Helm Hill Runners

SPRING Newsletter 2019

The Continuing Adventures at Carnethy: 2019



See Inside for story

CHAIRMAN'S BIT—TIM MURRAY



2019 has got off to a great start with lots more evidence of what a great Club this is.

It's been another successful year for the Winter League with record breaking attendances and brilliant organisation once again. A huge number of people are involved in putting on the series which includes organising the races, producing the results, flagging the courses, timing, sorting trophies, prizes, catering at the presentation etc etc. The series is a big favourite for runners not just from Helm Hill but other Clubs as well and it's a really important part of the fell racing calendar. A massive thanks to everyone involved.

We also hosted our first ever FRA Senior Championship race this year. The Howgill race may only be in it's third year but its already become one of the most notorious on the Calendar….a real test of strength and navigational skill. Thanks to Adam P and team for another well organised race. It was great to be involved throughout the day….both at registration and up on the fell watching the runners come though. Every hill and valley in the Howhills had a little cluster of Helm supporters and marshals……what a sight. This is a tough race! Another fantastic Helm day with plenty of support out on the fell as well as a host of green vests in the race.

As well as having an army of helpers ready and willing to get involved we continue to be brilliantly represented at races all over the country. We were the best represented Club at the British Champs race in Ireland again and there was a fantastic turnout at the recent Loughrigg Race with 68 green vests racing…..including a number of our juniors. Not only do we turn out in force at races we have also continued to challenge for honours with race organisers getting used to calling senior and junior Helm Hill runners up to collect prizes. Thanks to everyone who pulls on the vest and turns out to race.

Although its great to race it can be just as rewarding to help organise (it really can!) and there are lots more opportunities to get involved coming up…..we are organising a Junior FRA Champs race on 26th May in Sedbergh and watch out for news of the other races we organise at Gummers How, Brunt Knott and Shipmans Knott… There are also some exciting Bob Graham and Frog Graham attempts coming up!

So….it's shaping up to be another exciting year and once again I'm proud to say I'm a Helm Hill Member (hope you've remembered to pay your membership fees!)

Happy Running and I look forward to seeing you all out on a fell somewhere!

CAPTAIN'S BITs—KIERAN HODGSON & SHARON TAYLOR



KIERAN:

So I arrived at Loughrigg fell race. It was a beautiful sunny evening. I have always loved this race as for me it signifies the end of winter, Lighter nights and summer midweek racing. As ever there was a sea of Helm Hill. Confirmation if ever I needed it that our club is thriving! It's great to see so many members out racing. So to the race. My legs and body felt tired after the Howgills champs race. Now there's a surprise. Those that have done it will know. I found myself locked in a battle with Alex Talon, a Helm junior runner. The spirit and determination that he demonstrated proved to me that we have a bright future. Talking to Craig Burrows he spoke of a similar experience with Henry Hunter. A message to all our juniors- keep this hard work up and you will be rewarded.

The Howgills race was a major day in our history as it is the first Fell championship race we have staged. A public thank you to Adam Perry and all the people who gave up their time to make this event successful. These things don't just happen and there was so much work done behind the scenes that most people would not even consider. On the back of this we have a junior championship event very soon. I'm sure you will all support this event equally especially as the juniors are the future of this sport we all love. We have also been asked to stage the British Fell championships in 2020 so we must be doing something right. Helm Hill is firmly on the map.

A major part of this is that our club is always well represented at championship races so we are definitely getting noticed. This season is no exception. Currently we are in the medal positions in ALL categories. A fantastic achievement. Let's hope we can continue to the end of the season.

I think we have a great team spirit here at Helm. And it's not just me people from other clubs often tell me! The midweek race nights on the Helm kindly organised by Sam Gibbs have Been a good way to encourage racing as well as bring everyone together. This year we thought we might also have a mixed ability relay event to further encourage this. Let me know your thoughts and if there is anything else you think we could do or should be doing.

In the meantime have a great summer and I will hopefully see you out there...



SHARON:

2019 starts by welcoming all our new members, too many to mention but I will point out the obvious and say Mhairi Helm, a perfect name for the perfect club!!! Congratulations to Rachel (& Jack) Simpson who welcomed baby Ben into the world……enjoy your time on maternity leave and we look forward to seeing you back on the fells in the future and to Emma Johnston who married fellow member Laurie Kearsey.

Winter has seen our women venture off the fells and inject some speed into their legs. We were crowned Cumbria County XC Champions, for the second year, on a hilly course at Penrith with Sharon 1st, Kelli 2nd & Emma 9th. Emma also finishing 7th overall in the Mid-Lancs Cross Country Series and was 3rd counter behind Sharon & Jo Rycroft at the Northern 10km road championships where they secured an amazing silver medal.

I had the luxury of being a supporter at the KWL where our women dominated, especially the V40 category where we had 6 women in the top 10 overall positions!

Our first major outing on the fells was for the annual trip across the border to the Carnethy 5 where we not only had a battle to win the Claymore but one with Storm Erik! If you paid attention to the front cover then I really don't need to say much more apart from to tell you the Claymore has pride of place on the wall of Kelli's kitchen.

The start of the English Championships was on the very fast Stretton Hills closely followed by the steep ups and downs of the Howgills. Sharon, Kelli, Hannah, Georgia, Bianca & Kath Aubrey are all in medal contention for their individual age categories and in the British Championships Kelli has started as she means to continue……..with a win in the Mourne Mountains!

All our teams are in great positions to defend their 2018 titles but I would like to encourage more of you to enter these races. The more runners we have, the better we tend to do as we push our rival team counters further down the field. Thank you to Jo Appleby and Kate Simpson who both entered the Great Lakes Fell race after my last Facebook post to support our V40 team…..enjoy!

Finally, good luck to Ali who is attempting the Bob Graham at the end of May and to everyone else on their racing adventures over the summer.

JUNIOR COORDINATORS BIT—LORNA ASKEW



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Helm Hill Committee meeting

May 2019 Meeting Update

A good committee meeting held for the first time at the New Union Pub, Kendal.

Amongst other things we discussed....

the latest update on Membership (if you haven't yet renewed you need to now!); the Junior FRA event to be held on 26th May in Sedbergh (more helpers needed please!); the new Junior Coaches handbook; Championship races coming up and results so far; Junior Summer Social event 29th June; Helm Race night on 12th June; Navigation night (date TBC); Handicap Relay (date TBC); Feedback form for members; possible venues for the British Relay in 2020.

Bill Coupe will publish the full minutes soon if you want a copy.Lots on the agenda as the the season hots up!!

Next meeting is on July 18th....let me know if you would like to attend!

Tim

JUNIOR COORDINATOR'S UPDATE



The Junior section of the club is growing! Since the last newsletter;

* Sam Moon, Cathy Sanderson, Paul Otway, James Mulvaney, Warren Kinley have **joined us as coaches**, and are doing a great job.
* **An additional junior training group** has been created, so we now have 10 junior training groups in total.
* Mike Addison, Simon Martindale, Jo Appleby, Dan Malcolm, Jo Pennington, Rob Smith, Rachel Woodward, Rob Blyth, Jo Cater **continue to help regularly with junior groups.** There are many other Parents who help when needed too, often trading a training session with the Seniors to support the Junior section. Thanks go to Annie Owen, Jayne Rigby, Alastair Dunn, Andy Thompson, Paul Aitken who have stepped in at various times to help, sometimes at short notice! We have some new Parent helpers too – welcome to Andrew Douglas and Rachel Woodward, for example.
* The first ever **Helm Junior Coaches' Handbook** has been produced! Many thanks to Janette McLaughlin, Parent of a Junior runner, who volunteered her admin skills. Janette has done an impressive job and her help is much appreciated.



* Plans are progressing for **the Sedbergh FRA Junior championship race Sunday 26 May, for which Helm is the hosting club**. We hope to see lots of Helm juniors there!
* A great number of Helm Hill juniors took part in the **Kendal Winter League 2019,** and



Megan Harris received the Kendal Winter League Ken Shuttleworth Endeavour trophy.>>



Maia Doherty was the winner of the U21 ladies category >>,



* Many Juniors competed in the **Mid-Lancs** cross country series, and the **Cumbria Athletics Association** cross country series too. Some went on to run at Loughborough in the cross country **Inter-Counties competition**, representing Cumbria.
* **The 2018 Junior Awards presentation "do"** was held at the Castle Green Hotel in December, for juniors and their families. The event started with a novel warm up led by Tim Murray in the Castle Green Hotel carpark, followed by a variety of runs for Juniors and Parents.

Winners of the 2018 club championship were presented with their trophies, Juniors who contributed to the newsletter in 2018 received a Helm Hill writer's award, Henry Hunter received the Ken Shuttleworth Endeavour trophy, Tyla Crook was presented with the Rising Star Award.



* The next event of this kind **will be the Summer Social for Juniors and Parents on <u>29 June</u>**, at Brigsteer…runs on Scout Scar, buffet food afterwards.

* Our older juniors are gaining confidence amongst Helm's Senior runners – several took part in the **Wansfell Race** in December, for which the minimum age is 14 years.



* Even more Juniors ran in the **Loughrigg** race in April; another for which the minimum age is 14 years.





* " Helm Junior coaches attended a First Aid course in January, and training on Safeguarding will be provided by the club Welfare Officers next month.

* " Older Junior Robert Askew smashed the record for the Yarlside downhill race. In the same race Lottie Beard-wood showed her Dad it won't be long before she is beating him!





For a night in April, some Junior training moved to Loughrigg;



As always, a big thank you to Helm Hill Parents who support the club and the children so well.

Lorna.



SHORT RACING SHORTS



....random short bits to fill up space!





Helm Hill women got off to a flying start in 2019 by becoming the Cumbria XC league team champions!



Paul Upton won Mr Sparkles Dark'Un on a cold, dark night in February ensuring a Helm winner for 3 years in a row!

Congratulations to Caroline Wade and Emma Jennings, 3rd ladies team at OMM Lite in Cannock Chase last weekend

CLUB CHAMPS

Current standings at the top of the Senior champs:

Women: jenny rice, lindsay Harrod , Marie Robson

Men: Josh j, Scully , Robb Jebb

All subject to Carrie's formula being right





Pics:Laurie Kearsey

Uphill racing at Arant Haw with thick snow on the ground. Followed by prizes in the pub. A contender for best race in the champs?

An inspired inclusion of the **Loughrigg** race in the senior club champs 4 days after the Horror of the Howgills ensured this annual 'older juniors vs seniors' meant more seniors got a drubbing than usual..



Yarlside Downhill



Caultey Horseshoe: Helm Hill Runners accounted for over one third of the field (33 /85) on a grey, cold evening. A Helm 1,2,3 in both mens and womens races and both team prizes! What's more Hannah broke the course record!





