Helm Hill Runners

Autumn Magazine 2016

HELM HILL'S NATIONAL CHAMPIONS 2016



FRA British V40 Men's Team



FRA British Fell Relay V40 Women's Team



Pic:Woodentops.org

FRA English U230 Woman—Hannah Russel



BOFRA English U12 Boy — Henry Hunter



FRA English Junior Uphill Team



CAPTAIN'S BITS—KIERAN HODGSON & ALI RICHARDS

Well as the season starts to draw to a close I am beginning to reflect on a first year of captaincy. I have really enjoyed the challenge. So much so that I have decided to do it again! I have learnt so much this year that I feel that I can take forward into next year. I am really proud to be a member of the Helm and being captain is a real honour. I really value the job and want to move the club forward in terms of honours. If anybody has any helpful suggestions to take us there then please don't hesitate to put them forward. I must also take this opportunity to thank some people . Ben Procter for taking the time to hand over the captaincy and ease me in gently. For always being there to offer support and guidance. Adam Perry for organising a fantastic Ireland trip which set us up in the British Championship. Lee Procter for his many training night efforts this season. Yes, we do love hill reps!!!!

One of the things I was keen to do this year was to try to bring the ladies and men closer together. I feel as though we have begun to do this and the joint race reccies have really helped. Both Pendle and Langdale had a great mix of both men and women and proved to be grand social days out. I would encourage more members to come out on ones in the future. Even if you don't intend to race you are more than welcome. It's a great social.

So where are we now? We are in a very healthy position. We have just performed admirably in the Hodgson Brothers mountain relay with the Ladies and Male Vets narrowly missing out on wins. The Male Open putting in a creditable performance despite last minute changes due to illness. This should give us great confidence going into the British Relays. Watch this space! It has been a great year in the championships. We have got representation across the categories. Real foundations on which to build. The Ladies have performed exceptionally well and deserve special mention. As this goes to print they could be crowned Ladies Open champions in the English championship. The Ladies vets are always consistent too with Silvers in the honours . The men, including myself, have something to aspire too! We are knocking on the door again in the Male open category. Next year lads!!! The Vets are proving that you're never too old with a great Gold in the British championship and possibly the English.

So what next? I would like to see us win more club honours. Recognition for the great work everyone puts in our club. I think we can achieve this by continuing to provide quality training nights where we develop team spirit and healthy competition. Look to have more social runs and events that make use of the extensive experience of our members and share that with others.

Watch this space…….

Kieran



This year has been the most successful yet for the Helm Hill women and I am so proud of what we have achieved this year. We are the only club to win a team medal in both categories at the both the British and English championships (silver in British open and v40, silver in English v40 and bronze in open). We then followed this up with a fantastic 2nd place at the Hodgson Brothers relay and culminated the season at the British relays with a bronze medal for the open women and finally a GOLD for our v40 women! This has come about through a fantastic team effort throughout the season - thanks to you all!! Special mention must go to a few people in particular - Sharon for her silver medal in the British champs, Hannah for her gold in the English u20 champs, and finally Imogen for stepping up so superbly to senior level racing at both the relays and bringing home the bronze medal at Loch Lomond. As Kieran says it has been great to bring the men and women closer together this year and thanks to him for all his brilliant work in organising/driving to races. This has really helped to increase the numbers going to the British champs in particular.

There have been many other achievements too Thanks to Kath Aubrey for all her hard work organising a re-run of the Billy Bland challenge where we achieved the fastest v40 team round. Congratulations to Fiona Marley-Patterson who completed her BG and came 2nd in the Lakeland 100. Carrie continues to amaze us with her toughness and resilience this year doing the marathon des sables. Jenny went to the world swim-run championships and Rowan and Kate recently returned to their winning form at the RAB mountain marathon.

Looking ahead to next year - I am really keen to continue our success in the championships. There are some great races again next year and both Kieran and I are keen to get as many people to these races as possible. The last couple of years I have enjoyed the British championship races more than any others - the chance to race in some new and spectacular scenery and the social aspect of travelling together further field - I highly recommend it!

My amazing childhood friend Jane Reedy has been such a source of inspiration for me this year. As many of you know she has faced the most difficult and challenging times with a rare and aggressive type of cancer. She has been so brave and determined in her fight against this and in all the races I have done I have thought of her as I know that she would dearly love to be out there racing with us (and beating most of us!) hopefully now after successful treatment that time will come. It has been a stark reminder of how precious life is and how we need to get out there and pursue the things we want to achieve. Thanks to everyone at Helm for being so understanding and supportive this year - I have been overwhelmed by

people's kind words and I know that Jane is so appreciative of all the people wishing her well in her recovery.
Finally, just to remind you all that the most serious event of the year will soon be upon us - you need to get your oufits sorted for the Christmas fancy dress run! The bar was definitely raised last year with Tim's giant Helm Hill present box and Lee's twitter mobile and who can forget Karl's pink fairy?!
It's on Saturday 17th Dec from the Riflemans again - more details to follow but it's a run in the afternoon followed by an evening in the pub with food - who could ask for more?! (Actually better weather would be good after all the soggy cardboard of last year!)
Happy running everyone
Ali



CHAIRMAN'S BIT—TIM MURRAY

Great to have another newsletter stuffed full of success stories from across the whole of Helm Hill. Individual women, men, girls, boys, senior teams, junior teams have all been contributing. Everywhere you look the Club has been reaping the rewards of great coaching, hard training and getting out to race.

It's brilliant to see so many Helm Hill runners at events up and down the country……..4 teams and 32 runners at the Hodgson Brothers Relay, strong representation at the British Champs in Wales, England, Ireland and Scotland and an amazing 7 teams and 42 runners at the British Relays at Loch Lomond.

One of the most satisfying aspects of all this activity is seeing some of our Juniors graduating into the senior races and having a fantastic impact. There aren't too many Clubs which can compete strongly at every level from U12 to V60 with home grown runners featuring across the spectrum.

One of our aims as a Club is to encourage all members to enjoy representing the Club at races and be part of the #greenmachine. There's something special about pulling on the Helm vest and standing on the start line with a few hills in front of you and a pint (sorry, milk shake) at the end. We are really keen to see as many juniors enjoy racing which is why we put special emphasis on our junior Club Championship. We also try to give some our older Juniors a taste of the high fells as preparation for moving up to longer, challenging races.

Lorna has done a great job in organizing trips and she and I took our groups up Great Rigg earlier in the year. Windy, wet, cold, the plan was to turn back when we got to the top……but before we had the chance to get our breath back the kids had seen the top of Fairfield in the distance and set off running for the summit! Great to see such enthusiasm. We also proved something else on that trip……it is possible to light a candle on a birthday cake in a Force 8 gale…Happy Birthday to Lily!

Whichever position you finish in (just look at some of my recent results) racing is great fun and very satisfying. If you haven't tried it then give it go! The Winter League is a great place to start…

Another great attendance at our recent AGM with over 50 members turning out. We said a big thank you to 3 Committee members who stood down from their positions - Martin Birch, Beth Proctor and Shaun Addison……..and welcomed 2 new members to the Committee. Thankyou to Bill Coupe and Marie Robson for putting their names forward. Amanda B also moved from Club Secretary to Committee member. We are in the process of finding a new treasurer to replace Shaun so please let me know if you are interested.

It's great to be part of such a brilliant Club……2017 could be even more successful!

JUNIOR COORDINATOR'S UPDATE

Junior Coaches and helpers

In May's newsletter I wrote that some coaches would be taking their level one qualifications. Things have moved on since then. Not only have those coaches obtained their level one but we have another coach as part of our team too. We welcome Kate Simpson. Kate has been a Senior runner with Helm Hill for a number of years and has competed successfully in the RAB Mountain marathon on more than one occasion. She enjoys being with youngsters and is happy to be leading a level four junior training group. Kate's input allows us to have two junior groups at this level, to match the number of groups we have in levels one, two and three.



We have 12 junior coaches now and approx. 25 regular helpers, without whom the coaches could not manage. We are lucky to also have the input of Seniors with coaching and mentoring – thanks go to Steve Baker, Dave Appleyard, Carrie Gibson, Shaun Addison, Karl Mason, Jo Wilcox.



The Turner Uphill race, which was included in our Junior championship, is also a stand-alone FRA competition. As the name suggests, it is uphill only. Based on the rocky Walna Scar area, it was a challenge - at which our juniors worked hard. Once again, Helm Hill won the club team shield for the FRA annual Junior Uphill championship.



Look out for the 2017 Helm Junior Championship list; what will be on it next year? Pick your races and have a go. Long after the Kendal Winter League 2017 race series has finished in April, the Helm Hill Championship will be still be there to keep you competing throughout the year.



Many thanks to Helen Samson who keeps track of the championship races results and the points earned by our juniors in their various race categories.

Winter training

Now that we are in the colder and darker months, juniors need to remember their reflective tops when they come to Wednesday training. Younger juniors should bring hat and gloves with them each week. If the weather is cold and wet, please dress appropriately.

Fell excursions



In the last newsletter I wrote about the trip for level three juniors on to Silver How. Since then there have been outings for juniors up and down Great Rigg and Fairfield (where one of our juniors celebrated her birthday!). It was a long ascent and descent, all of which was managed well by the level three and level four juniors.



Then, in September, a group of juniors ascended Winder and Arant Haw. I hope that the coming months will see more trips of this nature, and I am eternally grateful to the adults who help. However, it is the accomplishments of the juniors which makes the outings so satisfying.

Ultimately, for some, overcoming fears of downhill, learning to like (or at least live with!) uphill, training regularly and listening to the coaches and other Seniors in the club can lead to success in competitions and therefore recognition of just how good a runner they have become… well done to Chris Richards, Hannah Russell and Imogen Burrow who were selected to run for England again this year.



Junior Championship

The 2016 junior club championship began in January and many have been steadily chipping away at it throughout the year, entering a variety of different types of races in rain and sunshine, on fell, fields and even on track. The championship concluded with the race at Buttermere in October. This was the race that would decide some of the final places … so many Helm juniors were keen to compete that they completely dominated the entry list eg 11 Helm Hill juniors plus four juniors from a variety of other clubs put together.

Awards will be presented during the club Presentation night on Friday 9th december to all juniors who completed seven races from the championship list. We award all members whose endeavours have led them to complete the required amount of races.

Lorna.

CLUB NEWS

Congratulation to Hannah, Imogen and Chris who represented England at the Home International at Skiddaw and helped the team to victory. Brilliant runs from Hannah Russell (4th), Imogen Burrow (5th) and Chris Richards (7th). More photos from the Woodentops site here.











Hannah Russel was also in the winning Cumbria team at the British Inter-counties Fell Running Champs 2016.

Club Shop

Check the website for club kit including: vests, hoodies, cycling apparel, 2nd hand fell shoes & other items

The 2016/2017 Helm Hill Committee was appointed at the AGM on 5th October.

Vice-President Billy Procter
Chairman - Tim Murray
Deputy Chairman - John Bagge
Club Secretary - Bill Coupe
Team Captains - Ali Richards, Kieran Hodgson
Junior Coordinator - Lorna Askew
Membership Secretary - Marie Robson
Welfare Officer - Rowan Ranner
Treasurer - TBC
Committee members- Yvonne Procter, Kath Aubrey, Chris Schofield, Amanda Burrow
First meeting for the new committee will be on Thursday 10th November
Thanks to all those who attended the AGM - another great turnout!
The chips were good.

CLUB COLOURS

Congratulations to the following on gaining their club colours:

FULL COLOURS: Henry Hunter, Lottie Beardwood, Annabelle Taylor

HALF COLOURS: Evan Allan, Tara Allan, Maia Doherty, Leo Ranner, Annabelle Taylor, Ella Beardwood, Joe Conner, Marvin Gibbs, Joe Clayton, Charlie Clayton



Remember that anyone from age 6 to any-number-of-years-that-you-regard-as-old-age can earn club colours. All you have to do is get round 12 races in a year for half colours, or 24 races for full colours. Many juniors are doing this; the list is steadily growing on the Honours page (to be found under the Races tab) on the website. Some have claimed full colours already for this year and are still going strong with their race participation.

Juniors … don't forget that if you are 14 or over and find yourself needing one more race before the end of the year, then the Wansfell Pike race is on 27 Dec (start and finish at Ambleside)



Congratulations to Jenny Rice and Paul Scully who got married and promptly jumped into Black Moss Pot for a swim!

