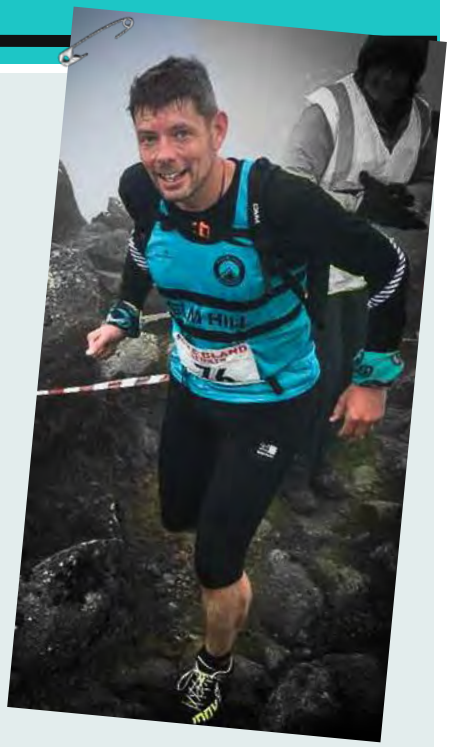


Some segments in this edition

- John Jones - Road to Mountain
- Sarah Gerrish - Abraham Tea & Expresso Rounds
- Frog Graham Round - Rick Stuart & Sarah Gerrish
- The Bob Graham - Ali, Jenny & Rob Mortimore
- Patty Davies – Lakes in a Day
- Mhairi's Classic Rock
- Janette McLaughlin - My Running Journey
- Janie Oates - Hodgson Brothers Mountain Relay & Lake District Mountain Trial
- Dean Macy Athletics Camp by Dylan and Poppy Cater
- Juniors at the Gym by Joe Morgan

CHAIRMAN'S BIT—TIM MURRAY



The FRA Awards night is always a good indication of how well a Club is doing and this year Helm Hill had more people at the dinner (40) and won more medals than any other Club in the country. What a Club!

What is really pleasing is that we are winning medals across all categories, all ages and both men and women are represented in good numbers. Of course medals only tell part of the story and what is equally impressive is the number of Helm runners who have turned out at races throughout the year. It is just as important for a really strong Club to have representation across all positions in the race as it is to be competitive at the front end.

This is why every Helm Hill Runner (junior and senior) who completed in an FRA Championship race this year... regardless of whether or not you were a 'counter'.... will receive a small recognition of their efforts in the form of a Helm Hill 2019 Championship badge. Wear it with pride....you've earned it! (collect yours now from me or Dave Appleyard)



The calendar of Championship races is out now so get the dates in your diary. Once again we will be pulling on the Green Vest and travelling the length and breadth of the country....to England, Scotland, Northern Ireland and Wales in search of medals, cups, Claymores, bottles of beers, Pete Bland Vouchers, lumps of slate, trophies and T shirts. C'mon Helm!

Happy Running, Tim

CAPTAIN'S BITs—SHARON TAYLOR



After the success of last year, 2019 was always going to be a tough year but we successfully defended all our titles and achieved even MORE!

Kelli Roberts led the way for the Helm ladies and added to her trophy cabinet by winning not only the English Championships for the second time but the British too. If this wasn't enough she also represented England at the Snowdon International Mountain Race and came a fantastic 5th position in a speedy time of 1.21.27. What will 2020 hold for our superstar?

It seems like only yesterday that I ran with a 17 year old Hannah Russell on the first leg of the Hodgson Relays.....this year was her last one in the U23 category and she certainly made it her best and was crowned English and British U23 Champion. Hannah also represented England in the U23 team at the Smara Gorma Race. Hannah now hands the baton over to Georgia Stevens who had a brilliant season to finish 3rd in the British U23 Championships.

I did my usual of start the season in full fitness, get progressively slower and change any focused racing plans and do anything and everything!! It paid off with a 3rd position in the English and 2nd in the British Championships and a bonus of winning the Lakeland Classics Trophy....no wonder I am now exhausted!

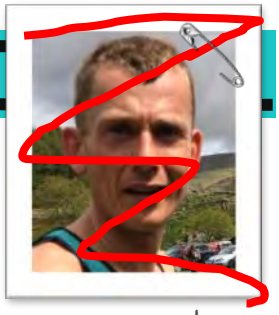
There has certainly been a theme as Bianca Dyer is also a double medallist and took a brilliant 3rd position in the British V40 and a 2nd in the English V45 Championships. Running ALL the Championships wasn't enough for Bianca and she also completed the club championships and many other races in between. What is Bianca going to do without the fell races over the Winter?

For ALL our ladies who ran at least one Championship race, you ALL contributed to our team titles of British & English Ladies Champions and British & English V40 Champions.

The relay season was as exciting as ever, a win in the Hodgson Brothers Relay and the British Relays for our ladies team but it was the inter-club V40 versus V50 which provided the real excitement and there was only 41 seconds between the 2 teams after nearly 5 hours of racing with the V40 team sneaking ahead with an overall 3rd position in the V40 and the V50 team winning their category. A special thank you to Kath Aubrey who provided us with a post-race goodie bag, I bet when you first started doing this for the 6 ladies in the Helm Hill team you never imagined you would one day be making up 27 of them!

Thank you to everyone who stepped in at the last minute to ensure we were able to send 27 ladies to the relays. There were many more of you that would have run that had other commitments. It really would be good to see more of you out next year, keep any eye out on the Helm Hill Facebook page for details of the 2020 Championship races.

...ex-CAPTAIN KIERAN HODGSON



So this is the final time you will hear from me as a club captain. I have thoroughly enjoyed the role and will miss many aspects of it. I love this club and the people in it. We have a fantastic ethos and I take great pride in seeing the club develop at such a rapid rate year on year. The fact that we are taking 54 runners to the British relays this year is proof alone if we needed it. When I took on the role I really wanted to develop our representation at key races and we have definitely done this. As a result we have stacked the fields at championship races and by doing this we have been very successful in recent times. Yes it's the top few that receive medals but I salute all those who have worked tirelessly and pushed people from other clubs down the placings. Medalling in all the categories in the British championship has to be a first for any club?! I look at other clubs and it is all about one of their categories of runners but that is not the case with us. I love turning up and hearing the pre and post race 'chat' about how the Male and Female Vets are doing as well as all the others. As ever we have lots to build on and I hope that we continue to stack championships in the forthcoming years.

Personally I am looking forward to stepping back and concentrating on my own running for a while but I will wholeheartedly support the club where needed. Helm is in my blood now and I will never let it go...

Finally I would like to take this opportunity to thank you all for your support and kind words. I would like to officially welcome Mike to the role. He has stacks of enthusiasm and motivation and is definitely a great guy to take over the role. I wish you all the best and happy racing!!!

See you out there..., Kieran

NEW CAPTAIN'S BIT—MIKE AINSWORTH



Hello! I'm honoured, delighted and a little daunted to take on the role of club captain from Keiran.

Keiran has done a fantastic job the last few years particularly his co-ordination, support and advice and always looking to help improve the club. Also let's not forget he broke his foot and couldn't run for months but was still driving the bus, organising the relays and shouting encouragement at races throughout that time. On a personal note, if it wasn't for the chat he had with me after the Hodgson in 2016 I never would have done as many championship races and had so many laughs as part of that team, thanks mate. I hope I can live up to the standards you, Ben, Ali and Sharon have set as club captains in the time I've been in the club.

Moving forward I'm really pleased to say that Adam Perry has agreed to be my right hand man as men's vice-captain (a non-committee role). We've taken a similar approach in the past with Ben/Keiran and Keiran/Me and I think this allows us to keep an eye on all members given the size of the club now.

For those who haven't met me I have an illustrious CV; I've broken my leg, ankle, elbow, torn the cartilage in both my knees, had a cruciate replaced in one knee and broken my nose four times (football!!!) so I'm a bit of a looker.

I'm routinely sentenced to extra reps by Sgt Addison on a Monday for 'providing feedback'.....oh and I once won the Birkrigg Kendal Winter League race. I'm also the proud holder (at time of writing!) of the 'I've reccied it follow me' LEGO trophy for some of my more embarrassing antics last year. Great. >>>>>>>>>>>>>>>>>>>>>>

As captain I want to help you all with three things:



1. Racing: The soul of Helm Hill is a racers soul. I want as many of you as possible to enjoy racing, to want to race, and to do the best that you can. It doesn't matter if it's your first race; your 21st Ben Nevis; you finish last; you finish first; you get lost on a flagged course; you fall over in a bog; you cramp in the final sprint; you surge past people on the ups; you fly past people on the downs.....what matters is that you are there "enjoying" racing! The season is now coming towards a close so it's a good time to plan your adventures and targets for next year. I thoroughly recommend the Kendal Winter League as a great introduction to racing for anyone who hasn't tried it. It's also a great place for our older junior runners to try and beat the seniors for the first time!

2. Improving: Helm Hill exists because of the passion of a few individuals to improve junior fell runners. Many of the runners this club has trained as juniors have gone on to have great success in this and other sports. I'm really keen to continue helping our juniors progress their development through to the seniors. As the club has grown, so too do we see seniors coming in and improving through hard work and the coaching and support that is volunteered by so many people. Being part of Helm is being part of a group of people who all want to improve and to help you be the best you can be. So.....don't be shy! Please approach me if you want any advice and I'll do my best to help or find a friendly face who can.

3. Laughing: I've had some proper laughs (often at my own expense) training and racing with Helm. An aim for our senior teams next year will again be that unique combination of laughs, beers and medals from travelling and competing at English and British Championship races. Whilst the dubious delights of Castle Carr may never be visited again, I will be excited to find out what stories we create at Guisborough, Glenshee and Arnison Crag in 2020!. Please let me know if you are planning on racing the champ's races. I'll be working closely with Sharon to organise our efforts across all the teams and am delighted to say that on the mens side I've persuaded Adam Perry (open men), Rob Jebb (vet 40), Rick Stuart (vet 50) and Billy Procter (vet 60) to help me make sure we get strong teams to these races. Thanks folks.

See you out there., **Michael**



JUNIOR COORDINATOR—LORNA ASKEW

It's been a busy summer for coaches and juniors with attendance at junior fell races being strong. These have been social occasions too as children have enjoyed entering with their friends and training mates many of the other events available at various galas, such as egg-throwing, flat races, Cumberland wrestling, raffles. Killington sports, as always, provided a full evening of activity for youngsters. The Clougha Pike gala was a similar afternoon of fun and games as well as racing.

Both Killington and Clougha Pike were junior championship races. The 2019 club junior championship concluded with The Great Westmorland Trail race in September, and results are on the Races page of www.helmhill.co.uk



Twenty-five of our juniors completed seven races out of the list of championship races, therefore qualifying for a 2019 championship award, which will be presented at the End of Year Awards "Do" on Saturday 7 December. They are;

- Harri Tancrel, Joss Wood, Ned Brayshaw, Isla Jebb
- Joseph Tancrel, Will Brayshaw, Cooper Wadsworth, Jack Moon, Freddie Crawford, Millie Jebb, Emmy Ranner, Megan Harris
- Simon Rigby, Noah Wadsworth, Toby Acland, Alfie Addison, Thomas Hearn,

Lara Smith, Madeleine Martindale, Alicia Crawford, Hannah Dyer

- Joseph Rigby, Oliver Willoughby, Sarah Smith, Adam Scott



This year we held our first ever Summer Social. Based at Brigsteer, we started the day with runs on Scout Scar. Then, after a buffet lunch, Mike Ainsworth and Sarah Gerrish answered questions about what it is like to train and race in the Senior section.

This Autumn Sam Gibbs has stepped down from coaching. Thank you Sam for all your time and the fun you have given many juniors, and hello to Katrina Gore who is new to the club and has come forward to take over Sam's group.

Jon Deegan is also going to be taking a back seat in coaching, having led our level 5 juniors on a coaching journey to the harder reps and activities of Senior training. Thank you Jon for all your input. Many thanks to Billy Procter who has come out of his semi-retirement as a coach to support these juniors whilst they learn to make the most for themselves of the Senior sessions on offer.



In August, 10 Junior coaches attended an excellent coaching workshop organised by Coaching UK, on Coaching 5 - 12 year olds. We learnt more about how to build strength, balance and co-ordination in the youngsters we are coaching, creating a strong base for the speed and endurance training they have the opportunity for as older juniors.

Improving strength and fitness has been an ongoing theme this year, and will continue to be so in 2020 for the junior section. Ten juniors who attended the athletics camp at Sedbergh, subsidised by Helm Hill, learnt more about how to do this from Olympian Dean Macey. Several juniors have maintained the exercise routine ever since attending the camp of burpees, squats, planks etc. every day.

Meanwhile, other juniors are attending Kendal leisure centre gym, again subsidised by club funds, on a weekly basis to improve their body strength, conditioning and fitness. (Children aged 11 years and older are allowed to use Kendal leisure centre gym.) A big well done to these youngsters who have taken up the opportunity for this essential supplement to their running sessions.

NIGGLES! Amongst all the positive support and encouragement from those who surround our juniors ie coaches and those who help with junior groups, our Seniors and Parents, there are some niggles that cause problems for coaches;

Parents; please make sure you answer your phone if you are rung during a training session!

Please tell your child's coach if you have decided it is ok for your child to go home by themselves, or with another adult

Don't let your child just disappear at the end of training! Make sure your coach knows he/she has been collected

Keep in contact with your child's coach. If your youngster is going to miss a session, please let the coach know. Remember - three sessions without any contact with the coach and a child loses their training place.

Many thanks indeed, Lorna.

BRITISH CHAMPIONSHIPS





BRITISH 2019 WOMENS OPEN TEAM
CHAMPIONS: HELM HILL!!!

BRITISH 2019 V40 WOMENS OPEN TEAM CHAMPIONS: HELM HILL!!!

BRITISH 2019 MENS OPEN TEAM
SILVER: HELM HILL!!!



BRITISH 2019 V40 MENS TEAM
BRONZE: HELM HILL!!!

BRITISH 2019 V50 MENS TEAM
BRONZE: HELM HILL!!!

FRA ENGLISH CHAMPIONSHIPS





Stretton Hills - Howgills-Great Lakes-Black Fell-Grisedale horseshoe-Ilam

FRA 2019 CHAMPIONSHIPS



2019 BRITISH CHAMPION & ENGLISH CHAMPION:

Kelli Roberts

Pics: NIMRA_photos



BRITISH V40 CHAMPION & ENGLISH V40 CHAMPION:

Rob Jebb



BRITISH V60 CHAMPION: & ENGLISH V60 CHAMPION:

Billy Proctor



2019 BRITISH U23 CHAMPION & ENGLISH U23 CHAMPION:

Hannah Russell



All Pics:NIMRA_photos



British U23 Bronze:

Georgia Stevens

British Silver: & English Bronze:

Sharon Taylor





British V40 Bronze: & English V40 Bronze:

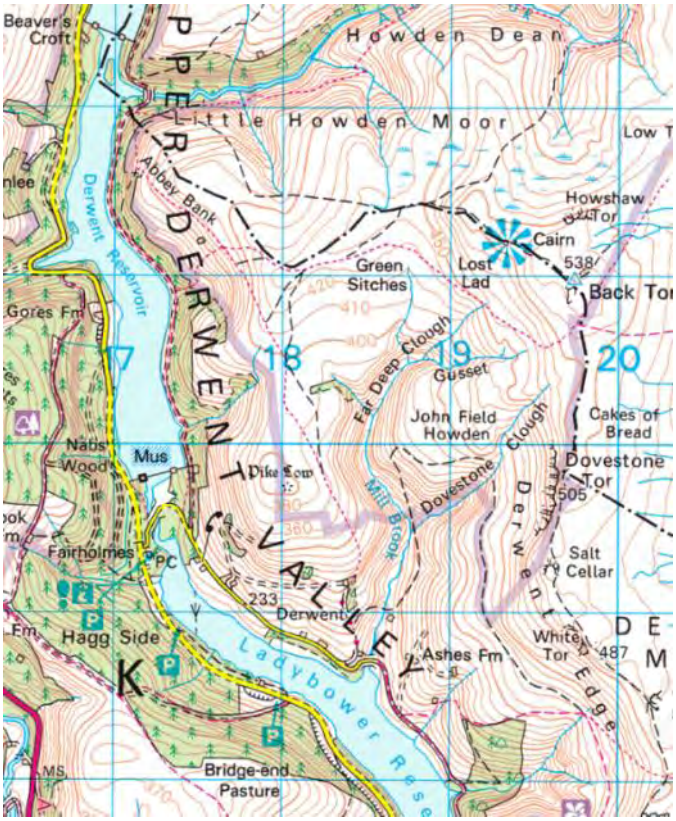
Bianca Dyer

Pic: RickS

UK Fell Relay Championships



The UK Athletics Fell Relay Championships is the season-closing, big national event with almost every fellrunning club across the land represented. This year it took place at Derwent Reservoir in the Peak District and Helm took a whopping 54 runners (9 teams of 6) - more than any other club. Compare that to 2009 when we entered just 1 mens team!







The race consists of 4 different length legs, all setting off from and returning to a race change-over area (this year with an amazing backdrop):

Leg 1 is 4 miles and solo, leg 2 is 8 miles and in pairs, leg 3 is 7 miles, in pairs and is navigational (you get your map with the route as you set off) and leg 4 is 4 miles and solo.







HELM HILL go to the relays





<<< RESULTS >>>>

Open Womens team: 1st place!!
National Fell Relay Champions!

Womens OV50 team Champions! 1st Place

Womens OV40 team 3rd place

Mixed team 2nd Place



HELM HILL WOMENS TEAM WIN UK FELL RELAYS FOR SECOND YEAR IN A ROW!!

Read Janie's account of how the day went over the page....

The British Fell Relays - Janie Oates (Nav leg 3 Womens open Team)



Pic: Noah Hurton

It was so exciting to be on the team for this but I was also very nervous. I knew that we had a good chance to win but the competition was also going to be very strong.

Bianca and I were running together again, this time on leg 3 - the navigation leg. While I am definitely not an orienteer, I knew that I had no reason at all to doubt my navigation skills. I completed my ML years ago, done a couple of mountain marathons and have always loved looking at maps. The Lake District Mountain Trial was also definitely perfect preparation for this!



We set off in 1st position but as we headed out of the event arena we saw the Dark Peak team coming in which meant that they were only about 1 minute behind us! Apparently they had some pro-orienteers on their team too! As soon as we picked up the map and got going I felt way more confident and in my comfort zone. Looking at the map on the first climb, I could see that checkpoints 2 to 3 and checkpoints 4 to 5 were definitely going to give some interesting route choice.

On the way to checkpoint 3 the Dark Peak team suddenly appeared just ahead of us, and I thought, that's it! They've got us! But after checkpoint 3 I could see that one of them wasn't very good on the rough terrain and Bianca and I overtook them. We straight-lined it from checkpoint 4 to 5 and when I looked behind I couldn't see Dark Peak meaning that they must have gone around on the path. It was quite disconcerting racing someone when you had no idea where they were but all we could do was to push on. We hit checkpoint 5 bang on but Dark Peak appeared yet again!

Now it would be a race to the finish. The terrain was extremely rough, boggy, with lots of tussocks and peaty holes. It took a lot of energy to keep the momentum up. Bianca absolutely dragged me over to checkpoint 6, still ahead of Dark Peak. I was totally exhausted and just wanted to collapse. It was great to hear people cheer for us on the final descent and handing over to Cat for the final leg still in 1st position was awesome! Looking at the results now it is pretty scary to think of all of these amazing runners who were chasing us down! I really feel that we ended up winning thanks to an amazing team effort and team spirit. All the Helm Hill runners from all teams were super supportive, encouraging, and positive and it was great to see everyone running so well. And as for me, I have to say that I have definitely had enough of being chased by Dark Peak!!







HODGSON BROTHERS MOUNTAIN RELAY

HELM HILL WOMEN WIN THE 2019 HBMR!
Here's Janie's account of how the day unfolded to win the prestigious Lake District mountain relay.....



The chat before race day was all about the terrible weather expected. I had a dream that I didn't have all my kit, I wasn't at the start of my leg in time and then I got lost! When I woke up I realised that there was still plenty of time to make sure none of that happened!

