Helm Hill Runners

SPRING Newsletter 2018



Helm women on top form !

English Champs Race 1: Womens Open Team 1st Place, V40s 3rd place



English Champs Race 2: Womens Open Team 1st Place, V40s 3rd place



CHAIRMAN'S BIT—TIM MURRAY



Well the sun screen was out on Sunday for the second English Champs race of the season. It doesn't seem that long ago that we were all huddled up against a wall in driving snow waiting to be counted through for the Winter League Race at Giggleswick! Once again the #greenmachine was out in force and competing strongly throughout the field. We are often the Club with the most runners at some of these big races which is brilliant to see, and the high turnouts have been matched by some brilliant individual and team results across all age categories.

As always it's been a busy start to the year and a massive thanks must go out to the army of supporters who help to make things happen…….the regular events like the Winter League (record numbers of runners again this year), the Howgill Race, Club training nights on Wednesday and Mondays, Committee Meetings etc as well as all the other things; the Ireland trip, navigation sessions, race recces, downhill only races, uphill only races (no flat races yet?), junior events etc, that make this such a great Club to be part of.

As we all know it's not your last race that matters but the next one so it's important that we keep moving forward and developing as a Club. That's why it's so exciting to see that Helm Hill will be hosting its first senior FRA Championship race next year. Thanks to Adam P's hard work the Howgills Race has been chosen as part of the series in 2019….and we will also be organising one of the Junior Champs races. Also great to see a new race on the calender this year……Jonny G is organising the Brunt Knott race…. and Roger and Kath A. will be taking on the historic Lakeside-Gummers How race on behalf of the Club. Lots of opportunities for Club members to volunteer to help out!

Hopefully you all took advantage of the early bird membership offer……..but if not, it's time to bite the bullet and join as soon as possible (before Yvonne and Marie start compiling lists!). I hope you see the membership fee as good value for money. There's a brief breakdown of how your money is spent inside the newsletter…..so if you have any feedback, make sure you let me and the Committee know!!

Happy Running!

CAPTAIN'S BITs—KIERAN HODGSON & SHARON TAYLOR



SHARON:

Firstly, a massive thank you to all the Helm Hill ladies who have made my job of being ladies captain very easy. Keep up the good work of entering races promptly and racing hard for those team positions!

2018 has started as I hope it will end with lots of individual wins and team successes. A couple of standout performances for me so far have been Imogen Burrow as U20 Cumbria XC Champion and overall winner of the KWL (good luck in your A-levels and we hope to have you back racing for us soon), Bianca Dyer who had an amazing run to finish 3rd V40 in the opening British Championship race and new member Kelli Roberts who won 5 of the KWL races and has been a key part of our championship teams. Current team standings in the Championships are as follows:

English Champs

Open women - 1st team (1st Edale & 1st Clough Head)

V40 women - 3rd team TBC (3rd Edale & 3rd Clough Head)

British Champs

Open women - 2nd Ireland

V40 women - 3rd Ireland

These results reflect the growing number of Helm Hill ladies racing and show the importance and contribution that every single runner makes to the team result. A race which really demonstrated this was the British Champs race in Ireland where we finished 2nd team with Catherine S, Sharon & Jenny R but it was the efforts of Bianca, Hannah & Rachel Simpson that pushed the 3rd counter from Carnethy even further down the field to beat them by 1 point. So, if you ever think we don't need you to run, think again, we do!

Keep up the good training, stay injury free and enjoy the rest of the season



KIERAN: So a lot has happened since the last publication. We ended 2017 on a real high with our club hosting a very successful FRA presentation night. It really highlighted all the support and hard work our members are prepared to put in. I felt very proud to be Helm on the night! The icing on the cake during that evening was scooping so many awards. We actually got team medals in all categories with the exception of the male vet 50 team which narrowly missed out. Again the spirit in our club has been clearly demonstrated in their desire to change that this season. They have certainly started strongly with excellent representation at all the championship races so far. Of course we have now set the bar really high and we will all have to work really hard to build on that success.

I would like to pay special mention to my new fellow captain, Sharon Taylor. She has made a strong impression so far making sure that everyone is well informed of important upcoming events and entry dates. Coupled with this and a winning desire I am sure she will continue to push us in the right direction. I have been particularly grateful of this as I have felt that I could step back a little bit and concentrate on getting myself back from long term injury. In the last few weeks I finally feel as though I Have turned a corner and as this goes to print I am looking forward to standing on the start line at the English championship race at Cloughhead along with so many of my team mates. The last 9 months has felt like a very long time!! However during my comeback months I have enjoyed racing alongside different faces in the field. I have to say I have witnessed some strong performances from our junior members. I have been impressed with their effort and I would continue to urge them to turn out in senior races where they can. This undoubtedly provides them with invaluable experience for their future fell running careers.

Finally I would like to wish everyone a fantastic summer of running. Hopefully we are celebrating another successful year by the end of 2018…



JUNIOR COORDINATORS BIT—LORNA ASKEW

See Junior Update page

UPCOMING EVENTS

MAY 20th Sedbergh BOFRA race. (see Junior Update page)

May 25th etc Junior Fell Outings (see Junior Update page)

31st May. **Killington Sports**: Enter everything (fell race, 100m, 400m, egg'n'spoon race, sack race, mtb race, C&W wrestling, pillow fight and the infamous 800m in the semi-dark) from 6pm till 11pm all for a £5 and win cash prizes. What's not to like?

JUNE 5th Navigation session (run by Catherine Niblock)

JUNE 15th Senior (o/17) Handicapped time trial up Arrant Haw on evening of 15th June. Might be a BBQ at the Sedbergh Golf Club. It'd be the same as the one Ben organised. Team race of 3 with one person from each group - Russ's, bill's and project x. Best time wins a homemade cake

JUNE 17th Brunt Knott race 17th June. A new Helm Hill production courtesy of Johnny Grisedale.

See later in the is newsletter and on website for Club /BOFRA/FRA champs races

Advanced warning: April 2019: Adam's monstrous Howgills Fell Race is an FRA English Championship race next year. Either start training now or bagsie one of the marshal positions to guarantee a good excuse (Crook summit already taken).



JUNIOR COORDINATOR'S UPDATE

Now the 2018 Kendal Winter League has finished, what next??

There is plenty!

The BOFRA season starts on Sunday 20 May, with its traditional first race at Sedbergh.
See www.bofra.org.uk for the list of 2018 races, and please bear in mind that distances/ascents given for races refer to the Senior courses. Junior courses will be shorter! Ask a coach if you need more info about BOFRA races but I can tell you now they are friendly, similar to KWL in difficulty, and there is a T-shirt at the end! (complete 8 races to qualify for a BOFRA 2018 T-shirt).





BOFRA is a series that will keep Juniors racing throughout the summer months…

Helm Hill Junior Club Championship

…however, should there be a racing gap in your calendar, then check the Helm Hill Junior Club Championship list to see if your child is on track for completing seven of these races by the end of the year. See the Races tab of www.helmhill.co.uk for a copy of the club championship booklet (senior club championship details are in this booklet too). There will be a special momento for all who complete seven races; these will be presented at the club Awards evening at the end of the year.

Giggleswick KWL, Elterwater KWL and the FRA Blacko race were all junior club championship races. The FRA Malham race and the well-loved Killington sports are the next two.

Don't forget the **FRA Championships**! Many thanks to the Juniors, and their parents, who have been to these races so far this year. To track individual progress in the FRA league, and the progress of Helm Hill as a club, see the Felljunior part of the FRA website.





There was general agreement amongst Junior coaches that Helm youngsters represented the club strongly in the **KWL** this year. A lot of you raced, and it was great to see your determination. Well done to Sarah Smith who took the U13 Girls league trophy, Ollie Sanders who won the U15 Boys league trophy, and Finley Grisedale who received the Junior Endeavour Award. (See KWL Round-up feature)

For more information about racing, take a look at our "**Junior racing guide"** (original by Duncan Richards, recent updates by myself) – find it at the very bottom of the Helm Hill website home page.

Junior Fell Outings 2018

Following on from last year's success, I will be putting on a calendar of club junior fell excursions again this year. Last year's ended with hot chocolate, a Helm Hill Christmas goody bag and Helm Hill cookies (thank you Karl) after the final run of the year on a bright, icy day, taking in Potter tarn and Brunt Knott.

Although Helm Hill cookies will not feature every time, there will be refreshments at the end of each run – for the adults as well as the Juniors. Parents are very welcome indeed; you make the excursions so much easier and allow options for different Junior capabilities to take different routes/do more/do less.



<u>Junior Fell Outings 2018</u> (for level 2 groups upwards)

Fri 25 May evening;	Winder and Calf, start and finish Sedbergh
Sat 23 June morning	Kentmere Pike, from Longsleddale
Fri 13 July evening	Helsington church – Scout Scar
Sat 15 Sep afternoon	Great Rigg – possibly Fairfield, start and finish near the Swan Inn, Grasmere
Sun 28 Oct morning	Silver How, start and finish White Moss carpark
Sat 15 Dec morning	Potter fell, start and finish at the bridge North of Staveley (Kentmere)









Meanwhile the dates and venues of the FRA National championship 2018 races ;

25 March	Todd Cragg, Ambleside
14 April	Blacko, near Preston
19 May	Malham Kirkby Fell
26 May	West Nab, near Holmfirth
16 Jun	Clougha Pike, near Lancaster
30 Jun	Up the Nab, near Glossop

We are fortunate this year that four FRA championship races are within reasonable travelling distance. With one of the best Junior sections of any fell running club, our youngsters' chances are good in these races!