Downhill-only racing at **Yarlside** (and setting a new record). Followed by the traditional river wash.

The (Continuing) Great Carnethy Battles: 2019, the womens turn.





In 2015, Helm Hill Runners became the first English club in 13 years to win one of UK fell running's most iconic team prizes—a two-handed 5ft, steel longsword (correctly termed a claymore). The Carnethy Five Hill Race, held in the Pentland hills just south of Edinburgh, always attracts a top class field tackling a gruelling 10km course that involves 760m of ascent over five heather-clad summits, in February when the weather is usually arctic.

In 2017 the Helm Hill newsletter contained a though-provoking article by Kate Simpson calling for gender equality in prizes and trophies, highlighting this race as an example—the women's team also won in 2015 but the team trophy was typically small and nondescript. Kate threw down a challenge: Let's not return one massive sword, but two! And then go and run and win both back!

Tim wrote to Carnethy Hill Runners suggesting team trophy equality and offering to pay for a comparable broadsword for the women's team competition (on account of there not being many broadsword shops in Kendal). To their lasting credit, Carnethy wholly accepted the point insisting it was their duty to create the comparable trophy and lay the gauntlet down—Helm women, come and win it!

2018 it wasn't to be……But in February 2019 Helm women charged through the field and won the women's team trophy and returned it to the place of it's inception. Raaaaggggghhh!!!





English FRA Champs, race 1: Stretton Hills

The 2019 season is now officially underway as a large Helm team ventured to deepest (it's a loong way south), darkest (sleet showers and black clouds just before the start) and windy Shropshire for this 5.9 mile race. The course consisted of 2 short sharp climbs followed by some fast flat running and a sting in the tail. There was plenty of route choice, which was much discussed before, during and after the event. Rob was first back for Helm in 16th, 3rd v40 and Hannah was first u23 and Billy 1st v60. The men's open team placed 3rd with Rob, Mark, Josh, Mike and Adam making the counters. The ladies also made a good start as 2nd team to defending their title, Sharon was first back in 5th, followed by Kelli and Hannah in 6th and 8th. V40 mens 3th, V40 womens 5th and mens V50 3rd (could it be a medal this year for the old-crocks?)

British FRA Champs, race 1: Mourne Highline / Slieve Commedagh Dash



Thirty Helm Hill Runners made the long, but eagerly anticipated, journey to Ireland for what was predicted to be a blustery weekend. Storm Hannah hit head-on on race day with gale-force winds and windchill of -10 on the summits, of which there were 6 with not much descent in between so sense prevailed and we did a simpler bad (actually diabolical) weather course. With the rain and wind still beating down we set off on a fast forest tracks before long wind-battered drag of a climb up the valley. The strength of the wind blasting down the valley from the col we were heading to stopped us dead in our tracks at times, at others knocked us sideways into rocks - it was going to be interesting on the descent, if not thoroughly dangerous. We followed the famous, robust Mourne Wall from the col to the summit which offered some shelter - we were originally going to cross it but the wind was so strong the marshals couldn't get over the stile! Impressively Rob Jebb led the field to the top, turning first at Commedagh summit and Sharon Taylor was 2nd woman to the top. The descent off is quite technical in the dry, however, when you add the wind and rain to the mix it was treacherous and the sight of Adam P wincing in pain, hopping down the mountain after turning his ankle badly didn't inspire confidence in the rest of us.



Pic:Ricky Cowan

By halfway down it was clear that the race suited the fast/lunatic descenders. In the men's race Josh Jardine (last years winner) made up time to come in 3rd overall (and 1st U23) and be Helm's highest placed runner with Rob J in 9th (and 1st V40). Kelli Roberts put in the fastest womens descent time of the day to snatch victory in the womens race with Sharon just missing out on 3rd after a sprint-finish across the park. Hannah also had a fine run to take the ladies team prize - supported by Jo Rycoft, Bianca D, and Fi Paterson. For the men, Josh & Rob were followed in by Mark A 15th, Mike A 17th, and Ben P 36th for 2nd team and 1st V40 team. Hannah and Josh took the u23 titles and Billy P 1st v60

Womens open team 1st, womens V40 2nd, Mens open team 2nd, Mens V40 team 1st, Mens V50 team 2nd.


Pics:Jayne Bell



Mourne Mountain Rescue Team tended to one runner and noted “A total of 17 members responded and stood down when the race centre ran out of buns.”

English FRA Champs, race 2: Howgill Fell Race



The big day finally arrived, not only was this the 2nd round of the English championship but it was the first time we had hosted a championship race. First mention must go to Adam Perry for the 'vision' of the route and then to all the Helm marshals and helpers who made it happen. Despite all the recceing in cold misty conditions the Howgills surprised us with what felt like the warmest (and longest) day of the year with spectacular sunshine. Rob Jebb had a super run in the conditions to come in second, narrowly pipped at the last by Keswick's Carl Bell. Also counting for the Helm team were Mike A, Adam, Keiran and Paul A. Sharon Taylor had a fine run to finish 3rd helping the ladies to first team with Kelli (4th) and Hannah (13th). Special mention to Katie Mackay (34th) and Joel Jameson (50th) who both had great runs in their first outings in the Helm vest and to Janet Perry who made soup for 400 runners - chopping started Thurs night and she even took the day off work on Friday to get it all done, filling 7 of Billy's buckets and she was going to ask for more!








Pics:Tim Murray

London (mini) Marathon 2019

Sarah Smith was part of the winning Girls North West team in the London mini marathon 2019! This event takes place on the same day as the famous full distance race.







'On Sunday 28th April Sarah ran in the London mini marathon, part of a team of six U13 girls chosen from the North West. Despite her knee injury of a month ago (when she had to be carried off Scout Scar by the paramedics) Sarah managed 34th place and the North West Girls were first team home in their age group. 11 regions compete alongside the 33 London Boroughs and all get a T shirt, medal and goody bag.

The mini marathon is open to runners aged 11 to 17 and there are 3 age groups (U13, U15, U17) for boys and girls. NW runners are chosen from their performance in the previous year from various road, cross country and school events. All run the last 3 miles of the 'real' marathon route so it's just like running the real thing, just a bit shorter!'

Info here for 2020 - mini.marathon.co.uk



Run Every Day in January—Eleanor King

My New Year's resolution this year was to run more. From this I got the idea to run every day in January - how hard could it be?

One morning I woke up and got ready to go running but it was pouring down but I still ran, and I still kept a smile on my face!

Another day, before school, I ran in the snow - it was a bit chilly but I kept going, with a smile on my face!

My cousin, Harry, was visiting (from Australia) and he said he would run with me - I was super excited. But then when it was time to go running, Harry changed his mind - I was very sad and nearly didn't run. But I put the smile back on my face and went out for a run alone. The next day, Harry came running with me - I was so pleased.

Some of my runs were long, some were short, some were Winter League races, some were school Cross Country events. All of them counted towards my goal.

I felt really proud (and exhausted!) when I finished. I'd run every day for 31 days!

Eleanor King, age 9



Finding Dalzell—Amelia and Eleanor King



During February half term we, and Hannah Dyer, participated in a week long project with a theatre company from Bristol to create a drama based on Ernest Dalzell. Dalzell was an amazing runner who won the Burnsall fell race in 1910 in a super speedy time of 12.59. His record breaking time stood for 67 years! We were really excited when we were asked to take part in the showcase at the end of the week.

Our first session involved looking at the interpretation of an uphill section of a fell race. It was great fun trying to convey to the theatre company how hard it is to run up an incredibly steep hill, and seeing how they thought it could be portrayed on stage.

Next we worked with three of the actors on the downhill section. We really enjoyed working on this part as we played lots of games involving downhill technique. Eleanor showed them her 'bum shuffle' technique for going down steep hills!

One of our favourite parts was the work we did on the start of a race. We told the theatre company all about the warm ups we do and what a start line is actually like. They were a bit shocked to hear that there was a lot of pushing and shoving!

Our nerves were starting to build at the end of the week as the performance drew closer but we did so much practise we overcame our nerves. The performance was presented on the Saturday evening at the Brewery Arts Centre. It was great, so much fun.





For Info: The first part of this project was a Saturday evening workshop which was attended by several juniors from Helm Hill; Hannah Dyer, Tara Allan, Dylan Cater, Henry Hunter, Evan Allan, Poppy Cater, Amelia King, Eleanor King. The top pictures has lots of Helm juniors in it.

Hannah, Eleanor and Amelia are the three that went on to do the week-long project, which culminated in the performance in The Brewery studio.

The Director Caroline Hunt is working on obtaining funding to develop the production further, into a more rounded play, which can then be performed in various places in Cumbria.



BRINGING THE INTERNATIONAL YOUTH CUP TO AMBLESIDE IN 2020

The International Youth Cup has been a stepping stone for under 18 fell and mountain runners to race internationally since 2006. Alistair and Jonny Brownlee, Robbie Simpson, Marc Scott and many others have started their international racing careers at this event. Last year in Lanzada, Italy, England's boys' team won the event with Rossendale's Matty Mackay winning the individual title and Ilkley's Euan Brennan second.

It has never yet been hosted in England. I would like to bid to bring the event to Ambleside on 27 June 2020.

I have been the England Team manager at the last six Youth Cups and have seen the benefit such an experience can bring to young athletes, the confidence born from the shared experience of international competition.

This event is all about developing and inspiring young people, be it international athletes, local athletes, local schools, clubs and communities.

It is planned that the FRA English Junior Championships will take place in the morning of the event followed by the international races, so Ambleside will be full of junior fell runners who can support England teams and be inspired by world class young athletes racing over Loughrigg.

On the Friday night, after the athletes' parade and the opening ceremony, there will be an open, uphill-only time trial event on Wansfell, starting from Ambleside town center next to the opening ceremony.

The cost to host the event, with approximately fifteen international teams of ten athletes for three days, will be around £30,000. All teams will be accommodated and fed at Brathay Hall and the race will be hosted by Ambleside AC. The bid has been endorsed by British Athletics, England Athletics and the FRA.

I have set up a Youth Cup 2020 committee, a non-profit group whose aim is to create a fantastic weekend of junior fell running, with opportunities to see and meet the best young fell and mountain runners in the world competing in Ambleside.

SO WE NEED YOUR SUPPORT

"This International Youth Cup in Ambleside 2020 is a great opportunity for our local athletes. They'll be able to compete against runners from all over the world here in the Lakes, it will be a great step in their International career, it's ideal for them and will be a great experience.

If you can help at all it's a very worthwhile project and deserves your support".

