

MEMBERSHIP

374



KWL NEWS



CHAMPIONSHIPS

607



HELM HILL

SPRING NEWSLETTER

The Clash of Carnethy ptIV



Race reports

Helm cycling tops

25th year anniversary
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Sickbay news



CHAIRMAN'S BIT—TIM MURRAY

Hello everyone and welcome to another packed Helm Hill Newsletter.

2015 is a big year for the Club as we celebrate our 25th Anniversary and it's got off to a fantastic start! A few highlights of the year so far.

In February a team of almost 30 Helm Hill runners made the trip up to Scotland to compete in the Carnethy 5 race. And what a day it was! The Women's team came 5th in a strong field and the Men's team brought home the fabled Claymore, a Scottish broad sword last seen (not) being brandished in Kendal High Street.

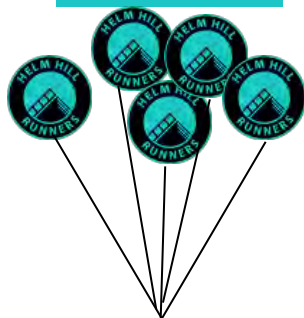
Our members have been representing the Club in style at races all over the UK with lots of individual and team success. It was just brilliant to see 51 Helm Runners at the Loughrigg Fell race a few weeks ago. The #greenmachine is making its presence felt wherever it goes!

As well as looking for success on the fells we are working hard to improve things for our growing membership. The Club has now moved to an Online membership system – one of the first fell running Clubs to do this, so you can now join quickly and simply, at no extra cost! Full details are on the website. Thanks in particular to Bethan who has done a lot of work to make this happen.

As anyone who runs with the Club knows, Helm Hill has a dedicated group of experienced coaches who help to support and develop our runners. We are always looking for opportunities to increase our knowledge and skills and so far this year our coaches have attended sessions on Injury Prevention, Strength and Conditioning, Nutrition, and Sports Psychology all aimed at trying to continue our development as a Club. Lorna, our Junior Coordinator is planning further events in the future so look out for these!

At the time of writing we are making the final arrangements for the Winter League Presentation on 26th April. This year's Series has been one of the best yet with a very competitive set of Junior and Senior races. A record number of runners have taken part – 310 seniors and 323 juniors – making a total of 778 this year! A massive thanks to everyone who has helped with the Series this year whether it's flagging races, registering runners, timing, doing the results, supporting athletes or making cakes(!). It's a great team effort and hugely enjoyed by the 30 or so Clubs who take part.

Not a bad start to the year and you can read about lots of other things which have been happening in the following pages. We are planning some exciting events to celebrate our 25th anniversary in style so watch this space! Thanks again to our hard working committee, runners, parents, supporters and everyone else who has contributed to the Club's success.....let's make this the best year ever! Happy Running! Tim



CLUB NEWS

25

See inside for
25th year anni-
versary celebra-
tions



LADIES CAPTAIN'S BIT—ALI RICHARDS

Well, where to start this year with all the achievements of the ladies.....

Firstly it was brilliant to see so many ladies having a go at the winter league races and having friendly competition and racing in all weathers. Even ladies who thought they didn't really like racing seemed to get quite into it and it is great to see so many people improve over the race series. 14 ladies managed to complete at least 7 races. I was a bit fed up to only manage to finish 4 (after crocking my ankle at Fairmile) as I was really focused this year on improving my performance where I have previously failed.....now I have no chance other than putting in all the damn hard work myself and getting the paintbrushes and rollers out! Unfortunately I am not sure the boys would agree to the kitchen being painted if they win the draw.....

There have been some impressive individual results so far this year. It has been great to see Charlotte back to form this year, and improving all the time with a brilliant 3rd place in the under 23 English championship at Flower Scar.

Sharon has had some fantastic results with 4th place at Flower Scar and 6th at Ras-y-Moelwyn along with 2nd place in the winter league and wins at Coledale and Loughrigg Silver Howe.

Our new ladies have also had some impressive results with a win at the Northumberland trail marathon and 3rd place in her first 'proper fell race' at Loughrigg for Jenny Rice; and a win at New Dungeon Ghyll for Lucy Spain.

As well as individual success, the recent evening Loughrigg race really epitomised for me what Helm Hill ladies are all about. 16 ladies ran (I think this is probably a record Helm ladies turnout) with a mix of all ages from our upcoming juniors to us vets. For a few people it was their first fell race, we won the team prize and a few other prizes too. It was a beautiful evening, a great race and so fabulous to have so many Helm people there (47 - again, surely a record?!)

I absolutely loved our first team outing to a British championship race and apart from the relays, my first race in Wales. It was a beautiful day, a challenging course and a great atmosphere and day out and I am chuffed to bits with how we did. Now looking forward to the other races at Durisdeer, Lingmell and in Northern Ireland.

Our exploits and pursuit of the all important points at the championship races, have begun well with a ladies team and vet 40 team represented at both the races so far. At Flower Scar we were 6th open team and 5th vets

team and at Ras-y-Moelwyn the unofficial calculations are that we were 4th open team and 3rd vets team. As always, please come along and have a go at these races if you can - if we can get a team to each race then we should do well. Everyone counts towards the team points by getting in front of other teams by turning out, so as always the more ladies we have running the better. As this goes to press, there are still some places available at the Stretton 6 summits on the 9th May and at Duddon on 30th May. The next British champs race is at Durisdeer, which although in Scotland is not as far away as Stretton! It would be great to have some more of us running at this one on 13th June. A few of us are planning to go to Northern Ireland on 15th August to do the long British race - anyone else interested is welcome to join us, it should be a great weekend away.

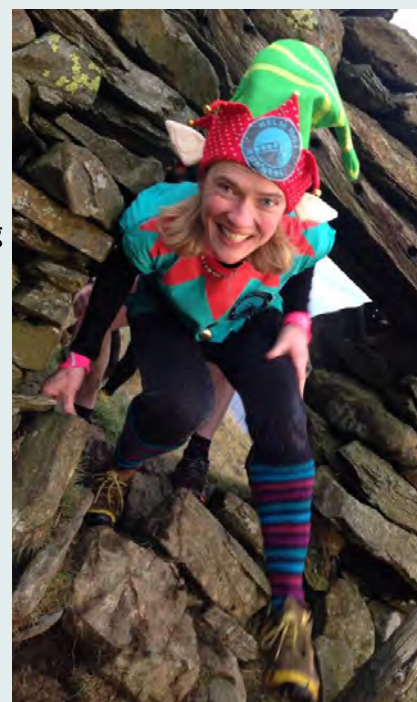
In other news, we reluctantly agreed to relieve Carrie of her championship race duties at Ras-y-Moelwyn in pursuit of a 'Helm Hill television debut'. She is currently undergoing a rigorous selection procedure to join a televised Antarctic expedition "Shackleton's Unfinished Business.....might have been enough to put anyone else off but not Carrie! See later in the newsletter for what she has put herself through so far....