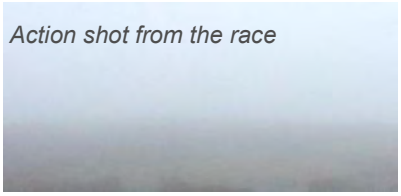
As always, thank you to parents for your support – driving, paying, doing the washing and providing emotional back up for your children.

British FRA Champs, race 1: Mourne Highline

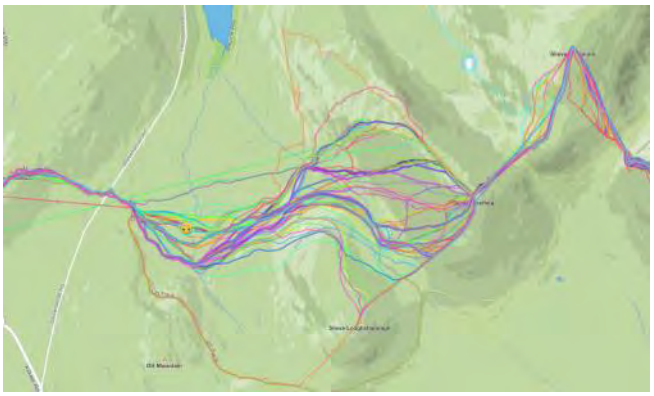

Pic:Tim Murray

29 Helm Hill Runners made the trip across for this years British Championship opener and what the organiser promoted as 'a magical mystery tour of the Mourne Mountans'! Unusually the race was a 'point-to-point' "..designed as a journey through some of the high places in our local mountain range. The course has something for everyone from grassy climbs, to rocky descents, to airy ridges we offer to you a real slice of adventure wrapped in this medium length race."

From the NIMRA report: "The safety briefing would be the first opportunity to hear terms like 'pea souper', 'proper clag' and other various descriptions of fog/mist that would involve many people trying to work out how to use a compass."


Action shot from the race

Leaving the sunshine of the town of Newcastle we were bussed to the start along what should have been a very scenic drive up to Spelga Dam in the mountains. However on disembarking the buses the immediate challenge was to try and stay warm with a cold damp wind whipping off the water across the start area. 10m visibility meant the next challenge was to find the start line!



285 'chilled' runners headed off up in to the mist with compasses out. (hitherto unheard of) The route to the first control offered numerous route choice after the road-crossing (see strava pic) with no obvious line so immediately the field was split and people found themselves running alone in the mist 1 mile into a championship race!. Nerves were settled beyond the first peak as the middle section of the route followed the Mourne Wall but adrenaline was soon flowing again on the final, long descent down the clag-bound, broad, twisting spur off Commedagh. This would prove decisive **WITH HELM'S JOSH JARDINE ENTERING THE FINISH FIELD OUT OF THE MIST TO WIN!!**

>>>>>>>>>>>>>>>>>


Pic:Ricky Cowan

Massive congratulations to Josh! On top of that Helm mens team secured 3rd team place, the womens open team secured 2nd place and womens vet40 team 3rd place.

We all had a brilliant time courtesy of the organising team, O'Hares pub and the YMCA accommodation across the way from the start/finish field. It's fun to stay at the Y-M-C-A. .It's fun to stay at the Y-M-C-A.....





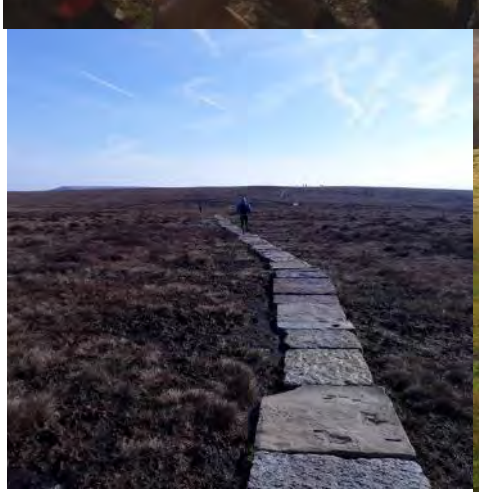
English FRA Champs, race 1: Edale Skyline

30 Helm runners made the long journey to the peaty Peak District for the first race of the English Champs—a dauntingly runnable 24 miles around Edale Skyline in mid March. The sun shone and the bogs were mostly dry and everyone had a great time (for about 16 of the 24 miles). The women secured maximum team points to get a great start for the 2017 Open Womens Team English Champions. Great support out on the hill from Kieran (his two bags of sweets didn't last long), Sally O and Tim M


Pic:Rick Stuart




Pic:Tim Murray




Pic:Tim Murray

English FRA Champs, race 2: Clough Head

Phew what a scorcher! A great turnout from Helm on a hot sunny day. The Open ladies won the team points with Kelli, Hannah & Sharon and provisional calculations have the V40 ladies as 3rd team with Bianca, Marie and Kate Simpson....brilliant to see new names in the V40 team! We think the Mens Open team were 2nd with the V40s 2nd! Some outstanding individual efforts too with Lewis Bowness 1st U18 (a great run in his first FRA senior championship race) Hannah Russell 1st U23w and Josh Jardine 1st U23m.


Pic:Tim Murray


Pic:Paul Dobson




Pic:Tim Murray

2018 has also seen a welcome return to racing for Georgia Stevens and Kieran..




Pic:Ian Race

RACING SHORTS



Wadsworth Trog- Sharon wins a fine Pennine gruelling 18mile snowy bog -fest in Feb.



The Fellsman: Well done to Rachel Slattery in the 61 mile Fellsman - 3rd Lady and 43rd overall - fantastic achievement .

Coniston Fell race and a super 4th for Ben Procter and Jack Simpson 16th. The 17km **Kentmere Trail race** was also taking place and saw a win for the speedy Chris Richards who finished 2 mins ahead of the field.

Anniversary Waltz & Teenager with Attitude Brilliant results for Helm with Kelli Roberts 1st Lady in Waltz, Paul Aitken 4th male in Waltz, Rob Jebb 1st male, Adam Perry 3rd and Sharon Taylor 1st lady in Teenager (Was that a team prize?).

Wray Caton Moor witnessed a win for Adam Perry and a men's team prize with Sam Moon and Paul MacFarlane,

OMM-lite long score event a win for Emma Jennings and Caroline Wade



BOB GRAHAM ROUND

Pete Rigby

News just in that Pete Rigby completed his BG round in 21hrs 20 on May 8th. Well done Pete!



WEDDING SHORTS





CONGRATULATIONS

LEE & ANGELA!

From all at Helm Hill Runners



Howgills Fell Race





Adam's Howgill Fell Race took place in mid-April with a small army of Helm marshals dotted over the fells. Now in it's 2nd year it's reputation as a brutal new 'classic' was not diminished. It now has two fantastic team trophies designed by our own Jo Cater and fittingly were won by both Helm men's (Rob Jebb, Josh Jardine and Garry Beardwood) and ladies (Sharon Taylor Hannah Russell and Jayne Rigby) teams.

It's been chosen as an FRA English Championship race in 2019 so bag your marshalling job now or you'll be racing.







My first ultra - (Frances Biggin)

For some reason that is lost to me now, I decided that 2017 was going to be the year that I upped my game and completed an Ultra. Now, I am not a 'good' runner; I'm certainly not fast, I am ill disciplined, I don't take kindly to training programs, I don't race, and I really only run when the fancy takes me. So why I decided that an Ultra was an achievable goal for me I don't know, but I did. I decided that my target was the 36 mile SBU35 in August which follows a one-way route from Bassenthwaite Lake, along Derwent Water, over Honister, along Ennderdale and out to the coast at St Bees.

I did try and follow a training plan, I even bought a book on how to run your first ultra which contained all sorts of great sounding advice on how much to train, what to eat etc. Needless to say I followed very little of this advice but I did at least try to up my mileage each week on a long run. I did some fabulous training runs on all sorts of different routes. My favourite was on holiday in Northumberland - a one-way run along the coastal path from Berwick to Lindisfarne to meet my wife who had driven there with the dog.

By the time August came around I hadn't done anywhere near as many 'long' long runs as I should have. The furthest I had ever run was 24 miles which was considerably earlier in the year in March. And to top it off I had been feeling ill for a couple of weeks following some orienteering in Scotland. I went to the doctors and they suspected it could potentially be Lyme Disease so I was put on a course of antibiotics. Not the best preparation for an Ultra.

Never-the-less I decided that I had my heart set on this race and I wasn't going to let a little thing like a lack of training or feeling a bit rubbish stop me. So, on the allotted weekend we drove the caravan over to St Bees and I went off to the school hall to register and go through the kit check. I tried to get some sleep the night before but I was so nervous that I think I just lay there worrying about how far through the run I would get before someone told me I was going too slow and would have to drop out.