Joss Naylor, April 2019

We have set up a website on which there is a Just Giving page to help raise the funds we need. We are also looking for sponsorship with any partners interested in supporting an international outdoor sporting event in the Lakes.

www.amblesidemountaincup.com

IF ANYBODY WISHES TO CONTACT ME DIRECTLY PLEASE FEEL FREE AT DUNCAN@INTOUCHLTD.CO.UK OR 07764610 799

I hope you can help us make it happen. Many Thanks Duncan Richards Chair, England Athletics Mountain Running Committee

Date for your diary..

FRA English Schools Championship

6th October Giggleswick School. Settle.

Cardiac Risk in the Young (CRY)



CARDIAC RISK IN THE YOUNG (C-R-Y)
There is currently a campaign to bring the CRY screening programme to Kendal. This enables young people (age restrictions apply) to receive free screening for some cardiac problems which would otherwise go undetected and can result in sudden death. Bringing the screening to Kendal in 2020 will cost £10,000 but will enable 200 screening tests to be carried out for free (more information to follow when appointments are available to be booked). Helm Hill have donated in support of bringing the campaign to Kendal as have many local businesses. However, to make this happen there is still some way to go. CRY for Cumbria has organised a bag pack at M&S in Kendal between 10am and 2pm on Saturday 20th July 2019. They would like some children to go along and help (an adult will need to stay with them). If you and your child would like to help out, please email Elaine who leads CRY for Cumbria on elaine_nelson64@hotmail.com to volunteer you services and be allocated a time slot. Here is the link to the Facebook page if you would like to know more about the campaign https://m.facebook.com/CRY-for-Cumbria-290152955007950/

Update from Lorna: Helm Hill Runners donated £100 to this Kendal campaign. Cardiac screening, for 14 - 35 year olds August 1st & 2nd. Please put the dates in your diary, and spread the word. Heart issues picked up by this screening can be addressed with medication or surgery, rather than left undetected.

FRA CHAMPS 2019

FRA Senior Championships 2019

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

Distance	Race	Date
Medium	Stretton Hills	17th March
Long	Howgills Fell Race	6th April
Long	Great Lakes	15thJune
Short	Back Fell	6th July
Short	Ilam	22nd Sept
Medium	Grisedale Horseshoe	7th Sept

Distance	Race	Date
Medium	Mourn Highline. NI	26th April
Medium	Y Moelwyn. Wales	25th May
Long	Great Lakes	15th June
Short	Creag Dhubh	8th Aug

FRA Junior Championships 2019

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.

Date	Race
March 30th	Clough Head
April 13th	Kettlewell
May 6th	Coiners
May 26th	Sedbergh
June 22nd	Clougha Pike
July 7th	Up the Nab (near Glossop)

U21 FRA Open Championships

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

BOFRA CHAMPS 2019

The 2019 races will be on the bofra website usually in April

Thoughts on Parenting Young Athletes - Duncan Richards



Chris Richards on his way to winning the Skiddaw race

As a psychologist with a couple of Olympic Games under my belt, having worked with British Lions and now with Manchester City, you'd have thought I'd be pretty good at managing my own children as they progress through sport.

But I was recently reminded (by my son) how hard being a parent of a young athlete is.

In 2015 at Glendolough, Ireland, the evening before the Junior Home International in which Chris was running for England, we all walked the course. During this we met with some Scottish athletes and, in chatting, they mentioned a couple of lads that were not running I expected to be.

Now I have absolutely zero recollection of the next event as we carried on strolling down the hill, but apparently I said "I think you can win this".

I may have thought that, but I do not recall saying it. However, as Chris recalled, at that moment his stomach churned & tensed up, he was unable to sleep that night and, despite leading at the turn, he had so much tension in his stomach he had to just jog down finishing about three quarters of the way down the field.

What is key here is that those six words of mine were as detrimental to his performance as if I'd tripped him up or made him run a marathon the day before.

Our words, as parents matter….and its often very hard to either notice or moderate. So what, as parents can we do?

I've a few thoughts, but first, some key principles from developmental psychology.

Children are not mini-adults.

This relates to the unarguable fact that children's minds and bodies work differently from adults. They process information, pay attention, move and exercise in distinctive ways. Many of the sports scientific principles that underpin conceptions of good practice simply do not apply to children. Simple application of adult practices are likely to not just hinder, but damage juniors.

Biology does not celebrate birthdays

There is a strong tendency in youth sport to rely on chronological age as the main criteria for grouping children, but this is an extremely poor measure. At any given age, there will be children of the same chronological age who are up to 2 years older or younger in terms of development.

Performance is a poor indicator of ability

It is almost impossible to make valid and reliable assessments of children's sporting performance that can be translated in terms of talent. National Talent Identification programmes have a notoriously poor record in spite of the investment & science available, key reasons for this are :

- Relative Age Effect - every age-based group of children will include those who are relatively young and those who are relatively old. The older children will have spent up to a year longer than their younger peers developing their bodies and practising their sport. And since maturation is the simple greatest determinant of physical performance, it is hardly surprising that children born early in the selection year dominate.
- Social and economic factors are massively significant - generally speaking, children are unlikely to develop high-level sports skills if they've never learned that sport and had the opportunity to experience high quality coaching. The curse of the UK sports system is that opportunity is heavily mediated by factors that have absolutely nothing to do with the child's interest or ability.

So, what's the best thing to say to my child, before/after a race?

First of all, it is important to realise that throughout adolescence juniors go through an **emotional transition period**, during this time changes occur in terms of how they see themselves, beliefs and values are shaped, a sense of self worth is developed.

During this 'sense making' period, adolescents are incredibly sensitive to the comments, opinions and observations of 'significant others'.

When running is fun, chasing around on the Helm playing the various games and relays juniors will develop certain beliefs like -

"*Running makes me feel energised and good about myself"*

"Running helps me interact and connect with my friends"

"I don't worry too much about races, because the results don't matter at this level"

As they get older, there is potentially more consequence attached to racing & competition and this can start to mould a different set of beliefs -

- *"When I perform well, I get positive praise and attention. People want to be friends with me and follow me on social media. They seem to value me more when I succeed, therefore my self-worth is reliant on my results".*
- *"If my self-worth is based on my results, then when I don't do a personal best, or win, I should be ashamed and embarrassed. I am a less worthy person when I don't do well".*
- *"I like getting praise and attention, so if somebody beats me then I will take that as a personal hit".*
- *"Lots of people have invested in me (mum/dad/coaches etc)-and if I don't perform then I have let everyone down".*

This is when it can start to become a problem. These are not uncommon; they are subconsciously established but can be reinforced by (often sub conscious) parents. Like me! Our (not always) subtle verbal & non verbal behaviours are always picked up on and interpreted to help juniors make sense of their world and create a narrative.

So what should we do….

1. Take notice of the narrative.

Try to understand the 'story' your young athletes are telling themselves, the way they see the world. Every behaviour is the result of their belief system, of which they most likely will not to be aware of, so be curious & explore. Key here is not to judge, just to understand the message.

2. Understand you impact as a parent

Start to notice your own self talk, your own expectations and emotions. What do you say before a race? On a training camp I did years ago, the U16s identified the worst things parents could say -

- How are you feeling (ok until you asked me!)
- I believe in you (Oh God, what if I let you down!)
- You can do it (Do what? Haven't you seen these guys!)
- Get out and dominate them (But I feel terrified!)

The great paradox to performance here is that you shouldn't care. The message, consciously & sub consciously is "we love you no matter what, give it your best & enjoy yourself". By investing so much of ourselves in our child's performance & results, we undermine our children. My favourite bit of advice to parents was to behave like their grandparents, who would often say "that's nice, as long as you had a nice time". Perfect!

3. Ask how you can help.

Pre Beijing Games, I asked every athlete to write out what the last thing that they wanted their coach to say to them before their Olympic swim. The variety in the answers was a huge surprise to the coaches! Asking what they need rather

than assuming based on a Rocky movie or our own past experience is much more helpful. As mentioned, our presence as parents should be facilitative but I have in the past shepherded well intentioned parents away from athletes (at the athletes request) to give space and peace!

4. Help create a set of 'Non Sporting Values'

These are a set of process goals completely separate to performance. They are principles your junior can live by and standards that they can reasonably judge themselves by, totally within their control. Examples could be -

- *Being a positive influence on others*
- *Being a loyal friend*
- *Trying their best in everything they do*
- *Being willing to learn and try new things*

If a young athlete can create their own values these can massively reduce their anxiety pre competition and enhance their sense of themselves. They should be all about effort and process, not times and positions.

5. Comparisons, reduce them…

Sport by definition forces us to be results orientated, we compare our results with friends, other club runners, looking at ladders & tables to see how we are doing. This is crazy due to some of the principles mentioned earlier. The ONLY comparison we should be doing is against ourselves, measuring progress, seeing improvements that can be objectively measured. Eg time trial around the river mile, the greyhound, touching our toes, number of press ups etc, once we see improvement and that becomes consistent, confidence develops.

6. Remind them that you love them *unconditionally*.

Of course we all do, however, young people want to please and can very easily internalise that their parents affection, support, love might depend on the outcome of a performance. The reality is it will, sharing elation and disappointment with them is normal and part of sport, where the skill comes in is being clear that you feel it with them, not because of their success or failing.

So its important to develop a script to use, in competition and training, that becomes their reality and evolves over time. This is often where the real learning takes place. For example -

"We love you so much, no matter what the result".

"As long as you have tried your best then we are proud of you".

"Winning doesn't automatically make you a good person. Losing doesn't make you a bad person".

"What defines you, and how we judge you, is on your values… (attitude, application to goals, how you treat others etc.)"

*"You have done so well to get here, we are **already** proud of you. Now your only job is to have fun!"*

*"We place **more** value on the attitude you bring to the competition than the results".*

7. Reframe negative dialogue into positive statements.

Post race pay attention to any negative language, these little habits can grow into unhelpful and limiting beliefs so as a parent its good to model reframing and finding the positive in every situation. Eg "I had a rubbish race" vs "I did my best, I worked hard on the climb and probably went off a bit fast".

On my training camps I talk of having two phrases to use -

Next Time…. Start of reflections with this so you think about applying the learning, so "next time I'll start off a bit slower and work hard into the climb"

Yet… This is particularly useful when your child is berating his or her self because of some quality they feel they lack. Simply add YET at the end of the sentence. "I'm not strong enough YET" I'm not fast enough YET" this helps reframe & dilute a negative sentence into something more useful.

8. Manage your emotions as a parent

A young athlete will be going through their own massive range of emotions during an event and most likely response they will be looking for is stability, consistency and a sense of perspective. That their identity is not dependant on the result of a race, that emotions are fine and that you are a constant regardless. We may be experiencing emotional turmoil for them internally, but detaching and modelling emotional control helps keep perspective and offers a valuable lesson in resilience and development.