BOFRA CHAMPIONSHIPS ROUNDUP

GOLD- Henry Hunter 1st U12 boy overall

SILVER Katherine Lawson 2nd Senior Female overall,

SILVER - Jacob Aubrey 2nd U17 boy overall







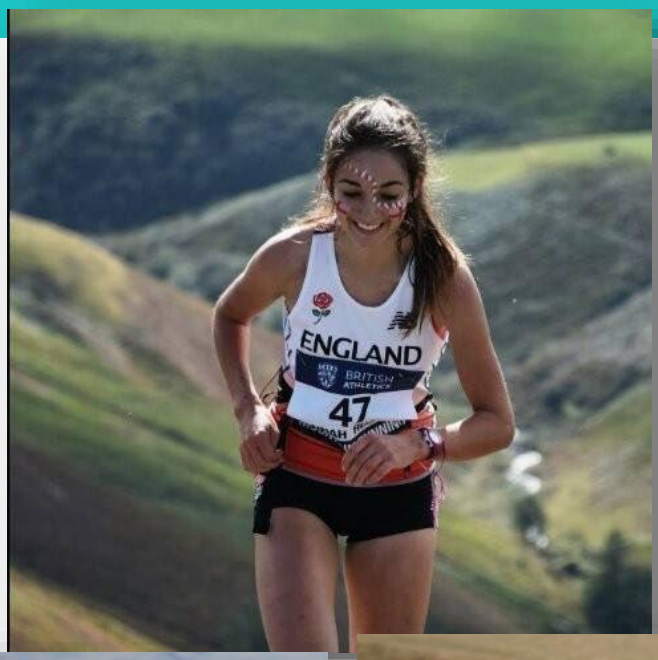
FRA INDIVIDUAL CHAMPIONSHIPS ROUNDUP

ENGLISH

Individual GOLD- English U20 Hannah Russell,
Individual BRONZE- English U16 Imogen Burrow.
Individual BRONZE- English Henry Hunter U12
Individual BRONZE- English Chris Richards U18

BRITISH

Individual SILVER British Senior Woman - Sharon Taylor
Individual SILVER - British U23 Alex Hinchcliffe











FRA TEAM CHAMPIONSHIPS ROUNDUP



ENGLISH

Team GOLD- English Junior Uphill

Team SILVER English Women's V40's Team

Team BRONZE- English Men's V40 Team

Team BRONZE- English Senior Woman

BRITISH

Team GOLD - British Men's V40 Team .

Team SILVER British Women's Open Team

Team SILVER British Women's V40's Team

BRITISH HILL & FELL RELAYS

Team GOLD - British Women's V40 Team

Team SILVER British Men's V40's Team

Team BRONZE- British Women's open Team

Junior Uphill champs - @HelmHill juniors crowned uphill champions at Turner Junior Uphill Championships. Well done to all juniors who raced. Well done Henry, Ollie, Imogen, Ella, Annabelle & Chris English Junior Uphill Only Champions.

Helm Hill Juniors have won the Uphill Champs five times out of six. Coaches must be doing something right!



Helm Hill's all conquering Junior Uphill Team





English FRA Champs, race 5: Sedbergh







British Hill Relay Champs,
Luss, Scotland





English FRA Champs, race 5: Pendle

With the season coming to a climax the penultimate English championship counter took place at Pendle 3 peaks race on a cold and wet day in August. Starting from the familiar Barley village the race circumnavigated Pendle Hill, with a visit to the summit plateau 4 times and four storming descents down black-peaty Pennine hillsides. A large turnout for the club saw us picking up 6 prizes with the in-form Sharon Taylor winning the race and Mark Addison claiming a fantastic 4th.

British FRA Champs, race 4: The Merrick

The sun shone throughout but this was a race of two halves if ever there was one! 1st Half: once the short, steep, congested, heathery climb out of the valley to the Fell of Eschoncan was out the way there was a long, runnable ascent of The Merrick via the Neive of the Spit (above the Scars of Benyellary), across an open landscape with great views of even weirder named places. 2nd Half: a descending contour across/down the Rig of Gloon (I'm not making this up) was only the warm up to loosen the ankles stumbling, tripping, falling and leaping amongst the tussocks with black chasms beneath. A bit of energy-sapping stumbling around a marshy river led up to the Rig of Loch Enoch and more ankle-jiggery before the course planner played one of his two trump cards with the descent of Black Gairy - a never-ending tussocky, brackeny, boulder-strewn descent pock-marked with deep chasms made seemingly by grazing herds of gargantuan highland cattle. It was a game of 'lucky-dip' with your feet on each step. Anyone who survived this without twatting their ankles could then battle it out on the 150m uphill run-in to the finish line in the heat.

Fortunately we all got round ok with Sharon coming a brilliant 3rd to secure her Silver in the British Champs and the V40 Mens and Womens teams gaining more valuable points to secure Gold and Silver in the British V40 Team Champs.

OMM (Original Mountain Marathon) Glentrool, Galloway Mountains, 29-30 October 2016



The original, most popular and highly contested 2 day Mountain Marathon took place in Galloway recently. **Shane Ohly**, partnered with Duncan Archer, **WON the Elite class**! Huge congratulations!

That's two years in a row that a Helm Hill Runner has been in the winning Elite class pairing after Adam Perry's win last year.



Lakeland 100 / 50 (miles!)



Well done to Fiona Marley Paterson who had an amazing run to come 2nd lady in the Lakeland 100 and also to Andrew Horrobin who was 6th man in the Lakeland 50.

Cumbria Way Ultra

Our newest long-distance nutjob Andrew Horrobin wasted no time after recovering from the Lakeland 50 and UTMB by winning the Cumbria Way Ultra in September in just over 14hrs.

Scottish Island Peaks Race - Kieran Hodgson and Paul Aitken

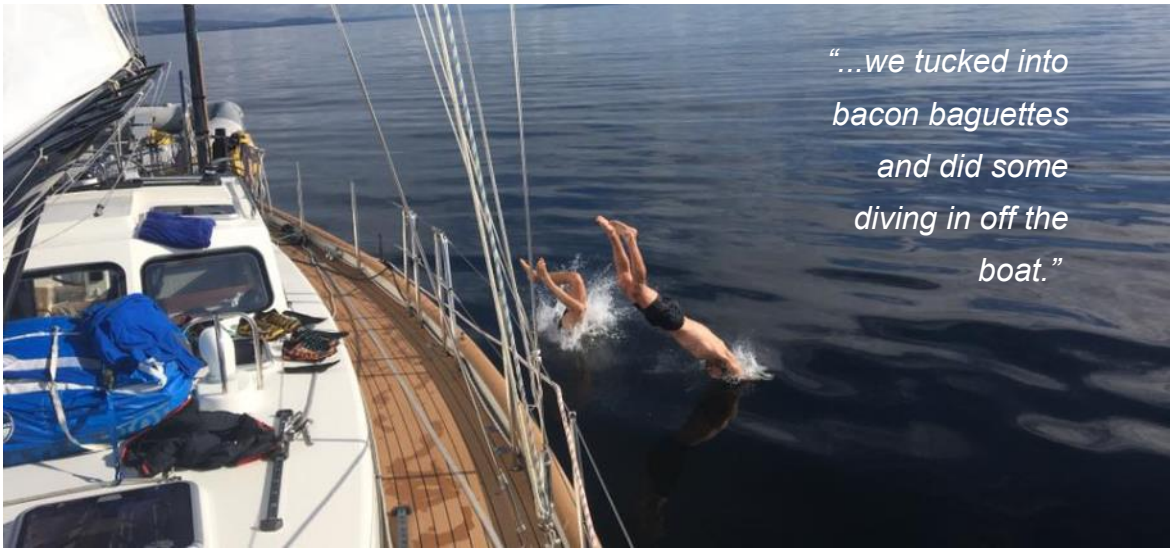


As Paul and I boarded our palatial yacht and were introduced to our personal quarters it was hard to believe that we were about to embark on a tough weekend of racing!

The weekend always starts with a social where there is an opportunity to catch up with old friends, make new ones and not forget the all-important pre-race analysis!!!

So Saturday morning came round and conditions were looking favourable for our team. With a 40ft yacht it was critical that we had wind and upon starting we had plenty. After a quick 10k to spread the field we found ourselves with the leaders heading to Mull. Mull is a tough run as there is a long out and back road section to take in Ben More. The weather was quite rough but we managed to get back to our boat in good time. Things were looking promising…

After a good sail down to Jura providing plenty of opportunity for rest and refuelling we were ready for action. Morning came and there was excitement on deck. We were coming in to land neck and neck with the front runners. Then disaster. The wind dropped and we saw the front teams land and all we could do was watch as we drifted in behind. A long way behind! Upon finally landing the hunt was on. Paul and I worked hard and we ended this section right back in the race. Leaving Jura we were optimistic once again.



By early evening the wind was dropping and there was some uncertainty as we got our heads down. As dawn broke and we came round we came on deck to see a mill pond. These conditions are rare in this part of the world! It really didn't feel like we were part of a race as we tucked into bacon baguettes and did some diving in off the boat. All the while with the sun beating down on us. It felt more like Spain than Scotland!

Eventually we made it to Arran and had a stunning afternoon run on Goat Fell. The mountains looked majestic. After making it back to our yacht there was a final twist in the tail as the wind made our crossing back to Troon less than certain. We finally docked as the evening light began to fade. Closing the curtain on a fantastic journey. Yes, I choose the word journey rather than race deliberately as this is exactly what the SIPR is. The racing is often secondary as there is so much more to appreciate. If you want to do something a bit different then do this!!!



Paul & kieran head out to the ~~shops~~ mountains to ~~buy more~~ burn off bacon baguettes



Lake Garda Mountain Race – Joss Addison

A spike through my foot while running on the Lake District fells left me hobbling; and after some tough Monday night track sessions off Shaun, my preparation was less than ideal for what I was letting myself in for.

This was to be my first mountain race and a new experience running in a different country, so I was nervous but excited at the same time. The race consisted of a 12KM uphill only; from the shores of Lake Garda in Malcesine to its finish on the summit of Mount Baldo.

A day before the race to relax is just what I needed, although an hour in a speedboat with Hannah driving meant that any chance of relaxation was not possible! The speedboat was a great way to see the sights of Lake Garda; so was definitely worth getting.

Race day came around quickly, and after a few painkillers and the adrenaline of the atmosphere any pain from my foot was quickly extinguished. Surrounded by a few hundred athletes, with "The final countdown" playing aloud I couldn't help but feel we were about to go into battle rather than race.

From the gun, I was taken up by the early pace and it was a little disconcerting to see the leaders disappearing into the distance. I dug in never the less and finally got into the rhythm of the race as it climbed up the lower slopes of Mount Baldo.

Early running soon gave way to walking as we negotiated the thin paths which made overtaking difficult, particularly attempting to get past those with alpine poles (and Zimmer frames!) At the six kilometre mark I became aware of a fast approaching Hannah behind me – I was walking and she was running; she breezed past me as I uttered "this is relentless!"

By the eight kilometre mark I was feeling the effects of not taking on any food at the two water stations we had visited on the assent. A passing Italian athlete who must have spotted that I was flagging gave me a much needed sugar tablet which gave me a welcome boost. It helped me to reach the third water station which could not come soon enough. I launched myself into the cakes and Lipton ice tea available, which went down a treat.

In the last few kilometres I was passed by the leaders jogging down; Jonathan Wyatt was one of the first, to whom I asked "How far left?" he helpfully pointed out "Just up to that peak…but the second one" – my heart sank - as what I could see is what looked like another cautley winter league climb.

Eventually the finish came, I crossed the line and was greeted by a foil blanket and Hannah (who at this point was already dressed, sipping tea looking like she was ready to hit the pasta party. After a few pictures on top we briefly made our way down to the cable car (running down was definitely not an option for me) which took us down to the pasta party and award ceremony.

Hannah came in to finish 73 overall, 9th women in 2h.13.45s with me behind (well a good 18 minutes behind) in 104th in 2h.33.30s.

The race was class and has definitely fuelled my ambition to do many more mountain races abroad; if the knee holds up. A fantastic trip in such a superb location. I would highly recommend Lake Garda as a great holiday destination, and a great place for running……just if you run up mount Baldo; take some food!!

Helm hill trip to a mountain race abroad next year anyone??

Lost in Space : The Grisedale Horseshoe—Brian Thompson

With its 5000 ft in 10 miles I've usually found that this 'Medium' race asks a lot of you. But when you've run it 3-4 times before and recced it a couple of times you may be excused for thinking that at least you know the route…. And one key point in The Grisedale Horseshoe is finding the little scree gully descent soon after the checkpoint on St. Sunday crag.

The race started in fine weather - fine rain, that is – with only a few brave souls venturing out of the Glenridding Village Hall until just before the start. After all, warm up could happen in the first mile or so. Much of the first ascent is sheltered from the wind by a kindly provided wall on your left and before reaching Catstye Cam most had shed the waterproof they set off in.However, the mist and the breeze across Helvellyn had many of us returning fond thoughts to that upper layer.The run along the top is easy enough providing you don't stray off to the right and lose height too early. Then it's the descent from Dollywagon Pike to Grisedale Tarn and the seemingly endless crawl up and onto St. Sunday Crag.

This is where my troubles began!