Once I was on the coach to the drop off point at Bassenthwaite my nerves suddenly disappeared, I realised that all I needed to do now was run to the finish. I'd done the hard bit, all the worrying and the training, all that remained was to run to Saint Bees. So that's what I did, and I had an absolute blast. I cannot describe how much I enjoyed the whole experience!

I met another lady at the start and we set off at about the same pace (very slow), we chatted away and other runners joined and left our little group as we trotted through the first 11 miles along Derwent Water. The weather was fine, not too hot and a little breeze to keep us cool when the sun did come out, and the terrain and navigation was easy going. The first checkpoint was in the village hall at Rosthwaite and was themed as a birthday party, so I loaded up on cake, filled water bottles and set off for the climb up Honnister. This was the bit I had been dreading, I hadn't done anywhere near enough training up long climbs. But it turned out not to be a drama at all. I set off at a brisk walk and just stomped all the way to the top. Coming down the other side was NOT fun though, anyone who has been down loft beck will know it is fairly steep. Anyone who knows me will know I am not a confident descender. So it took ages.

Once we were back on the level we set off at a trot again along Ennerdale towards the second checkpoint at the Field Centre. This CP was themed as cowboys which was a bit surreal, but the enthusiasm of the marshals was very welcome. I took a couple of moments to sit and change my socks before setting off again. This part of the route wasn't particularly exciting compared to the rest of it, and I soon realised that forestry track is not fun to run along – it looks the same for miles!

While we were climbing out of Ennerdale towards Dent Hill I realised that this was the furthest I had ever run in my life and I was still going. This gave me a very welcome boost as I was starting to flag a little and feel the effects of running non-stop for hours on end. Dent hill was a welcome landmark when we finally reached it as we knew it was downhill from here to the finish which was only 6 miles away – just an easy Sunday run! It took forever. The last 4 miles were the slowest 4 miles I have ever hobbled in my life, they took an hour and a quarter and seemed like they would never end.

But end they did - on a sports field at St Bees school with a cheering crowd and a tannoy announcing our finish time. I will admit to a tear being shed at the sheer relief of finishing, and the enormity of what I had accomplished. I had finished my first ever Ultra, 36 miles in 10 and a half hours.

I can thoroughly recommend trying an Ultra. It was an amazing experience and I genuinely enjoyed it - the camaraderie of the other runners, the enthusiasm of the marshals at the CPs, the sheer joy of running through the hills. And if I can do it, absolutely anyone can!



Crossing the finish line with Lou who had run the whole way with me, and the dog who had run about 100m across the field!

2018 KWL



DIFFERENT STROKES
PAINTING & DECORATING

KWL Round-up

Seniors: **Men** 1st Mike Ainsworth **Women**: 1st Imogen Burrow, 2nd Bianca Dyer 3rd Emma Johnston
U21 men 2nd Jacob Aubrey **U21 Women**: 1st Imogen Burrow
V40 Men: 3rd Jacob Dyer. **V40 Women**: 1st Bianca Dyer 2nd Ali Richards
V50 Men: James Baron
V60 Men: Brian Thompson
U17 Girls 2nd Maia Doherty, 3rd Becky Dyer
U15 Boys 1st Olly Sanders#U13 Boys 3rd Joseph Rigby
U15 Girls 3rd Elodie Malcolm
U13 Girls 1st Sarah Smith, 2nd Elise Tallon

Ken Shuttleworth Endeavour Award—Finley Grisedale
(see next page)



Senior: Men 1st Mike Ainsworth

Women: 1st Imogen Burrow







U13 G 1st Sarah Smith, U15B 1st Olly Sanders



<<<<<<<< The 2017/18 KWL series T-shirt.
Set to become a classic. Thanks to Dave A.

>>>>>>>>>>>>>

Vet75 KWL stalwart Dennis Wood (Borrowdale FR) supplied custom-packaged sweets for all the Junior winners at the series end to celebrate his 75th birthday. What a star!



Ken Shuttleworth KWL Endeavour Award



Hello, my name is Finley and I run for Helm Hill. I first started running about 2 years ago with my Mum and Dad, at first we would just do a one mile jog once or twice a week. We always knew about Helm Hill Runners but never thought to join as I was not a strong enough runner in the beginning, but my Mum and Dad were. When I was a strong enough runner to run 3 miles with ease, we decided the time was right to join the club.

I started to do Kendal Winter League in January 2017 (which was only a few months after I joined Helm Hill). My first Winter League was Scout Scar in the under 13 category. Now this year I'm in the under 15 category which admittedly, when you are used to under 13 races, is a lot harder. All the races were hard for me this year, as they start getting longer and faster, but you need that as you get older and your muscles start to develop more. I was upset, but a little bit glad, Cautley Spout was cancelled as I do quite enjoy it but the big climb of Barbondale was in the league so I got to do that.

Although, my favourite Winter League has to have been Scout Scar because it is all runnable but with a nice climb right at the start, and what goes up must come down, so that makes the down hill awesome. My least favourite race is Barbondale because of the climb, but again that makes for an amazing down hill. The only problem was that it was so cold on the day this year I think I had used most of my energy keeping warm, so by the time it came to the down hill I had no energy left to run it fast.

At the end of Winter League I was proud to receive the Ken Shuttleworth Endeavour Award. I am sad never to be able to meet the founder of Helm Hill, Ken, who we lost a couple of months back but very proud to win an award he founded. The endeavour award is given out to people who try their hardest, run the most they can, do as many Winter League races as they can, always have a smile on their face and understand that it's not all about winning.







KWL Comments & suggestions.

Best Bits: :)

"Ben Smith in his dressing gown" - anon

"From the bogs of Whitestones, to the descent of Barbon the KWL is just the jewel in the crown of Helm HIll races. Love it!" - Lizzie Adams

"Becky Willoughby filming" - anon

"Excellent series of races. Helm Hill are to be commended for their development of juniors. Excellent HH camaraderie - even for non-HHR."

"Suggest a lump sum payment for KWL e.g. 8 x entry fee which would even out for some doing more, some less"

"Ben Smith in his dressing gown" - anon

"KWL is a brilliant series of races with a rich mixture of styles. KWL bridges the gap between seasons with a great new year wake up to bodies after Christmas excesses. Thanks to all marshals in this great series with fun for all the family"

"Your race results service this year was amazing. Results were sometimes posted before I got home" - Jill Gates, Settle Harriers.

"Ben Smith in his dressing gown" - anon

"I like the steep hills and my favourite race is Longsleddale" - Simon Rigby

"Running up the really steep hills" - Vicky Woof

"Getting filmed" - anon

"It has got me fit for the spring/summer races and gave a purpose to cold, wet, snowy Sundays in winter. Many thanks for great organisation." Jo Taylor, Bowland FR.

"Alex Tallon in his onesie" - anon

"It was my first year at KWL. Sometimes it was freezing (Giggleswick) but brilliant anyway!" - Megan Harris

"Registration at Arant Haw was fantastic" - Megan 'Chief Registrar' Harris

This comment from the U15 boys refering to U17 girls has been removed as it does not meet our community standards.

Worst Bits :(

"Running up Barbondale!" - Katie Lowis

"Cleaning the kit!" - anon



Thoughts on the KWL



Shirley and Eleanor King; 2 days after Elterwater KWL race;

My daughter, Eleanor, is 8 years old and joined Helm Hill running club in October last year. This year, she was delighted that she was old enough to take part in Kendal Winter League. She has really enjoyed taking part in the races which score her points in KWL, and is enjoying getting closer to her Helm Hill Half Colours.

Eleanor particularly impressed me at the Elterwater race where she competed despite initially not wanting to. Eleanor has written the follow about her experience...

"When I walked the course, I was feeling like 'Eurgh!' because it was boggy and steep. When I got back down again, I didn't want to do the race because I'd thought I would have slipped, but all my family and friends kept on saying 'you can do this!' So, by the start of the race I decided to give it a shot.

I was right, it was very boggy and super steep, not to mention that there were loads of rocks. I nearly fell into a hole but I managed to keep my balance.

At the end of the race, all I could hear was cheering, cheering and even more cheering! At the very end, I had a big, fat smile on my face!"

Eleanor is now looking forward to the KWL prize giving at Arant Haw, and needs to complete only two more races to receive her half colours. She loves running with Helm Hill, has made lots of friends and I'm impressed with the skills she has developed - both physical and mental.

QUOTES FROM ANNA STEVENS, COACH

"I have been so impressed with the high percentage of children in my group taking part in races."

"Eleanor is a gutsy give it a go girl and always has a massive smile."



Sedbergh Disappointment—Lindsay Harrod

I knew Id have to miss one of the KWL races (hillwalking trip to Scotland) so I looked at the KWL list and the choice was easy—Sedbergh! Id run at Sedbergh several times and the weather has always been grim and conditions underfoot gave 'muddy' a whole new dimension. And then there's the water jump which is much more like a man-eating deep mud plunge pool. A submerged 'Geraldine (Dawn French's character in the Vicar of Dibley). I was pleased—a perfect excuse to avoid the mud-fest of Sedbergh this year.

I went to Scotland and had a fantastic weekend climbing snowy mountains BUT I was most miffed to discover that this year the sun had shone at Sedbergh and it was not even muddy because the ground was frozen. And WHATS MORE the dreaded water jump was not used as it was frozen!! That's really not fair.