Well done also to the ladies that have turned out to the club championship races so far - let's try and keep this up. See also all the plans for our 25th anniversary year.

Welcome to all our new ladies too - please let me know if you are interested in racing - it's honestly not as scary as it seems!

Happy running everyone and here's to a sunshine-filled, injury-free summer with many outings on the fells

Ali



MENS CAPTAIN'S BIT—BEN PROCTOR

The racing season has officially started, although for many of you, I am sure this started back in January with the Winter Leagues. Once again the Helm men have had some great results, with some exceptional team and individual performances and the vast number of you turning up and packing the field at races.

I have very much enjoyed competing, watching and looking at the results this year for the Kendal Winter League, the atmosphere at these events has been fantastic and once again the commitment from our members to organise such a series is very impressive. Week in week out we have had some great results, with Kieran Hodgson flying the flag for the club up at the front on many occasions. As well as Kieran, it has been great to see those athletes who have been present every week, battling for points positions and personal best times. Special mentions need to go to Jonny Marchant, Jake Lowther, Phil Thurlow, Karl Mason, Rodger Aubrey, Brian Thompson, Tim Murray, Paul Senior, Simon Waller, Perter German, John Armistead, Chris Schofield, Dave Appleyard and Patrick Willink, who have all completed at least 7 of the Winter League races and in most cases, have improved their positions as the series has gone on. This shows such a high level of commitment to racing and a massive contribution to what the club is all about - get your club colours forms filled in gents and well done.

Once again we turned out in our masses at the Wednesday night Loughrigg fell race. Looking around at the start and seeing the older juniors and seniors saturating the start line in a sea of jade green was very inspiring. For those who stuck around for the prizes, it was great to see our men picking up so many easter eggs and bottles of wine for their performances on the night. On a personal note, I couldn't help but have a very nostalgic flash back both during and after the race. I remember as an older junior loving races like Loughrigg where I got to compete with, and show, the senior men what I was all about and during the race I was very much reminded of that. Having a real battle all the way around the race with Ben Kent trying to chase down Chris Richards, whilst holding off Jacob Aubrey, were just some of the (highlights/nightmares) that I endured that evening. What an experience though, and already I am looking at our older juniors trying to figure out how we will use them in our relay teams in years to come. Keep up the good work guys.

As many of you are aware, myself and Tim felt that the role of mens' captain was becoming a rather big job and we were conscious that we wanted to build on the excellent progress that we had last year, rather than lose the momentum. Through discussions with the commit-

tee, it was agreed that by introducing a vice mens 'captain we could keep up with the demands from our many male members and hopefully provide the service and support that is needed to help organise and run a large successful club. It was therefore decided that we would invite Kieran Hodgson to become the club's mens' vice captain (which at the moment is a non committee role).

Personally I am over the moon with this as already Kieran has brought a wealth of experience and enthusiasm to the role that is needed to continue pushing the club forwards. I have asked Kieran to take a lead role in encouraging members to run at the English and British Championships, specifically trying to get the best quality teams at all these races. Kieran himself is very keen to push the club forward in this area, as he is having some outstanding results already this year in the championships. For myself, having Kieran do this will allow me to continue organising club events, socials, transport, the relays and making sure that as the male section of the club gets bigger and more successful, we don't lose touch with providing opportunities and support to all our members and not just the elite runners - something myself, Kieran and all the committee feel very strongly about.

With the constant text messages and badgering, many of you stepped up to the plate and reccied/raced at the first English Championship race at Flower Scar in March. As a club, our men packed the field very well with a number of you gaining your first experience at a race of this size. It was a fast, muddy and challenging course, which on paper didn't really suit many of our runners. As they say races aren't won or lost on paper and the 'green machine' really showed what we could do. Exceptional performances from Tom Addison, Mark Addison, Kieran Hodgson, Adam Perry, Nigel Wood and Paul Aitkin meant that the senior mens team finished in 2nd position in the first English Championships race of the season. A fantastic result that didn't necessary surprise me, but did open the eyes of a lot of other clubs who thought Helm did not have 'strength in depth'. As we have said to so many people, 'this is just the start' and we need the support of ALL our male members to push on from this first result. We need as many of our male members as possible to get entered for these races to support those towards the front and hopeful take points away from other teams. Please see the form or speak to myself or Kieran if you are interested.

The first of the British Championships has also just been and although it seems like we had a tough day as a team,



special mention must go to Kieran Hodgson once again who finished in 13th place and 3rd V40 overall. Very well done mate.

Finally, having experienced 25 years of fantastic running with Helm Hill it is going to be great to celebrate the 25 year anniversary with all the Helm family past and present at a number of events this year. Personally I am organising the camping extravaganza later in the year (see another page of the news letter for information) and am looking forward to the other events that are being planned. It would be great if all our male men (as you usually do) could get right behind these events, they take an enormous amount of planning and organising and the more people that attend, the more fun we all have.

As ever if you have a question about races, training, the club or any ideas of things you would like specifically the men to do, then please see me at training or drop me a line.

Thanks
Ben

JUNIOR NEWS—LORNA ASKEW

Last presentation for first place

Whilst the majority of podium-placed juniors received their Helm Hill Championship awards in a warm function room at the end of last year, Mollie Bratt had to wait until January for the presentation of her U12Girls winners' medal.

She is pictured here after running in the Giggleswick KWL race. Mollie and Emelia Stevens were joint winners in this category.



Helm Hill Junior Championships 2015

Giggleswick KWL was the first race of the 2015 championship! This year the championship offers 16 races. Points are awarded for the best 6 races run by each junior who takes part.

Already the points are beginning to stack up for some runners. Keep an eye on the Junior Championship results on the website as we progress through the year....and, if you haven't already started, give the championship a go!

FRA Junior Championships 2015

The first race has seen runners gathering in Derbyshire on 28 March at Errwood Hall. The other 5 races in the series are

Pendle 4 April
West Nab 18 April
Coiners 4 May
Malham 30 May
Turner Uphill 20 June

Last year we matched Senior success in the English FRA championships with Junior successes.

Helm Hill Juniors retained the title of English Uphill Champions, Chris Richards and Matthew Senior achieved 1st and 2nd in the U16 category, Imogen Burrow placed 2nd in the U14s. Let's work again for titles in 2015!

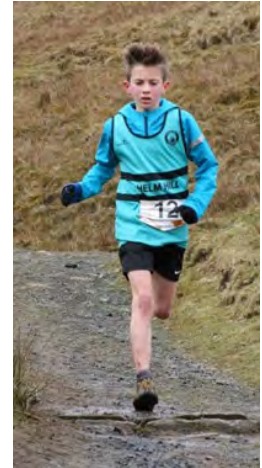
JUNIOR NEWS (CONTINUED)

FRA T-shirts and hoodies

A commemorative T-shirt will be available for all competitors who finish 4 or more of the FRA championship races, and a hoody for all who finish 6 races...as long as you are a member of the FRA by the time of the last race. Re-member membership of the FRA is available on-line with www.sientries.co.uk

Kendal Winter League

It has been fantastic to see Helm Hill juniors working so hard at these races, in all weathers...a big thank you and well done for this great effort.