At the end of Leg 1 we were in 4th or 5th place about 5mins behind Dark Peak. Bianca and I headed up to Kirkstone Pass and waited for Hannah and Cat to arrive. We were hanging out with the Helm Hill gang chatting away when Dave said, "look! I think that's Hannah!" pointing up the hill side. "No, no," I said, "they won't be here yet!" But wait a minute, It was! Hannah and Cat had absolutely stormed round Leg 2, gaining many places and now we were only about 10 seconds behind Dark Peak. Luckily we were ready to go. As we stepped up to the changeover area, I came face to face with my friend from Dark Peak Lisa Watson... I knew full well what an amazing runner she was and how speedy she is on the descents, but she was running with Nicky Spinks who I had beaten a couple of times before... The race was on!

Bianca and I raced off and immediately over took Lisa and Nicky on the first part of the climb up to Red Screes. As we passed, Lisa said, "we will get you on the downhill !!" It was a lung-busting march to the top of Red Screes. I could have collapsed on the top! But kept going to enjoy a speedy down hill to Scandale pass. I glanced behind and saw Lisa and Nicky still about 10/20m behind, chasing us down, and clearly following our lines. The next climb was rough with no path to follow. We headed up into the mist around Dove Crag.

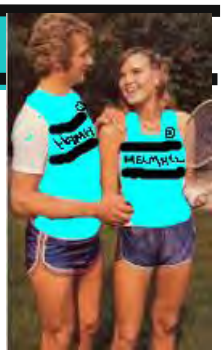
This made me a little nervous as I knew that it was important to get the right line here. The 2nd checkpoint appeared out of the mist and now it was time for a very exciting descent down through very steep, boggy, rocky and muddy terrain. Dark Peak were still hot on our heels, Lisa clearly wanted to overtake but Nicky was slowing her down.

We were absolutely going for it, flinging ourselves down the mountain side, over cliffs and through bogs. I knew that if we hit the track before Dark Peak then we would definitely maintain our 1st position. Racing down into the changeover area was very exciting.

Sharon and Kelli were there waiting but were gone in a flash once they had the dibber. It was great to see all the Helm Hill gang waiting there to see us finish our leg. I felt satisfied but pretty wrecked after what was only one hour of running but very hard racing.



....random short bits





<< Hannah ran for England at Smarna Gora.

Kelli ran for England at the Snowdon international Race



A 1, 2 for Chloe Lumsden (left) **2nd** and Claire Wilson **1st** a at 60km Ambleside Trail race







Sarah Gerrish 3rd woman at 45mile The Lap

Rob Jebb won the prestigious Three Peaks Cyclocross race for the 12th time since 2000!!



Bodil Oudshoorn finished 18th in the ultra tough Dragon Back 5 day stage race back in May.

Helm Hill Senior Club Champs:

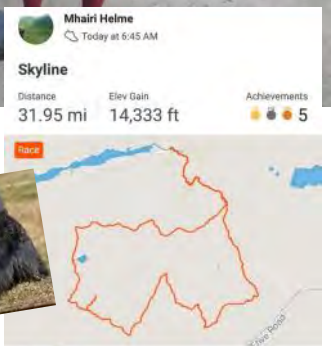
Carrie Gibson came up with some belters for 2019s club champs.

And the winners are:

Paul Reilly	Sharon Taylor
Paul Scully	Bianca Dyer
Clive Allen	Jenny Rice

Mhairi Helme flew the flag for Helm at Glencoe Skyline . 32 miles and 14,333ft of Scottish climbing. Genius to plan a route to resemble a Scottie dog!







Helm Hill social at the o/night camp on Saunder L Mountain Marathon





Rachel Slattery came 3rd LV50 and first UK woman home in the Ultraks Matterhorn Skyrace. A whopping 50km and 12,000ft of Swiss climbing.

Rachel Slattery does the Cumbri Way Ultra for he birthday weekend and finises 3rd Lady and 16th overall

Bianca, Kieran, Charlotte, Kate S & Jo R compete at the Helvelyn Triathlon





Paul Turner rode from lands End to John O-'Groats.



Janie O & Sarah G at the Saunders Lakeland Mountain Marathon





Janie O & Bodil O win Womens Long Score class at the Original Mountain Marathon

Dean Macy Athletics Camp, Sedbergh—Dylan & Poppy Cater



Dylan Cater:

My experience with Dean Macy was amazing!

The camp took place at Sedbergh School over 4 days and these were long days, 8am until 8pm. We had breakfast, lunch and tea there. All the other children not from Helm Hill were staying there on a residential.

On the course we covered fitness and technique. Dean would teach us step by step the techniques for that particular athletic event we were doing. If we were struggling with anything he would teach us individually.

As well as athletics we focused on fitness. We did press ups, sit ups, burpees and short sprints. At the start of each day we did the fitness routine we learnt on the first day and I have enjoyed carrying on with this since the camp.

I came back from the week knowing how to throw a javelin and shotput and also how to do the high jump and long jump. I also learnt how to get ready for a sprint start.

The week was then rounded off with a big party celebration on the last night which was great fun. Meeting new people was also a good experience.

I would love to do it again.



Poppy Cater:

My experience with Dean Macy was incredible! At first I was terrified to do it because I am not a fast runner and I was worried everyone else would be. As soon as we started I could tell that Dean was going to be a lovely guy.

First of all we would start with our warm ups, which we did every day. Then we would do things such as long jump, high jump, Javelin, Shotput and Sprints. We even learnt how to start off the blocks! I really liked doing the high jump.

He taught us a fitness routine which included squats, burpees and sit ups and I like doing this at home now.

I made some new friends and we had a fun party on the last night with a bbq and a silent disco.

On the last day we did a demonstration of what we had learned to our parents. Then we did a 4 x 100m relay and a 4 x 400m relay. It was over 30 degrees heat and very hard but I did it.

Dean Macy kept telling us his quote, 'Effort takes no talent', which I will always remember. He has been a great influence for me and I really appreciate that I got that experience.



DON'T FORGET THE INTERNATIONAL YOUTH CUP IS COMING TO AMBLESIDE JUNE 26-27th 2020

MORE NEWS IN THE SPRING 2020 NEWSLETTER.

Helm Hill Gym Session—Joe Morgan



Hello, my name is Joe Morgan and I am one of the people to do the helm hill gym sessions at the leisure centre. When I first got to the gym, we had a tutorial on how to work all the equipment such as the treadmill and the bikes. The instructor was friendly and told us all that we needed to do simply but well. The first thing I tried after the tutorial was the treadmill, I am quite an avid runner, and i enjoyed it because of of how easy it was to change the pace and other features such as the gradient you are running up and a clip that when pulled out, stops the machinery. A good safety precaution.

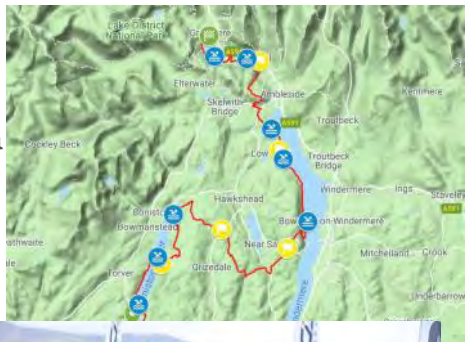
The next thing I tried was the biking machine. The clue is in the name as to what it does and it is very effective in tiring you out as you can change multiple settings to make it as if you are zooming down a hill or on a vicious 20%-25% gradient climb, in which you can get out of the saddle easily with no fear of slipping off as your feet are safely strapped into the pedals. I then tried out a few of the wide range of different muscle exercise machines which include equipment for your biceps,triceps, quadriceps, traps, abdominal, hamstring, calves, glutes and even gluteus maximus. For each of these you have to have it on a level 3 or lower (because we are juniors) and you do sets of 30 with pauses inbetween. It was hard but rewarding work for each of us and you can have a chat inbetween with the person next to you.

Overall I think the gym experience was very rewarding and really helpful if you want to improve how well you run for helm hill.

SwimRun—Sarah G, Chloe, Rick, Claire, Jenny, Russ & Charlotte

Slightly random but no where else to fit them in!

This summer saw various pairings of Helm Hill Runners at the two main swimrun events: Buttermere-to-Keswick and Coniston-to-Grasmere. The Buttermere race was the British Championships race but Rick & Jenny and Claire (partnering Ben Abdelnoor) were cruelly robbed of their trump-card (fellrunning) when they announced before the race they'd cut out the fellrunning due to a bit of clag!





Womens top 10 finish for Sarah & Chloe at Buttermere sprint race

For all the small Helm Hill Runners in your life! Baby Elliot is the club's newest member. Signage by Uncle Ben Procter



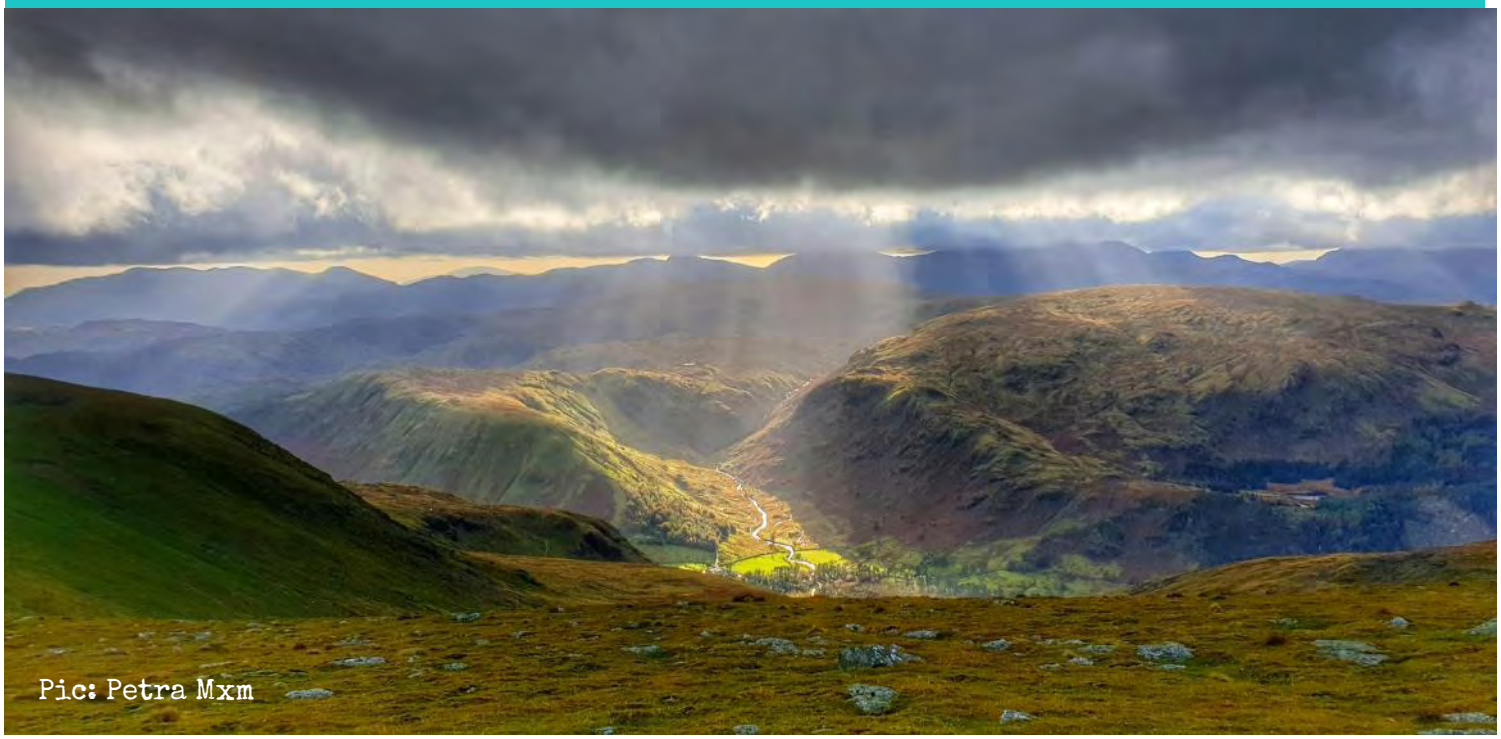
Rick & a poorly Claire scraped 3rd at Coniston long race



Womens 2nd place finish for Charlotte M (with Lancs & Morcambe's Sarah Hodgson) at Buttermere long race

4th place Mixed for Rick & Jenny and 6th for Claire & Ben A at Buttermere long race

LAKES IN A DAY 50 mile ULTRA—PATTY DAVIES



Pic: Petra Mxm

Rick and Ali caught me in a moment of weakness and told me I was the only person who could write up Lakes in a Day as no one else from Helm Hill had done it.... None of that was true, Sharon Bianchi and Andrew Russell also did it, but I didn't spot their big fat lie at the time so here goes....

Lakes in a Day is a 50 mile race starting in Caldbeck in the NW Lakes and ending in Cartmel in the SW Lakes. The organisation and support is fantastic. Everyone is issued with a tracker and map. Camping is available on Cartmel Racecourse and a fleet of buses leave Cartmel at 5.45am prompt - it's so slick. There is even time for coffee, breakfast, faffage etc in the pub at Caldbeck before you set off at 8am.

The first section runs out on road from Caldbeck. I set off with Sharon Bianchi, but quickly realised I'd never keep up with them, or pretty much anyone else. As I looked around everyone looked much better equipped, better trained and better prepared than me. That was a low point and only a mile or two in. I decided if I could get down Halls Fell Ridge that would be enough and I could call it a day at Threlkeld. Then road changed to fell and things improved with a long drag up a hill, over a hill and through a river, I have absolutely no idea what those hills were called. This is a nav section but there are so many people it would be hard to get lost At this stage the people around me were people I would meet up with throughout the day and finished with as friends. After a river crossing there is 4k boggy trudge up to Blencathra - a few different lines were taken here, though there was no obvious advantage to any of them and we converged on the top.

"...I had googled how many people had died on Halls Fell Ridge in preparation!"

There is an option to avoid Halls Fell Ridge if you are truly terrified of heights like me. But the Nav4 people were there to deal with any disasters and offer words of encouragement (I had googled how many people had died on Halls Fell Ridge in preparation!). Getting down turned out to be almost fun! Then there's a straightforward run down to Threlkeld Village Hall, although I managed to add an extra loop of the village by missing a turning (not disqualifiable when you're at the back) . The hall was absolutely full of food with pretty much all dietary requirements catered for. I had a huge choice of gluten free food - amazing!

"...The hall was absolutely full of food "

The next section is where the race spreads out and you need to be able to navigate. They use the path up Clough Head - this is no less painful than going straight up and a few people turned back. Then from there, over the Dodds to Helvellyn which is always fur-

ther, less straightforward and much hillier than I remember. Visibility was good though and the views were amazing. I got a call from Caroline Wade and Emma Jennings on Helvellyn, I missed the call but knew they were around somewhere shaking their cowbells, great to have Helm support! It was really windy and I started to get really cold just before the drop down to Grisedale Tarn - there was a guy I had been talking to who was a fellrunner hopping about waiting for his friend on Helvellyn so I decided that a fell runner would realise I had hypothermia if it got any worse so wouldn't die! I managed to find a sheltered spot to get some more layers on and some jellybeans and chocolate peanuts - magic beans! I was amazed at their restorative powers and practically enjoyed the climb up Fairfield. The route then follows the fell race route down to the gate. I had hoped to get to Ambleside before it got dark, but I was too slow and came down off Fairfield in the dark. I linked up with a guy from Edinburgh and his daughter and stuck with them until Ambleside. We passed a guy from Mountain Rescue heading up to bring back a very disorientated runner who was taking some very strange route choices according to the tracker.

"...jellybeans and chocolate peanuts - magic beans! I was amazed at their restorative powers and practically enjoyed the climb up Fairfield "

"..Ambleside Checkpoint is amazing, so warm with pizza, pasta and puddings"

Ambleside Checkpoint is amazing, so warm with pizza, pasta and puddings. You can also change into clean socks and trainers. It was very tempting to stay here and a lot of people did, including the guy and his daughter. I left this Checkpoint on my own hoping to catch up with a group I'd been speaking to earlier that had left before me. This second part is mostly trail and easy to follow fluorescent arrows mark the way. It's such a treat after Fairfield and easily runnable if you have the energy.

The trails wander through to Hawkshead then down to the lake paths. The lake was high so these sections were actually in the lake. The climb up from the YMCA is only short, but feels painful after 40 or so miles, then on to High Dam and a nice run down to Finsthwaite. .

Finsthwaite checkpoint was every bit as good as the others, cheerful marshals and wall to wall food for all. Again a difficult place to leave. The last 6 miles pass Newby Bridge and go over the fell past Bigland tarn. There are lots of short sections which make the miles pass quickly Then the last 2 miles of road and quietly through the sleeping village (unless you're Ricky Light foot) to the finish at Cartmel school.

"...cheerful marshals and wall to wall food for all "

It was awesome, most people were faster than me and I took forever to finish but I loved every minute. I have never really understood the attraction with ultras they just seemed like hard work, but I get it now, the friendships, the steady pace, running/ walking through beautiful places and the care and food at checkpoints make it a great day out. I'll be there again at 5.45am next year.

The amount of food at the checkpoints seems excessive, but the humungous amount of leftover food is donated to Manna House in Kendal afterwards.

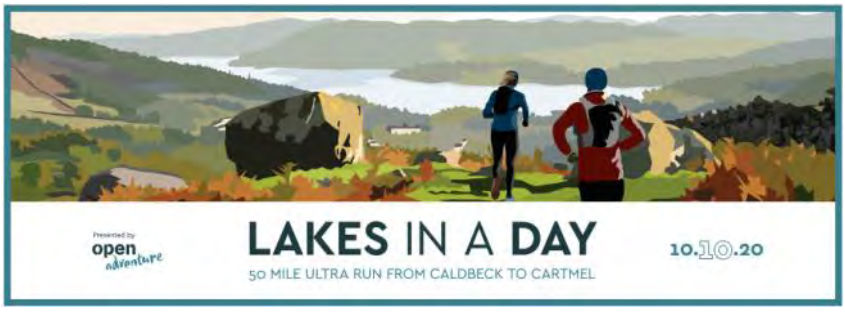
James Thurlow, race director, has Type 1 Diabetes. He offers free places to anyone who also has type 1 diabetes. This year there were 13 runners - pretty amazing and inspiring.

"It was awesome, most people were faster than me and I took forever to finish but I loved every minute. ...I'll be there again at 5.45am next year. "

Thanks so much to everyone who sponsored me. The money raised will make such a huge difference to a lot of people at Growing Well.

https://www.lakesinaday.co.uk/

You know you want to



ROAD TO MOUNTAIN JOURNEY —John Jones

Part 3 How to change your life ... the plan continues



After an amazing night at Loughrigg fell race back in April. May came and went with hard training but no races. (I was planning my first ever English Championship Race on Black Fell in July, so I decided on two warm up races beforehand).

There are two types of races, good and better. At Brunt Knott in June, I had a better race. I felt great from the start, got into the zone. I felt invincible, even thought I was " superman" for a moment at the finish.

A few weeks later, we visited Quernmore as a family for Clougha Pike. It was a warm, sunny day with lots going on, especially for kids. Without the club championship we would never have had such a special family day. The club championship brings us all together and it's something I'll be supporting strongly in future.



Coming into my first ever English Championship race in July at Kettlewell, I felt in good shape. The day came and I was excited and nervous at the same time. All the family came over and had a great day out. Everything went well for me except for going knee deep into a big halfway round ! It was the first time I'd run 10 miles on the fells for over 20 years. Finishing 22nd MV55 was a good start for me.



A few weeks later, I had a flyer at Beetham Sports. Again I had those happy invincible feelings as I ran into the finish! Something tells me running for Helm has been life changing for me.



August came with a late heatwave. The same day as the Grasmere Sports Guides race. It was 32c , scorching. It also brought me a Pb originally set over 20 years ago. It was a special family occasion.



August was out and in came September. Another fab club championship race at Orton. It was ankle deep in mud for miles but again I had a flyer. I was so on a high that day , my feet hardly touched the ground.