YOUTUBE-TASTIC



The fun, joy, pain, sweat and mud of this years KWL can be endlessly relived on YouTube thatnks to the efforts of Becky Willoughby and occasional helpers. Every race was filmed and endless hours spent video editing to get the Junior and Senior videos up for viewing by runners, family and friends.

We asked Becky what made her stand on a cold, often wet hillside for hours on end on a Sunday when she could have been drinking tea in the warm.

Out in the cold - Becky Willoughby

This winter I have experienced almost every kind of weather whilst videoing the Kendal Winter League. At times I have lost the feeling in my fingers, squelched in my wet socks or been up to my knees in mud. So why on Earth do I do it?

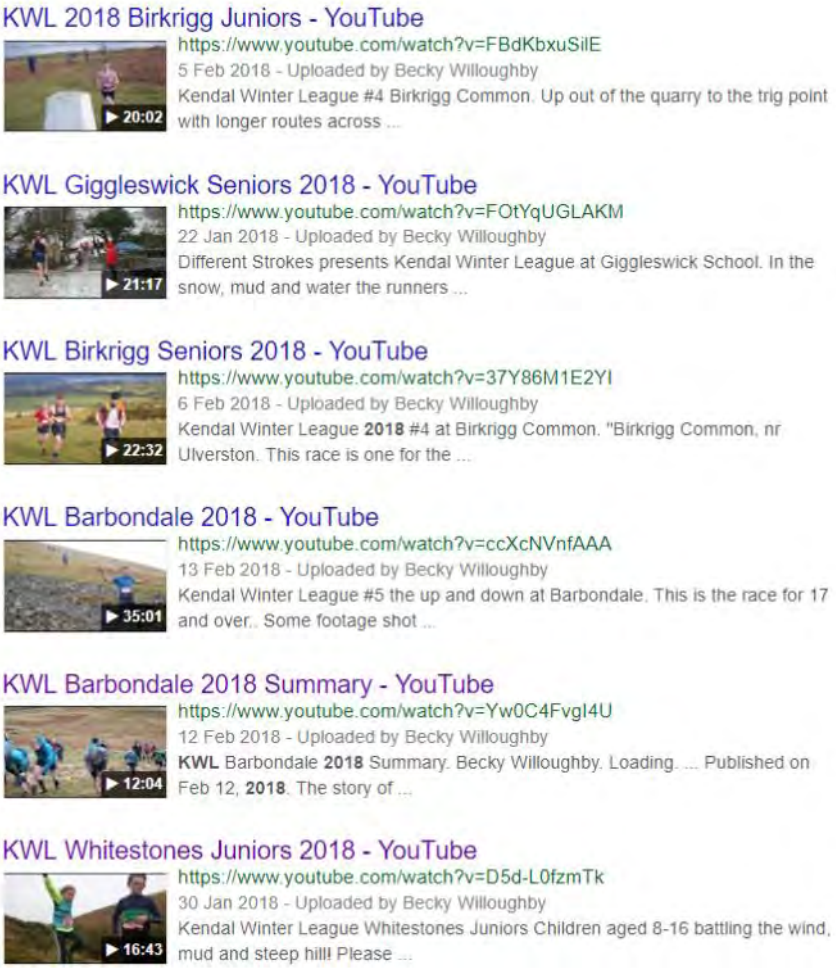
I was injured in January, so my idea of giving fell running a second chance had gone for this year's KWL. Instead I decided to film Oliver in his races. Then it just kind of snowballed and after just filming the juniors I added the seniors. Not only that but I went to races when Oliver wasn't even running.

People were telling me how much they enjoyed watching their own races (and improving their technique!). I was introduced to people as the lady who filmed the races that were shared to friends and family. Becoming known as the "YouTube lady" only took a few races.

Not being a runner myself I didn't know many fell runners outside of the junior side of the club. Since filming the races I have got to know so many more people both from within Helm Hill and from the other clubs.

It's been a great opportunity to improve my filming and editing as well as making me feel more of a part of the club. Not only that but hopefully I have been able to spread the word about what a wonderful sport fell running is and hopefully gained more recruits.

Just watch out at your next race I maybe there with my camera to capture the ecstasy and agony of fell running…



CLUB NEWS: WHERE DOOES YOUR MONEY GO?



By Tim Murray

One of the main roles of the Helm Hill Committee is to make sure we spend your membership fees in the right way. Jo G is our Club treasurer and does a great job in looking after the accounts and keeping us on the right track (navigation is as important here as it is on the fells!). This has become even more important as the Club has grown and we agreed at recent meeting that it might be useful to give members a brief overview of how your money is spent. So here it is!

As a Club we have three main sources of income……The Races we organise, sponsorship and membership subscriptions. Out of this we have to pay certain fees to the FRA, England Athletics, and insurance premiums so that we can function as a Club. The rest of the expenditure is largely discretionary and we try to ensure that as many members benefit as possible. The main areas of expenditure include

Winter League Presentation and Prizes. This is one of our main events and we want to make it a good one. This year we have invested in new trophies and we always try to make the prizes something to remember. (The agan to Dave A for this year's Bobby Dazzler T.Shirt!). We have frozen race entry fees for the last 3 or 4 years to try to encourage as many runners to take part as possible…..especially juniors!)

Helm Hill Presentation Night - our end of year bash where all tickets are subsidised by around 70% for members

MInibus Hire - The Club pays for minibus hire to some of the key races where we have lots of runners taking part. If you're on the bus you just make a contribution to the fuel costs which is great value providing you don't mind travelling everywhere at 60mph.

Coach Development - this is critical to the success of the Club. We have set aside funds to support anyone interested in taking a Level 1 Coaching Course. We will refund the cost of the course providing you then commit to coaching at the Club for at least 12 months. Let us know if you are interested! We also support Coaches who attend workshops and invest in new equipment when needed.

Relay Entry Fees - we pay all Entry fees for members who participate for the Hodgson Brothers and British Relays. Last year we had 78 runners competing across the two events.

Helm Newsletter - We have the best fell running Newsletter in the world! (probably). We could just send it out online but feedback suggests that people like to have a hard copy so we provide this free of charge.

Junior Outings - Lorna organises a number of junior trips throughout the year. The Club pays for food/drink and venue hire. This is an important part of Junior development.

Sports and Social - The Club will support events for Members...eg Christmas Run etc Let us know your plans!

Venue Hire - The Club covers costs of Venue hire and meeting rooms e.g. the use of the Football Club on Wednesdays to that we keep the cost of training down to a minimum.

Charity Donations - We make regular donations to Charities often at the request of landowners and other organisations who support the Winter League.

Each year our income matched our expenditure (or thereabouts) so we pretty much spend what we bring in. If you want a closer look at the numbers the Minutes of Committee meeting are freely available from Bill C our Club Secretary and if you want a closer look at the accounts just get in touch!



R.E.D.4GREG—Simon Blunden

I joined Helm Hill Running Club relatively recently (August 2017) and have really enjoyed the combination of challenge and camaraderie. It has fired up an already smouldering passion for running, I started running about 10 years ago while still in London with some modest 2 - 5k laps of the local park. I didn't get serious about running until moving to the Lakes in 2009 however, first Keswick (continuing those laps around the park, this time Fitz Park with the brooding bulk of Skiddaw replacing the endless three-storey terraces of Hackney), then Kendal where I began to introduce some climbing. Meeting some fell runners broadened my horizons and I started to run off road and quickly became addicted to the sense of freedom and adventure that this brought. I've now run quite a few events including the LT Coniston marathon (twice) and Loch Ness marathon most recently.

Despite the deepening grip that running has taken of me, until now I've never run more than three times a week, even when in marathon training. It was therefore a bit of an experiment to take on "RED" (run every day) January this year. As I'm sure is the case with a lot of the readers of this newsletter, we have small children and have decided to work for ourselves. These factors bring both challenges and opportunities to setting yourself the goal of getting out at least once a day, whatever the weather.

To begin with, a minimum three mile distance seemed manageable. I then set about getting out every day of the rather miserable and relentlessly dark January. By the 27 / 28th I was really looking forward to February, but then on the first day of the new month a strange and unexpected feeling overcame me; not relief and a desire to put my feet up, but rather an itch that could only be scratched by lacing up the running shoes... I then set myself the vague challenge of "well I'll see how far I can push this" and kept it up for another couple of weeks. Before long, when I told people what I was doing, they asked "WHY?" or "WHAT FOR?". I hadn't given it much thought, but one morning on a long run the idea came to turn it into a fundraiser and support a charity that is important to me: Muscular Dystrophy UK.

The son of close family friends of ours, Greg Savage, was diagnosed with Duchenne muscular dystrophy in September 2015. It is a condition which causes muscles to weaken, stiffen and waste over time, leading to increasing disability and there is currently no cure. Research into the condition and medical trials have however yielded some promising results and so I have set myself the ambitious fundraising target of £5,000 - equating to approximately 30 days' research. To match the ambition of the fundraising target, it seemed right to raise my sights for my running goal for the year and so have now added an annual target of 2,000 miles (averaging about 5.5 miles a day). I'm now 125 days in (just over the third mark) and have now run 903 miles and climbed 97,825 feet, so well on target, provided I don't get ill or injured...