Having got thoroughly cold and wet in my very slow descent from Dollywagon Pike, I struggled into my waterproof top and with hood flapping like a flying jib I was glad to be able to resume running just to send a glimmer of warmth to my hands. On the top of St. Sunday Crag I screamed my race number into the face of the frozen marshal and flapped on along the barely discernible trod. In my own little world of misery, I kept jogging and stumbling along, looking forward to the sneaky ginnel and its brief scree-surf on leeward ground. It can't have been very long before it began to penetrate my consciousness that I was not seeing the welcome ground I sought. This is the point where I should have stopped and got out map and compass to take stock. But I preferred the delusion of keeping some progress going. Foolishly, I jogged on and went in for a series of sweeping zig-zags in the hope that I would gain enlightenment. Eventually I dropped gently left/north off the top expecting that I would come into the Grisedale valley just a little further on and then use the river as a handrail to back pedal.

Wrong!

I gradually realised that the stream I was now following and the eventual valley bottom did not fit my anticipated position on the map. Or any position on the map!
Race over!
It was time to slow right down and play safe: I did not want to immobilise myself and trigger a fruitless search in the wrong valley! Lead by the increasing water flow it soon became possible to see that this was a completely alien valley. And it could only make sense if my compass was lying and the river was being blown in reverse.
No. Always believe your compass.
The flow was NE and so, unless I had earlier crossed the entire watershed, it would eventually contribute its load to Ullswater. A final lengthy jog down tracks and the road through Patterdale into Glenridding brought me sheepishly to the Finish (from behind) where I happily declared myself null and void.
Lesson learned – map and compass early. Maybe.



The view that Brian didn't see

Hodgson Brother Mountain Relay – Patterdale.



Sharon & Hannah set the fastest Leg 4 time of the day

The annual Lake District mountain relay from Patterdale is highly contested and an eagerly anticipated precursor to the British Hill & Fell Relays a fortnight later. This year was no different bringing together over 100 teams from every fell running club you've ever heard of and more with the added excitement of whether Borrowdale Fell Runners could make it their 20th straight win!—yes they've won it 19 years in a row, an outstanding achievement.

2010 saw the first Helm Hill ladies team to enter the HBMR, this tough fell relay against strong, experienced competition.



This year we saw our strongest womens team yet. Ali somehow managed to hang on as Imogen breezed round Leg1 to leave the women in 3rd place. Stirling work by Lucy & Lauren on Leg 2 and Jenny/Catherine on Leg3 maintained this position for the changeover to the final leg some 10mins down on the leaders, 8 mins down on Keswick in 2nd and with an Ambleside pairing of the current World Mountain Running Champion & British Fell Champion just 2mins behind snapping at their heels. Sharon & Hannah flew round the tough Leg4 claiming the fastest Leg4 of the day and bringing the women home in **2nd place**! The women were almost an hour faster overall since their debut and now are a force to be reckoned with.



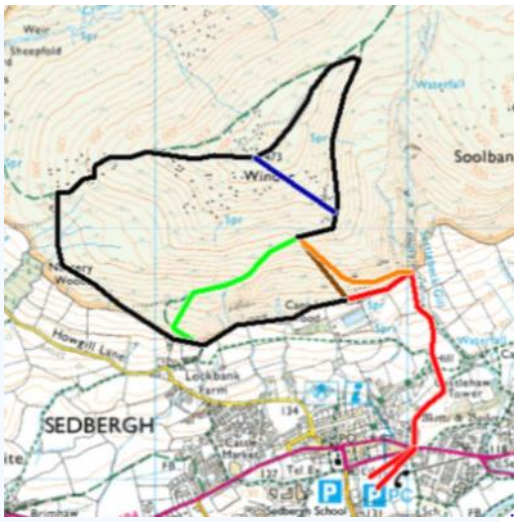
Leg2 Open & V40 runners looking ……. concerned

Historically the men have been jinxed in this relay, always somehow managing to go astray or suffer injuries. Was this year to be the year the men blossomed? In a word..No. Leg 1 saw both Mens Open and Mens v40 team in good positions of 15th and 16th before the final descent. However, they both took the scenic route, crocked an ankle and lost 20-odd places. The Open team pulled out the stops on Legs2-4 and came home to a respectable 6th place, matching the best ever performance, while the V40s did an even better job despite some more ankle-crocking to come home 3rd V40 team. Next year….





English Schools Fell Running Championships



Sunday 25 September 2016
Sedbergh School, Sedbergh

This year was the 9th anniversary of the English Schools Fell Running Championships (ESFRC), which is always held under FRA rules but hosted by a secondary school, with youngsters racing in their School Year groups and for their school team.
The action this year was based on Winder, with the start and finish of all races being in the same field that is used for Sedbergh gala (familiar to many of us for being traditionally the first race of the BOFRA season).

Year 7; Red, Brown, Orange, Red
Year 8&9; Red, Black, Green, Orange, Red
Year 10&11; Red, Black, Blue, Black, Orange, Red
Year 12&13; Red, Black, Orange, Red

With the "Orange" descent included in all races, there was a lot for spectators to watch; runners who came down at high speed … on their feet, and runners who came down, shall we say, less gracefully.
Although some rain blew across at times, most races took place in reasonably dry conditions and all enjoyed good visibility.

Competition was tough for our Helm youngsters as they found themselves pitched against runners from a variety of schools around the country. Those Helm juniors who have taken part in fell races found themselves up against some familiar North of England foes as well as quite a number of unknown quantities. Nevertheless Henry Hunter cut through the unknown runners and, as has happened elsewhere this season, followed James Bowen to the finish line and gained second place in the Year 7 race. He was the highest place Helm Hill runner in the whole competition.Below is a sample of Helm runners and the organisations they were representing. However, the teams from Sedbergh School, Dallam School, Kirkbie Kendal School, Settlebeck High School and Queen Elizabeth School Kirkby Lonsdale all included Helm Hill juniors too.



Ben Kent, representing The Lakes School



Lewis Bowness, The Queen Katherine School



Georgia Stevens, running for Kendal College

The winning school overall was QEGS, Penrith (who retained the title from last year), followed very closely by Ermysteds Boys Grammar School (Skipton), with Sedbergh School in third place.Next year's competition will again be on the last Sunday in September. Venue TBA!

British Fell & Hill Relay - Luss, Scotland.

The annual final fling of the fell racing year in Britain is the British Hill & Fell Relays in mid-October. Held in a different location each year it's always hotly contested by the cream of British fell racing clubs. The relays consist of four legs with varying length / terrain and one being a navigational leg to make this an all-round effort.

This year it was held at Luss, on the banks of the beautiful Loch Lomond 40mins north of Glasgow. Helm travelled with an amazing 7 teams—42 runners in total. After several false dawns in this competition, everything fell into place for the leading Helm teams, the mens open came 4th and were 2nd English team after Dark Peak, the ladies claimed a fantastic 3rd, the mens v40 came 2nd. Finally the ladies v40, with credit going to nav leg runners Jayne and Marie managing to stick at it and bag the controls in challenging conditions, overall to come in 1st!



Helm Hill's 7 teams minus the Leg1 runners



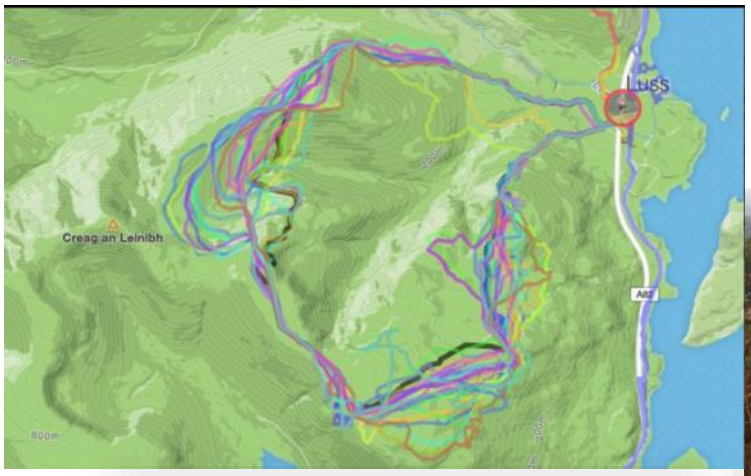
British Vet40 Womens Team Relay Champions!



Lucy & Jenny set off on the navigation Leg



Sharon & Hannah delivered again with a storming fast Leg2



Some interesting variations on the Leg 3 navigation!



Imogen (above) and Beth (below) on the final solo Leg 4 climbing high above Loch Lomond



A sodden Seb & Sam after finishing Leg2 in the rain.





World SwimRun Champs final – Otillo Race, Sweden – Jenny Rice

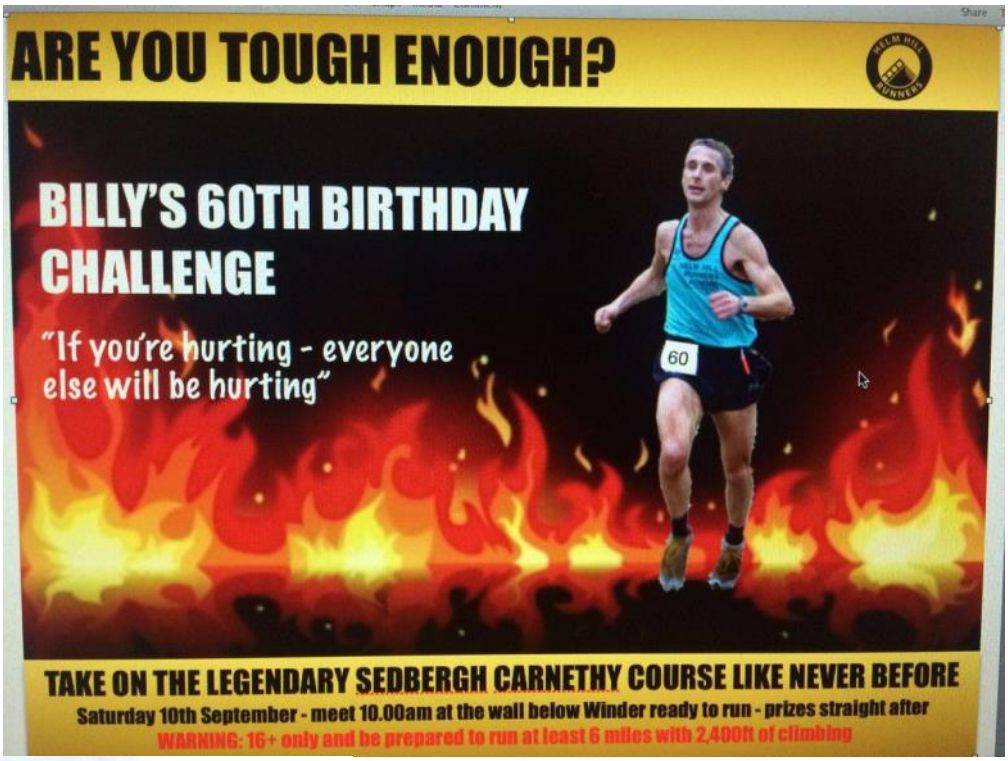
Enjoyed a dip in Sprinkling Tarn during Wasdale Horseshoe? Wished you could detour for a few strokes into Kentmere reservoir on a hot run round Kentmere? Well, SwimRun could be for you! Jenny Rice has been doing a bit of this over the year….enough to qualify for the World Champs final in Sweden!!



With her regular SwimRun partner Claire Wilson they made the long trip to Sweden, the home of SwimRun and competed against the worlds best. This was no easy race - it's not a relay as both pairs swim between the 26 islands and run over them together. The total distance is 75 kilometres of which 10 km are open-water swimming and 65 km are trail-running. Gulp!
Jenny and Claire's overall time was just under 13hrs which demonstrates just how tough this event is. They finished a very creditable 16th place—that's 16th in the world!

BILLY'S 60th BIRTHDAY RACE

Club President Billy celebrated his 60th birthday in September with a race around his bespoke 'Carnethy' training course on the Howgills. Ben and Lee had devised a few twists for the day, we were paired up by (mostly) matching the stronger runners with those with potential. The partners would then run in opposite directions around the course, meeting on the slopes of Arant Haw exchanging the raw egg they were carrying and then each run the way they had come hopefully arriving back at the start without any accidents. It was a fab morning in the sun enjoying Billy celebrate his birthday racing around the fells.







Billy's fab birthday cake baked by Bethan



Jack Byrne won the booby prize



Carrie and Lee were victorious

KING & QUEEN OF THE MOUNTAINS—Ben Proctor

The King and Queen of the Mountains competition was created by The Cumberland Fell Runners Association and its aim is to reward the male/female runner who has the best accumulative finishing positions from 3 races - it just happens that the 3 races are on the highest peaks of Scotland, Wales and England.
I had heard about this competition a few years back and flirted with the idea of giving it a go, but it was only after speaking to Paul Riley after last year's Scafell Pike race that I thought it would be a great challenge to take on. Previously I had only completed the Scafell Pike race (2015) and had never raced on either Snowdon or Ben Nevis so I was a little unsure as to what to expect.