MY RUNNING JOURNEY —Janette McLaughlin



My daughter Neve joined Helm Hill a little over a year ago having been keen at sports throughout her school years, throwing herself at everything she could. Whilst we live in Windermere, Neve was keen to join Helm Hill as some of her friends were club members and said how much fun it was.

I started dropping her off at The Helm and watching all the groups gather and set off in various directions for their weekly sessions. The energy, enthusiasm and general positivity is noticeable and infectious and got me thinking ....

I have always been relatively active but never really got into a sport that I've stuck with. I feel very lucky to live and work in the Lakes and have always been a keen walker. As I approached my 50th year, having lost my mum suddenly and unexpectedly at the age of 75 three years ago, I decided that I needed to start looking after my body, mind and soul because life is precious.

At the Grasmere Gallop in 2018, which was started by Neve's Grandparents 25 years ago, I stood and cheered many members of the family as they tackled the 5,10 or 17k course. I couldn't run 1k never mind 5! The following week I decided that I was going to run in the morning with our trusty Spaniel rather than walk and so it started. I ran short distances at first and gradually found that it did get easier and I did quite like it! I decided to do RED January (Run every day) which was a challenge in itself. I get up at 6, throw on my kit and off I go. That's hard enough at anytime of the year but when it's pitch black, and anything from freezing to raining to snow it really did test my determination but I did it.

Just after Christmas knowing that I would be 50 at the end of March I decided that I would like to do a proper run and I entered the Liverpool 10k with my sister in law who unbeknown to me had also started running at the same time as me. At that stage the furthest I had run was about 3k so I decided that I needed to increase my distance and changed from running 5 short runs a week to 3 longer runs. By the end of May I knew that I could do the distance and lined up with several thousand people to plod the streets of Liverpool. I didn't quite get my target time of under an hour but 1 hour 57 seconds wasn't bad at all, and I got a medal!!

Having not made a total fool of myself in Liverpool and after my father in law suggested it I entered his race 'The Grasmere Gallop'. I knew I could do the distance but the Gallop has hills!! I changed my running routes and decided that the hills between Windermere and Ings would give me the practice I needed. The day arrived and I smashed it (well relatively) in 1 hour 5 minutes and 50 seconds. It felt good!





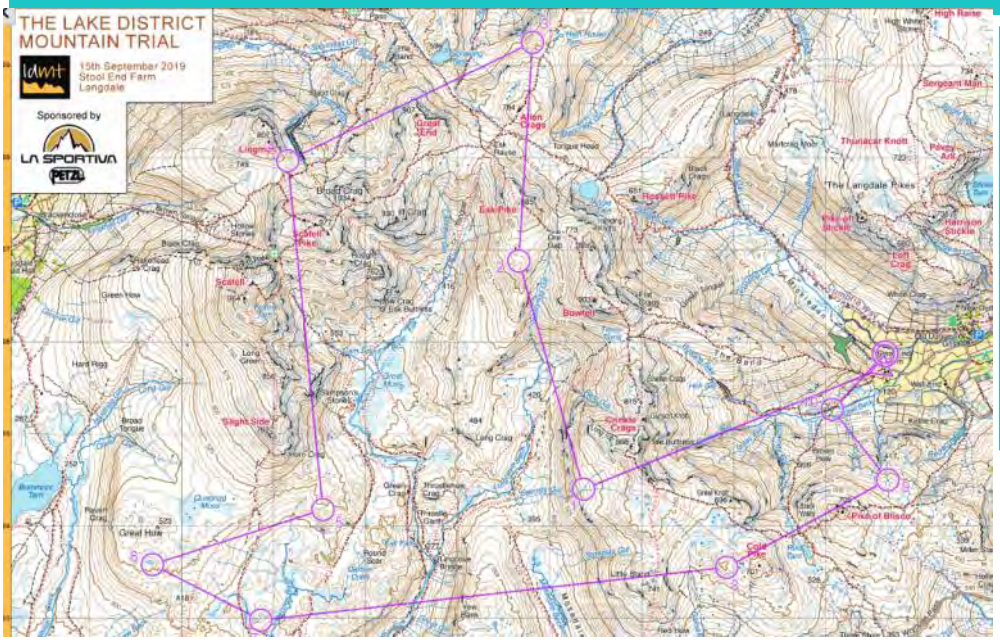
I've carried on running three times a week and after running the Gallop have decided that running off road around Windermere is far more enjoyable than pavement plodding. Neve says I need to replace my 'embarrassing' trainers with some Fell running shoes, she might have a point.

Having spent yesterday helping with the lunch at the Juniors Summer Social it reinforced what a great sport running is and what a supportive and welcoming club Helm is. I'm not sure I ready to run with the club just yet but never say never.....

[*don't worry Janette, we've got you a pair of size 7 Walsh fellshoes to borrow*]



LAKE DISTRICT MOUNTAIN TRIAL —Janie Oates



Ever found yourself scanning the fells looking at a thin strip of steep grass across an otherwise cragged hillside and thought 'hmmm... wonder if it's possible to get across there?' If so, you need to sign up to next years Lake District Mountain Trial.

Here's how Janie found this years event.....



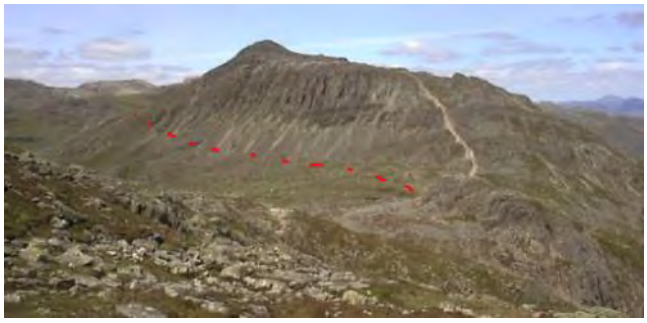
Janie Oates: I was already feeling pretty tired on the Sunday morning. I had run nearly every day that week and also done a recce of the HB Relay leg 3 with Bianca and Billy the day before. But I was feeling pretty relaxed about the Mountain Trial – I had done two Mountain Marathons before, how hard could it be??

Rick gave me a lift to Great Langdale and prepared me for what was to come: "You will be crying for the finish line by the end!!" Really? I thought,...I just couldn't believe him. "You'll be out for at least 6 hours" he said. Right, I thought, maybe I was in for a pretty long day out!!

"...I didn't really want to look...

On arrival at Stool End Farm, it definitely felt like there was a pretty serious and select Mountain Marathon crowd in attendance. My start time was 9:02. I ran towards the path that goes up The Band and picked up my map for the Classic Route – i.e. The Long One! – Why not I thought?? I was confident I could do it. The advertised route was 27km and 2150m of ascent – if you choose the right way that is!!

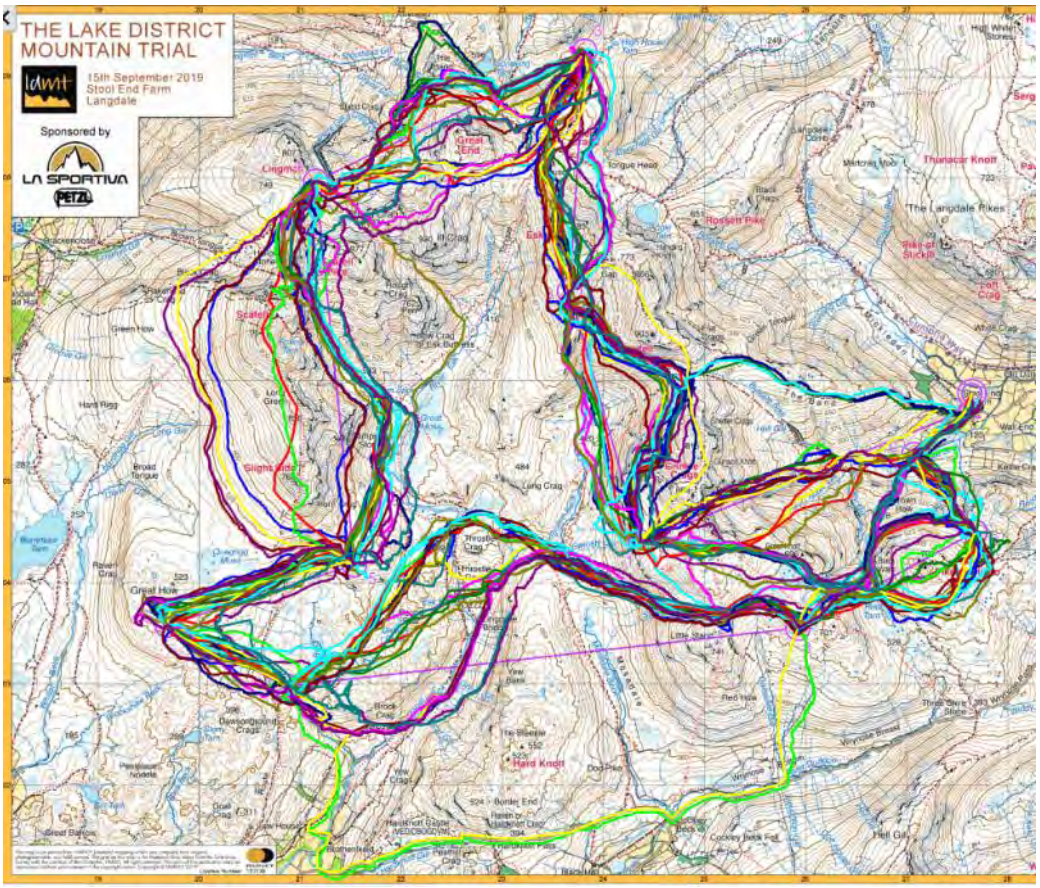
I didn't really want to look at where the route would take me, it was too scary. There were 10 random points on the map that I had to navigate to in order before returning to Stool End Farm in Great Langdale. That was it. Sounds easy but I could see straight away that there was definitely some big route choices to be made and also we were heading into the very rocky central fells and the very boggy and wild Great Moss. It was going to be an adventurous day!!



I took the safe option up the path to the first checkpoint behind Crinkle Crags. The next checkpoint was below Esk Pike. The choices were: down to the valley and up the other side? Or over the top of Crinkle Crags and Bowfell? Surely it wasn't possible to contour all the way round the top of the valley without losing or gaining any height at all? Wasn't the side of Bowfell a cliff? But apparently it was possible!! Soon I would learn about the excitement of the Mountain Trial – forget paths... let's choose a route and go somewhere you never even thought possible...

"...they were all very old.."

When I got to Esk Pike a few people ahead were clearly straight-lining it to the next checkpoint near Allen Crags. I think I was finally getting this. No matter how rough the terrain, just like a 4 by 4, you just gotta straight-line it and deal with whatever comes your way. A few faster women who had started after me,



overtook me here, but I really didn't care, I was there for the experience and to test myself. The next leg climbed the shoulder of Great End and joined the Corridor Route. We couldn't have gone a rockier, and more rugged way. My legs were feeling a bit tired here and I was starting to wish I had rested a bit more before taking this on.

"...I was still plodding on up an endless tussocky slope through sometimes knee high bracken, feeling like a slug"

But I forgot about tired legs and carried on anyway. And soon I was treated to another one of those moments of,... I thought I knew this hill but I have never been in this spot before, and I have never looked at Scafell Pike from this angle, I never knew this looked like that from up here!! The route was definitely taking me to new and hidden corners of the Lake District.

On the very, very rough climb up to Mickledore I managed to overtake a couple of slower people, they were all very old but clearly hardy Mountain Marathoners with years of experience, but on the rough descent down into the Great Moss lots and lots of faster men overtook me which was a bit disheartening. I was starting to think that maybe I would be last when I saw Nic Barber, as I was sure that he had started about an hour after me!! However, It is always a great day when you get to run through the wonderful Great Moss area of the Lake District. No-one in sight, beautifully wild, rough and empty - exactly how I like my mountains. An absolute joy.

And then my boss - Shane - caught me up... Oh Hi!! I said - My legs are about to fall off... "me too" he said. And then he scampered off ahead and I was still plodding on up an endless tussocky slope through sometimes knee high bracken, feeling like a slug. I had waves of energy and then waves of feeling extremely tired but I knew that the only thing to do was get on with it.

"...I was getting slightly delirious by this point"

I didn't find any of the navigation difficult. But sometimes it was difficult to stay with my navigational choice and not to be influenced by where other people were going. I realised that I should have stuck with my own instincts on several occasions.

We now seemed to be at the bottom and opposite corner of the map and finally heading "home" - But I was basically at the top end of Eskdale so home seemed a very long way away!! But luckily the visibility was clear. The next check point was near Cold Pike. I could see Hardknott fell so I knew that I just had to get on the other side of that and then... relive the final climb of the Great Lakes Fell race!!

"... I jumped into the River Esk with Steve Birkinshaw"

I was getting slightly delirious by this point. Tired, hungry, after many hours of concentration, I looked at the time ticking away on my watch and couldn't work out what time it was, 2pm or 3pm? I found my way through tussocks, bog and rock to a deep-ish river, and jumped straight in up to my thigh. I then hauled myself out on the other side into long grass and just kept on going. I saw someone up ahead and thought,... Is that Shane?? What is going on?? I caught him up and he said that he was dropping out. Clearly I am just way tougher than him ??

I was nearly at the bank of the upper River Esk when Steve Birkinshaw caught me up. I then fell into a massive bog up to my thigh and my hand with my map also went straight in. Oh no! I thought but then I jumped into the River Esk with Steve Birkinshaw and suddenly I was clean again... a few more river swims later and I was still just behind him and I ended up following him all the way up the Great Lakes climb towards Cold Pike.

"...Hooray!!! Final checkpoint bagged!!! I ate all of my food in about 1 minute flat before I could muster up the energy to take on the final descent."

Rick was sort of right, I was now slightly dying for the finish line. When will this be over?!! The final check point was on the front side of Pike O'Blisco, cruelly looking right down onto the finish. I had in my mind then that I would definitely take the grassier south way around Blisco to get to it, but then Steve B was taking the north route around Blisco which meant less or even no climbing but more rocks. In my delirious state, I thought, 'Well he must know what he is doing' so I followed him. And I swear I nearly fell off the side of Blisco. It was so rough and rocky and my legs were absolutely jelly by then. Steve B was not always right!! Eventually I got close but realised that I was about 10/20 metres below where I should have been. Hauling my tired body uphill to the final checkpoint was pretty awful. I sort of wanted to cry and for a minute just thought, let's not bother and just go home. But I was so close to the finish now!!! I could see it!!!

Hooray!!! Final checkpoint bagged!!! I ate all of my food in about 1 minute flat before I could muster up the energy to take on the final descent. Bounding into the finish I felt very proud of myself. We stayed for about 10 minutes, collapsed on the floor and then headed home. It has definitely been a while since a day in the mountains has ruined me so much! And later on when I was re-hydrating in the Brewery, I nearly fell off my chair when I saw the post on Facebook from Nic that I had counted in the 3rd placed open team for Helm. It was amazing that my stumblings about had counted for something!! All in all, I loved the experience as it was tough, challenging and a very adventurous day out in the hills with some very cool and tough fellow runners.



ABRAHAM TEA ROUND + EXPRESSO ROUND

SARAH GERRISH



A weekend of two halves. Challenge 9 of 12 DONE (sort of... slightly adjusted goal posts!)

Day 1 The George Fisher UK Abraham Tea Round

4am alarm resulting in, at most, 4hours sleep. The first 15 miles were really tough. 2.5 hours in the dark & rain. It wasn't until Robinson that the light started to come through the clouds. The rain had made any rock that I encountered super greasy and slippy & a white out at High Stile (including falling snow and freezing air temperature) meant a bit of a wrong path & minor freak out! After Red Pike it was a horrendous descent down to Buttermere over a relentless & lethal path of stone pitching. I thought it would never end. Many a slips and slides. A frustratingly tense and slow section. A quick stop in Buttermere to eat some food and then it was up to Whiteless Pike. Jeepers this is one heck of a climb from the Buttermere side, especially on tired legs and a fatigued body! Once up though I felt a second wind as the weather cleared and I started on the 'way home'. I'm very familiar around Hobcarton,



Grisedale Pike and Eel Crag so I tried to relax a bit. The route also takes in part of one of my favourite fell races. Once over Sail it was an out and back section over Causey Pike & Rowling End (again I thought this bit was never going to end!) - two new fells to me. Chased by an angry bird that must be nesting ?? & then the final summit Barrow, before heading back to Keswick, dodging walkers & shoppers thinking about tea and cake... only to find the cafe had shut ?? fortunately the friendly man behind the counter must have sensed my utterly broken demeanour and took pity giving me a takeaway brew and biscuit. Feeling utterly defeated I sat on the floor outside George Fishers and gathered myself.

One of the hardest days out I've had in a while. Fatigued and lacking energy from the start. Hard weather conditions & a constant mental battle with the negative winning out for the vast majority of the day!

Huge thanks to Bex for putting me up and cooking me tea!!! Lifesaver! ??

* not many photos as it was far too cold to stop moving for too long and every time I reached a summit the cloud & rain/snow rolled in *

Day 2 The George Fisher Expresso Round

This one is classed as the "little sister" of the Tea Round with 4 summits being the goal rather than 8, with around half the mileage & 1/4 of the elevation gain.

An early night and an extra hour (thanks to the clocks changing) meant for a more leisurely start - breakfast and a brew with Bex and a start time of 9:30am.

The day started out with more of a shuffle as I tried to navigate getting ready but by the time I was outside George Fishers I was walking relatively 'normally'! The weather could not have been more different from the morning before so I set off with a spring in my step in the sunshine. First stop Barrow. Some blustery conditions but the bonus of a rainbow kept spirits high. I also had the company of Luna which always helps! Then over to Causey Pike & Rowling End... again with an unwelcome squawk from an angry bird, before a tricky descent down to the village of Stair. There were lots of folks out on the fells who were keen to chat which was nice! Then the final ascent up Catbells to mingle with the mass of friendly Sunday walkers. Some minor waiting around / traffic jams as people scrambled up and down but made really good time and got a PB on the decent! Whoop!!!! Then a trail run back to Keswick to finish ahead of schedule. Happy days.

I had started the weekend with the intention of doing a double Tea Round attempt but sometimes you have to readdress your goals and do what's right given the conditions - both mentally, physically and externally.



A total of 46 miles covered over the weekend with over 15,000ft ascent... All in aid of Dean Barwick PS & Place2Be.

I am still quite a way off my fundraising target. Any donations are really really gratefully received, and a HUGE thank you to everyone who has supported me this far - whether thats been event support, hugs or cash money donations! You're all RAD!

Support Dean Barwick Primary School https://www.justgiving.com/crowdfunding/sarah-gerrish... Support Place2Be: http://www.justgiving.com/Sarah-Gerrish?utm_id=124

BOB GRAHAM ROUND - ROB MORTIMORE



So, when I first moved up to the Lakes back in 2013 with my at the time girlfriend Suzy I wanted to get stronger at my fell running and apart of the obsession involved Suzy buying me the Bob Graham Round map. A seed was sewn as seems to be the case for so many fell runners in this amazing community I joined to.

Looking over it in awe I realised I didn't know enough of the great fells on the map or indeed a lot about Bob himself so I read as much and watched videos of the great challenge that faces so many thousands of runners every year.

It was something I perved over for the next two years or so and kept telling my friends I quite fancy a go at this challenge. However, whenever I was doing a race either 10 miles or more long and was struggling to run harder and keep going for long stretches my mind was beating itself up saying 'Why do you want to do a Bob Graham round when you can't even do this race'. The truthful fact I now realise five years later was that I just wasn't ready to do the challenge in anyway.

There was the fact that I hadn't really found myself yet and hadn't done enough playing about on the fells and enjoying too much Lakeland ale too! So fast forward to the beginning of this year where I had been working as a postman in Windermere for three months and was racking up a minimal 7-10 miles a day on foot keeping fit and working hard. It seemed to be helping my fitness and as I was getting Sunday's off I decided to take on as many KWL races as I could. My racing started to improve and with a standout run at Birkrigg Common I was feeling good.

But it wasn't until around June time that I really started to think I might be good enough and fit enough to take this on finally. I told Suzy about my thoughts and she put me firmly in my place. 'You need more time to prepare and get the miles in its too soon'. I was a bit gutted but knew this was right I needed an extra few months to rack up the pace, stamina and everything else.

