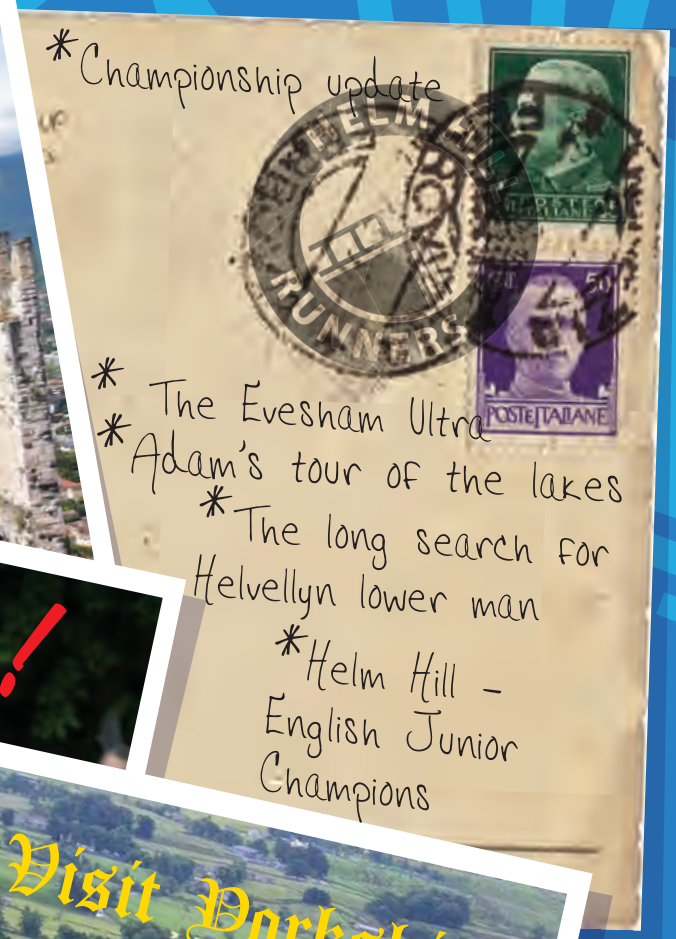
Helm Hill

FOR ALL YOUR TRAVEL NEEDS

Summer newletter









UPCOMING CHAMPIONSHIP RACES





Summer racing! Hot hot hot! Lung busting climbs dripping in sweat., charging back down and lying in the river. We love it. Lots of members will be racing so if you fancy joining then and want some guidance/convincing have a chat at training with one of the coaches.

Helm Hill Club Champs.: see p8-9 or website http://www.helmhill.co.uk/index.php/races



FRA Junior & Senior English Champs http://fellrunner.org.uk/championships.php

BOFRA Champs http://bofra.co.uk/fixtures1.php

other fell races :

Fell Running Association http://www.fellrunner.org.uk/races.php BOFRA http://www.bofra.co.uk

Scottish Hill Racing http://www.shr.uk.com/Calendar.aspx.

CLUB NEWS

A big warm welcome to lots of new members who have joined Helm Hill Runners over the last few months. We all look forward to training and racing with you. We're all very friendly so ask any of the coaches or members if you need help or advice about training and /or racing.

HelmHill Juniors take England by storm! - 2014 English Uphill Team Champions. 2014 English Team Champions. Chris Richards English U16 Champion. Matty Senior 2nd English U16. Imogen Burrows 2nd. - see article.

English Champs update— Tom A in 1st place with 2 races to go! Ditto ,mens V50 team! See Race reports

More England vests - Tom Addison donned his England vest twice in as many weeks in June and again in Italy where he was also joined by Chris Richards. Tom Peel was selected for England at Karrimor Trail Challenge in Keswick and Chris R and Matthew Senior will be in white and red in September—see more in the Junior pages.

This summer has seen Helm Hill runners stray a long, long way from our roots as a short race specialists—read all about the long distance activities, and we are talking very, very long.

And congratulations to Ben and Bethan who got married in April!



Congratulation also to Robin and Becky on the birth of Jasper

See you all on The Helm!

Thanks for all the contributions to another bumper newsletter—Rick and Ali (newsletter eds)

CHAIRMAN'S REPORT—TIM MURRAY



Summer is always busy, especially if you are a Helm Hill Member. We've had members competing in international races at home and abroad; our runners are leading FRA Championships at individual, junior and V50 categories; we've been attempting world record circuits of the Lake District; rowing to victory across Windermere; winning individual and team races at all levels; getting additional coaching qualifications; suffering injury and defeat in good humour; organising races; getting to know race routes.....and once again this newsletter is going to try and capture it all!! What a great Club!!

Thanks again to everyone who is involved in contributing to and editing this edition - especially Rick and Ali.

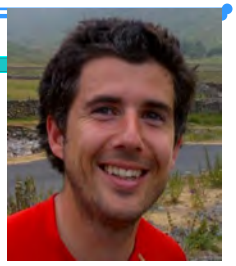
Happy Running, Tim

LADIES CAPTAIN'S BIT—ALI RICHARDS



If someone had told me last year that we would be in second place in the English champs after 4 races I would never have believed it…...but that is where we are. In fact I keep looking at the FRA website (click on 'Events' and then 'Championships') just to keep checking it's really true. It is obviously fantastic having a front runner like Sharon to help us on our way, but we could not be there without the back-up of so many of us chasing her, albeit somewhere further down the field! A special mention to Marie who has been a counter for the ladies team at both Coniston and Ennerdale and to Rachel Slattery who made sure that we had a ladies team at Ennerdale. We would not be in second otherwise.
We have a team for Sedbergh (must organise a reccy) and it would be great if we could have a big showing for the final short race at Hodder Show on September 13th (enter on the day). With some great club achievements looking likely this year it would be great to have a Helm outing to the FRA 'do' in November….watch this space.
I can't believe it, but it's time to start thinking about the relays. I have spoken to a few people already but please let me know if you are available to run or be a reserve - every year we have ended up relying on everyone who is available so please don't think you won't be needed!
As usual we will organise some reccies for the 4 different legs of the Ian Hodgson - the more legs you know the better I've found, given the last minute changes that can occur. Also, given that the FRA relays are local to us this year at Middleton (near Kirkby Lonsdale and Barbon) we should be able to go out and reccy 3 of the 4 legs for that too. It would be great to build on our success in the English Champs this year and aim for another PB in the relays. The more people that can be involved in running and supporting the better.
Other than the champs, Helm ladies have been out and about at many races: winning the team prize at Fairfield, Hutton Roof, Kendal 10K and Reston Scar. Sharon has won several races including Anniversary Waltz, Tebay, and Reston Scar - even more impressive when you remember that Jos is only just over a year old. Sally continues to be an international adventure racing star (and unbelievably modest with it) winning the European championships with her team. Lauren Munro-Bennett is going to be a name to watch on both the triathlon and fellrunning scene and all the hard training has clearly been working as she was an impressive 9th at Kentmere - and she is still only 19!
It has been great to welcome some new runners to the Helm - the two Carolines, Michelle and Peta to name a few. Also been lovely to catch up with Melanie Hyder again after her time away in the States and going off to uni in Carlisle.
We had a lovely night out recently for Jayne's 40th birthday. It's mine and Amanda's in January so get ready for a big night out sometime around then (I know it's a while away but I know how busy we all are!)
Highlights for me so far this summer include a fab day out to Sedbergh Gala and watching all our juniors giving it their all; watching our seniors beat an Olympic athlete (Iwan Thomas) and realising that we are fitter than we all think we are, and then having a great time enjoying the gala including Helm entries in the dog show and the egg-throwing. Getting a team round Ennerdale was great, and I did actually enjoy the drama of the route change - another legendary champs race to add to the Wasdale furnace last year and the Great Lakes Torrent the year before. Kentmere has to be another highlight - with 9 ladies running and getting not only 1 but 2 teams gaining points in the English Championships.
Don't forget to let people know if you are planning a reccy/long run/night out - I am open to all suggestions and always really happy (hint hint) for other people to arrange stuff or suggest ideas for runs or social events.
Finally I would like to say a big thank you to Yvonne and Bethan who have done a fabulous job so far with the memberships and to Yvonne for encouraging so many new runners at Monday night training.
Wishing you all a continued hot and sunny summer…..and happy running to all

MENS CAPTAIN'S BIT—BEN PROCTOR



I seem to be starting all the newsletter bits in the same manner, commenting how well we are doing as a club. Not one to disappoint I have no option but to continue the trend for the mid- summer notes. The last few months have presented some exciting and challenging races but there have been a few names and achievements that have especially stood out for me;

One of my favourite parts of summer running has always been the 'dodgy mid-week races' that take place. Although this often means missing a Wednesday night beasting from either Billy, Shaun or Russ, these events always provide a challenging but friendly race over some of the more wrongly, under-appreciated routes in the calendar. For some of us these races give us the opportunity to hone race tactics and fitness, and for some it provides the opportunity to pick up a cheeky prize or 2 (hence the dodgy). One man who has definitely made the most of these opportunities is the very on-form Kieran Hodgson. I have read very few results where his name has not popped up somewhere near the top of the page and all this racing came good at Ennerdale. Although the course had been altered (which would not normally suit Kieran) he produced an outstanding result finishing in 15th place. A fantastic attitude to racing (get your club colours form in Kieran!)

As has been shown on the website, I was privileged to help Adam Perry attempt his unbelievable peaks of the Lake District challenge. I am sure everyone is aware of the numbers but just incase you thought you had read it wrong, it was 77 peaks in 24 hours. Unfortunately Adam narrowly missed out on breaking the record but his effort was astonishing. Some of my personal highlights were Adam trying to eat a Muller rice pudding at race pace, Lee trying to video his performance whilst trying to get as much Inov-8 gear in the shots as possible at race pace and Adam dropping all his pacers on our final scree descent off the Langdales. Truly inspirational effort mate.

Another member of the club who has been putting in some excellent performances is Brian Thompson. Towards the end of last summer season and the winter Brian was struggling with injuries, dragging himself around courses for the good of the team. It has been brilliant to see Brian back on top form putting in many races. He has been picking up a number of V60 wins including the club championship race at Skiddaw.

Finally (and I am sure there is already plenty written about him in the newsletter) - Tom Addison. After an unbelievable start to the English championships at Pendle, Tom has gone on to take victory at Coniston (English champs race 2) and Kentmere (English champs race 4). As well as these achievements, Tom has gone on to represent England and Great Britain, putting in some stellar performances. I am sure there is still more to come from Tom this year and I can safely say that everyone in the club is right behind him on his quest to becoming Senior English Fell running champion.

The Club champs seems to be really heating up with a number of people making a late push for a high finish (Lee, Craig, Garry). In my eyes you know a club championship is going well when club and training friends are trying to play mind games and work out the complex points situation after every race. It has been excellent to see so many people supporting this championship and there is definitely still plenty to race for.

With a mass of runners starting to perform to a great standard in training and racing, I have made the decision to publish my thoughts on this year's Ian Hodgson and FRA relays. My main aims are to reward those who have raced and trained well over the last 12 months and hopefully include as many members as possible. Obviously the decisions and combinations for consideration are not the easiest, so all I can suggest is that everyone interested (hopefully everyone) continues to support the club championships, races hard and trains hard.

Good luck with the remainder of the summer season & please stay injury free for the relays!!!!

Cheers

Ben

HELM HILL CLUB RACING COLOURS

And now they are here...the embroidered Helm Hill full and half racing colours. To earn yours this year, simply keep a record on the record sheet (see website racing pages) of any race you do representing the club, get your coach to sign it when you have reached either 12 or 24 races, and one will be yours.



Quite a number of juniors have achieved their colours already this year, well done to them for getting the races in and I'd encourage every junior to make a goal and have a go at getting a badge. Come on seniors, get some forms in!