Ben descends Scafell Pic: Grand Day Out

Snowdon Fell Race - Sunday 21st August 2016
Previous to the race, I had only ever walked up Snowdon quite a few years back but fortunately we did walk up the main path from Llanberis, which is the route the race takes. This gave me a basic idea of the race but I made sure I gained as much advice as possible from people within the club who had previously raced it. The general feel was that it was a very long, mainly run-able climb with a fast, feet battering descent. Giving the race the respect it deserved, I decided to dedicate the majority of my training for it on Black Combe - knowing the hill well, I knew this would be a great option to replicate the type of climbing I would find on Snowdon. I embarked on completing a number of hill rep sessions, including an up and over rep - 5 mins rest - followed by a second up and over rep back to the car - this gave me the right type of climbing at high intensity over the correct amount of distance (10 miles). During training, I did blister my feet badly which had a big impact on the amount of long fast descending I could do (this also ended up having a big impact on race day)
The race weekend came and I felt pretty good, training had gone well and I was climbing well. We decided to make a family weekend of the race so we took Elena along for her first weekend camping experience.
On race day I was pretty nervous as this race is also an international race with a variety of countries entering teams. Considering it was a 10 mile race, the pace from the start was intense, I had decided to try and settle into the climb and get stronger as it went on. After a few miles of climbing I was feeling strong and pulling through the field well - every time I passed someone I couldn't help but think 'will they be going to Ben Nevis and Scafell later in the year'. The weather conditions were horrendous with wind, rain and mist but I was still loving the climb and going well. The top appeared out of the mist and to be honest I was a little disappointed - I turned the top in 31st position with some of the smaller countries international runners - now I just needed to keep it together on the descent. This proved a little more difficult than expected as I set off racing down against the stream of runners still coming up. The rocks were slippy but it was fast, very fast - I couldn't hang onto the group I turned with but just thought stick in and keep the leg speed up. Half way down the descent the wheels started to come off - fatigue? Lack of descending training due to the blisters? Who knows but it wasn't pretty. I kept running hard and battered down the road into the finish with great crowds on the road cheering me in - 41st place in 1 hour 20 mins 03 seconds. Before the race I would have taken that, but after such a good climb I was gutted - my first thoughts and discussions with Bethan were 'maybe the King of the Mountains will need to wait until next year'.

Ben Nevis fell race - 3rd September 2016
After some great advice from people at training, I shrugged off the disappointment of the descent at Snowdon and started to focus on the positives - the climb. This was difficult as I found I was really struggling in races to get my descending going - which made me very nervous for Ben Nevis. Like Snowdon, I had never raced up the Ben so I gained loads of advice from Lee, Dad, Nigel and Adam
to name a few, as well as studying the race map, looking at previous photos and watching YouTube race clips so I was prepared on what to expect. I decided I needed to get on long rocky conservated climbs and descents in preparation for this, so focused my training around Coniston Old Man, The Langdales, Cadair Idris (whilst on holiday in Wales) with a few long CX bike carry climbs thrown in to build strength. Again I really felt the benefit from the specific training and felt strong on the climbs, whilst starting to gain a little more confidence back on the descents.
We again decided to make a family weekend out of the trip to Fort William - which was fantastic. A number of other HHR were also in the Glen Nevis campsite and the night before I went for a reccie of the lower slopes with Karl (danger) Mason. The race set off from the playing fields just outside Fort William, with the notorious 1 mile of road running to get things going - personally this suits me as I tend to be able to move comfortably and quick-ish on the flat giving me the chance to still feel good at the bottom of the climb. Although I was aware of the other runners who had also raced at Snowdon and the club team mates/rivals Paul and Nigel, I had the plan to just do my own thing and to not get caught up in individual battles. This worked well as I climbed well and was catching people all the way up the 1st half of the

climb. After Red Burn (the half way mark) the climb changes and becomes steeper and off path - I continued to walk and run strong and I was aware that I had passed 1 or 2 runners who had beaten me at Snowdon. At the top of the climb I was told I was in 14th place - wow! But with a large group of very experienced and fantastic descenders right behind me, this was going to be the difficult bit. I found the first half of the descent tough as it was off path, in and out of big wet rock and on scree type terrain - I also found route choice at this stage tough and definitely something I need to look at for future years. I was descending ok and started to really enjoy it - hitting the road in the bottom I managed to pull back 2 places and the strong finish meant I finished in 21st place in 1 hour 50 mins 33 seconds. I was pleased with the position and time, but again was frustrated at the loss of 7 places on the descent - I was unsure if this would come back to haunt me in my challenge for the KOM.

Scafell Pike race - 17th September

The race was very close to Ben Nevis so I didn't really have any time to specifically train for this one. I had done it the year before and had finished 3rd so I had an idea of the terrain and route choice. I tentatively looked at previous KOM winners and their points totals and I figured that a top 3 at Scafell would give me a fighting chance of winning the KOM competition, depending on who attended the race. Once again Bethan and Elena joined me at the race, as we thought the 3 race series had taken so much training time, it would be nice to complete it as a family. It was a glorious day for the race and they changed the route back to its original route, which meant a climb from the campsite straight up Lingmell nose. I adopted the same tactics and settled into my climb, blanking out everyone else. I found myself in 2nd place and running strong over the top rocky section of the course. As I turned and started to descend, I couldn't help but think that I just needed to get down the top rocky section safely and I might just have a chance of achieving my goal. Stupidly I decided to ignore this and came off the path to find a quicker route down, this didn't work brilliantly as I dropped onto a number of large rock slabs which I nervously slid down. I was caught by the 3rd place runner, a local who had a much better route and was in fairness a superior descender. Once I was back on the Lingmell nose I was confident and tried to work hard to regain 2nd place. Unfortunately I couldn't make up the ground and finished in 3rd in 1 hour and 10 seconds.

After the race I did a bit of simple maths with Bethan, Lee and Elena (the brains of the operation) and managed to work out that I should have done enough, the last 6 months of specific training and focus on this goal/obsession was worth it and I had managed to win the 2016 King of the Mountains. It's fair to say that over the last 20+ years, I have won very little on the fells and for me to pick up a trophy with the likes of Ian Holmes engraved on it for completing such iconic races was fantastic.

I learnt a lot from just these 3 races, including the need to work on my rough and rocky descending skills, the need to reccie where possible and that taking care of your feet in training is vital in a sport that requires you to use your feet!!! I was pleased I also got a lot of things right and the preparation I did for each race, including discussions at training, watching videos, studying maps really did help. It was also very special for me that this odd goal I set myself at the start of the season was shared with my family and that Bethan and Elena could play a massive part in it.

What great races all 3 of these were in their own right and the pain of solid race climbing for over an hour can't really be found anywhere else in this country. I definitely have unfinished business with Snowdon and Ben Nevis and would love to go back next year and use the experience gained to try and better my time and positions - let's just hope I can get an entry!!



PARKRUNS—Lindsay Harrod

Why parkrun? parkrun (with a lowercase p, even at the beginning of a sentence!) is a free, weekly, timed 5km run that takes place in public open spaces all over the UK and in 13 other countries too.

It's simple, free, fun, friendly, there's no pressure, you can try to set a new PB, or you can take it at an easier pace and chat to friends, push your toddler round in a buggy, be pulled round by your dog (all dogs to be kept on leads), run with your children (provided they agree to slow down enough to let you keep up), your neighbours, your work colleagues or your parents! Everyone is welcome.

My first experience of parkrun was several years ago when one was started in my home town of Tonbridge, Kent. At first, I wasn't keen on the idea, 5km seeming too short to bother about, but how I changed my mind! Running 5,000m (or indeed any distance) as fast as you can is *hard work! In fact, it often surprises me how hard such a comparatively short run can be. But then no-one is forcing you to try to break your PB; it's perfectly all right for you to take it at an easier pace if you want to – after all, it's not a race. No, really, parkrun isn't a race even though you can treat it as one if you want to.*

The nearest parkrun to Kendal was either Barrow or Preston, which seemed much too far to drive just to run 5K. However, when I visited my parents in Tonbridge, I always made sure I took my barcode with me and booked my train home at lunchtime so I could do parkrun first.

Months later, I visited friends in Aberdeen and found there was a parkrun along the seafront, so I did that one too. It's now quite a habit when travelling anywhere over a weekend to see if there's a parkrun nearby. So far, I've done Penrith (on my way to Scotland), York and Lancaster as well as Tonbridge and Aberdeen, but my usual parkrun is Fell Foot, Newby Bridge.

When it started there two years ago, I went along to see what it was like, thinking that maybe I'd do it every six to eight weeks, as a measure of my fitness. I really enjoyed it and, when I found I didn't have anything planned the following Saturday, I decided to go to Fell Foot again. Soon I was hooked and going every week that I didn't have anything else on.

It's a great way to start the weekend, particularly for someone who lives on their own. It's a reason to get up on a Saturday morning and the social aspect of it can be just as important as the fitness. Even if I don't talk to anyone else for the rest of the day I've got out of the house, chatted to friends and people I've never met before, I've cheered on the speedy 'whippets' and encouraged the strugglers. It makes me feel good, particularly as Fell Foot has got to be one of the most scenic parkruns in the country, being next to the lake, with mountains as a backdrop and even a steam-train just across the water.

If you know me, then you know I love fell running, so you might wonder why I am so enthusiastic about a fairly flat 5K each week. Well, apart from all the other reasons mentioned in this article, I also think parkrun benefits my fell running. Fell races tend to involve a mad dash at the start, then perhaps a pause to climb a stile or queue to get through a gate, then usually some walking when the terrain gets too steep or rough, then some more running and so on. As well as our weekly hill reps and/or sprint training, I think it's good to go and do a timed run over a set distance with no interruptions for stiles or walking. It replicates the parts of a race that are runnable, when you're pushing hard but the incline and terrain aren't so challenging. It's not something we usually do on a Helm training night, but I think it can really help with stamina and endurance.

And, whether you storm round in your fastest ever time or feel like your legs are filled with lead and you wonder if you can really make it round the course, every run counts towards your T-shirt!

Haven't I mentioned the T-shirts? parkrun T-shirts have become a whole new motivating factor for me! Different colours signify different achievements: white is for juniors who have completed ten parkruns. When you have completed 50 parkruns you qualify for your red T-shirt, with a big 50 on the back. Black T-shirts indicate 100 parkruns and there are even green T-shirts for the few people who've completed 250 parkruns.

One of the things I love about parkrun is how inclusive it is: it welcomes the swiftest of club runners out to break the course record (each parkrun venue has its own statistics) as well as those just starting out on a Couch to 5K programme, recovering from injury, trying to lose weight or just get a bit fitter. You don't even have to run – walking is allowed too! Even if you're injured and can't, or don't want to, run 5K, you are still made very welcome as a marshal. There's a list of different roles from setting up the course, making announcements at the start, handing out finish tokens, course timers, barcode scanners, token sorters, marshals pointing runners in the right direction and calling out encouragement. Most marshals are parkrunners who willingly sacrifice their run every now and again in order to make the event happen. It often tends to be the same smallish group of people who volunteer, but if we all offered to help, say, twice a year, the run organiser's job would be much easier and marshalling is good fun, too. When you've helped out 25 times, you qualify for the very special *purple T-shirt. I want one of those – purple suits me! So I'd better put my name down on the rota a bit more over the next few months.*

It felt like a big achievement to reach my 50 parkrun milestone earlier this year. I'd been counting down for several months, not wanting to miss a Saturday morning at Fell Foot if I could help it. As my tally inched upwards, 44, 45, 46… I got quite excited and I was positively beaming when the big day came and I completed my 50th run. I took along a big bag of cakes to share at the finish and a few weeks later, just paying £1.99 for postage, my red 50 T-shirt arrived.

Having said all that, it's perfectly all right to do just one or two parkruns every year or so – you can go as often or as infrequently as you like. Once you've registered online and printed out your barcode, you can turn up at any parkrun around the world and run. A few hours later, your results will be emailed or texted to you, with all the stats you could ever want – your time, the number of parkruns you've completed in total, and the number you've run at that particular venue, the fastest time you've run that year, your age-group position and so on.

Quite a number of Helm Hill Runners have taken part in parkrun and there are usually at least a few of us at Fell Foot on a Saturday morning, so if you haven't tried it yet – or even if you have – just print off your barcode and I'll see you there! http://www.parkrun.com/



Lyndsay at her 50th parkrun

BOB GRAHAM ROUNDS

Friday 19th June.
Midnight.
Keswick Town Hall.
[Enter from left] Lee Proctor, Fiona Marley-Paterson & HH V40 Ladies Relay Team.





V40 Ladies Relay Team - 19hrs 43mins



Fiona Marley-Paterson - 22:45hrs mins

Fiona Marley Paterson on her successful BG—pic: Tim Murray

Michael Greaves : 22hrs 30 mins





Lee Proctor - 20hrs 58mins

Lee Proctor's Bob Graham Round



I've long had an obsession with the Lake District fells - ever since running to the top of Helvellyn aged about 10.

That same obsession went into overdrive some five years later when, in 1995, I watched my dad (Billy Boy) complete his Bob Graham Round. Despite witnessing close-up the suffering that goes hand-in-hand with a 66-mile, 42-summit BG, I remember feeling jealous that he got to spend that long in the fells. Although only 15 at the time, I was eager to have a go myself. 'Wait until you're older,' said dad. He was right… on this occasion!