I'm keen to make the challenge an interactive and social experience, so will be looking to run with as many different people as possible. As well as breaking up the tedious solitary miles, I'm hoping that this will enable me to learn new routes and potentially find out about events that I might otherwise miss. I've got a run arranged with Tim Farron on 10th May and there's a possibility I might get to run with the Brownlee brothers later in the year, so watch this space.

Find out more

If you want to keep updated with the challenge, the best way is to like and follow my Facebook page: www.facebook.com/RED4GREG I've also set up a Twitter account, and if I can get my head around using it, I'll be posting quick updates, photos and information about events on there too: @RED_4_GREG I've also found Strava a good way to share my progress, and I've really appreciated the support I've had from fellow Helm Hill runners: https://www.strava.com/athletes/3500865



If you are able to donate to the campaign, you can do so by following the Just Giving link below (alternatively you can search "RED4GREG" to find it):
https://www.justgiving.com/campaigns/charity/muscular-dystrophy/red4greg
It is also set up as a campaign which means that people can become

supporters by doing their own events and using the "Start Fundraising" button on the right hand side of the page.

Architecture workshops
When I'm not running around I am an architect (partner at Miller Clear Architects LLP www.millerclear.co.uk / www.facebook.com/Miller-Clear-Architects) Another idea for fundraising is to offer an "Architecture Workshop". In exchange for a donation to the R4G campaign, I would visit your home and give you a free hour of ideas and advice. This would provide anything from interior design and lighting ideas, improving the energy performance to reduce bills, or a complete renovation and extension to transform your home. Feel free to spread the word to your family and friends and I look forward to hearing from you!

Highlights so far
Followers of my Facebook page may already have heard this story, but there have been many enjoyable moments of the challenge so far. Celebrating the 100th day with a coffee morning launch at Slate in Kendal preceded by a fun run around town with friends and family was one particular highlight. Another came very recently when I seized the opportunity to run with living legend and personal inspiration. I was taking part in the "Finish For Matt" event on 26th April that began at the 22.5 mile mark and ended at the finish line of the Brathay marathon to commemorate and raise money for Matt Campbell's campaign following his collapse at the London marathon. It was a charged experience, with some words from the family read by the organiser Kingsley Jones before a one minute silence. Like many others I found it hard to know what to feel, the usual excitement of being part of a large event tempered by the solemnity of the occasion. Starting the run at the corresponding point where Matt collapsed added a real poignancy, and I don't think I'll be able to pass that point (on foot or in the car) without returning to that event.

I finished quite near the front and was keen to get back to help with the evening routine at home so set off at a good pace enjoying the evening sun. Coming into Clappersgate I spotted a familiar figure making their way towards the finish. Wearing a cap and using poles, face set in determination not to miss the party, it was none other than Joss Naylor MBE. Stomach a-flutter I decided I couldn't miss the opportunity to say hello to the legend, and so I ran with him for a while, just long enough to say what an inspiration he has been (and how our son is also called Joss - not a coincidence)

Milestones ahead
I have a few additional milestones planned to spice up the challenge, most significant of which will be my first ultra event in the form of the 33-mile Keswick to Kendal run on Saturday 28th July. The small-scale and recently established event will raise money for the Batemans Trust, a charity that supports the most disadvantaged children and young people in Chennai, South India. The route can be seen at the following link: https://www.strava.com/routes/495214 and anyone interested in joining me can talk to me at the Wednesday evening training sessions.

I'm also considering running the Kielder marathon on 7th October if there is still any gas in the tank at that point...

Finally I'll be meeting up with Greg and family plus a few other families in Anglesey for New Year's Eve where I hope to finish the year with a group run and Greg will join us for the last mile as part of Muscular Dystrophy UK's campaign to "Move A Million Miles For Muscles" http://www.musculardystrophyuk.org/get-involved/events/move-a-mile-for-muscles/move-a-million/

So I've got a lot to look forward to as the year progresses, I'll finish with another thanks to everyone at the club for making me feel so welcome and supported!



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07887 952725
01539 724286
5 Earle Court
Kendal
Cumbria LA9 4SF

CRY Screening—Lorna Askew

Cardiac Risk in the Young

I urge any Parent with active children to seriously consider taking their youngsters to a CRY screening. CRY heart condition screenings are available to all young people aged between 14 and 35 years.

Having been in a race in which a young runner sadly collapsed and quickly died due to an undiagnosed heart condition, plus the recent tragic news about Matt Campbell, thoughts turn to Helm Hill's hard-working Junior runners, and other Juniors in the running community…

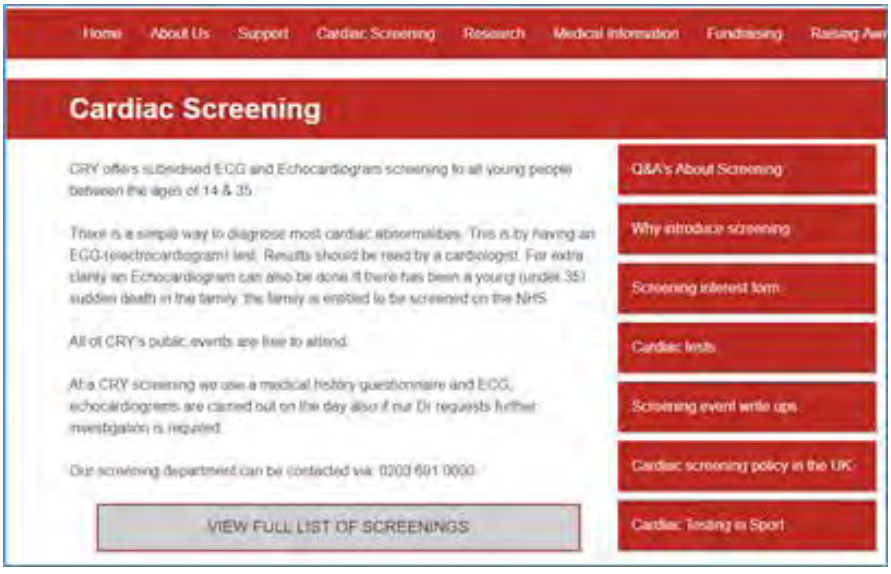
Here are some excerpts from Professor Sanjay Sharma on www.c-r-y.org.uk

Why get tested? I am told there is nothing you can do for me if I am identified.
Professor Sanjay Sharma's answer; "The antagonist could argue that screening for cardiovascular disease is a waste of time because once a disorder is identified, nothing can be done to prevent sudden death. I need to wipe these types of statements out, completely abolish them because there's a lot that can be done otherwise there'd be no point screening.
We can actually prevent deaths and this has been shown internationally, certainly in athletes where a 25 year screening programme performed in the Veneto region of Italy has shown that death rates were reduced by 90% over a 25 year period in individuals who had been screened.

There's a lot that can be done and this can range from lifestyle modification, drug treatments and internal cardioverter defibrillators. In some cases, we can do radio frequency ablation with electrophysiological studies and some may be amenable to cardiac surgery."

Does playing sport cause sudden cardiac death?
Professor Sanjay Sharma's answer; "There is a relationship between sudden cardiac death and sport. However, it is important to emphasise that sport is good for the heart. Sport reduces the risk of high blood pressure, it improves cholesterol levels and generally, it reduces the risk of someone dying from a cardiac problem. Indeed, people who play sport on a regular basis live an average of six years more than people who don't play any sport at all.

However, if an individual that plays sport harbours a condition that's capable of causing sudden cardiac death – such as hypertrophic cardiomyopathy, arrhythmogenic right ventricular cardiomyopathy or a blocked artery – then sport is three times more likely to kill that individual."



Visit http://www.c-r-y.org.uk/ Click on "Cardiac Screening" then "View Full List of Screenings" to find a session near you.

If a session is full that you would have liked to book, fill in the form at the bottom of the session page to register your interest in that venue.

Thank you, Lorna Askew.

JUNIOR CLUB CHAMPIONSHIP RACES 2018

Sun 21 Jan - Giggleswick Kendal Winter League

Sun 18 Mar - Cautley Kendal Winter League

Sun 25 Mar - Todd Cragg, Ambleside

Sat 14 April - Blacko, near Colne (Lancashire)

Sat 19 May - Kirkby Fell at Malham

Thurs 31 May evening - Killington Sports www.killingtonsports.org.uk

Sun 3 June - Coniston Gullies (organised by BOFRA), Coniston

Sat 16 June - Clougha Pike, near Lancaster

Sun 17 June - Helm Hill (organised by BOFRA), Kendal

Thurs 26 July - Ambleside Sports fell race www.amblesidesports.co.uk

Sun 5 Aug - Farleton Knott (organised by BOFRA), near Kendal

Sat 8 Sep - Great Westmorland Trail race, Crosby Garrett near Kirkby Stephen www.howgillharriers.co.uk

Sun 18 Nov TBC - Arnside Knott, Arnside

*Information may be posted on the Helm Hill website and Facebook group page about start times etc. of races but please look up race times and details on the Internet yourself to help your planning, and at any time you can ask the club Junior Co-ordinator Lorna Askew or speak to your coach if you need any further info. Any pre-entries are the responsibility of the runner/runner's parent(s). Juniors need to complete a minimum of 7 races from the list above to count in the final championship points table - special memento for all who complete 7 races

SENIOR CLUB CHAMPIONSHIP RACES 2018

12th Jan 6.30pm - 7.00pm - Howgill uphill time trial
(Helm Hill Runners only) - pre entry on HHR face book page

17th Feb - Bleasdale Circle (pre - entry)
5 miles / 1250 ft

4th March - Loopy Latrigg
Details TBC

31st March - Dungeon Ghyll
3.5 miles / 2100 ft

7th April - Coledale Horseshoe
8.5 miles / 3002 ft

3rd June - Coniston Gullies BOFRA
1 miles / 900 ft

Yikes!

