

CUMBERLAND FELL RUNNERS ASSOCIATION
 THE 32ND WASDALE 'HORSESHOE' FELL RACE RESULTS 2004

Pos'n	Name	Cat.	Club	Race No.	Whin Rigg	Seat-allan	Pillar	Great Gable	Esk Hause	Scafell Pike	Lingmell Nose	Finish
1	Phil Davies		Borrowdale	13	35	1:28	2:07	2:47	3:10	3:36	-	3 53 55
2	Andy Schofield		Borrowdale	7	36	1:28	2:06	2:47	3:10	3:36	-	3 54 21
3	Joe Blackett	V40	N. Yorks M. AC	9	35	1:28	2:07	2:47	3:10	3:36	-	3 55 04
4	John Hunt		CFR	8	35	1:29	2:07	2:49	3:12	3:40	-	4 02 35
5	Gavin Bland		Borrowdale	20	36	1:31	2:09	2:49	3:12	3:40	-	4 12 55
6	Julian Rank	V40	Holmfirth H	23	37	1:36	2:23	3:11	3:39	4:07	-	4 27 56
7	Gary Thorpe	V40	Ambleside ACv	64	37	1:36	2:23	3:11	3:39	4:07	-	4 28 57
8	Adam Breaks		Calder Valley FR	61	38	1:37	2:28	3:18	3:49	4:17	-	4 39 02
9	Ian Cowie	V45	Mercia FR	32	41	1:42	2:29	3:17	3:49	4:17	-	4 40 55
10	Dave Tait	V55	Dark Peak FR	11	42	1:43	2:30	3:20	3:51	4:21	-	4 44 19
11	Richard Mellon		Bowland FR	34	41	1:43	2:31	3:21	3:51	4:21	-	4 44 48
12	Leigh Warburton	V45	Bowland FR	14	44	1:48	2:36	3:28	3:58	4:27	-	4 47 28
13	John Hey		Warrington AC	63	44	1:48	2:36	3:27	3:57	4:21	-	4 47 38
14	Phil Addyman		NFR	17	39	1:37	2:28	3:18	3:51	4:21	-	4 47 57
15	Nick Hewitt	V50	Bowland FR	1	41	1:42	2:30	3:22	3:55	4:27	-	4 49 57
16	Dave Spedding	V55	Keswick AC	38	40	1:41	2:30	3:21	3:53	4:27	-	4 53 11
17	Peter Brittleton		Howell H	15	36	1:30	2:12	2:59	-	4:04	-	4 55 33
18	Chris Lumb	V45	Kendal AC	16	39	1:40	2:34	3:30	4:03	4:41	-	5 05 36
19	Colin Valentine	V40	Keswick AC	57	44	1:48	2:36	3:30	4:09	4:43	-	5 06 33
20	Lee Thompson	V40	Clayton-le-Moors	24	43	1:49	2:42	3:37	4:12	4:45	-	5 07 51
21	Simon Deakin		NYM AC	6	43	1:49	2:42	3:37	4:11	4:45	-	5 08 21
22	Nicola Davies	LV45	Borrowdale	50	44	1:51	2:44	3:39	4:14	4:47	-	5 08 35
23	Jackie Lee	LS	Eryri H	52	45	1:52	2:49	3:44	4:17	4:49	-	5 09 25
24	Rob James	V50	CFR	12	42	1:48	2:47	3:53	4:30	5:05	-	5 27 58
25	Martin Brady	V40	Clayton-le-Moors	21	43	1:53	2:51	3:49	4:27	5:05	-	5 28 04
26	Don Ferguson		Keswick AC	67	42	1:47	2:35	3:28	4:02	4:36	-	5 28 10
27	John Wootton	V40	Wharfedale H	47	44	1:50	2:42	3:38	4:21	5:00	-	5 32 10
28	Roger Woods		DPFR	71	45	1:56	2:49	3:49	4:30	5:05	-	5 36 00
29	Stephen Wilson	V40	CFR	22	47	1:57	2:55	3:57	4:34	5:10	-	5 37 08