2014 Club Colours (so far)
12 Races – Half
24 races – Full

23/04/14 - Jacob Aubrey (half) Josh Roelants (half)

14/05/14 - Ollie Sanders (half) Rowan Baker (half)

21/05/14 - Maddie Sanders (half) Emelia Stevens (half) Matthew Wright (half)

4/06/14 - Lottie Beardwood (half) Ella Beardwood (half) Mollie Bratt (half)

11/06/14 - **Alice Slattery** (FULL) Clara Samson (half) **Jacob Aubrey** (FULL)

18/06/14 - Elliott Wren (half) Joe Clayton (half) Vaughan Samson (half) Mia Walsh (half) Maddie Walsh (half)

25/06/14 - **Rowen Baker** (FULL)

9/07/14 - Joe Connor (Half) **Josh Roelants** (FULL)

16/07/14 - Mia Senior (half)





JUNIOR COORDINATOR'S BIT—DUNCAN RICHARDS



Helm Hill FRA English Junior Club Champions!

Congratulations to all Helm juniors for winning a fantastic FRA series in the most competitive English junior Championship series since it started in 2010.

A tough series of 7 races finished last Sunday at the Wharfedale TTT at Kettlewell (scene of the Tour de France the week before).

Chris, Imogen & Mia W were the scorers as Jacob, Robert, Matty, Maddie, Katie and Mia S combined to help us get the points we needed to win the title.

It's been a great turn out all season and all Helm juniors who have taken part in some challenging races should be rightly proud of this achievement. Every Helm junior who has competed a Championship race has contributed towards winning the title, and everybody's contribution matters!



HelmHill juniors being presented with teh English Team trophy by GB and England Senior team member and clubmate Tom Addison

In the U16s Chris & Matthew came first & second in the Championship and thus gain automatic selection for the England team to compete in the Junior Home International Race in Ireland in September.

Congratulations to both of them.

Imogen also had a great series and picked up a silver medal for coming second in the U14s, a fantastic result and Mia Walsh finished a superb 5th in her first year in this age group.

The final individual English Championship positions –

U12 girls

Lottie Beardwood	27th
Emelia Stevens	30th
Erin Bagge	33rd

U14 girls

Imogen Burrow	2nd
Mia Walsh	5th
Katie Thurlow	27th
Amy Slattery	29th

U16 girls

Katherine Lawson	10th
Mia Senior	15th
Alice Slattery	30th
Georgia Stevens	33rd

U12 boys

Josh Roelants	18th
Vaughan Samson	44th
Elliot Wren	51st

U14 boys

Jacob Aubrey	9th
Robert Askew	19th

U16 boys

Chris Richards	1st
Matthew Senior	2nd

The final club positions for this year are –

1st **Helm Hill Runners**
2nd Eden Runners



Mia Walsh storming to victory at Langdale

3rd Holmfirth Harriers
4th Ilkley Harriers
5th Wharfedale Harriers
6th Rossendale Harriers



Jacob Aubrey charging along at Pendle

English Fell Running Champion Tom Addison presents medal & trophy to English U16 Fell Running Champion Chris Richards at the FRA junior do at Queen Katherine School at the Helm Hill hosted junior development event



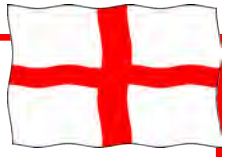
Helm Hill FRA English Junior UPHILL Champions!

Helm Hill Juniors are also English Uphill Champs 2014!

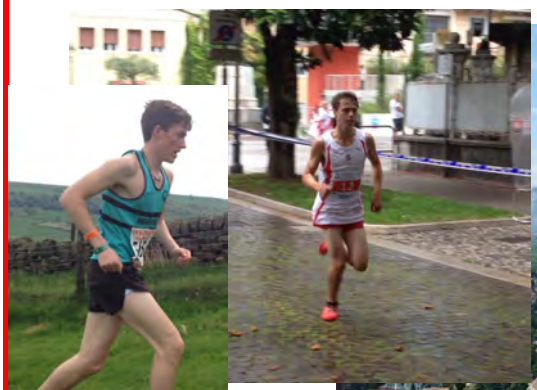
Congratulations To Helm Juniors on winning the National Uphill Only title in the Duddon valley.

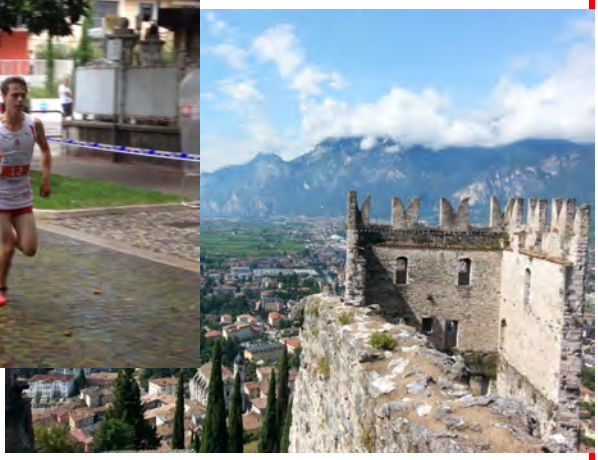
In very wet, misty conditions, **Imogen Burrow** & **Chris Richards** won their races to become uphill Champions, **Clara Samson** won the up & down U8s and so with Mia Walsh & Tom Peel 4th, Kath 5th, Jack 7th, Jacob & Matty 8th we took the Team prize. Maddie Walsh (11th), Josh Roelants (17th), Emelia Stevens (6th), Lottie Beardwood (9th), Maia Doherty (15th), Erin Bagge (18th), Vaughan Samson (29th), Joe Connor (18th), Katie Thurlow (17th), Mia Senior (12th), Georgia Stevens (18th) meant a fantastic turnout in this tough race high up in the fells. Well done everybody.

England call-ups:



Helm Hill junior duo **Chris Richards** and **Tom Peel** were both been selected for England to race at the World Mountain Running Association International Youth Cup in Italy on June 29th.





Chris Richards & **Matthew Senior** came first & second in the FRA U16 Championship and thus gain automatic selection for the England team to compete in the Junior Home International Race in Ireland in September





The combination of winning both the English Team and English Uphill only club trophy (which is more an indicator of strength in depth) all the hard work & commitment has paid off and as a club we should be very proud of our juniors.

It is also a time to thank coaches, mums, dads, uncles, aunts and various dogs for all their hard work too, turning up at the Helm in all weathers to support & help out.

Bofra

Although that is the English Championships completed for another season, there are still plenty of fell races to go at over the summer holidays and the Bofra series has also seen some great performances over the summer so far.

These races tend to be shorter & more technical than the FRA races and can be great fun.

Jacob Aubrey & Michael Dugdale are currently lying 4th & 5th consecutively in the U17 boys table with Kath Lawson & Mia Senior lying 1st & 2nd in the U17 girls Championship.

In the U14 girls Championship, Abbie Allan is 2nd, Imogen Burrow 4th, Mia Walsh 6th and Katie Thurlow 8th.

Josh Roelants leads the U12 boys Championship with Elliot Wren 9th and in the U12 girls Mollie Bratt is in 2nd & Maddie Walsh is in 5th position.

There are still 8 races to go in the series and I'd encourage anyone who hasn't raced so far to have a go and to all those battling in the Championship, good luck & keep up the good work.

Groups

The sharp eyed amongst you will have noticed that Billy has now gone 'back to the future' & taken on a junior group. This new group now exists as a racing group and includes all our top young racers who will benefit hugely from Billy's experience & enthusiasm.
Our junior section is a dynamic environment and we constantly adapt & review to make sure we are meeting everyone's needs as much as possible as the club grows & evolves.
This new group is not so much a natural extension as a function of getting older, it is a fast, demanding group designed for those who want to improve their racing and can cope with the training quantity & quality. Any junior who shows desire & potential will be invited to join it.
With Lorna, Tim, Sarah & Eric leading excellent sessions for similar age groups we should be able to cover as wide a range of ability and motivation as we can.

Club Shop

Dave Roelants has generously offered to take on running a club shop for second hand kit. If you have a pair of fell shoes or a vest that has been out grown (it happens!) pass on to Dave so he can build his stock and then if you need to upgrade to a bigger size hopefully he can sort you out with a decent second hand piece of kit.

A great way of recycling & keeping costs down.

Cumbria Mini – Series

An idea that sprang up from conversations with junior coaches from Eden, Ambleside, Keswick & Broughton was a race/races just for U8 & U10 runners for a Cumbria shield.

For this year were looking at a single race, probably Anna's at Selside in September, to have a mini competition for Cumbria juniors. If anyone would like to help out with this & help manage & organise this team let me know. Next year we may have a couple of races if t takes off.

Once again, a huge THANK YOU to all those who give their time & energy in organising and coaching in the Helm, its been a great year and a pleasure to see everyone enjoying their training & racing. Keep up the great work!

Cheers , Duncan

JUNIOR RACE REPORTS:

Pendle : A strong turnout for the club on the return to Pendle to see if we could follow up the senior successes - and we could - with Chris Richards and Clara Samson winning their races, plus a host of other strong showings, including Matt S (3rd), Tom P and imogen B (4). Full results.

Rivington : Round two of the FRA championships was held at Rivington with another good showing from Helm. Provisional RESULTS. Well done to all who ran, including Chris and Matty getting a Helm 1 and 2 in the u16s, and to Clara Samson - winning again...

Coiners: A record 367 juniors raced in the sunshine at Coiners and another strong Helm turn out with Chris (1st) Tom Peel (2nd) & Imogen (2nd) bagging the points and Matty, Maddie, Mia, Josh, Robert, Jacob, Kath, Amy & Alice supporting to keep Helm top of the Junior Champs after 3 races

Clougha Pike Sat 21 Jun, Helm Hill Sun 22 Jun; What a great weekend for our juniors! Highlights on Saturday included Matthew Senior's lung-busting finish in the U16s race when he held off the competition and claimed second place. Chris Richards led the field home in first place. Go Helm, go! On our home ground on Sunday, many juniors raced again, and some top positions were claimed; Clara Samson fought for and won first place in the U9 girls, Matthew Ansell won second place U9 boys, Josh Roelants was first Helm boy and 5th overall in U12s (closely followed by Elliot Wren). In the U14s, Robert Askew won first place and Imogen Burrow took 2nd girls place. U17s; Jack Byrne was 3rd, Katherine Lawson 1st girl and Mia Senior 3rd girl. Well done to you all, and to our many other Helm juniors who all ran so hard this weekend.

Kirkby Gala, Sat 28 Jun - Relaxed and grinning, Katherine Lawson came in first in the U17 girls. Helm Hill lads Jacob Aubrey, Jack Byrne and Michael Dugdale took 3rd, 4th and 6th place, Mia Senior and Georgia Stevens were second and third girls. Also rightly pleased with themselves in the U14s, Robert Askew won third place amongst the boys, Mia Walsh was second girl, Imogen Burrow was third girl, Abbie Allan took 6th girl's place and Emelia Stevens rounded off the girls' team. U12s; Josh Roelants continued his fine form this season with fourth place, Elliot Wren and Ollie Sanders and Angus Corrie were 7th, 8th and 9th boys. Well done to Mollie Bratt for her fourth position amongst the girls, and to Maddie Walsh and Susanna Corrie. All ran well on a steep course, on a warm day.

Coniston Gullies 1 June 14 This is certainly not a race for the 'faint hearted'! There were a few tumbles! Well done to our juniors who managed to recover from falls and finish their races. At the beginning of the day, Finley Aitken was the only Helm Hill runner in the U9s race – he finished in a very respectable 4th place. U12's; Josh Roelants continued his good form, coming in 7th, Mollie Bratt was 3rd girl closely followed by Lottie Beardwood in 4th. With Mia, Islay, Ella, Maddie and Rowan running too, the total of Helm Hill girls outnumbered any other club in this category.
The U14's race was a truly gripping event with some amazing resilience and toughness shown - well done to Mia, Imogen, Abbie, Emelia and Katie. Katherine Lawson proved her prowess and brought it home for Helm females in the U17s race, with a 19 second lead over the second girl and preceded by Helm's Jacob Aubrey, Mia Senior then came in and took the 3rd female position. Well done to all.

