HELM HILL RUNNERS NEWSLETTER

AUTUMN 2015



FRONT COVER: Helm juniors who represented England during 2015, the clubs 25th Anniversary. Read more about both inside. Front cover pic: Tim Murray

CHAIRMAN'S BIT—TIM MURRAY



This year we celebrated our 25th Anniversary and what a year it's been!

Record membership, winning the Sword, new England vests, success in the FRA and BOFRA championships (19 Helm Hill athletes achieved a top 10 place in their category!), great social events, special feature in Cumbria magazine……..the list goes on.

We also have increased the number of coaches at the Club which means that we will soon have over 100 juniors training with us every Wednesday. A fantastic achievement!!

A big thanks to everyone who came to the AGM…….over 50 members attended to hear about how the Club is doing and elect our Committee for 2015/16. A special mention to David W, Victoria and Ben who stood down from the committee this year. All three have done a great job over a number of years and I know that they will all continue to be heavily involved in the Club.

One of the great strengths of Helm Hill is that we have a fantastic number of people who get involved and give up their time to support the Club. I sure you will join me in welcoming Rowan Ranner, Chris Schofield and Kieran Hodgson who have been newly elected to the Committee and collectively bring a huge amount of experience and enthusiasm to their roles. The first meeting of the new Committee is coming up soon and I'm really excited to start thinking about our plans for the coming year. The Committee exists to serve the members of the Club and if there are things that you would like to see happen or you have ideas for how to move the Club forward please let us know!



We are also keen to involve our Juniors as much as possible and another great new initiative is the establishment of a Junior Council which means that our younger members will now have a voice on the Committee. I would encourage Juniors to get involved and let us know what you think!

One event which is crying out to become a 'tradition' is the Helm Hill Christmas run….put it in your diary! If you are having doubts about attending then don't worry, I have been reliably informed that Tom's mankini has been locked away, never to reappear……unless someone else wants to pick up the mantel?? All nominations gratefully received….

Happy Running!!

Tim

CLUB NEWS– AGM FEEDBACK

2015 overview;

- Winter league fantastic with good sponsorship
- Online membership introduced
- 25 yr event on the Helm – BOFRA races had 87 Helm runners
- 130 people at anniversary event
- Great camping trip to Turner Hall Farm
- 2 newsletters – great anniversary edition
- Cumbria magazine item on Helm Hill in November
- Mentoring scheme started
- Lots of junior training
- Coaching team expansion plus new apparel
- Cycling apparel
- Orienteering event on the scar . . .

CLUB NEWS– AGM (CONTINUED....)

REPORTS FROM THE COMMITTEE

Men's Captain Ben – Carnethy success and more men running a large variety of races;
Ladies Captain Ali – So many more female members; success with V40 team, silver British Champs; Sharon – bronze at British and English champs; Hannah Russell and Georgia Stevens – success across ages in many events.
Vice Chairman John – Winter League now covered by FRA regulations; mentoring scheme involvement
Juniors Lorna – 7-8 junior training groups; more than 100 juniors train on Wed. 10 regular coaches; lots of training for coaches. Successful English Vests; BOFRA, Champs – All juniors doing brilliantly. Keeping the waiting list down as much as possible. Future - Junior Committee, new training and mentoring scheme – assist juniors to transition to seniors; strengthening links to other activities i.e. swimming, rugby.
Treasurer Shaun – Excellent year. End of August £12,000 income (half from Winter League). Healthy state.
Welfare Amanda - Coordinating juniors forms, updating policies. Martin does DBS checks. Assisting with accident and incident training. Involved with mentoring scheme.
Membership Bethan – Online membership well received. Early bird offer very successful. Membership no.s similar to last year; 164 seniors and 99 juniors.
President Billy – Very important year. Great job by Chairman Tim for 7 years.

ELECTION OF CLUB OFFICERS

Standing Down
Ben – massive contribution to Mens team and organising events
Victoria – 2 years as secretary
David White – Recently club champs, but also secretary, had been on Committee many years.

NEW COMMITTEE

Chairman	Tim Murray
Vice Chairman	John Bagge
Club Secretary	Amanda Burrows
Treasurer	Shaun Addison
Membership Secretary	Bethan Procter
Club Captain	Ali Richards
Club Captain	Kieran Hodgson
Welfare Officer Female	Rowan Ranner
Welfare Officer Male	Martin Birch
Junior Coordinator	Lorna Askew
Committee Member	Yvonne Procter
Committee Member	Kath Aubrey
Committee Member	Chris Schoefield



HELM HILL RUNNERS

CLUB CAPTAIN'S BIT—BEN PROCTOR, ALI RICHARDS & KIERAN HODGSON







After a successful year Ben Proctor is standing down as Men's captain.

2016 sees a subtle change in the club captain's roles. The club will now have two club captains: Ali Richards and Kieran Hodgson, working together to motivate club members and coordinate racing and other club activities.

Ben Proctor:
With a new 'little' adventure on the horizon and the club continuing to strive forward, it is with a heavy heart that my time as mens' captain has come to an end. It is safe to say that doing this role has not always been easy, but it has definitely been rewarding, with the best part meeting so many inspirational, committed and friendly members of this great club.

As a large collective of fairly unorganised and laid back men, you have managed to stack the start lines of a wide variety of races at home and abroad, travelling in large numbers, filling council owned 'fun buses' and drinking your fair share of fizzy pop on the way. You have continued to amaze me with stories of completing ultra marathon distance events, ridiculously difficult 24 hour challenges, mountain marathons, trail races, championship races and even the odd dodgy mid-week race. You have got behind all the social shenanigans and knuckled down with training 'even when Shaun went AWOL for the summer!' And to think, all this has been done for what has always seemed to be the pursuit of the holy grail - a place in the Ian Hodgson relay team!

After stepping down as mens' captain, I was very pleased when Tim asked me who I thought could possibly fill such huge shoes!!!! I was therefore extremely pleased when I heard Kieran was going to take over the role. Seeing the direction in which the club is moving, I am 100% sure Kieran will continue to play a huge role in the club's development. If all senior men can continue to race, train and support the club like they have for the last 25 years, I am sure that the future is definitely a shade of jade green!!!

