

CUMBERLAND FELL RUNNERS ASSOCIATION
SCAFELL PIKE FELL RACE RESULTS 2005

Posn	Race No.	Cat.	Name	Club	Scafell Pike Summit time Posn./time	Finish
1	42	Int	Ricky Lightfoot	Ellenborough AC	1/41:00	58:15
2	34	S	Simon Peachey	Carnethy HR	2/41:10	59:28
3	47	S	Esmond Tresidder	Carnethy HR	3/42:26	1:00:28
4	2	S	Mike Robinson	DPFR	7/43:44	1:02:12
5	30	Int	Martin Mikkelson-Barron	Keswick AC	5/42:58	1:02:27
6	40	S	Mark Denham-Smith	Keswick AC	4/41:58	1:03:27
7	29	S	Dave Ward	CFR	8/43:45	1:03:46
8	56	S	Richard Greenwood	CVFR	11/44:56	1:04:05
9	33	V45	Stephen Hicks	Borrowdale FR	6/43:43	1:04:31
10	49	S	Steve Swarbrick	Bowland FR	12/44:57	1:04:40
11	13	S	Chris Robinson	Helm Hill Runners	9/44:03	1:05:02
12	28	V50	Rob James	CFR	14/46:06	1:05:18
13	38	S	James Senior	Bingley H	13/51:29	1:05:24
14	54	V60	Dave Spedding	Keswick AC	10/44:55	1:07:33
15	17	S	Nathan Pike	Hoad Hill	23/48:11	1:07:39
16	25	S	Keith Hill	Keswick AC	17/46:58	1:07:45
17	32	S	Mike Vogler	Hoad Hill Runners	16/46:57	1:08:16
18	3	S	Neil Thompson	Keswick AC	24/49:04	1:08:42
19	19	V40	Gary Allsop	Settle Harriers	23/47:28	1:09:34
20	48	L	Sharon Taylor	Bingley	19/47:53	1:09:55
21	4	V55	John Hope	Pudsey & Bramley	15/46:13	1:10:49
22	12	S	Ollie Fielden	Helm Hill Runners	25/49:40	1:13:09
23	20	V40	John Osborne	Settle Harriers	18/47:33	1:13:18
24	14	S	Chris Cripps	CFR	31/51:43	1:13:34
25	24	V45	David Owens	Keswick AC	22/48:12	1:13:55
26	21	V40	Richard Scott	Keswick AC	20/48:10	1:14:22
27	44	LV40	Jane Meeks	Keswick AC	26/50:05	1:15:08
28	41	V45	Andrew Hinde	Settle Harriers	30/51:00	1:16:01
29	5	V55	Peter Jagan	Bingley H	32/52:13	1:16:09
30	50	V40	Simon Wakefield	U/A	29/50:56	1:16:50
31	35	V50	Ron Rees	Pennine FR	27/50:55	1:16:53
32	58	V40	Neil Shepherd	Bowland FR	58/54:44	1:17:22
33	39	V45	Mike Smith	Bingley H	36/52:33	1:18:34
34	26	V55	William Helliwell	U/A	44/56:23	1:20:00

35	16	V40	Andrew Dugdale	Clayton-le-Moors	33/52:27	1:20:48
36	1	LS	Carolyn Hodgett	U/A	28/50:37	1:21:06
37	43	S	Paul Johnson	Ellenborough AC	45/56:28	1:21:40
38	36	V40	Allan Yeomans	Rossendale H	39/54:45	1:21:49
39	15	V40	Kieran Ashworth	Clayton-le-Moors	35/52:40	1:22:13
40	51	V45	David Ralphs	Newburgh Nomads	43/55:33	1:22:21
41	18	LS	Sarah Pike	Hoad Hill Runners	40/54:46	1:22:27
42	11	LV40	Lindsay Buck	CFR	34/52:30	1:22:38
43	55	V45	Robin Smithurst	Black Coombe FR	50/59:50	1:24:42
44	52	V60	Pete Dowker	Kendal AC	49/59:15	1:25:20
45	23	V55	Martin Walsh	Lytham-St-Annes	47/57:54	1:25:23
46	9	V45	Barry Harper	Notts AC	37/54:40	1:27:22
47	46	V55	Rob Tresidder	Matlock AC	48/58:21	1:27:54
48	8	V55	Ken Allen	Notts AC	42/55:32	1:28:06
49	45	V45	Mike Peat	Lancs & Morecambe	46/57:23	1:28:54
50	6	LS	Anna Jagan	Edinburgh Uni.	52/1:02:10	1:29:08
51	37	V55	Mick Ford	Bingley H	55/1:05:17	1:30:00
52	7	V45	Mick Robinson	Notts AC	51/1:00:56	1:36:39
53	27	V50	Bill James	CFR	54/1:05:16	1:39:43
54	22	V60	Paul Walsh	Lytham-St-Annes	53/1:05:00	1:39:44
55	31	V70	Harry Catlow	CFR	56/1:10:02	1:48:45
56	57	V50	Kenneth Price	FRA	55/1:05:17	1:49:13
57	53	V65	Harry Blenkinsop	Keswick AC	57/1:10:39	1:53:54

Teams (4 Mixed / 3F to count)

1st team	Keswick AC	41 points
2nd	CFR	85
3rd	Bingley	95

Jack & Jill

1st	Nathan & Sarah Pike	56 points	2:30:06
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Race Report

The Scafell 2005 gear requirement was full kit - again - as the weather was forecast as becoming colder with winds, but fortunately the sun held on & the race was held in near-ideal conditions. There were 57 runners - all finished but one failed to start.