Fast forward another 21 years and I was ready. Well, as ready as I was ever going to be. I'd previously bagged all 214 Wainwright summits (and in true fell-geek style built a cairn in the spare room using a stone from each top), run multiple long fell races and, for much of 2016, been banking 60miles/12,000ft of training a week. It was finally time to put an end to the 'when you going to do your BG, Lee?' questions.

LEG 1: KESWICK (MIDNIGHT) TO THRELKELD (3:27AM)

Given the date I'd chosen turned out to be the weekend closest to the longest day, I knew Moot Hall would be a mecca for BG attempt hopefuls. With club-mate Fiona Marley-Paterson and the Helm Hill ladies' Billy Bland relay team also both beginning their attempts at midnight, there was a bit of a race-feel about proceedings as we all headed up Skiddaw under the lights of our head torches.

Thick fog made for tricky navigation on higher ground but my crack squad of Keswick AC pacers (Andy Slattery, Steve Angus, Lee Newton, Rupert Bonington and Chris Gill) hit just about all the right lines. The only blip came in near-zero visibility on the descent off Skiddaw, but we quickly corrected our line and lost only a couple of minutes.

I was running off a 23-hour schedule (I'd also sent out a 22-hour schedule to pacers), but knew we'd likely go faster than that, especially on leg 1. I felt relatively good, if a little sick (I put it down to nerves), and the guys did a great job of keeping the pace steady.

After falling in just about every muddy ditch Great Calva had to offer, we then walked the long slog up the back of Blencathra, summiting alongside Fiona at 2:57am. While Fiona tackled the steep, wet rocks down Hall's Fell, we took the longer, albeit easier, route around by Doddick Fell. By now the first signs of morning were starting to show. I remember looking across at the lights dancing around on Hall's Fell and those shining up from Threlkeld below and thinking, 'this is bloody brilliant!' I'd never experienced running through the night previously and was absolutely buzzing as we dropped into Threlkeld at 3:27am.

LEG 2: THRELKELD (3:36AM) TO DUNMAIL (7:26AM)

Way up on schedule, I took a longer-than-planned stop at Threlkeld to change my socks and devour a hot bowl of porridge (courtesy of my brother, Ben, and dad). Swapping my fading head torch for lightweight trekking poles, I began the climb up Clough Head, supported by Mike Vogler, Bruce Duncan, Oli Blomfield and Phil Winskill.

At first (and this happened on every leg) I found it difficult to adapt to having new pacers. It was really weird. I found myself missing the guys from the leg previously, but then within 20 minutes feeling totally at ease again, as if I'd been with the new guys for hours. I know… it doesn't make much sense to me either!

Back into thick clag, Mike and Oli navigated us over The Dodds without a single mistake. At some point we passed Fiona and her pacers but such were the conditions that we didn't see them! I thought to myself, 'where's this amazing sunrise that everyone talks about witnessing on leg 2 of the Bob Graham?!' Damn weather. I was moving well but struggling to eat as we made our way towards Helvellyn. The pacers were carrying the entire contents of my kitchen cupboard but, typically, I didn't want any of it. Instead I set about eating all the fruit Oli had brought for himself! I very rarely eat fruit but there I was stuffing my face with tangerines and apples.

The banter on leg 2 was, at times, outrageous. I'd love to re-tell some of the stories but this is a family running club newsletter and, I guess, what happens on the Bob Graham, stays on the Bob Graham! I don't think I stopped laughing from Helvellyn down to Grisedale Tarn and up the steep screes to Fairfield. Miles seemed to fly by as the lewd chat continued up and over Seat Sandal before a censoring order was placed on proceedings at Dunmail.

LEG 3: DUNMAIL (7:34AM) TO WASDALE (1:13PM)

Now an hour up on 23-hour pace and 30 minutes ahead of the 22-hour schedule, things were going well as I tucked into soup and a bacon sandwich. Surrounded by so many family and friends, I felt super-charged ahead of the near-vertical ascent of Steel Fell.

Joined by Ben, Adam Perry, Nigel Wood and (once they caught us up) latecomers Ben Mounsey and Jonny Helliwell, we

made good progress until Calf Crag when my stomach decided it wasn't enjoying this Bob Graham lark. Unfortunately I had no bog roll and such was the urgency that I hadn't had time to ask my pacers for some. Adam was ordered back, bog roll in hand, to meet me!



Now also feeling sick, I was at a real low as we trudged the pathless route up towards Sergeant Man. The guys tried to get food down my neck but I was really struggling. We had to walk some of the flat sections and I began to wonder if I'd even make it to Wasdale. Several toilet stops later we finally got to Rossett Pike and a welcome guzzle of water from Steve Baker and Lindsey Harrod.

The overnight fog and morning mist had now given way to bright sunshine and as we reached the top of Bowfell the decision was made to take a rest. I sat down beside the summit cairn and Nigel literally force-fed a ham and cheese sandwich down me. It worked… for about 20 minutes until I had to dive behind a rock on Esk Pike.

Now also running with Carrie Gibson and Kath Aubery from the Helm Hill ladies' relay team, my spirits were lifted as we made up time over the summits leading to Scafell Pike. Shrouded in cloud and packed with tourists, it was still a relief to reach England's highest point. Heading down to Mickledore, I could hear Paul Aitken up on Broad Stand shouting words of encouragement. I'd been worried about the impending rock climb but Paul was fantastic. He pulled the rope from above, while my brother and Adam pushed my legs from below. Between the three of them they forced my weary body up over the rock face.

With Scafell crested at 12:35pm and talk of a possible 21-hour Bob Graham being banded about, we set about descending the scree chutes to Wasdale. About two-thirds of the way down I felt an excruciating pain in the outside of my left knee. 'Ben, my left knee has gone,' I said to my brother. He told me to man-up, but the pain persisted as I hobbled down to the car park at the campsite.

I was a white-faced emotional state as I sat down. My girlfriend, Angela, and mum (Yvonne) attended to my feet while I ripped the tape off my knee and replaced it with a heavy overdose of painkilling gel. I sipped on a mug on mint tea and tried not to cry in front of everyone else.

LEG 4: WASDALE (1:22PM) TO HONISTER (6:05PM)

'You're eating nothing except dry sandwiches and drinking only water,' barked dad as he led the way up Yewbarrow and the start of leg 4. We then argued a bit as I let out some frustrations about my stomach and knee. He was only trying to help, but I was in a bad place.

Maybe it was the exchange of words, I don't know, but it put a rocket up my backside and we strode quickly up the monster climb that strikes fear into the hearts of many BG hopefuls. My knee didn't hurt either… until we turned the summit and started the descent that is. And so that set the tone for the rest of leg 4. Supported by Paul Aitken, Craig Burrow, dad, Tom Howe and (once he located us) Matt Brown, I stormed up the ascents, gaining time on every one, only to lose it all again as I walk-hobbled the descents and flat sections.



The long run off Pillar was pure torture, while in comparison the gully scramble up Kirkfell was fast-paced fun. Great Gable was attacked at pace and, with my stomach now vastly improved, we made up some more time. Unfortunately that was lost on what should have been the runnable section from Brandreth down to Honister. The guys encouraged me all the way but I could sense an all-round frustration. I felt it too. Had it not been for this damn knee, we could have been pushing for a sub 20-hour BG.

As it was I slowly limped down into Honister to be met by a mass of family and friends. A huge smile came across my face, while I tried hard not to get emotional again. Ben came up to meet me just before the car park. He didn't even need to say what he did. I knew he was thinking the same as me. 'If you don't stop here, you have a chance of doing a sub 21-hour BG,' he said. The decision was a relatively easy one. 'Get my Helm Hill vest, I want to wear it, and we eat on the move,' came my reply.

LEG 5: HONISTER (6:07PM) TO KESWICK (8:58PM)

I had 2 hours and 53 minutes to make it back to Keswick. Ordinarily it would have been easy enough, but with this knee who knew what would happen!

Supported by Ben, Craig, Angela, Adrian Hope, Karl Mason, Bill Coupe, Pete German, Pete Marston, Carrie Gibson and Mike Ernill, we walked fast up Dale

Head. Pete German made me laugh with his shopping bag full of food, which he shoved under my nose every five minutes, while Karl – who had gone above and beyond throughout the day in ferrying pacers all over the Lake District – was full of his usual banter. Up ahead I could see Ben and Adrian plotting how they were going to get me to Keswick before 9pm.

Dale Head and Hindscarth ticked off, it was then onto the 42nd and final summit, Robinson, and a quick speech from Adrian. 'Look behind you, mate, you've done all those today, those hills are yours now,' he said. I allowed myself a quick moment of reflection and a glance into the far distance where I could see Keswick. Angela and I tried to spot our little flat.

Off Robinson (the most direct way possible) and onto the road at Little Town, my pace had now slowed to what felt like a crawl. I knew the clock was ticking but my knee would only allow me 15 seconds of pole-assisted running at a time before I was once again forced into a walk, even on the flat. It wasn't until we reached the outskirts of town that I knew sub-21 was actually going to happen.

The final run up the main street was amazing – one of the best moments of my life. Surrounded by masses of friends and family, I remember punching the air and then literally collapsing onto the green door at Moot Hall. Anyone who has done their BG knows what that door means, and upon reaching it the emotions of the day came flooding out. I was a bit embarrassed about the tears but if you can't have a happy cry at achieving a lifetime ambition, when can you?

All that remained was the obligatory champagne spraying and a trip to the pub for a well-deserved pint. Well, when I say a pint, I mean half a pint, before my shivering wreck of a body was carried home and put to bed!

My BG time was 20hrs 58mins. Well done to Fiona and the Helm Hill ladies' relay team for their successful completions too. What a superb day it was for the #greenmachine

A massive thank you to all who supported me in achieving my BG dream, especially Angela, my parents and Ben. I honestly wouldn't have got round it without the help and encouragement of everyone. Double Bob Graham next year,



WHEN ONE SPORT IS NOT ENOUGH

One-Sided Sports of the modern age No.6:

Helm Hill's Stuart Allan takes part in the annual Fellrunner vs Cumberland Wrestler Cumberland Wrestling Competition at Killington Sports.



HELM PROFILES—BRIAN THOMPSON



When did you join Helm Hill?

I came to Helm Hill in January 2011. I had also heard good things about Kendal AC but a move to Oxenholme made the decision fairly easy. Now my dog, Bug, regards The Helm to be his own back garden (though he allows others to train there.)

When did you start fell running and how did you get into it?

I had always been a road runner, keen hill walker and wild camper so the move to Kendal made fell running an obvious outcome.

What do you think is your biggest running achievement so far?

As you get older you gradually accumulate a list of unresolved injuries which make more prudent folk look for a different pursuit. Mind you, they've been saying for decades that running would wear my knees out. And they were right - I now have the knees of a 60 year old! My biggest pleasure in running is that I am still able to have a go.

Favourite races ?

My favourite fell race is probably Kentmere...it is a good length, has some pleasant, clean running and from Nan Bield, if you can glance across to see the ground you have covered, it really looks pretty spectacular.

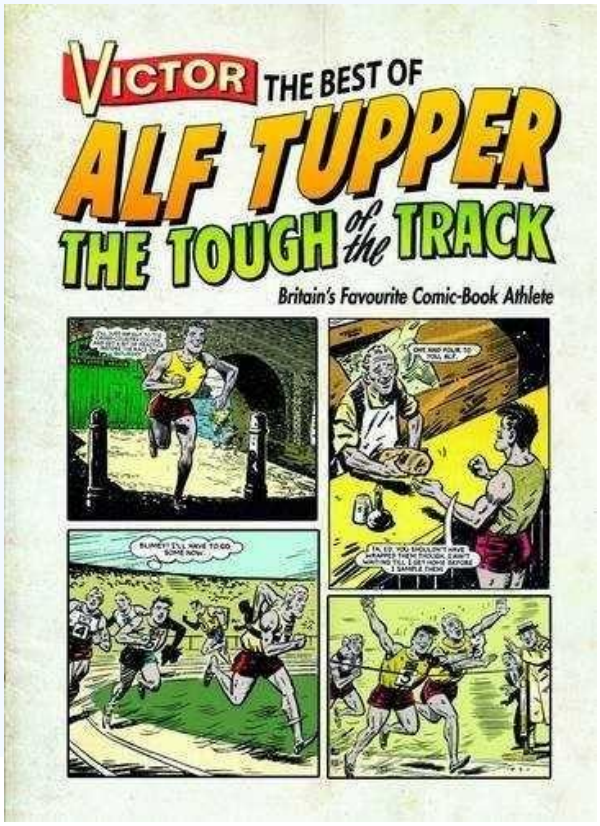
Typical training week?

I really have no typical training week. What tends to happen is that I start to get fairly fit, then run every day for a while, overdo it, get injured then have to back off. When will I learn?