So it gives me great pleasure to introduce our new 'co-club captain' as Kieran Hodgson - Give it death mate.

Thanks, Ben

A FEW WORDS FROM YOUR NEW CLUB CAPTAINS…..

Kieran Hodgson:
As another long fell running season draws to a close I look forward and relish 2016!! It is a real honour to take on this exciting role. Having joined Helm two seasons ago I recognise what a fantastic club this is. It is the people and coaches that make this club. I always look forward to training nights, the banter as well as race days. It struck me this year how many members we have racing and across the disciplines. They have inspired and transformed my running performances and I hope to put some of that back. I have also seen some fantastic improvements from our athletes over the course of the year as well as some fantastic achievements. Whenever I don the vest I feel immensely proud. We have so much on which to build!
So in 2016 I hope to see even more people out racing. I have spoken with Tim and we are keen to support Helm members to races especially the champs! I learnt this year that if you pack the numbers then that is half the battle and it often leads to good team standings. Also we could combine these events with some social events. So go on join me in the charge. I am always super keen to hear what you think and so if you have any ideas as to what you would like to do or see happen then do not hesitate to let me know. I am a very approachable person and eager to listen. I deliberately referred to myself as a club captain as that is exactly how I see the role. No longer men and women separate. I would like the men and women to be closer together especially when organising events and racing. The more the merrier!!!

Wishing you a fabulous end to 2015 and here's to seeing you all out there…..

Ali Richards:

Firstly I would like to thank Ben for all his hard work over the last few years as men's captain and to welcome Kieran as the new co-club captain. As you will note there has been a slight change from having men's and women's captain to having 2 club captains. Our roles will be essentially the same but with the idea of sharing more of the organisation of teams for champs races/relays - think "giving it death…..together"(!?) Both Kieran and myself are really keen to get a team to all the English and British championship races next year. We will keep you informed of dates/entry processes/transport etc to try and get as many people to these races as possible - please let us know if you are interested. Remember all runners count towards the team effort…...

Meanwhile, it has been another great year for the Helm Hill ladies - we have the bronze medallist in both the English and British champs - a huge well done to Sharon. I have heard her say a few times that "No-one remembers 2nd or 3rd!" Well I want to let her know that we will remember her achievements and that a bronze medal in both championships is something that most of us could only dream of! Hannah has had an amazing first fellrunning season, gaining both an England vest and being senior BOFRA champion. In the team event, this year was the turn of our 'senior' senior ladies with the v40 ladies team winning the silver medal in the British championships. I am really looking forward to the FRA do and celebrating in style.

There have been some other amazing feats in the club this year including:

- Lucy with her BG in 21 hours and 3rd place in the Lakes in a Day ultra event

- Jenny Rice completing the Wasdale X triathlon (I still can't comprehend swimming 2km in Wastwater at dawn, doing the Fred Whitton and then running 26 miles!! How is that possible?! Think she is super human!)

- Rowan and Kate coming 7th out of 190 teams at the RAB mountain marathon and first ladies pair.

- Charlotte coming 3rd in the under 23 FRA championship

We had another consistent performance at both the relays this year. The competition seems to get tougher each year with more ladies teams racing. It



was great to have both an open team and a v40 team in the British relays and the v40 ladies were only a minute and a half from getting a medal……..next year! Thanks to all the ladies involved in both relays for being so willing to do whichever leg was required and having great team spirit. Big thanks to Kath for the fab goody bags at the relays and to Marie for her supply of coke...oops cola and hula hoops throughout the year.

It's great to have so many new women running at the club and also to see how many junior women we have running and racing - the future is looking promising for the Helm ladies team.

Next up I trust that you are busy planning your outfits for the Xmas fancy dress run already (see back page)…..it should be another cracker (sorry). And then of course the winter league starts again……can't wait!

Thanks to <u>everyone</u> for making Helm such a fab club to be part of - may your winter season be filled with frosty starry nights and be lurgy/injury free!

Ali

JUNIOR COORDINATOR—LORNA ASKEW



I am writing this after a morning on Loughrigg with eleven of Helm's level 2 Junior runners, and a great group of adult helpers. We ran up to Rydal cave, along the Terrace route and up to the trig point. Aged between 9 and 11 years, all were enthusiastic and energetic, yummed up the running, then yummed up at the chips at the end! (Mental note to teach them about nutrition when they are older!)



This was the second fell trip this year; level 3 and 4 juniors in July conquered Wansfell Pike and then enjoyed a fast descent off the back of it and down through Skelghyll woods. I plan that 2016 will feature more fell trips for juniors.

I am extremely grateful to the many Seniors who are helping the Junior section; Karl Mason and Kieran Hodgson have both given input to Wednesday night junior training sessions, Paul Aitken and Kieran have been teaching navigation to level 5 juniors, Marie Robson and Karl are facilitators for the Junior Council (further details about the Junior Council are elsewhere in this newsletter). Seven Helm Hill Senior members are mentors in the mentor scheme for level 5 juniors…Mentoring has been proven as a contributory factor for success in any sport.



Success comes in many forms. One success which is highly evident in Helm Hill juniors on a weekly basis is the large number of youngsters who come back week after week for more running training. Their enthusiasm and energy is a motivation to all coaches. We do need parent support ' though, so please can I remind parents to ensure their youngsters are well-dressed for the forthcoming winter months. Younger juniors especially need hat and gloves when the weather is cold and wet.

Flourescent tops are essential for juniors when we are training in town, and asthmatics should remember to bring their own prescribed inhalers with them to training. Also, juniors should not attend training if they are unwell…it does create a problem for a coach if a junior comes to a session when s/he is not feeling up to it.

As you will see in the Who's Who of Junior Coaches later in this newsletter, we have recently been able to accept some new juniors from the waiting list. Many thanks indeed to Sam Gibbs and Peter Bryant for stepping forward to take the reins of a level 1 group from Spencer Samson. This means that Spencer has been able to start up a new group, bringing in new juniors from the waiting list and allowing existing groups to be kept down to a reasonable size of about 14 juniors maximum. The creation of an 8th group will take us to **over 100 juniors** training with us each week.

