

Newsletter



December 06

THE ORIGINAL MOUNTAIN MARATHON (OMM) 2006

Wade and John's weekend on the 'B'

Well the name changes, but the weather in the Galloway hills remains the same and so do the conditions underfoot.

It is difficult not to be intimidated by the tales from the survivors of the KIMMS of '76, '86 and '96 held in the Galloway Hills and Galloway forest park. There is no comfort when you look at the map either. "The Range of the Awful Hand", "The Dungeon Hills" with its very own "Devils Bowling Green" suggest this is not a landscape for the faint hearted trail trotter.

We hoped that the Met Office had got it all wrong. John feared that his former colleagues were all too accurate with the forecast for the first dayrain, more rain and cloud lower than the tent groundsheet.

We were among the first arrivals on Friday night. This left plenty of time to buy more clothing and equipment, which we hoped would save vital ounces from those packs. How can the elite boys get it down to 10Lbs? We both weighed in at closer to 14, with a couple of Lbs of dehydrated food to supply us with the suggested 4,500 Calories.

I succumbed to the sales pitch of the balloon mattress company. Twenty notes to save 4 oz. I must be mad. (I have to say they are very comfy, warm and add a degree of entertainment to the overnight camp. Throughout the night the bursting balloons and curses can be heard by the lighter sleepers. Julien claimed he was balanced on just two balloons for most of the night. (It has been a while since his tent has had that much banging in it.)

John decided to get an official OMM base layer shirt complete with 2006 logo. I like a man who is prepared buy with such a blatant disregard for fate and the Gods of the Fells. He was clearly confident of finishing.

Saturday dawned with no let up in the overnight rain. I was so glad I had entered late and been punished with a 10.00 start.

It was going to be impossible for the early teams to navigate in the dark and mist. To compound our lack of daylight hours we still had a 40 minute ride in a bus driven by Colin McCray's faster sister. It was a blessed relief to be thrown from the bus into the driving rain and who knew how many hours of running.

We dibbed our dibber, shook hands and took possession of our maps. We were off and on our own, so long as you don't count the other 1386 teams out wandering in the mist. Well at least Bill had given us the right maps to study. (We never doubted you). It was like turning over an exam paper and knowing it was the one you had prepared for. This one had no names or contour heights, but it was familiar. Our pre ordained route took us on a traverse of the Awful Hand going North and then three controls leading South East to the overnight camp at Burnhead on Forrest Estate. 24.6Km and 1730m of climb if we don't do anything daft. "Keep calm, we can do this".

I always find it disconcerting to see so many sprint starters. Fortunately John is a seasoned practitioner of the "gentleman's start" and he stopped me being stupid. He was quite right too. We passed a good many of the early speed merchants throughout the day. It subsequently transpired that, due to organisational errors, the start time for the B course was taken from control 1. Another victory to the tortoises.

After negotiating the field of ankle snapping brash wood we spied the first obstacle of the day, Kirshinnoch Burn emerging from the western slopes of Merrick. I could hear Bills warnings about the river crossings ringing in my ears. I didn't like the look of this at all. "Perhaps there is a bridge". "Why would there be a bridge if there are no paths?" "Go higher up there will be less water..... but then we will be in the Bog of Gairy" Nothing for it we will just have to get into the torrent and wade. (I think I know where my name comes from now).

It was up to the top of my thighs, cold and very fast flowing. It was just over John's knees. This is not a course for the 29inch inside leg. We made it across without

mishap, but I couldn't help looking ahead and seeing two more crossings on much wider rivers snaking through the valleys. "Just do one control at a time and deal with what is in front of you. There is no point thinking too far ahead".

There were no major navigational errors and we kept ticking off the controls one by one ever mindful of the time and failing light. The river crossings were exciting. As important parts of the tent were in my sack I could rely on John to at least recover my body so long as it was still attached to me.

Conditions under foot varied between porridge and quagmire with a generous helping of tussocks. There was no let up in the rain until the final stony forest road descent into the overnight camp. We felt very lucky to get to pitch our tent in the dry. We were even luckier with the neighbours. Andy and Dom were on their 5th brew and Dom kindly fetched water for us and loaned his turbo charged stove to help us with the re-hydration and carbohydrate replacement. There is really no more comforting sound than the purr of the stove and no better feeling than dry clothes after such a day.

I hadn't realised how hard it was going to be to eat all the food. The first few drinks and noodles go in easily enough, but then you just have to keep forcing it down or risk fading badly on day two.

Sunday dawned with the now traditional bag pipe serenade. No excuse for lying in even if the prime motivation for getting out of the tent was to strangle the piper. It was mild and the sun was shining. Fantastic. More food was crammed into the fuel tanks and we leisurely packed for what promised to be an altogether more enjoyable day on the hills.

A brief glance at the map suggested a very straight route back to the Event Centre at Talnoy would be all the course setters could do. This proved to be correct, although they kept us high and away from any easy options on the few forest roads. Experience from day one kept us from too much experimentation with route selection. Straight lines away from the tracks made by the early starters were always unproductive on this very

difficult ground.

We were definitely slowing on day two, but it never felt like we had misjudged our efforts. As we neared the final controls the numbers of runners grew, converging from the six different courses. This culminated in mud skiing down the final forest ride which had disintegrated under the combined insults of torrential rain and 1500 runners. We even managed a sprint finish, although I looked rather daft when it turned out we had been racing against a team in a different event.

"Would you do another one?" I asked prematurely on the long drive home. "I'll have to think about it" John replied. I don't need to give it a second thought. I'll be OMMing again next year. It really was a memorable weekend, full of challenge, adventure and camaraderie. I just need someone to reign in my enthusiasm.

The Results

A Class

Andy Anastasi & Domonic Naylor	48th
Dave Hogg & Julien Minshull	22nd
after day 1 retired day 2	

B Class

Steve Hoon & Chris Perry	46th
Wade Hanna & John Stephenson	87th

C Class

John Kilner & Christopher Dowling	79th
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Short Score

Lindsay Palmer & Pauline Miller	149th
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By Wade Hanna



The OMM 2006, Forest of Galloway.

Angles

Friday camp, mild, dry overhead, good site, find Steve and Chris but others un found.

Morning, porridge(edible type)

Easy start, 3km on dirt track gently uphill

Greased dead tree trunks swamps in between, Wade makes observation very thorough race organisers spreading vaseline on all tree trunks and rocks in Galloway!

Stream crossings, no stone hopping, get in and wade, up to 3 ft deep. Rushing surface mesmerises the sense of balance.

Rain

Porridge (not the edible type)

Elephant tracks

Friendliness/rivalry

Forest rides well trodden mires

Traversing same way hours on end

Hangers on

Joy of finding a checkpoint

Lost photo opportunities, upside down, middle of torrents

Camping ground mid-camp, tractors cut bracken choice between tyre tracks or bracken spear stubs for mattress.

Stars

Slugs everywhere, some snoring (not in our tent)

Porridge with energy drink powder stirred in. sweetness t'power 10

Blue sky, clear views, should stop to look more.

More porridge underfoot

Lost CP4 on day 2, someone's completely re-designed the land!

Final two checkpoints, upping the anti, racing in. fast lad floating over mud at 100mph.