Helm Hill Runners 25th anniversary year

Old Pics wanted!

As part of our 25 year celebrations, we are trying to collect a set of images of Helm runners to chart the 25 years. So, if you have some buried in drawers or filed, please email them to

newsletter@helmhill.co.uk

Helm Hill 25th Anniversary BOFRA race 21st June 2015 2pm

As part of our 25th anniversary celebrations we are planning a social event around the Helm Hill Bofra race. It was decided this would be the most fitting race, given that it is based where it all began 25 years ago.

We would like to encourage as many people as possible, juniors and seniors to participate in this race and then join in a social following the event at the Station Inn. More details to follow.....



HELM HILL RUNNERS SUMMER CAMPING TRIP

TURNER HALL FARM - SEATHWAITE - 21st / 23rd AUGUST 2015

All members welcome for this fun weekend of celebration and running

- Pay camping fees on arrival - A small contribution to BBQ required
- Main event for seniors/juniors/families from 1.00pm on Saturday

Friday 21st August

* Seniors only * Head torch run * Pub

Saturday 22nd August

* Endurance/time trial event * BBQ
* HHR evening challenge

Sunday 23rd August

* Morning social run

For more detailed information please see the Helm Hill forum or speak to Ben

Helm Hill Runners Summer Camping Trip— 22nd - 24th August

For the 25th anniversary we are organising a club camping weekend at Turner Hall Farm Campsite on 22nd - 24th August. I have provisionally booked the site and have arranged a number of running related activities/challenges for us to do during the weekend. The aim of the camping weekend is to get all current members and families together for what should be a fun 1 or 2 nights under the stars. More information about the weekend will follow, but please get this date booked into your diary as I will need to shout up and get a rough idea of numbers very soon.

We have said that Friday 22nd August will be the 'seniors only night' - this is because the activity we are planning on doing is not suitable for juniors. For the juniors that are coming on the Saturday, they MUST be accompanied by parents or parents must have arranged that another adult will take full responsibility for their son/daughter. If this is the case, then one of the committee members must have been given the name of the adult who is taking responsibility for each junior.

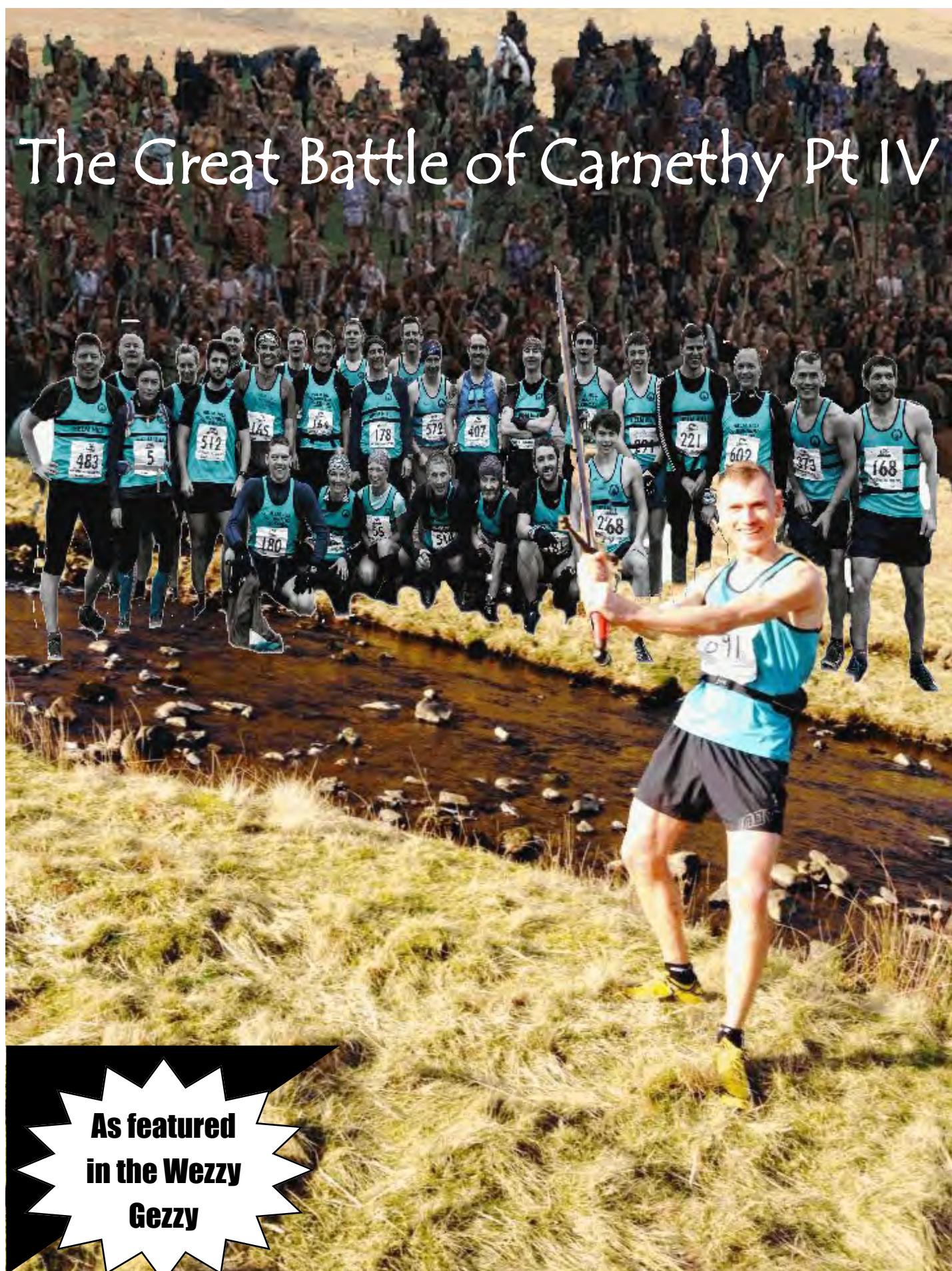
We would like as many juniors to attend the event as possible and if families wish to come for the full weekend, they are very welcome, but there will be no organised activities for juniors on the Friday.

If you have any early questions about this event, please feel free to give me a shout at training.

Looking forward to it already.

Ben

The Great Battle of Carnethy Pt IV



**As featured
in the Wezzy
Gezzy**

Wezzy Gezzy, Feb 2015:

HELM Hill Runners became the first English club in 13 years to win one of UK fell running's most iconic prizes.