Other Junior successes this year of course include our five England selections, for Mountain Running events. Ben Kent travelled to Bulgaria with the England team for the World Mountain Running Youth Association Cup in June. Chris Richards, Hannah Russell, Imogen Burrow and Jack Byrne competed for England in the British and Irish Championship, which incorporated the Junior Home International, Mountain Running in September. Ben took part in this event too, running as an Open Entry. These Mountain Running courses are fast and the surfaces are much smoother than many traditional fell running routes.

Our juniors are out on all routes and all surfaces 'though…a huge amount of them raced in the Winter League at the start of this year, many have taken part in 2015's BOFRA races and FRA races, the Fell Foot Park Run has been a favourite and the English Schools Fell Running Championships included a very large amount of Helm Hill – trained runners, competing for their schools. As a result of all this activity, Helm Hill racing half and full colours are being given out regularly to juniors. Thanks again to parents and helpers who so often take juniors to races and training, cheer them on and then bundle them wet and muddy into their cars for some rest and recuperation at home… until next time!

HELM HILL RUN FOR ENGLAND

We were all immensely proud of our 5 juniors getting their England vests and running at national level this year. Here's their experience of running for England in their own words……...



L-R: Chris Richards, Jack Byrne, Hannah Russell, Ben Kent and Imogen Burrow. Pic: Tim Murray

Hannah Russell

Running for England was an amazing experience and it was great to be there with so many Helm Hill runners, and in such a picturesque location. As the race was quite early in the morning, I wasn't awake enough to feel too nervous, until the horn went off and everyone began sprinting down the road. Having carefully negotiated the speed bumps and parked cars, I was relieved to reach the uphill section of the course, which from the top, revealed stunning views across a beautiful lake. Staying to watch Tom and other GB runners in the World Championships was also very exciting and inspirational, and a great end to a fantastic weekend!

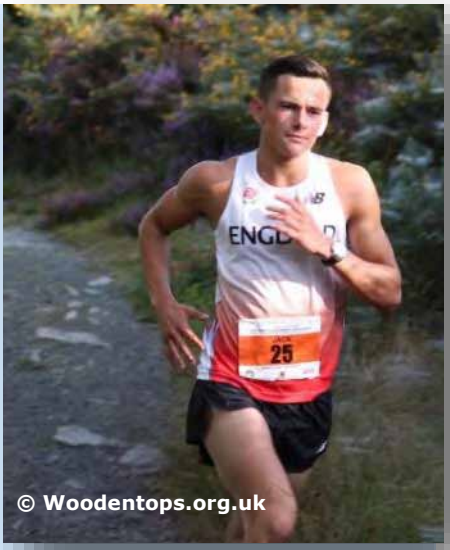


Imogen Burrow

This year was the first year I would be eligible to run for England, so my main aim was to get an England vest at the home internationals in Wales. To get picked for the race I had to try and finish in the top 6 in the trial race. The trial race was at Loughrigg in Ambleside, so I had plenty of chances to go round the course to familiarise myself with the route. At the trail race I had a good run but finished in 7th place, just missing out. Fortunately, I ended up getting a place on the team anyway and was pleased to have the opportunity to run for England.

I travelled down to Wales the day before, staying overnight with the rest of the team. The race itself was good fun but hard work, it was a tough 5km course, and I ran well finishing 12th U17 girl. I enjoyed the weekend and it was good being able to watch the World Championship races afterwards. It was a great experience, and it just shows if you work hard you can reach your goals!

Jack Byrne:



On Friday the 18th September, I was privileged enough to travel down to the picturesque village of Betws-y-coed to compete in the junior British and Irish mountain running championships. In the afternoon myself and the rest of the English team all met up in the village where we all proudly received our new England running gear. Later on in the day we walked the scenic circuit that we would be competing on early next morning; completing this as a team gave me the chance to make some new friends and find out tips and tricks from the under 20s who had raced here before. The next morning we woke bright and early, nervous but excited for the day ahead, Ben and myself decided that we would re-walk the course one last time to settle our nerves. Our race was due to start at 9:15am giving us plenty of time to warm up and have a quick team meeting before the race. Once on the start line my nerves had vanished and I was focused on the race ahead. The horn sounded and the race began. The race was challenging with a never ending descent but I felt chuffed with my performance, leaving me with a positive outlook on this experience.

Chris Richards:

Home International review



I was greatly excited by the opportunity to run for England again and trained hard to run well in the trial race, and aimed to peak for the actual race. The trail race went to plan and I finished 7th overall and was third English u20 so was selected for the under 20's England A team along with Oscar, the newly crowned under20 English fell running champion, William a GB steeplechaser and Chris Law who was 2nd in the FRA championship to Oscar and he'd had a flyer in trial race.

The team was stacked with talent and I new that as well as team mates they would also be my main competitors, as we were all running to a similar standard. After some disappointing races during the season I was incredibly keen to end my fell running season on a high and above all prove to myself that I was worthy to wear the vest. I knew that I was in good shape as I had put in all the hard work, but this would be one of the longest races I had ever done and so it wasn't just a question of fitness, I also had to run a tactically sound race to stand a chance of finishing in a good position.

It was a flat fast start through the Welsh village of Betws y Coed out towards the base of the hill, I kept my cool knowing that I need to save all the energy I could for second lap because that's where the places would be decided. As we climbed up the hill for the first time I found that I was passing people that had gone off too fast, I tucked in behind Oscar and together we pushed up through the field and as people started to race walk towards the top the hill we left them behind and sprinted away from them as the course flattened out. At this point I could see that I was in 7th position behind my team mates with Danny from the B team in joint first with a Scottish lad and as we came to the first descent Me, Oscar, Chris and Lewis Byram were all together and Oscar came to a sudden deceleration which greatly confused me as Oscar is usually crazy strong on the downhill but Chris saw it as an opportunity to gain a place and took full advantage speeding past Oscar, Lewis followed suit with me close behind.