So, I decided to enter for Wasdale after bottling out of Ennerdale which to this day I regret.

I felt if I could finish that race which I hadn't completed the first time in 2013 then I'd be some way towards having a go at this. It was a warm day when I eventually cracked the race and even though I was seriously lagging by Styhead Tarn I got around in under 5 and half hours which I was proud & very emotional afterwards which I knew would be the case after the drop out in 2013.

Then it was on to doing Borrowdale which I had entered 3 years in a row from 2013 but never managed to do. Again, it took a lot of effort out of me but it was all worth it coming in just over 4 hours & feeling good.

So, I had proved to myself I was capable of doing the longer distance races and finally felt like I could do my Bob.

What had really helped as well from late March was my decision to stamp out alcohol from my life as it really wasn't helping me in anyway shape or form and I was feeling the positive effects with my day to day life and of course my running.

And so finally I aimed for the weekend of 13th September and I began to organise and get together the people who would be there to support me.

I have to say that everyone from the club who helped out or wanted to but couldn't were amazing. And those from other clubs such as Ambleside and the Howgills were wonderfully supportive and gave me great advice.

In the end I managed to get the largest group together for my leg 1 with 4 Amblesider's including Dazo Mo & Jim Tyson as well as Peter German who motivated me and pushing me on all the way with mist lingering over Skiddaw. There had been alot of rain previous to my attempt so before tack-

ling Mungrisdale common we had to cross a very deep river!

We got down to Threlkeld in good time with nobody else there but my amazing support crew and with Leigh, Rob Crawford his two recruits we set off into the night up Clough Head. I remember feeling quite emotional at the start of this leg as I suddenly realised the one person I wouldn't see at the end of this leg or until the end of leg 3 was my best friend and wife Suzy. But after some chatting over which line to take Leigh got us up on the clearest still night I had ever seen on the Helvellyn & Dodds range and I felt a bit like I was floating over most of the leg with great chat and a harvest moon.

Heading up Fairfield was the only thing to really slow me down and eventually getting down to Dunmail Raise after Leigh had mistaken sheep's eyes for our support cars headlights haha!

My mum had made the journey from her bed in Kendal to the swap over as she had been unable to sleep with nerves! It was beans and tea with porridge (not mixed together urgh!) and onto the hardest leg with the Helm Posse of Leigh and Cath at my side after wonderman Lizzie 'Fredo' Adams with her sock changing over skills!

Cath talked to me all the way up Steel Fell and then onwards. Leigh & Cath interjected between each other on the Nav which I felt for them over as I know that they would have probably preferred to have paced and supported more but their efforts were amazing and challenged alot as once we got to Sergeant Man the clag came in making visibility poor and we went wandering a little over the Langdale's. I started to feel quite a bit of pain in both my knees and inner left leg which didn't leave me for the rest of the leg. But with Leigh banging on about the 'Diddy Man's Hat"! haha! Otherwise known as Pike o stickle, we managed to get back on track. Unfortunately I got bad cramp in both my legs heading towards Rossett Pike but marched on and upwards with great encouragement.

I was eating well all the way and once up on Bowfell was feel a bit better but as I started towards Esk Pike and beyond the pain increased to a slow jog and getting frustrated at which point I should really in hindsight have stopped for snacks and drink but pushed on as well as I could.

The rest of this section until Scafell was very windy and hard going at times and once we got going across to Scafell and up Lords Rake I was feeling a tiny bit better with the banter helping me to concentrate a bit more. However, once we got up onto the top we got a wee bit lost in the never clearing clag and time was lost and I was getting ratty with myself due to lack of grub I wasn't eating enough and the pains were quantifying and even once we got back on track I was very slow jogging and swearing at myself and about not being able to keep up with the others. I then twisted my left ankle off Scafells scree chute which got me down even more.

However once I was down to the tourist path I could hear my mate Martin my solo support crew for leg 4 urging me on. Then Suzy appeared encouraging me on and I began to get quite emotional and seeing my folks I began to get teary. I was told it was 11 am and I was a long way back on time. I was gutted and down but everyone just got me changed over and there was no time to linger.

I was hauled up and told get on my way even with the tears coming and my self-esteem low. I took the coke offered from Lizzie which would be a life saver on Pillar. Off I went a slow walk up Yewbarrow. Martin telling me I was looking at more like a 24 hour pace which I was gutted about but as we moved up the steep slope something amazing started to happen.

I began to pick up from somewhere within and with Martin's amazement I had knocked off ten minutes off his expected time up hill. We kept moving and Martin never stopped motivating me and telling me to eat and drink. We got up to Steeple and got blown about like mad and eventually headed up Pillar where I got out my coke and babybel. Martin making a joke tag line and this seemed to urge and motivate me on. I was slowly eating away at lost time and by the time we descended on the base of Kirk Fell I had some more life in me. I seemed to shoot up Kirk fell and Martin was astonished having to keep up with me!

The same feelings came into effect with Great Gable which had been my nightmare on Wasdale & Borrowdale. Once at the top I felt very emotional as this was my last big fell of this leg and martin took me on a great line off to green gable. He couldn't believe how much time I had cut off and by the time we got to Grey Knotts I was flying but with raw unbridled emotion as to what I

had gained.

As we came jogging down the slopes with Martin waving his arms like mad those below were staggered and shocked to see me so early by at least half and hour! Martin was so stoked for me and I was just an emotional mess and wasn't quite sure how I had managed to achieve such a feat after how I had felt in Wasdale.

It just goes to show when the potato chips are down the Helm spirit shines through! I think back now to how Jenny Rice must have felt as she came into the same spot a week before me & had managed to get in with 30 seconds to go what a lass!!

So with Suzy & some great friends staggered by my achievement I was quickly turned around in under 5 minutes and with walking sticks a saviour I was off up Dale Head.

Rob & David at my side with mutt as companion, the sticks were ace for me taking my pains away slightly on the ascents and I began to shoot up with the adrenaline pumping and Martin leaving me half way saying I was doing great and had even more time now!

We got some strong winds along the ridge not from my arse! and I was down to Hindscarth and dropping down towards the base of Robinson feeling light and good.

The lads kept me moving and a quick intake of yoghurt drink kept me going up to the summit and my final fell!! I didn't know how to feel really but grateful to the lads who said it had been one of the fastest legs they'd been part of. We pushed on heading towards the valley below. My great friend James met us below in Little Town with a shoe swap and grub stop. I kept moving very slowly along the road and really tried hard as I could to keep going without stopping but couldn't quite go all the way. In the final 3 miles Rhys joined us in his shades and great encouragement and I was lifted up again. I was so determined to get in under 23 hours but it was looking hard.

I headed down the track through to Keswick and over the bridge by the pencil museum where I suddenly felt a raw emotion and knew the finishing line was in my grasp.

I decided to sprint past Rhys by Blacks and up the cobbled streets past my parents and up to the Moot Hall door where I collapsed in an emotional heap!

I had done it finally and what a release all finished off with an Irn Bru and sausage and chips!

Five years in the making and a first attempt it was achieved and only possible with thanks to the amazing people who supported me and advised me before during and now after.

Admittedly since completing my Bob I have been a bit off the pace only really taking part so far in the Lowther Park 10k but finishing 10th which was an achievement and I will see if I can tick off two more races before the end of the year.

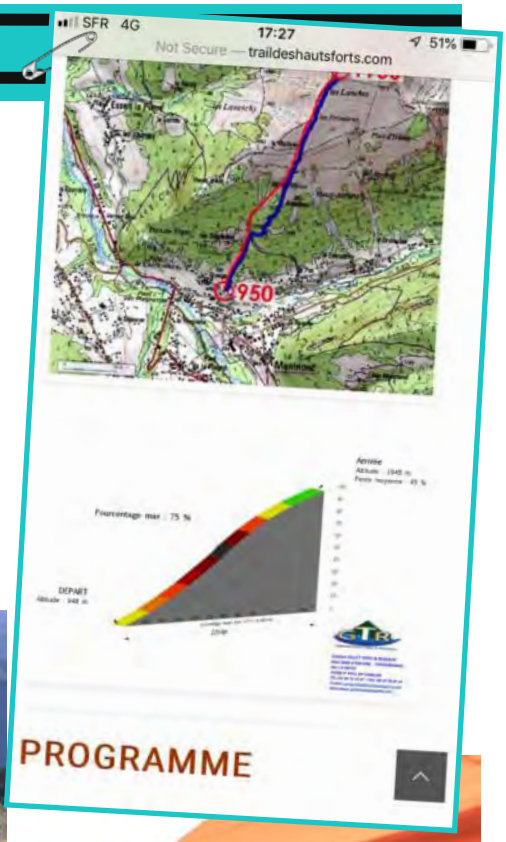
For now, I know how important it is to not crash and burn by the end of the year so I can go into next year fit and well and ready for my next goal... Lakes In A Day.

If I hadn't joined this amazing club I wouldn't be the fell runner I am today.





Nantaux Vertical Kilometre—QUEEN MADGE



8/8/19: I was very fortunate to spend a long holiday in the French town of Morzine this summer. The pretty town is at the centre of the vast Portes Du Soleil area and was a pioneer in developing the summer season, with many lifts being opened to provide access to hundreds of kilometres of mountain bike and walking trails.

Along with John and our lurcher Gem, I loved being able to get into the hills every day and always intended to take part in some form of event while we were away. I have fancied taking part in a 'Vertical K' event for a while now as climbing steep ground is my favourite part of any fell race so finding a race on our doorstep was a real bonus.

Nantaux stands at just under 2200 metres and and the vertical k ends just below the summit. The race itself is only 2.2 kilometres, so that gives some idea of the angle of attack! It is known as the steepest vertical k in France so I guess it's as good any to test the legs!



We completed a recce in blistering heat, typical of this summer season and I seriously wondered if I was up to the race, particularly as the ladies record stood at just under 38 minutes. We had taken well over an hour! (with some 'checking the view' moments whilst we tried to calm soaring heart rates)

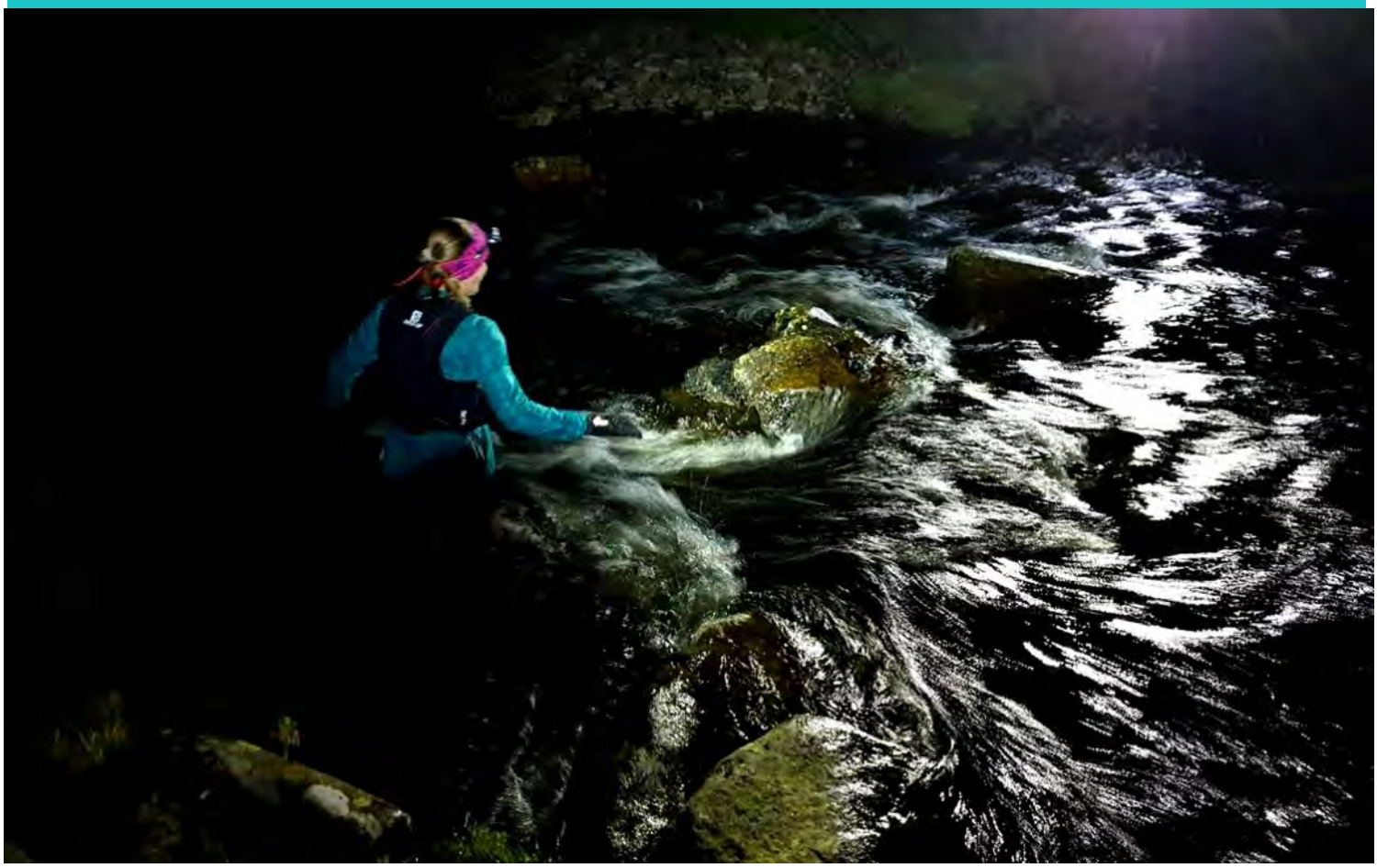
I needed to post an 'expected time' to complete the race as we were going off at 30 second intervals so I based my performance on my recce. The downside was that I was one of the first away after the 1830hrs start.

After a relatively gentle start, the course climbs steeply through woods before opening into a rock strewn gully. Each 100m of ascent was marked and I was happy to make it to the 500m mark without losing places to the chasing pack. After the gully, the real exposed and relentless slog began in earnest and, as a couple of people passed me, it became obvious that walking poles were the way to go. Later on, it became obvious that some other 'newbies' had caught on to this as ski poles, branches and posts were put into action to assist their ascent.

I finished exhausted but happy to have completed the course but it was only when watching some of the late starting, elite, athletes covering the ground at incredible speed with their walking poles that I realised the void between happy club runner and climbing specialist.

The men's winning time was 34 minutes and a new ladies record was set at 37:31, just incredible! It took me a little while longer than that (!) but I'll certainly be back for more!

BOB GRAHAM ROUND - JENNY RICE



I'm not quite sure where to begin in thanking the many wonderful people involved in my Bob Graham Round. It's so true that it's a team effort and it took all of you to get me round. There were many times I thought about how much I wanted to stop, but I just couldn't say that to any of you, so I just had to keep going! As many of you said, "it's just one foot infront of the other". You did all the hard work, I just had to keep moving.

—

Road support: Paul Scully & Rick Stuart Thank you so much for staying up through the night and day, driving many miles around the Lake District, for providing food and drink to my support runners and for preparing hot soup & tea, and Rick's special triple fried roast potatoes for me.

Leg 1: Kate Simpson & Simon WhittakerYou two definitely saw me at my best and chattiest. What a night... The moonlight on Derwent Water. The epic river crossing. So much bog squelching. Descending Halls Fell Ridge. And arriving to Rick's party van!

Leg 2: Scully & Ant Emmet Thanks for joining me for a stunning starlit night over the Helvellyn range. It was a great feeling to start ticking off the Dodds and feel like I was getting somewhere. Thank you for your solid nav & wise words of advice Ant... you were right, I did get a [shortlived] second wind - seeing that little slither of light appear in the eastern sky as we headed up Seat Sandal was the best feeling.

Leg 3 Adam Perry, Catherine Slater, Sharon Louise Taylor & Peter German Thanks for coming out after Grisedale Horseshoe! What a morning we had. The most beautiful sunrise as we climbed Steel Fell. I might have been quiet for much of leg 3, but listening to your chatter kept me going. Your constant positivity and excitement eventually brought me round to a more communicative state. So many great moments. A piggy back from Adam across a bog (I hope that's not cheating!), Sharon's worry that she was slowing me down on the descents (seriously?!), Pete peeling my babybels (I know, I'm such a diva), Cat for helping me through those quiet moments (after tears in Dark Mountains you're well accustomed to my wobbles!). Best moment for me was the Scafell section when for a brief period I actually felt good. I weirdly enjoyed the descent into Wasdale, and although Yewbarrow looked huge, I didn't feel too bad. Part of me thought, this was it, I'm getting my second wind. I like the long stuff... and although I've never run this far before, I did think maybe this might be where I come through...

Leg 4: Paul Aitken, Celia Powell & Victoria Rose Miller After more of my superfuel soup (honeyed roast butternut squash and sweet potato!) and triple fried potatoes, we started the slog up Yewbarrow. My thoughts moments earlier that maybe this Bob was possible, and I might even enjoy

it, soon dissipated... about halfway up maybe?! My pace slowed and that horrible feeling of wanting to just stop and cry returned. In hindsight I think that maybe if I'd stopped and had a good cry, it might have improved my mindset. Instead I kept it all in my head, thinking how useless I was and that on the most beautiful clear day, not too hot, no wind and a crack team of supporters, clearly I was the problem!



After taking a fall below Yewbarrow, I whimpered my way around the entire leg, each summit ahead filled me with dread, worst of all the sight of Great Gable. But each of you had constant words of positivity for me, and Paul's slightly tougher approach somehow kept me moving! I love the connection that running brings - having only met Celia Powell (soon to be a Helm Hill member if we keep badgering her!) 3 weeks before, and Victoria Miller less than a week before - they both offered to help last minute and put up with me at my very worst.

Leg 5: Rob Hartley, Jo Wilcox, Marcia Frith, Victoria Haworth, plus Marie John Robson, Kathleen Aubrey & Morti More to Dale Head, and bike support from Rachel Findlay-Robinson on the road.



All my supporters were amazing, but you pulled out all the stops on leg 5. You were full of chatter and kept it fun, but you also knew there was a big job to do to get me back to Keswick before 9pm. I wasn't fully aware of the tight time schedule... I knew I was behind my schedule, but I overheard/misheard the time as we left Honister and I thought I had 3 hours 20 minutes. I stumbled my way across the tops, I thought I was going at an ok pace. And then Rob decided to take a team selfie, no, two selfies (!!) on Robinson, so we must be doing ok I thought. I didn't ever look at my watch until we hit the grassy track, and it was 8pm, one hour to go. I didn't really know leg 5 that well. But guessed it was about 6 miles to go... I quickly did the maths, 6 miles in 60 minutes = 10 minute miles... Oh. Surely that wasn't right! This might be quite painful... "Victoria, how far is it back to Keswick". "Just keep running," she said, as she trotted ahead to discuss the growing time issue with Marcia and Jo.

Gradually the pace was upped and I tried to keep it together and not start balling my eyes out. Jo kept reminding me to breath, in, and out, and in, and out. You all kept me from a total meltdown (I tried to keep the tears in until I'd finished!) and were full of encouragement. It was a case of tough love as Marcia, Jo & Vic told me to push on and dig deep. "You can do this Jen, it's going to hurt but you just have to stick with us". Rachal was on her bike, by my side offering kind words of encouragement and making me realise it was possible after her BG experience (23.49 I think).

As we hit the footpath to Keswick, the pace was averaging 8 minute miles, I was being shouted at by everyone to keep it up, "3 minutes to go, 2 minutes to go". Bright lights were shining at us as we came to the end of the path, Kath and Marie were waiting for us, Kath ran next to me up the street, shouting at me still, thanks Kath, you scared me into running faster. Next up - Scully and Rachal (who'd cycled ahead) at the end of the market place, "You've got 1 f***ing minute", yelled Scully, as I sprinted past him. As I touched the doors of Moot Hall official timer Clive Allen recorded a clock time of **23:59:21.**

I promptly burst into tears.

Thank you to the Helm & Keswick ladies, plus the 2 Robs for timing my finish to perfection.