Pos'n	Name	Cat.	Club	Race No.	Whin Rigg	Seat-allan	Pillar	Great Gable	Esk Hause	Scafell Pike	Lingmell Nose	Finish
30	Ian Hodgson		NYM AC	5	46	2:03	3:05	4:04	4:40	5:15	-	5 38 06
31	Colin Hutt		City of Edinburgh	49	42	1:49	2:43	3:45	5:02	5:05	-	5 40 06
32	Paul Simpson	V40	Kendal AC	33	46	1:58	2:58	4:01	4:39	5:16	-	5 40 39
33	Wendy Dodds	LV50	Clayton-le-Moors	60	47	1:58	2:53	3:53	4:37	5:12	-	5 41 11
34	M. Farrar	V40	Skyrac AC	31	45	1:58	2:53	3:53	4:37	5:12	-	5 41 11
35	Sam Waddy		U/A	35	44	1:53	2:49	3:49	4:28	5:13	-	5 41 11
36	Kevin Walker	V45	U/A	55	49	2:04	3:02	4:03	4:43	5:16	-	5 41 37
37	Paul Hainsworth	V45	NFR	42	46	1:56	2:54	3:58	4:39	5:14	-	5 42 13
38	Geoff Davies	V45	NFR	53	45	1:56	2:53	3:55	4:38	5:14	-	5 43 41
39	Dennis Lucas	V60	Rochdale H	37	44	1:54	2:52	3:57	4:39	5:16	-	5 47 42
40	Phil Elliot	V45	DPFR	40	45	1:56	3:02	4:04	4:36	5:22	-	5 52 31
41	Pete Ferris	V40	U/A	69	49	2:01	3:00	4:15	4:47	5:21	-	5 53 15
42	Richard Leonard	V45	Todmorden H	58	46	1:58	3:02	4:04	4:47	5:24	-	5 58 07
43	Mark Graham	V45	CFR	65	51	2:05	3:05	4:10	4:52	5:32	-	5 59 24
44	Steve Skelton	V45	Longwood H	28	48	2:02	3:04	4:09	4:50	5:30	-	6 03 50
45	Jane Grundy	LS	NFR	19	50	2:07	-	4:15	5:05	5:47	-	6 15 31
46	Bill Buckley	V60	Glossopdale H	39	48	2:04	3:08	4:15	5:07	5:49	-	6 21 52
47	Stephen Brock		Keighley & Craven AC	46	49	2:04	3:05	4:13	-	6:03	-	6 40 11
48	Steve Walker	V40	NFR	41	46	2:00	3:05	4:15	5:19	6:10	-	6 45 57
49	Chris Little		NFR	43	46	1:59	3:05	4:15	5:19	6:10	-	6 45 57

1st team - 4 to count

Borrowdale

30 points

Retirements / timed out:

Race no.

2	Wayne Walsh	V40	Bowland FR	53	2:15	ret						
3	George Scott	V50	Pennine FR	48	2:04	3:09	timed out					
4	Anthony Booth	V45	Preston H	53	2:18	ret						
10	Chris Edwards		DPFR	53	2:17	ret						
18	Lewis Grundy		NFR	41	1:43	2:33	3:30ret					
25	Gordon Trevor	V50	Shrewsbury AC	55	2:23	ret						

26	D. Owen	V50	Shrewsbury AC	49	2:09	3:15+ret				
27	Mick Robinson	V45	Notts AC	46	2:03	3:19	timed out			
29	Robert Pritchard	V45	Skyrac AC	46	1:58	2:58	4:13ret			
30	Steve Batley	V55	Skyrac AC	49	2:07	3:15ret				
36	Steve Taylor	V40	U/A	54	2:27	ret				
44	Bob Wightman	V45	Ilkley H	52	2:06	3:08	ret			
45	Paul Creighton	V40	NFR	51	2:19	ret				
48	Robert Palmer	V40	Wharfedale H	58						
51	Pez Bullen	V40	Keswick AC	41	1:47	2:50	ret			
54	Colin Grime	V55	Spectrum Striders		51	2:10	3:15	timed out		
56	Steve Edison	V50	U/A	51	2:06	3:09	4:15ret			
59	Jane Smith	LV45	Todmorden H	50	2:09	ret				
62	Peter Whewell	V55	NYM AC	53	2:19	ret				
66	Steve o'Keeffe		CFR	51	2:09	3:15	4:23	timed out		
68	Chris Knox	V50	Keswick AC	52	2:09	2:12+ret				
70	Steve Coey	V45	Calder Valley FR	53	2:26	ret				
Closing time as run time				60	2:20	3:15	4:15	-	-	-