On the second lap I realised why Oscar had slowed up as a blur of long blond locks and spindly limbs bolted past me towards Lewis and Chris, I stuck with him and hung on for dear life and found that we were making ground on the people ahead and pulling away from Chris and Lewis. Realising I was in 5th place gave me the motivation to stay with Oscar up to the top to ensure my position. On the descent Oscar flew off but I managed to keep him in sight and stay away from the chasing Scottish lad Thomas. Upon entering the finishing straight I heard my name called out on the tannoy system and a felt immensely proud crossing the finish line knowing that we had easily bagged team gold with William 3rd Oscar 4th and Me 5th .

The day was made even better as we were able to watch the World Mountain Running Championship races where I was able to watch Tom Addison compete against the athletes from all over the world and come out with a team bronze medal absolutely awesome!

Ben Kent: Bulgaria



Selection was decided at the Malham trial race, Ironically I wasn't sure if I was even going to race as my legs were hurting a bit from a classic Billy Proctor brutal session on the helm on the Wednesday before. It turns out that it was a good thing that I did, whether it was just the course or something just made me run faster I don't know but somehow I had the race of my life. I finished second in the trial and top of the selection, as first placed Joseph Dugdale was not eligible for the team.

From then it was a short two weeks in which I was told I had to train and prepare for a trip to Bulgaria for the world youth cup, it was all a bit of a whirlwind. The journey consisted of two plane journeys (Manchester to Munich and Munich to Sofia) and a "hour long" minibus drive which turned out to be about three and a half.

We arrived at around midnight and were informed that we had missed dinner and had to wait while they made something up for us. The something turned out to be cold sour cucumber soup, which was utterly inedible but highly amusing. We stayed for three days, one of which was dedicated to the course preview and preparing for the race. Coming from a fell running background It felt a bit strange watching people do all their special pre-race routines, needless to say it was a bit of a learning curve.

When race day came the whole team was buzzing, it was all very formal with the local Bulgarian army setting up the tents in which we were to wait while the other races were on. The race itself was fast to say the least, the first couple of kilometers consisted of quite literally battling for your places against other competitors. It was one of the fastest races I had ever run. I finished in a respectable 36th and 3rd England, which I was happy with.

After the pre race nerves had died off all the teams were very friendly and we all went round swapping kit and socializing with other nationalities, often using hand signals and facial expressions to communicate, as many had no common words however this all added to the experience and on the whole made it even more fun. Looking back it was not just the competitive buzz of racing at a higher level that made me enjoy the race so much, it was the fantastic experience that we all enjoyed and the making of new friends with whom I am still in touch with to this day.



L-R: Chris Richards, Hannah Russell, Jack Byrne, Imogen Burrow, Ben Kent with coach Billy Proctor. Pic: Tim Murray

2015 NATIONAL CHAMPIONSHIP RESULTS

BOFRA :

Senior Women: Hannah Russell GOLD
U23 Women: Hannah Russell GOLD
U17 Women: Georgia Stevens GOLD
U14 Women: Katie Thurlow SILVER
V45 Women: Tessa Hagendoorn BRONZE

V40 Women: Anna Stevens 4th
U17 Men: Jacob Aubrey 4th
U17 Women: Katherine Lawson 4th
V50 Mens: Roger Aubrey 5th
U14 Girls: Emilia Stevens 5th
U14 Boys: Josh Roelants 7th

FRA British:

V40 Women Team: SILVER medal
Senior Women: Sharon Taylor BRONZE

Senior Women Team: 4th
Senior Men Team: 6th
V40 Men's Team: 16th

V40 Men: Kieran Hodgson 4th, Nigel Woods 7th
V40 Women: Ali Richards 9th, Marie Robson 16th, Jo Wilcox =25th, Carrie Gibson = 25th
Senior Men: Kieran Hodgson 7th, Nigel Woods 11th, Adam Perry 28th

FRA English

Senior Women: Sharon Taylor BRONZE
U14 Girls: Katie Thurlow SILVER
U23 Women: Charlotte Milligan BRONZE

Senior Men's Team: 4th
V40 Men's Team: 6th
Senior Women's Team: 6th
V40 Women's Team: 4th

Senior Men: Tom Addison 10th, Kieran Hodgson 14th
V40 Men: Kieran Hodgson 7th, Nigel Woods 10th
V60Mens: Brian Thomson 13th



Recently crowned BOFRA Senior and U23 Women's Champion, Hannah Russell



British and English FRA Senior Women's Bronze medallist, Sharon Taylor

More pics and words in the Presentation Special Edition due out before Christmas.

Georgia Stevens - Bofra U17 champion



How I got into running and where it has got me:
I remember my first training session with Helm Hill when I was 9 years old, at the end of that session Lorna asked me if I would be coming back, to be honest I didn't really like the session because I found it hard and everyone else was so much better than me, but I said yes to Lorna anyway because I thought the only reason I didn't really enjoy it was because I had never done it before and I wasn't very good at it but I thought if I keep going I'll get better and I will enjoy it. Seven years later I'm still here. I've been coached by Lorna, Geoff, Tim and now Billy; they have all played an important part to help me get to where I am today, U17's Female BOFRA Champion 2015. I started off competing in the BOFRA league in the U12s at Sedbergh Gala although I was not a member at the time, since then I have taking part in BOFRA every year as well as being an annual member. It has to be my favourite league of races and my favourite race would have to be Farleton knott because of the scree or Wasdale because it's steep and a proper fell race!
I have to say that there have been a couple of times where I have wanted to stop fell running due to the amount of injuries I've picked up along the way, but I am so glad that I didn't, fell running is a part of me that I just can't seem to let go of. To all the younger people in the club, don't give up, carry on, you never know where running could take you, you could surprise yourself, I know I did. Saying yes to Lorna has to be one of the best decisions I have ever made! (the vest that I got when I first started with Helm, is the one I race in today… I haven't grown much haha). I would also recommend to all juniors to take part in BOFRA as it a great



Katie Thurlow 2nd U14 Bofra and 2nd U14 FRA

This year I completed all six FRA championship races. I was surprised after the first race at Errwood Hall to find how high up I had finished. After coming second there, I was pleased to finish third at Pendle and then second again at West Nab. Briony Holt had won all the FRA races so far and I thought that in the Coiners race I had a chance to beat her because I like that course. It is long and not too steep. By Coiners I had realised that I was doing well in the championship. Briony beat me 'though, by a second. As Briony didn't go to Malham, I won. She didn't go to Turner Uphill, the last race of the season, but I didn't do as well as I hoped there, but finished third.