Not since Ambleside Athletic Club in 2003 has a club from south of the border won the men's team prize at the Carnethy Five Hill Race in Scotland.

That all changed in February when Helm Hill Runners, celebrating their 25th anniversary year, returned with the claymore, a two-handed 5ft longsword that has been awarded to the winning men's team every year since 1971.

The race, held in the Pentland hills just south of Edinburgh, sees runners tackle a gruelling 10km course that involves 760m of ascent over five heather-clad summits.

A total of 515 – including 28 from Helm Hill – left the start line to the sound of bagpipes before getting stuck into the first steep climb up Scald Law.

Just under 50 minutes later, winner Andrew Douglas, from Inverclyde, descended off the final, rocky summit of Carnethy Hill and raced to the finish line. Behind him, Helm Hill's men became embroiled in a fierce battle with host club Carnethy for the right to claim the claymore.

With the top-four finishing positions of each club's runners contributing towards a team score, Helm Hill packed to the fore. Reigning English Fell Running champion Tom Addison led the way in sixth, with cousin Mark Addison tenth, Kieran Hodgson 11th and Paul Aitken 14th. Helm Hill's cumulative score of 41 points edged out nine-time winners Carnethy, who totalled 46 points.

Helm Hill club co-president Billy Procter said: "To finally win the claymore after several years of trying is a fell running dream come true. "As a club, Helm Hill has grown phenomenally since its formation in 1990 and to add



the Carnethy team victory to our honours list is the perfect way to kick off our 25th anniversary year.

"I am so proud of what the team achieved in Scotland – not just the four lads whose points counted towards the prize, but everyone behind them who battled hard to finish as high as possible and deny runners from other clubs more points."

Spotted on the Carnethy Hill Runners blog about the Northumberland Trail Marathon:

'For the first while in the race I decided to start talking to other runners to ensure that I wouldn't start too fast, and started talking to a lovely couple from the lakes. It transpired that they were Helm Hill Runners, so I shoved the claymore-thieving ratbags into a ditch and decided to run on my own.....Jenny Rice obviously recovered from being shoved into a ditch and won the ladies race. Ok, I didn't really shove them into a ditch, they were too nice for that kind of childishness. Maybe next time.



RACE REPORTS



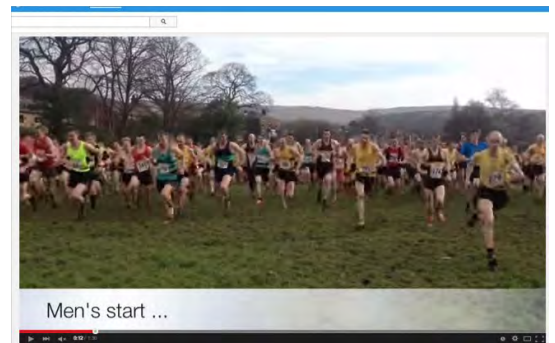
Back in the depths of winter some Helm Hill Runners had a good time sliding around in the snow at Wansfell (left) and Loughrigg-SilverHowe (right) where Sharon T won.



Loughrigg This race for many heralds the start of spring/summer and the large turnout enjoyed a stunning evening. Tom won, with Mark in hot pursuit in 2nd and Kieran and Adam taking the team prize for the men. Not to be out-done the ladies also won with a youthful team of Jenny Rice, Hannah Russell and Imogen Burrow. Ambleside AC generously laid on prizes that covered many positions and categories, with Jonny M, Jo W, Ali R, Brian T, Chris R, John B, and Jayne R all having to make the Easter egg or wine choice.

Flower Scar - 1st English Championship counter

A great day out in Todmorden for the large Helm contingent. Too many good performances to list them all. Sharon T was 4th in the Ladies', Tom and Mark 6th and 7th in the Mens', Charlotte 3rd u23, Billy and Shaun 2nd and 3rd v55....and lots of great support so we await the team standing. There's a short [video from Sally Ozanne on Youtube](#), and some pictures on [Woodentops.org.uk](#)



Coniston 14—

Mixing it up a bit, Lee Knight and Michael Ainsworth went for a 14 mile blast on the roads around Coniston. Lee was 4th and Mike 7th overall. A fab result. Lee probably ran home after his brief warm-up on the road.



Northumberland trail Marathon —

Congrats to our new recruit Jenny Rice who turned in a great performance to win the off-road marathon by the seaside. No slouch at the short stuff either Jenny was 3rd at Loughrigg.



Anniversary Waltz—Karl Mason

If only Carlsberg did fell races..... Well if they did ,it still wouldn't be as good as the Anniversary Waltz.

Every now and again I take part in a race that really inspires me and captures everything great about fell running and the Anniversary Waltz squishes all that into 11.3 miles and 3732 feet of ascent (according to STRAVA which as we all know is THE definitive measurement tool)

The Anniversary Waltz fell race is held each year to commemorate Wynn and Steve's wedding at Newlands Valley church on Saturday 20th April 1996. It starts from the small village of stair before heading on a pretty flat couple of miles before climbing steeply to Robinson the onto Hindscarth ,Dalehead, High Spy and finally Catbells before dropping back into stair village to the

finish

I travelled up with a guy called Paul Jackson who is quite new to the club ,but within 5 minutes of being in the car I felt like I had known him for years (and he probably thought is it really worth the fuel saving...) As we drove up under blue skies I had a feeling it was going to be a special day and it just got better as we pulled into the parking field to the sound of tight arse fellrunners moaning at having to pay £5 to park safely, securely and with a recovery service (tractor)

We quickly registered and made our way to the start with bags of time ,so much so I stopped to tie my laces at the back of the bunch.....Then I heard the sickening word's of "we're off" as I was finishing off my second bow.

I then spent the next few minutes walk jogging and attempting to stay calm while steadily overtaking people. It was a good 20 minutes before I was approaching the usual bunch I would be with at the start but whenever the urge to push hard came the words of Drill Sergeant Addison sounded in my ears " Don't go too hard at the start" So I stuck to my guns and sat steadily moving forward knowing there was a bit of a climb coming.

Once the road turned to fell I took the opportunity to get up close and personal with the only gorse bush on the path as the line through it saved me at least 2 sec-

onds and I managed to pass someone who then immediately overtook me, fell runners instinct eh !

