CUMBERLAND FELL RUNNERS ASSOCIATION
WASDALE 'HORSESHOE' FELL RACE 2000 RESULTS

Posn	Cat	Name	Club	Whin Rigg	Seat allan	Pil lar	Grt Gab	Esk Haus	Scaf Pike	Ling Nose	Finish
1		Andy Trigg	Glossopdale H	0:37	1:32	2:17	3:00	3:25	3:52	4:08	4:13:00
2	V40	Leigh Warburton	Bowland FR	0:40	1:39	2:21	3:08	3:38	4:03	4:19	4:22:48
3		Paul Thompson	Clayton-Le-M	0:39	1:38	2:21	3:08	3:38	4:04	4:36	4:43:39
4	V45	Dave Hyde	Calder Valley	0:42	1:45	2:34	3:23	3:56	4:24	4:46	4:50:31
5	V40	Rick Ansell	Tring RC	0:39	1:42	2:29	3:24	3:58	4:27	4:47	4:52:10
6		William Sullivan	Clayton-Le-M	0:38	1:38	2:21	3:15	3:49	4:16	4:51	4:56:00
7	V45	Rob James	CFR	0:41	1:45	2:35	3:28	4:02	4:33	4:53	4:57:09
8	V45	Irvine Block	CFR	0:44	1:51	2:41	3:34	4:09	4:39	4:58	5:02:51
9	V40	Mike Wardle	Calder Valley	0:43	1:49	2:40	3:34	4:08	4:37	4:58	5:03:38
10	V40	Peter Browning	Clayton-Le-M	0:41	1:45	2:34	3:29	4:04	4:37	4:59	5:03:49
11	V45	Steve Houghton	Calder Valley	0:41	1:45	2:34	3:30	4:05	4:37	5:00	5:07:14
12		Bill Johnson	Calder Valley	0:42	1:48	2:42	3:34	4:19	4:53	5:15	5:19:04
13		Martin Brady	Clayton-Le-M	0:44	1:53	2:48	3:44	4:18	4:49	5:16	5:21:56
14	LV45	Wendy Dodds	Clayton-Le-M	0:46	1:54	2:53	3:51	4:30	5:04	5:25	5:29:57
15	V55	Dennis Lucas	Rochdale H	0:44	1:53	2:48	3:44	4:29	5:04	5:25	5:30:40
16		David Smith	U\A	0:42	1:49	2:42	3:44	4:28	5:03	5:26	5:32:45
17		Howard Chambers	Saddleworth	0:44	1:54	2:48	3:47	4:30	5:04	5:37	5:44:26
18	V50	David Robinson	Ambleside AC	0:50	2:07	3:11	4:09	4:57	5:32	5:55	6:00:18
19	V55	John Ely	CFR	0:46	1:59	3:00	4:07	4:51	5:31	5:55	6:00:34
20		John Parsons	Brit. LSA	0:47	2:01	3:02	3:57	4:49	5:25	6:04	6:10:12
21	V40	Alan Heaton	Bowland FR	0:46	1:59	2:59	4:04	4:47	5:25	6:04	6:11:13
22	V65	Brian Leathley	Clayton-Le-M	0:56	2:14	3:16	4:19	5:17	6:01	6:30	6:37:10
23	V50	Ken Allen	Notts AC	0:48	2:09	3:14	4:19	5:17	6:01	6:40	6:50:32
24	V40	Mick Robinson	Notts AC	0:49	2:09	3:16	4:14	5:17	6:01	6:39	6:50:33
25	V40	Wayne Walsh	Bowland FR	0:56	2:16	3:21	4:19	5:17	6:01	6:50	6:59:02

Gents Team: 1st Clayton-Le-Moors (31 points)

Retirements:

	Cat	Name	Club	Whin Rigg	Seat allan	Pil lar	Grt Gab	Esk Haus	Scaf Pike	Ling Nose	Finish
	V50	Greg Houghton	Calder Valley	0:46	1:17	-	-	-	-	-	-
	V55	Paul Blagbrough	Saddleworth	0:55	2:20	-	-	-	-	-	-
	V45	Peter Stubbs	U\A	0:54	2:27	-	-	-	-	-	-
	V50	George Scott	Pennine FR	0:45	1:54	2:58	-	-	-	-	-
	V55	Ian Beverly	Clayton-Le-M	0:44	1:54	3:14	-	-	-	-	-
	V50	Malcolm Bird	Rochdale H	0:53	2:15	3:21	-	-	-	-	-