Photo - Katie chasing Briony at Coiners (taken by Dave Askew)

JUNIOR COACHING

STRUCTURE OF JUNIOR COACHING SYSTEM

Level 1 - Minimum age of 8 years. Two groups : Sam Gibbs and Pete Bryant co-lead one group, Anna Stevens leads the other.

Level 2 - Two groups: Eric Pye and Sarah Senior co-lead a group, Helen Samson takes the other group.

Level 3 - Lorna Askew, plus a 2nd group has started led from mid-October by Spencer Samson allowing us to take some 11 - 13 year olds off the waiting list.

Level 4 - Tim Murray. This is the penultimate junior level. Juniors are getting physically stronger and faster, and may have a go at leading

Level 5 - Billy Proctor's group. Acts as a bridge between older juniors and the senior training.

Seniors training groups: qualified coaching offering at least 2 groups: intensive & not so intensive

Remember to let the relevant coach (es) know if anything changes regarding a Junior's health or contact details. Thank you!

WHO'S WHO OF JUNIOR COACHES

Lorna

I enjoy coaching juniors very much. I love and am constantly impressed by juniors' enthusiasm and ability to put in huge amounts of effort. Some of my favourite sessions have been when it's rained - we all get soaked but have a good time anyway. I started coaching when Rob Blyth and Martin Hurn had to take a back seat from it and left a vacancy so, at first, my sessions were based on theirs' (thank you Rob and Martin!). Since then I've taken my level 1 coaching qualification and also succeeded in gaining level 2. Currently I am part of Active Cumbria's "Coaching Talent" programme. Plus I have been Helm's Junior Co-ordinator for about a year.





Anna

I have been involved with Helm Hill Runners for about 7 years, the early years were purely dropping off and picking up my daughters for their sessions at the Castle Street Centre. I must admit this was way out of my comfort zone as I had never been in the company of "Fell Runners" before, they were like another breed! I was later asked if I would be interested in becoming a coach which I said yes to. I took my Uk Athletics Level 1 qualification and have been coaching our younger juniors for over 4 years. What I find quite fulfilling along with the other coaches is to see our juniors sticking at it and moving up levels over the years. As well as coaching I regularly run with Yvonne's group on a Monday evening and occasionally with Russ in the School holidays. You may also see me helping out with registration at the Kendal Winter Leagues.



Billy
Most people know me. I've been in the club since it started 25 years ago. We only had a few juniors back then and I said I'd look after the older ones. Ken took the younger ones. Coaching the older juniors has stuck with me. Now there are many more junior groups than there used to be and juniors come to me after the benefit of being coached by others first. I've kept up with the times and taken my level 1 coaching qualification. I am the Vice-President of Helm Hill and I'm proud of our club and how far we've come.



Helen Samson
I am a level 1 qualified coach and I have been taking my group for 2 years now, a group that started from scratch. I have enjoyed getting to know the children, I have quite a few characters who I find entertaining in the most part, although sometimes they definitely challenge me!

I also am in charge of the waiting list. All the enquiries that come in from the public end up in my inbox and it is my responsibility to reply to them and add their children to the waiting list. For reference, there are 42 children on the list at the moment!

Spencer Samson
Having been born and raised in the foothills of the Kent mountains, it was probably inevitable that i would end up as a Fell Runner, but my early sporting interest were most centred on ball sports of various types.
Having moved to Kendal in my early twenties , I headed to the hills running after recovering from a serious knee injury as way of rehabilitation.
I became associated with Helm Hill as a parent helper in Gavin Thomas's group as my son ,and later my daughter also attended. Persuaded by Gavin i took my level one qualification in may 2013 and succeeded Gavin to lead his group when he moved on in august that year.
It is a role i find very enjoyable in the main!
I also organize the "Cunswick" winter league race with Duncan, and help him with his " Helm" race.
You never know i might even join the club one day!!!!





Sarah Senior:
I fell into coaching through helping out with Lorna's group and being "persuaded" to do a coaching qualification. However it is something I thoroughly enjoy.

The main enjoyment for me is seeing the children turn up whatever the weather and throw themselves into the training. It is great to see them gain confidence, develop friendships within the group and encourage each other. It is satisfying to see them improve their technique, speed up, build their fitness and then progress to the next group.

I asked the children what they liked about the group and they said, "it is hard work but fun" and I would agree!



Sam Gibbs

Hi, I'm Sam. I've accidentally fallen into coaching at Helm Hill due to a long-term injury (almost healed!) and my son, Marvin, gaining a place in Spencer's group. The decision to become a full-time coach was an easy one - driven by the enthusiasm and team spirit of the youngsters, plus the unswerving support of Spencer and Lorna.

In terms of coaching, I have done a fair amount - but mainly kayaking and orienteering - so I hope I can transfer these experiences to the youngs guns of Helm. If I can be half the coach Spencer is I'll be happy, and, more importantly, continue the supply of outstanding Helm talent for the future.

By the way, please call me Sam, not 'Sir' or 'Mr Gibbs' - I'm not a teacher when I'm wearing shorts or Lycra...

Eric Pye

I'm not really a runner, but I like running. Well, I go running because I like orienteering, which gives me the opportunity to stop every now and then to read the map. So does coaching. I've been a coach at Helm Hill for approximately 5 years and really enjoy being part of the club atmosphere and helping the children progress. I hope that, as well as helping with their technique etc, we promote an enjoyment of running and the outdoors which will stay with the children for a long time.