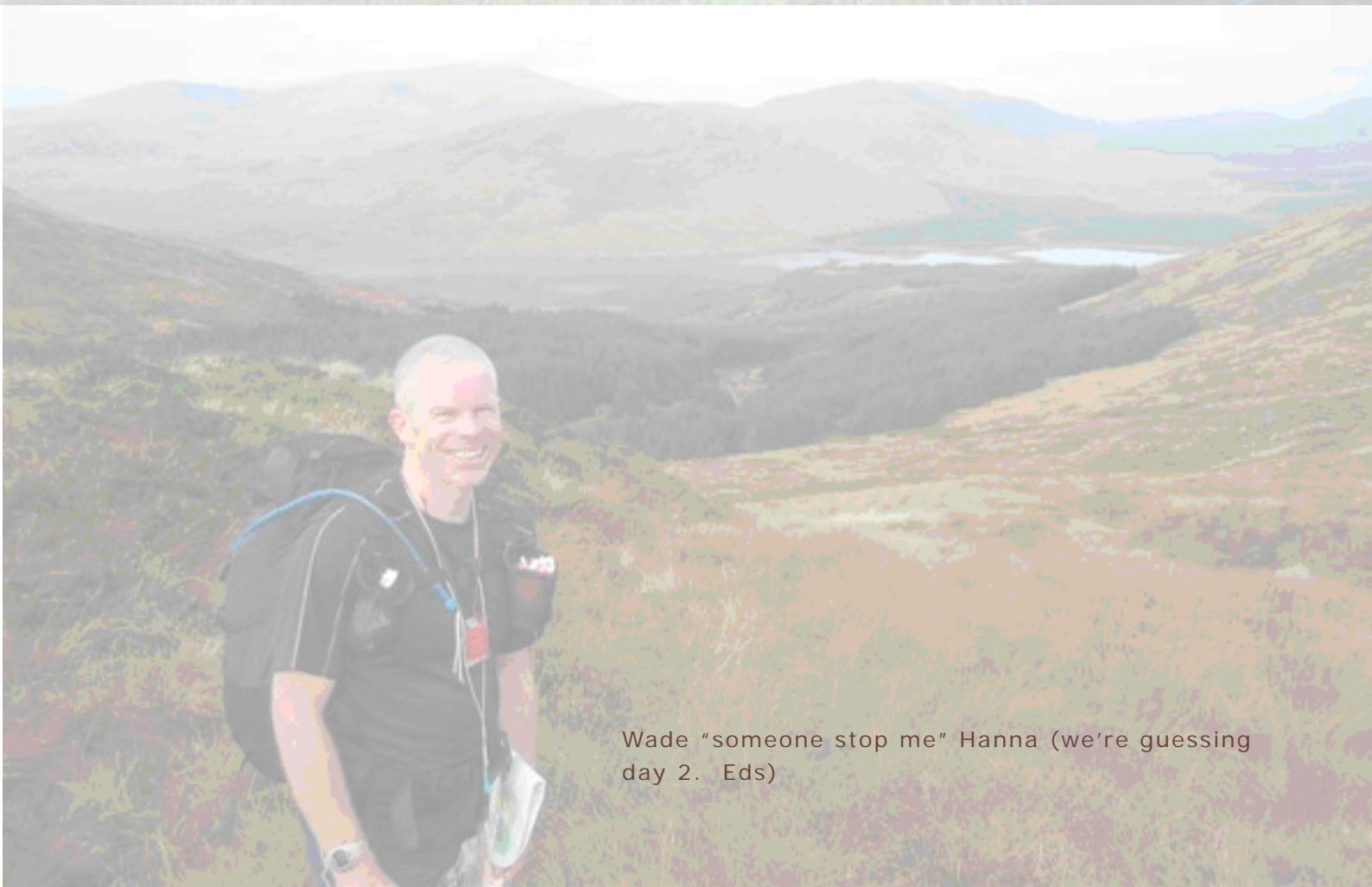
Last forest ride, maybe 700 runners been down, 3ft deep mud. Lass in middle looking more than a bit alarmed, nipped round her ha ha

Through forest, orange needles, branch stubs stabbing out at eye height, racing past cautious dudes, nightmare, 1 in 100 ascent for 50 yards after 2 miles downhill.

Mad dash for the line after 11 hours plodding, what goes on in the head then? Exhilaration, completed the test, alive!

Where food?

By John Stephenson



Wade "someone stop me" Hanna (we're guessing day 2. Eds)

The Championships 2006



Main Championship so far...

	Name	Total	Parbold	Edale	Down-fall	Saddle-worth	Gravy 6	Lads Leap	Stan-age	Roach-es	XC
1	Mark Ollerenshaw	149	30	30	29		30	30		29	
2	John Hewitt	135	27	23	20	28		26	28	26	
3	Jim Ollerenshaw	126	26		19	29	27	25			
4	Julien Minshull	110		25	26			29		30	
5	Anthony Johnson	106	29		22		28	27			
6	Matthew Kieras	90			30	30			30		
7	Dave Hogg	82		29	25					28	
8	Jon Collins	82		27	27			28			
9	Neil McGraw	64	24		17		23				
10	Nev McGraw	60	25		16		21				
11	Andrew Anastasi	54		26	28						
12	Dominic Naylor	52	22	28	24						
13	Rob Edwards	52	28	24							
14	Vaughan McKay	50	25				25				
15	Andy Wilkins	50			23					27	
16	John Stephenson	47	22							25	
17	Phil Swan	46		22			24				
18	Neil Shuttleworth	37			15		22				
19	Paul Stitt	29					29				
20	James Wilson	29							29		
21	Andy Fox	27							27		
22	Nick Rberts	26					26				
23	Carl Bedson	24								24	
24	Carl Buckley	21	21								
25	Bill Buckley	21		21							
26	Wade Hannah	21			21						
27	Lindsay Palmer	20	20								
28	Beryl Buckley	19	19								
29	Kate Cooper	18			18						

This year the championship format was any 5 races from 9 to count. Points per race were awarded as: 1st - 30 points; 2nd - 29 points; 3rd - 28 points; nth - 31-n points; 30th - 1 point.

We should know the full results by the time you see this!!!

Mid-Week Final Table

	Name	Total	Shining Tor	Castleton	Hathersage	Bamford Carnival	Cracken Edge	Eccles Pike
1	Matt Kieras	120	30	30	30	30	30	30
2	Lindsay Palmer	99	23	28	25	23	18	14
3	Kate Cooper	95	25		27		23	20
4	Beryl Buckley	85	22		24	22	17	13
5	Carl Buckley	84	21		23	21	19	
6	Andy Wilkins	84	29		23	21	19	
7	John Stephenson	83	24			28	27	
8	Andy Fox	82	28	29			25	
9	Andrew Anastasi	81				29	28	24
10	Vaughan McKay	79	26		28	25		
11	John Hewitt	53				27	26	
12	Wade Hanna	51	27				24	
13	John Barber	49				26		23
14	Tom Priestley	29			29			
15	Mark Ollerenshaw	29					29	
16	Julien Minshall	29						29
17	Jon Collins	28						28
18	Becky Thompson	27		27				
19	Rob Edwards	27						27
20	Bill Buckley	26			26			
21	Joe Haley	26						26
22	Dave Hogg	25					25	
23	Sandra Cooper	22					22	
24	Mark Vogan	22						22
25	Rob Poole	21					21	
26	Phil Swan	21						21
27	Alan Turner	19						19
28	Rachel Sprotson	18						18
29	Nev McGraw	17						17
30	Neil McGraw	16						16

This year the championship format was any 4 races to count from 6. Points per race were awarded as: 1st - 30 points; 2nd - 29 points; 3rd - 28 points; nth - 31-n points; 30th - 1 point.

Ladies Midweek Final

	Name	Total	Shining Tor	Castleton	Hathersage	Bamford Carnival	Cracken Edge	Eccles Pike
1	Kate Cooper	120	30		30		30	30
2	Lindsay Palmer	118	29	30	29	30	28	28
3	Beryl Buckley	112	28		28	29	27	27
4	Becky Thompson	29		29				
5	Sandra Cooper	29					29	
6	Rachel Sprotson	29						29

This year the ladies championship format was any 4 races to count from 6. The same scoring system was used as the Overall Mid-week Championship with discounting all the men from the positions. Points per race were awarded as: 1st - 30 points; 2nd - 29 points; 3rd - 28 points; nth - 31-n points; 30th - 1 point.

Midweek Calendar 2006

	Date	Name	Category	Distance	Ascent
1	24th May	Shining Tor	BS	6	1250
2	9th June	Castleton	AS	6	1500
3	3rd July	Hathersage	BS	4.5	925
4	9th July	Bamford Carnival	BS	4.5	1000
5	9th August	Cracken Edge	AS	7	1450
6	16th August	Eccles Pike	AS	3.5	650

Championship races for 2007 will be chosen in the New Year and posted on the website (www.glossopdale.org.uk) and on the noticeboard in the Leisure Centre

New Years Resolutions

Paul Stitt - Run to Hull (and back! Eds) to see his Mum and Dad (90 miles!).

Wade - To strive for further perfection (you know what we mean! Eds).

James W - do "The Knowledge" for Glossop. Well, at least get a map.

Kate - Renew Harriers membership and keep on thinking about the Bob Graham.