Preparation for races?

just do all the familiar things - in particular eat as usual (don't, for example , as in my case, carbohydrate load on race morning with a pile of rice and chicken vindaloo).

One tip: have a small bottle of water to glug immediately before start - your kidneys won't have time to export it and so it will be available in your bloodstream.



A runner you admire or respect?

In running, my hero is the comic strip character, the working class runner Alf Tupper ("The Tough of The Track") who, straight from his welding job and scoffing his bag of chips, would just about get to the race as it started and yet still beat the underhand, sneering college types. More seriously, a source of inspiration since the 1970s, is Joss Naylor MBE who needs no further description than "True Running Legend".

Your running ambitions for the future?

In the Chester Marathon last month I qualified to represent England next October in an age-group Marathon. So my current ambition would be to stay free of injury until after the Marathon next Autumn.

HELM PROFILES—CATHERINE NIBLOCK



When did you join Helm Hill?

October '14 when I moved back to Kendal.

When did you start fell running and how did you get into it?

Through the club 2 years ago! Although I had run a little prior. I joined the club as I saw a bunch of runners on the school field on a Monday night and wanted some winter fitness. I had no intention of racing and even gave David Appleyard a vest back as I thought I'd never wear it. Then there was all the hype around Carnethy and from then I've been hooked.

What do you think is your biggest running achievement so far?

I guess taking 54 minutes off the Hellvelyn and the Dodds race 7 months after joining Helm.

Favourite races?

Dunnerdale, Criffel, Carnethy (although a friend pointed out that I'd been living south of the border for too long when I referred to Carnethy hill race as a fell race)

Typical training week?

My typical week various but I like the Monday and Wednesday night sessions and then I run or bike at the weekend – all depends on who is up for getting out. I aim to do more core-related exercise.

Preparation for races?

I aim for all the usual healthy stuff - eat a good meal the night before, sleep well, hydrate well but don't drink too much, keep warm prior to the race, etc. And then go wild post race! Although preparation for Barbon winter league never seems to go like this!

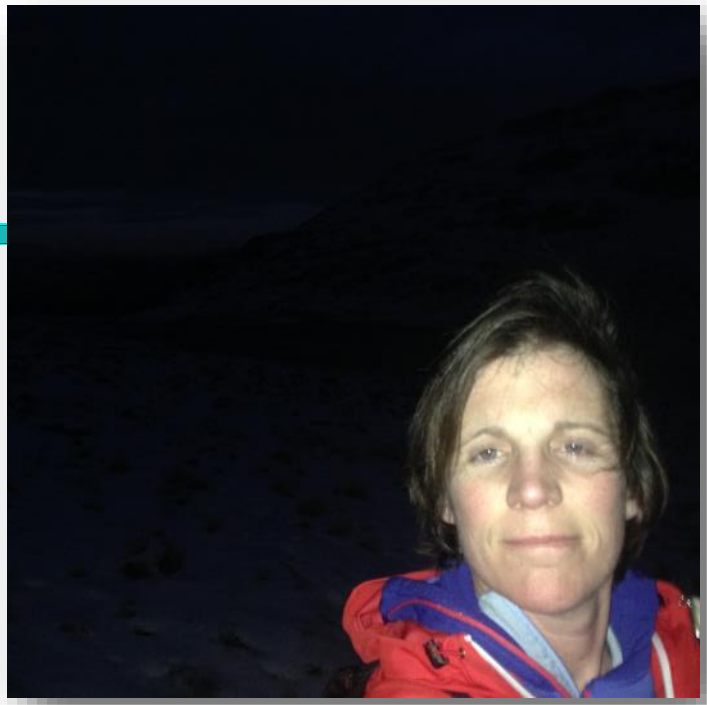
A runner you admire or respect?

All those people who put their free time back into the club for us all to enjoy – I wouldn't be running without the people who make the club such a success. Credit goes to Shaun and Billy and all the other coaches for being there every week; John Bagge for overseeing the winter leagues and helping us stay injury free!; Ali and Kieran for organising entries, transport, getting us all psyched, etc; Lorna for organising and inspiring the youngsters; Rick for putting together all this entertainment; Tim for keeping everyone in order and of course the many more people who make the club a privilege to be apart of.

Your running ambitions for the future?

I like the idea of a trip abroad for a race – Tromso Skyline looks pretty special – anyone keen? and I'm hoping to get an entry for Jura.

Bob Graham Round Solo Attempt - Kate Simpson



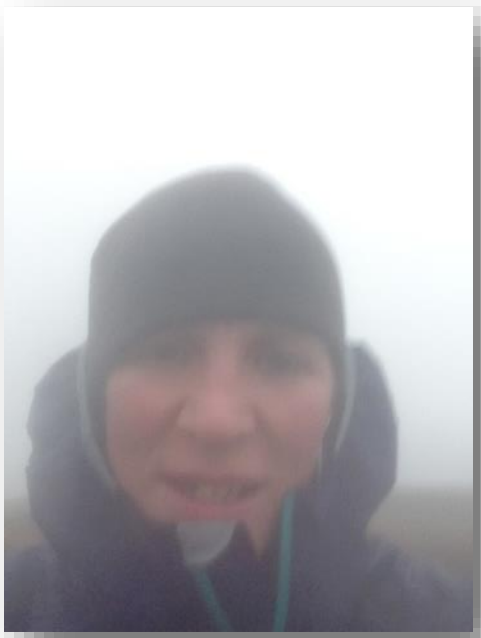
Many people have now successfully completed the BGR in under 24hours and most will say that they couldn't have done it without their support team navigating for them, feeding them, attending to injuries, carrying spare clothes and generally providing encouragement and solace in those dark moments when you are at your lowest ebb. By comparison few have attempted, let alone completed, it solo and unsupported. Kate Simpson is one of the brave ones, here's her account…….

A few months back I went out to run the Bob Graham; solo. I failed.

This is not a story about how I failed but really I succeeded; about finding a greater meaning; about failure being a state of mind or about how the only failure is the failure to try; this is just a story about failing.

I failed because it was too hard for me; because I wasn't ready; because I didn't prepare well enough; because I didn't train hard enough. I have run the BG before; I know what it takes to get round; I know that I can do it. But solo was harder in so many little ways that I had not truly imagined. The pack was heavier, the ground was wetter, the wind over Skidaw was colder and hung onto me with a wetness I couldn't escape. Hare Crag was a bog that sucked my shoes down to my knees, the Caldrew was thigh deep, Halls Fell was slick with the grease of not-quite-rain.

And then there were the Dodds. Covered in a night-time mist that ate the light from my head-torch, and left me with my hands too full of map and compass to manage food. The Dodds lost me in the dense, sodden timeless loneliness of an unexpectedly cold July night. Above all else what made the round harder than the last time - was the absolute loneliness. I run at night, alone a lot – I had spent the winter heading out on dark nights in the snow and rain, coming home often after midnight feeling like I had somehow stolen time that I was not supposed to have. Yet being on the Dodd's that July night, questioning my compass, feeling sick at the thought of food was just plain lonely. I knew the round was over well before the night was over.



Three cold hours later I had finally crossed the Dodds, and gone over Helvelyn and dropped out of the cloud. The car lights I watched judder across Dunmail finally broke the isolation - the first moving thing, the first change of view I had seen since I started up Clough Head some time yesterday. I found a picnic rug in my van and slept till the sickness passed and I could drive home – then got into bed still wet and muddy- and didn't even wake as the kids crashed their way through the morning and off to school.

Apart from discovering that I'm not quite as tough (yet) as I thought – I did learn a few other things from failing to run a solo Bob Graham: First- other people just don't care. My friends sent me messages and congratulations and wine; they were impressed and apparently inspired – and however much I kept saying 'but I didn't actually DO it' the difference between achieving it and trying it seemed like a mere detail, hardly big enough to be noticed and certainly not worth worrying about. And the truth is they also don't really care when I do succeed. And this is a good thing. The wine is just the same, the What's App rudeness, the questions – all the same- for everyone else the difference between running 64 miles with 8000m of ascent and trying to run 64 miles and 8000 meters of ascent is just not that significant. So what I learnt is that if I want to impress my friends, get lots of attention (and wine) all I need to do is set grand targets, ridiculous goals and then fail to reach them. Which in truth is probably a lot easier than achieving them- so next year I am thinking of becoming prime minister, running the coast to coast and winning Bake Off (and doing a solo Bob Graham).

Second, when my husband suggested leaving the van at Dunmail 'just in case' he was right (he usually is). (he made me say that)

Third - to fail feels bad. I told myself off- I didn't train enough, I didn't train in the right ways, I didn't prepare enough, I didn't pack the right food, I made a lot of mistakes, I got lost – (yet I can navigate well enough not to get lost, but I let myself get lost)- I got cold, (because I wasn't focused enough to keep my clothes dry when I waded an early river), I was tired because I hadn't rested enough – but mostly I just hadn't tried enough. And that is what really felt like a failure; but I know how to change that.



Failure wasn't glorious; it wasn't success in another form. It was just failure. But when failure becomes something to do and nothing to fear what crazy, bold, ridiculous adventures become (maybe) possible and (maybe) worth trying?

JUNIORS TO SENIORS—ANDY & JOE CONNER



Saunders Lakeland Mountain Marathon 2016

We had been waiting for this weekend for around three years. Finally, Joe turned 14 and was old enough to be my partner in the Saunders.

The first day from Martindale began well with high cloud and no rain. Navigating whilst trying to keep up with Joe was a challenge but we bagged the first few controls with only a couple of deviations. I soon discovered the problem of entering Bedafell, the junior/parent class, Joe wanted to race every other junior we met on the fell. At midday, the weather closed in and the fast teenager finally slowed to a manageable pace… for a time.

Overnight camp was in Deepdale where the usual routine of eating and drinking until bedtime was broken by the arrival of two mountain rescue helicopters to retrieve fallen competitors from a steep slope opposite the campsite. Thankfully our descent route had been more gradual with a pleasant run in to the finish.

Sadly, heavy rain put a damper on the normally sociable afternoon and evening. We hunkered down in our tent, emerging only to cook pasta and watch helicopters. (I can recommend the social aspect of this event, there are usually plenty of Helm Hillers there and you can even get beer – if you remember to pre-order).

On Sunday, the fast pairs set off in the chasing start and we joined the later mass start. In fine weather, this second day is a case of joining the 'crocodile' of runners but we managed to gain a few places by contouring around a hill whilst the crocodile went over it. We found ourselves running with another dad and son. More precisely, the boys ran ahead whilst dads tried to keep up. The gradual descent to the finish was most enjoyable and we finished ahead of the other pair when the son tripped and fell. I asked joe whether he had tripped him up, he insists that he hadn't!

Overall position was 15th out of 48 pairs. We were pleased with this but even more pleased when we worked out that our time would have placed us 7th out of 82 in the Wansfell class, the shortest class aimed at adults which covers the same course as the parent/junior class. Clearly the standard of junior entries was high.

We'll be entering again next year and probably in a higher class (to avoid having to race every other junior we meet on the hill) and Joe is hoping for a sunnier, more sociable evening so he's not stuck in a tent with his dad. Come and join us for a beer.

HOW TO START FELLRACING—ALI RICHARDS

Firstly some fellrunning "myths"

Myth 1: You have to run up the hills - the greatest myth of them all! Fact - On most races with more than a gentle slope at least half the race field will be "race walking".....or even just "walking".

Myth 2: Everyone knows where they are going. Fact - Whilst it is and should be highly recommended that people have tip top navigational skills and the time to go round (recce) courses in advance, in actual fact it is likely there will be several people in the field who are likely to be less skilled than they appear - do not be put off by apparent "confidence"! Everyone can develop their skills in this area - start with some flagged races (winter league is perfect), join in some club recces, brush up on those map and compass skills and you will reach the navigation level of an average fellrunner in no time.

Myth 3: Everyone is superfit. Fact -people participate in this sport at all levels of fitness. As a rough guide if you can complete a Helm Wednesday training session and you can manage a steady run for an hour then you would be fine attempting a short category B or C fell race, or a winter league. In many ways it is easier to do a fell race than a flat out fast road race as at least you get to walk up the hill, then let gravity take it's course on the way down

Right now that's cleared up - what next? Typical questions that may cross your mind……. Which race should I do? What actually happens at a race? What does everyone do in that hour beforehand? What's in those bumbags? Will I come last? And most confusing of all - what blinkin shoes should I wear?? Well, you're ahead of the game as you're already in a club with lots of friendly experienced racers to get help from. Here is a simple guide to fell racing:

1. Which race should I do?

As previously mentioned the winter league races are perfect for beginners as they have the advantage of being flagged (marked courses), although you will need to be prepared for freezing rain and wind - if you are a fair weather runner it may be better to wait for a fine forecast or the spring! A couple of short races after the winter league would be Loughrigg in early April or Latrigg in mid-May or to look at the BOFRA series of races which are often run at rural shows and galas, which tend to be short, steep and are also flagged.