Austwick Amble 26 May 14

The sun was definitely shining down on Helm Hill Runners at the Austwick Amble. It was great to see so many juniors. Some excellent results in the U12's with Josh Roelants finishing a very strong 7th place in a very tough field. Mollie Bratt, with an excellent race and time, coming 2nd girl and a great performance from Rowan Baker in 6th place. Helm Hill made up a 3rd of the entrants for the U16s race - Jacob Aubrey, Amy Slattery and Alice Slattery. Congratulations to Jacob for his second place boy and second place overall, and to Amy who was first girl. Results are at www.austwick.org

2014 HELM HILL JUNIOR CLUB CHAMPIONSHIP

Helm Hill Junior Championships 2014, U8 & U10

Best 4 from 8

~~16th April Todd Crag~~

~~17th May Sedbergh Gala (bofra)~~

~~7th June Bendrigg Lodge 2 mile fun run~~

~~22nd June Helm Hill (bofra)~~

~~5th July Kirkby Gala (bofra)~~

31st July Ambleside Sports (bofra)

24th August Grasmere Gala

5th October Selside School



Helm Hill Junior Championship 2014, U12, U14 & U16

Best 6 from 10

~~6th April Pendle (FRA)~~

~~16th April Todd Crag~~

~~17 May Sedbergh Gala (Bofra)~~

~~7th June Duddon Uphill only (FRA)~~

~~21st June Cougha Pike (FRA)~~

~~5th July Kirkby Gala (Bofra)~~

~~6th July Langdale Gala~~

31st July Ambleside Sports (Bofra)

24th August Grasmere Gala

5th October Selside School

2014 HELM HILL SENIOR CLUB CHAMPIONSHIP

SENIOR CHAMPIONSHIP 2014

DATE	RACE	DETAILS	LOCATION
~~1st January~~	~~Nine Standards~~	12pm / £6 12.9k / 549m	Market Square, Kirkby Stephen
~~22nd February~~	~~High Cup Nick~~	2pm / £6 15k / 460m	Village Hall, Dufton
~~15th March~~	~~Middlefell~~	2.30pm / £7 10.6k / 518m	Screes Inn, Nether Wasdale
~~19th April~~	~~Rivington Pike~~	3pm / £5 5.2k / 213m	Crown Hotel, Horwich
~~7th May (tbc)~~	~~Kendal 10k~~	7.30 pm / £8 10k	Leisure Centre Kendal
~~17th May~~	~~Fairfield~~	12pm / £7 14.5k / 914m	Rydal Hall, Ambleside
~~26th May~~	~~Austwick Amble~~	1pm / £5 13k / 365m	Village Green, Austwick
~~25th June~~	~~Dockray - Great Dodd~~	7pm / £3 15k / 1100m	Dockray
~~6th July~~	~~Skiddaw~~	12.30pm / £6 14.5k / 823m	Keswick AC, Lower Fitz Park, Keswick
31st July	Senior Guides Race, Ambleside Sports	From 12pm 3.2k / 244m	Rydal Park, Ambleside
19th August	Shipman Knotts	7pm / £3 6k / 400m	Maggs Howe, Kentmere
20th September	Scafell Pike (Pre Entry, entries on day only if limit of 250 not reached)	1pm / £7, £10 7.2k / 914m	Campsite, Wasdale Head
11th October	Langdale Horseshoe (Pre entry only – www.amblesideac.org.uk)	11am / £8 21.1k / 1450m	Old Dungeon Ghyll Hotel, Great Langdale
8th November	Dunnerdale	12pm / £6 8k / 550m	Blacksmiths Arms, Broughton Mills

- Best 8 results from the 14 races to count.
- Points: 1st=20, 2nd=17, 3rd=15, 4th=14 etc.
- Momento to all who complete 6 or more races.
- Quality Prizes: Men 1st, 2nd & 3rd / Ladies: 1st, 2nd & 3rd
- Recces / Car sharing encouraged.
- Race Results, Championship Results Update and Race Reports will appear on website as soon as available.

Champs update

Half way through and Kieran Hodgson looks in a strong position in the mens but there's all to play for in the womens with ony 7 pts separating 1st and 3rd. Points mean prizes.

FRA ENGLISH CHAMPS RACE REPORTS:

ENGLISH CHAMPS RACE 2—Coniston Horseshoe. May

Tom Addison came into the 2nd race in confident mood after his win at the first race at Pendle (see last newsletter). It was neck and neck all the way with Rob Hope just like at Pendle until Tom opened up a significant lead of 1 second at the finish. Another fantastic effort from Tom!

A great turnout from the club too - all those reccies must have paid off , with Sharon T leading for the ladies in 6th and the mens V50 team taking top points in the V50 mens team comp..





ENGLISH CHAMPS RACE 3—Ennerdale Horseshoe. June

With thunder and lightning forecast an alternate 'low level' route was followed that kept us off the tops but was still 22miles and enough climb to qualify as a Cat A race. A quick blast over into Buttermere, 6 miles along the valley, back over Scarth Gap to Black Sail then up almost to Windy Gap was the first 11miles of mostly fast trail running to ruin the legs.. Then followed the descending contour from hell, reversing the Wasdale race route contour around Haycock. Lee and Ben P out on support duty caught up with the runners here after a few bemused hours on Pillar trying to work out where we all had got to and trying not to get hit by lightning (good job too as they had the Club jelly baby supplies). Once down at Black Sail the full extent of the horror dawned on us - 8 flat miles along the valley floor!! Starting with 5 flat miles along the gravel track!! Reaching the lake was a mixture of relief (ending of flat track running), hope (just nip along the lake and home and dry) anxiety (crikey can't see the other end of the lake) and more horror (greasy boulders, bog and tree roots for 3 miles). The large boulders en-route called for lots of high-stepping. Not the easiest thing to do after 20miles so the final few miles were a constant battle with cramp only made better by occasional glimpses of the campsite and finish. It may have been a low level route but at 22miles and enough climb to qualify as a Category A race it fooled most people!



ENGLISH CHAMPS RACE 4—KENTMERE HORSESHOE JULY 19TH



The 4th race in the English Championship also saw the largest Helm Hill turnout at an English Championship race with a stunning 35 runners.

With all to play for, Tom bravely went off hard from the off and maintained the pace in what was a hot and humid day. To our excitement Tom won the race by over 2minutes and took himself into a strong 1st position in the senior English Championships with 2 races to go. Read Toms blog at the Inov8 website

There were so many other good performances from the 30+ Helm runners who made the startline with Mark A (5th) Adam (21st) and Lee (41st) making the mens' team counters, and Sharon, Lauren and Ali for the ladies. The V50 men got another 1st place so are in a strong position going into the last 2 races.



Tom wins Kentmere to the amassed crowds applause



The heavy rain showers at the finish were welcomed at first as they cooled us all down. However, getting 250 cars out of the field proved rather more difficult than it would have been if it stayed sunny.

FRA ENGLISH CHAMPS UPDATE:HIGHLIGHTS

After 4 races out of 6.....

Senior men: Tom is in 1st place!!

Ladies senior team are 2nd!!!

Men Vet50 team are 1st!!.

MORE RACE REPORTS



Loughrigg
The traditional strong showing for Helm continued this year on a beautiful evening at Ambleside. What is clear is that Tom A is on fire, and was too quick for Rick's camera, as he smashed the course record by 30 seconds and with Kieran H and Andy B took the Mens' team prize. The women also took the team prize with Mel H 2nd, Lauren MB 3rd and Katherine A running her first senior race. Too many other names to mention other than Bill, who improved his time on last year by 3.30.

Yorkshire Three Peaks Helm had 5 starters to this classic 23 mile event this year with Lee Knight coming in 25th out of 700. Well done also to Rachel Slattery and Marie Robson on good runs and Lyndsey R and Brian T who took on the challenge.



Duddon
Kieran ran superbly for a 2nd place at Duddon Valley 20-miler and was jJust 10 seconds off the win. Lee P came in 2nd in he shorter 10miler to make it a Helm 2nd place double. Must count for extra points?





Reston Scar
Absolute @HelmHill prize haul at Reston Scar Fell Race. First man and women as well as all 1st Womens team and 1st & 2nd mens team prizes! The race wasn't tough enough for Ali so she head-butted a fence at halfway

.

Club Champs Kendal 10k
It was a change from the mud to the speedy tarmac for this club champs and most found it hard and painful. And that was just paying the rather large entry fee. However, we man-

aged to run as fast as we could possibly manage to come away with most of the prizes - Sharon was 2nd, Kieran 3rd, Rick 1st v50 (and v40), Brian 1st v60 and the ladies' (Sharon, Ali and Rowan) and men's (Kieran, Rick and Ben) team prizes. A good night was had by all..... think it's back to the fells for most of us for the rest of the year though!

Club Champs Fairfield

A sizeable turnout for Fairfield Horseshoe with Andy Broadbent leading the way for Helm; Jo W was Helm's leading lady with a fine run.







Tebay

Most of us were pleased to reach the top of Blease Fell on this midweek outing. Congrats to Sharon seen in pic on her way to victory

Buttermere Sailbeck

A number of Helm runners took advantage of the early summer weather to enjoy this classic route. Lee Knight (on left) was clearly building up for longer things....see later.





PAPS OF JURA: - ALI RICHARDS



When I got the fell running bug, a long time ago now, just past the turn of the century(! Makes me feel old) I was a member of Todmorden Harriers. They would talk for long hours about things I knew nothing about - "reccies", "gels", "good lines" and the like. They would also talk about certain races: Borrowdale, Wasdale……. but above all of these they would talk about doing 'Jura' and the legendary annual Tod Harriers trip to this race. When I first started fellrunning this seemed impossibly far from anything I could attempt and had almost a mythical status but such is the way with fell running after a couple of years I began to contemplate what I had previously deemed impossible. I had a bit more racing experience and I felt at least I could join in the conversations now, so maybe it was about time that I gave 'Jura' a go. So I entered. In retrospect this was totally naive, but then on the other hand I am pretty sure this is the best way, otherwise you will never realise what you are actually capable of, or never enter things when you actually know what what they are really like!

All was going to plan, I put in a bit more miles in the training and did some category A races to ensure I would be allowed to run the race. But a few weeks before, I was struck down with a mystery virus. I persevered with the training but was perplexed by the longevity of feeling rubbish, and sick and tired. Oh yes, I know what you are all thinking now. Yep, this was Daniel, my eldest son, making his appearance felt from early on. So I went to Jura as planned that year, but didn't race. In retrospect, aside from the pregnancy, this was probably a good thing. Firstly conditions were awful and I may well have ended up miles from anywhere on the wrong side of the island; and secondly, terrain was unlike any I had experienced in fell running before - massive bouldery scree, and vertical heather slopes with no paths in sight. And this time I only went up 1 of the 7 summits to watch the race. This was something else. I was actually a bit secretly relieved that I had avoided humiliating myself with my inexperience. Nevertheless, I vowed to return the following year and give it a go. So I entered again. Now this was probably even more naive to think I could run this race when I had a 6 month old baby, but it did at least give me the incentive to get out of the door and try and get fit again. Training was



haphazard to say the least and basically involved building up to getting round Kentmere (not really even running just getting round) so I knew I could do the distance on Jura. So in 2004, I did get round the race - just - in a time of 5 hours 50 minutes. Chuffed to bits that I had done it. And definitely the hardest race I had done.

Fast forward 10 years, 2 more children later and a switch of clubs to Helm Hill, Jayne mentioned she fancied doing Jura for her 40th birthday as she had also run 10 years previously for her 30th - the same year I had run it - so it seemed a fitting return for me too.



Race day was stunning this year. The views out to Colonsay, Mull, Arran and the mainland were amazing from the Paps. I had truly forgotten the toughness of the terrain - the scree is terrifying in its steepness and size of the boulders and barely any of the course is runnable to the average fellrunner, but the landscape is incredible and the whole atmosphere at the race is just brilliant. The whole island comes out to support the race and as everyone has to camp to do it, there is a great atmosphere at the Jura Hotel, before and after the race. If you have any desire to do this race, you must go and do it! I just loved running this race again. And 10 years on, I was made up to beat my previous time by 45 minutes. I didn't actually think I was going that much faster, but fellrunning experience has clearly made a big difference in being more confident moving over difficult terrain. 10 year old Daniel cycled to the race this year, 30 miles across Arran and Islay for his 3rd trip to the island.