Lindsay - Discover a new

cure for all known running injures and ailments including hypochondria.

Neil McGraw - No more alcohol until July 2007. (what's happening in August? Eds). Plus "Never be beaten by my Dad in races"

Nev McGraw - "Always beat the above in races"

Carl and Beryl - Remember to send a postcard to the club from every round the world trip.

Julien - Enrol on a Deila Smith cookery course!

Andrew A - Something (anything) to improve navigation skills (no change there then!)

Andy Wilkins - To WIN either the English or British Championships for his age group.

Bill - Stand for election to the UKA board and sort the buggers out.

John Hewitt - Move to Glossop! (Kate's selling a house!)

All club members - To contribute articles to future newsletters.



Harriers prize giving 2005 sabotaged by Tony the Tiger



Results 2006

Lambs Longer Leg

15th January 2006

1 Simon Bailey Mercia	23.27
19 Andrew Anastasi	30.09 MV40
21 Mark Ollernshaw	30.21
23 Julian Minshull	30.31 MV40
28 Dominic Naylor	30.49 MV45
32 John Hewitt	31.13 MV40
66 Andrew Fox	34.35 MV45
68 Anthony Johnson	34.51 MV40
69 James Ollernshaw	35.05 MV50
84 John Barber	36.11 MV45
91 Neil McGraw	36.27
92 Vaughan McKay	36.28 MV55
93 James Sharples	36.29 MV40
98 Kevin Long	37.19 MV40
114 John Stephenson	39.31 MV45
122 Carl Buckley	40.29 MV55
131 Neville McGraw	41.24 MV55
133 Lindsay Palmer	41.47 LV40
142 Allan Armour	44.14 MV50
146 Beryl Buckley	45.27 LV55

Tigger Tor

29th January 2006

1 Lloyd Taggart Dark Peak	1:10:24
24 Andrew Anastasi	1:25:50 V40
25 Julien Minshull	1:26:04 V40
35 Mark Ollernshaw	1:27:05
53 Dave Hogg	1:29:26 V40
61 Dominic Naylor	1:30:43 V40
89 Andy Wilkins	1:34:48 V40
105 Anthony Johnson	1:38:02 V40
191 Alan Turner	1:49:04 V40

Mickeldon Straddle

5th February 2006

1 David Watson Holmfirth	1:35:38
12 Mark Ollernshaw	1:55:10
13 Andrew Anastasi	1:55:23 V40
19 Dave Hogg	1:56:47 V40
31 Julien Minshull	1:59:40 V40
52 Andy Wilkins	2:08:31 V45
66 Robert Edwards	2:13:12
90 Wade Hanna	2:20:28 V40
111 Alan Turner	2:26:30 V45
113 John Stephenson	2:28:00 V45

Parbold Hill Race

11th February 2006

1 R Berry SptWloo	40:13
53 Mark Ollernshaw	47:55
90 Anthony Johnson	50:35 V40
91 Rob Edwards	50:42
99 John Hewitt	50:57
113 Jim Ollernshaw	52:00 V50
164 Vaughan McKay	55:26 V50
172 Neil McGraw	56:09
239 Nev McGraw	1:00:00
264 John Stephenson	1:01:38 V45
270 Carl Buckley	1:01:56 V55
295 Lindsey Palmer	1:03:25 LV40
385 Bill Buckley	1:09:15 LV50

Wadsworth Trog

11th February 2006

1 Karl Gray Calder Valley	2:42:17
95 Carl Bedson	4:19:22

Edale Skyline

19th March 2006

1 Lloyd Taggart Dark Peak	2:39:32
28 Mark Ollernshaw	3:20:34
48 Dave Hogg	3:31:37 V40
53 Domonic Naylor	3:35:18 V40
67 Jon Collins	3:40:09
78 Andrew Anastasi	3:44:07 V40
119 Julien Minshull	3:55:39 V40
142 John Hewitt	4:10:45 V40
111 Carl Bedson	4:25:26 V40
196 Bill Buckley	4:31:04 V60

Joe Barber Herod Farm

26th March 2006

1 Andi Jones Salford	23.28
4 Matthew Kieras	26.37
8 Andrew Anastasi	29.32 V40
13 Anthony Johnson	31.11 V40
14 Andy Fox	31.25 V40
39 Rebecca Thompson	41.44
Male Team Prize 1 Glossopdale Harriers	

Kinder Downfall

9th April 2006

1 Lloyd Taggart Dark Peak	1:06:46
16 Matthew Kieras	1:18:22
20 Mark Ollerenshaw	1:19:58
29 Andrew Anastasi	1:21:09 V40
35 Jon Collins	1:22:41
42 Julien Minshull	1:23:19 V40
45 Dave Hogg	1:23:36 V45
58 Dominic Naylor	1:25:32 V45
85 Andy Wilkins	1:29:17 V45
89 Anthony Johnson	1:29:35 V40
116 Wade Hanna	1:34:14 V40
118 John Hewitt	1:35:09 V40
126 James Ollerenshaw	1:36:12 V50
160 Kate Cooper	1:41:32
161 Neil McGraw	1:41:33
227 Neville McGraw	1:56:07 V60
247 Neil Shuttleworth	2:07:25 V55

Rivington Pike

15th April 2006

1 T. Cornthwaite Blackburn	17:39
16 Neil Shuttleworth	27:40 V55

Anniversary Waltz

22nd April 2006

1 Rob Jebb Bingley Harriers	1:31:00
155 Julien Minshull	1:57:09 V40
237 Andrew Anastasi	2:02:55 V40
243 Dominic Naylor	2:03:30 V45
304 Andy Wilkins	2:08:39 V45

Three Peaks

30th April 2006

1 Rob Jebb Bingley Harriers	2:54:15
58 Mark Ollerenshaw	3:46:21
183 Wade Hanna	4:20:56 V40

Mount Famine

6th May 2006

1 Lloyd Taggart Dark Peak	40:15
37 Andrew Anastasi	51:33
45 Andy Wilkins	52:59 V45
59 Andrew Fox	54:39 V50
62 Mark Vogan	55:01
80 Wade Hanna	58:40 V40

Mount Famine (contd.)

91 Neil McGraw	59:46
125 Carl Buckley	1:06:06 V55
128 Lindsay Palmer	1:06:30 LV40
136 Neil Shuttleworth	1:08:57 V55
147 Beryl Buckley	1:13:17 LV55
148 John Stephenson	1:13:47 V45

Burbage Skyline

16th May 2006

1 Lloyd Taggart Dark Peak	37:05
64 Andrew Fox	47:34 V50

Shining Tor

24th May 2006

1 Andy Norman Altrincham	47:56
9 Matt Kieras	56:15
50 Andy Wilkins	63:04 V40
53 Andy Fox	63:23 V50
83 Wade Hanna	66:51 V40
105 Vaughan McKay	70:05 V50
119 Kate Cooper	72:19
150 John Stephenson	78:03 V40
153 Lindsay Palmer	79:07 LV40
175 Beryl Buckley	92:08 LV50
176 Carl Buckley	92:09 V50

Shutlingsloe

29th May 2006

1 Simon Bailey Mercia	15:57
9 Mark Ollerenshaw	20:28

Duddon Valley

3rd June 2006

1 John Heneghan P&B	2.59.05
25 Mark Ollerenshaw	3.41.14

Saddleworth

4th June 2006

4 Matthew Kieras	23:37
28 James Ollerenshaw	28:04 V50
29 John Hewitt	28:07 V40

Rainow

7th June 2006

1 Andrew Lamont Macclesfield	33:39
36 Andy Wilkins	40:13 V40
64 Mark Vogan	43:05

Castleton

9th June 2006

1 Andrew Thate Hallamshire	42:25
13 Matthew Kieras	47:56
48 Andrew Fox	53:50 V50
132 Lindsay Palmer	66:20 FV40
144 Rebecca Thompson	69:27

Edale

11th June 2006

1 Simon Bailey Mercia	33:16
42 Andy Wilkins	45:31 V50
76 Carl Bedson	53:07

Knowl Hill

11th June 2006

1 John Brown Salford	42:33
60 Bill Buckley	1:03:43 V50

Boar's Head

14th June 2006

1 Malcom Fowler Cheshire HR	45:32
45 Andrew Fox	55:22 V50

Grindleford

15th June 2006

1 Tim Austin Dark Peak	31:11
65 Carl Bedson	41.24
101 Bill Buckley	44.27 V50

Kinder Trogg

18th June 2006

1 Lloyd Taggart Dark Peak	1:46:45
17Julien Minshull	2:03:06 V40
31Dave Hogg	2:11:02 V45
54Andy Wilkins	2:21:39 V45
60Wade Hanna	2:25:46 V40
66John Hewitt	2:26:51 V40
100Neil McGraw	2:39:32
116Lindsay Palmer	2:45:33 FV40

Kinder Trogg (contd.)