8. Focus on the process vs the outcome.

If you had to write out all the things you have to do, that are totally within your control, to successfully complete a race, that would be the process. What an athlete can control is the process of their performance, pacing, up or downhill technique, choosing good lines, foot placements, starts, they are making choices and applying learning via these processes. When you are communicating do it in a way that emphasises these processes rather than results, this helps shape an athletes on self talk and shifts attention toward a more 'self determined' and therefore more helpful mindset. Feedback process observations during a race rather than meaningless motivational twaddle like "come on…" that just induce pressure and distract ("I am coming on, I'm doing my best etc). So performance 'cues' like staying smooth, moving easily, lean downhill, hands on knees, relax shoulders etc, these are useful prompts and help develop skill.

9. Goals

Whenever Chris & I set goals, what was key was that was in terms of direction rather than achievement. We decided to see how far we could get down this route and what we would learn rather than this is what would make this summer a success. This way it was always about learning and growing rather than "those two imposters" of triumph and disaster. Any other goals were totally focussed on process, which included my driving!

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So some of my thoughts on being a parent of an athlete. Chris is nearly 21 now, a GB junior International and just finishing Uni, but I still worry that he's going to make the start line on time!

I remember being asked (at Coiners years ago) what advantage Chris had in having a psychologist as a dad, I said probably that I was more likely to behave myself! Not always clearly, but then again, we've both grown during this journey.

I hope this is helpful.,

Cheers. Duncan

Juniors having fun at the Helm Junior 2018 Xmas Do: ***"Running helps me interact and connect with my friends"***


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HELM HILL ON HOLS—MALLORCA TRAINING

Ten Helm runners headed out to Mallorca in mid February for a spot of warm-weather training in the Mallorcan mountains. Mallorca is well-known for its hedonistic beach resorts along its south coast ('Majorca') and more recently has become a road cycling paradise but less well-known is that the rugged Serra de Tramuntana range, which runs along the northwest coast for 90km and has numerous peaks over 1000m, is a superb venue for trail and mountain running.

Mallorca also produce some great olives and red wine too! The sea was yet to warm up though.





Mallorca embraced trail walking as a popular all-season activity years ago for tourist income so the trails are well marked (mostly) with easy access from most roads and villages. There's numerous routes ranging from 5km to a 140km traverse of the whole range.





Abraham Tea Round - Paul Turner



Anyone for free tea and cake?

Just pop to George Fisher's in Keswick, bag all the fells you can see from Abraham's Tea Room window and get yourself back before the café closes (well, you get a voucher and can come back another day). That's the Abraham's Tea Room Round.

This year I didn't fancy the Teenager with Altitude nor the Newlands Memorial (formerly Anniversary Waltz) but did quite like the idea of a day out in the hills and the Abraham's Tea Room Round seemed to fit that – 30 miles with 12,000ft of climbing.



I set out on Good Friday, a cracking day, sun shining and nice breeze with the first climb up Cat Bells giving a great view of the fells to come. But this was only start of what was brewing. The sun got more relentless and the fells got steeper and harder with my feet beginning to feel like they were being battered by a rolling pin.

Buttermere was about half way and I was feeling half baked. I headed straight for the Fish Inn, got two pints of coke and downed them both within moments - £6.20 well spent!



I set out up Whiteless Pike and caught up with two other Tea rounders. They'd set out over an hour before me and one was looking like he'd been left in the oven too long. They told me about three other rounders who were about 20 minutes ahead.

The route around Hopegill Head, Grisedale Pike and Eel Crag is a bit out and back, but it gave me sight of the other three and so I upped the temperature a bit in order to catch them. Our paths crossed on the out and back to Rowling End before I eventually caught them on the final decent from barrow. But by this stage I was well over brewed. There certainly wasn't much running going on and I'd refilled my bottles twice since Buttermere from the streams that were luckily still flowing.

The last couple of miles back into Keswick were a drag and I probably looked like a dropped scone, my previously blue tea shirt now looking like I'd tie dyed it with all the salt.

I collapsed back at George Fishers like an overbeaten cake in just under 10 hours. By that point my legs were like a sponge and it was a struggle to slice myself off the floor. I managed another pint of coke before dragging myself like a spent teabag to my car. Although the dried-up crumbs were still to come, as I ended up having to stop on the M6 hard shoulder to see the coke for a second time...

The Abraham's Tea round may not be everyone's cup of tea and it's not a case of having your cake and eating it, but it is a bit of a showstopper.

Beware offers of free tea and cake – they may come at an undisclosed price.

For all the details see: https://www.georgefisher.co.uk/community/abrahams-tea-round/



SwimRun Costa Brava! - Jenny Rice & Claire Wilson





I'd heard lots of good things about the Costa Brava swimrun from friends that had done it in previous years: idyllic coves, crystal clear waters, picturesque villages & stunning coastal trails. Plus, although the total swim distance was 8km, the longest swim was only 800m. Easy! There were 24 swim sections, so plenty of opportunities to cool off. Technical trails - great! 1500m ascent over 34km of running, no problem for two fellrunners… All in all Claire and I were convinced sounded this would be a fun day out sightseeing on the Costa Brava.

On the Friday before the race we picked one of the coves we'd be passing through, and spent a few hours sunbathing, dipping in the cool, fresh water, and trying to avoid seeing too many naked, [slightly] older, tanned locals happily relaxing on the beach and letting it all hang out.

The morning of the race began pretty normally - we met a bunch of neoprene clad swimrunners in a carpark at 5am, got on a bus together and got dropped off at the picturesque village of Begur. The driver was unwilling to take up the narrow road to the fort where we'd start, so we followed each other like sheep as someone volunteered they might remember the way from previous years. We gathered in the small fort at the top of the hill, as the sun rose, samba drummers played & the start countdown began. This was definitely going to be a good day.

The first run section was one of the longest, and also mainly downhill to the first swim. We set off at a semi-steady pace, but it was not hard to get carried away. Arriving at the first swim, the water looked beautifully inviting, it was 600m from the beach to a rocky outcrop. Claire led and I followed in her wake enjoying cruising behind her & taking in the view. A few hundred metres in I felt a sharp sting on my arm, and then I saw the cause - hundreds of small (ping pong to tennis ball size) maroon jellyfish with varying size tentacles were surrounding us. Claire yelped, then around me I started hearing other swimmers being stung too. One got my neck, Claire's lip & chin, my leg, Claire's arm, my cheek... They were impossible to avoid. I started swimming head up frontcrawl to avoid them getting my face. I flinched each time I decided to put my face into the water as an evil little blob would be right by my goggles. You could sense the relief amongst everyone as we climbed onto the rocks. No one had made it across without being stung & soon a large patch of Claire's arm was turning a very sore looking shade of red.

The next run was overshadowed by our worrying about the next swim, would there be more jellyfish…? There was no way Claire or I wanted to get in the water again if so… Claire's arm was clearly causing her pain, there wasn't much I could do to help, except for one thing maybe… "Well Claire, if you want me to wee on it, we've already been through a lot together…" She giggled, and we decided that it wouldn't be necessary for now...

We'd not really done our homework on the race so were unsure how long each leg would be, and as we followed the tape along narrow cliff paths and dropped down towards the sea we got hat & goggles ready, before seeing the tape leading us back up the cliff. At 8am the sun was beating down, I was beginning to look forward to the next swim.

Arriving at swim number 2, we asked the swim marsall, "Any jellyfish?", he shook his head, "I've not seen any". Phew! For this moment at least, we'd continue the race. This swim really was idyllic, from a rocky cove we swam straight into a small village beach. Refreshed, we started the next run and the day started to become a blur of hot, dusty, steep cliffside trails, rope climbs down to coves, swims through gulleys, boulder hopping, rocky scrambles & more rope climbs! As the day wore on, and the distance on our watches was still disappointingly low, we realised this day out was going to take longer than we had anticipated...

Our pace was slowing, and our moods were deteriorating, despite the stunning scenery, it just felt like bloody hard work. We passed many local families playing on the beach, eating & drinking in beachside cafes... as we shuffled past the strange looks, feeling decidly silly in our wetsuits.

Later in the day we rounded a corner to see the more built up area of Palamos, we were getting somewhere! We ran along the seafront for half of the beach, until we had to run out onto a breakwater and then join the dots - swimming 100m, climbing out onto huge boulders of the manmade breakwaters, boulder hop, and swim again. All the while there was a perfectly pleasant promenade we were travelling parallel too. Whilst I appreciated the uniqueness of this 'urban' swimrun section, it was utterly soul destroying.

Claire & I were quieter than usual for lots of the day, I think we both kept our struggles internal. For Claire I think it was more the pain of the jellyfish stings, whereas mine had subsided, hers were coming up with nasty reactions. She admitted she had a little cry into her goggles earlier on in the day. I was just feeling generally exhausted, and questioning what was the point! If I couldn't enjoy a swimrun in one of the most beautiful areas of coastline in the world, then maybe it was time to drop the swimrun racing! But I didn't really want to voice such negativity. In hindsight we both probably should have had a moan together earlier on rather than keeping schtum.

I'd presumed from Palamos to Platja d'Aro (the finish) would be more concrete than trail, but there were some beautiful little trails linking beaches hidden between the two towns.

Despite the heat, I was getting colder on each swim, and as we arrived at swim number 20something, I whined "How many more swims?" at the poor marshall like a grumpy child, "Are you sure you want to know? Including this one, 3 more." Claire looked slightly concerned as I stumbled into the water, already shivering, "Do you want to lead this one? Maybe it'll help you warm up." I agreed, I'd been taking it easy drafting behind Claire, but actually going infront got me working harder, and I began to feel slightly less wobbly.

Eventually the seafront finish came into view, and we heard good news, the final swim was shortened due to jellyfish. We just had a quick 200m swim before running through the busy streets of Saturday shoppers to the finish.



As we ran up the finish ramp the commentator shouted, "Third female team, Girls Wot Can!"

Wow! Normally if we're in a podium position a marshal will let us know at some point in the race. As nobody had mentioned our position we'd presumed we were out of medal contention. It turned out we'd been second for much of the day, but were overtaken by a Russian pair two thirds of the way through. Speaking to them after, they said they DNF'd last year after going off too fast... and so started deliberately slowly. It clearly paid off as they stormed past us at a feed station in Palamos. Still, 3rd in an Otillo merit race, and 20th overall of 50 teams, we'd take that!

As we relaxed with a post race beer suddenly all the hard work seemed worth it after all… even the memory of the jellyfish was fading (although maybe not for Claire as she went off to get some cream and anti histamines from a local pharmacy). The Catalonian's really know how to put on a post race party as two huge paellas were being cooked up in the town square for everyone.