We then hit the climb up to Robinson and I plugged away steadily taking time to look at the view whilst a fellow runner from Ambleside appeared to be taking photos of other men's bottoms. Never being one who is shy of coming forward I enquired to the merits of his photographic skills and found out Jim is running every-day to raise money for Parkinsons. A very worthy cause but there must be better ways to raise money than photographing men's bums every day. (On a serious note please follow him on twitter to raise the profile of his efforts a top bloke @jtrun365)

Just as I felt at my lowest I could see the trig in sight I decided to slow and take on a gel to power me round the route but then something caught my eye, at first I thought it was a mirage but as I approached closer I realised some unfortunate fell runner had dropped vital sustenance on the path, . As I bent down mid stride and scooped up a handful of jelly babies I realised I would not only be doing the environment a favour, after all who wants crazy sheep on the fells high on sugar, (Adam Perry will know what I mean) but I also saved at least 10 seconds fannyng around in my bum bag. Fell runners instinct again ;)

Between Robinson and Dale Head was all a bit of a blur and by blur I couldn't see a thing for the sweat dripping into my eye balls stinging like toilet duck. Descending Dale Head was where the fun should have begun for me and using my newly found fellrunners instinct I saw a Helm vest disappear off on what looked like a sneaky descent line. On one side of my shoulder was an angel in the form of Drill Sergeant Addison saying "if in doubt stick to the path you wont go wrong" then on the other shoulder was a super competitive idiot called Karl saying " go on follow him, you must beat him"

Obviously being an experienced runner, cool under pressure and with my fell runners instinct I chose wisely to descend blindly behind the green vest dropping off four foot ledges onto slipping wet grass, as I looked to see where this saboteur had headed I slipped off a ledge and landed badly on my ankle. As the pain shot through my ankle it cleared the stupidity from the space between my ears where brain should have been. I had broken the number one rule, well number 2. Number 1 being "when given advice by an experienced runner probably best to stick to it", the number 2 being "don't

follow someone unless you are confident of the route yourself"

As I let out a few choice words, some of which even shocked myself the vest in front checked to see I was ok. I urged them to press on but was very grateful that their first instinct was for my well being , a sign of a truly great fell runner. A big public thank you to Simon Waller.

I got up within a minute or so and began to make my way steadily downhill with pain slowly subsiding and then hit the climb up too High Spy, the surge of adrenaline from my fall had robbed my legs of vital energy but I kept plugging away and managed to catch up to David White who helped pace me on towards Cat Bells showing me some excellent little trods avoiding some rocky sections and allowing me to save vital energy for the final run in. In good fell running fashion I rewarded David for expertly guiding me to the finish with a demonstration of my descending abilities on the final drop of Cat Bells. Thanks Dave J

I picked a few people off on the final descent and managed to keep my position from when I hit the road. As I collapsed after the funnel I soon found out the best was yet to come. Not only after the race do you get fed but there is beer!!! Not only is there beer but as the event is unlicensed it is free, not only is it free but you can drink as much as you want !!! 3 cups later I decided that my rehydration was complete.

All in all I had made some horrendous decision from starting last, getting injured mid race and not eating enough blowing on the final climb but somehow I ended up with one of the best results in a while and in the process learning lessons that will stick with me hopefully forever. I finished 46th out of 190 in 2hrs:06.

If you get the opportunity to take part I highly recommend it, it would make an excellent Club Champs race for 2016 too. Hopefully see you all there

Early Season Performance Update: Kieran's flying!



Fresh of the back of winning the Kendal Winter League and becoming vice mens 'captain Kieran's had some great early season performances, most recently with 13th overall in the British Championship race at Moelwyn in North Wales with a field stacked with Britain's best fellrunning talent. Keep it up Kieran!

WORLD CHALLENGE SWAZILAND 2016 - IMOGEN BURROW

Imogen is raising funds for her world challenge to Swaziland and would like to invite you to help raise free donations through your online purchases via her World Challenge Swaziland 2016 - Imogen Burrow easyfundraising page. We also raise an extra £1 for inviting you. Please see information below.

Thanks, Amanda (and Imogen)

Here's your invitation link: <http://www.easyfundraising.org.uk/invite/31CO1O/>

How it works is really simple. With easyfundraising you'll be able to raise free donations when you shop online, without it costing a single penny extra.

If you're buying something, just remember to visit the retailer (such as Amazon, John Lewis, M&S) via easyfundraising.org.uk. Once you've ordered, the retailer makes a donation to your chosen good cause. It's a lovely way to give something back for free!

Easyfundraising have already raised over £7million for good causes and World Challenge Swaziland 2016 - Imogen Burrow have really benefited from these free donations.

Please join us in raising free donations with easyfundraising.

Here's your invitation link:

<http://www.easyfundraising.org.uk/invite/31CO1O/>





2015 Winter League



Another hugely successful winter league series comes to an end. A record number of runners have taken part – 310 seniors and 323 juniors – making a total of 778 this year! 63 men and 33 women completed 7 or more races and 149 juniors completed 5 or more races. A massive thanks to everyone who has helped with the Series this year whether it's flagging races, registering runners, timing, doing the results, supporting athletes or making cakes(!). It's a great team effort and hugely enjoyed by the 30 or so Clubs who take part.

AND THE WINNERS ARE>>>>>



Senior Men: 1 Kieran Hodgson 2 Derek Hurton 3 Chris Edis

V40 : 1 Kieran Hodgson 2 Derek Hurton 3 Tim Cowin

V50 : 1 Alan Life , 2 Jim Andrews 3, Brian Kennedy

V60 : 1 Brian Thompson , 2 Wilfred Bell 3 Michael McLoughlin

V70 : 1 George James 2, Denis Wood 3, Joe Howard

Senior Women:

1, Heidi Dent 2, Sharon Taylor 3, Hazel Robinson

V40 : 1, Hazel Robinson 2, Debbie Copley , Jean Brown

V50 : 1 Jessica Goodfellow 2, Lynn Whittaker 3, Jill Gates

V60 : 1 Wendy Dodds 2, Elizabeth Hindle 3, Katy Thompson

Womens winner Heidi Dent



Juniors—Girls

Under 17: 1 Scarlet Dale 2 Connie Hurton 3 Imogen Burrow

Under 14: 1 Esme Davies 2 Katie Thurlow 3 Maia Doherty

Under 12: 1 Lilli Carr 2 Chloe Rylance 3 Olesia Winder

KWL sponsorship deal! Local runner Robert Crawford's company sponsored this year's Kendal Winter League.