Determined not to leave it another 10 years before I do this race again…….

THE LONG STUFF:

Starting off with the merely 'long'.....

The Fellsman (61 miles)

Adam Perry shared a win with Kim Collinson on this 61 mile epic to retain the title he won last year - a fantastic achievement. Sandra Scott also competed. Anyone who even finishes deserves a medal!.

Lakes 10Peaks (48km)

Recent Helm Hill recruit from the flatlands of the south Paul Turner came a fantastic 2nd place.

3 Rings of Shap (64 mile)

Lee Knight came a fantastic 2nd at this 64 mile bogfest.

Andy Cox Bob Graham round (66miles)

Congratulations to a well chuffed Andy Cox who completed his Bob Graham round in 21hrs and 19 minutes.

Evesham Ultra (48miles) —Paul Turner

Evesham Ultra – probably seems a bit strange to many of you for me to go all the way south to Worcestershire to run a 46 mile ultramarathon when there are so many great trail and ultra runs to do in and around the Lakes. Well, until the beginning of April I had lived in Worcester for the last 14 years or thereabouts and had entered the Evesham Ultra ages ago, well before the prospect of moving up to Kendal had come about.

So back down the M6 and M5 I went for my second run of the Evesham Ultra. I had previously completed it in 2013 as part of my training for the Lakeland 100. So as I'm doing the Lakeland 100 again this year, it seemed to make sense to do Evesham again. Heading down to Worcester also gave me a great chance to meet up with friends and the very lunatics who'd persuaded me to run ultras in the first place.

In theory, the course is fairly straightforward. It offers plenty of good trails and 4000ft+ of ascent. It takes you out from Evesham, skirting over Malvern Hill outliers and across to the edge of the Cotswolds principally using the Winchcombe Way and the Cotswolds Way National Trail, as well as public rights of way and quiet lanes. The course is also fully way marked, so navigation is pretty straightforward (although last year, some comedian redirected many of the markers in the first few miles!). I think of there being three main climbs, first over Bredon Hill, second up to Winchcombe and the third to Broadway Tower. There are some other bits and bobs in between, but nothing that you should worry about.

Paul Turner was 6th in this 48 mile stroll around the Cotswolds.



I travelled over to the start from Worcester with Gary Warmington. Gary has done a lot of ultras completing the L100, UTMB, Hardmoors 110, Spine Challenger. This year he'd already got well over half way on The Spine, and will be doing Hardmoors 160, L100 and UTMB. So I tend to use Gary as a good yard stick to judge pacing and where I am at fitness and race wise.

I always find the start of Ultras amusing. The smell of deep heat, the multi-coloured taping and most of all the gear check, not the official one, but the competitive one trying to see who's carrying what, how light they look and what's the latest flash bit of kit you can see. I'd made sure I was appropriately taped up, especially to the nipples! And with the liberal application of anti-chaff products to sensitive areas I was ready to go.

Following the safety briefing, not much to report, we headed down to the start by the River Severn. We set off just after 9:00, in good weather and I trotted along chatting to Gary without taking much notice of where anyone else was. The field of runners soon spread out and it wasn't long before people (myself included) were stopping for early calls of nature (owing to excessive consumption of pre-race sports drinks or tea in my case) and gear

changes as it was already starting to warm up.

I stuck with Gary for the first few miles, keeping a nice steady pace. But at some point before the first main checkpoint at about 8 miles I found myself a few hundred metres ahead of him. I took on a couple of jelly babies and waited for Gary. As he came into the checkpoint he waved for me to head off on my own.

With hindsight I got a bit carried away in this early part of the race. I had done a lot more running at this point in the year than last and, since my move to Kendal and joining Helm Hill Runners, had done a lot more hill work. As a result, I found myself running up climbs when I probably should have walked. But at the time I felt good and it was great to be going past people. However, this definitely took its toll later on.

I had a great climb up on to Bredon Hill and enjoyed the extensive views across Worcestershire with the Malvern Hills to the north west way and the Cotswold Hills to the south east.

At the second check point in Beckford, I filled the flexible bottles from the new Salomon pack I'd only purchased the day before. The marshal on the check remarked "These are really good",

Me "I only bought it yesterday"

Marshal: "You're meant to practise with kit before you race"

Me: "This is practise, for something longer!"

This gave us both a chuckle. So along with the banter and some water I took a few fig rolls and cracked on.

I'm also going to take this point to thank the marshals and volunteers who support events like this across the country. They do a brilliant job and they give so much support to competitors and many of the events couldn't run without them. I marshalled on the Lakeland 100 in 2012 and I enjoyed doing it almost as much as the event itself.

I had worn my fairly new Brooks Cascadia 9 trail shoes. They are great, but don't feel like they have as much cushioning as the Nike Pegasus Trail that I had done the L100 with. I felt the hard tracks and what seemed like a lot of road through the Cascadia. As a consequence of this and my faster speed my knees started to ache before half way. Whilst I've had problems in the past, a lot of money spent on physio and regular knee exercises has got these problems under control and I wasn't expecting my knees to hurt, especially so early in the race.

So before even reaching the halfway at Winchcombe I found myself feeling a bit rough, seemingly lacking in energy and with sore knees. But the halfway station and access to my drop bag gave a lot of relief. Most of the food at the checkpoints had been sweet (cakes and the like) so I wolfed down two pork pies and two cheese and peanut butter sandwiches washed down with two bottles of milkshake – a superb combination!

I headed out of the checkpoint feeling better but not moving that great. Soon after a couple of people I had overtaken earlier came back past me. I stuck with them for a bit, but as I slowed on the climbs, they got away from me.

Around about 30miles, the drop bag food felt like it started to kick in and I felt much better. In fact for the rest of the race, other than gallons of coke at each checkpoint, I didn't really eat anything else.

I also got a great lift at checkpoint 5, near Stanway. At the start of the race I hadn't really taken in who was ahead of me and during the race whilst I knew I had gone past some people, a couple of others had gone past me. So when at a checkpoint I was told I was in the Top 10 that gave me a real lift! I was pretty determined to keep myself in the Top 10, knee pain and tiredness could just keep out of it!

Now, as highlighted by last year's movable signs, whilst fully marked trails are great in principle, the signs can be subject to disappearing or a change in direction! As I headed down the Cotswold Way just after Stanton, I missed a route change to the course from last year (turns out at least one of the markers in this location had gone missing). The change was apparently due to the resident farmer whose land the Cotswold Way goes through removing the race route signs. I also don't remember being told of the new route at the race briefing. As I could remember last year's route, I just ploughed on until I picked up the signs again, assuming that somebody had been helpfully removing them for a section. It wasn't until the finish that I spotted the change on the map and informed the race organiser, but it turned out my total mileage was still about the same, so no harm done.

The climb up to Broadway Tower is a bit of a slog and is a loop added by the organisers to inflict some extra pain. There is the small temptation to take a

short cut as the route home is only 100m or so away, but obviously there is a check point at the top! So I drove on up the climb at least knowing that once I was at the top it is all downhill from there. There was a good crowd at the top and it is always great to get cheered into a checkpoint by spectators and marshals. More coke and I set off on the home run.

Given I was in the Top 10, I started to look back over my shoulder to see if anyone was catching me. I think this tends to occur most at the points when you know you should be running, but your legs don't want to! The final run is pretty flat and a fair bit on road, so I was insistent on trying to keep up a reasonable pace. As I started to near the finish I also started to think a bit about my time. I wasn't exactly sure where the finish was back at the Town Hall in Evesham, but thought I may be close to eight hours. This also encouraged me along, although the climb up from the river to the Town Hall, although nothing major, certainly hurt at this point in time. As I got into the main town I could see spectators clapping me in, so I made sure I kept up what felt like running through to the finish.

My relief at crossing the line was huge. Then to be told I was home in less than 8 hours (7hrs 59min 28sec) and in sixth place was amazing! At the time of finishing I couldn't imagine running another mile, let alone adding on the additional 60, let alone the hills, that are required for the Lakeland 100.

I dragged myself into the checkpoint, drank gallons of tea, finished my remaining cheese and peanut butter sandwiches and waited for Gary to finish (as he was my lift home).

I have suffered some after effects with a few weeks of knee pain. But as of writing, this now appears to have generally cleared up. So what happens next? I am hoping that this, along with more hill and speed work sessions with Helm Hill will put me in good shape for the Lakeland 100 at the end of July and Ultra Trail de Mont Blanc at the end of August. After that I think I'll have a lie down for a while.

I know there are plenty of others in Helm Hill who've done ultras, but for anyone who hasn't they are an amazing experience and show just what it is possible to achieve. Just getting around ultras has given me a great deal of confidence both in my running and in day to day life and they are definitely worth giving a go. There's great camaraderie and they are all an adventure. But if you really don't want to run one, why not volunteer. You'll have almost as good a time supporting those foolish enough to be out there, like me!

THE MIND-BENDINGLY LONG STUFF: PART 1

Hardmoors 160—

There have been lots of busy weekends on the Helm Hill runners calendars.

And running for a large part of one of them was Lee Knight who **won** the Hardmoors 160.

Yes, that is **one hundred and sixty miles**. Yes in one straight race. Lee covered this distance in 38hrs 52 minutes. Gulp. Just amazing.!



Lee Knight pictured at the end of 38hrs effort. Pretty sure we'd all be lying down!

Adam Perry's Lake District 24hr record attempt:



Where to start…78 peaks, about 40,000 feet of climb and about 100 miles, probably a bit more (I didn't take a tape measure). I ended up fell running by accident, after my Dad's friend dropped out of a BG round. From non-runner, via a failed attempt I managed the Bob in 2007. I thought after 23 hours and 15 minutes that I could never do it anything like it again.

I am not sure where the idea came from, I just thought I should at least try. I stood at my own back door looking into the Howgills the Wednesday before and thought, with genuine fear, what have I signed up for !

It was probably the most memorable 24 hour experience you can imagine. My mentality was just to run and try and stay on schedule for 24 hours. I had trained over the whole route but in reality could not know how it would go. But if being in the Fells for 24 hours is bad news, well then I have it very good.



The first leg was great to get going on, I lost my support for a while in the mist but managed to keep on schedule and enjoyed it. A flat and featureless run out to Great Sca Fell behind Great Clava was a heart in mouth moment knowing that getting lost for 10 minutes would be curtains to the attempt because of how tight the schedule was. A great and relatively easy grassy descent from Blencathra got us in ahead of schedule.

From here the day just got better. With Rick S and a band of supporters we were soon off over Helvellyn as the day cleared. The Arctic air from the north left us with crystal clear visibility. Apart from a quick dive and roll amongst the rocks on Hart Crag which left me bloodied the rest of the leg sailed by.

It was then that I met up with the Procter Express, a few minutes down on schedule. After a steep climb up Steel Fell and Billy eating a fly for late nourishment we were soon on our way. A few hours later in Langdale we were 9 minutes up, having gone well over the leg. The experience of the Procter boys being the main reason for any gain. Billy with drink, Ben with food, Lee with camera… ! I didn't have to think, the food arrived in my mouth, the drink always there, the support was faultless. It couldn't all be hard work and we took the direct like from Pike O'Stickle down the scree shoot… sorry Mr National Trust. Being 9 minutes up was a great feeling, knowing that the additional summit Ulscarf was done. This added about 25-28 minutes to the round, meaning the whole day would have to be run a fair bit quicker than Mark Hartell's 77 Peaks record, which took 23 hours 53 minutes.

From here we hit the Crinkles and the Plateau with Rhys FR and Jonny Malley, both Dirty Dark Peakers. We moved well and hit Broad Stand, where my dad's friend was ready with a caving ladder, on schedule and summited pretty much bang on schedule. Despite moving well we lost about 8 minutes going via Lingmell into Wasdale.

I remained quite positive and we got stuck into the Wasdale horseshoe around to Honister. From Red Pike the air was so clear the Isle of Man seemed to be just off the coast, or maybe that was the drunkenness of fatigue kicking in. The dark on Great Gable cost a bit of time and the wind really got up. Despite this a great effort from Will Spain with the support got us to Honister on schedule, but still 8 minutes down overall.