This was mine and Claire's 4th year of swimrun racing and our 7th swimrun together, and we've clearly still got a lot to learn! For me, the biggest mistake was in underestimating the race... a scenic sightseeing tour it was most definitely not. A brutal, wild adventure, coping with both natural, urban and mental challenges, it most definitely was.

RETURN TO THE FELLS!- John Jones



I've gone through lots of phases in my running journey.

Starting with 'the comeback' in 2011. I gradually reduced my 10K time from 42:50 to 39:39 and 5K time from 21:05 to 18:49 by 2015. [*editors note: this refers to road running times for those unfamiliar with this weird obsession with times and distance. I know, weird.*]

By 2016 I was turning my efforts to 10 miles and half marathon again reducing those times from 70 mins and 1:40 to 67 mins and 1:27. These new times were 15 year bests. In late 2016 I started training on the trails with a friend through chance. I'd run on the fells with him in the 1990s but at that time I didn't have the confidence or the mental strength needed to succeed.

Initially I found it difficult to adapt from the roads to trail and found the hills daunting. I was concerned I would lose the speed I was lucky to have at my age. Gradually I adapted and began to really training on the trails on Scout Scar.

Being closer to nature, breathing in fresh air and seeing beautiful places. I was starting to find and learn about myself. We would train in daylight or darkness and in all weather, come rain or shine.



I started entering trail races in October 2017 and realised mainly because of my age and the fact I had a fair bit of speed under the bonnet , I could do fairly well in my age category. By June 2018 , I was finishing in the top few in the Lakeland Trails 10K series and bringing my family along for support and making a day of it.



By this time, I was starting to receive messages from other runners , telling me how I had inspired them to go out and achieve things they had never thought possible. It was and still is a great feeling to have influenced others in this way.

Sometimes when training on my own I would stop and look over at the Hills in the Lakes. Just for a moment or two then run on. Suddenly one morning , I stopped as usual to take a look. I thought, I want more than this! The mountains were calling me once again after 20 years away.

In May 2018 I decided to form a 3 year plan to complete when I became a Vet 60. "The Road to Mountain journey. " The plan included training , racing , mental training , nutrition and sports therapy.

I decided I would leave my previous running club Kendal AC and join Helm. I guessed I would get more support from the club in this area .This was to be a difficult move after being in Kendal Club for 30 years especially as I was the men's Mid Lancs Cross Country Captain and took and designed their speedwork sessions. The move has proved to be the right choice already!



I've always been a positive person. I've always enjoyed seeing others achieve. I've always set targets and enjoyed achieving them. So as part of my plan , I set myself some targets:

- Finish in the Top 10 of the V50 Kendal Winter League Series in 2019.
- Bring along all my family , grandkids and all.
- Turn the clock back more than 20 years and run faster times than I did in those days on races such as Loughrigg , Blencathra , Fairfield , Tebay and Coniston.
- Enter a few Championship races and then compete at the best level I can at V60 in both English and British Championships.
- Aim to be part of Helm's relay teams at V60 or earlier.



In August 2018 I did my first Fell race for 15 years at Shipman Knott followed by Orton and Wansfell. They all went fairly well. I realised that if I could climb I'd do well on the Fell.

From January to March 2019 I raced the Winter League and finished 8th V50 overall. I loved every step. This has given me loads of confidence back and also brought my family so much closer together. At the last race in Elterwater my son and daughter joined me in the race to support my achievement. Since then , Laura has joined the club.

In April , I raced Loughrigg with the family supporting me and Laura in the race , I ran inside the PB set 22 years ago. At the top I was 90 seconds late , but thanks to some very supportive Helm runners , they pushed me hard to the finish.

From here my plan continues and I feel on top of the world .....

HELM OF A CLUB!- Morti Mortimore



Hey guys just wanted to throw a fast route line and tell ya a bit about my tread ... I joined the club about three years ago after moving up to the Lakes from Castleton in the peak district in 2013. I started running for Ambleside at first (don't say those words!) when working at Hawkshead YHA but when me and the wife moved to Levens, then Kendal I decided to change clubs and have never looked back.



Now I know I'm a bit of a Villa fan who likes to run on the fells like Hans Solo with his mate Chewy (Rufus me Four year old patterdale) in flip flops or a onesie but I do love the banter and support when at race. I love the puns & general humour that goes around and in the last news letter I was wetting myself at the comments and images!

Its just really nice to be apart of a club where I can just be myself and enjoy my running. Since I've been at the club my running has got so much better. I do think thats partly down to becoming a postman not long back in Windermere & Bowness doing a 7 mile round a day seems to be making me fitter and it's a first class job that gets my stamp of approval! I even saw Rob Jebb in his work van on my round, so that shows me we all get around bit!

The Birkrigg KWL race this year has been my highlight so far in the start to 2019 and showed me how you can have a great race when you least expect it and don't think too hard and hopefully I can have a good year with not too many injuries.

I am hoping at some point to have a crack at the BG but want to approach it as a fun day out with mates so see what happens on that front. Here's to a great year of running and getting to know people better in the club.

I'd also like to make a big shout out to the first people I spoke to Paul Aitken at Whitestones as well as James Leigh Barron out in the snow near Scout Scar & Lizzie who whenever I see them have a bit of banter and are full of beans.

This club has so many amazing athletes and people I am inspired by, the top of that list being Josh Jardine with his ray bands at Helm Hill KWL race who's ripping it up! As well as seeing Rob Jebb racing along with Ricky at OCT's last year cheering them on inspired me so much!

Cheers to everyone this year and tar muchly for reading this.... Rob 'Morti' More the man with the beard and white bits innit!





MOUNTAIN MARATHONS

ROC MM—GIVING IT BEANS! Chloe Lumsden

Standing for Running, Orienteering, & Camping, the ROC Mountain Marathon™ is a two-day fell running and navigation challenge for solos and pairs with an overnight camp

Buzzing after a mid-week race up Shipman's Knott with some successes, Anthony Emmett, Janie Oates and I made our way back to Kendal.

'What's next on the racing calendar then?' I ask.

'Oh yeh know, just this event called the ROC Mountain Marathon' replied Janie.

Intrigued I asked more: it's a 2-day navigation event where you carry all your gear for the overnight camp and food for both days. There are multiple different courses including Elite linear courses that cover over 40km a day down to short and long score courses that give you a set amount of time to score as many points as possible whilst getting back to camp on time. This year's location was the North Lakes.

'You and Ant should definitely enter!!!' Shouts Janie. Ant mutters something but doesn't completely dismiss the idea. Maybe it is possible!

Later that evening someone posts a half price entry on the Fell Running Facebook page....it's a sign! We have no excuses! We must enter! Ant double checks I know what I'm getting myself in for (sure I do?!?!) and secures the place...Challenge accepted! .....only one problem, the event is 1 month away, I have 2 weeks holiday planned and I'm nursing a sprained ankle...woops!!

The weekend of the event zooms around quickly. Ant has one question for me 'Are we giving it beans or just going for a nice run out?'

'BEANS obviously!' I reply. This is my one chance to be competitive and really go for it. I wasn't sure of my capabilities, I hadn't run for over a month let alone for 6hours straight, but we'd be stopping to navigate all the time right?! .....obviously not!

Once over the start line, we collected our short score map and quickly scanned it for a route. A split-second decision and we were off heading North. We had had the whole of the northern fell range to play with from Skiddaw to Blencathra and beyond. The day went well with Ant doing most of the navigation and me just about being able to keep up! We maintained a good pace until the end when we decided to go for one last checkpoint. I was pooped by this point and we were cutting it fine to get into camp on time. Ant managed to push me up the hill and we sprinted to the finish line with 1 minute to spare. Phew!

Jelly legged and hearts still beating we made our way towards the leader board. Bloody hell! There were our names at the top! 445 points sat us in the lead at the end of day one. Big smiles followed but also the realisation of what this meant.....a tough day 2!

The atmosphere in camp was great although a little windy and cold! It was lovely to see fellow helm hill runners Janie, Jo Rycroft and Sam Gibbs too although we were all asleep pretty sharpish!

Day 2 went smoothly although my lack of fitness, lingering cold and overall exhaustion was starting to show. When the decision came to try get one more check point at the top of a hill, I just couldn't face it. Ant being as competitive as he is, was probably a bit miffed and I knew he would never forgive me if those 15 points were crucial. Luckily, they weren't and we maintained our position as 1st overall. We later found out the name of that final hill was Great Cock Up .....a wise move to miss it I think!

MARMOT DARK MOUNTAINS –GIVING IT MORE BEANS! Chloe Lumsden



Getting last minute entries and not being at all prepared is becoming a theme for our Mountain Marathon adventures. This time I found out I was competing in the A Class at Marmot Dark Mountains with Ant at 8am on the morning of the event having been in the pub till 1am that same day. Woops… again! If anything, it was good training for the sleep deprivation experienced in the night to come.

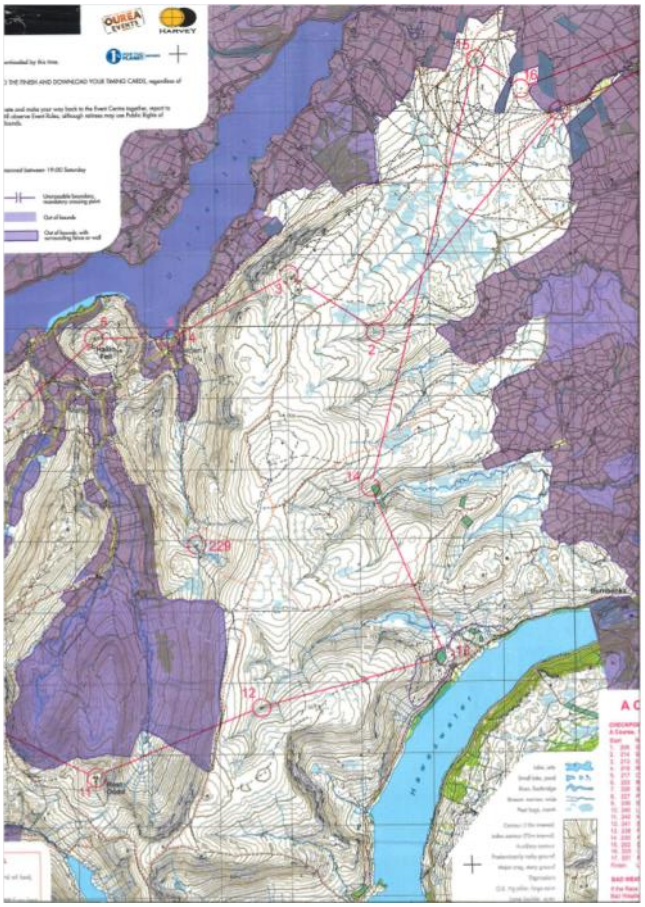
After sleeping all day I started to prepare for the event. The A course was a big step up from the short score course at The ROC. The suggested route was 49km…way further than anything I have done before. However, all we needed to do was complete the course and we would be in a good position…easy peasy right?! (There is usually at least a 50% drop out rate on this event!).