V50	Dave Donald	CFR	0:53	2:15	3:21	-	-	-	-	-	
	Stephen Luton	Tring RC	0:38	1:42	2:42	3:47	-	-	-	-	
	Peter Ferris	U\A	0:49	2:07	3:16	3:34	-	-	-	-	
V40	Stephen Wathall	Retford AC	0:43	1:53	2:56	3:03	4:45	5:27	-	-	
V55	Dewi Sinclair	Eryri Harriers	0:50	2:07	3:11	3:09	4:58	5:38	-	(6:27:54)	

Its funny how cynical checkpointers can be on the phone when you ring them up and ask can they do the usual stake-out? Its the bit where you reassure them that the weather is guaranteed perfect that sets off the caustic reply... However, I am glad they ignore such blandishments and take up enough gear to enable them to cope with anything from snow to heat-wave, bless them all. Wasdale 2000 suffered a small entry this year as it was sandwiched between the championship races Ennerdale and Kentmere. Such is life. 36 competent souls set off into surprisingly favourable conditions. Race winner Glossopdale's Andy Trigg led from the start and at Greendale had increased his 1 minute lead over Bill Sullivanat at Whin Rigg by a further 3 minutes. From there onwards sustained between 3 and 8 minutes' advantage over the chasing group of V40 winner Bowland's Leigh Warburton, Paul Thompson and Rick Ansell. Leigh and Paul ran pretty much together to the Pike but Leigh's descent to the Nose checkpoint was 6 minutes faster. Will Sullivan had been leading Rick and V45 winner Calder Valley's Dave Hyde to the Pike but had a slow descent allowing both other runners past. Further down the field, V65 winner Clayton's Brian Leathley, at 69 the oldest competitor ever to complete a Wasdale, was running strongly in the group of 4 at the tail end.

The weather had closed in by 15.00hrs and driving rain was the order of the day. However, this did not prevent the good packing of the Clayton team to take the prize with 31 points. On the ground we were concerned for the safety of the 2 runners who were up to 2 hours adrift from their last checkpoint before reporting in but all turned out well.
The single lady runner, Clayton's Wendy Dodds ran a marvellous race to come in 14th overall and just ahead of V55 winner Rochdale's Dennis Lucas. If she had come in ahead, Clayton would have claimed her as their 4th counter. Wendy looked so fresh at the finish that you could believe she was ready for a second lap!

I signed as many of the sponsorship forms as I could at the race but there must have been many outstanding. Would you please forward any to me for a signature and remember you don't have to complete the course to gain sponsorship, you can use the number of checkpoints visited, (up to 8 which includes the finish), as a multiplier. In spite of the rain coming through the roof I just managed to sign your certificates and keep them dry!

I am very grateful to all of you for your patience and courtesy in waiting for the delayed prize giving. With runners still adrift out on the course in bad conditions I always try to wait until I have news of their safe descent before doing the honours. Thank you also for all your very kind comments on my humble attempts to provide a snack, because unfortunately at the last minute the Gosforth Ladies couldn't be with us this year. I hope that they can be back again next year to provide the usual goodies.

Thanks to Joss for presenting the prizes, helping out at Greendale and at the start & finish. Also to Brian Clarke for helping with registration, Greendale and doing the Lingmell Nose checkpoint alone. To committee members, Bob Davis for registration & start and Chris Ellen on base radio, holding the network together. Many thanks to the checkpointers: Neil Eccles & Bernie McDonald on Whin Rigg, Danny Hughes & Dave Livesey on Seatallan, Jenny Bailie & Steve Barnes on Pillar. On

Great Gable to David Richardson & Morag Ferris, (who timed out husband Peter! - is this a fell running first?), to Peter O'Neil & David Powell-Thompson on Esk Hause and John Peel & Paul Browne on the Pike. Thanks also to the Wasdale Head campsite for allowing us to use their facilities and the St. John's Ambulance team, always ready on hand to patch up misfortunate runners. All of you make this race possible, and this year although small in numbers it had a wonderful atmosphere and I hope you all enjoyed running it as much as I did organising the race.

Please remember to forward your sponsorship forms to me with the payments to Multiple Sclerosis or other charity of your choice. If you do not have one, send me an SAE and I can send you a blank with the number of checkpoints visited filled in, (up to a maximum of 8.) Alternatively, you can always get one at our web site by keying in the address below. When completed send the form plus donations to me as above. The runner with the maximum sponsorship/donation will receive a specially designed one-off certificate signed by Joss Naylor. This persons name, amount and the total amount raised from all the runners will be published on our web site when all the money has been received.

I look forward to seeing you all at the Wasdale 2001 and our other CFRA races again in future years.

Yours in sport,

Richard J Eastman