From here we met some experienced hands, with Lee, Dave Ward, Martin MB and Kim Collinson leading the charge in the dark. Which really was a charge when we left Robinson with just a head torch in the distance as a target. We went via a very direct line into Newlands Hause. This was a fantastic moment, the support were amazing, even though it was 1 am! I could hear them from the top of the descent and it seemed like there

were thousands of people there. I managed about 30 seconds grabbing food and we went on having gained a couple of minutes on the schedule even in the dark.



From here I knew it would have to be faultless, with only 6 minutes spare time in the schedule and it was becoming claggy. Unfortunately we took a few bad lines, which was down to my lack of re-recce of the route and it meant 78 was no longer possible, despite some amazing encouragement from Paul Aitkin. After a bit of disappoint I realised that with some life still in my legs 77 Peaks should at least be submitted. We pushed on and hit Grisedale Pike just as the sun burst through the clouds. The Lakes were so still and the hills sat there, ready for the next attempt. I would say I was disappointed, I wasn't. The only disappointment was not being able to finish it for everyone who had given their time and energy learnt so much and realised that it was only in attempting that I could have learnt a lot of it.

I had no idea how it would go, or whether I would end up in pieces after 10 hours. (Un)fortunately my body decided it would let me have a go. To be honest, I had gone far beyond what I realistically thought was possible and it goes to show that if you put your mind to anything and believe in it you can do so much. Some great support and a willing mobile kitchen (thanks Andrea and Jess !) is just as essential as the training mind. Although I failed in what I was trying to do, having put everything in I couldn't help but feel that I had given my all.

The support was the single best part of the day, people put themselves through the wrangler, gave up sleep, fed me all sorts, carried bruised bananas for hours, made me laugh, told me to get a move on and were generally just amazing. I went away feeling entirely humbled by the support. Time drifted in this company and although it means we will have to go again, the positive mentality that is Helm Hill made the day fun and I can't wait to again. Hopefully I will have a go next year and a few more of you would be willing to come and help.

I can't thank everyone individually – but thanks everyone.

Lake District 24 Hour Fell Record (Men)

Bob Graham 1932 42 Peaks 23 hours 39 minutes

Alan Heaton 1960 42 Peaks 22 hours 18 minutes

Ken Heaton 1961 51 Peaks 22 hours 13 minutes

Alan Heaton 1962 54 Peaks 23 hours 48 minutes

Eric Beard 1963 56 Peaks 23 hours 35 minutes

Alan Heaton 1965 60 Peaks 23 hours 34 minutes

Joss Naylor 1971 61 Peaks 23 hours 37 minutes

Joss Naylor 1972 63 Peaks 23 hours 35 minutes

Joss Naylor 1975 72 Peaks 23 hours 11 minutes

Mark McDermott 1988 76 Peaks 23 hours 26 minutes

Mark Hartell 1997 77 Peaks 23 hours 47

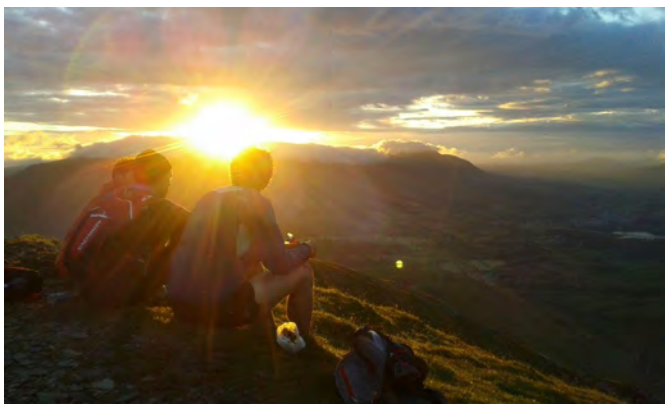
A pacers story:

They are stats that would scare the hell out of even the most hardened of fell runners.

77 Lake District summits
95 miles (approx)
39,000ft ascent (approx)
All in under 24 hours!

How on earth did Adam Perry achieved this ? Maybe the key was the speed at which he ran. Talk to any of his Helm Hill team-mates / suicide pacers Rick, Lee, Billy, Ben or Paul..... and they will tell you same thing, Adam did it at race pace - for the whole 24 hours! Adam did all 42 Bob Graham summits (following a similar route) PLUS another 35!

Chuffed (rightly so) with his long day out in the fells, and with lessons learned, Adam has already vowed to have another go at the record next year. Potential pacers beware - start getting some extra training in now!!!



...and finally time to sit down 24hrs later while watching the sun come up

THE LONG STUFF WITH A SMALL SAC:CATRIONA SUTHERLAND & ANT EMMET



Helm Hillers Catriona Sutherland & Ant Emmet were Team Mountain Hardwear at the Lowe Alpine Mountain Marathon 2014, Strathcarron

On the day the LAMM entries went live, the question was asked: "What do you think to doing your first Mountain Marathon?" The reply, "Sure, but we have to win! (joking)". Don't say such things in jest to a man that is a master of navigation and a natural born competitor… So the entry was made, choosing B class, which seemed a fair but competitive choice to make given the sum of our fitness and experience.

And so the planning begins. Just how light could we go? Key was to make sure we stuck to the letter of the checklist, but didn't get swayed by thoughts of little luxuries at camp. Not knowing the location until 1pm on the Thursday prior; we had various scenarios planned out. It's Scotland after all and there would likely be all seasons to contend with, as well as the infamous 'midge'.

We set out on a dry run in Sedbergh hills, with the aim of kit checking; shoes, bags, tent, bottles. What was going to work the best? The steep Howgills were the setting for our tent pitching practice as well as the suitable smashing of our legs in the hope of preventing them from the dreaded DOMS for day two. With strong winds on the exposed hillside, we were confident our Mountain Hardwear Super Mega UL2 was going to be the ideal tent; less a few tent pegs should the weather not too look fierce. It's deceptively roomy for 2 people, with a total weight just over 1kg. Compared to many we saw at camp, we were one of few that could dress, make and eat breakfast and pack up completely with the both of us still inside. The swarms of hungry midges ensured we put that rigorously to the test!

In the days leading to the LAMM, the scales were out and each item meticulously measured to ensure we were only taking on the essentials. So no toothbrush then? .

Once the midge and sun cream had been applied and Anthony's heels taped up (for persisting Achilles heel issues) all that was left to take was our compact rucksacks to the hills, mine getting numerous looks of jealousy and wonder as I stood in the toilet queue.

The start of the race saw us board a bus, our time slot was 8.30 am, but with the sun shining and the sound of the bag pipes making their way through the earplugs, we were up early and getting ready for day 1. I was impressed when opening my eyes and sitting up, I was handed a bowl of granola and a nice hot cuppa! Perfect. Breakfast eaten, then second breakfast eaten, we got our gear together and toyed with the though of tights or shorts? The weather looked promising and even with the reports of rain and cloud for the second day, we knew we should be moving fast enough to manage.

On board the bus, it took us along through the town of Strathcarron, memories of my ride round the coastline of Scotland coming back to me. We turned the corner from Kishorn and ahead stood the notorious road climb to Applecross: The Belach Na Ba. We had the maps at this point, so I was assuring myself we wouldn't be going up that road. Indeed we stopped right before the warning sign (it's 25% and straight up for 6 miles!) The A and Elite were called off the bus first, then we watched them head to the smaller mini buses, to later be told by friends in the Elite and A class, that they did indeed head up to the top, setting off with an additional map and 3 extra check points.

We were the first of the B off our bus to dib and go. The ground was instantly tough going, bog and scrambling and the heather and gorse ripping at our shins. Next time I decided the calf socks would be coming along.

Anthony was on it and got us to the first check point, both feeling a little slow to start, Anthony told me I'd "shake off my Hippo" soon enough. I always feel like that to start with so I knew it'd come good. The next few check points were seamless, Anthony only stopping to sort my Fellrunner's Knot on my laces – a must when man- eating bogs are munching your trainers. We were overtaking a lot of teams at this point, but the staggered starts make it hard to know where you're placed. We kept steady, always moving and running whenever we could. The rocky downhill was my nemesis, but we made good progress on the bouncing stuff and the towrope helped mentally to keep us together on the uphill. Drinking was at each stream, using the small 330ml bottle, we scooped up what we

needed and drank while we ran.

There was a long, dragging climb up to checkpoint 7 we took a steep diagonal approach and again beat some other teams to the top, picking good lines over heather and boulder scree. We got to the top and were greeted by a man enjoying the view, having summited from the other side. We didn't stop to admire it sadly. Lucky there was a decent trail path leading all the way down the valley, so we flew this section, stopping off to pick up another checkpoint by the tarn. I loved the rolling downhill on the marshy grassland, skidding and squidging around in the mud. At this point it was getting hot, so wet feet were very welcome.

Day one was passing quickly and Anthony was always a step ahead on the navigation, slowing only to show me the map and consult on various route options. We hardly saw anyone and it was a very therapeutic feeling to be so switched off from the electronic jungle we live in day to day.

The final few checkpoints saw us come through the valley and into a site I knew well, I'd been on the trail some years before on a magical mystery mountain bike tour with the dad and sister, the latter who though we would be doing more pub drinking than bike carrying on what ended up a 10 hour adventure.

So to the last checkpoint and a run downhill to the mid camp, we could see it ahead and thought we'd take a route through the forest – a shortcut – not to be, the pesky fence in the way cost is some minutes but picked up the pace and ran straight into camp, the first finishers of the B course that day.

"Your day's not done until the tent is up, dry clothes are on and you've had some food." We emptied bags, set up the tent, which was super quick given we'd had a practice, knowing too which way to face it to the wind to maximise space with less pegs. I hobbled to the river, where as one competitor later put it "it's like the Ganges, but without the dead bodies." The sun was out and racers were cooling off and washing of the inches of mud caked to their feet and legs. We used the dry bag to fill up and also had some extra firewood picked up from the forest, which worked wonders with the handmade tin stove.

Arriving at 2.30 pm we still had most of the afternoon, so ate all we could and sat chatting with fellow adventure racing friends who joined us in the following hours.

We had been a little cautious about being cold, but by the time we got to bed, wearing our clean base layers, wa-



terproofs, buff and hat, we agreed we'd made exactly the right choice of kit and were pretty pleased we'd saved all that weight when watching lots of others crumbling under the weight of their packs.

Earplugs in and zipped up in our Mountain Speed bags, the rain lashed down on the tent, but warm, dry and well fed we dozed off as well as you can on a balloon bed…

Day Two

Waking up, the first sight on the tent mesh was the graveyard of midges; those not drown by the night's rainfall still trying to fight their way in to feed on fresh blood. No chance. We did all we could inside, changing, making breakfast and packing up our kit, before getting out to stash away the tent and be on the start line for 6.22 am. We were third place overall, so attached our B3 numbers for the chasing start wished the team in-front good luck and at the last minutes tore off our waterproofs, stashing them away in the hope that the blue skies in the distance were a sign of the day to come.

Setting off straight up a hill, I felt pretty good and put it down to the cold river bath from the day before. We had a slightly longer route to the first check point, but this time I was checking behind us to see team B4, only 4 minutes behind us. It felt competitive now.

"Anthony's sheep-like tendencies led us to some good trods…."

They took a more direct route to check point one, tying us at this point, so fast action was required. Studying the map, we took a good route round to the second point, which was the longest distance between points on the course. This would be a true test of navigation, reading the hills and terrain to decide what line would get us there the fastest.

We arrived ahead to the tarn and Anthony's sheep-like tendencies led us to some good trods, taking us round to face the highest point of the entire LAMM B course. We debated a little as we look up to Maol Chean Dearg, the clag swirling round the summit and blocking our view to scope out the optimum choice. I voted for the grassy shoot, it was steep but knowing my bambi like qualities when it comes to big, moving rocks, it looked promising. Anthony agreed as soon as the mist cleared and we charged on, seeing B4 not far behind. Just keep moving.