—There were lots of you following my tracker, from my family, to Helm Hill club mates, to Serpentine Swimming Club friends, to my dads running club friends in Devon, and I can only apologise for the stressful night of dotwatching.



—

Final thank you to all involved in the lead up to my big day out. Paul Scully for simply being there, listening to my pre Bob wobbles, helping prep food & kit. Ali Richards, Lucy Spain and Fi Marley Paterson for your valued advice in the last few weeks. Andy Thompson for loaning me poles - I think I'd still be in Wasdale without them! My parents for being ready the weekend before to help on road support (I delayed due to bad weather) - sorry you had to support from afar!

I'm so sorry if I've missed anyone! So many Helm Hill clubmates, other fell runners, and friends have played a part in this, knowingly and unknowingly. Whether you've inspired me, offered advice, or asked when I'm doing a Bob... it all led me to a very special and unforgettable 24 hours.

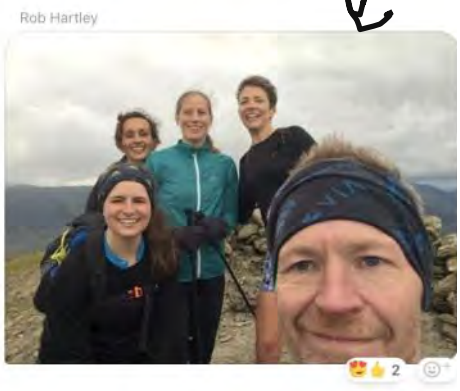
23:59:21 AS IT HAPPENED

21hrs:00 Leg5 (3hrs to get to Moot Hall).

Scheduled time for leg: 3hrs.



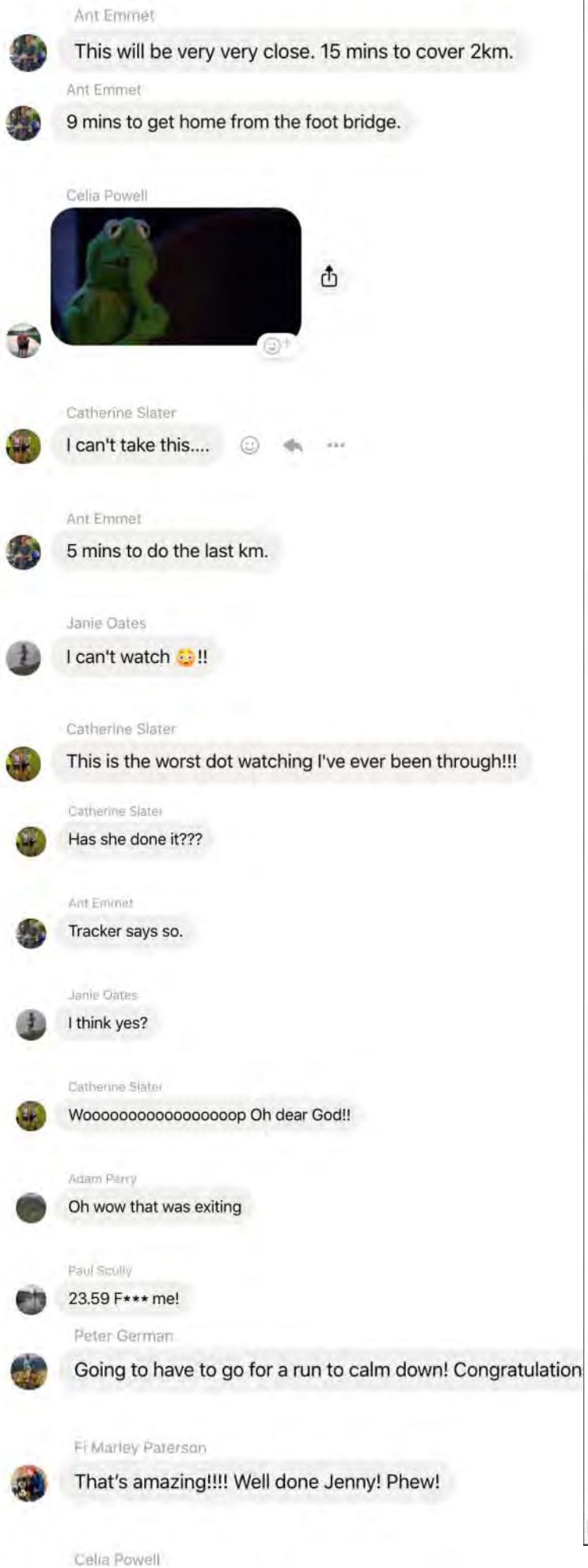
22hrs:45 Robinson summit. (1hr15 to get to Moot Hall). i.e. no time to spare... especially not for a selfie



Final summit selfie

Meanwhile in homes across south Cumbria people shout..."**Selfie?! Er guys! GET A MOVE ON!"**

Here's how it unfolded at home....>>



MEANWHILE ON THE OTHER CHANNEL.....

Kate Simpson Hey anyone know how she is doing ?? Tracker seems stuck at 17;45
Like · Reply · 7w

Lucy Spain It gets lost around honister, hopefully it'll pop up on the road shortly....
Like · Reply · 7w

Lucy Spain Ooo even better, it's popped up on Dale head at 18:40
Like · Reply · 7w

Kate Simpson Phew ... come on Jenny!
Like · Reply · 7w

Lucy Spain Run Jenny Rice run! This is going to be close to the line!
Like · Reply · 7w · 1

Kate Simpson bloody agony watching Jenny's dot - run jenny run! - 29 mins and 2.5 miles to go ...
Like · Reply · 7w · 1
↳ Catherine Slater replied · 8 replies

Ian Harrington Come on Jenny Rice!!! Dig in!!!
Like · Reply · 7w · 2

Kate Simpson 1 mile and 11 mins to go ....
Like · Reply · 7w · 2
↳ Kate Simpson replied · 10 replies

Sarah Gerrish Waaaa nail biting!!! Unless my tracker screen has got stuck?!
Like · Reply · 7w · 2

David Appleyard Holy sh*t
Like · Reply · 7w · 4
↳ Joe Kenny replied · 1 reply

Catherine Niblock Go Go Go · 1
Like · Reply · See translation · 7w

John Jones I've got no nails left !
Like · Reply · 7w
↳ Catherine Niblock replied · 1 reply

Lucy Spain Hit the road into Keswick with 4mins, surely enough!
Like · Reply · 7w · 2

Olly Waters Just do it
Like · Reply · 7w · 1

Sarah Gerrish She's done!!!
Like · Reply · 7w · 1

Olly Waters Awesome
Like · Reply · 7w

Sarah Gerrish SHE DID IT!!!!!
Like · Reply · 7w · Edited · 2

Lucy Spain 23:59?
Like · Reply · 7w
↳ Lindsay Harrod replied · 7 replies

David Appleyard The best time!
Like · Reply · 7w · 1

Patty Davies Wow!!!
Like · Reply · 7w · 1

John Jones Awesome
Like · Reply · 7w

Rebecca Hodgson Wow, fantastic
Like · Reply · 7w · 1

Joe Kenny Wow! Amazing stuff, well done Jenny Rice!!!
Like · Reply · 7w · 1

Joanna Rycroft Wahoooooo!!
Like · Reply · 7w · 1

Catherine Niblock Amazing, BIG cheers
Like · Reply · 7w · 1

Jo Coombs Well done!!!
Like · Reply · 7w

Bruce Duncan Yoiks. Tight. Nice work Jenny
Like · Reply · 7w

Will Acland Yep, amazing!! Jenny Rice
Like · Reply · 7w · 1

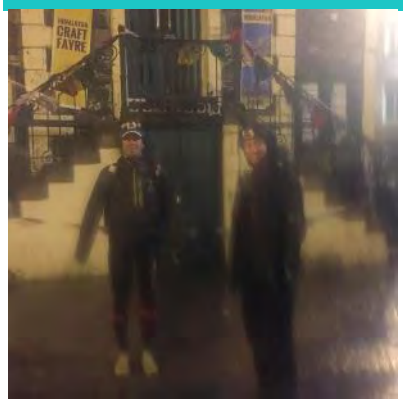
Morti More OMG U superstar outstanding Jenny Rice
Like · Reply · 7w

Bianca Dyer Aaaand relax! Amazing effort Jenny and team!
Like · Reply · 7w · 3

Andrew Slattery Well done Jenny.
Like · Reply · 7w · 1

Kate Simpson bloddy hell i need a lie down - th think she had 39 seconds to spare
Like · Reply · 7w

FROG GRAHAM ROUND —RICK STUART



Wow what a day!

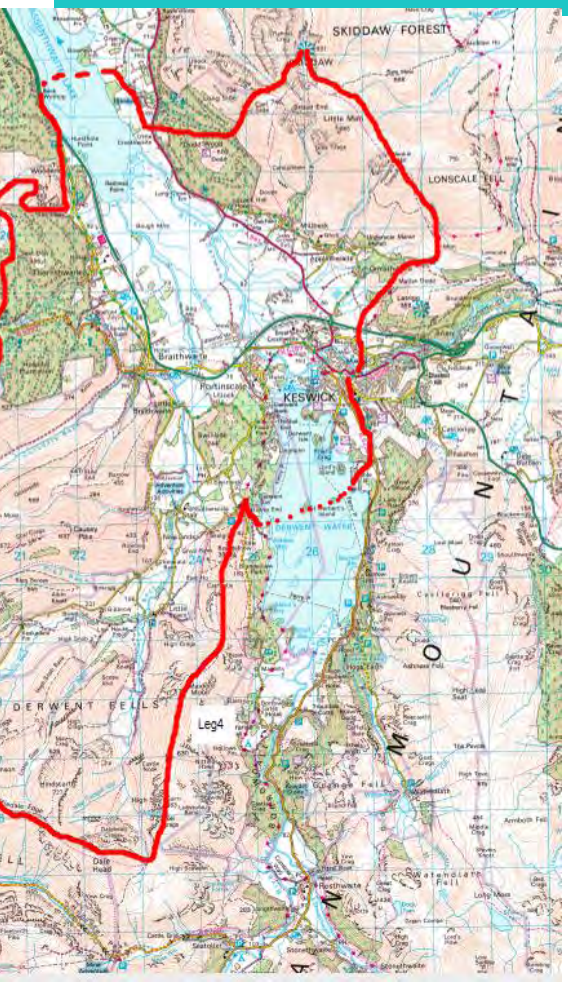
05:00am Moot Hall, Keswick. Dark, raining and with small branches and leaves blowing around in the gusting wind. I'd seen 2 headtorches going up Steel Fell as I drove through the wind and rain to Keswick at 4am so decided it can't be that bad up top really. Hmmm. Turned Skiddaw summit with Scully & Jenny in thick clag, blasted by painful horizontal rain pellets straight in our faces, being blown all over the place and consequently not finding the descent path in the dark and clag. I would have turned around half way up Skiddaw (and possibly not even set off) without Jenny & Scully. Despite the early misery and non-planned detour, I was reassuring knowing Sarah G had also got up at silly o'clock to accompany me on a paddleboard across what was likely to be a choppy and intimidating swim in the gloom. It was oddly calm but it's a longish swim and it was great to see another smiling face to get me through the next bit safely. Martin Lane was waitin on the opposite shore and we had some atmospheric conditions up on Barf with the early morning sun glinting through the bright-white cloud. Almost ethereal at times and certainly those moments when it makes it all worth it being up a mountain early morning. The obligatory descent of the kids playslide at Winlatter nearly ended the day - wet stainless steel and a wet wetsuit don't create much friction. Luckily my ankles didn't break as I shot off the end. Most of the tops were still clagged in but Martin got me down to Crummock ok. (beyond the point where I nearly passed out on my last attempt with heatstroke). We also had some amazing views down into Buttermere. Luckily this time on emerging from the water I was in better shape for James LB and Claire W to drag me up the hideously steep face of Mellbreak. We took a better line this time, just as steep and brutal but more grassy. We even got a better line across to Scales gill! Think we've cracked that bit now. Martin rejoined us there and we had a pleasant slog up to Red Pike and across to High Stile in the clag. Lovely surprise to have Claire join me for the next swim while James and Martin legged it around. Swimming across Crummock was ok but a bit lonely after all the lovely company. Was great to see Ali and Megan on the lakeshore, a great moral boost. Onto the final leg with the last real slog up Robinson but knew James and Claire would keep me going. Felt much better and we cruised along the whole leg but disappointingly still failed to make back any lost time from earlier. Ali and Megan came up to shout support from CatBells (and at the 3 guys dragging themselves around the Abraham Tea Round which I'd crossed paths with 3 times) which was great. We flew off CatBells and I've finally found the route off avoiding the rocky section although not advised in wet or frosty conditions on account of 70 degree grass! And to come full circle there was Jenny (fully warmed up and refreshed from the earlier exploits in what seemed like the previous day) to chivvy me across Derwent Water and the run in (on cold stiff feet). I did need it. As ever I can honestly say on this occasion I probably wouldn't have set off without friends being there with me. I may have made it round without them but it was so much more fun with them all, so thanks Jenny & Scully, Martin L, Claire W and James LB, Ali & Megan.



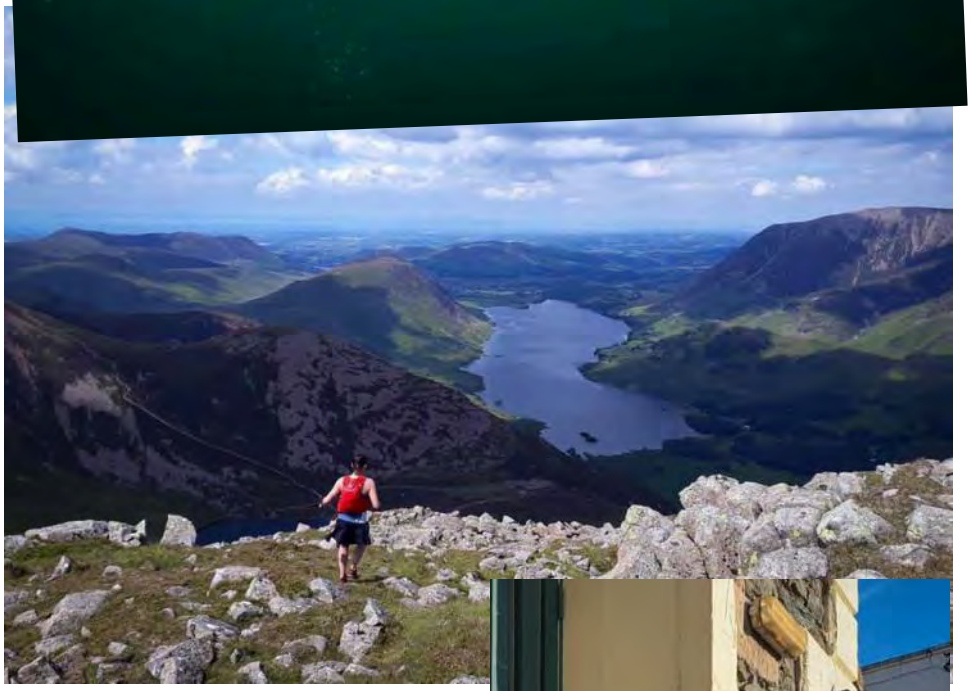




FROG GRAHAM ROUND —SARAH GERRISH







Challenge 5 of my 12 in 12 for Dean Barwick PS & Place2Be.

Over the moon to have scraped a sub 15 hour time of 14hours 54mins.

I approached the day with the 'it's just a big day out with friends' mentality... and a HUGE thank you to those friends! I had a great day. Yes it was tough. Yes I got tired. Yes I HATE Robinson. But it was also lots of fun and so lovely to have those friendly and supportive faces along.

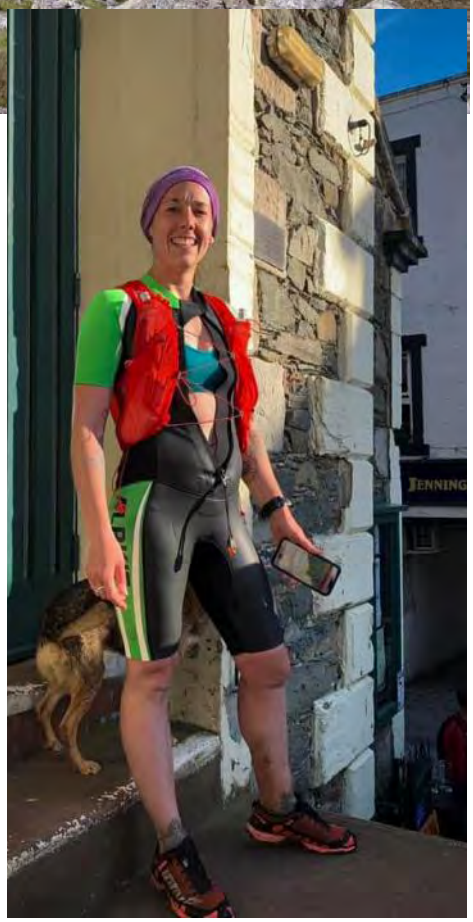
Should also give Martin (Lane) an extra high five for meeting me at the totally unreasonable hour of 4:30am in Keswick!!

Also THANK YOU to Alpkit for the loan of their new swim run wetsuit. It was invaluable!!! and to Open Tracking thanks for dealing with my Friday night flapping!

SPONSORS BEING COLLECTED ALL YEAR!

Place2Be: https://www.justgiving.com/fundraising/sarah-gerrish

Dean Barwick PS: https://www.justgiving.com/crowdfunding/sarah-gerrish



THE 2019 SCULLY - RICEY CHAMPS



Over last few years Scully & I have had several close run races together. I get particularly competitive, hate being beaten by him and am a terrible loser (there's a reason I stopped racing Carnethy!). Scully is much more laid back and just runs his own race, which tends to work quite well for him. Initially as a joke I started a tally of races won and lost by each of us... Here's a year of racing your spouse...