JUNIOR NEWS

Helm Hill Junior Council

This is an exciting time for Helm juniors as the idea of a Junior Council has been welcomed by the Senior Helm Hill Committee. The purpose of the council is to gather junior ideas and input to the club which would then be passed on to the Senior Committee. The Junior Council will be built up of 4 - 6 Junior Reps from the older groups, each of whom have a role and stand for 1 year. If there are a great number of Reps who wish to stand each time, there will be an election via a fair voting system. Also, ALL groups will appoint a group representative for each Council meeting. Group reps will be rotational so everyone can be involved. We are looking at holding a Council meeting for Junior Reps and Group Reps probably once a term, with the possibility of using a room in QKS. Karl Mason and Marie Robson, Senior members, have volunteered to assist and support the Junior Council at the meetings.

*********Stop Press:Junior Council*******
We now have six junior reps that have come forward, Jacob Aubrey, Ben Kent, Hannah Russell, Robert Askew, Katie Thurlow and Georgia Stevens. We will be holding our first meeting soon. If all junior coaches could find out who their group rep will be and prompt them to fill in a form that would be great, and let Georgia know. Group reps will alternate each term so that everyone can be involved.



HELM PROFILES—JONNY MARCHANT



1. When did you join Helm Hill and why did you join?
I joined Helm Hill Runners in May 2013 when I moved to Kendal. I was looking at both Kendal AC and HHR, the former seemed to do road running more and I preferred trails. I was intrigued by fell running also (sorry if this wasn't the case Kendal AC!). In addition, The Helm was, and still is, on my doorstep, and I don't like to have to travel too far for training.

2. What do you consider to be your greatest running achievements so far? (Big and/or small!)
Running my first fell race, Shipman Knotts, in August 2013, having quite a good scrap with Brian Thompson, who incidentally encouraged and motivated me to participate. Not getting lost. Taking it to Charlie Lowther in this year's 'Lowther trail Run'! Being asked to race in the 'Ian Hodgson Mountain Relays' 2014/2015 and the FRA relays 2014/2015.

3. What have been your favourite races and why?
Over two seasons I've run in few races twice so it's difficult to judge; I can rule out those I didn't particularly enjoy which would be simpler, but I won't. Barbon in the Winter League for its eye-bulging, knee popping final descent. Scafell Pike in 2014 for coming to terms with what I'd just done. Howtown, Lowther Trail Run…The Helm is my favourite hill, it still has so much to offer, so both races there too (Winter League in March and Bofra in June). Any race where the sun has shone and I can get my sunglasses on.

4. What is a typical training week for you?
Wednesday night training with the club, usually but not always. Once or twice a week on the Helm.

5. What are your future running goals/ambitions?
To get out in the fells over the winter for longer runs, not for training and not for competition, but for the experience and, of course, for pleasure. Perhaps run the 'Lakeland Classics' at some point.

6. Name a person/people in the club that you admire and give reasons.
The entire club for encouragement, motivation, enthusiasm; friendship, laughter and a genuine appreciation for running in the fells. Oh, and Brian Thompson for persuading me that fell running is a good thing to do. And Peter German for keeping me on my toes in this year's Club Championship, especially at the 'Three Shires'.

7. Any top running tips that you would give to a younger runner in the club?
Run for enjoyment first and foremost, whatever form that takes.

8. Any racing advice you would give?
No advice, but I do suggest having a good night's sleep before a race; arriving early enough to do some of John Bagge's dynamic stretching and warm-up exercises; and have time to pin the race number to your HHR vest before the off.

9. How would you describe Helm Hill in a few words?
Encouraging, motivational, enthusiastic, fun and competitive.

10. Anything else you would like to add?



I've had a great time in the short period I've been at the club. My knowledge, appreciation and enjoyment of the fells and running in particular have improved no end. And what's more, it's been a good laugh (for the most part).

HELM PROFILES—HANNAH RUSSELL


Pic: © Woodentops.org.uk

1. When did you join Helm Hill and why did you join? I joined in April 2015 because I'd really enjoyed doing the Winter League races and just wanted to get fitter.

2. What do you consider to be your greatest running achievements so far? (Big and/or small!) I was really proud to be on the England team this year, and to complete the race without falling over once! Also winning leg 1 with Sharon at the Ian Hodgson Mountain Relay this year was very exciting.

3. What have been your favourite races and why? Elterwater and Loughrigg were really nice races, with some pretty views. I also really enjoyed Alva and Barbon, as they were steep enough to walk up then slide down!

4. What is a typical training week for you? I don't really have a set training plan; just try to get out as often as I can! I really enjoy doing the Monday track sessions and Wednesday nights, as well as a longer run at the weekend.

5. What are your future running goals/ambitions? I'd love to try some longer races next year, maybe Kentmere Horseshoe, and some of the FRA under 23 races. It'd be amazing to run for England again next year too

6. Name a person/people in the club that you admire and give reasons. Sharon Taylor, because she's an amazing runner and really supportive, and also really friendly! Also Billy as he's always got great advice and knows every fell race inside out.

7. Any top running tips that you would give to a younger runner in the club? Just have fun racing and training, and don't worry about having a bad race cause it happens to everyone!

8. Any racing advice you would give? Haha, well I guess just run as fast as you can!

9. How would you describe Helm Hill in a few words? It's a really friendly club and all the coaches are fantastic!

CLUB COLOURS:

Huge congrats to the first family to gain club colours!!

Mum Tessa (half colours), dad Stuart (full colours), Evan (full colours), Tara (full colours).



HODGSON BROTHERS MOUNTAIN RELAY

The annual mountain relay took place a fortnight before the British Relays and is always a great warm up. Over the past five years Helm's presence has grown and performances consistently high and this years was no exception.





Helm Hill runners in serious mood before the start of the race.

With some great individual performances (see below) the final results were Men Open 5th, Men V40 5th and Women Open 6th out of 70+ teams.