10th June - Howtown
13.3 miles / 4593 ft

4th July - Reston Scar Scamper
3.7 miles / 988 ft

22nd July - Coniston County Fair
6 miles / 2402 ft

19th Aug - Sedbergh Hills
14 miles / 6004 ft

8th Sep - Great Westmorland Trail Race
(pre - entry cheaper) 8.1 miles / 1312 ft

10th Nov - Dunnerdale
5 miles / 1804 ft

*Runners responsibility to check start times, date changes & pre-entry information

FRA CHAMPS 2018

FRA Senior Championships 2018—Full details in FRA Handbook and www.fellrunner.org.uk.

Distance	Race	Date
Long	Edale skyline	11th March
Short	Clough Head	6th May
Long	Buttermere Horseshoe	23rd June
Medium	Kate Burge Sea-To-Summit Fell Reace (IOM)	14th July
long	Turner Landscape	Aug 11th
Medium	Cautley Horseshoe	15th Sept

Distance	Race	Date
Medium	Mourn Highline. NI	14th April
Short	Tal y Mignedd. Wales	9th June
Long	Buttermere Horseshoe	23rd June
Medium	Ben Nevis	1st Sept

FRA Junior Championships 2018

These are competitive (as a national championship series) only for the U13, U15, U17, U19 age categories. An athlete's best 4 performances from any of the 6 races will determine their championship score.

U21 FRA Open Championships

No details from FRA yet. Check www.fellrunner.org.uk

Date	Race
March 25th	Todd Cragg (Ambleside AC)
April 14th	Blacko, Lancs (Trawden AC)
May 19th	Malham (KCAC)
May 26th	West Nab (Holmfirth AC), also Yorkshire Junior Champs
June 16th	Clougha Pike (Bowland Fell Runners)
June 30th	Up the Nab (near Glossop), and Junior Inter Counties competition (Buxton AC)

BOFRA CHAMPS 2018

The 2018 races will be on the bofra website usually in April

HELM PROFILES—KELLI ROBERTS


Kelli at English Champs: Clough Head. Pic:Russ Cannon

Q: 1 When did you join Helm Hill and why did you join? I joined Helm Hill at the start of this race season because it was my local club and the training seemed Fell specific which is what I need!

2. What do you consider to be your greatest running achievements so far? (Big and/or small!) Starting up running again! I hadn't really considered it much since stopping around 15 years old – It has been great to get out on the fells again after living down in Bristol for such a long time!

3. What have been your favourite races and why? Such a tricky question! Ennerdale last year was the first Super long I had ever done… it was an epic, gruelling battle in horrendous conditions… I loved every minute of it! I was so chuffed that I made it round. It made me realise that anything is possible if you are keen enough. Since then I have started really enjoying the super long races. I love that you get to spend a full day out running in the hills! - But after saying all that I genuinely just love racing!

4. What is a typical training week for you? I still don't really have one! I got into a bit of a routine over winter but its all change again now its race season. I will try to maintain Wednesday nights at the Helm and will continue to run during the week as much as possible (this can be anything between 15 and 45 miles a week). I try to climb at least twice a week but this is slowly becoming less common as climbing goes from inside to outside in our rainy climate!

5. What are your future running goals/ambitions? Just to keep running and racing – trying to stay injury free!

6. Name a person/people in the club that you admire . There are so many! Since joining Helm it has been inspiring to see how keen everyone is. The winter leagues are a great example of this with everyone happy to muck in. If I had to mention specific people, it would be those that I know from my younger days who are still running now. I have a huge amount of respect for those that have managed to stick with the sport through the years.

7. Any top running tips that you would give to a younger runner in the club? Don't train too hard!

8. Any racing advice you would give? Try as hard as you can and never give up

9. How would you describe Helm Hill in a few words? An extremely welcoming and friendly club that know how to make the most of the local hills!

10. Anything else you would like to add? Now that the race season has started – COME ON HELM- Lets have it!

HELM PROFILES—JAMES LEIGH BARON



Q: 1 When did you join Helm Hill and why did you join? I joined in the winter of 2015/16. I had done a few races unattached and some of the organisers said I should join a club. I picked Helm Hill as I had done a few Winter League races and everyone seemed friendly.

2. What do you consider to be your greatest running achievements so far? (Big and/or small!) Oh dear; it must be my ability to get completely lost and actually enjoy myself.

3. What have been your favourite races and why? I like any fell race but I always look forward to the start of the Winter League. They are friendly races with minimal travel, plenty of competition and great training for the season ahead.

4. What is a typical training week for you? At the moment I have shin splints so it's going with the dogs for a run and a stretch. Normally I would try to run a couple of times a week and race at the weekend. As I do quite a few races I count them as speed work. Training with the club on a Wednesday is good if you want to build strength but sometimes just like to run. I also mix running with cycling.

5. What are your future running goals/ambitions? Compete in the Winter League as a veteran 70.

6. Name a person/people in the club that you admire and give reasons. Billy Procter & Brian Thompson, 60+ and still fast; it's not a gift these people put in full effort!

7. Any top running tips that you would give to a younger runner in the club? Just go out and enjoy yourself. I spent a lot of time when I was younger mentally beating myself for not doing well enough; if you're happy and relaxed you go better.

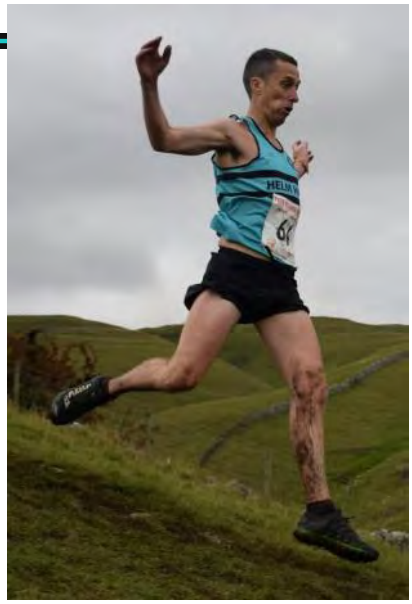
8. Any racing advice you would give? It's not where you start its where you finish; don't set off too quick (unless it's a 100m sprint).

9. How would you describe Helm Hill in a few words? Full of good people

10. Anything else you would like to add? My children don't understand me when I tell them what I am doing at the weekend, the usual response is 'why would you'; it's good to mix with likeminded individuals! Thanks everyone for being so good!

BILLYS DOWNHILL TRAINING—Caroline Holden

An enormous thank you to Billy for the best downhill tuition sessions I have ever received (and they were free!!). From 'mice to men' comes to mind as our confidence increased with every rep. When descending difficult terrain, thinking that the legs are going like lightening, an encouraging voice behind says 'well done you are nearly fast!'. There is clearly 'improvement needed' but I am going in the right direction - downhill and at speed - but lengthen those strides! Looking forward already to any other structured training sessions the club is able to offer as Billys sessions were, for me, invaluable.



2017 Club Champ Paul Reilly showing how its done



JOINING HELM—Tom Ward

I used to be with the Kendal athletics group but then I decided it wasn't for me as I'm a type of person that likes running on the fells.

I have been with Helm Hill for a good few months know and I love it!!

Everyone is so friendly and so supporting.

CLUB COLOURS

Congratulations to those who've gaining their club half-colours already:

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.

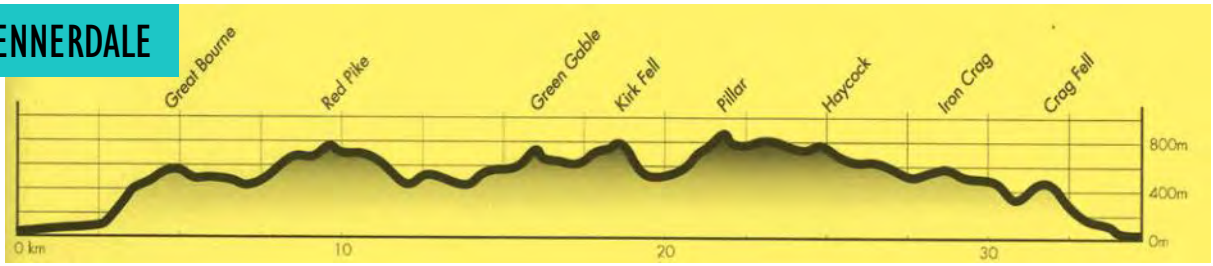
<u>JUNIORS</u>
Alicia Crawford, Thomas Hearn, Ella Martindale, Finley Grisedale

<u>SENIORS</u>
Lizzie Ann Berry, May Crawford, Joanne, Grisedale, Jonny Grisedale, Wendy Smith, Vicky Atkinson



The Grisedale Family all gain their half-colours

LAKELAND CLASSIC: ENNERDALE



4 Minute Ennerdale

Article by Race Organiser Colin Dulson Email: Colin@berrison.com

Someone has to put forward the proposition and set down the challenge for others to step up and beat.