Taking the most direct option, it was a gritty scramble then a steep grassy ascent. We were right on the heels of B2, in fact they couldn't quite believe how much time we made up. Anthony lassoed me to the tow and took off like Rocky up the Munro side. Almost to the top, it got very sharp and loose with boulders; we grabbed at loose moraine and scrambled up the side, my face getting ever so slightly burned from the tow as we crawled hands and knees. Scattering rocks fell down behind me and I tried as much as I could to choose my footing with B4 stood at the bottom, taking fellow racers out wasn't in my plan. This was painful but I loved it.

We got to the summit and 'SID' the beeper wasn't awake, so we took down the name and charged towards the other side, immediately met with massive boulders moving under my battered feet. Not my finest descending, but we got down the worst of it and made it to the next point. We thought we'd see the others as we'd come so close, but no one was visible for miles, so we reckoned they were either incredibly fast on their feet or taken a less obvious route. Once again we were on our own in the hills and enjoying the last hour of our race. Tactically, we chose to go up and over, rather than contour round the next hill, knowing from the day before that the route to the last two check points would be far less rocky and a lovely, bouncy, grassy decent met us on the other side. I remember spotting dark outlines of deer on the ridgeline above and just thinking how lucky we were to be there.

We charged down the hill to get to stream crossing check point, then saw a path not on the map, so heading towards it, we ran all the way to the second last point directly. From there it was a fast dash down the track to the bridge only metres from the finish line and made our ultimate dib. Seeing the finish flags we gave it our last effort and made it in, waving to B1 on the way.

What an incredible feeling to be finished and to have such a smooth run. I've been warned, this is not normal! Next time, be prepared for a heavier pack, midges, rain and wind. But for now, I was enjoying the satisfying aches and the luring smell of Wilf's food from the next tent. For all the weighing and the debating, we made exactly the right choice on kit, keeping it lightweight but enough in reserve should we have need to add to it last minute.

"….ate cake and drank champagne…."

After the feasting, we baked in the sun and waited for others to come in, a huge diversity of ages and abilities. Celebrating the 20th year of this event, we clapped to the those that were racing for the 20th time, ate cake and drank champagne, kindly put on by the organisers.

Once home, washed and unpacked, what did I do the next morning? Check for the next one of course!

Kit:

1 Sleeping

Supermega UL2 Tent: **Total Weight: 1.02kg**

2 x Mountain Speed 32 Sleeping Bags (Using a single dry bag instead of stuff sacks)**Total Weight: 985g**

Two Balloon Beds 108g, Pump 14g, 18 balloons 32g **Total Weight: 154g**

2. Food

Homemade Cooker, Pot and 6 fuel blocks 100g

Spoon, Foil lid, Lighter 14g

Camp water (we filled our dry bag from a river/ water source on site)

3 Trek & Eat meals, 2 wrapped in separate bags and stowed within one Trek & Eat sachet bag – 170g per sachet

Breakfast bomb – granola and For Goodness Shakes powder pre mixed – 200g

Small water bottle for carrying, with Duck tape to be used for heel tape for day two

3. Safety

2 x AMK Survival Bivvy Bag x 2 103g, 2 x E-lite and whistles x 2 60g, 2 x 1st aid kit and pencil 32g, Pen 12g, **Total Weight: 370g**

4. Comfort

Midge nets x2 12g 38g, mini Floss Stick 2g, Earplugs, melatonin, chewing gum, drugs and tick tweezers 17g, Plastic bags (for feet at mid camp) 30g, Rubber gloves X 2 pairs 20g (midge and weather protection)**Total Weight: 119g**

THE LONG STUFF WITH A BIG BAG: LEE & CRAIG



Lee and Craig do the Saunders Mountain Marathon:

(or 'the long search for Helvelyn Lower Man')

There were only two choices. Go left or go right. We chose to go left.

Rewind a minute or so and picture the scene.... It's 9.30am on a Sunday morning, myself and Craig Burrow are stood on Helvellyn's mist-engulfed upper slopes, staring blankly at our maps.

Totally disorientated, exhausted from a largely sleepless night in a tent ....

Totally disorientated, exhausted from a largely sleepless night in a tent and our feet heavily blistered from the previous day, our chance of a podium place in the two-day Saunders Mountain Marathon rests on this decision.

We are aiming for Helvellyn Lower Man and then Raise, where checkpoint two lays just below the summit. Having elected to go left we pelt at speed down the track. Five minutes later we grind to a halt. We look at one another. Craig's face confirms my worst fears and I fill the mountain air with a barrage of four-letter expletives. Yes, we had turned the wrong way - instead of heading for Lower Man were in fact well en route down to Swirls car park beside Thirlmere. Nightmare!

Correcting our blunder, we eventually reached checkpoint two and soon began re-passing folk we had previously overtaken on the steep climb to checkpoint one. This brought much amusement to many..... not least because we had done similar on day one as well!

Armed with the most basic of map reading skills, it was always likely to happen but, on reflection, it actually made the event more fun. Competing far outside our comfort zones and carrying all our kit in bulging rucksacks, Craig and I worked as a team to 'navigate' our way over 26/27 off-the-beaten-track fell miles during the two days and - despite the mishaps that cost us around 45 minutes in total - still finished fourth in the Carrock Fell class, just three minutes off third place.

Armed with the most basic of map reading skills.....

Starting near Patterdale and with an overnight camp at the foot of Steel Fell (Thirlmere side of Dunmail Raise) it was a cracking event and, for Craig, a first mountain marathon.

Highlights included Craig falling so deep into a massive hole hidden beneath the bracken that it took two men to pull him out, nailing the fastest split times for both the two steepest descents courtesy of some kamikaze BOFRA style downhilling and enjoying banter+beers with fellow Helm Hill runners at the overnight camp. One of those, Sally Ozanne, has already offered to hold a navigational masterclass. Best get booked in, eh Craig?!

THE LONG STUFF WITH A CAKE: ROWAN

Mountain marathons, dried tooth-paste, chocolate cake, balloon beds and me...

Me and my very good friend Catherine have participated (notice I didn't use the word competed) in several mountain marathons, and to be honest, as painful as this is in retrospect, we have always assumed a smug and slightly superior persona regarding the fact that we have never taken them very seriously, and have great fun at the expense of people who did.

As an example, we have always carried a whole chocolate cake, last year the weather was so nice on the Saunders that we took our shoes off and had a picnic with our feet in the stream mid race, we didn't want to get up too early and so we missed getting the Sunday checkpoints until after we had dibbed as we didn't come out of our tent until 8.28am, and we have even been known to carry wine as we didn't even realise you could buy it when you got there... you get the picture.

"...by the end of day 1 we were accidentally 3rd ladies team...."

But then last year something happened that would change us, and our smug attitudes for good. We were probably a bit fitter than in previous years, I had been on the FRA navigation course (which I didn't realise would be so helpful), we had both slept really well the night before (having requested a change of start time from 9am to 10.30am so we didn't have to camp the night before), and we were just generally a bit more up for it... and by the end of day 1 we were accidentally 3rd ladies team. And like a bolt out of the blue everything changed...I ran back to the tent where Catherine was swigging beer, took and it off her and said "Catherine, you have to go to bed right now, we are 3rd." We couldn't surpress the giggles of hilarity at the irony that we were actually doing really well.

"....I ran back to the tent where Catherine was swigging beer...."

When Sunday came, we got up before 8am and were not the last to leave. We had a great day and remained 3rd, for which I am still annoyed you don't get a prize. As we drove back home, we switched off the radio of Andy Murray winning Wimbledon and began to write a list of weight saving tips, what we took that was excessive, and what we couldn't live without.



There was about 6 months planning of what went into our rucksacs (no kidding), and at the end of it we seriously considered writing blog of advise...however this will have to do.

".....things we couldn't live without.....chocolate cake ..."

So for the things we couldn't live without... we still took chocolate cake (but only ½ and we did take the wrapper off as it is was so heavy in relation to the cake! And we still took toothbrushes and paste, however I did saw the handle off my toothbrush and dried the pre-loaded toothpaste with the hairdryer to eliminate the water which was at least 1/10g, (great also as it doesn't mess up your rucksack). We decided if the midges were bad we couldn't survive without Deet, and so we pre-soaked tiny gauze squares in Deet, ready to rub on. We only just took enough food (thank god we weren't kit checked). And the ultimate conversion to becoming a mountain marathon geek...we bought balloon beds. More than being ridiculously light, balloon beds are the source of great hilarity as they are so difficult to assemble, we did attempt to make balloon puppets to sell to our neighbours but they didn't quite get it, and obviously they are the inspiration for an evening of inappropriate jokes and gestures...

"....an evening of inappropriate jokes and gestures...."

...and it worked (for a bit anyway)... as at the end of Day 1 we were first ladies team with a pretty good lead. We struggled to fall asleep until the Nytol knocked us out (brilliant tip!!), but we did sleep well, and we managed to plot our course before we set off. We set off with huge gusto and determination...until we got lost in the mist! And it was a total disaster...by the time we had sorted it

out we were pretty much last and couldn't actually see anybody else. But then something kicked in and we were flying. We had an amazing time on Sunday and probably went faster than if we were in the lead. We ended up 3rd overall, which was fine with us as we had definitely had a fabulous time. If there prizes for most fun in the tent, then we should have won, as we laughed and laughed as soon as we stopped running.

"If there prizes for most fun in the tent, then we should have won...."

I don't think we can save any more weight and I definitely can't run any faster, so I guess next year I will actually have to get my compass out.

Rowan Ranner

P.s. sorry no photo – the camera weighed 500g.

TRAINING TIPS—SPEED SESSION

If you're lacking motivation for a speed session there's a tried and tested technique called 'squeeze-in-a-run-before-a-really-important-event'

Ben couldn't resist a pre wedding run, managed to scrub up in amazing time of 1 1/2 hours that included a sauna, swim and organising wedding music, that's not bad going!.









ON THE LINE

On the line.

We come from everywhere
All different
All prepared in different ways
But now all the same
When we are on the line.
All equals

Different backgrounds
Different clubs
Different reasons
Now only one thing matters
Now we are free

Anticipation
Fear
Apprehension
Nerves

We push
We dig
We endure

In pain
In heaven

We Run

Anon

HELM PROFILES—ANGUS CORRIE



When did you join Helm Hill?
September 2013

Which school do you go to, which secondary school will you attend and how old are you?
I currently go to Ghyllside School and I am 11 and I will be attending Queen Katherine in September 2014; I am also hoping to do some races there as well.

What do you think is your biggest running achievement so far?
When I was doing a race at Casterton School, I lost a shoe and completed the race!

What is your favourite training activity on the Helm?
Doing relays with my club mates. It builds my strength and stamina as Lorna sometimes pushes us to the limits.

Why did you join Helm Hill?
Well firstly, one of my friends was attending the sessions so i decided to go and see what it was like. Then I really enjoyed going and became a member.

What physical activities and exercise do you usually do during a week?
I swim with the club 3 evenings a week and usually a bike ride.

A runner you admire or respect?
I admire Richard Whitehead, as he ran a marathon everyday last summer from John O'Groats to lands end and he is a double leg amputee.

Your running ambitions for the future?
compete in more races and train hard to become fitter.

Advice to anyone thinking of joining Helm Hill?

WHY I RUN—JOSIE BLYTHE



I like running because it gives me the freedom to go anywhere. Unlike other sports when you're out for a run you can change route and how you run whether that is faster or slower, longer or shorter strides whenever you like and you have the freedom to choose yourself. But running does come with its down sides. Injury and stitches are what I dislike most because they slow you down and sometimes make it hard to motivate yourself again to carry on running like you did before after recovering from an injury. Also getting a stitch in a race is both embarrassing and de-motivating. My love of running has brought me many enjoyable moments both in the running and in many other sports as well.

HELM PROFILES—JO WILCOX



I joined Helm Hill in January 2013. I work for the NHS with children with disabilities.

· **When did you start running and how did you get into it?**

I first started running when I was 36. Some colleagues had signed up for the London Marathon so I decided I would as well! That was the October having never run before. The following April both my colleagues had dropped out but I ran the Marathon in just over 41/2 hours, and raised £1700 for charity. From then on I was hooked. I mainly trained off road but did occasional road races to have a target to aim for (10k, half and marathon distance).Having small children I had found continuing with the outdoor hobbies I loved a challenge; however taking an hour out of the day to run was manageable.