137 Neville McGraw	2:52:32 V50
140 Rebecca Thompson	2:58:03 FV40
147 Beryl Buckley	3:01:19 FV50
148 Carl Buckley	3:01:20 V50
152 John Stephenson	3:05:03 V45
155 Neil Shuttleworth	3:07:38V50

Shelf Moor Uphill

21st June 2006

1 J Heneghan Pudsey & B.	22.46
16 Mathew Kieras	26.01
19 Julien Minshull	26.58 V40
21 Mark Ollerenshaw	27.16
43 Jon Barber	31.40 V40
51 Alan Turner	32.57 V45
55 Andrew Bardsley	34.05 V40
61 Rachel Thompson	36.32
63 Niel Shuttleworth	38.15 V60
64 Lindsey Palmer	38.43

Tideswell

30th June 2006

1 Stuart Maycock	27:19
47 Cathy Murray	37:41

Charlesworth and Chisworth

8th July 2006

1 Andrew Grenfell Rossendale	21:58
3 Matthew Kieras	22:23
14 Andrew Anastasi	24:46 V40
18 John Pollard	26:10 V50
21 Wade Hanna	26:39 V40
35 Kate Cooper	27:44
41 Alan Turner	28:41 V40
49 Neville McGraw	29:48 V60
58 Carl Buckley	31:15 V55
72 Beryl Buckley	33:40 FV55

Bamford Carnival

12th July 2006

1 Philip Winskill Dark Peak	28.55
13 Matthew Kieras	31.40
65 Andrew Anastasi	35.28 V40
70 Andy Wilkins	35.34 V40
81 John Hewitt	36.05 V40
104 John Barber	37.57 V40
116 Vaughann Mckay	38.25 V50

Bamford (contd.)

187 John Stephenson	42.54 V40
190 Lindsay Palmer	42.54 FV40
218 Carl Buckley	47.00 V50
219 Beryl Buckley	47.00 FV50

Coniston

23rd July 2006

1 A. Dunn Helm Hill	52.36
24 Jon Collins	66.47
40 John Hewitt	70.45 MV40

Goyts Moss

26rd July 2006

1 Dave Taylor Dark Peak	46:36 V40
25 Julian Minshull	53:55 V40
45 Andrew Anastasi	56:26 V40
46 Andy Wilkins	56:38 V40
49 Dave Hogg	56:53 V40
51 John Hewitt	57:27 V40
93 John Barber	62:53 V40
107 Neil McGraw	65:16
116 Neville McGraw	66:20 V60

Borrowdale

5th August 2006

1 Simon Booth Borrowdale	3.01.48
54 Mark Ollerenshaw	3.54.46
59 Dominic Naylor	3.59.06 V40
103 Jon Collins	4.16.51
288 Cathy Murray	5.30.49

Cracken Edge

9th August 2006

1 Lloyd Taggart Dark Peak	40:30
9 Matthew Kieras	45:32
14 Mark Ollerenshaw	46:46
38 Andrew Anastasi	50:26 V40
51 Andy Wilkins	52:12 V40
52 John Hewitt	52:13 V40
60 Dave Hogg	53:12 V40
75 Wade Hanna	55:18 V40
85 Kate Cooper	56:16
101 Rob Poole	58:17 V50
128 John Stephenson	1:02:09 V40
136 Carl Buckley	1:02:54 V50
140 Lindsay Palmer	1:03:40 LV40
169 Beryl Buckley	1:09:48 LV50

Eccles Pike

16th August 2006

1 Lloyd Taggart Dark Peak	20:31
9 Matt Kieras	24:26:00
12 Julian Minshull	24:34:00 V40
19 Jon Collins	25:08
32 Robert Edwards	26:19
35 Jow Haley	26:25
37 Andrew Fox	26:30 V50
43 Andrew Anastasi	27:04 V40
49 John Barber	27:36 V40
50 Mark Vogan	27:40
51 Phil Swan	27:42
66 Kate Cooper	29:00
68 Alan Turner	29:10 V40
69 Rachel Sprotson	29:12
78 Neville McGraw	30:28 V60
88 Neil McGraw	31:38
99 John Stephenson	32:43 V40
100 Lindsay Palmer	32:44 LV40
108 Beryl Buckley	35:03 LV50

Barrel Inn Eyam

16th August 2006

1 Lewis Bantion U/A	42:39
34 Andy Wilkins	50:21 V40
39 Andrew Fox	51:06 V50

Lads Leap

2nd September 2006

1 Lloyd Taggart Dark Peak	42:01
13 Mark Ollerenshaw	50:39
19 Julien Minshull	51:24 V45
28 Jon Collins	52:59
51 Anthony Johnson	58:58 V40
53 John Hewitt	59:07 V40
58 James Ollernshaw	61:03 V50

Lads Leap

10th September 2006

1 Mike Egner Dark Peak	49:37 V50
6 Andrew Anastasi	56:50 V40
14 Neville McGraw	1:04:43 V60

Lantern Pike

16th September 2006

1 Jon Brown Salford Harriers	34:15
20 Julian Minshull	38:44 V45

Lantern Pike (contd.)

40 Andrew Anastasi	40:35 V40
45 John Hewitt	41:04 V40
48 Andy Wilkins	41:23 V45
65 Mark Vogan	43:32
82 Gordon Cooper	46:11
84 Kate Cooper	46:28
104 Bill Clayton	48:47 V50
108 John Stephenson	49:08 V45
114 Neil Shuttleworth	49:37 V60
120 Lindsay Palmer	50:31 FV40
138 Carl Buckley	52:10 V65
166 Beryl Buckley	56:13 FV50

Autumn Leaves

7th October 2006

1 Paul Green	Sale Harriers	59.23
10 James Wilson		68.22
20 Andy Wilkins		75.05 V40
44 Bill Clayton		82.43 V50

Langdale Horeshoe

7th October 2006

1 Nick Fish	Ambleside	2:10:43
82 Dominic Naylor		2:45:59 V40
95 Mark Ollerenshaw		2:48:43

Stanage Struggle

24th September 2006

1 Rob Little	Dark Peak	38:10
14 Matthew Kieras		42:40
48 James Wilson		46:40
67 John Hewitt		48:30 V40
137 Andrew Fox		54:10 V50

Dave Bray Memorial Race

8th October 2006

1 Andi Jones	Salford Harriers	50:16
7 James Wilson		60:41
11 Anthony Johnson		64:17 V40
29 Neville McGraw		80:52
34 Beryl Buckley		89:25 LV40
35 Carl Buckley		89:26 V50

Thievely

30th September 2006

1 Rob Hope	Pudsey & Bramley	30:44
185 Neil Shuttleworth		51:26 V60

Shepards Skyline

4th November 2006

1 Ian Holmes	Bingley Harriers	41:39 V40
86 Andy Wilkins		55:35 V40
125 John Hewitt		58:57 V40

Windgather

30th September 2006

1 Gareth Turner	Dark Peak	1.38:32
35 Andy Wilkins		2.01:55 V40

Roaches

12th November 2006

1 Simon Bailey	Mercia	1:56:45
16 Julian Minshull		2:18:21 V40
21 Mark Ollerenshaw		2:19:45
52 Dave Hogg		2:31:43 V40
80 Andy Wilkins		2:41:39 V40
123 John Hewitt		2:54:46 V40
148 John Stephenson		3:04:18 V40
183 Carl Bedson		3:16:48

Ian Hodgson

1st October 2006

1 Borrowdale F.R.		3:39:58
28 Glossopdale Harriers		4:41:16

Shelf Moor

1st October 2006

1 Nick Craig	Pennine	45:27
23 Anthony Johnson		58:04 V40
25 Sandra Cooper		58:18 LV40
41 Cathy Murray		1:04:09

HOW AM I DOING? (Part 2)

Last year, I charted the 2005 race results of Glossopdale runners upto mid-year using a method proposed some years ago in 'The Fellrunner'. The idea was to see how well this method would enable each of us to get a more reliable indication of how our running was going. In the past most of us have tried to do this either by simply making a comparison with previous race times or by carefully studying the results to see how near we came to beating our deadly rival 'X'. Both these methods are suspect, in the first case the weather and the going underfoot can have a big effect on the day, and of course deadly rival 'X' may have had an 'off' day and could be preparing to shatter your illusions in the next race. If the object is to beat 'X', and that's always a big part of the reason for competition in the first place, then you've achieved your object, but nevertheless it would be useful to know if you were really moving onto a higher level of attainment.