People had been trying for years to break the four minute mile before Roger Bannister, supported by Chris Brasher and Chataway, posted 3.59.4 in 1954. Within a year four other people had posted under 4 minutes, all because someone proved it possible.

So what was the Ennerdale proposition and who put it forward?

There are accounts going back to the early 20th century of scouting and rambling groups seeing it as "A challenge" to complete but no one was keeping time. In 1962 two people from the West Cumberland Ramblers "wrote up the route" including Great Gable, taking 14 hours and 2 minutes, but included "halts" for refreshment. In current times these "halts" along with Great Gable are omitted from the Horseshoe Race, unless exhaustion or poor map reading dictate otherwise.

When questioned, the two original ramblers said, "We except that a good fell racer could probably knock two hours off our time but think that the 14 hours is quite a good average time" and that they would "like to hear from anybody who can complete the same walk in less time".

The challenge had been set and later that year on October 7th Billy Stainton, "wasting no time over meals and breaks", completed the route in 8 hours and 52 minutes. Billy Stainton, known as Bill to us, has gone on to marshal on the first race, run in the second race in 1969 and has been a marshal ever since and to this day, mostly on Red Pike.

Forward to 1968 Joe Long and Frank Travis of the West Cumberland Orienteering Club proposed a route that is still the current route (give or take a few detours) and asked a fell runner known as Joss to test out the route. He suggested it would take about 6 hours but he soloed around it in around 5 hours. On June the 8th 1968 Joss Naylor won the first race in 4 hours and went on to win the first 9 races.

The Ennerdale times got quicker. Joss broke the 4 hour barrier in 1970 in 3.53.20. Chris Brasher comes back into this story at this point as he became a very strong supporter of Joss, and obviously influenced people to break records to come in under 4 something? For men, the times peaked with Kenny Stuart in 1985 at 3.20.57, with Billy Bland having run 3.21.04 in 1980 and Simon Booth coming close in 2000 with 3.21.24. With slight variations being made to the route over that period it is difficult to split these amazing times. The female record set by Janet McIver in 2008 stands at 4.01.33.

So, it's now 50 years since this race was proposed and run officially . . . well 50 ish!

It depends if you count the one year cancelled for foot and mouth and the one year cancelled for lack of runners. So I've decided to take the mid ground and say 2018 is the 50th year. Ennerdale Brewery have also decided to support this view and produced a special 50th Anniversary ale to help celebrate, so if you turn up as spectator or runner you will be able to partake.

Thousands of runners have now climbed, scrambled, bog-trotted, dehydrated, cramped, got lost, spat, sworn, laughed and occasionally run around the 23 miles and 7500 ft that is the Ennerdale Horseshoe. But fell runners are a strange but glorious breed. This is exemplified by runners paying the £13.50 (current price), travelling to West Cumbria, "poleaxing" themselves for up to 7 hours and then as they cross the finish line covered in dried salt (weather depending) looking close to death saying "Thanks that was fantastic, best race I've ever done"

Despite the adjectives used above it is a beautiful route both visually and underfoot with some very "runnable" sections if you've left enough in your legs from the large climbs and the rocky sections. The most challenging section of the whole race is the small and non-descript stile at the foot of Crag Hill, and the subsequent 100ft of assent to the final summit that pretends to only be 1500ft above sea level. It is rare that runners of all standards don't experience cramp of some intensity as they attempt to step over the stile.

The climbs and descents over, Green Gable, Kirk Fell and Pillar along with the faster paced ridge sections in the first and last 5 miles make the Ennerdale a Classic race. With the variable weather from dry and hot to arctic and "a wee bit breezy" it has genuinely been the scene of some epic runs at the front and the back of the field.

The current mile record 3.43.13 is constantly being challenged. The issue that fell racing may have, at least the longer races, is the lack of challenge to the best times. A good year for times was in 2000 when the first six runners came in under 3

hours 30 minutes. It was a championship year and the age profile of the top ten runners was much lower than tends to be the case now. Eighteen years since anybody got near the male record set 33 years ago and ten years since anyone challenged the female record is too long. So come on fell running clubs, put the proposition to your younger runners to become a classic runner and chase some of the greats that have left their stud marks on the summit of the Ennerdale fells.

Race organisers:

Frank Travis 1968 – 1972 - WCOC & CFRA

Danny Hughes 1973 – 1993 - CFRA

Colin Dulson 1994 – current - CFRA

A GOOD SPORT?—Brian Thompson

Roger Bannister died this year and, on the same day, Bradley Wiggins was called to defend himself against "charges" of taking a substance (not illegal) in order to enhance his performance. This renewed the debate about ethics in sport and how far sportsmen and women should go in order to achieve their goal. So,what is a "Good Sport" (to use the old-fashioned term for a "chap" who played by the implicit code as well as by the Rule Book).

There is enormous pressure in many sports and not just on "the big day". For every occasion to perform there is a vast hinterland of preparation. When the Marathon was revived in 1896 no-one really knew how to prepare; some ate a hearty steak and drank red wine on the way round (sounds good to me). Others, it seems, took rat poison (not at all good, don't!). Marathon times were poor and competitors frequently collapsed on the roadside. Look at the streamlined, science-based regimes of today's top runners and it gives an inkling of the finesse required to shave even seconds off the best performances. Now even some very ordinary "fun runners" take copious dietary advice, purchase the services of a personal trainer and have regular resort to therapy of one sort or another. And it works. Online advice comes thick and fast at the flick of a button. An average club runner can aspire to performances that would have put him or her in the Olympics some years ago. And who can say there is anything wrong with that? But…does it come at the price of a degree of fragility, preciousness or narcissism?

For the football pitch, players might even practise a professional foul and in, for example, professional boxing spend valuable mirror time trying on the appropriate scowl and hardman stare. This is exceeded by the ludicrous antics of professional "wrestlers" whose adolescent bad-mouthing and chair-throwing tantrums set such an excellent standard of sporting gamesmanship.

So, does there exist today a "Good Sport" which still runs on unstated ethical grounds of fair play?

And yet is not for "softies" or posers?

I believe you have found one.

Fell running.

Stand on a cold winter fell side, raining steadily if it's a nice day, and take a look around. Men and women, girls and boys, the top aces and the ordinary plodders, athletes and old geezers, all mixed together to take on and "enjoy" the same conditions. Have a look and a listen if they pass you on some steep ground, you may hear an erstwhile grim rival utter some word or two of encouragement. If you fall (its not unknown) you can be sure that someone will slacken their pace to ask if you are alright. If not, they will likely stop, put aside their own ambitions for the day, and get you sorted.

And there's no way you can buy advantage in this game. There's no refinement of equipment or diet to purchase. No support car to hang onto. Its just you and the others against each other, the terrain and weather.

And "The Younger Generation" are there, too, toughing it out and asking no quarter. Yet at the same time absorbing the values and developing physical and emotional resilience. There might be a few tears from some of the little'uns but they'll be back for more. And, listen again, you wont hear the screaming of parents to "bring him down" or yelling invective at the ref for not having eyes in the back of his head when their baby was fouled. No swearing here. No eff word. Just "Good Sports"and strong young people in the making. No Bouncy Castle, band or "merch". No hype.

But here's a plea. Talk quietly.
Don't tell anyone about it.
Don't write about it or extol its virtues in public. "They" might come and spoil it.



All the facilities you need for a fell race: a fell, a line to start/finish, a stream to wash the mud off and a wall to shelter behind when changing.

Fell running joins the 21st Century. Carnethy 5 Womens Trophy



The Autumn 2017 newsletter featured a thought-provoking article on the disparity between mens and womens prizes and highlighted a case in point, that last year Helm won both the mens and womens team competition at the Carnethy 5 Hill Race, the men returned home with an impressive Claymore (a 5 foot broadsword), the women a small standard trophy. Kate, the author, suggested we lead by example and '*….return not one huge bonkers sword but two! One for the women and one for the men; and then we go out, run hard and win them both back.'*

Turns out we didn't need to get a 5 foot broadsword cast ourselves (just as well as there's no broadsword shops in Kendal). The day before the race Tim wrote on the fb page:

"Last year in response to various conversations with Club members I wrote to the Carnethy organisers to see if they could redress the balance between the Men's and Women's team prizes for the Carnethy5. The men get an impressive Claymore, the women a trophy. I've just received this response from Jim Hardie, President of Carnethy HRC".....

> "*Wow!! What a great thing to do.....The challenge has been laid down!*
>
> *To the Ladies of Helm Hill Runners,*
>
> *See attached photo. Forged by hand, by one of our members. It's now the Ladies Team Trophy for the Carnethy 5. It's still being finished by our guy, hence the tools and dirty workbench, and should be ready for the prizegiving on Saturday. If anything, it's a good bit better than the blokes' one.*
>
> *You were the guys that asked the question - thank you for asking the question. Hopefully we've balanced things out. I sincerely hope you win the team trophy this year, as it would be very fitting.*
>
> *So, do you want the trophy or not? Do you? Well, I guess you know what needs to be done, then! :-) Run hard! Give the trophy a home!!*
>
> *Looking forward to seeing you all!*
> *Cheers*
> *Jim Hardie, President, Carnethy HRC"*

Well done Jim Hardie from Carnethy Hill Running Club and of course Kate and Tim from Helm Hill.
Unfortunately 2018 wasn't our year. Lets go and get them both in 2019.