The night started with a tough and very important decision of what to wear!?? The weather was forecast to be below freezing, snow and icy cold winds picking up to gale force in the early hours of the morning! On top of this there were so many unknowns I needed to think about as I had never been out on the hills in similar weather at night.

After a slightly wobbly start with check points 2-3 being hard to find, we finally got into our groove and started to nail the navigation and make progress despite the testing weather. We made a great decision to put an extra layer on before heading up to higher ground and we managed our temperature by speeding up if we got cold and slowing down if we got to warm. This seemed to work, although Ant had some questionable hand warming techniques at one point.

The worst of the weather seemed to hit just as we were heading over the highest points of our route (Rest Dodd and High Raise). The wind was so strong we had to hold on tight to make sure we didn't lose each other in the blizzard. Every gust brought with it a million icy daggers and I was thankful for the hood on my new coat, despite its garish colour (I thought it was red, turns out it's pink). Luckily, we were soon to head down to check point 13 by Haweswater and the rest bite from the wind was bliss. I still managed to fall over on the

descent but nothing too bad and it was at this point when the skies cleared, we could now see by moonlight and I realised that the end was in sight (only 4 more checkpoints). It was a magical moment as I thought to myself about how crazy the night had been so far!
We made it across the finish line in 10hrs and 47mins which put us in 3rd place overall and 1st mixed team. Me being the only female to finish the A Class puts me top of the leaderboard for the Mountain Marathon Championships! A title I'm going to try defend at the Scottish Mountain Marathon on 8/9th June.
Mountain Marathons are really special events and I would highly recommend them to anyone wanting to test their mountain craft, endurance and navigation skills!



Chloe & Ant's A course >>>>

MARMOT DARK MOUNTAINS –Gary Beardwood



Rain was beating against the windscreen as myself and race partner Paul Jackson made our way up the M6 to Lowther Castle. It was a January night, old school rave was blaring out of the stereo and we were trying to get fired up for an all-nighter… but this all-nighter was on the fells getting hammered by the weather! We weren't the only crazies up for this, there was a healthy turn out from the club… Cat Slater, Jenny Rice, Ant Emmet, and Rick Stuart all up for a winter adventure!

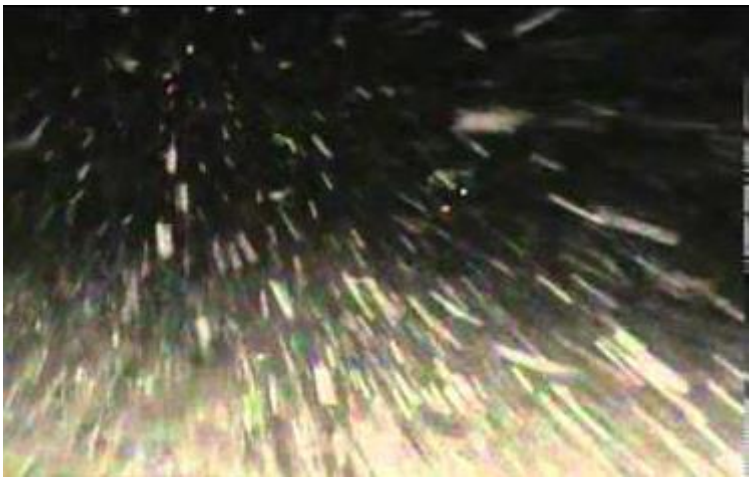
Those of you that may not be familiar with Dark Mountains it's a mountain marathon event with a twist. There is no midway camp and it is nearly all in the dark which as you can imagine really spices up the navigational challenge! This combined with it taking place slap bang in the middle of winter becomes quite a serious challenge for both the competitor and organisers. All teams are made up of two competitors and there are various lengths of courses to suit all in both linear and score. The latter I'm not particularly good at, in fact useless, so always opt for the linear. All participants are issued with GPS trackers with a button for emergencies. This allows organisers to keep an eye on competitors and also offer good dot watching!

Before the race we'd looked at all previous Dark Mountain events and noticed the completion rate was particularly low, so it wasn't to be taken lightly! After a couple of attempts at night nav with the dog (and nearly losing one another in rain and clag) I quickly realised that it was going to be extremely difficult to judge the distance travelled. It was decided a brush up the navigation was required. Jo Faulkner's NAV4 session fitted the bill. I was able to find that the distances you travel on a bearing needed to be vastly reduced to become effective in zero visibility. Basically less distance travelled = less error and take hold of any hand rails (walls, fence lines, streams etc) you can. Timing the distance covered was also addressed. It needed to be over different terrain, both climbing and descending, and recording your findings. Another factor was going to be keeping the speed down, less haste and maintaining concentration; tortoise and hare comes to mind!

Gear and food needed some careful thought as you and your partner need enough kit to be confident that whatever happens you are not going to go hypothermic if you hit the wall (hopefully not literally!) On the food front we find it's worth eating some real stuff as well as performance enhancing nutrition..... for us pork pies, cereal bars and gels.

The day had arrived! We set off about 7:30pm thinking all the usual thoughts…….have I got everything……..don't mess up getting to the 1st check point..etc. Rule number 1 for me when I receive the course map is don't look at the whole course as this can psych you out! Quickly folding the map to show just the first couple of check points we set off. We were feeling over dressed as the rain had subsided and it didn't feel particular cold. This feeling did not last. 5 hours in and climbing Kidsty Pike to CP7 things were quite different! As we started to climb Rob Crawford and his team mate also on the same course came along side. He seemed his usual self, not a care

in the world, just bashing on with a bit of banter and looking strong. As we reached the CP7 below the summit the wind had picked up considerably and we were now in a strong blizzard. The extra layers we hadn't wanted earlier were now absolutely essential! We dibbed the CP then retreated behind a crag to get even more gear on as quickly as possible. In hindsight we should have had the extra gear on 20 mins earlier. I've never seen Paul shiver uncontrollably before which made me acutely aware of what was going on (small tip don't take finger mitts, just use normal mitts..... it took forever to get Paul's fingers in properly and in that time I could feel my core temperature was falling fast) It is incredibly debilitating when your hands become unworkable.



Looking at CP7 in the results this is where the 1st of the 10 teams that started the course retired. We needed to get a bearing and get moving fast to generate some heat. We proceeded into the blizzard using one another to keep on track with the bearing. Eventually we topped out and descended to CP8 now wearing a buff, balaclava and fleece hat with outer jacket hood frozen solid. Food and liquid also takes a lot of concentration to keep on top of. It is always worth looking at the time you eat and calculating when to eat again. This becomes even more vital in bad conditions.

We reached CP11 Howtown at around 3:30am, 8:30 hours in to the race. We were now down and out of the really bad weather and we took the opportunity to take on some pork pies. Feeling back in the game we set off for CP12 unaware that we were now currently in 7th position as another 2 teams had retired after CP8. This part of the course was quite tricky as there was a lot of out of bounds hatchings on the map and the slightest lapse in concentration and the game could be over. With another 8 controls to visit we were now heading for our furthest out CP on the course, CP13 Place Fell. This was situated on the North West side of the summit. I hadn't realised the expanse of the top of Place Fell until this point. In the bad weather we'd managed to over shoot on the height due to a lapse in concentration. On the climb we had used all our brainpower on staying upright in the wind. On realising the mistake we battened down the hatch and descended.

We spread out a little whilst still trying to keep contact with one another and eventually we found it. My wife had been dot watching the GPS and at this point in the course and thought we'd lost the plot! Another 3 teams had retired 1 team before CP12 and the other 2 presumably trying to locate CP13.

We were now on our way back and approaching 10 hours on the course. Dawn started to break to reveal a great view of the snow covered fells. I was starting to feel alive again but the challenge was now to return to HQ before the course was closed. We seemed to be (and were) the only team still out on the course. After all the hard work we had put in the last thing we wanted was to be timed out and recorded as a DNF!!

We eventually dragged ourselves over the line in 15 hrs 17 mins. Last position but one of only 4 teams out of 10 to complete ……I'll take that as my very best last position!

This race is something else, if you want to experience something totally new and challenging this is one that needs putting in your calendar (Buzzer & D. White).

There are few events that allow you to experience pushing your endurance and mountain skills to this level… every credit to the OUREA team. Hats off to Anthony Emmet & Chloe Lumsdon A Class 1st in the Mixed Category and all that took part!



Next year's venue Snowdonia….. Who's up for it??

Kit that worked well

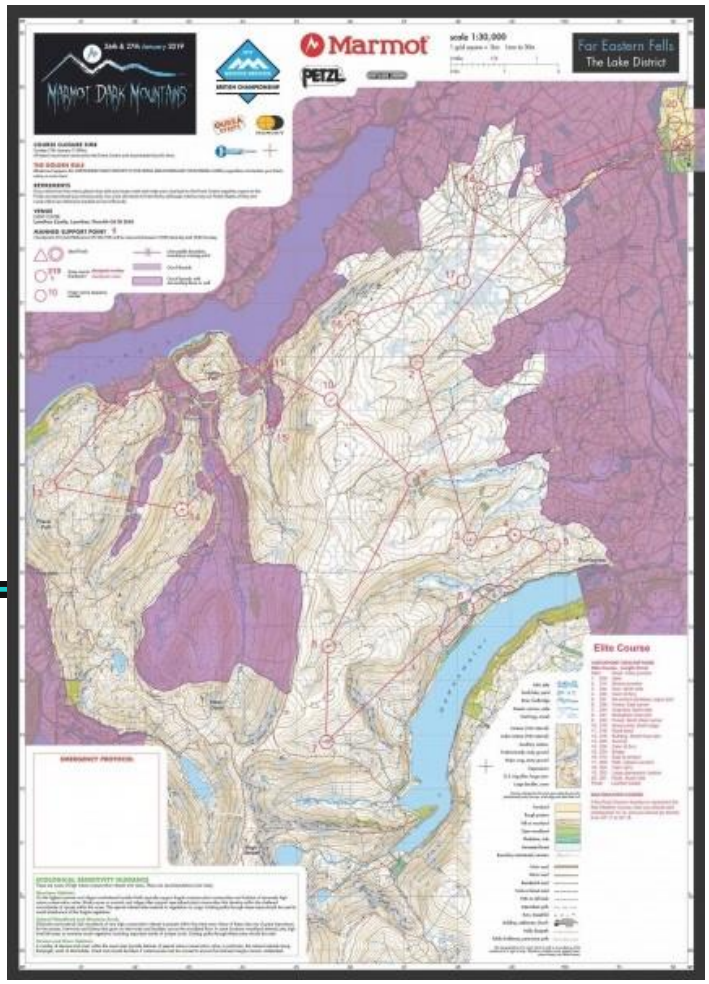
Raidlight Gaiters: These kept The Slab Speed 2 well covered preventing snow getting in. Really impressed with these!

