & Dark Peak's Janet McIver tying in 7th place in a new race record time, taking a huge 7 minutes from Jackie's 2006 previous Wasdale record. With Janet's Ennerdale new record, what a year for the long distance classics!!! Marie Todd set 4hr 22min in 1997, Jackie dropped this to 4hr 19min in 2006, now it is down to 4hr 12min, & the ladies are in the top ten finishers. Both ladies' descent from the Pike in about 17 minutes equalled the fastest gents too, an amazing performance. The ladies' race might have been even more interesting if Helen Whitaker (previously Diamantides) had not had to retire at Whin Rigg. Let's hope in future years they can run together again.

The gents vet 45 category was won by Bowland's Mike Johnson in 9th, 2nd was Alan Smith from Deeside, 3rd Mark Christie from Chorley. The V50s was won by Kendal's Chris Lumb, runner up David Owen from Keswick & 3rd counter Andy Butler from Pennine. The V55s was headed up by Kendal's Phil Clark, close to 4 ½ hrs & 16th overall, ahead of the V50s, 2nd Mike McCloughlin from Preston & 3rd Idle's Tony Wimbush. The V60s winner was Dave Tait from Dark Peak with a great run just outside 5hrs, with runner up Mick Cochrane also DPFR, 3rd Adrian Dixon FRA. There was one V65 winner this year, Mike Breslin from Bailrigg.

The 3rd lady was Julie Carter from CFR (also 1st LV40), 2nd LV40 was Penistone's Nicky Spinks. 1st LV45 was Karen Nash from Preston. There was no ladies team of 3 from any one club to count this year.

Perhaps not surprisingly Dark Peak had the winning team (4 to count, mixed teams can count – as at the Ennerdale) with just 29 points (John Hunt (5), Joe Blackett (6), Janet McIver (7), Mike Robinson (11)

The other teams scored as follows :-

2 nd Keswick	122 points	(21,25,34,42)
3 rd Borrowdale	139	(12,14,18,95)
4 th Clayton	191	(36,45,54,56)
5 th Macclesfield	196	(15,29,75,77)
6 th DPFR (2)	207	(24,39,70,74)
7 th Bowland	232	(9,48,66,109)
8 th CFR	245	(44,49,64,88)

I apologise for a mistake in the first posting of the results list due to a transcription error where I retired Mick Robinson instead of Ed Swift – a senior moment for the admin!! One runner unfortunately ran on through a checkpoint after being timed out, which I must report to the FRA. It gives me no pleasure to do this, and is the only blight on an otherwise near-perfect day. The atmosphere this year was simply wonderful for us organisers. There was much courtesy shown by many runners to the marshals, very much appreciated – the marshals are all friends of mine & volunteers & it makes a great difference to their day on the fells. Another good point was that there was no littering of the course reported, a great reflection of the caring attitude of the runners for the beautiful scenery the race passes through.

All runners should carry FULL body cover on these races. By implication, this includes hat & gloves, if not also a hooded cagoule. We carry out a random kit check at or before the start. I would appreciate constructive comment - this is your race as much as ours & we don't want to make registration onerous, i.e. by checking everyone en route to the start. We only organise this event for your running enjoyment in that it represents an awesome challenging run in these wonderful mountains. Our sister race the Ennerdale has a similar reputation for difficulty. The only thing that is more important than your enjoyment is your safety on the fell, after all.

Once again, much thanks to the folk who helped out on the ground. All are volunteers, who give of their free time.

Checkpoint marshals, Ian Simpson, Annette Morris & Roger Whitaker on Whin Rigg. Neil Eccles & Bernie MacDonald on Seatallan & Richard Green with his son Nathaniel on Pillar. To Len Watson & Rod Chilton on Great Gable, David Powell-Thompson (by himself again) at Esk Hause. Jim Davis, Lindsay Buck on race registration & Scafell Pike and the graveyard double shifts of Rob Davis, Annette Morris (yes - again) & Bob Smith. Peter O'Neill repaired & managed the base radio cover. Thanks also to Dave Atkinson & Wendy Dodds (recovering from a broken collar bone very kindly offered to help out), Wendy also helped out at the Greendale road crossing - on manual time keeping. The Wasdale Head Hall farm couple Claire & Mark Hodgson provided wonderful catering. Joss Naylor flagged the valley crossing, helped at the Greendale drinks station & was great company for the prize giving. We're grateful again to Stan Denver and the St. Johns ambulance crew for the cover – 4 patchwork jobs done – many thanks. Also thanks go to the Wasdale Head Campsite for allowing us to use their facilities.

Lastly advertising - Scafell Pike is to be held on Saturday the 27th September, hope to see some of you there too?

All the best and no injuries!

Richard J Eastman

Chairman CFRA