· **What do you perceive to be your biggest running achievement?**

Coming in the top half (just!) of the ladies Pike 'O' Blisco race when it was English champs last year was a buzz. But each race seems a pretty major achievement!

· **Fave races?**

I've loved them all – considering I had no intention of racing at all when I started with Helm Hill. What I love is the variety – terrain, distance, weather conditions, fellow competitors – it's never dull. Two I've particularly enjoyed were Kentmere and Fairfield Horseshoe races.

· **Why join Helm Hill?**

Initially it was to make sure I continued to run regularly during the dark evenings. I was really impressed by the range of options, and the web site was great as someone coming new to a club. Everyone has been so welcoming and there feels like a real sense of community. I have been impressed by how everyone's achievements, however small, are noticed, and there's space for people interested in a wide variety of types of running/racing which allows for all ages and abilities. Being part of an enthusiastic ladies team is great, as are the regular social events.

· **Typical training week?**

On a good week I like to attend Monday track and Wednesday Helm training, then go for at least one run/race/recce on Friday or at a weekend. I've also started pilates and trying to fit in some strength exercises to avoid injury. It's a constant balancing act with work and home commitments though; particularly as none of the rest of my family run.

· **Preparation for races?**

I've still not quite worked out exactly what and when to eat before a race. I'm not keen on gels/energy drinks but the shot blocks have helped on longer races. Having done over 20 races since my first at Arant Haw last year I no longer feel sick and tempted to run away beforehand. I know once I set off I'll get into the 'zone', and I really enjoy the post race endorphins. Whilst doing a race I focus on visualising it in sections to avoid feeling overwhelmed. I push as hard as I can to achieve that, then attack the next section. Shaun's Monday sessions have really helped my race thinking and self belief.

· **Running plans/ ambitions?**

To try some longer races – so I'm aiming on Sedbergh Hills and Langdale Horseshoe this year (having been on the FRA navigation course really helped my confidence to commit to longer races). And next year I want to be able to complete the Kendal Winter League and get a mug!

· **A runner you admire or respect?**

As someone who's come to running in adulthood to see what Sandra Scott has achieved has been truly inspiring.

Advice for others?
When I read 'Feet in the Clouds' about 6 years ago I thought it was amazing but also thought 'and I could never do that' and now I am. So my advice to juniors or newcomers would be: look at all the amazing things other people in the club do and believe that that could be you.

HELM SENIOR TEAMS AUTUMN RELAYS UPDATE



Mens.....

I know it's early but I wanted to get a few dates engraved in all our male members' heads;

1) Ian hodgson mountain relay - **Sunday 5th October**
2) FRA relays - barbondale - **Sunday 19th October**

As we seem to be making so many huge strides as a club, and the number of competitive runners is rising across all forms of fell running, it is going to make the selection process for both of the above events extremely difficult. I just wanted to share a few of my ideas about the events and selection for them so that everyone is clear and hopefully happy with the situation.

Firstly I am planning on selecting the best 16 men (regardless of age, only two 16-18 year olds) to make an 'A' and 'B' team for the Ian Hodgson (unless injuries nearer the time change the situation). I have made this decision after accessing the club's results/development over the last year or so. As I have said, I will be looking to put 2 teams together of men, made up of our 16 strongest runners. I will be considering runners who have trained regularly with the club and or raced regularly for the club. I will also have to consider suitability to the courses, navigation skills (on some legs) and pairing dynamics. I will discuss my options with the relevant coaches within the club and for the Ian Hodgson I will be hoping to make the selection and sharing it before Wednesday 27th August. This will hopefully then give enough time to once agin look around the courses and prepare for the race. As ever we will need a small army of reserves as things can change (even the night before). I guess basically what I am trying to say is that everyone will be considered and it is up to each person to get into the team on their merits. On this I do try and keep a very close eye on all our club runners' results, but if you do something (running wise) that you think I may have missed PLEASE let me know about it.

The FRA relays are slightly different and this year they are based locally at Middleton fell, above Barbondale. Traditionally for this event we have been able to enter a greater number of teams than the Ian Hodgson. Hopefully we will get at least an 'A' team (best 6 runners regardless of age), a Vet 40 team, a V50 team and a 'B' team entered. If possible I would like to give everyone a run who shows an interest and possibly share around the captaincy of some of the teams. I will share the teams for the FRA relays either just before or as soon as the Ian Hodgson is out of the way and any injuries (hopefully non) have been assessed. We have in the past put more time as a club into the IHMR, but I do feel it would be great for us to try and replicate our recent IHMR results on the bigger stage of the FRA relays.

This time of the year is very exciting and competitive and I know there is a lot of racing to be done before the relays. As ever I would love to involve as many people at possible, so if you are interested then please give me a nod, wink or any other gesture at training/races and I will do my best.

Thanks, Ben

Ladies.....

We will have one team in the Ian Hodgson (4 paired legs) and possibly 2 in the FRA (2paired and 2 solo legs).

Please could you let me know initially whether or not you are available to run and also whether you have any preference for the different legs. Anyone who hasn't run in the relays before but would like to run, please let me know and any questions about them please ask.

Every year we end up relying on reserves so please put yourself forward if you are able to run as it is really helpful to know everyone who is available.

We have the potential to do really well in both relays, especially with all the reccying potential with them both being close by.

I will sort the Ian Hodgson team in the next few weeks hopefully to give us chance to get out there and reccy.

Can't wait!!, Ali

CARDIAC RESEARCH IN THE YOUNG (CRY)

Cardiac Risk in the Young (CRY) *is a humanitarian charitable organization helping to raise awareness of cardiac risk, Sudden Cardiac Death (SCD) and Sudden Death Syndrome (SDS, SADS). Established in May 1995 by Alison Cox (MBE) CRY holds ECG screening clinics for those aged 14 to 35 at various locations in the UK. Assessments are often free through local charity funding and occasionally some are quite local - 6th July Ulverston funded by the Lee Stables Memorial Fund - a full list can be found at http://www.testmyheart.org.uk/book-appointment/.*

The charity also offers support to those who have suffered a loss through a network of affected families & counselling groups, heart screening, ECG testing, sponsors medical research, donates medical equipment to surgeries and hospitals, funds the CRY Centre for Sports Cardiology at the Olympic Medical Institute and the CRY Centre for Cardiac Pathology.

Young Sudden Cardiac Death – the CRY experience

From our experience, 1 in every 300 of the young people that CRY tests will be identified with a potentially life-threatening condition. 1 in 100 will have a less serious condition that can be monitored and corrected through surgery if required. What the long term prognosis of each of these people would have been if not identified is an ongoing debate.
When CRY started, anecdotal evidence suggested there was at least 1 sudden death in the UK every week from an undiagnosed cardiac condition.

A few years later this escalated to 4 deaths a week, then to at least 8 deaths a week and now we know it is at least 12 deaths a week in the UK. CRY is contacted by at least 4 families every week where a child or partner under the age of 35 has just died due to a cardiac condition or the cause of death after expert pathology is still unascertained. …."
Through working closely with Professor Sanjay Sharma, CRY's consultant Cardiologist, the screening programme has evolved and grown exponentially and in 2012 tested well over 10,000 young people.

The majority of the people that CRY tests, will have just an ECG and consultation with a specialist doctor. Some however, need further tests on the basis of family history, symptom questionnaire and/or an abnormal ECG. The majority of the service is funded by bereaved families, research grants and sponsorship.

One of the most important aspects of the CRY programme is the role of the specialist doctor at the screening event. By meeting with each person as they are tested, reviewing their ECG and discussing their symptoms, as well as overseeing their echo when required, we are able to reassure the vast majority of people on the day of the testing. We are also able to minimise the number of people referred for further tests.
More info can be found at http://www.testmyheart.org.uk/ or http://www.c-r-y.org.uk/index.htm

THE GRAND DÉPART 2014

Quite a few Helmites went to Yorkshire to watch the Tour De France







MY FIRST FELL RACE - THE PUZZLE OF TAKING UP FELL RUNNING. DAVID APPLEYARD

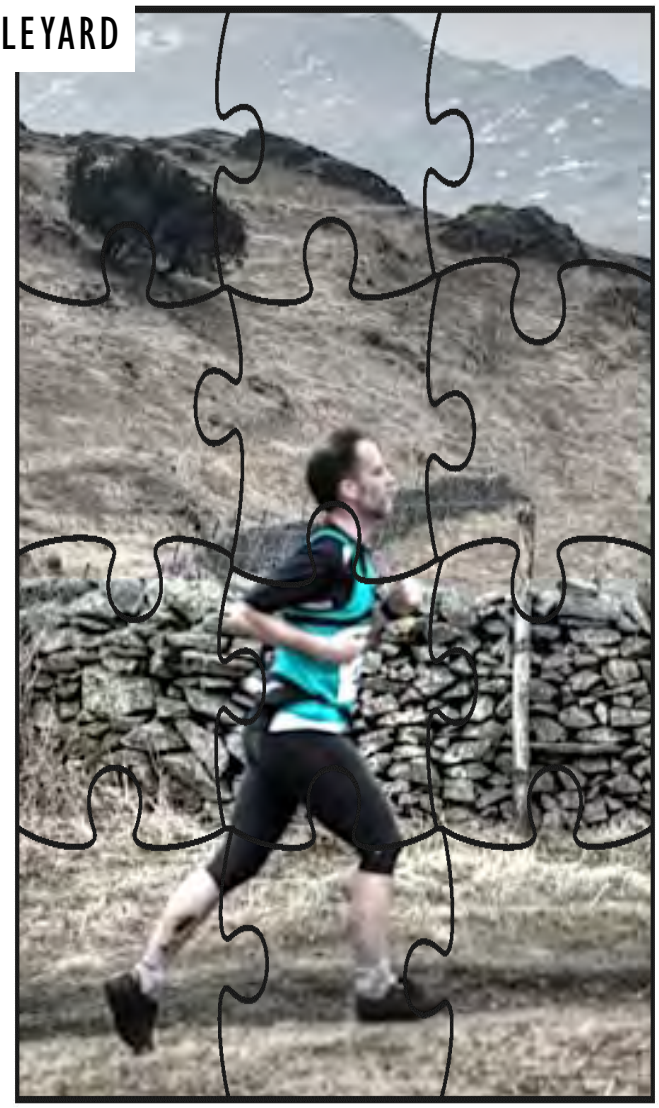
The first piece.



One weekend, perhaps a couple of years after moving to Kendal, we were out on a customary walk up a bleak lake district hillside. My experience of mountains always included a lot of kit, having been schooled heavily in Duke of Edinburgh expeditions with stout boots, stouter waterproofs, stout sandwiches and a stout rucksack to cope with the weight. On approaching the elusive summit, the mist was down, the compass was out as we paused to check the map. Looking up and peering through the gap in my hood I observed the feint shapes of two other figures also looking at a map 20 or so yards away. It was strange that they seemed a bit light on clothing - and nothing was 'stout' about them at all. We looked at each other and before you could say 'crazy fools', we were being dodged by an endless stream of pairs of runners, shouting and careering down the hillside. Years later I was to understand we had inadvertently strayed into what is now leg 2 of the Ian Hodgson Mountain Relay and this was my first experience of fell running.

"Years went by and I was still unaware of Walshes or bumbags"

Years went by and I was still unaware of Walshes or bumbags until children arrived. And this is when pieces two and three fell into place, ie the sort of people you meet at NCT classes; in my case it was Rick Stuart, Mick Hoffe and Nicky Lavery. Fell running was then described



"I'm not sure [who] suggested Kentmere horseshoe as a good introductory race"

to me in great detail, the routes, the tactics, the routes, the food, the routes...Suddenly everyone I encountered, was into running. I'm not sure which of the above suggested Kentmere horseshoe as a good introductory race - but as I knew the way from walking days - I was confident I would make it. Especially as I had a plan. Taking advice from absolutely nobody (there was no internet then) my intensive schedule involved running up to Serpentine woods from home (1/2ml), and then back down again - just the once but sometimes I did it twice a week. (in my defence I did run flat out). After a while when I stopped feeling sick at the benches, this was extended to the top of the golf course (1ml).