The method involves simply comparing your own race time with that of the 'median' i.e. the runner finishing halfway down the field. It's not rocket science and certain assumptions about the quality of the total entry have to be made which are probably not verifiable, but if it works who cares? For this year (so far) I've grabbed as much information as I could get hold of from the various websites upto the beginning of November. I've included here just three aspects of the data that I found particularly interesting as space prevents me from printing the performance charts for all runners, but if anyone wants theirs just let me know.

Life in the fast lane

Andy Anastasi is the only one of the three 'star' performers last year still up in contention, both Rod and Nick taking a year out for different reasons. As predicted, Jon Collins and Mark Ollie have both made substantial progress since last year. Since then they've been joined by Matthew and Julien, among others and it looks as if life at the top has become very crowded and competitive (Fig 1).

We see that both Mark and Matthew breached the 1.3 level and in doing so put themselves up into the prestigious top ten positions ('Hall of Fame'!) in their respective races. (Only Rod came near to achieving 1.3 last year, with 1.28 at the Vanessa Chappell.) Mark's worst race this year, on this analysis, was the Shelf Uphill (1.06), although last year's best overall performance was only marginally better at 1.11 (Kinder Downfall), a good indication of the scale of improvement he's made. His best performance appears to have been in the Holme Moss where both he and Jon put in gritty runs in appalling heat when many were forced to drop out long before the end. Whilst he considers his best races are the longer ones, his 1.24 in the Parbold, (a race more akin to cross country than fell), would suggest that he has equal talent at the short fast races and maybe it's just that he prefers the long fell races. While Mark concentrated on the long stuff in the Lakes, Matthew was turning in excellent performances regularly in local races. So what went wrong in the Shelf Uphill? Did anyone notice Des sticking pins in effigies of our top runners at the 'Royal Oak' before the race? Julien also might have been expected to excel in this particular race on 'home territory'. Interestingly his best performance this year appears to have been in the Lantern Pike, not a race one usually associates with the 'rough stuff' on which he thrives. You'd have thought the long rougher fell races would have suited him, but not, apparently the 'Edale' this time. Likewise Andy seems to have come unstuck in the Howgills (Sedbergh) where you'd imagine this seasoned scree, bog and tussock basher, veteran of numerous LAMMS and KIMMs would be in his element.

Achtung! Lurkers!

I have highlighted a number of runners who appear to have been engaged in 'lurking' (Fig 2). Most clubs have lurkers, they're invariably talented runners who often hang around in races further back than they really should be, usually to no good purpose, and need to be watched carefully. You can identify their type easily, they're often taking it easy, you know they're lurking somewhere

behind when they could easily be way ahead, but for some reason they're determined to pass you in particular, just before the end of the race. I remember doing the 'Milford 21' on Cannock Chase years ago, I'd been going well up to the 15 mile marker when my legs started to feel heavy and by 16 miles I could hear what sounded like all the rest of the field coming up fast behind. A well known female runner swept by, seemingly floating over the ground, but followed closely by about a dozen lurkers hovering round her like flies. She may have been feeling flattered by all this male attention, but they were of course lurking in order to avoid at all costs being beaten by a woman (the ultimate shame in those days). Sure enough the results showed that she finished less than a minute behind a pile of blokes. Carl Buckley was an accomplished lurker, you always knew that if you were still in his sights anywhere near the end of a race he'd somehow manage to engage a higher gear and sweep past to the finish. Lurkers' performances are erratic because they're all too often preoccupied with lurking - look at the Cracken Edge results. Three of them nearly out-lurked each other, before chasing after Andy Wilkins, who fortunately managed to fend off John Hewitt's predatory late surge by only 1 sec. The other lurker in the pack, Anthony Johnson, after an indifferent 7th Club counter in the Lamb's Leg, had a stormer only a couple of weeks later in the Parbold, grabbing himself some useful Club Championship points early in the season, and no doubt surprising one or two who had thought high Championship points were more or less in the bag that day. Watch out for lurkers.

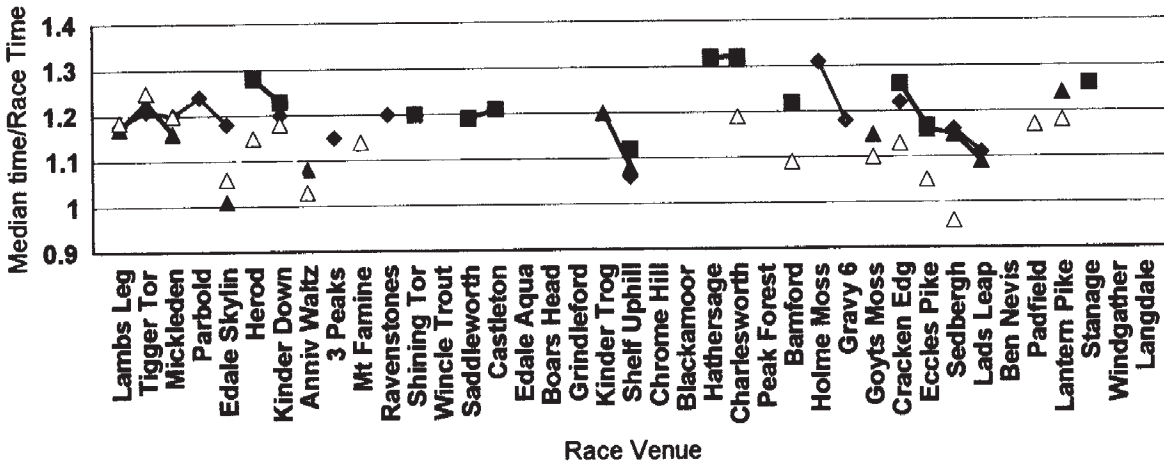
Terrible twins

Both the Andies (or should it be 'Andys') celebrated their half-centuries this year and are showing the rest of us that it's going to be anything but downhill at 50 for either of them. They both have performed consistently well over the year (Fig 3), only finishing just below median position (1.0) on only one occasion. Their performance peaks also coincided, with Andy Wilkins having a 'flier' in the Lantern Pike while Andy Fox travelled up to the Highlands to tackle The Ben Nevis in fine form. With John Stephenson also

joining the half-centurians we could now be looking to pick up some V50 trophies next year. Lins and John also seemed to have been so inseparable during the year that in any other circumstances they might easily have started scurrilous rumours. John's worst performance appears to have been in the Kinder Trog, (was it hot again?), whilst Lins, like the rest of the Club who tackled this race didn't run to form in the Shelf Uphill. Another victim of Des's Voodoo? Both ran well in the Lantern Pike, an indication that the OMM training was starting to pay off, whilst Lins' best race to date was in cross country at Leigh. Interestingly Kate's best ever performance using this measure was also in cross country, at Bury in 2004.