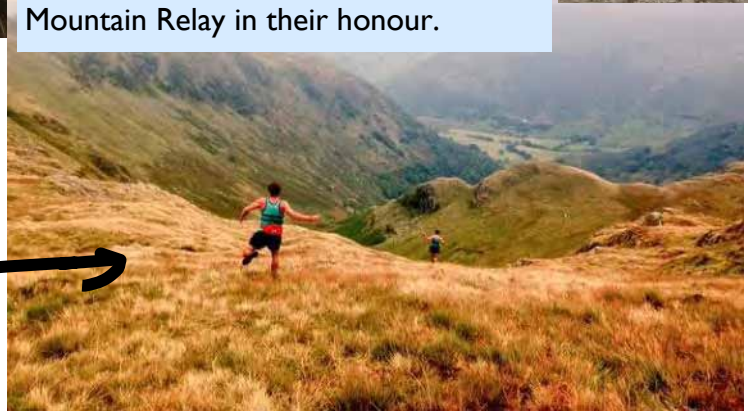




Formerly known as the Ian Hodgson Mountain Relay, after the young fellrunner killed the day after winning the KIMM, this year we learned of the recent tragic loss of his brother, organiser and competitor in this event. A minutes silence was held and the event is now known as the Hodgson Brother Mountain Relay in their honour.



FASTEST LEGS: Sharon Taylor and Hannah Russell came home fastest women on Leg1, just 17 secs off the record! While Paul 'freefall' Aitken and Nigel 'Kamikaze' Woods also claimed the fastest time on Leg 3.



BRITISH ATHLETICS FELL AND HILL RELAY CHAMPS—PENDLE

The 'British Relays' are eagerly awaited each year as they bring together the whole British fell running community for a day of racing, banter and meeting up of old friends and racing foes. This year Clayton le Moors hosted the event on Pendle Hill.

All the Helm teams got off to a flying start! Mark come home off the 4 mile Leg 1 in 3rd overall, Sharon 4th woman and Tom Tipping 3rd V40 men.
Leg 2 involved pairs racing 8 miles over the fells with Leg 3 being a navigational 8 miles, again in pairs.



After a final 4 mile solo leg the four Helm teams all ended up in the top 10 of their classes. That's the top 10 in Britain remember!

V40 men 4th—V40 women 6th—Open men 7th—Open women 10th



















KIRKBY STEPHEN SPORTS

Amanda & Craig Burrow take an impressive win in the legendary 3-legged race. Adam P wins the fell race.





WORLD MASTERS CHAMPS

Tom Tipping gets a Bronze medal at the V45 World Masters race in N Wales! Well done Tom!



THE ORIGINAL MOUNTAIN MARATHON



ELITE CLASS WIN FOR ADAM AT THE ORIGINAL MOUNTAIN MARATHON—TWEEDESMUIR.

Helm Hill's **Adam Perry,** partnered by Kim Collinson (Borrowdale), won the Elite class of one of the UKs premier two-day mountain marathons. They had a 7 minute overnight lead which was whittled away on the 2nd day with the top 3 teams running neck-and-neck most of the day before Adam and Kim pulled away. One of those other teams was Helm's **Shane Ohly**, partnered by Duncan Archer who came in in 3rd place. Garry Beardwood came 10th. Fantastic performances. Read more about it from Shane http://www.shaneohly.com/articles/2015/10/25/Original_Mountain_Marathon_Tweedsmiur_Hills_2015/

"GIVING IT DEATH" (OR NOT) AT THE BRITISH CHAMPIONSHIPS—ALI RICHARDS



I turned 40 at the start of the year and in celebration of finally being able to proudly say yes, I am now in a category, instead of being affronted at clearly looking older than I am, I decided that I should do something "challenging" and new to mark the occasion. I settled on the Fred Whitton and a triathlon, two things I keep saying I am going to do and have never done, what better time than my 40th year? I duly bought a Helm Hill cycling top, borrowed Rick's old wetsuit and started planning the training. Given that I have hardly ridden a bike, apart from with a bike seat or tag-a-long over the last 12 years, and that I have spent more time trying to stay warm in the shallow end of the pool floating about with woggles and armbanded children than powering lengths,this was going to prove more challenging than I initially thought. Both swimming and cycling require a lot more effort in actually getting to do the training - bikes needing maintaining and several hours to get a decent ride in; and swimming needing to get to the pool at certain times. With a new job demanding more hours working, and growing children demanding more hours taxiing to various activities I soon realised my aims were completely unrealistic and reluctantly shelved them yet again. Running is something that is easy in comparison to fit in - you can fit a hard run into an hour or less, straight from the door, with minimal kit faffing or anything else to think about - I realised this suits me far more than having to get to a pool or fiddle with a bike - if there is such a thing as a lazy exerciser I think I am that person……

Anyway I digress - the point of all that was that was how I came to do the British championships this year - a new challenge, something I hadn't done before for my 40th year, but something I could manage to fit in. A few ladies were also up for doing the races, including Sharon, Jo, Marie Carrie and Catherine which added to the incentive to venture a bit further afield with team Helm.



Ras-y-Moelwyn April - medium

What a great race - it truly has a bit of everything, fast track on the way out, great views over mountains and sea, steep rocky descents and more marshals than you have ever seen on a race pointing out exactly which line to take. And the whole of Blaneau Ffestiniogg out to cheer you on start and finish. Despite being nervous as none of us had reccied we all enjoyed the race (great weather helped!) and we were even more delighted that we were 3rd v40 ladies team…..a great start.





Durisdeer - June - Medium

Durisdeer is a tiny village in the borders with a few whitewashed cottages surrounded by steep rounded hills. Isolated from anywhere and with an unnervingly large graveyard, the arrival of 300 or so fellrunners caused quite a stir and similar to the race in Wales, the whole community was out to support from the bagpipes playing in the parking field to the amazing spread of cakes laid out in the church meeting room. We lined up at the start ready for the usual rules and regs talk to be told - "You've got 10 miles to get ahead of the person in front, make sure you are not doing it in the finishing funnel….off you go". This is a deceptively hard race with the steepest heathery slope possible along with some fast trail running in the valley followed by another monstrous climb with a fast grassy descent to the finish before the sprint into the finish funnel - I have to confess I forgot the organiser's only rule as I had to stay ahead of Wendy Dodds. All the Helm ladies had a good run here, espe-

cially Catherine on her home turf. Again we were blessed with great weather and views and we were even more delighted when we realised we were 2nd v40 ladies team.