1st January
Brown Willy run
After deciding we'd run this together with my mum, dad, brother and sister in law, the gun went and we both sped off. Oops... just before the start they announced that although this was not an official race there was a prize for first man and woman, and my competitiveness got the better of me. This was a 7 mile run to the highest point on Bodmin moor from the Jamaica Inn. Not exactly hilly, but relatively rough terrain made it a fast & tough run. At the turn around point I could see Scully not far behind, but kept the lead, despite spraining my ankle with a mile to go, on a runnable farm track. I gritted my teeth and made it to the finish as first woman. What a start to 2019. Except for the sprained ankle, damnit!
Jenny 1:00:17
Scully 1:03:45
0-1 to me

Arant Haw Uphill
Scully had a few strong races between 1 Jan and my next race, the Helm club champs uphill race. I knew he was running well, and that an uphill only race would play to his strengths. I was right, with a 6 minute headstart on him, I stumbled by way up the snowy hillside, firstly overtaken by Bianca, and then a few other speedy people behind. As I finished I looked back and there he was, right behind me!
I did the sporting thing of course, and ran down to Sedbergh barely acknowledging him.
Scully 40:30
Jenny 46:00
1-1

High Cup Nick
Another Helm club champs race, a beautiful day in March, a fantastic route, another storming run from
Scully and another shocker from me!
Scully 1:20:41
Jenny 1:29:36
2-1

Killarney Mountain Festival 10k



The Kendal Mountain Festival team took a trip to Kendal's twin town Killarney to enjoy their festival. A brief good spell of weather meant that with fellow runners Clive Allen & Anna Bailey we decided to tackle Ireland's highest mountain Carrauntoohil on the Saturday morning. The Guinness began to be consumed early on the Saturday afternoon, and I consciously made the decision to limit myself to 1 pint. Several hours later Scully was probably 8 pints down, whilst I was smug & sober. This race was mine. Sunday morning, Scully felt rough, we had some rice krispies in the hostel for breakfast before heading over for the 10k start. A brief warm up, I felt good... we line up for the start, go! Scully is off like a shot... too quick for me. There's a slight climb & he pulls ahead up the hill. It's ok I think to myself, he won't maintain the pace. At 5km I manage to bring myself up to his shoulder, I glance at my watch, 20.03, that's a 5k PB for me! How is he doing this? I pull ahead and stop myself looking back. At a turnaround point I see I've got about 50m on him. As long as I don't slow down I should have this. A sprint down the final straight to finish in a 1 min pb of 41.19. First woman, and crucially, ahead of Scully. He was hot on my heels, finishing less than 20 seconds later. Oh, and the prize money was pretty decent - 300 euros for the win (there wasn't much competition) thank you very much!
Scully 41:47
Jenny 41:29 (PB!)
2-2

Orion 15
A weekend in London and a race we'd both run in 2014 - a 15 mile cross country run in the surprisingly hilly Epping Forest. I was possibly a tad optimistic as I raced off at 6:30 min/mile pace, and within about 5 minutes I began to be overtaken... by everyone! At about 15 minutes Scully came past me, I stuck on his heels for a few minutes but he pulled away and I tried to stay calm, reasoning it was 15 miles, there was plenty of time for him to slow down, and this race suited me more than him... But the overtaking continued, more and more people came past me & no second wind came. I began to walk the hills. I was furious! How dare Scully beat me at a long race, this was my thing! I'm ashamed to admit that I behaved appallingly, ignoring Scully for most of the long journey back to south west London (rail replacement buses, oh joy!), and only finally being able to laugh about it when we met his brother for beers that evening.
Scully 2:01:21
Jenny 2:09:59
3-2

Howgill fell race
What a horror! After my dreadful pacing of Orion 15, I decided to start this race super steady, almost at the back, and hoped I'd then be the one overtaking. Despite 2 recces, it felt harder than ever, and I was only 2 minutes quicker than one of the recces! At the summit of Arant Haw, Rich Smith (doing an amazing job of cheering everyone on) ran with me for a moment... "How far ahead is Scully I asked nervously..." "Er, about 10 minutes he said." Damnit! Little did I know the suffering Scully was going through as he cramped up on his way up Winder, but still, a win's a win, and Scully had this one!
Scully 3:46:51
Jenny 3:51:28
4-2

Loughrigg
A few days later and maybe due to my poor racing effort at the Howgills race my legs were feeling good. A beautiful evening on Loughrigg and thankfully a win for me (finishing exactly the same time as in 2015, the year I beat a certain Hannah Russell!!).
Scully 35:56
Jenny 34:52
4-3

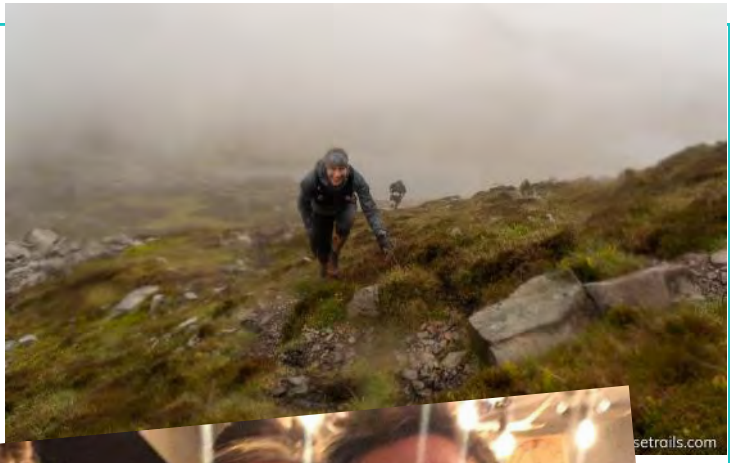
Grisedale Grind
Another week night race and the start of this tally chart, and the rule that whoever loses buys dinner. Maybe that gave me the edge. A short & simple up & down race, I got to the top within sight of Scully, I was expecting to overtake him at the start of the descent but he must have been practicing his downhill, it wasn't til we joined the forestry track that I overtook him, beating him by just 10 seconds. It felt mean, but a win is a win. Dinner at Fellpack thank you very much!
Scully 34:26
Jenny 34:16
4-4

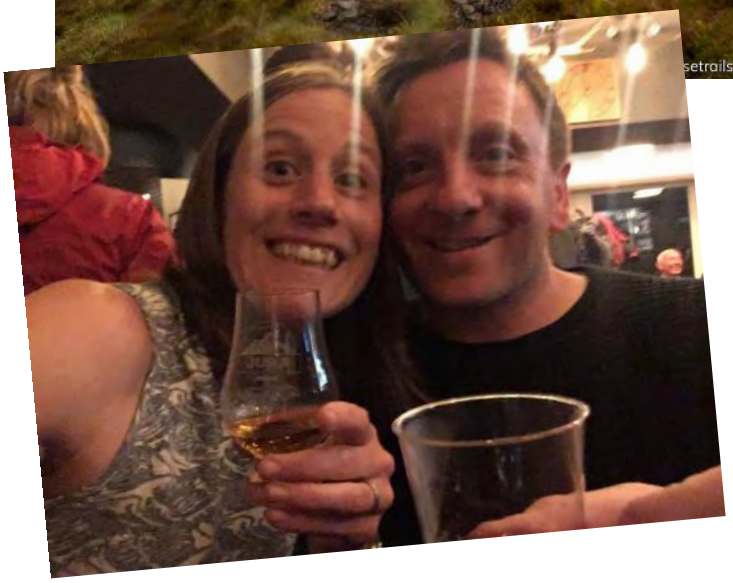
Lords Seat
The second of the Keswick AC Forest series. A mainly runnable fast race over Barf & Lords Seat. Scully started fast, but I overhauled him after Barf & thankfully kept the lead. Scully treated me to a delicious fish & chips in Keswick.
Scully 43:10
Jenny 41:52
4-5

Cautley Horseshoe
Another weeknight race... I started slow & just got slower. The top of Great Dummocks was clagged in and I followed Shaun Addison then Carrie over the top. As we descended I realised Scully was not far ahead. I threw myself down the hill and across the river, I didn't think I'd be able to catch him but I gave it everything in a sprint to the finish... He finished, turned around & looked gobsmacked to see me right behind him.
Scully 1:06:28
Jenny 1:06:38
5-5

Jura fell race
Our first experience of Jura was quite something. A recce of the final 3 paps in some decent weather gave us an idea what to expect (terrifying boulders & scree, ridiculously steep descents & ankle breaking ground). Race day came and the paps were shrouded in clag. I caught Scully after the last of the pips. But he was hot on my heels over the first pap. I had more important things to worry about though, like which way off pap 3. An ok line down connecting scree chutes before hitting the runnable trod to the last pip, where I realised Pete German was

ahead of me, we worked together up to the summit and Pete must have seen my strange trip/dive/forward roll off the trod. Nothing hurt and I picked myself up and carried on. Now for the road... I'd been warned that the distillery chimney would never get any closer... but I weirdly enjoyed the road run, working with a Dark Peak runner we took it in turns to lead, sadly we dropped Pete (sorry Pete!), and I made it back in 4:41. Martin Stone printed off my time slip, "Damnit, I'll have to return next year to aim for the whisky glass." Martin looked confused, "You've got one" he said, "It's not sub 4.30, it's sub 4.45 for women!"
We'll still be back next year though, a fabulous race & the best pre & post race socialising of any race ever!
Scully 4:55:32
Jenny 4:41:10
5-6





Duddon long

Our first time at this classic race, a mild but claggy start meant compasses were needed! I was grateful for our recce a few weeks previously. Once again, Scully sped off & I started steadily, not catching him until we were near the path to Wrynose pass. He was hot on my heels over Swirl How, and almost overtook me again. I stopped worrying once again and concentrated on navigating. Despite going slightly wrong between White Pike & Caw, I didn't go as wrong as some (ahem, Sharon!)... Scully nailed the line between the two. But a win is a win! A night at the pub followed and dinner was on Scully. A new favourite race.
Scully 4:37:00
Jenny 4:25:52
5-7

Langstrath

Another weeknight race. We drove straight to the campsite & popped out tent up before going to register. Not entirely sure of the course, we presumed it would be easy to follow. Following a few conversations with people who'd got lost in previous years we realised it maybe wasn't so simple. I decided to follow people in front and it worked well for me. A race of 2 halfs, tricky technical running before Watendlath, and after that fast & runnable back to the pub. Once again, Scully had the lead from the start, I only caught him at about halfway. A top evening at the pub followed by a morning run to Black Moss Pot for a swim before work I can highly recommend as a midweek adventure.
Scully 53:27
Jenny 51:55
5-8

Dale Head

Our last race before this newsletter deadline... the week after my Bob Graham. I initially didn't think I'd race but I'd done 5 club champs races so just needed one more to count. So I thought if my legs felt ok I'd give it a go & take it steady.
Weirdly, the legs felt great. I reached the summit just behind Scully. He looked worried. I knew I had it now, as it was a long downhill back. I knew Bianca was ahead and some extra points would be good so I went for it, despite my best efforts descending she was 3 mins ahead. Oh well, 3rd in club champs would have to do! Scully treated me to a belated burger & pint at The Round as I'd not really been up for it the previous weekend...!
Scully 1:09:48
Jenny 1:07:37

Season result : 5-9 to Jenny

So that was it for the year, after a close start to the season I pulled ahead, with 9 wins to Scully's 5. Thanks for a great year of racing Scully, I love our rivalry, but I'll try to become a better loser, as I fully expect you to continue beating me at many races!

ANATOMY OF GETTING LOST IN A RACE—James Leigh Baron



I was going ok and had just passed the check point on Moelwyn Bach. It was pretty misty and I could not see much, a man just past the check point shouted "run straight down" so three other runners and I ran straight down.

One of the others (Mel Price) asked if I knew where I was going; I replied "no but that man said run straight down".

We ran 'straight down' until we came out of the mist expecting to see the reservoir (Llyn Stwlan); all we could see was rolling countryside and no reservoir! The others ran off as I decided to resort to the race map (photocopy in black and white); I took a bearing and we had been running a full 100 degrees in the wrong direction.

I proceeded to run in the correct direction, but some distance from the correct starting point. After some time I could not see a reservoir or anything remotely like the image on the map, I decided to climb up to a high point where there was a cairn. From my new vantage point I could now see a Power Station. Excellent all is not lost as there is a Power Station on my map. I took a bearing from the Power Station but it did not make sense when I transferred it to the map; I then noticed a road near the Power Station; there was no road near the Power Station on the map. A case of the wrong Power Station!

I get the feeling the race is over for me. I set off following the bearing and after some time I see another Power Station, relief it's the one on the map - dejection I realised I was more than a little off route and had lost a considerable amount of time. I decided it was game over, removed my number and did the jog of shame back to civilisation. The first time I have suffered a DNF; I feel I may need some counselling to help me deal with the shame.

A SUCCESSFUL ROUND —Ali Richards



I never had a burning ambition or hidden desire to do a BG. I love racing and being quite short on time to train, it seemed too daunting to even contemplate where to begin with the miles and logistics of the Bob Graham. If I'm deeply honest, I also suppose there was a large amount of pride/ego in there too - perhaps I didn't want to even think about attempting something I was not sure I could do.

In March 2018 I ran the Edale skyline. I had a brilliant day. The route was familiar around one of my old stomping grounds, and it was a long runnable race in fair weather - the type you can settle into and be lost in your thoughts, the landscape and moving through the terrain. Hot soup and tea at the end and a good catch up with many friends - everything I love about running.

Unbeknown to me at the time, an old friend of mine was having a very different day, a horrific life-changing day, a day that started as a family day out ski-ing in the Cairngorms and ended with him in hospital fighting for his life. I heard a few days later as news was spreading that Dave was not expected to survive. Dave is a mountain guide and has led expeditions all over the world. I braced myself to hear about a climbing fall or avalanche, but he'd had a simple tumble whilst ski-ing. Initially it was a seemingly innocuous wipeout but in the unluckiest way it turned out he had impacted his neck on an old metal stake barely poking through the snow. Dave got himself off the mountain but went to hospital to get checked out. A small but stable fracture in his neck , he firstly thought how lucky he had been..... however a few hours later he had a massive brain stem stroke. Life changed in a moment. Soberingly, something that could happen to any of us at any time.

A few days later a flicker of the eyelids revealed that Dave had "locked-in" syndrome - full cognitive function but loss of speech and most of his mobility. For someone who had spent his life challenging himself in the outdoors and who was just starting to introduce his 2 young boys into similar adventurous activities this has been the most cruel and devastating blow imaginable.

18 months on and Dave is still in a specialist rehab centre in Sheffield fighting for every bit of mobility possible to allow him to simply get out into the outdoors and be a Dad to his boys.

January 2019. A campaign began to raise money for Dave to continue to be able to receive the best possible care and rehab and to provide equipment that he will need such as an all-terrain electric wheelchair. Called "Inspired by Dave" it asked for people to take on fundraising challenges motivated by Dave's amazing perseverance and resilience in his rehab. My immediate thought was to try a BG. Gulp. Surely there could be a race I could do? But a long race just didn't seem enough to do Dave's plight justice whereas I knew the BG would challenge me more than any race ever had.

The BG round is synonymous with "under 24 hours" so naturally I planned with this in mind. I was concerned (like so many others) with needing a "fair weather" window. Schedules were printed off, reccies were undertaken with trying to match the pace and all I could think about, especially on the long runs, was how on earth was I going to put all the sections together in under 24 hours. What had I done by committing to this?! I began to feel terrified by failure and the embarrassment I would feel when it all went wrong. I would be a failure as a fell runner. But I had set my challenge to do this for Dave so I also felt I had no choice but to carry on training, planning, preparing, even though I was internally filled with a growing dread.

May half-term was set for the date. As a teacher I knew I would be too busy in June with my D of E groups and exams so delay was not going to be an option for me.
There began the obsessive weather-checking. After a settled few weeks, typically the weather crapped out in half-term. I delayed 24 hours but then had to go for it - the forecast predicted a tricky night of wind and rain but then the possibility of a clear following day. I set off with that hopeful optimistic forecast in mind.
This did not happen. I had a truly epic 26 hours with all types of weather. It was nothing how I had planned, not what I had envisaged. It was how many people would describe, previously myself included, a FAILED attempt.

And yet I would not change a thing.

Yes it was bloody hard. And I did swear A LOT. Especially about "bloody Bob" and his stupid idea. But there are so many moments I will never forget and my BG as it was, will stay with me forever. The jokes about the amazing sunset we were going to see whilst fighting to stay upright in driving rain: the exceptional navigation by Kate on the absolute pea-soup of leg 2; failing to locate Bow Fell summit as visibility was so bad (we did eventually) being gripped on an epic greasy ascent of Broad Stand then waiting on Scafell in more thick clag for my 'lost' supporters who'd had to come up Lords Rake due to the conditions. Sending Garry ahead with my broken pole to try and get it fixed at the changeover. Having to keep going on leg 4 because I thought Marie and Jane were getting hypothermic as I was going too slow, then the



overwhelming realisation/elation that Chris S and Rowan really had waited hours for me in that awful weather on Kirk Fell. My mum and kids waiting for me at Honister still makes me emotional even just thinking about. Eating peaches and pork pies and thinking it was delicious. And then the last leg - with so many friends supporting me, willing me on, holding my hand to get me to the end. It was a proper challenging adventure in every way.



I'd had the usual BG 'dip'/low on leg 3. Full of self-doubt, feeling like a failure as Garry told me I had to eat so I could move faster. Being violently sick. Contemplating jacking it in. The mental battle in my head was intense. There were 3 things that kept me going at this point.



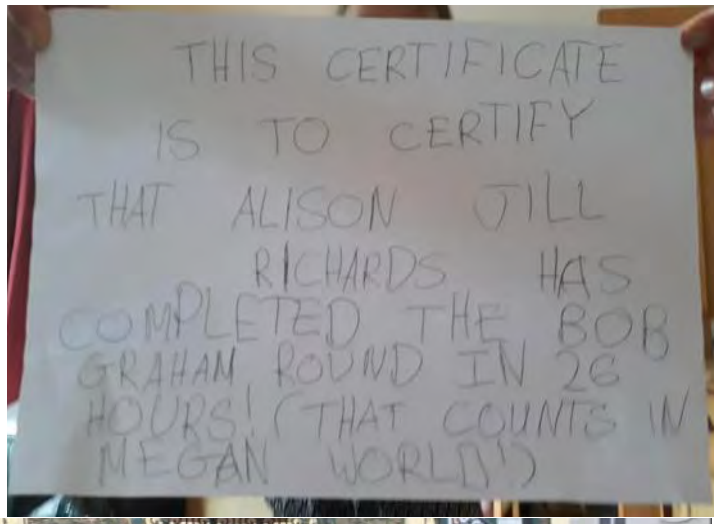
Firstly Paul Aitken heading to Broad Stand and yelling across to where we were on Rossett Pike to keep going (thought: oh god I've got to keep going now as I've made him get up at 3am to do the rope for me) Secondly thinking about all the people who sponsored me, especially those at work who didn't know much about the BG (thought: it'll look a bit crap if I stopped because I didn't want to be over 24 hours). Finally my mum and kids waiting at Honister (thought: it'll take ages to get a message to them that I've stopped and my teenagers will not be impressed at all with all that waiting if I don't even bloody turn up). None of these were related to a personal feeling of failure of not completing under 24 hours, so in the end I just let that one go. Changed it to "I'm just going to finish this bloody thing". And I thought of Dave, who has no choice but every day to try and carry on; so that, in the end, is what I did with my BG.

On the journey home, I mused that oh well, I won't be getting a certificate. My 9 year old daughter was incredulous. "Mum you did all that, why won't you get a certificate?" And when we got home after proudly showing me the special BG cake she'd made, and helping me into bed, she scurried off to make me my own very special certificate. After that I vowed to myself, never to be disappointed with my BG but just celebrate it for all that it was in it's beautiful imperfection.

A few people have said to me:

"Would you ever try again?"

No. I have no need to do it again and to do so I feel would take something away from the BG that I had, that it was somehow not good enough. My daughter's home-made certificate sums it up and also means far more than any official one. I'm chuffed to bits I got round and even more so in crap weather. I didn't think I would be able to do that. It has also made me feel braver in trying more things that I am not sure I can do, and giving them a go, and not to be afraid of "failure". If you have that one challenge you'd like to try, be brave and go for it. Life is too short and can change at any time. Just give it a try and see what happens and try not to focus too much before hand on the end result, treat it for what it is - and try to remember you're doing it because you enjoy it.



"You would have done it if you'd had the weather"

Maybe I would, maybe I wouldn't. I might have had blisters, dehydration, cramp, sprained an ankle as I was moving faster or mental trauma at seeing all the climbs instead of them being hidden in clag! Who knows and who cares.....and I did do it, it just took a bit longer, that is all.

It was a successful round.



With thanks to all the people who supported me (Runners: Dave G, Tim, Bianca, Kate, Jo A, Sarah G, Dave A, Garry, Andy T, Ben K, Paul A, Emily, Marie, Dan, Jane, Rowan, Chris, Sharron, Vicky, Amanda, Jo W, Helen, my Dan and Jamie) my amazing Mum and children. To Dave, who really did inspire me and continues to do so. And finally to Rick, who believed in me always and did what he was told for the van/food support on the day!

And to all those who sponsored me. I raised over £1000 for the Inspired by Dave campaign which means so much to me. (Note: This is an ongoing campaign so you can still donate https://uk.gofundme.com/f/inspired-by-dave)

Running with the black dog – By Lizzie Adams

This is not an article that seeks sympathy. It's also not an article about me alone. It is an article that seeks to provide context and understanding for those who run with the black dog. Anyone who is familiar with the black dog will know that it is a representation of depression and that there are many, many people who are plagued by its presence. I have met many runners who have spoken about their personal battles in the time I have been running and it is important to let people know they are not alone.

I was diagnosed with anxiety and depression many years ago and choose to manage this without medication as I dislike the way the meds make me feel. This means that the smallest thing can cause me significant emotional trauma. After being hospitalised with what turned out to be a major panic attack I realised that I needed to train my black dog and teach it some house rules.

My first step towards this goal was CBT (Cognitive Behaviour Therapy) and this helped me understand what was going on in my head and how that was physically affecting my body. But this was not enough. I was still in a tail spin. I needed something more, I was becoming a recluse, not wanting to go out or do anything; so I got a dog!