Apologies for the economical use of registration paper & our keenness in retrieving the tally rings at the finish! Times are not quite that hard but we are if nothing else, not a loss making organisation...

Thanks to the courtesy of the runners, as I was a bit short handed & had to ask the leader to open a couple of gates & the

tail ender to close them. But, I was able to press-gang a couple of volunteers to help with the gates at the end.

We were about 5 minutes late starting as one or two runners forgot tallies & had to retrieve them.

Ellenborough's Ricky Lightfoot & Simon Peachey from Carnethy reached the summit very close together, but Ricky pulled away on the descent to win by over a minute. 3rd counter at the summit was Keswick's Mark Denham-Smith but was passed by Esmond Tresidder from Carnethy descending some 4 minutes quicker to claim 3rd place.

The 1st V40 home was Gary Allsopp from Settle, runner-up clubmate John Osborne with 3rd counter Richard Scott from Keswick.

The first V45 was Borowdale's Stephen Hicks, runner-up Keswick's David Owens, 3rd counter Andrew Hinde from Settle.

The V50 class was won by CFR's Rob James, 2nd was Ron Rees from Pennine & 3rd Bill James, again from CFR. The 1st V55 was Pudsey & Bramley's John Hope & 2nd counter Peter Jagan from Bingley, 3rd William Helliwell (U/A).

The V60 category was won with an excellent run ahead of the V40 & V55 winners in 14th place overall by Dave Spedding from Keswick, runner up was Pete Dowker from Kendal & 3rd Lytham's Paul Walsh.

The V65 category was won again this year by Keswick's Harry Blenkinsop. Harry Catlow ran extremely well for CFR to beat the other Harry & win the V70 prize!

The ladies' race (6 ran) was won with an excellent 20th position (that same number was occupied by Jane Meeks, last year's winner!)

by the Wasdale winner Bingley's Sharon Taylor, runner-up & ladies V40 winner Jane Meeks from Keswick came 27th, 3rd was 36th placed Carolyn Hodgett (U/A).

The winning team (any 4 gents/ladies combination now) with 41 points were Keswick, comprising Martin Mikkelsen-Barrow (5), Mark Denham-Smith (6), Dave Spedding (14), Keith Hill (16). CFR were 2nd with 85 points and Bingley 3rd with 95.

The Jack and Jill couples winners were Nathan & Sarah Pike from Hoad Hill Runners.

There were no retirements.

Thanks go to all of my hard working helpers:

Richard Green & Jim Davies on the summit checkpoint, Richard's wife Diana & sons Nathaniel & Michael at registration, drinks, gates, start & finish etc., Dave Polhill on the radios - good reception this year! Why? goodness only knows, usually Dave has to drive all over the place to establish a contact. Then the base radio went down temporarily as the fuse popped out the back of the set....I suppose the gremlin needs a home somewhere! Fortunately Dave's E & I background held him in good stead & the fault was soon traced. Spare mobile radios were available in any case.

Thanks to Ian Simpson for an excellent job on registration etc., pointing out to all of the runners the necessity of carrying & handing in tallies at the summit & finish. In spite of this, a few were dropped or forgotten. My pep talk at the start helped some but there are always one or two that won't speak up....

We are very grateful to the Wasdale Head campsite & National Trust for allowing us to use the farmland fields and the race to keep its original course.

I did thoroughly enjoy organising the event and I hope you all had a great run & enjoyed the grub. See you again next year?

Varied flavour flapjacks..... I'll be experimenting with cherries, stem ginger / honey, golden syrup etc.

By the way, as announced at the presentation (apologies for the almost traditional mix-ups with prizes - should all be sorted now) we've commissioned a perpetual 'King of the Mountains' trophy with a cash prize to go to the overall points winner of the big 3 - Snowdon, Ben Nevis & Scafell Pike.

This year is a bit difficult to award because the Snowdon was an international race, but we have James Senior as the top contender. Out of respect for last year's performance by Ian Holmes from Bingley Harriers who won all three races outright, I intend to award a retrospective prize & he will hold the trophy for half of the available period then hand it on to James.

The points are as follows:	Snowdon	Ben Nevis	Scafell Pike	Total
James Senior	67	50	13	130
Kieran Ashworth	297	195	39	531
Martin Walsh	313	303	45	661
Rob Tresidder	393	289	47	729
Paul Walsh	384	344	54	782

I'm still trying to verify this approach! And you all thought race organising was easy?

If all goes well, there will also be perpetual trophies for the Scafell winning gent, lady & Jack & Jill categories for 2006. My hope is that it will raise the interest & make the event just that bit more rewarding.

All the best, hope to see some or all of you next year.

Richard J Eastman, Chairman CFRA