DIFFERENT STROKES
PAINTING & DECORATING

Helm Senior Performances - Ladies

Sharon Taylor	2nd
Hannah Russell	4th
Charlotte Milligan	5th
Carrie Gibson	9th/4th v40
Caroline Holmes	10th
Marie Robson	10th/5th v40
Jo Wilcox	12th/5th v40
Bethan Procter	13th
Amanda Burrow	16th/7th v40
Sarah Senior	19th/8th v40
Helen Samson	22nd/10th v40
Lindsay Harrod	23rd/11th v40
Rachel Slattery	27th/13th v40
Anna Stevens	30th/15th v40

Helm Senior Performances –Men

Kieran Hodgson	1st/1st v40
Brian Thompson	30th/ 1st v60
Jonny Marchant	13th/8th v40
Simon Waller	19th/9th v40
Jake Lowther	20th
Peter German	24th
Phil Thurlow	25th/12th v40
Karl Mason	26th
Roger Aubrey	27th/5th v50
John Armistead	32nd
Tim Murray	35th/8th v50
Paul Senior	37th/15th v40
John Robson	39th/10th v50
Patrick Willink	41st/12th v50
Chris Schofield	42nd/9th v50
Dave Appleyard	47th/17th v50

Juniors—Boys

Under 17: 1 Jacob Steele =2 Luke Bowen =2 Ben Kent

Under 14: 1 Ben Edmondson 2 Euan Brennan =3 Samuel Almond =3 Robert Askew

Under 12: 1 Charlie Harding 2 Sam Smith 3 Harry Bowen

And Well done to all Helm Juniors who completed 5 or more races:

Ben Kent, Jacob Aubrey, Imogen Burrow, Mia Senior, Georgia Stevens, Katie Russell, Alice Slattery,, Robert Askew, Josh Roelants, Katie Thurlow, Maia Doherty, Lottie Beardwood, Erin Bagge, Amy Slattery, Emilia Stevens, Gaby Ansell, Maddie Sanders, Henry Hunter, Ollie Sanders, Matthew Ansell, Vaughan Samson, Elliot Wren, Joe Clayton, Daniel Harris, Joseph Rigby, Jamie Harris, Matthew Wright, Finlay Aitken, Charlie Clayton, Clara Samson, Ella Beardwood, Maddie Walsh, Ella Park, Rebecca Dyer, Tara Allan, Rowan Baker.

Apologies if we have missed anyone!

KENDAL WINTER LEAGUE PERSONAL WRITE UPS

Ben Kent:

The Winter League has always been a great event to meet new people and have a brilliant camaraderie between runners. After four years out with injuries I was thrilled to see how the same atmosphere had not changed a bit. I am amazed to see the huge turn-out on the first winter league race of the series at Scout Scar and even more amazed when I realized how far from the start we would have to park! Although most things haven't changed, like the weather at Firbank, the turnouts for the under 17s have increased significantly and it made great competition this year. Nobody would know each week who would place where which caused the points race to be decided on the last race. Second, fourth and fifth were all decided at Elterwater this year which definitely made me run faster with the prospect of higher standings and beating your mates. Of course there was some awful weather, (Sedbergh and the usual Firbank were particularly bad this year) but the great racing definitely made up for it and now ten races later at the end of the series, I can safely say it's good to be back.



Pic: Geoff Thompson



Pic: Noah Hurton



Freya Richards, aged 10

The Winter League for me was muddy and wet – some people lost shoes in the sinking mud! But altogether it is fun because there are beautiful views. Like Birkkrigg, it was a beautiful sunny day overlooking the seaside and a medieval castle glistening in the crisp morning sunlight.

Helen Samson

After failing to complete the required amount of races last year to receive the souvenir at the end, I was totally determined to nail 7 races this year. I didn't get off the best of starts, missing every other race due to my children and their activities so I found myself in the position of having to complete the 4 races that were left, or fail again.

I started off with a solid performance at Scout Scar, I'm never going to be the fastest but we all have people that we try to beat, for me it's Nikki Rylance, I took the honours this time.

Next up was Giggleswick, a race I hadn't done before and a classic cross country course with a river crossing. I had high hopes as the cross country style races suit me better however, I'd been living off juice all week and I don't think this helped me, I felt incredibly hungry all the way round and Nikki overtook me right near the end, now we were even.

A couple of Sunday's later and a lovely sunny day at Birkkrigg Com-



mon, another race that I hadn't competed in before. I'm not sure what I did differently but managed to pull a great performance out of the bag and in doing so took Nikki's scalp once again, 2 – 1 to me.

Fast forward a few weeks to Cunswick and my next race. I was doing the registration at this race which I really enjoy although I find it difficult to eat and drink at the same time. I started quite quickly, had a fall in some mud and ran scared from the top of Cunswick to the end as I had seen Nikki approaching the top not far behind me. I managed to hold her off making it 3 – 1 to me.

Cautley Spout, what can I say..... it definitely isn't a race for me. Steep up, steep down. I hadn't done any running in the actual fells in preparation, just short runs on the scar, this isn't the right approach! I didn't do too badly to start with but faded badly near the top and my descending was awful (can someone teach me how to do it properly?). I had hoped that I might pick up a few points here with many of the seniors racing the day before at Flower Scar but I was so awful that they beat me along with nearly everyone else. Nikki pulled one back, 3 – 2 to me.

It was a good job that there was a week off as my legs took that long to recover after Cautley but I thought I'd give myself an additional challenge in the run up to the Helm race. I went out with a couple of friends on the Friday night, I

told myself that I would be good but got carried away, drank way too many cocktails and stayed out until 2am! The first climb of the race felt hard and I knew that it was going to be tough. I stayed in front of Nikki for almost 1 lap, then we exchanged places a couple of times but the end result was that Nikki beat me again. Scores level and that's how it stayed as she wasn't going to Elterwater.

The morning of the final race dawned, Elterwater – a classic fell race route. In preparation for this I participated in the Climbathon on the Castle with the juniors and had a run up to Winder whilst my son was playing Cricket in Sedbergh. I tried really hard to practice my downhill running technique in the hope that I would descend better than I did at Cautley.... The weather wasn't as bad as had been forecast which was a bonus, however my hopes that perhaps there wouldn't be many seniors competing were dashed with 98 starters – I was hoping to pick up a few points to move me up the ranking table. With Nikki not being there, who did I target? Well as it turns out, no-one! I ran my own race and thoroughly enjoyed myself, my descending still needs work though. The results haven't been published yet so I'm not sure where I came but it doesn't really matter – I have completed 7 races and am proud of myself for doing so. Will I do them again next year? I'm not sure – probably, but I am already thinking about racing at Loughrigg and trying to beat Nikki on her own turf, everyone should have a Nikki to chase.

Postscript: Helen was 22nd in the winter league and 10th v40. Nikki narrowly beat Helen on points due to their positions in the races, however Helen had a brilliant run at Loughrigg and beat Nikki by 8 places and a whole minute. Well done!



Cakeman
Karl's KWL
flapjack



FRA CHAMPIONSHIPS 2015


The Fell Running Association organises the English & British championship series. The season-long English series consists of 6 different races each year, 2 at each distance: Short (< 10km), Medium (10-20km) and Long (>20km) with 4 races to count but must include 1 from each distance. The British series is 3 to count from 4, again one at each distance.




2014 was the clubs best ever performance in the FRA English champs. Not only did we have multiple medal winners but we also had fantastic turnouts from the whole club (see pic left at Kentmere) which importantly helps to increase valuable team champs points and really raise the Helm Hill profile.

HelmHill is affiliated to the FRA so paid up members do not need to be individual FRA members to qualify for champs (although you do get a quarterly mag if you are). Lets make 2015 even better!