Now getting a real dog was a really good idea. This meant that I had to leave the house. Go for walks. Lots and lots of walks. It was through going for walks that I met my best friend and partner, James Leigh Baron. It was through meeting James Leigh Baron that I went to watch my very first Kendal Winter League and so my relationship with running began.

In May 2014 I lined up for my first ever run as an adult. I still have my race number on the bedroom wall. Kendal 10k, it nearly did for me. I felt physically sick but the euphoria of finishing kindled something in me. A discovery that I was capable of completing a challenge. I had found a way of managing the black dog.

Race after race followed and I even did this thing called training. Going out with my partner and our real dogs Lottie and Pip made me feel good. We started to talk to people from running clubs, grew our group of friends and finally we signed up to Helm Hill and I got my first ever club running vest as a birthday present.

People were so very encouraging in those early days and this really helped me to work hard in training. I could see the improvements, I enjoyed the new challenges and I wanted to get better. I ran half marathons, then marathons. I did longer fell races that required me to learn to navigate. I was becoming a runner.

The black dog had disappeared, I had mastered it and now I was free. That's how it felt for quite a long time. But then, one day quite out of the blue, the black dog returned. It returned as the biggest dog I had ever seen. It was my master now. It was in charge.

The reason it returned was a chink of self-doubt. A sudden realisation that I couldn't do some of the things my partner was going to do. Some people call it FOMO (fear of missing out). I was mortified. Sitting at home not being able to join in because I was too slow, not good enough. This was my anxious minds interpretation of what was happening, this was the black dog, my anxiety exploded and all rational thought was gone. I struggled to do the most basic things and my training reduced to an absolute minimum. I was a failure!

Unless you have stood in those shoes and had those irrational thoughts you can never truly understand how totally soul destroying it actually is. How unfounded and irrational thoughts become real. How they can stop you in your tracks. Suddenly that person you know who didn't say hi but walked past you means you have done something to upset them. The fact you didn't find a message that was sent to you until a few weeks later means that the person who sent it will think you are rude... on and on these exhausting ramblings go and they are debilitating.

For almost 18 months now I have been descending. Heading steadily downwards. Feeling like I should just give in. The black dog is strong. But I will not lie down and stop because I recognise the symptoms and I am stubborn. Instead I am setting myself bigger challenges. Things that mean I must work hard and train. I need to rediscover the part of me that wants to get outdoors and run.

In April I turn 50 and I have decided that it is now or never... and it really has to be now because never is not an option. I am going to run with my black dog until he is nothing but a playful pup who I control. I have told one or two people my plans. I have signed up for the events now it is time to train... first up RED January.

In writing this I hope not to get looks of pity or sympathy. I don't want any of that. I want everyone to look closely at those around them. Lookout for your friends and club mates because sometimes when they are struggling to keep up or can't make training, it could just be that the black dog is holding them back and they could do with a little help in exercising him.
#itsoknottobeok

IT'S A SMALL WORLD

'JOHN GRIZEDALE—FELL RACER OF GRASMERE 1883-1900'

Below is a pic taken by Helm Hill Runner Kate Simpson's GREAT, GREAT GRANDAD of Helm Hill Runner Johnny Grisedale's GREAT, GREAT GRANDAD!!!

Kate had returned from this years Grasmere Games and her mum sent the picture of Jonny Grisedale's great great grandad taken by her great great grandad (William Baldry) - so long ago its before even those helm vests with the ladder on them ....

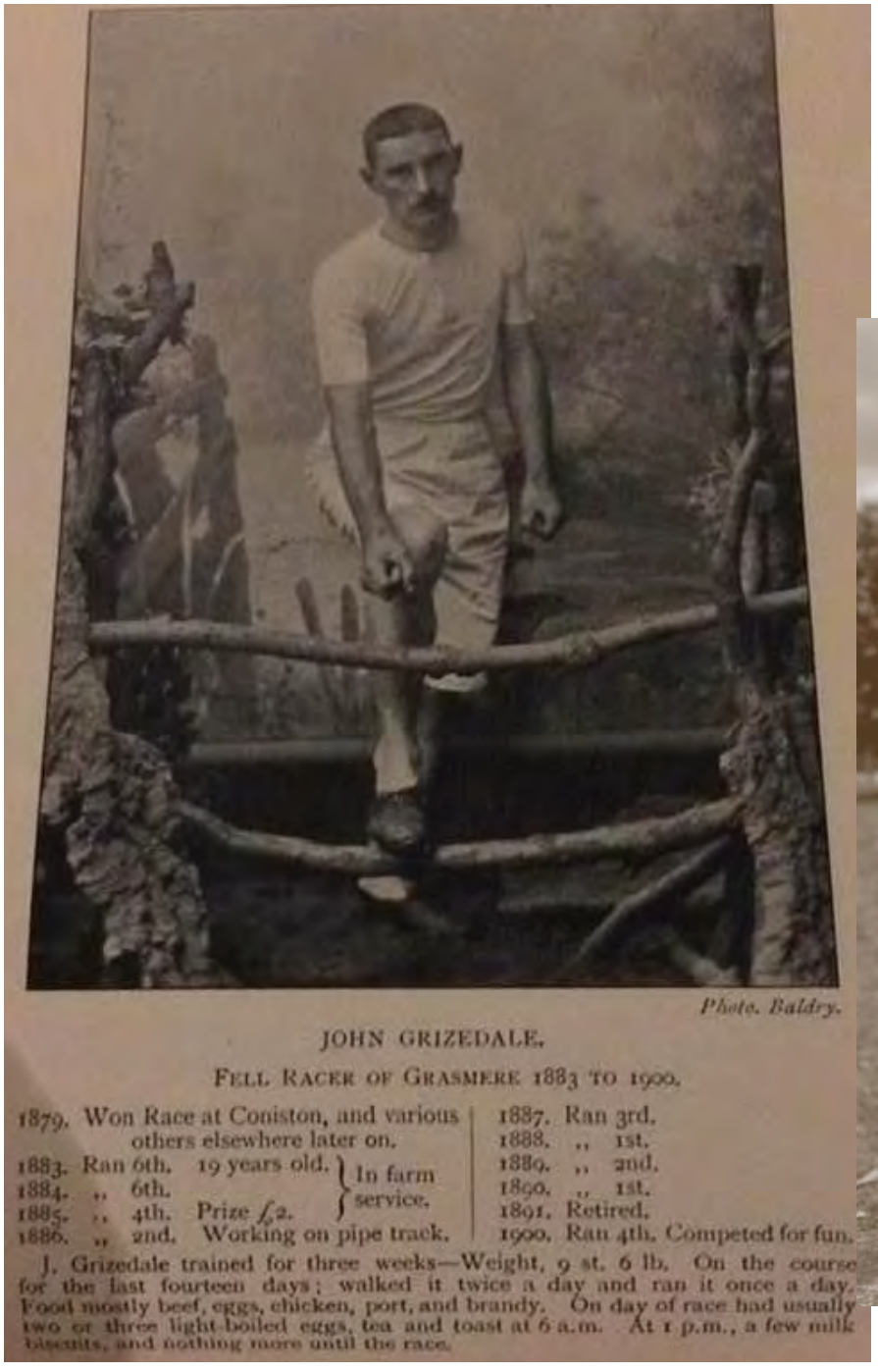


Photo. Baldry.

JOHN GRIZEDALE.

FELL RACER OF GRASMERE 1883 TO 1900.

1879. Won Race at Coniston, and various others elsewhere later on.
1883. Ran 6th. 19 years old. } In farm
1884. ,, 6th. } service.
1885. ,, 4th. Prize £2. } service.
1886. ,, 2nd. Working on pipe track.
1887. Ran 3rd.
1888. ,, 1st.
1889. ,, 2nd.
1890. ,, 1st.
1891. Retired.
1900. Ran 4th. Competed for fun.

J. Grizedale trained for three weeks—Weight, 9 st. 6 lb. On the course for the last fourteen days; walked it twice a day and ran it once a day. Food mostly beef, eggs, chicken, port, and brandy. On day of race had usually two or three light-boiled eggs, tea and toast at 6 a.m. At 1 p.m., a few milk biscuits, and nothing more until the race.

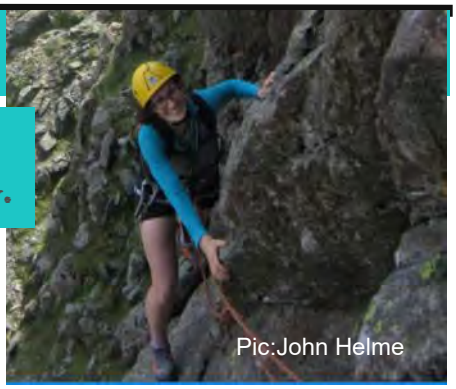
His diet. Race day-3 boiled eggs, toast & tea. Before Beef, chicken, port and brandy. [Brandy!]

His diet: Race day-orange juice, porridge and a brew. Night before-a few beers.



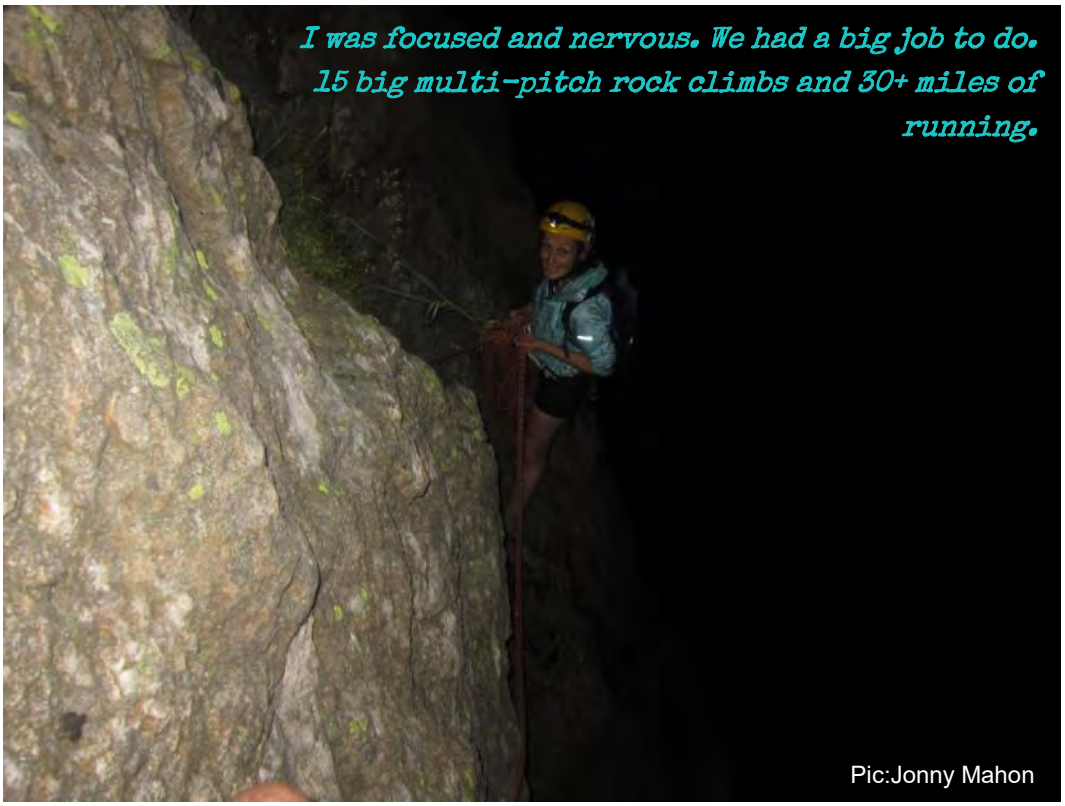
CLASSIC ROCK CHALLENGE —Mhairi Helme

'Classic Rock' by Wilson Ken, published in 1978 is a famous collection of great climbs. The Lake District Classic Rock Challenge is to complete all the Lake District climbs featured in one continuous journey.


Pic:John Helme

The clock starts at the base of Dow Crag, Murrays Route.

It was a beautiful evening. Just John and I – our idea of a great night out. I climbed in my Helm vest it was so nice. The weather had been forecast to break all week but it never had. It was beautiful and it filled me with hope for the night and day ahead.


I was focused and nervous. We had a big job to do. 15 big multi-pitch rock climbs and 30+ miles of running.

Pic:Jonny Mahon

Murrays starts up a chimney, then a delicate traverse left. Up to the cave, leftwards again, the awkward greasy chimney, a truly hanging belay where at night all you can see is the blackness beneath. Then a crack to the top. A fun descent, collect your bags then off contouring the base of the crag to Goats Hawse. Up and then reverse the Duddon route to the frogs...

Frogs? Yes, absolutely synonymous with Classic Rock Challenge for me is the sound of frogs and seeing their little eyes reflected in my head torch. Hundreds of them out in the wee small hours.

We biked round to the base of Gimmer from Three shires, down Wrynose in the dark, the little frog eyes like cat eyes on the road, swerving to miss them. Biking this road section was my concession for my pelvic floor injury, reducing the descent on foot where I could.

Up to Gimmer, Ash Tree Slabs. The weather lovely as John climbed until we heard thunder... then the rain came. Proper torrential rain that soaks you and the rock. Makes its way down your sleeves to your elbows, down your collar, made a huge puddle where I stood in my rock boots. John was at the crux of what in the dry is an easy route. I think it's the first time I have ever seen him scared.His gear fell out as he pulled the wet heavy rope up. It's a slightly awkward placement just there, horizontal nuts.

I stood shivering, feeling worried and guilty. I had wanted to do this challenge again so much but nothing was worth putting John at any risk for. He made the moves he needed to, got to safety. Now we were very, very behind schedule. When you are gripped on the rock, time disappears. I could see head torches at Bowfell – Celia and Fi. I felt anxious, Jasmin would be waiting for us at Rossett.

Now the rain had stopped we assessed the rock. Wet.

But I didn't want to stop. We pray for reception, just enough to call...Jasmin said yes, carry on, she says. Fi and Celia said they were snuggled comfortable and happy. No way we'd do it in 24 hours on wet rock, but I thought we could still do it even if a lot slower.

John and I found the climbing much easier now the rain had stopped though the rock was still very damp. We abseiled down between routes and as it was starting to get light. It became great fun again.

I ran on as John coiled the rope at the top and eventually found Jasmin in the mist. Down to Stakes, over Rossett Pike and up the BG trod on Bowfell slopes then cut off left by a huge boulder. We hit the thready climber's traverse perfectly and get to the base of Bowfell Buttress.

John set of leading and for a moment Jasmin and I forgot what we are doing as we chatted about breastfeeding and sleepless nights, vetting and mumming, our children. John shouted again "Climb. When. Ready!" Oops! I sent Jasmin up first and we all found it easy, the rock had dried well on the exposed face of Bowfell.


Pic:Jonny Mahon

We shouted near the top pitch to Fi and Celia and they were there. Then set off again roughly on the BG route to get to Scafell Crag. Fi carried my sac which really helped.

I was expecting to meet Mary and Josh, ready to discuss with them if they were happy to climb in these conditions. We found Mary and May Birkett and Mary explained that Dave was putting a top rope up on Jones' Route and that Josh was at the top ready to belay!

For non climbers all I can say is that putting a top rope on Scafell Crag is nothing short of... well if it wasn't done by Dave it would be ridiculous! As it was it was done by Dave and Josh, it was all good! Jasmine and I enjoyed Jones' route with a saucy direct start on tiny holds. The descent off the pinnacle is a brilliant abseil then a fun traverse into Lords Rake, all part of the fun of the day.

We had quite a wait with Mary and May Birkett as Dave and Josh moved the top rope all the way over to Moss Ghyll Grooves. Mary Birkett is an amazing climber and she helped me with training, reccing and also by planting a rope on Gimmer for John and I for the abseils. May is Mary and Dave's four year old daughter and she is already showing the Birkett family affinity for rock! I think Mary and Dave were excited to meet Jasmin and vice versa!

After Moss Ghyll Grooves, we made our way down Broad Stand then ran round corridor route to Sty Head Tarn and off onto the climber's traverse into Gable Crag. One of the things I love about Classic Rock Challenge is that it takes you off the beaten tracks in the Lakes and onto all these lovely little climber's traverse paths, places you wouldn't go if you weren't going to climb.

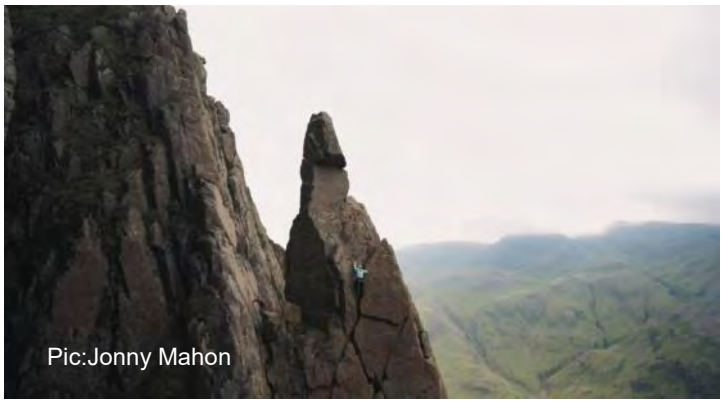
As we approached Tophet Wall, it was stormy and wet. There, up the first 2 pitches we found Stu Littlefair - one of John's friends from Sheffield Uni and also a 9A climber (for non climbers, that's pretty good!). My first thought was, "Bloody Hell, has he actually been sitting up there on that tiny belay for 7 hours?!" I hadn't been able to get him on the phone and I wasn't sure if John had. His answer, completely characteristic of Stu was "Yes, what's kept you?" even though he hadn't actually!

I put him on belay so he could lead the next pitch before bringing us up. Stu, like John earlier, had an epic. His gear also fell out at the crux and despite being very tired from being up all night, my brain switched on and 100% focused on belaying and watching out for him. Later on he said he nearly cried when his gear fell out, it was so hard in the rain and so exposed!!! Stu really was one of my big heroes of the day. I had an utterly terrifying time even just seconding. You really meet yourself when you feel the fear on a climb, it's a raw emotion and it really is incredibly humbling!

By the top pitch, the air cleared and the sun came out for the beautiful traverse and top pitch and I felt absolutely blown away by it all. Then there's a fun jungly green scramble up and over to the top of needle ridge for our descent of Needle Ridge.

I had a little bit of bother on the downclimb as my rope went into a crack and got a bit wedged.

Fortunately Josh knew what was going on and payed out just the right amount of rope. Whilst mentioning Josh Jardine, I just want to give him a huge thanks as we could not have done the day without him. And of course, a few weeks later, he completed what we think is the fastest pairs time this year with Pete this summer on his own Classic Rock Challenge.


Pic:Jonny Mahon

Napes Needle gets an easy grade but I have always hated getting onto the top of the needle and it was greasy and horrid! One highlight for me was watching Stu "dance" his way so gracefully up the crack, it was awesome! I was laughing as I thrutched my own way up ungracefully.

It was getting to sunset as we started the long run to Pillar. And it really is long!

Eventually we got to the climbs and the rock was just completely horrible. Pillar is remote and climbed on much less than many other routes in the lakes, so it is quite dirty. When that dirty rock gets wet, it is just lethal. We had a discussion where I realised that we just couldn't ask Josh to lead on rock like that. I, myself, just could not have led those routes in wet like that. I agonised with the decision as I knew what it meant - another failed attempt. But there is no way I would put anyone at any risk just for what is effectively a (very big) bit of fun, so we all decided not to climb.

That run back from pillar for me was very dark and lonely. I lost my braveness on what was,comparatively, an easy bit of steep ground with a boulder to step over. But I just felt so disappointed, so bad to have "failed" again. I had accepted that we couldn't do it in 24 hours but for me I just wanted to climb all the routes continuously, I really really wanted to finish it. Somewhere near Green Gable Josh showed us where to head and said his goodbyes.

Jasmine and I headed on to try and find the top of Gillercombe in the dark. We could see some lights but just couldn't tell if they actually headtorches. I had no idea who or even if anyone may be there that far behind our schedule. We jogged on. When we were closer to the lights, I shouted out "Who's that" and Dave Birkett's voice came back "It's me, Dave" and I felt so lit up for lots of reasons. It really meant alot to me that someone, anyone had come out to meet us at midnight on a stormy night in the fells.. And then it was actually Dave and Will Birkett which was really pretty cool, and I knew it meant I got to keep climbing a bit longer which I also really wanted.