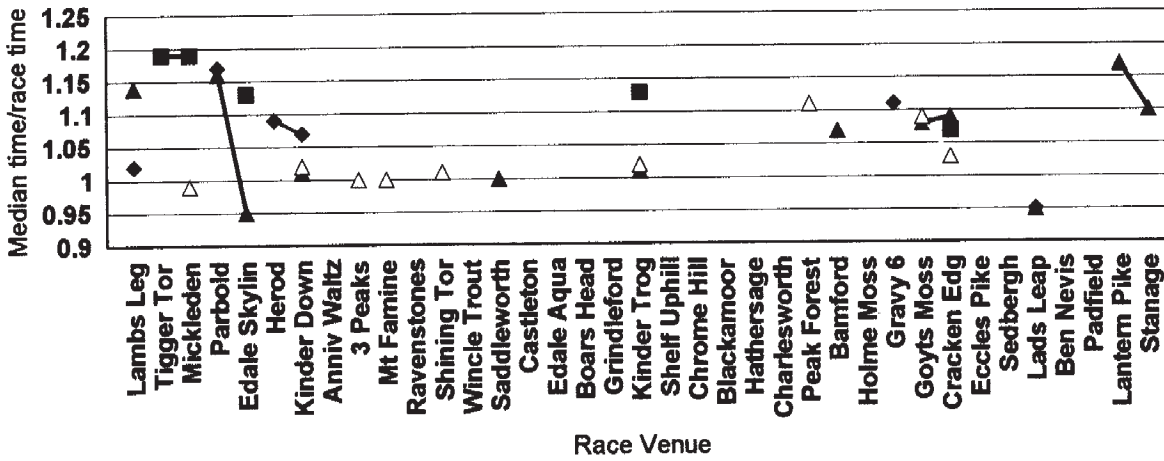
Don't rely on individual race results to work out how your running's going. Of course, your finishing position in a race is important on the day, but bear in mind a 20th place in one race may actually represent a worse performance than 120th in another. Look for trends over time which may be able to show you what type of training suits you personally. And don't lurk. Bill

2006 - Fig 1



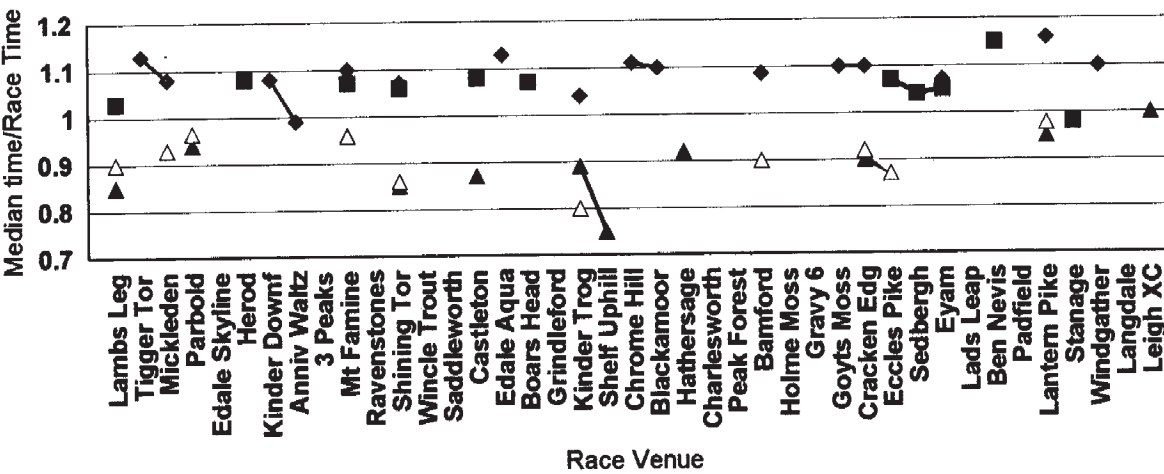
- Matthew Kieras
- Mark Ollershaw
- Julien Minshull
- Andy Anastasi

2006 - Fig 2



- Dave Hogg
- Anthony Johnson
- John Hewitt
- Wade Hanna

2006 - Fig 3



- Andy Fox
- Andy Wilkins
- Lindsay
- John Stephenson

The Joy of Living

You'll possibly have heard of Ewan MacColl, who was a folk singer, a lover of wild open places and something of a political activist. Probably his most well known song is the 'Manchester Rambler'. Towards the end of his life, and as his ability to enjoy the mountains began to be compromised by the ravages of old age, Ewen MacColl wrote a song called the 'Joy of Living' which was a wonderful celebration of his enjoyment of the mountains. This struck a chord with me recently when I was reflecting upon the life of my wife, Stella, who died in December 2005. An early highlight of our time together was a summer back packing trip, which later had more significance than either of us would realise at the time.

After unloading all of our hiking and camping gear, we made sure that the car was securely parked in the dusty lay-by where we would leave it overnight. We'd been looking forward all week to our mini back-packing trip, and had finally arrived at our departure point, the small village of Witcham on the tip of the south-west Lake District peninsula. Witcham nestles beneath the massive bulk of Black Combe, which at 1970 ft may not sound like the biggest of mountains, but sitting virtually on the coast it has huge presence, and because you almost always approach it from not much more than sea-level it presents a climb that is equal in ascent to that of many much bigger hills. I must admit that at this time, the Summer of 1987, I was still very much a back-packing novice, but Stella was an expert and was extremely well organised. Everything that we needed for a night's camping on the summit of Black Combe had been meticulously prepared, and what's more, the weather was excellent. It was June and it was mid-summer. It was a warm Friday evening, we were young, strong and enthusiastic and we were ready to go! We started out on the lane that leads up to the fell gate above Witcham. Beyond this lies a marvellously green grassy track that winds its way around a huge fell buttress called Sea Ness. In later years I was to experience the direct ascent of Sea Ness during the Black Combe fell race, but that dubious delight lay far in the future. For now I was beginning to sweat and to realise that back-packing requires some serious muscle. The problem was that we knew that we would have to

take with us all of the water that we would need for our overnight camp. In addition to my pack I was carrying all of that water, and there must have been a gallon in the container that Stella had carefully loaded!

I hadn't realised that the vessel would be this heavy. I wrestled with the drawcords and the narrow opening to my rucksack and then, after almost cuddling the vessel to my chest, managed to carefully squeeze it through and into the body of the bag. I stuffed my other things, including spare fleece and hat, snugly and around the large vessel. It was deepest January and we might need some extra clothing when we got higher up. I didn't expect to be able to walk particularly fast with the unexpected weight. Diana, by her own admission more of a rambler than a hill walker, waited anxiously for me to secure the rucksack to my back. From the lay-by we could see the green track snaking around Sea Ness and into wispy mist higher up the fell. I could see the apprehension in her face so gently let her know that what we could see was actually the steepest bit of the track, and that the going would be easier higher up. She smiled and looked a little easier with the prospect as she said 'Come on, let's go'. Diana went ahead of me as we ascended the green track. It had been dry this winter and conditions underfoot were good. I could almost sense Diana's increasing confidence. She had been really worried that she wouldn't be able to make it to the top. The sun was now beginning to break through and the mist was now rolling up the fell – given that we had felt drawn to do this walk today of all days, regardless of the weather, we were fortunate to have been blessed with so far, a fine Sunday morning in January. Where the path levelled off we stopped to draw breath and look at the views. Diana suggested that we take some photographs for her parents before we resumed our ascent.

The Olympus camera was a massive beast that came complete with an ancient brown leather case. Stella had been given it by her Father some time before. She posed with that enigmatic smile of hers, and I took that special shot. The shapely summit of the fell, marvellously green lay to the right of her as she stood to one side of the track

for the picture. This kind of summarised who she was, what she enjoyed doing most. We didn't stop for long but continued to the upper reaches of the fell. The weight of my pack and the water was difficult to get moving again, but with steady progress we eventually reached the broad summit of the mountain in the gloriously warm evening sunshine. It was a perfect moment and a perfect evening in every way. We had marvellous views. To the south lay the low-lying profile of Walney Island just off the coast from Barrow in Furness where we lived. Out in the Irish Sea lay the Isle of Man, sharply silhouetted against the sky. From our high vantage point the Cumbrian coast curved away to the North. The Coniston range lay to the north east, with countless other Lakeland peaks in view beyond. We erected the tent and prepared the evening meal. We ate well. As we were only out for one night we had been lavish with our choice of food, tins of curry, lots of rice, tins of custard and cans of beer as well. I had been carrying more in the way of liquid than just the water! Later we sat outside the tent in the windless evening as the sun slowly set far out in the west, quietly enjoying the moment as the cool of the midsummer night gently embraced us. We knew that the joy of living couldn't ever be any better than this, and tucked away on our favourite mountain top our lives seemed to connect together in so many ways. Later we snuggled together in our sleeping bags and slept through until the dawn. After an early breakfast, we packed our things away and departed from our summit camp site.