Comfyballs Winter Warriors: The Ultimate Underpants… seriously comfortable with a dual layer of coolmax in the front making them more wind proof and striking the balance on insulation and breathability!

Sealskin Socks: Water proof but I should have had a thin pair of socks underneath as a couple of toes suffered from frost nip.

Summit Bothy 2 Supalite: Though we didn't have to use the bothy bag I think it's around the lightest 2 man bag on the market 270g, a great bit of kit to take with you on winter runs on the fells.

A final note……like anything if you want it and stick at it it can be very rewarding when it comes together. These events also usually take you to some unforgettable places you would not normally venture to.



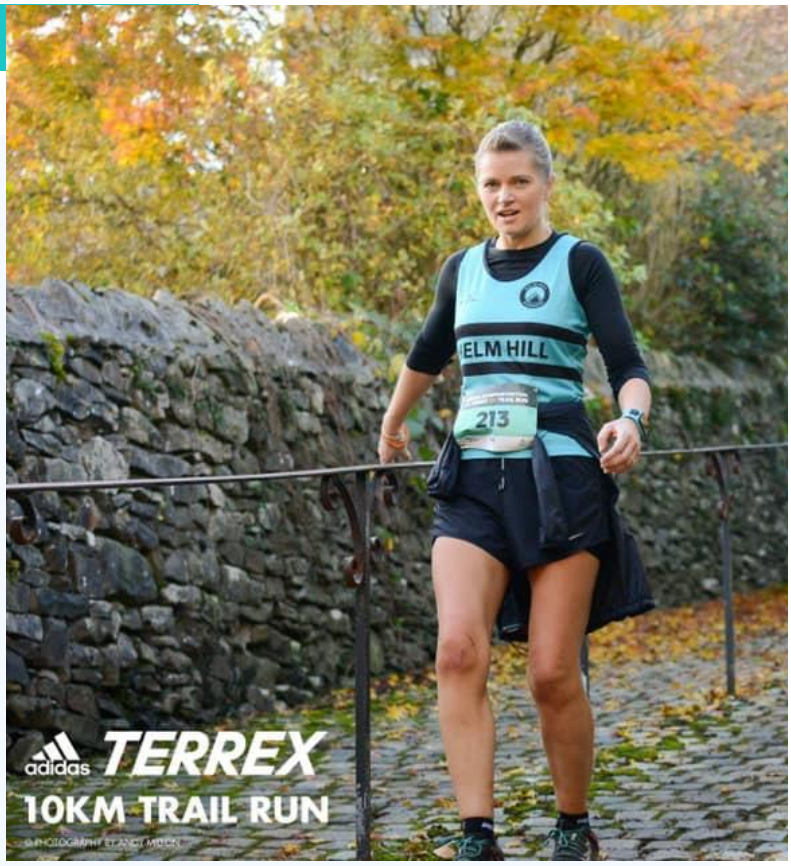


HELM Xmas fancy dress run

A great turn out for the traditional rainy Xmas fancy dress run. Start thinking up your costume for 2019 now!



HELM PROFILES—JO GRISEDALE



When and why did I join Helm?- I joined Helm around September 2016 as a parent helper, vowing I would stick to road running and I'd never be an off-road kind of girl. Fast forward 3 months and I did my first fell race, on my 40th birthday, wearing a Helm vest.

Greatest achievements so far?- In a fell race I'll always finish in the back quarter of the field - a racing snake I will never be. As far as personal achievements in running go, I think my biggest is that I still run having been told by doctors I absolutely must not run or do any endurance sport again following developing a long-term illness. Anyone who knows me well will vouch for the fact my determination is by greatest strength and biggest failing, depending on how wisely or otherwise I choose to use it! Thankfully, as far as continuing to run goes, it has served me well.

Favourite races?- Probably Loughrigg because I just love the descent.

Typical training week?- I usually do the social run on a Monday which is always a great evening, although I often come home thinking I may have laughed more than I ran but that's no reflection on the training as we do generally cover at least six miles. I have been known to attend the track/speed session but I'm not a regular. I don't like to give Shaun too many opportunities for banter at my expense. Seriously though – it's a great session for pushing yourself to improve your pace and endurance. Nobody should be worried about giving it ago, you can miss a rep if you want to - just don't let Shaun catch you. I train most Wednesdays and will race or do a longer run of a weekend, sometimes I might even do both. As well as running I do core strength work three to four times a week at home, courteously of You Tube, because I'm too tight or too lazy to go to a class.

Future Goals and ambitions?- I can use a map and compass but have no confidence in my abilities so I shy away from any races where there is even the remotest possibility I might need to navigate. My goal is to change that in the future. Actually, on reflection, having just answered the question below……. maybe my goal should be to take my training a bit more seriously!

Persons/ People I admire in the club?- There's just so many…… the legend that is Billy Procter for his unfaltering passion for the sport and his positivity as a coach – no matter what your ability as a runner if you want to improve, he'll willingly give you his time, his words of wisdom or both. Bianca Dyer who I've seen grow from strength to strength and achieve some awesome results over the last three years. Russ Cannon who coaches a predominantly female group every week and is never phased by my avoidance of effort strategies and moaning. Every single runner who puts on a Helm vest and just gets out there and races.

Running tips for younger runners?- Enjoy it, run because it makes you smile anything else is just a bonus.

Anything else? Being part of the 'Green Machine' is a bit addictive and something quite special but you already knew that, right?!

HELM PROFILES—JOHNNY GRISEDALE



When and why did I join Helm? – I joined Helm in 2016 when my son started training with the club. I'd been running for a while following Jo (my wife for those who don't know) telling me I'd put on too much weight and it was about time I started doing some exercise. So, when Fin joined Helm, I took the opportunity to train with the seniors too.

Greatest achievements so far? – Completing my first fell race, Grasmere Guides race in 2016, following in my great Grandad's footsteps who won the course twice, on the old route, in 1886 and 1890. In those days you won the equivalent of two month wages…..how times have changed!

Favourite races? – Brunt Knott because I organise it, therefore, don't have to run it! No seriously, I'm hugely proud to organise it and that last year some credible runners turned up to race it. Plus, all the money raised goes to a local charity. Did I mention it starts and finishes outside a brewery? What's there not to love!

Typical training week?- Sometimes speed or social run on a Monday, Helm training on a Wednesday, a longer run on a Friday night to earn some beer, usually with Jo (it spares me the nagging!) and a race or run at the weekend.

Future Goals and ambitions?- I've always wanted to run Kentmere Horseshoe race because I grew up in Staveley and have great memories of watching people run it with my Dad. To still be running well into my 70's……even if it is just to get away from Jo!

Persons/ People I admire in the club?- In no particular order……Mike Ainsworth because he is just so encouraging. Mark Addison because he has no concept of his own ability (that boy is world class and that's just his racing stories). Bill Coupe for his deathly training. Andy Bennett for just being Andy. Jo Rycroft for her inspiring progress in such a short amount of time. Leigh Baron for his 'northern flat cap attitude' to sport and pain. Last but no least the back markers in every race who turn out, run as hard as they can and are often out there twice as long as the runner who won the race. Oh! and Sam Gibbs for our on-going 'secret' bromance! x

Running tips for younger runners-? Don't take it too seriously. Enjoy it. Don't let your fear of not being fast enough stop you setting off. Run for you and no one else.

Anything else? 16th June, Brunt Knott Fell Race……be there!

HHR Innovations

This month in 'STUFF YOU DON'T NEED: nav-aid

Kit on test

HHR FollowMe DRONE™ : £450.53 Cat No. HHR005110

Can't read a map? GPS banned in the race? No bother! Simply load the race route GPX file, launch the FollowMe Drone™ (available in HHR colours), look skywards, keep looking skywards and simply follow it round the race route! Simples.

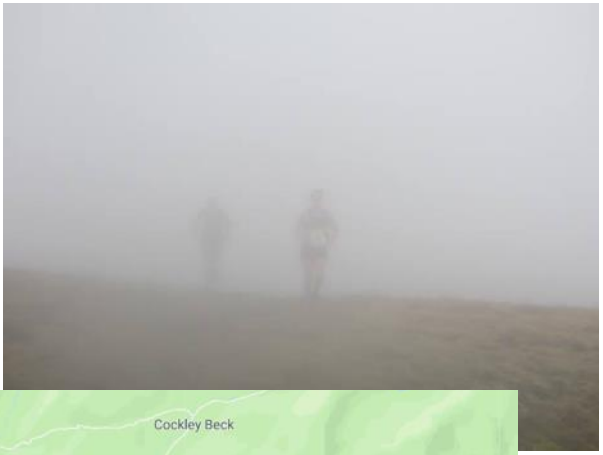




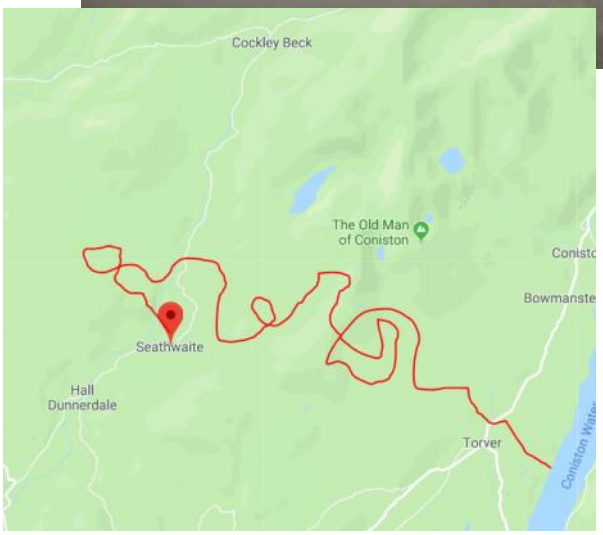
OUR TEST:

<<< Test 1 Wasdale Horseshoe fell race. The test was cut short. Might have been better to have looked down in stead of up.

>>>>Test 2. Duddon Horseshoe fell race. It was a bit claggy. I had to get the bus back.