Most races are listed on the Fell Runner Assoc website which will give you information about their length (S, M or L) and amount of ascent and descent (A, B or C - A being steepest). Also - ask around at the Helm. There is a huge amount of racing experience within the club and most people are more than happy to have a chance to bore entertain you with the minutiae of the race.

2. How do I enter, find out where the race goes, what mandatory kit I will need and what happens when I go to the race?

Firstly you need to check whether it is "pre-entry" or enter on the day. Most pre-entries are now done online - for all details check the Fell Runner Assoc website. Occasionally there will be a race that is still organised in the traditional way with sending a cheque and stamped addressed envelope to the organiser - I kid you not! If it is enter on the day - you turn up and fill a form in at registration - make sure you have details like your car reg and an emergency contact number to hand. If the race is not flagged details will be available in advance (usually on a website) of the checkpoints you must visit on the route (you can go anywhere you like in between).

All FRA races have a mandatory kit requirement (see the FRA website) so make sure you bring the kit to each race (even if it is baking hot) - only in the Short races is there any leeway. At registration there will be useful details about kit requirements for the race, a map of the course, and weather forecast and hopefully a huge box of safety pins as unless you are one of those very organised people you won't have any.

3.What does everyone do in that hour before the race?

Most people like to allow about an hour before they race (winter league make that half an hour as it's too bloody cold to hang about). This allows time for deciding how many layers to wear (usually involves at least 3 changes before the start), packing your bumbag with any kit requirements (see FRA website), warming up (aim for at least a 10 minute jog), and a bit of fellrunning banter - where many a top fellrunner will claim how unfit/injured/full of cold they are before sprinting off into the horizon at the start.

4. Will I come last?

This is highly unlikely and not to be fretted over. Even if you do come last you will get the biggest (genuine) cheer/clap and at some races even a prize. The good thing about coming last in a race (I write this from experience) is that it does make you realised that it's not worth worrying about, there are far worse things in life and it's definitely not a reason not to do the race in the first place. And anyway as I said it is highly unlikely anyway! There are currently 80 year olds who fellrun and one intrepid chap has been running with the aid of a crutch at several races this year, so that gives you an idea of the

"depth" of the fellracing field.

5. Which shoes should I wear?

This one could fill a whole page and if you are interested in the ins and outs of fellrunning gear then speak to some of the more knowledgeable people in the kit department - Lee Procter (Mr Inov8 Kit), Dave White (Mr Kit-Loan Store Cupboard, Carrie Gibson (Ms Kit Style) to name a few, or for the more eccentric among you - speak to Rick Stuart or Brian Thompson (see 101 uses of a fell race number)! For shoes I would just say 3 things: 1. Grip 2. Comfy but 3. Snug fit with laces double knotted. And try them out beforehand!

Lastly, people often say that fellrunning is one of if not the most friendly competitive sport there is. In 15 years of fellracing I can honestly say that it is the like-minded people and the banter, the support you get from everyone, the camaraderie and the post-race beer/tea/cake that have kept me returning time and again. If you like the sound of all this, then go for it, you will get a buzz like no other, although I can't promise there won't be any pain involved you will smile about it afterwards and you will more than likely be back for more. Also we always need "My first fell race" contributions for the magazine!



Many race prize-givings take place in the pub: post-race beer/tea/cake

GETTING INTO FELLRACING—LIZ ADAMS



My first experience of fell running was standing shivering on the sidelines of the Scout Scar Winter League in 2014. I was merely a spectator then, I had just started going out with an amazing guy who was (and still is) a great runner, and so began my journey to becoming a fell runner.

Fast forward one year, same location, same time of year and still shivering but this time on the start line ready to run my very first race. My biggest fear was coming last. I had been working all year on increasing my running capacity. I started by doing laps of Abbot Hall Park and then progressed to running through Serpentine Woods and onto Kendal Fell. I also entered Kendal 10k road race and Beetham Sports; although I was right at the very back I was never last. It was the start of something new, something that I found enjoyable, something that I could get better at.

Throughout those first few months I chipped away at improving my running skills and had a go at some of the Winter Leagues, entering only three races from the calendar. I was still terrified of coming last and desperately wanted to improve. That's when I decided that I needed a challenge, that's when I decided that I need to enter... a marathon! If I could run a marathon I could do anything... well that's what I thought.

Fell running then became my training ground. I went out on the fells with my partner in the evenings and at weekends. I started running longer distances running on tougher terrains. I even started running in the dark!

Pushing my boundaries I entered even more races, a mixture of road, trail and fell. I can remember my first experience of Heartbreak Hill at the end of the Bendrigg 10k. In addition to this I ran my first half marathon in that year and competed in the Kendal Mountain Festival race which has its first climb up Beast Banks in Kendal, did I mention I have a phobia of hills?

April 2015 arrived and I had once again completed a range of Winter League races, other events from the FRA calendar also grabbed my attention and I once again broadened my range. I was running in some stunning landscapes. Seeing locations that I had never visited before and most probably would never had visited if I hadn't taken up running.

At the end of April my marathon day arrived. I lined up outside the Blackpool Hilton with hundreds of other runners ready to start. There was a 14 mile an hour headwind but other than that the day was dry and not too hot.

Five and a half hours later, after being sent the wrong way by a marshal and having to back track to pick up the correct route, I crossed the finishing line and picked up my T shirt and neatly packaged medal.

I hobbled back to the car feeling sore and broken. I removed my medal from the package only to discover that they had given me one for the half marathon! I must admit I was ready to cry by this point and will be eternally grateful to my partner Leigh, who had also completed the race, for walking back and changing it for me.

I have progressed further in my running so much since those days. This year I have embraced the fells as my favourite style of running. I have completed races such as Weasdale Horseshoe, Kentmere Horseshoe, Merrick Hill and Wansfell Trail Race to name but a few. I have joined Helm Hill and met so many like minded individuals; people who get the same pleasure from the fells as I do. I have even met and spoken to Joss Naylor my fell running hero.

I am still worried about coming last but part of me doesn't care as long as I have fun.

I LOVE FELLRUNNING BECAUSE….

An exhibition by Matthew Cannon

Photographs by Matthew Cannon. Matthew lives in Staveley and recently graduated with a degree in photography from The University of Salford.I Love Fell Running was Matthews final degree project

"I Love Fell Running" is a body of work that explores the niche sport of fell running which has been taking place for over 150 years and operates under the radar of the majority of the population. An exploration into why like minded people participate in the unique sport of fell running. Understanding people's motivation to go out onto to the fells and endure the tough terrain and conditions and how it brings together people from diverse backgrounds.

Contact: Email – matthewcharlescannon@yahoo.co.uk



IT GIVES YOU A UNIQUE SENSE OF FREEDOM
AND CONNECTION
WITH NATURE
AND THE OUTDOORS



I ENJOY EXPLORING
NEW PLACES
WITH MY
FATHER



I DON'T HAVE TO EXPLAIN
MYSELF
TO ANYBODY



IT GIVES ME INSPIRATION
FOR MY WORK
AS AN
ARTIST



I LOVE DESCENDING
THAT FEELING
OF ONLY JUST
BEING IN CONTROL



IT TAKES ME TO ANOTHER
PLACE
AND HITS
A BIG RESET BUTTON



IT APPEALS TO THE
NON CONFORMIST
STREAK IN
ME



IT TAKES ME OUT OF DAILY LIFE
AND PLACES ME COMPLETELY AT EASE
AND CONTENTMENT
WHILST OFFERING A CHALLENGE



THE FEELING OF ACHIEVEMENT
SATISFACION
AND EXHAUSTION.
A TIME TO BE ALONE OR SHARE WITH
LIKE-MINDED FRIENDS



IT IS ABOUT MOVING
THROUGH
WONDERFUL LANDSCAPE

I DIDN'T KNOW THAT!

Competition

Simply draw a line between the Helm Hill Runner to the fact about them. We haven't even had to make any of this up! More in next edition

Played an executioner in school play!



Qualified Chicken Judge





Once got drunk with Denis Waterman from Minder

16yr old golf prodigy (4 handicap), destined to become a pro golfer but couldn't cope with the fashion



Ali Richards

Rachel Slattery

Peter German

Ben Proctor

Lorna Askew

Dave Appleyard

Jo Wilcox

Caroline Holden

Karl Mason

Kieran Hodgson

Lee Proctor

Jonny Marchant



Once just before racing at a large agricultural show I had to use tractor grease (taken from under the wheel of a tractor on show) to prevent nipple rub as I forgot my vaseline!

Played clarinet in the Steamer Street Stompers jazz band





Keeps bees

Threw a jacket potato at Bobby Davro whilst drunk in Bahrain





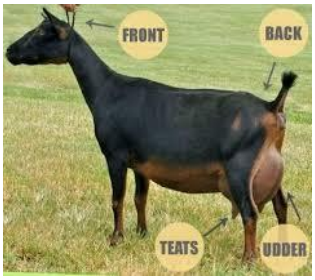
Helicoptered off from the British Relays 2007

Won a pet competition aged 12 with Samantha the sheep who would walk to heel





Played football at Wembley



A dab hand at milking goats

FELL FASHION



CAPES! GOLDEN CAPES! FOIL CAPES! It's all capes this winter. Hannah and Jos were snapped at the annual Montagne Moda event of the year in Italy wearing the in thing. Everyone was wearing them apparently.







Shaun's Short Shorts

Planet X are now doing Helm Hill coloured bikes to go with your Citroen car!





As seen on TV! Mark Addison featured on BBC Countryfile

Ladies V40 Billy Bland Challenge—Jo Wilcox

The Billy Bland Challenge – the view from Leg 2!

Last December Kath Aubrey posted on the Helm forum suggesting a ladies attempt on the Billy Band Challenge. I was not aware of this team relay version of the Bob Graham Round but was soon keen to be involved. 5 paired legs, with the route to be run in under 24 hours during the month of June. There were soon a number of people interested and it was apparent it could be a ladies Vet 40's team.

The preparation



Fairfield summit with Jayne

Then commenced the preparation – occasionally involving prosecco and nibbles (what's not to like). Kath looked at our strengths and abilities and the nature of the five legs and a plan was formed. Inevitably there were changes as people's other life commitments or injury meant having to re organise who ran what leg. We were all encouraged to go on as many recces as possible to aid familiarisation and add to the team support.

Myself and Jayne Rigby were to do Leg 2 - approx 14 miles from Threlkeld to Dunmail Raise. As the whole challenge was starting at midnight that was likely to be a 3 am start. I relished the challenge of exploring a new area. I was unfamiliar with the first half of the leg and it had been 20 years since I had last been up Helvellyn.

We managed a number of Leg 2 recces – one complete one, just me and Jayne in low cloud, taking us 4 hours 30 which stood us in great stead. We also had a number of shorter runs to look at specific areas where we knew navigation may be a challenge or there were alternative route choices. Some key memories of these reccies were Caroline and I trying to keep up with a joyous Rachel as she skipped through the deep snow in a white out on the Helvellyn plateau, whilst passing walkers in full winter gear (it was minus 10 on the summit that day!). Jayne and I repeatedly trying to find the best lines off Nethermost Pike and Dollywagon and never working it out. Going for an early morning run before work to Dollywagon – I wasn't sure my body would like running in the early hours so thought I should practice – and coming across a young American bloke bivvying by Grisedale tarn who wanted to know if I could report that there was a dead sheep on the fell! I seem to remember calling back to him something about it being 'all part of the circle of life'.



Helvellyn summit with Caroline

Despite the general spring weather, once the snow eventually went, being quite good it became comical that whenever I went out with anyone the tops were always covered in cloud. I'm determined at some point to do the route in fine weather and see what views I missed. This did however mean that bad weather and mist then held no fear – Jayne and I had reccied different lines and alternative routes and chosen the ways we thought would best suit us. I'm better at starting strong and then can lose my mojo towards the end and Jayne is the reverse so we determined to draw each other on in our weaker times.

We met a few days before the planned challenge day considered the timing sheets with splits that Kath had given us; pored over the map and plotted compass bearings with mounting excitement.

The day

Jayne and I parked my elderly camper on the access road to Clough Head at 8 pm on the Friday evening. We'd eaten and prepared all our kit and food for the next morning. By 9 we were cosy in bed and determined not to natter. For the next six hours we both lay there silently convinced the other was asleep – no such luck adrenaline was putting paid to any of that! We met with Kath and David at Threlkeld at 2.30am and started studying the flanks of Blencathra. The summits were in cloud but we could see head torches periodically, and each time wondered if this would be Kate and Ali. We cheered a number of people through, doing their Bob Graham Rounds, including Lee and Fi Marley Patterson. Then it was our turn and we were off – taking over from the other two at 3.50. By then nearly light so we did not need to carry

our headtorches. Off up the grind of Clough Head into the by now expected clag. We picked off the summits like a well oiled machine. Jane would run ahead to a summit, I would shout out the time which she would record as I set the compass for our next bearing and ran past her in the, hopefully, correct direction. Jayne and I had decided early on that we must not chat during our leg. For two reasons: one – if we were able to chat we weren't pushing hard enough two – in my experience it's whilst chatting that most of my navigational errors take place. We stuck to our plan and managed to beat the time splits set out on our schedule for each summit. On dropping down to Grizedale tarn we at last had some visibility – however being able to see that slog up to Fairfield after already running ten miles didn't feel so good. This was where Jayne took the lead and dragged me on. I was stumbly and a bit dejected coming up to the ridge to Fairfield summit but Jayne was pressing ahead encouraging me all the way. We summited Fairfield and knew we just had to keep at it – down to the col, up Seat Sandal (whose summit seems to get further away every time I do it) and then a glorious early morning descent out of the clouds to Dunmail Raise. Jayne was flying by this time and I had to hold on to her coat tails and just let go as much as possible. I arrived over the stile and stopped with huge relief only to be told by some nice Helm Hillers that I was at Fi's support car and Carrie & Kath were waiting for the baton on the other side of the road – blind panic and thankfully a clear road got me safely to our waiting team and off they went on Leg 3. We'd finished in 3hrs 45.