The camp site was slightly to the south east of the summit trig point. Although it was misty on the summit plateau I was confident that we could find it again because I could remember an area that was significantly clear of any stones. I nodded to Diana 'this is it'. She looked tired and cold now, and nodded 'OK'. I had one last look around. I didn't want to wait any longer. The trig point seemed to be the right distance away and I don't think that we would have put the tent up anywhere else. It kind of seemed important to be as close as possible to the spot, even though after 19 years I can't be sure that I'd remember correctly. Very gently I eased the vessel out of my rucksack,

placed it on the ground and unscrewed the lid. Emotion was welling up inside me. 'Let's do it together' she said. I could feel the tension in Diana's voice. Together we lifted the urn and at first gently, then more vigorously released its contents. There wasn't much wind to assist, but a fine white plume of dust shimmered and expanded, filling the cold air beyond us. Heavier fragments began to fall near our feet. I stuttered out the words from the song, my voice shaking with emotion. By now there were tears streaming down both of our faces. Diana clasped my arm. Then there was more shaking, more ash. With the urn now empty, I instinctively knelt down to smooth out the small lumps of heavier fragments. The finest white fragments of her bones sifted through my fingers making a sad, final connection, on this the day that would have been our 18th wedding anniversary. Oh why, why did it have to end this way! We stood silently for a while, then leaving a spray of flowers on the ground, we turned sadly away and began our descent down the mist enshrouded mountain.

We made an easy descent via the northerly path that runs around towards Bootle, having achieved our ambition of spending a night on the summit of our 'local' mountain. Of course our rucksacks were much lighter now, and our mood was playful as we took our time to absorb the warmth and sunshine as we descended the moorland path in the simmering heat of a gorgeous summer day. This was followed by a passage through the complex tumbledown foothills which lie to the north of the Black Combe area, before returning at a relaxed pace to the car along the quiet coastal path, already planning our next back-packing trip.

We returned, by the same green path on which we'd made our ascent, feeling profoundly sad but at the same time feeling some degree of satisfaction that we'd honoured Stella's wish that her ashes should be scattered on this mountain. A little lower down the track we finally dropped out of the mist, and were greeted by the sublime sight of the late afternoon sun glistening on the rolling surface of the sea, and closer by, the breaking waves stretching between headlands on the remote West Cumbrian

coastline. In the distance, across the coastal flats a lonely diesel train chugged along the Carlisle to Barrow line, the only sound to be heard apart from the soothing sound of the sea. I'm not a great one for believing in omens, but this vacant yet peaceful scene was kind of comforting, and seemed to be saying that although there will be more sadness, and the unanswered questions will remain, the pain you're going through now will not last for ever. You will always have wonderful memories of your lives together and the joy of living which you shared will always be there to be cherished.

Give it time.

By Andy Wilkins.

From the 'Joy of Living', by Ewan MacColl:

Take me to some high place, of heather,
rock and ley,
Scatter my dust and ashes, feed me to the
wind,
So that I'll be part of the air you breathe
and all that you see,
I'll be part of the curlew's cry and the
soaring hawk,
And I'll ride the gentle breeze that blows
through your hair,
Reminding you of how we shared in the joy
of living.

Herod Farm

HEROD FARM –March
Andi Jones (Salford Harriers won the race easily by nearly three minutes in 23.28. He finished just over a minute short of Andy Trigg's course record, which would have been hard to attain due to the muddy paths and rain-sodden fields. The second man back was a relaxed Kevin Lilley (Dark Peak), T Bush was third and Matt Kieras was first Glossopdale in fourth place. Glossopdale also won the team prize.

This year the first woman received an additional trophy, the Stella Judd Memorial Shield. It is a perpetual one and has been instigated by Andy Wilkins. The trophy is in memory of his wife Stella who tragically died late last

year. The recipient was Olivia Walwyn (Altrincham AC), with Wendy Barnes and Estelle McGuire placed second and third.

Lindsay Palmer organised the race for the first time on behalf of the club. In 2007, it will take place on the more usual Wednesday evening. The race was generously sponsored by Joe Barber Plumbers.

CAPEL CURIG – September

The magnificent back-drops of the Snowdon Horseshoe, Tryfan, the Glyders and Carnedd mountains provided a very special training ground for 20 or so Harriers (and their families). Saturday saw fifteen trundle up Carnedd Ddaffyd and Llywelyn, classic thousand metre (3,400 ft+) peaks. A

fifteen mile run with nearly six thousand feet of climbing in glorious sunshine enabled the harriers see at close hand the superb scenery and wildlife. A smaller group assembled on Sunday (some returning home early to contest the Padfield Plum Fair races or the Coal Carrying Race up Redgate) and took in Moel Siabod (2860 ft / 872 m).

Not everyone took part in the long runs but instead climbed the rocks, walked up Tryfan or mountain biked. Capel Curig is an ideal venue being central for all these activities. Thanks to Phil Swan for organising the trip. (ps. Kate Cooper has put some photos of the weekend on the website. Eds)

Press releases by Neil Shuttleworth

Shelf Moor

SHELF MOOR RACE - October
Nick Craig and his sister Estelle McGuire took the honours in this year's Shelf Moor race (organised by John Stephenson on behalf of the Harriers). Recently recruited Glossopdale Harrier, Sandra Cooper, was third overall and first female over 40.

They all won bottles of wine and a special limited edition mug. Each of the category winners each received one of these mugs, which shows a painting of a fell runner on Shelf Moor, by Rod Holt.

The Shelf Moor race had been moved from its usual date a month earlier but an unexpected change to a Championship race, which

was moved to this weekend, deprived the race of its usual numbers of over one hundred. Nevertheless race organiser John Stephenson was satisfied with the response from athletes. They

travelled from Cumbria, Nottingham, and the Isle of Man to race up Shelf Moor. Estelle McGuire said, "It was a fantastic race and well organised."
by Neil Shuttleworth



Secretary's Report

We affiliated to (or to be precise were affiliated to) England Athletics Ltd., - 'the governing and delivery body for athletics in England' on 1st April 2006. Yes, I know most of you will have a North of England AA membership card but that's just because England Athletics Ltd. somehow weren't capable of getting their act together and providing a membership scheme up and running in 12 months, so until they do it's business as usual. And because we all voted against a national membership scheme at the AAA AGM a year ago, they just stripped the AAA of England and its 3 regions (one of which is the North of England AA) of their authority and told us they're going to give us a national scheme anyway, like it or lump it. (Kim Jong Il for president next year?). I re-affiliated Glossopdale to the North of England AA at the 11th hour this summer after much deliberation, in order to avoid the situation where we could otherwise find ourselves ineligible to compete in certain championship races, London Marathon, FRA relays and the like, and I wouldn't then be flavour of the month. As it happens I don't think anyone has asked for NofE AA cards so far this year- but I know they will be required for the NofE cross country championships in January & the 'National' in March. We have been 'invited' to continue our membership of England Athletics from 1st April 2007, for this year £3 per competing athlete + £50 club affiliation (irrespective of club size). This will work out about the same as we paid in the last 12 months, but note that £3 per member is to be increased to £5 next year. So I don't envisage a problem immediately on that score.

In the middle of June I received a letter from the County 'Officials Secretary' (formerly known as the 'Permit Secretary') enclosing copies of the new 'Applications For Grading' form, as required under the 2006 UKA Rules for Competition. The rule change had been slipped in quietly without anyone noticing, apparently no-one at the FRA had been consulted, and it also came as a complete surprise to road running clubs. The implications are far-reaching, not least the implication that failure to have suitable UK Athletics graded officials at our races would leave the organiser uninsured and personally liable in the event of an accident and subsequent claim. However, in the way of a softener, UKA were willing to accept any 'suitably qualified persons for appointment to Level 2 Status' up to 31st December on the recommendation of the Club. This brings to mind those dodgy academic institutions in the States that offer PhD certificates 'for only 35\$ by return post'. How anyone in an office in Solihull or anywhere else feels able to vouch for the competence or otherwise of a person they've never met or know anything about beggars belief. The FRA are still trying to come to some accommodation with UKA on this one, hoping, one suspects, for "peace in our time". We all know how difficult it is to get volunteers to help, without then having to insist they go on training courses for the 'privilege'. (UKA hadn't even thought about what sort of training courses would be needed) My own view now is that the sooner the FRA break away the better.