"I stopped feeling sick at the benches"

At this point my confidence took a bit of a knock. I had deduced from the conversations

of my fell running friends that a 'decent/respectable' time to get around Kentmere in was about 1hr 35min, anything over was considered a bit of a disaster. So when on my first recce it took about 1.30 just to get to High Street, I had to seek clarification that I hadn't missed a short cut or got lost. After taking up their offers of a few 'steady runs', it was further confirmed that I wasn't in as good shape as I had thought and I shelved the Kentmere debut.

However a month later I did enter a earlier incarnation of Russ' Shipman Knotts race. This was then a longer route which included Green Quarter and started from the farm on the road. Despite trying to look the part, my noviceness was revealed when registering and upon being asked if I was a 'vet', replied, 'no I'm a teacher'. Well, we were in a farmyard.

The final piece of the puzzle took a while, as unfortunately the following year Foot and Mouth struck, so Shipman Knotts remained my only race until about 2004 when the family reached running age and joined Helm; I then discovered that you could run up a hill more than once in training, and there were races of less than 7 miles.



.BLISCO DASH- JONNY MARCHANT



Blood pumping, heart thumping; head throbbing, sweat in my eyes drowning out the tears of pain. No time to catch my breath as everything is getting further away and quickly too. Dig in, push on; upwards and onwards, straight up and straight down, or so I'm told, yet again. It's always straight up and straight down in my limited experience, I can't recall the bits in between. Don't look back, watch your footing, can't concentrate. Where's the track gone? There isn't one, there never was. Dig in, push on.

I heard a 'crack', was it from my body, someone else's, or a falling rock? I don't know, I hurt all over yet am completely numb. Where's the top? Must be over the next brow/how/knott; hold on, it's another false summit. Phew! Made it. I can relax a little now except that's not possible because there's the downhill bit to do straight up straight down arse up head down or is it the other way around I can't remember so I just "Go!" arms flailing maniacally as I try to measure every step, but gravity is too strong…it takes no prisoners.

Take the racing line to shave off a few seconds (or some skin from my shins). What lines? I can't see any lines except the fine line between love and hate for this sport. I feel like I'm running in a vacuum now, quite weightless, my legs are moving but it isn't me doing it. Something is guiding my feet; it's not insight or intuition. Anyway, forget racing lines, what about escape routes!?

Knees popping, eyes watering, adrenaline injection; intoxicating. When the clouds disperse allowing the divine light to illuminate the beguiling Lake District landscape, I think I can begin to understand, a little, why people do this. For me, it's not just the physical element; it's the overwhelming uplifting feeling, one of mind, body and spirit.



Keep those misendeavours rolling in!

Our yearly points competition for less-than-perfect efforts. 2014 has got off to a bumper start!


2013 Defending Champion is Billy

Dazed, confused and Fishwicked

Ali had a chance meeting with the legendary Darren Fishwick in the stream after a tough 11miles in the sun at Anniversary Waltz. So in awe of Darren's 300 races in 3 years Ali thought she'd take his bumbag as a souvenir in the way Michael Jackson fans steal items of his clothing. When confronted some 20mins later about the black iNov8 bumbag around her waist she pretended she's picked up the wrong one by mistake as hers is...erm... royal blue and a PeteBland version. **5 pts Ali R** .

Finish Funnel Etiquette

With a brace of fell races under his belt Karl has observed and followed the unwritten rules and etiquette of fell racing and become a seasoned racer. However finish funnel etiquette can be quite murky so just to make things quite clear, being sick in the funnel is perhaps crossing a boundary Karl. **5pts Karl**

Got a light mate?

Dave 'Mr Kit' White was taking the Saunders Mountain Marathon seriously - he'd spent a tenner on a super light all singing all dancing lighter. Imagine his disappointment when he comes to light his stove at the overnight camp to find it doesn;t work and instead has to borrow one of Lee's - taken from a pack of four for a pound from Asda. **David White 5 pts**

Outfit Dilemmas

More for Dave White…..a conversation with Kath about how they had done in the LAMM - "We were second by 2 and a half minutes…….*DAVE" with a pointed look towards the man in question. Turns out that early on the second day, Dave had decided that he was overdressed for the warm conditions and proceeded to stop for a full change of clothing, taking approximately…..2 and a half minutes. Forget the triathlon transition training, he clearly needs fell- running- wardrobe- transition- training…….**5 more points***

Pre-exam nerve calming run

Charlotte had a great plan of keeping pre-exam nerves at bay by going out for a nice long run on the fells in the morning before the exam. Good job she had her mobile with her so the school could ring and find out why she was late for her morning exam! Fortunately they let her sit the exam a bit later.. Phew. Got to admire the dedication to training though, who needs qualifications anyway. **Charlotte 5 points**

Beating the men

During one of the numerous Coniston descent reccies Dave A and Rick took the dubious slate-quarry-scree descent while Ali and Amanda took the alternate this-looks-safer-around-the-quarry route. Whose route would be fastest? Amanda's competitive side spurred them on in the wet greasy steep descent to try and beat the men. "This is a good route, I'm definitely coming this way on race day", Amanda says to Ali. The crutches came in handy the following day**. 5 pts Amanda**

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

On another of said descent reccies….Rick: "Yep, you just follow this grassy rake down here, keep those rocks on your right and then you'll see the flag pole ahead…….erm, hang on where's it gone?!" **5 points Rick plus bonus point for using the heading**
(Thankfully for all, it was clear on race day)

Designer dog jacket

On another Coniston recce…..in less than perfect conditions, we were all togged up with fleeces and goretex to ward off the elements. Apart from Bug (Brian's dog) who had to make do with his bubble wrap jacket. (Do not get any ideas anyone, it wouldn't pass a kit check these days). Oh and the name Bug? "short for Bug***". Well maybe if you bought him a decent jacket Brian he might be a bit more forgiving……..**5 points**

Tapedseamsgate

At the Jura fell race, kit checks were rigorous due to the tough nature of the course. Phil was most put out when his waterproof coat was deemed unsuitable. It has to be said his mood was not helped by someone in the

queue behind him saying "It is taped seams you know". (Think he was lucky not to get a punch, as Phil later said he'd probably been running races longer than that "southern softie" had been alive). Phil came back to the campsite ready to drop out of the race but was able to borrow a jacket of Ali's that we decided he could just about get on in an emergency, although his running style may have been a little 'restricted'. Just as we thought the situation had calmed down, Jayne ruined it all by coming back and saying her (identical make and design) coat had been accepted at the kit check! Now we were most confused. Jayne definitely wins the prize for being the most law-abiding amongst us as she even went back to the kit check to check they had not made a mistake! They still said her jacket was fine. Maybe Phil should borrow hers next time. Points dilemma here…….it wasn't really Phil's fault, and he was restrained in his reactions where others may not have been. Could also give points to Jayne for being the most honest fell runner that ever existed…….**OK 5 points each for a good story. (**Postscript: let's just hope the FRA forum does not get hold of this, they will be debating the nitty gritty of the 'tapedseamgate' for months)

Late fitness check

Ali was also unsure whether she would be able to run in the Jura race due to injury. She gingerly put on her fell shoes and jogged to warm up but it was still painful. Twinging calf muscle? Tight hamstring? No, she had sliced her little toe open tripping over the ironing board. **5 points**

Expensive dog food

Adam Perry's dog is called Alfie. He's classic fell-runners dog - a superfit collie who is permanently hungry, especially given Adam's fell mileage. Adam left him in the car with water and a window open for an hour while he was in the pub after a run. Feeling a tad hungry Alfie tucked into a tasty, if not a bit brittle and unchewable meal of plastic and metal otherwise known as the seatbelt securing clip. A bag of luxury dog biscuits may have been cheaper that the £240 for a new one. **5pts Adam**

Ennerdale Comedy Moment

(A non-points scorer on account of it not being Helm runner but such a good story!) The revised 22mile Ennerdale route took its toll on runners suffering lots of cramp in the final miles. Twitter conversations about cramp the next day included a female runner (name withheld !) : "I bet you weren't rolling around on the floor with your shorts down though!! I was stopping for a wee when my calf cramped up again and I fell over and was rolling on the floor screaming !" - what an image.

Double trouble

Ok, so we are keen for glory in the v50 champs, but Brian may have been taking this to extremes when he managed to enter Ennerdale twice (yikes, just thought about doing that course twice, nooooooooo) **Brian 5 points**

Phil would have liked to have entered the Dockray Hartside race just once this year……...On the same night Jayne had been hoping to do the Kendal 10K race, but had agreed Phil could do the fell race as it was one of his favourites. Ahem, he turned up a week early. **Phil (5 more points)**

WEB STUFF

HelmHillRunners website - Don't forget www.helmhill.co.uk is the place to go for uptodate news & events, membership info, training info, race pictures, reports, results, sales and wants, forum etc of Helm Hill Runners . **HelmHillRunners Forum** - really uptodate race updates, reports, recce's being organised, lifts to races, musings etc. No need to login to view, only to add/reply. Link off main website

Other fellrunning sites: Fell Runners Association http://www.fellrunner.org.uk (including FRA Forum), British Open Fell Runners Association http://www.bofra.co.uk

Latest wider fell news online: fell, mountain, trail and xc at www.mudsweatandtears.co.uk , local fell stuff at fellrunningbriefs.blogspot.com ,

Twitter: @HelmHill Live reporting from fell races and various other updates: @fellrunninbrief #fellrunning @mudsweatandtears .

FASHION CRIMES

HHR clothing disasters of our time:

Where do we start? Admittedly this was on a day when grown men were dressed as bananas but really guys, what were you thinking? OK yes so it solves the common problem of your shorts falling down on those fast descents.

Its the Le Tour look for 2014. You heard it here first.

Next time we'll feature what's cool on the slopes this autumn:



Winter Training!

We've just agreed with Kirkbie Kendal to use KK school for winter training instead of QKS. This is mainly because of the challenges with children running in the roads around QKS. KK is more central & should make life a lot easier for junior coaches.

FRA Annual Presentation night & dinner dance knees up.

22nd November. Church Stretton.

Advance notice. We may take a minibus.

HELP NEEDED

Request for marshalling help

Helm Hill has offered to help out British Athletics and England Athletics in assisting to put on two trial races in Sedbergh in August.

I would really appreciate it if anyone would be able to assist in helping marshal, record or flag these courses.

I've mapped out the courses & sorted registration so it won't be too onerous and an opportunity to see GB's best mountain runners and England's best junior runners compete for the chance to represent their country.

World Championships Trial, uphill only - 9th August

4 races, U20 men/women, senior men/women, between 11:30 and 1:00 from which the Great Britain team to go to the World Champs in Italy is selected.

Junior Home International Trial – 31st August

4 races, U20 men/women. U17 men/women, between 12:00 and13:30. An up & down race to select juniors to represent England in the JHI in Ireland in September.

If you can spare half a day please let me (Duncan Richards) know. The club will benefit financially from the entry fees from both races so it is in our interest to make sure we do a good job & help our club both financially and also in terms of reputation.

They should be cracking days.

Many thanks, Duncan

WHEN ONE SPORT ISN'T ENOUGH













The victorious 'HelmHill' team at the Lakeside Gummers How rowing/fellrace. Caramba!who's that on the right?



Summer Caption Comp feat. Ben and Lee: entries to newsletter@helmhill.co.uk

Wildlife Corner



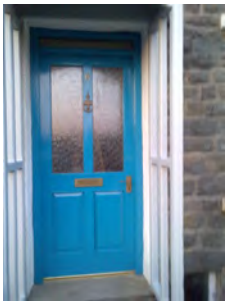
Wildlife in HelmHill Colours No.6: Peacock.

(seen here in full HHR badge plumage display)



CLUB COLOURS: PT2

Adam Perry is the latest Helm runner to follow the craze and paint his front door in Helm Hill colours!



Winter Caption winner: another mystery prize goes to our mystery winner

'It was a mystery that no-one questioned Alastair winning all the Under 12 races at Alva'

NEXT EDITION: OUT END OCT

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 20th Oct

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

Pics

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

RacingSnakes: racingsnakes.com

Dobo: Fellrunner.net

Woodentops: Woodentops.org