Marie spots a good line (or maybe something on David's knee)

It's very odd finishing at 7.30 in the morning – the rest of the day was a bit of a blur. Tea, food, more tea, and attempt to go up Langdale valley to accompany Lyndsey with a water drop for the others only to realise I needed to stop! Home, shower, 3 hours sleep, then back up to Keswick to meet up with the others and watch as our leg 5 runners Sharron and Sarah came in, accompanied by Kath along the road section – she had also Run leg 3, and been there at the start of everyone else's legs – don't know how she did it. We'd finished in 19 hours 43 minutes. What a great day to be part of Helm, such a great club!

The team

Leg 1 – Kate Simpson and Ali Richards, Leg 2 - Jo Wilcox & Jayne Rigby, Leg 3 - Carrie Gibson & Kath Aubrey, leg 4- Marie Robson & Amanda Burrow, Leg - 5 Sharon Hutchinson & Sarah Senior. One of the greatest things about doing the BBC was the team spirit. It's challenges like this that allow people from across the range of running abilities to be fully involved in an event. And it wasn't just the 10 runners on the day. This could not have happened without someone driving it (Thanks so much Kath for dedicating so much to organising and supporting us all), and a whole host of reserves and supporters (specifically David W, Emma G, Rachel S, Caroline H, Lindsey H, Emma). We had loads of people join in with recces and help with route choices/ lines. The other great thing was the support of the wider team from Helm as with having two club Bob Graham rounds happening on the same day there were an awful lot of club supporters and family in evidence.

Some of the stats

1982 Billy Bland completed his individual Bob Graham Round in 13hours 58 minutes.

Billy Bland Challenge:

2011 Helm Hill ladies get the new ladies record of 21.48, Dallam Vet ladies team establish a new record of 23.59

2013 Dark Peak establish a new ladies record of 16.04

2016 – hotly contested year when both Keswick men and then Ellenborough are the first to break the 13.58 record.

2016 Helm Hill Vet ladies establish a new ladies Vets record of 19.43.

STILL TO COME IN 2016…..

CLUB PRESENTATION NIGHT: December 9th (date change) at The Box, Kendal College Arts venue, nr Castle Dairy. See website for more details and tickets etc



HELM HILL XMAS FANCY DRESS RUN:

December 17th from The Riflemans, top of Beast Banks

Start making your costume now!

Top tip—make it waterproof, or at least consider what it would be like to run in when wet through!

COMING UP IN 2017…..

2017 KWL

DIFFERENT STROKES
PAINTING & DECORATING

Not long to wait now until the 2017 Kendal Winter League kicks off at Scout Scar on the **first Sunday in January**, then mostly weekly till end of March culminating in the league presentation race and cake fest.

If you've never raced before the KWL is a great way of getting into fellracing. All races are flagged and open to all. Seniors race anything from 2 - 5 miles, from hard cross-country to gnarly (but low-level) fells. Junior races shorter. Junior races from noon (U12,U14,U17), senior races follow around 1pm (Note: Last registration for seniors is 12.45). 7 races from 11 to count for senior series, 5 from 10 for junior series - points mean prizes. Runners from over 30 clubs took part last year but you'll see the same friendly faces at each race. More details on the website under Races.

12 races, 1 winter, approx. 480 mins of fun What's not to like?!





CARNETHY! 2017



Sat 11th Feb 2017
entries open on SiEntries Jan 7th-13th





FRA CHAMPS 2017

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

2016 saw great performance in the FRA English c& British champs. Not only did we have multiple medal winners but we also had fantastic turnouts from the whole club which importantly helps to increase valuable team champs points and really raise the Helm Hill profile.

HelmHill is affiliated to the FRA so paid up members do not need to be individual FRA members to qualify for champs (although you do get a quarterly mag if you are). Lets make 2017 even better! Get your diaries out, here's the official FRA champs races: **English Champs 2017:** **British Champs 2107:**

Distance	Race	Date
medium	Long Mynd Valleys	Sunday 26th
short	Barnoldswick Weets	May 27th
medium	Tebay	June 17th
long	Wasdale	July 8th
long	Castle Carr	Sept 3nd
Short	Great Whernside	Sept 23rd

Distance	Race	Date
Short	–Donard Challenge–	April 8th
long	Stuc a Chroin	May 6th
Medium	Tebay	June 17th
Short	Maesgwym Muddle	August 12th

BOFRA CHAMPS 2017

The British Open Fell Runners Association organises a series of short, steep, traditional fell races, often at shows and shepherds meets. This years BOFRA championship comprised 15 junior races and 16 senior races. The 2017 races will be on the bofra website usually in April. Whilst non-members are more than welcome to enter these races, you must be a fully paid up member of BOFRA to claim championship points.

LAKELAND CLASSICS 2017

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

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

Long A: Three Shires, Borrowdale Horseshoe

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

SUMMER HOLS 2017—La Christolaise? - Rob Blythe

If you are looking for a summer race in the Aps, this could be the one for you. Run in the Ecrin National Park in the southern Alps (think going from Grenoble to Briancon and you'll be in the right area); with 3 race distances available on the same day (short 12Km/900m, 20Km/1700m, 40Km/3300m); great prizes (there is one for every competitor who stays for the prize giving) and a great feel - low key but lots of on the course support from French nationals. I have done it for the last 6 years and run both the medium and long. The routes are all flagged albeit not that frequently. The climbs are big(the long goes to 2600m or 8500'), the descents long and fairly rough, the scenery stunning. You can enter on the day except for the long which has to be entered in advance either on the website or at the tourist office in St. Christoph. The area offers amazing walking, running, cycling (think iconic big climbs from the Tour de France),mountain biking (both cross country and downhill) and skiing to make it a great family holiday. **THE ONE PROVISO IS YOU NEED TO BE A UK ATHLETICS MEMBER OR HAVE A DOCTOR'S CERTIFICATE and everything will be in French. YOU DEFINITELY WON'T BE DISAPPOINTED.** http://www.berarde.com/en/events/christolaise-race

JUST GIVE ME THE #$@%& DIBBER! - A round-up of Helm Hill injuries



After surviving the double-whammy of Tussocks & Chasms From Hell at The Merrick race the first aid tent almost ran out of ice packs at the Hodgson Brother Mountain Relay:

- Kieran took a nasty fall in full flight near to the end of Leg2. A worried looking race partner Shane blurted out 'Ooh that looked bad!….Give me the dibber!' 1 x jiggered ankle. 1 x jiggered knee.
- Tim Cowin and Nigel 'freefall' Wood managed to set the fastest time of the day for Leg3 even with a bit of roly poly tumbling by Nigel. 1 x jiggered ankle.
- Tom and Rick were abducted by aliens on the final descent on Leg1 and some time later deposited 300m away from where they should have been. Rick then promptly clonked his ankle before having to climb 3 walls to get back to the correct route. 1 x jiggered ankle.
- Leg4 came up with a nasty surprise for Jos Addison whilst on a recce in the form of a protruding, rusty, metal spike on the path up Dovedale. Unfortunately Jos wasn't wearing his steel-reinforced sole fell-shoes. Tetanus injection and a week off running needed. 1 x jiggered foot.
- Peter G was taking in all the tips and good lines on the Langdale recce in preparation for the impending English champs race. Should have been looking at the ground as well. 1 x jiggered ankle.



101 THINGS TO DO WITH A USED RACE NUMBER:

No63. Emergency Race Hat

Ever turned up at an FRA race with a buff/wrag only to find that it doesn't pass the FRA kit rules as a 'hat'? Protest as much as you like that a buff with a knot tied in it / doubled over with a twist / safety pinned / gaffer-taped together etc etc functions the same as a hat but you'll still be spending £10 at Pete's van on another hat like the one you have at home rather than in the pub later.

Worry no longer! Scrabble around in your race bag and dig out the last 4 race numbers*, pin or gaffer tape** them together and hey presto, with a quick bit of origami, you have an FRA rule compliant hat!***

*they'll be down there somewhere amongst the old gel wrappers and socks from the last race
**never go to a race without gaffer tape
*** this may not be true









I'VE RECCE'D IT—FOLLOW ME!

Keep those misendeavours rolling in!

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

2015 Defending Champion is Tom A

Driving to the English Championship counter Sedbergh 3 Peaks race it was noted that Hannah's Dad seemed to be driving in the wrong direction with a determined look on his face….the reasons became clear when in the race field over the tannoy there was a request if anyone had a spare pair of size 5 shoes. More specifically 'a size 5 right shoe'. **Hannah** had brought 2 left ones with her! Thankfully Dad-to-the-rescue arrived in the nick of time and all the adrenalin paid off for Hannah as she became English under 20 champion!

Jo W arrived at Steel Fell without her shorts but managed to borrow a rather large, but oddly fetching, baggy pair from Scoffer and had resigned herself to ridicule. To the rescue came Mr Inov8 himself and dug out some spare ones in his car. Again the adrenaline seemed to pay off as Jo had a great run and finished 3rd!

Unlikely things heard at the Helm: **Billy** at the end of training one night "Never mind all this running chat, c'mon Von we need to get back for Bake Off!"

Cathernine Niblock had a good recce of Langdale Horseshoe and got all the lines nailed. That'll come in handy when they do the race in reverse on the 100th anniversary as she went around it the wrong direction.

Tim delightedly announced that after some tough negotiations he had managed to secure a bargain entry fee of £5 for Helm Hill members at the mountain festival trail race. A rather hurt voice then piped up "Any way we can get our money back then?" **Lee P**

New members James Leigh (is it James or is it Leigh?) Baron and **Liz Adams** have been frequent racers this season. Not sure Liz has always shared James's enthusiasm, a couple of examples being at Grasmere where she collapsed after finishing and was heard to say "I think I'm dead", and a race report from Merrick with the following extract " then we crossed the River Styx and entered Hell. The final descent totally destroyed me and then after surviving all that there was an uphill finish, up the biggest goddam hill I have seen, I am broken... out of order... just leave me to die!"

Being a bit of a fair weather camper **Dave A** looked into some budget accommodation options for the British relays. He was delighted to discover that Loch Lomond youth hostel is only 3 miles or so from the event and had beds available at a bargain price, so duly booked his place. Slight problem being that it may only be 3 miles but that is as the crow flies across the water, it actually being an hour detour to drive round. "I've contemplated taking the canoe" reported Dave.

The late night shananigans at the British relays are a little hazy to say the least but points must be awarded to **Adam Perry and Pete German** for cycling the hotel rickshaw around the carpark with British champion Lou Roberts as a passenger in the early hours. Not sure she was impressed when they ended up in a heap in the hedge. The rickshaw was last seen cycling down the road with someone saying "shouldn't we have some lights?"

Adam was then a little disorientated and staggered back to his van. Whilst falling into a hedge Adam had the unfortunate experience of a rather uncomfortable "wedgie" with his under pants which he then proudly showed off to Marcia before trying to climb into bed in Paul and Marcia's van.

The next morning saw both **Pete and Adam** emptying the contents of their pockets in search of their bank card/wallet and then emptying the contents of Adam's van. 5 points to Pete and Paul, 10 to Adam

Hodgson Brothers Relay: After reccing the short Leg1 route 4 days earlier **Rick and Tom T** had it all memorised. So did **Seb and Michael G** who were just ahead. They can all confirm that the never-yet-tried experimental final descent route is much slower and should never be tried again.



Paul Aitken suffers a wardrobe malfunction at Blisco



Autumn caption comp: Send your entries to newsletter@helmhill.co.uk

Domesticated Animal Corner



Spring Caption :



"..oh is that Rylan from #XFactor "

"If you get my racket & head band out I am ready to play, who's serve was it again?"

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

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

Want to see something / contribute something?

Recipes/Misendeavours/Poetry……..

All suggestions / contributions welcome.

Send to: newsletter@helmhill.co.uk

Deadline: end of April 2017

Pics

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

RacingSnakes: racingsnakes.com

Dobo: Fellrunner.net

Woodentops: Woodentops.org

Grand Day Out: granddayoutphotography.co.uk

Sport Sunday: sportsunday.co.uk