The road running and cross country situation is likewise not clear at the moment. Most road running clubs are situated in the South and to date they haven't had a membership scheme as we have in the North over these last few years. So the new national England Athletics scheme will represent an additional financial burden on all these clubs, who receive nothing in return from UK Athletics. I believe efforts are being made to investigate the viability of an independent scheme for the many clubs whose main activities are road running and cross country running. This would leave UK Athletics and England Athletics track and field athletics, which is the only area they seem to think and care about. UK Athletics, responsible for all athletics policy, is the puppet of Sport England, which is the government quango funding athletics, in turn responsible to Tessa Jowell, Minister for Culture, Media & Sport

(I think that's what they call themselves). In case you haven't heard, London will be the venue for the 2012 Olympics, and whatever else happens, as much money and effort as is available will be channelled into winning Olympic gold. This is what the 'modernisation plan'

was really about, picking promising track and field runners to be fast-tracked to stardom. For the large majority of ordinary club runners who participate regularly in road, fell & cross country the whole Foster Project, spawning growing bureaucracy and regulation is nothing more than an expensive irrelevance to their sport. Unfortunately, through widespread apathy at club level the Foster Plan was approved last year by the minority of clubs who bothered to use their vote at the AAAs AGM. Is history repeating itself now with a takeover of the FRA by the 'blazer brigade'? If you were in the UKA bunker at this moment would you be particularly worried on hearing that only 80 odd members (4 from Glossopdale!) out of a total of 6000+ membership bothered to turn up at the most important AGM in 20 years? (See report elsewhere in this newsletter). Hardly the October Revolution. Most of us believe the FRA has served the fellrunning community admirably over the years, due largely to the foresight of its founders, and by the continued hard work of it's officials. The rules for competition are not onerous, drawing extensively on the experience of ordinary fellrunners and the wider mountaineering community. There is a comprehensive annual programme of good, cheap races to suit all tastes and abilities. We're in danger of losing all this.

If you spend any time on the FRA forum you will have noticed that there are some who are arguing vigorously to retain the links with UKA and the rest. As I wrote last year there will be winners and losers in this business and the pro-UKA faction represent the winners. These are the organisations who have bid and won ££££££s of Lottery money dished out by Sport England for improvements to track facilities, coaching juniors, grants towards international competitions and the like. All causes worthy of our support and good luck to them but it shouldn't mean that the rest of us have to stand by and watch our sport being ruined by a meddling unaccountable bureaucracy.

Fortunately all the politics off stage have not so far had any noticeable effect on our day to day activities ranging across road, fell, cross country and other variations on the theme and it's been another busy year for Glossopdale with so much going on. We're not a big club, and with such a diverse range of interests it's sometimes the case that we find ourselves the only Glossopdale runner competing in a particular event. It's up to each of us if we really like an event to persuade others to take up the challenge, try something new in 2007. Two-day events are a case in point where club interest has grown again, and I'm sure some must fancy having a go at the running/swimming/canoeing/biking multisport type event that John Glanfield writes so enthusiastically about. Relays are always invariably problematical - they are in every club, so perhaps we could set our stall out early in 2007 by deciding which relays we will compete in as a club.

A very big 'Thank You' to all of you who helped to organise the many club activities we've enjoyed this year, hope we can prevail on you again in 2007. Finally, a word to the club member who was enquiring about a suitable area to train for running through tussocks, after his Galloway experiences. I look on running through tussocks like falling under a bus, you can't train for it, just avoid the experience at all costs. Best Wishes to you all and every success in 2007.

Bill

England Athletics LTD

JTC

FRA AGM 2006

After the formal business at the 2006 FRA AGM the informal discussion (which was to gauge the strength of feeling) may be recorded as: "an overwhelming majority of those members present at the AGM are for the FRA seceding from UK Athletics."

Apart from a new Magazine Editor and the ex-Chairman not being elected as a members' representative, it was musical chairs in the posts held by the Executive Committee with Tony Varley (Horwich RMI) moving from Treasurers post to become the Chairman.

The late proposal on the possibility of the FRA leaving UK Athletics and sent recently via the internet was not allowed 'at the Chairman's discretion' as it was felt that it was unfair to those who had not seen it. [Tony Varley had suggested that the 160 who had voted on the FRA Forum were not representative of the 6,641 members.] This matter was cleared up at the start of the meeting, but in retrospect I thought Alan Barlow used delaying tactics to stall the discussion of 'elephant in the room' as colourfully put by Margaret Chippendale (now back in the fold as Fixtures Secretary for the next year). Many of the sixty or so there spoke and few seemed to put the case to stay. The internet proposal by Keith Burns, a member of 26 years standing, had a timescale of 1 February 2007 and he was wary of letting it be an open one. Chris Knox (Keswick) said he was on the sub-committee to look into the pros and cons of staying with UK Athletics. He created a stir when he said 'we are negotiating with UK Athletics and if we don't get what we want, what do you think we will recommend?' To this Dave Rosen, a veteran from Lancaster and Morecambe and a former team manager and athlete of note, "we have been talking a very long time and not getting very far . . . It seems to me the best bet is to leave UKA." Members Representative Andrew Schofield (who seconded the proposal) had a similar retort - we can run our own sport without UKA. It's the members, not the committee to decide. I am not one for me; I'm here for you." Schofield had earlier noted, "Subs* would go up by a factor of two and half

times. But if we get nowt back what is two and a half times nowt?" "Let's get out now," said Clare Kenny who was "horrified that I have to go on a course to press a button on a stopwatch."

Tony Varley, now as Chairman, said that the outcome of the sub-committee would be "put to members and have a postal vote." Whether this point will be recorded as part of the informal discussion is a moot point. The 2005 AGM in the February 2006 issue of the FRA Magazine reported under Other Issues David Jones proposal thus: There was a general inconclusive discussion of the likely future of fell running organisation (at national and regional levels) prior to the winding up of the meeting at 18:30.

Whether we, the members, will get a voting slip with the case for and against staying with UKA, in the February Magazine as intimated at one stage in the debate is questionable. As John Hewitt said the outcome was not clear: "We need the case for and against put in the next magazine." Apart from calling an EGM where 5% of members are needed (332), we can only wait and see what the committee will do. Alas, time ticks on and this is a time-sensitive issue, especially if club secretaries have to register the club for the next season with the regional body in May 2007.

* Under the proposals by the Foster Report when implemented by England Athletics.

By Neil Shuttleworth



SAMOENS and the VALLEE du GIFFRE

The atmospheric and historic resort of Samoens just over an hour by road from Geneva provides an ideal location for relaxing or some serious sporting activity.

At the heart of the valley of the Haut-Giffre Samoens forms part of the Grand Massif ski area, which also includes the resorts of Morillon, Flaine, Sixt Fer a Cheval and Les Carroz. In winter the opening of the 8-person telecabine in 2004 has provided quick and easy

access to 265 km of pistes between 700 and 2500 m, covering some spectacular skiing. The snow record is good thanks to its geographic position close to the Mont Blanc Massif. Labelled as a " Station P'tits Montagnards " by Ski France, Samoens is an ideal family destination, with all-in services and products available to make things easy.

We offer an accommodation base from a well-appointed studio apartment from which you can enjoy this beautiful area. Samoens nestles at the base of the majestic Criou Mountain and it is the only french ski resort to be listed as a Monument Historiques. It has remained unspoilt by tourist development and maintains a thriving life throughout the year. This is not a purpose built resort.



Besides recharging one's batteries and enjoying a change of scene, holidaymakers can try out a host of new activities.

In summer the choice of alpine activities in the area are endless. There are family adventure parks, stunning walking and hiking trails to mountain lakes and waterfalls, rock climbing for all levels, river adventure sports and 600km of marked tracks for mountain biking with challenging mountain passes for the roadies.



Dave and Lindsay Palmer are contactable at:

daveandlins@hollybank18.fsnet.co.uk

Tel: 01457 852 397

Mail to: 18 Holly Bank, Manor Croft, Glossop, Derbyshire SK13 8TS

Please feel free to contact us with any questions.



"Water over the Edge" by Rod Holt. Rod's latest picture is available as a limited edition print and a greeting card, with a contribution from each sale going to help Glossop Mountain Rescue's fundraising initiative.