Get your diaries out, here's the official FRA champs races:

Distance	Race 	Date
Short	Flower Scar	7th March
Medium	Stretton Six Summits	9th May
Long	Duddon Valley	30th May
Long	Bradda, Isle of Man	11th July
Short	Lingmell Dash	25th July
Medium	Guisborough 3 Tops	6th Sept

Distance	Race 	Date
Medium	Moelwyn Peaks (Welsh)	18th April
Medium	Durisdere (Scottish)	13th June
Short	Lingmell Dash (English)	25th July
Long	Seven Sevens (Irish)	15th Aug

English Champs 2015:

British Champs 2105:

HELM HILL CLUB CHAMPS 2015

Helm Hill Senior and Junior Club Championships—similar format to this year, details on the website .

BOFRA 2015

The British Open Fell Runners Association organises a series of short, steep, traditional fell races, often at shows and shepherds meets. This years BOFRA championship comprised 15 junior races and 16 senior races. The 2015 races are not published yet so keep an eye on the bofra website. Whilst non-members are more than welcome to enter these races, you must be a fully paid up member of BOFRA to claim championship points.

LAKELAND CLASSICS 2015

The Lakeland Classics Trophy recognises performance in a series of 6 classic Lakeland races. <http://lakelandclassictrophy.org.uk/>

Super Long A: Ennerdale Horseshoe, Duddon Valley, Wasdale, Borrowdale

Long A: Three Shires, Langdale Horseshoe

Best 3 performances to count, that must include a minimum of 2 Super Long races plus any other of the six races. Points scoring based on finish times rather than positions

"I'VE RECCE'D IT, FOLLOW ME!"

Keep those misendeavours rolling in!

Our yearly points competition for less-than-perfect efforts.

The most important 2015 competition begins.....Jo's off to a flying start!



2014 Defending Champion is Garry Beardwood

- At Ali's 40th Birthday bash in early January, people took advantage of a chance to finish all that leftover Christmas alcohol. Jo perhaps took this to extremes as late in the evening we became aware whilst dancing that she could no longer stand up. "I'm fine" she slurred on her way out to the taxi before promptly walking into the door-frame. Thank goodness her teenage daughter was there to prop her up in the taxi on the way home. We were impressed by her claims that she would be fine for Firbank the next day.....not sure she actually left the sofa /sick bucket in the end though. 5 points Jo
- Following on from these antics here is a question to all parents: Is Jo the only mum who has had a request from her teenage daughter to be "a bit more strict as a mum"? 5 points Jo
- Ali took advantage of the trip to Flower Scar to spend the weekend catching up with old friends. Amanda then took advantage of Ali being in Todmorden a few hours after the race to go on a search for her fell shoes and manky socks that she had left behind. 5 points Amanda
- At the Loughrigg race, Ali enjoyed collecting a range of prizes for various people—too many to carry so she put them all in her shopping bag with her kit. Jo then carried the by now very full bag of wine beer and chocolate back to the car which Ali thought was a really kind gesture. Back at the car, Ali then starts rummaging in the bag to try and find her spare clothes etc and was a bit confused that she didn't recognise any of them. That would be because her bag was actually still in the by now—dark—field. Jo had wondered why Ali was putting all these prizes including her own into Jo's bag and getting her to carry them all but had been too polite to say anything! A trip back to the park in the dark managed to retrieve the abandoned bag. 5 points Ali
- After a long bike ride, Rick removed his shoes and popped them on top of the van while he made a cup of tea before driving home. A while later back in Sedbergh one of his neighbours asked "er, why is there a cycling shoe on top of your van?" Just the one then? It was a long trip back to Witherslack looking for the other shoe, but he did actually manage to find it—back where he had parked. 5 points Rick
- Tom Addison managed to get out of the Ras y Moelwyn British Champs race in North Wales by injuring his foot on a photoshoot midweek while he was supposed to be resting. 5pts Tom
- Rick was entrusted with tweeting live results to @fellrunningbrief multitude of followers during the Ras y Moelwyn British Champs race. He tweeted that he was just up the fell from the finish before tweeting the top 5 men and women. Only later did he realise that the first tweet didn't send so everyone thought that was the final results and retweeted it around the world. He's been sacked as roving reporter. 5 points Rick
- Andy Thompson turned up in plenty of time for the Helm winter league race. Odd though that no-one else was there apart from some kite-flyers. He had time to admire the castle walls before realising that the castle wasn't the Helm. 5 points Andy T

Helm Hill Innovations

The great new source of gadgets which really ought to be useful.

Where the input of brainpower into product design is in inverse proportion to the usefulness of the product.

HH0000001

DIY Nano-weight summer-skins club vest kit £29.99

Ever wanted to free yourself from those sweaty vests in hot races but don't want to let the club down? The answer lies in the Nano-weight-summer-skins-club-vest™. Supplied in a handy DIY pack containing 1 roll of black insulation tape and one black marker pen. Simply wrap two lengths of insulation tape across your chest 3 inches (75mm) apart and write 'HELM HILL' between. Steady hand required.



HH0000002

FRA-approved Full body waterproof £9.99

Never have to faff with separate tops and bottoms and hoods in wet races again. Avoid water dripping down the back of your neck with the Keep-all-of-me-dry™ full body waterproof. Features include: space for hydration bladder/rucksac/massive bum bag, extended vertical visibility (handy on descents), large red panic button on back of head. One size fits all, in Helm Hill jade.

Dual club membership... UK Athletics rules England Athletics membership....is it worth it?

At one time, many would have said No. However, EA membership is starting to become more prominent as a requirement. Some races organised by Athletics Associations are requiring entrants to be individual members of EA (regardless of whether the entrants belong to a club or not) in order for their finishing positions to be included in the results.

1. FIRST CLAIM CLUB

UK Athletics rules allow athletes to be members of more than one club.

The first club you joined is known as your **First Claim Club**.

However, over-riding that, is the fact that if you join England Athletics (EA), the club to which you pay your England Athletics membership is classified as your First Claim club, regardless of how long you have been a member of that club. EA membership is only paid through your first claim club and you can only count as part of a team or enter team events i.e. relays such as cross-country, for your first claim club.

There are many cross country races that are organised by Athletics Associations.

2. REPRESENTING YOUR FIRST CLAIM CLUB

You should enter competitions as a member of your First Claim club but when an athlete's First Claim club does not include all disciplines, then an athlete can represent their Second Claim club in those other events.

Eg Joe Bloggs is a member of Helm Hill as his First Claim club and enters fell races as a member of Helm Hill. Also Joe enters shot putt competitions...as Helm Hill doesn't "do" shot putt, Joe enters shot putt competitions under the name of his Second Claim club.

His Second Claim club is actually a fell racing and shot putt club (Unusual!)....but Joe does not do fell races under the name of his Second Claim club.

In January this year a Helm Hill runner's finishing position was discounted from the results of a Cumbria Athletics Association cross country event because the runner was not a member of EA. Sadly, there was then an effect on that particular Helm Hill team. The runner had been completely innocent of the requirement.