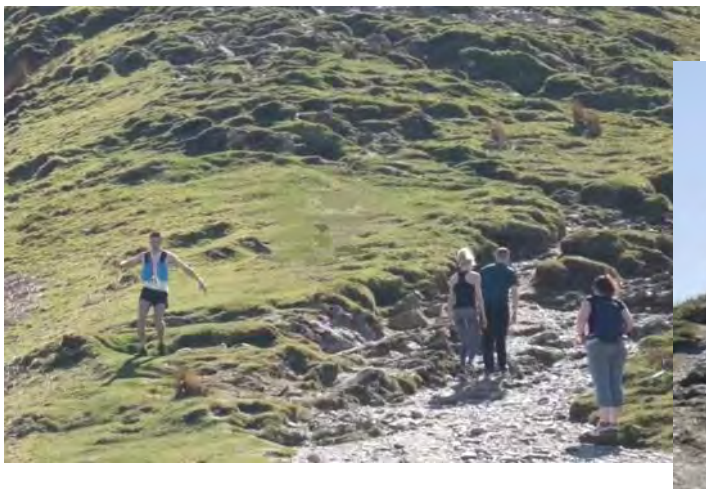
REASONS TO JOIN HELM

THE HELM HILL WAY: ✓

Number 341: Get noticed even without a club vest on.



THE OTHER WAY: X





POETERY / LIMERICS—Brian Thomson

Brian T- reflecting on a long run through the Howgills in winter...

Ode to Blease
I do not like thee,
Steep Blease Fell.
Why I do not, I cannot tell.
But what I know I know full well,
I do not like thee,
Frigid Fell.

LIMERICS

Club colours...
A first choice of orange was made,
(and orange to yellow will fade),
"but Helm's green" was the decision,
that met so little derision,
that the great running club now wears jade.

Technophobe...
Having entered the Grisedale fell race,
I set off at a blistering pace,
but the wind snatched my map,
(and I WONT use an app),
so I ended the thing in disgrace.

?Fun Bus...
After running quite poorly at Luss,
he created a terrible fuss,
and drank so much booze,
that his mates blew a fuse,
and would not let him back on the bus!

Going downhill (rapidly)...
There was an old runner from Kendal,
who ran smoothly up fells at an angle,
but coming back down, he'd scowl or frown,
when he got his poor legs in a tangle.

CLUB KIT

Last minute ~~xmas~~ spring shopping panic?

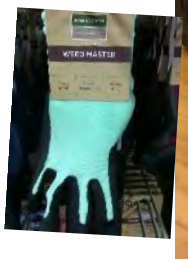




Club vests, HH buffs, crop tops —available from Pete Bland Sports

HH cycling / running gilets—We have custom made HH cycling gilets. Although designed for cycling these gilets are equally useful for running, keeping your core warm. They are quality garments, shaped for a snug fit .
There are a number of spares in adult sizes. Cost £45. See Ali or Rick





Gardening/wetweather gloves (?): Hayes Gdn World

FELL FASHION

BOBBLE-TASTIC!!

These fantastic ginormous HHR bobble-hats are recent additions to the HHR wardrobe. Probs a bit big to put in a bumbag tho so save them for pre and post race.

Big Bobble Hats Facebook page or email enquiries@bigbobblehats.co.uk





<<< Apparently these two are something to do with Helm Hill? Anyone recognize them?

WILDLIFE CORNER



NEWS from HH RACING SICKBAY







Lee Proctor does this side in……While Sharon does that side in...

<<<< The juniors get in on the act!



So Doc, there's been no change since last October, you're still telling me Karl simply has manflu and he should be ok to race in 2018.



<<<< Double-trouble for Ali! 4 stitches at British Champs Race, then infection and visit to A&E.

Out-Patients Dept: Kieran, Nigel Woods, Billy Proctor

WHO GUESSED THAT?

How many correct answers did you get to the amazing true facts about some Helm Hill Runners?

ANSWERS

Lee Proctor

Has a stone from all 214 Wainwright summits, each one labelled!





Billy Proctor

Once entered a giant worm found at the back of the changing tent at Rusland show and won the 2nd place prize in the pet show competition!



Sam Gibbs

Arrested and strip searched at Johannesburg airport



Rick Stuart

Got mistaken for a food critic and given lobster and expensive wine on the house!

'DEAR BILLY' - HHRs own problem page

Dear Billy, Our vests are great and the ladies shape of ours is great but I think it needs to be longer at the front as my tummy keeps getting cold when it rides up during race. I was starting to think it may have been my washing skills to blame but loads of other women said their tums get cold too. In fact, THIS WAS THE MOST COMMENTED POST IN HELMHILL FACEBOOK GROUP HISTORY!!!! What can be done?

Billy replies: Get yerself a onesie—see back page.

Dear Billy, don't get me wrong, I'm loyal to my club and everything and I have a good work/race balance but I think I'm obsessed with beating a fellow-club member and it's all-consuming. I think it may be affecting my performance? If 'X' beats me I sink under a dark cloud until Wednesday night training when I can get my revenge and absolutely annihilate 'X' on each and every rep. I sometimes have to take Thursday off work to recover. Sometimes Friday too. Is this affecting my Saturday racing performance?

Billy replies: Go incognito at the next race, wear a false moustache etc. Get ahead without being chased down.

Dear Billy, is it OK to say I'm really scared of Adams race in the Howgills?

Billy replies: next!

Dear Billy, Please can you help, I often wake in a sweat to find that late at night I have entered for a series of ridiculously difficult fell races, cycling sportives and road races (yes, seriously, road races). My friend says that it is some kind of phantom limb phenomenon. Desperately yours, Legless.

Billy replies: Dear Legless, Your friend is almost right. The condition is, medically speaking, digitalum sideris (aka Runner's Finger). It is linked to a nocturnal over-consumption of fermented apple beverage, an unguarded keyboard and credit card. The cure is obvious but has never been willingly attempted.

Away ye go!

I'VE RECCE'D IT—FOLLOW ME!

Our yearly points competition for less-than-perfect efforts 2018 misendeavours start in earnest

Think you had a hard time at the Howgill Fell Race? Sharon arrived at the start with 10 mins to spare (not sure if it was Sharon or Rob that forgot the fell shoes calling for a quick return trip home to Staveley) proceeded to get lost in the race and twisted her ankle. **Sharon 10 points. Rob 5 points**.

False race reports in the wezzie will soon be getting their own column in the HH newsletter. Maria Hearn features in the Helm Race report despite being in Majorca!

Mourne Highline Mystery-line - Sharon was storming along and turned the final summit in 5th place with just the 2 mile descent...down the clag-bound, broad, twisting, featureless spur to the forest edge checkpoint and taped run to the finish. What could possibly go wrong? Somewhat later than hoped, with bramble-thrashed shins, Sharon enters the finish field in 14th place. **5pts Sharon**

Wallet Panic: 'Mum! Can you drive to Kendal Leisure Centre and check I've left my wallet in the car coz I'm on my way to Ireland. Thanks'. 'Erm...can anyone lend me £50? I'll buy you a pint of Guinness' **5 points Pete G**.

Skinny Fell-Runner Takes On All at Cumberland & Westmorland Wrestling: not many people knew Adam P was a crack C&W wrestler as well as long-distance fellrunner. Up steps Adam (at Lee's stag-do, what can possibly go wrong? Etc....) to take on a rather large, Cockney friend of Lee's (Big Jimmy Steel Arms no less). You'll be pleased to know Adam's 3 broken ribs have finally healed. **5 Points Adam**

Buttermere Surprise! - Cat Slater had an enjoyable recce of the impending English Champs, much-feared Buttermere Horseshoe race. Parked at the bottom of Causey Pike to start etc. Piece of cake, what's all the fuss about? Er that sounds like the Buttermere Sailbeck race route Cat. It's half the distance! **5 points Cat S**

Classic Car Keys: In a well-known variation to the 'lost car keys', Rick and Garry were sat brewing up an early morning coffee in the sun ahead of a 14 mile jaunt in the Howgills. The fell ponies came down for a closer inspection of the contents of the car boot which prompted a quick scurry from the brew-spot across to slam the boot…..with the keys now locked inside. The power of social media and two wonderful Helm runners saw Rick collect spare keys with a 500m detour off the planned route and get back to the car before Garry! **5 points Rick**

HHR Innovations

HHR DELUXE FULL BODY COVER: £122.50 Cat No. HHR005108

Perfect sun-screen

This all-in-one body suit is the perfect solution to vests that are too short so you tummy sticks out when you run. Or when it's really sunny. Or when its really midgey.

We sent Karl and Paul out to give this premium fellrunning kit a thorough test to see if it performed out on the fells and later , in a somewhat ad-hoc test, whether it looked good at the bar (as in the legal 'bar'. Luckily HHR lawyers stepped in and got them out with only a caution.).

Kit on test



Next Newsletter: End Oct 2018. All suggestions / contributions welcome. **Send to: newsletter@helmhill.co.uk**

Contact HelmHillRunners: info@helmhill.co.uk

www.helmhill.co.uk