This year was the 32nd Wasdale. There was a tremendous turnout of 71 competitors for a non-championship event and up against Melantee, 49 completed the course and will receive certificates. Thanks so much for coming. The Ennerdale had a great turnout as well this year, almost certainly helped by Brian Martin & Graham Breeze with the Lakeland classics trophy initiative.

Results: The leading 5 runners stayed within a 2 minute margin as far as Esk Hause, but the fastest 3 had increased this to 4 minutes at the Pike. Phil Davies won by gaining half a minute on the 18-minute descent over Borrowdale teammate Andy Schofield. Joe Blackett (NYM AC) claimed third and first V40 only just over 40 seconds behind Andy. Then there was a 7 minute wait then 4th (again this year, 9 minutes faster and still looking for that elusive under 4 hours time) John Hunt from CFR, gaining some 10 minutes on Borrowdale's Gavin Bland who took a slightly different route to the finish. The runner-up V40 was Julian Rank from Holmfirth in 6th, 3rd V40 and 6th overall Gary Thorpe from Ambleside. Ian Cowie led the V45 category from Mercia, 2nd Bowland's Lee Warburton and 3rd Chris Lumb from Kendal AC. The V50 winner was Nick Hewitt, Bowland, 2nd (as last year) CFR's Rob James no 3rd counter this year. The V55 was (again as last year) won by Dave Tait from DPFR in 11th position (13th last & 12th year before), 2nd counter was Keswick's Dave Spedding, again no 3rd counter. As last year the V60 category was contested, with Dennis Lucas from Rochdale winning from Glossopdale's Bill Buckley.

This year's ladies winner was Nicola Davies (and 1st LV45) from Borrowdale, 22nd overall, 50s faster than last year's winner in 23rd place Eryri's Jackie Lee, and Wendy Dodds claimed 3rd place and the LV50 category (3rd year running now).

The winning team (4 to count - this year I allowed a mixed team as will do at Scafell too) was Borrowdale comprising: Phil Davies, Andy Schofield, Gavin Bland and Nicky Davies with a total of only 30 points.

Thanks to the following checkpoint marshals, Ian & Genevieve Simpson on Whin Rigg, Dave Lievesey & his wife on Seatallan and Neil Eccles & Bernie MacDonald on Pillar. To Richard & Diane Green (with sons Nathaniel and Michael - starting them young!) on Great Gable, David Powell-Thompson (by himself again this year) at Esk Hause, Rod Chilton also by himself fending off all tourist enquiries and 3 peakers on Scafell Pike and also Ian Finlay (alone) on Lingmell Nose. Ian also did the radio cover for us until Peter o'Neil took over. Thanks also to Jim & June Hall on time keeping together with Maggie Reed and my lady friend Christine on registration, Christine also helped with the flapjacks and all of the rolls. Joss helped at the Greendale drinks station but unfortunately was not well enough to attend the prize giving. We're grateful to Stan Denver and the St. Johns crew for the cover. Lastly to my committee member Bob Davis for help with registration. Chris Ellen who has managed the radios for so many years couldn't attend the race due to the long-term effects caused by a very serious fall whilst climbing in Cornwall last year. Lastly advertising - Scafell Pike is to be held on Saturday the 25th September, hope to see some of you there too?

All the best and no injuries!
Richard J Eastman
Chairman CFRA