Check entrance forms carefully...if the form asks for your EA number, it probably means that you have to belong to the EA for your finishing position to count in the results.

As a general rule of thumb, cross country races / events organised by Athletics Associations are likely to be looking for EA membership, and any County-level events are likely to require EA membership.



There are many benefits of becoming a member of England Athletics, particularly if you plan to regularly participate in road races/cross country events. For more information on England Athletics and receiving a competition licence, please visit <http://www.englandathletics.org/england-athletics>.

Please note, if you wish to count in either the English or the British fell running championships, then you must either be a member of the FRA or registered with England Athletics - see link <http://www.fellrunner.org.uk/englandathletics.php>

NB: the club have clarified with FRA that paid up members of HH will count as HH is affiliated to FRA.

If you decide to become a member of England Athletics, you can do this when joining/renewing your membership with Helm Hill online from April 2015 - membership link/more information will be on the website in due course.

3 March 2015. LA.

WHEN ONE SPORT IS NOT ENOUGH

SHACKLETON'S UNFINISHED BUSINESS



Fell running is clearly too tame for Carrie. She's putting herself through things far worse, if it's possible, than Fir-bank fellrace in order to get selected for 'Shackleton's Unfinished Business' - Exactly 100 years on, a small band of explorers will take 100 days to tackle the formidable Antarctic goal that beat Shackleton.

GOOD LUCK CARRIE!!



KARL'S BAKING CORNER

Cakeman Karl's White chocolate and raspberry blondies

- 150g white chocolate, broken up
- 200g unsalted butter, diced
- 3 large eggs
- 150g caster sugar
- ½ tsp vanilla extract
- 200g plain flour
- ½ tsp baking powder
- 100g white chocolate, finely chopped
- 150g fresh raspberries

Place the broken chocolate and butter in a heatproof bowl, set the bowl over a pan of steaming water and melt gently, stirring frequently. Remove the bowl from the pan and set aside.

Whisk the eggs in a large bowl until frothy. Add the sugar and vanilla extract and beat thoroughly until mousse-like in texture.

Whisk in the chocolate mixture.

Sift the flour and baking powder directly onto the mixture and fold in. Stir in the chopped chocolate.

Spoon into a prepared tin, spread evenly and level the surface. Scatter the fresh raspberries over the top.

Bake at 180°C/350°F for about 25 minutes or until a skewer inserted in the centre comes out almost clean.

Remove from the oven and leave to cool in the tin before cutting and removing

Scoff

CLUB MEMBERSHIP

Memberships are now due - and you can do it from your armchair!

For new members and renewals, both seniors and juniors - this year it's even simpler and quicker to join, as it's all online!

Details and more information can be found on the [membership tab of the homepage](#).

Any questions, email membership@helmhill.co.uk or speak to Bethan at training



CLUB CYCLING TOPS

From Majorca to Manchester, Helm Hill cycling tops are all the rage.

Not only popular with the increasing number of runners who ride a lot, they are a great running top with handy rear pockets.

The kit is made by Endura cycle clothing in Scotland and we now have a design lodged with them.

We have one spare Mens Medium long-sleeved top and one Womens medium short-sleeved top if anyone wants one (contact Ali or newsletter@helmhill.co.uk). A second order can be put in when we get enough for the minimum order—see forum note or contact email address above if interested.



HELM HILL SICK BAY

Innovation is the name of the game this spring with new ways of injuring ones self. Tom Addison managed to get out of the first British Champs race in North Wales by injuring his foot on a photoshoot midweek while he was supposed to be resting.



Karl's ankle—several injuries (see twitter for full 'rundown') although it has been noted that there is an inverse relationship between racing and the appearance of the Master Baker's finest cakes, so in light of that we think you should really rest your ankle as much as possible.



Ali's ankle—so fixated on the chance of the decorating prize this kept her going as she hobble off the fell propped up by Trina and Roger, she even managed the finish funnel on her own!

Bill's ankle —poor Bill has been suffering on and off with this for a while. He is managing to maintain a cheery disposition and outlook though responding to all the recent tweets about sun drenched fells/races with “ just think you could be sat in a waiting room with piped music #killmenow”



Yep, I think I have positioned that just right so everyone can see how poorly I am with my drip. This is my best sad face.

Rick's knee—proof that home/garden improvements should be left well alone and may lead to the need for surgery.

Billy's knee—operation imminent as this goes to press—get well soon Billy!

Lee's hernia—for a full account of all the minutiae of this injury/ recovery over many months check out Lee's 11 000 tweets. You will be relieved to know that not a single detail has been left out. Thank goodness he will never give birth.



Rachel Slattery. Forget all of the above.....poor Rachel really did have the injury that made us all gasp and wince. And tough lady that she is didn't moan about it at all (take note men!!) Glad to say Rachel's well on the road to recovery and even back racing after a close encounter with a rock at Flower Scar resulting in 40 stitches, yes 40.



Reasons to run with Helm Hill no.1: We know how to rehydrate in races

The Helm Hill way....



The other way....



COMPETITION CORNER

A fabulous new competition to while away the recovery sessions.....

101 uses of a used fell race number!

Entry No. 2: For when you're a little cold and have forgotten your jacket. Simply gaffer tape all your recent race numbers together to craft this bespoke, nano-weight, hi-tech smock.

Send your entries to newsletter@helmhill.co.uk. The best entry will win a bespoke, state of the art, proven race product (possibly made out of used race numbers).

Did you know:

Many race numbers are made out of Tyvek. A quick look at Wikipedia tells you what a fab material this is. 'Tyvek is a brand of flashspun high-density polyethylene fibers, a synthetic material; the name is a registered trademark of DuPont. It is often seen used as housewrap, a synthetic material used to protect buildings during construction. The material is very strong; it is difficult to tear but can easily be cut with scissors or a knife. Water vapor can pass through Tyvek, but liquid water cannot.'





Winter Caption Comp :

Tom suddenly found himself teleported from the Town Hall gents.



Spring Caption Comp :entries to newsletter@helmhill.co.uk

Wildlife corner:

Spring has arrived on the Helm with the trees sprouting new scented buds in a range of colours.



Favourite races send us an article—as short / long as you like!

Race reports—send us an article, as short / long as you like!

Want to see something / contribute something?

Recipes/Misendeavours/Poetry.....

All suggestions / contributions welcome.

Send to: newsletter@helmhill.co.uk

Deadline: end of July

"I love deadlines. I like the whooshing sound they make as they fly by." Douglas Adams

NEXT EDITION: OUT MID AUGUST

Pics

As well as the Helm Hill Gallery check out the following for excellent race pics:

RacingSnakes: racingsnakes.com

Dobo: Fellrunner.net

Woodentops: Woodentops.org



Contact HelmHillRunners: info@helmhill.co.uk

www.helmhill.co.uk