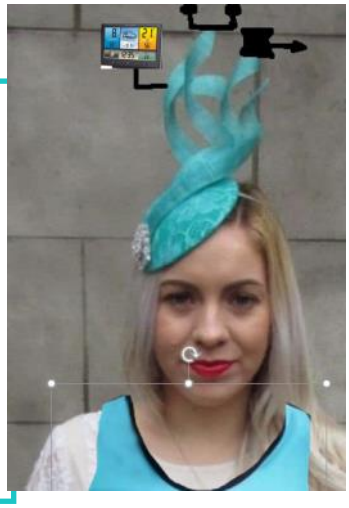






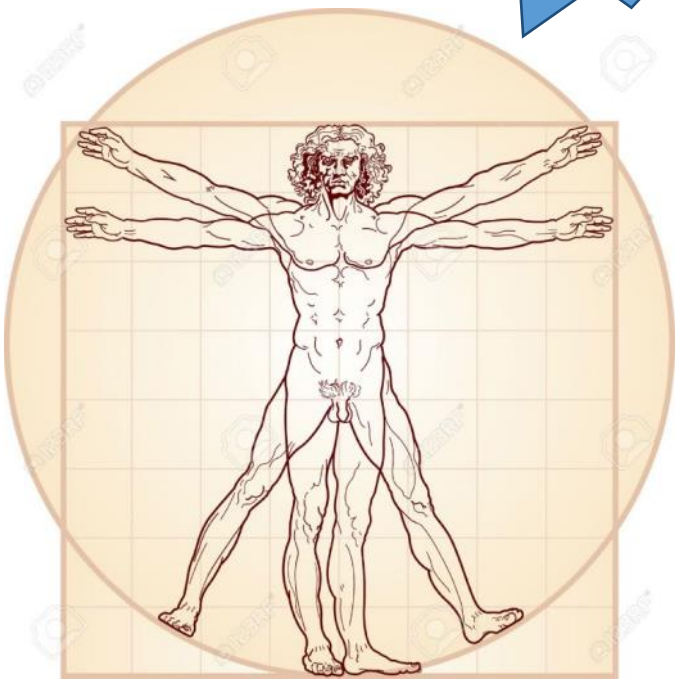
HHR Head-mounted Automatic Weather Station: £66.34+vat Cat No. HHR005111

No need to worry about local climatic variations on the main forecast with this head-mounted automatic weather station. The AWS connects to your phone to relay local weather conditions in real time as you run letting you know the amount of rain in mm falling on you, the wind chill and visibility in case you can't see it yourself. You'll get the competitive edge and know when to get the waterproofs out.



The Vitruvian Fellrunner—Sam Gibbs

Did you know?



Modern Day fell runner



Vitruvian Man

Spot the difference?

Vitruvio, which is translated to "*The proportions of the human body according to Vitruvius*" is a drawing made by the Italian polymath Leonardo da Vinci around 1490. It depicts a man in two superimposed positions with his arms and legs apart within a circle and square, and is sometimes known as 'the Proportions of Man'. The drawing is based on the correlations of **ideal human body proportions** with geometry described by the ancient Roman architect, author, civil engineer and early fell runner Vitruvius. His discussion of perfect proportion in architecture and the human body was largely attributed to his passion for fell running in the mountains above Rome. He noticed that body shapes varied massively, however, those that represented near-perfection in his mind were those in the Roman fell running community.

HELM HILL RUNNERS—CAPTION COMPETITION



(from the Helm Coaches first aid course)

GUESS THE HELM RUNNER?



FELL FASHION

KWL tattoo? You've all seen the IronMan tattoo (Q:How do you know someones done an IronMan triathlon? A: They'll tell you. Or failing that they'll be wearing shorts when it's freezing in the hope you'll see the tattoo on their calf).

After the 2019 KWL Rowan Ranner felt inspired enough to become the first to sport a KWL tattoo!



NEWS from HH RACING SICKBAY



Martin Askew also took a tumble at the Lee Mills Relay. Hasn't slowed him down though. Must be those over-sized legs he's got.

It's not only the seniors who end up in sick bay. Sarah Smith had a nasty fall at Helm training but fortunately is on the mend. This was the only pic facebook didn't ban.





So Doc, …I see Jo Wilcox is back no sooner than we discharged her. The Yarlside Downhill race?

Doc: ..Yep. What was she thinking?!

CLUB KIT

Last minute ~~xmas~~ 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

Complete the Look!

Movelo striped sock: celeste





HHR Hair extensions anyone?



FRA 2018 Presentation Night

OK it's a while ago but thought you might like to see what we brought home with us…….lots of trophies!





Fellrunners Toes

If you worried you had weird toes, don't worry. They are normal.



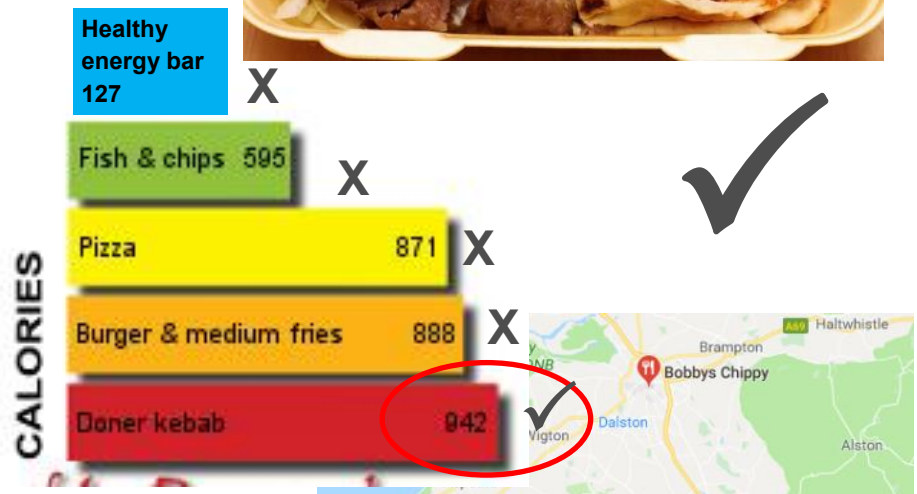
FELL NUTRITION



Apparently you're going to burn 14,000 calories completing the BG. So you're going to need food with a high-calorific content. For years BG attemptees have been struggling getting usual hill-food down e.g. energy bars, flapjack, rice pud, bananas, jelly beans.

Exclusive Helm Hill research has discovered the **superfood** that could be the answer. It was one of those chance discoveries that science throws up occasionally. A 'Eureka' moment. While waiting in the chip shop for a nice bit of battered cod, our researcher perused the informative literature and chanced upon some game-changing info: with a whopping **942 calories per serving**, easy to carry, easy to eat on the move, available from every town : - **a doner kebab!!**

'Experts' now recommend: 2 x doner kebabs at every road crossing plus one a couple of hours into each leg. This packs 14,500 calories into your body! You know it makes sense.



Yum! Where to get one on each BG leg





WEIRD FACTS

BREAKING NEWS FROM EVERST BASE CAMP: Carrie Gibson recently was in a team that set not one but two world records in the Guinness Book of World Records!

Adorned with her Helm Hill Runners buff she relayed the following exciting news via satellite phone: “My helm hill buff broke 2 Guinness world records (still to be verified) but the buff was real. I've just led a team to Everest base camp to play the highest game of mixed touch rugby in the world, then onwards to advanced based camp to play the highest game of rugby”



I’VE RECCE’D IT—FOLLOW ME!

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

2019 Exciting start:

- Nothing like planning in advance: Ali Richards got the competition off to a flying start by being organised and booking the limited accommodation nearby for Adam& Janet’s wedding at the Redmire pub well in advance—er, well perhaps perfect for their one-year anniversary anyway!

- James Leigh Baron’s ‘reliable old car’ wasn’t quite so reliable after the downpour during the Langdale Horseshoe. Liz and Leigh were all set to spend the night on the floor at the Old Dungeon Ghyll before it miraculously came to life 3 hrs later.

- Preparation is everything. 20mins before start of British Champs race in Ireland Adam Perry trips on a drain cover on the way down to the start, falls down ditch and rolls his ankle.

- Josh Jardine on front row of startline at Coniston Horseshoe. Race about to start and he realises he’s forgotten to pin number to chest! Laughs all around the pack as he legs it back towards car park to find it only to soon realise he couldn’t get his number as Georgia had it in a bag up the fell and was up the fell. He then set off after the racers, working his way through to finish 10th.

- Adam forgot to present the mens and womens team trophies at the Howgills Fell Race!

- Nearly was…
Sharon was minutes away from winning the 2019 competition hands down in Ireland: Sharon made a hasty exit after herding Rob & Josh from the shared accom into the hire car to get to the airport in time. 10 minutes after leaving Sharon ran back in with the minibus keys (in which the rest of us were getting home in) she’d discovered in her pocket!



2018 ‘I’ve Reccied It, Follow Me!’

Defending Champion :

Michael Ainsworth

Keep those misendeavours rolling in in 2019!

MONDAY SOCIAL RUNS

Monday Social Training Runs Summer 2019

Instead of running from the Leisure Centre at 6.45 each Monday through the summer the run will take place from a variety of venues around the Kendal area.

As car parking is limited at some of these locations arrangements to car share will be made and these will set off from the Leisure Centre at 6.15.

Dates are:

29th April **Staveley Reston Scar or Potter's Tarn**

From the Car park near Wilf's Cafe

20th May **Brigsteer**

From the layby opposite Helsington church

17th June **Sedbergh Hills**

From the parking running along the edge of the People's Hall Playing fields.

15th July ....**Farleton Knott**

From the Plough Inn at Lupton

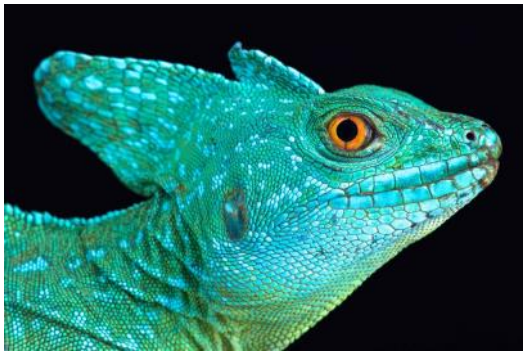
12th August **Whitbarrow Scar**

From Raven's Lodge off the A590

9th September **Gamblesmire Lane**

Scout Scar Carpark.

WILDLIFE CORNER



pic_matthijs_kuijpers

HEAVY PLANT CORNER



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 October 2019

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

<<<<< NEXT NEWSLETTER—END OF THE SEASON. Start thinking of ideas…..

Pics

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

James Kirby Photography

Dobo: Fellrunner.net

Woodentops: Woodentops.org

Steve Wilson Photography