Dave led us like a mountain goat to the base of Gillercombe Buttress and I ended up on a rope with him. After the first 2 pitches Dave looked up and sort of sniffed the air and said, "You really are not having any luck with this weather are you?"

I was about to say that this dry patch we were having was the best weather of the day when a storm literally blew in and it was just really grim. It's funny as in the film, Dave wonders if I was about to say we should go down but I was thinking "Please don't let Dave want to go down..." I really wanted to finish the route."We absolutely whizzed up Gillercombe. I was freezing cold but it was great, a highlight of the day for me.

On top Dave gave me his Gillet and I immediately warmed up and then we walked down towards Honister... but sort of ended up in Seathwaite... oops! And we ended up in the highest bracken I have ever seen, but we made it to the valley floor and met John. We headed to Black Crag to meet Neil Gresham who had waited patiently for me. We walked up and I felt very enthusiastic indeed but the rain was getting heavier. And heavier. And heavier. Neil started up the first pitch but the rock was just so wet it really was not great for him. We had that awful decision to make again. So we stopped and Neil came down and we went back to the van. John was sleeping and I think he thought that I would realise that it was all over now, but I was still wired and really wanted to carry on. I sat watching the rain and wondered if we could wait till it was light and try again. I wondered about calling Dave back, to see if he would help. I so wanted to finish those routes and I felt I still had it in me. But I just didn't call him as I didn't want to "be a pain".

I'm sharing this because I imagine we all feel like that at some time or other, that its hard to ask for help etc as we don't want to bother people. So when John said to me that I was done in the van as the weather got so bad, I had to agree. I let it go finally. But when we dropped some kit back off with Mary and Dave a few days later Dave said to me, "You should have rung me Mhairi. I'd have come back and done it for you," and I knew from how he said it that he really would have. So I feel a bit crushed really because I know I could have done Troutdale, then Little Cham then driven back up the valley (I'd have let myself drive!) and walked in to Pillar to finish it off. So if you ever have that feeling of not wanting to ask for help to do what you really want to, please just ask! Because I do regret it, not finishing the routes off.

But, there is just no way I can look back on that day with anything other than amazement and wonder at what we did and the people I got to spend the day with. I was told I'd never run again 5 years ago and yet I still got to have another crack at my very favorite challenge, and I just can't complain about that.

Our charity, Outside-In Cumbria (who I did the challenge for), exists to open a not for profit children's play area here in Kendal. It will be community led, inclusive, accessible, heritage and education based and affordable. We are giving the town centre its first publicly available Changing Places Toilet, we have an autism area, will have braille signs and books, the staff are learning Makaton sign language, they will have training in perinatal mental health, paediatric first aid, autism support, helping children with visual impairment. We are working with local homeless charities, young carers, disability charities, anyone who may benefit from the centre will be welcomed warmly. Below is our just giving page for the challenge and if you are able to support us it would be amazing!

://www.justgiving.com/crowdfunding/outside-in-mhairi-and-jasmin-classic-rock-challenge

Thanks!









A TALE OF RIVALRY —Dave Appleyard

Kendal Mountain Festival trail race – one for scars.

The Kendal Mountain Festival trail race has developed over the years into quite a fixture for Helm runners and for some weird reason, despite it not really counting for anything, sort of end of season, and only pride to run for, I always feel strangely nervous over a race on the most familiar of terrain. Apparently I am not alone.

Collecting my number, Mike Ainsworth said 'have you seen the field it's absolutely stacked'. I had. Everybody who's anybody would be on the start line, Georgia Stevens, Bill Coupe, Sarah Gerrish, Ali Richards, Rowan Ranner and David (race when in form) Hunter. Only chairman Tim was conspicuous by his absence – he said he was..... working?

Clearly this was to be a hard race. Start line etiquette is always interesting in fell races and with 800 packed in the pen Bill and I found ourselves 10 rows or so back but unable to see any of the other contenders apart from David, who was literally on the front row. Bill had been in good end of year form, which he demonstrated a fortnight ago at the British Relays where he encouraged me to keep up by standing, with hands on hips, at the top of hills. I wasn't sure if it was wise to try to stick with him, but I did vow to not go crazy and make sure I didn't overtake him on Beast Banks. Anyway the race started and after the mile of climbing I was feeling ok, still with Bill, and could see Shaun and Bianca battling it out just ahead, so all good.

As we approached the top, as expected more familiar faces or voices appeared, and Sarah jogged past. Just to prove how fresh she was she started jumping and waving her arms about. Bill had begun to build a lead so I thought I would tag onto Sarah as she is a proper runner with good pace – although she's a bit small to really effectively draft. At this point Toby Johnson joined our Helm trio, but he seemed to be doing his own slightly off-putting fartlek session, sprinting off and then jogging. This pattern continued for about a mile, and as we approached the road crossing I managed to get a bit of a lead, however this didn't last for long. Now this year has seen a lot of controversy in the fell racing world particularly around GPS, but in my mind another thing that should be banned is chatting in fell races. Sure enough Ali and Sarah had caught me up and were exchanging pleasantries; 'hi', 'good to see you', 'how are the kids', etc, etc and clearly trying to put me off my stride.

Some rivalries are ancient, some pre-date the internet and even the device you may be reading this on, and perhaps if you are a junior, before you were born. Yet again I found myself trying to keep up with Ali Richards in a fell race.

Over the years our relative form has gone up and down and I am definitely on wrong end of the tally to date, but perhaps today would be different. I managed to keep pace to what I call the 'cow field'; the one before the footbridge. I felt my best chance was to get some distance across this field before the gate but unfortunately so did Ali and we legged it across like proper runners





(think Mo Farah or Craig Burrow at their peak). Strava tells me this was my fastest segment, beating a PB set when being chased by cattle.

In fact we went so fast it's surprising anyone was in front at all, and we had taken a big chunk out of Bill's lead.

Put thumb in hole & lift



This race, like the mountain festival, attracts runners from all over the world, but some parts clearly don't have kissing gates with latches. Just as our race was entering the key phase we all backed up at the gate as an unfortunate runner ahead couldn't open the latch despite many 'helpful' words of advice in progressively increasing volume. After an age that had allowed Bill to disappear up the hill, we resumed the struggle. Slowly I edged a lead to the top of the final climb and began the descent unable to hear anyone behind me - no chatting...Unfortunately Ali had adopted stealth mode and not for the first time did me on a slippery slope gaining a lead I couldn't quite close.

So she wins again, this time by 5 seconds, I'm not sure if that's a bigger gap than last year, but next year will hopefully be third time lucky. As ever, all the other great people mentioned in this review finished within a minute of each other.



Congratulations to Chris Richards (the colour seems to have run on his vest) on his 2nd place and the speedy Helm runners at the front end. I'm sure you tried equally hard but it's tough in the middle.

David (race when in form) Hunter

Here's just some of the 55 Helm runners. It's like herding cats.



HELM PROFILES—SARAH GERRISH



When and why did I join Helm?

I joined Helm in the summer of 2017. After gravitating back to living in Cumbria in 2013 my running had naturally started to transition from pounding the tarmac to (slowly) venturing off road. I'd met some Helm runners through Tri club and once my daughter joined the juniors it just made sense for me to get along to training too!

Greatest achievements so far? My first long distance 'event' back in 2018 which forced me to really get out on the fells properly. I've never looked back since then! And this year... Doing my first Mountain Marathon (The SLMM in June) with Janie... Jumped in the deep end doing the Kirkfell class but was super chuffed to come away with one of the prized shot glasses & The Frog Graham Round - easily one of the best days out I've had with a brilliant support crew! and more recently getting round the Abrahams Tea Round unsupported in pretty dismal & cold weather.

Favourite races? I'm much more in my comfort zone in runnable races and those that are slightly longer! As soon as the gradient hits a certain percentage (on the downhill) I end up in my head too much, then the breaks go on! It can make certain races pretty frustrating!

I've also only been racing for the last year and a half so my race experience is probably fairly limited! I did go back and do a few for the second time this year so I'd probably say those were my favourites... The Coledale Horseshoe, Loughrigg and I'll chuck a KWL in there too - Cunswick Scar! The Kentmere Horseshoe is also a great route but I didn't have a very good race on it this year... I definitely want to go back and try that one again!

Typical training week? My training this year has really lacked routine! I've been fundraising for my daughters school doing an event each month for 12 months so it feels like I've been on a constant cycle of event, recover, taper...repeat! But on a good week I would run up to five times hitting around 30 miles. I also like to swim outside in the summer and cross train with some days out on the bike or doing some strength stuff at the gym... although this year that has been pretty lacking!

Future Goals and ambitions? I've really grown to love big days out and hope to tick off some of the longer Lakes classics next year. A Bob Graham Round attempt is also on the cards! More mountain marathons! More running down hill in the hope I can get better at it! Maybe some Champs races! and generally just keep getting out there and testing my limits!

Persons/ People I admire in the club? Ooo hard question! I think my biggest admiration this year has to go to Ali on her mega BGR!!! Most would have given up in the conditions she had. Hardcore! Sharon for busting out ALL the miles every week must take own advice - see question below !! Janie has just gone from strength to strength! Jo Rycroft, for the patience during recovery from her foot injury- that can't have been easy particularly over the summer months! Kelli... don't think that needs an explanation! The women's team generally inspires me to keep on running and pushes me to try to progress. And everyone who just gets out there, whether racing or for the jolly. Those that turn up and race hard, knowing that they aren't going to be finishing in the top 10 and are out there trying just as hard as the front runners but for much longer!

Running tips for younger runners? Listen to your body... rest days are just as important as training days! Don't compare your training week to others!

Anything else? Mainly just a thanks to the club for the welcoming & supportive environment, to the coaches, the race organisers and those who keep the club ticking over!

HELM PROFILES—DAVID GRIFFIN



When and why did I join Helm Hill

I joined HH in May 2017, I think! Seems like a long time ago as I have done and achieved so much more with this club than any other club I have been in (Penistone fr, Dallam)

Joining Helm Hill was an easy decision to make (after leaving Dallam) I turned up one Wed evening and was greeted by Ali and Rick, which was nice. But , what clinched it was the mix of runners of all abilities and ages and the buzz this generated. Also the desire to race and achieve on many levels.

My greatest achievement so far;

With Helm Hill, coaching some great people and helping them to beat me in races!

In running, I'm still running and loving every minute of it (even when I think I'm not!)

Typical running week

I don't really have a typical week. I train to how I feel and to what races are coming up. My average week, according to Strava is, 4 runs per week (more like 5 as they're not all recorded) 4h 56 mins, and 28 miles

Future goals and ambitions

There are so many things I would like to achieve so, in no particular order, complete 21 3 Peak races, finish in the top 3 in the British and English vet 60 championships, race in Italy again, enter the world mountain running masters in Austria phew, beat aJLB ??

Person(s) I most admire in the club

I'm full of admiration for any runner who turns out in any weather and tries their best, be they young or old.

Running tips for younger runners

Don't give up, you are part of the greatest sport on earth.

SENIOR CHRISTMAS 'EVENING DO'



Date: 14th December Time: 7pm

Our Senior christmas do has a new format this year!

The annual afternoon fancy dress run will take place at the combined Senior/Junior club presentation do, so its been decided that we don't need to do it twice nor do the secret santa thing so the pressure's off from being creative and we can just go straight to the pub without all the get-wet-and-cold-running-around-the-scar-dressed-as-a-Christmas-pudding or similar [*enter fancy dress costume that turned into clammy cold papier mache*].

We're going for an evening only do instead; still at the Riflemans and still pie, chips n peas. Let Chris Schofield know asap via the fb page (ask club captains/coaches if not on fb)



ARRIVED AT HONISTER ON THE BOB GRAHAM ROUND AND THINGS LOOKING IFFY? FEEL LIKE DEATH WARMED UP? WANT TO LIE DOWN AND CRY BEHIND YOUR SUPPORT VAN?

YOU NEED



THE HELM HILL MYSTERY



This pic was sent in and not used in 2017. The obvious questions are:

WHY?! WHO?! ...WHERE?! AND HOW ARE THE SOCKS YELLOW AT THE TOES AND BLUE AT THE ANKLES?!

Answers on a postcard

HELM HILL TOP TIPS from Nic Barber

How to join a club to do championship races then manage to miss nearly all of them - Nic Barber

Option 1: Catch something nasty on a boozy weekend in Sheffield in November. Compound with PerryStag, 30th Birthday party and Christmas. Don't fully recover until some point in July.

Option 2: After working The Dragon's Back take part in human bouldering. Fall off and hurt ribs. Do Duddon as ribs feel OK. Joke with Perry about 'a classic Perry injury'. At Swirl How ribs decide they are not OK, compounding 'Perry Injury' for a further month or so.

Option 3: both of the above.

How to perform well in the Lake District Mountain Trial - Nic Barber

Step 1: Write an article in The Fellrunner about navigation and how it's quite simple really.

Step 2: Have a massive brain fade and get really really lost on penultimate control of LDMT within sight of finish.

Step 3: Helm team still finish 3rd team.

NEWS FROM HH RACING SICKBAY



Poor Ben P dicked his ankle proper badly on School Knott. Fortunately, a webcam gaffer-taped to a pair of binoculas, a really bright headtorch and a bit of Buzzer's special DIY skills with a cordless drill, a plastic ruler and some posidrive screws in Paul Reilly's kitchen sorted it out.

Carrie, in her own words 'Spewed and **** my whole body weight out getting to 6400m taking a team to break the Guinness book of records for highest game of rugby on the north side (Tibet) of Everest.' As you do.





Tim Pickering's Great Lakes Great Rock Colision



Yay! Jo Rycroft is back running after breaking her fibula/ankle somewhere along the way on the 37 mile Old County Tops race (hence the look on her face as she ran into the finish)





40 Seconds – Jenny Rice, 40 seconds under a 24hr BGR, Helm Hill FV40 3rd place at the UK Relays, 40 seconds ahead of 4th ....and some bloke ran along a flat, yes flat and whats more, dry, road for 26.2 miles and ran 40 seconds under 2 hrs. And he used gps.

Helm have purchased a large 5l pump-action thermos flask. Ideal for BG support, looking after marshals at KWL races in miserable weather etc. Contact Rick to borrow it.



KENDAL WINTER LEAGUE 2020

RACES START NOON, SUNDAY JANUARY 5TH AND THEN MOSTLY WEEKLY UNTIL END OF MARCH.





A great opportunity to start racing at our own, low key friendly races or if you're a seasoned racer build you fitness ready for the early season champs races or just have fun staggering up and charging down fells and through boggy quagmires.

WHAT COULD BE MORE FUN ON A SUNDAY?!

PROPER FUN! Ranging from PROPER XC..... to PROPER STEEP FELL...Often both!

SUSTAINABLE TRANSPORT TO RACES:

Keep an eye on the website for INCENTIVES for sustainable transport options to get to races



[Register online](#) (this is free if you wish to compete in any race in 2020

RACE SERIES: See the Helm website/Races for details http://www.helmhill.co.uk/index.php/races

I'VE RECCIE'D IT FOLLOW ME!

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

2019 Continues apace after the exciting start: deary me, it gets worse.....

Classic Car Keys:
Rick, Ben K, Marie and Pete saw a figure in the clag on Slight Side on a cold, dull Monday night at 8pm. Turns out it was Carrie also recceing the route. This was lucky for Carrie as when we got back to an otherwise deserted Cockly Beck at 9:30pm she discovered her car keys were no longer in her bumbag and were probably on Slight Side somewhere. **Carrie 5pts**

Lost and Found in Wales 1:
Having spent the morning explaining the findings of his recce to others helm hillers (in explicit detail!) **Michael A** then took something of a detour, taking those around him out of the race as well!! **5 points** but he gets a **bonus 5 points** for deciding he could then find his way back on to the route better than the GB orienteer he was lost with.

Lost and Found in Wales 2: James Leigh Baron (see cathartic article) **5 points**

Vest malfunctions:
It's always a tricky business rearranging a running vest whilst racing. Paul Reilly demonstrated his complete incompetence with the whole vest-off-vest-on thing at Sedbergh last year—but this year took it to an innovative new level at Grasmere Sports race with the 'sideways' look causing spectators of a nervous disposition to look away. **Paul R 5 pts.**



Wobbly Broken-Brick Field
Paul Reilly took Ben P and Buzzer for a local run and suggested they go to the far end of the fields to make the climb bigger. The end with the wobbly half-brick lurking in the grass. Kendal Mountain Rescue Team may not have appreciated the extra walk when they had to attend to Ben's broken leg. **Paul R 5 pts**

In an effort to limit the swelling of Ben's broken leg while waiting for the stretcher, the aforementioned Mountain Rescue Team asked Buzzer to pour cold water from the beck over Ben's broken leg. Buzzer dutifully filled a convenient bucket up with freezing cold water and threw it over Ben's leg. The good leg. **5 points Craig B**

Almost 1:
6 days before Morti More's BG he posted the following: "Just in hospital after a slate went into my right leg at work"

Almost 2:
(See Jenny Rice's BG minute-by-minute log) The whole Leg5 support crew on Jenny's BG "lets take a selfie on Robinson summit, we've got plenty of time". Lucky she got back to Keswick with 40 seconds to spare.

Lost and found in Coniston:
It was a claggy day for the race at Coniston Fair, the race Paul Reilly helps organise. The race HE FLAGS, up and back the mountain he runs up at least once every week. Yes that one that Paul is really, really familiar with. Paul managed to go astray on the descent! **10 points** for the mind-bending incompetence of it all.



2018 'I've Reccied It, Follow Me!'

Defending Champion : Michael Ainsworth

2019 Winner to be announced at Presentation Do 7th Dec

Keep those misendeavours rolling in in 2019!

2020 BRITISH & ENGLISH CHAMPIONSHIP

Helm Hill Runners



FRA Senior Championships 2020

Full details in FRA Handbook and www.fellrunner.org.uk.

FRA Junior Championships 2020

Not available yet but see FRA Handbook and www.fellrunner.org.uk These are competitive (as a national championship series) only for the U13, U15, U17, U19 age categories. An athlete's best 4 performances from any of the 6 races will determine their championship score.

DATES FOR DIARIES 2020!



FRA Championship races 2020

B. March 14th . Aran Race. AM Wales

E. April 4th . Guisborough Three Tops. AM England

B. April 25th . Seven Sevens. AL N Ireland

E. May 16th . Alderman's Ascent. AS

Inter-counties Championship. May 23rd .Llanberis Ridge.

E. June 13th . Ennerdale Horseshoe. AL

E. July 4th . Blencathra. AM

B. August 1st . Glenshee Nine. AL Scotland

E & B. August 29th . Arnison Crag Horseshoe. AS

E. September 20th . South Mynd Tour. AL

HELM HILL HOST the 2020 UK FELL RELAYS !!



Get the date in your diary :

Saturday 17th of October 2020.

The British Relays are one of the highlights of the Fell Running Season. Featuring 250 teams and 1500 runners, Clubs from all over the country meet up in muddy field somewhere in the country and compete against each other over 4 varied race routes.

It's an exciting, gruelling, fun packed day full of thrills and spills and in 2020 **Helm Hill has been selected to host the event!** We've fixed the date...**Saturday 17th of October**....found a venue (near Tebay) and now we need to start organising! It goes without saying that we will need a huge number of people to help us put on the event....we need people to organise parking, race routes, logistics, marshals, 1000 maps, food and all the other things associated with an event of this size.

We will need all hands to the pumps and don't think you can get away without helping out if you are one of the lucky ones racing! This is a fantastic opportunity to show the fellrunning community what a fabulous club we are and for those who have not been to the relays a great opportunity to see what a great end of season event this is where the whole fellrunning community in the UK get together.



Dark Peak, who hosted this year's event, and Ambleside, who did it in 2018 both had around **150 volunteers** so we know the size of the task. We also want to be competitive on the day!. So, put the date in the diary and if you are interested in helping, running, organising.....watch out for further information. A dedicated website will be on its way shortly. Let's make it a great day!!

Contact HelmHillRunners: info@helmhill.co.uk

www.helmhill.co.uk