Lingmell - July - Short







As this was also an English championship counter, an even more competitive field lined up for this brutal short race from Wasdale to the summit of Lingmell and back. This was my least favourite race of the year let alone the championships. The climb is relentless and then you turn round and hey ho the descent is relentless too. You then have the humiliation of trying to run flat out across a couple of large flat fields to the finish with everyone watching you as your legs buckle and refuse to work. At least we got to watch the men suffer the same fate afterwards in their race which made me feel slightly better. Again, despite this being a double championship counter the race felt very friendly and low key and we got the all important points for the team in a short counter.

Seven Sevens - August - Long





So after 3 races we were in 2nd place in the v40 ladies championship. Ambleside had already secured the gold and we knew that to try to hang onto silver we had to get 3 v40 ladies to complete the long race in Ireland. Having heard various terrifying reports about this race which included "as hard as Wasdale" we were apprehensive to say the least but Carrie, Marie and I decided that given we had got so far, and done better than we thought we could have at the start of the year, we had to give it our best shot and get round the race. Nigel and Kieran, both competitive in the British v40 champs by "giving it death" also travelled over for the race, along with Adam, Andy and Dave White so we also had a men's team at the race. Yet again, we were struck by how low key and friendly the race was - the Northern Irish club seemed absolutely made up that so many people had come over for the race and went out of their way to make us all welcome. We were all given a detailed run-through of the route at the start and during the race whenever I was running alongside a local vest they would point out the best line and give words of encouragement.

Again I found myself running with Wendy Dodds for a large part of the race - and I learned some top tips to try in the future such as saving weight and time by accosting walkers with "Any water for an old lady?!". It was another clear and bright day with spectacular views and so great to be out somewhere completely new and different. It is a classic race taking in the seven mountains over 700m in the Mournes. There is an out and back to the penultimate summit which was great as I could see Marie was only a little way behind me and Carrie, although not feeling great gave me a determined "I'm going to finish it Ali". This spurred me on and I managed to catch up to Dave White on the last summit. Usually very positive, I knew he must be having a bad day as he said to me "This is the worst climb I have ever done!". After 5 and a half hours I ran into the finishing field knowing that we had done enough to secure the silver medal in the British champs. The kids and Rick were waiting to cheer me in and I confess I had my own little emotional moment, and felt made up that I had completed all 4 races, especially this one, by far the toughest of the lot and up there with Jura and Wasdale as far as hard races go. All the Helm Hill runners completed the race and having such a good turn out from the club proved to be the key to success as the v40 ladies won the

team prize and the men were 2nd team. This caused a bit of consternation to the heavily accented Northern Irish organiser who had difficulty saying the word "Helm" - we are "Hellum Hill in Northern Irish speak. Following the race, I think the men went out on the town til the early hours, very impressive after doing that race, and something I definitely need to work on next year as after 1 beer I could barely speak or stand up and was in bed before 10pm!

I am definitely inspired to have a go at the British championships next year. It really showed us this year how the key to success is getting a team to every race, and the more people from the club running the greater the chance of success. It was really enjoyable visiting different races and areas of the country and the races are not as difficult to get places in as the English championships. Kieran and I are really keen to get a team to every race and to make this as easy as possible for folk to get there by organising club transport etc and even if you only do one of the races you will still be helping the team effort. Keep an eye on the forum/twitter for news about the races and let us know if you are keen to be involved whether "giving it death" or otherwise - all welcome!!

Nb Particular well done this year to Sharon who was 3rd overall and to Kieran and Nigel who both made the top 10 in the v40 competition



LAKES IN A DAY ULTRA (50MILES) - RICHARD HARRISON

This year saw the second running of "Lakes in a Day", a nice little jaunt from Caldbeck at the top of the Lake District to Cartmel at the very bottom. The race details say 50 miles and 4000 meters of ascent, but I reckon it is closer to 51.5…but there was no extra charge!
The route is very much one of two parts with the first half taking in Blencathra, Clough Head, the stunning Helvellyn Ridge and the very runnable descent down the "great wall" of Fairfield. The second part stays off the high fells and is more of a trail race along the western shoreline of Lake Windermere, taking in Claife Heights, High Dam before droping down to Newby Bridge and then Cartmel.
The weather was again kind this year, with good visibility and an average of around 12 degrees. Starting at 8:00 am the first part of the involves a short road section before heading up High Pike and some interesting navigation from Great Lingy across and up Blencathra, before dropping down Halls Fell to the first feed station in Threlkeld. I was in and out of the feed station in short order to face the long pull up Clough Head. Once this is out of the way the route remains on the high fells taking in the summits of Calfhow Pike, Raise, Lower Man and Helvellyn before dropping down to Grizedale Tarn and the pull up Fairfield. I was very pleased to be down off Fairfield and into the second checkpoint at Ambleside in just over eight and a half hours…ready for a big scoff and a shoe change.
I was in and out of Ambleside in around 15 minutes, wanting to get as far along Windermere as I could before having to put the head torch on. I was very happy to make it as far as the wood at Field Head before finally resorting to the torch. There is then a short section along the lake before the pull up to High Dam and then the final feed station at Finsthwaite. By then I was more than ready for some soup and couple of cups of tea! The final section took me another two hours thirty minute, finally arriving in Cartmel in an overall time of 14:50:48…not quite as good as Andrew Cox last year but then again I am just a few years older, or at least that is my excuse.
The race is very well organised by openadventure.com, with excellent feed stations and I have no hesitation in recommending it to people for 2016.

LAKES IN A DAY ULTRA (50MILES) - LUCY SPAIN



In late September I figured my legs had probably had a good rest post BG, so tested them out at the Three Shires fell race. Slightly over optimistic on the recovery, it was harder work than it should have been but given a bit of effort I could run. It was a beautiful day and a bit of tooing and froing with Nicky and Wil along the way kept me running! After about 2hours my legs suddenly said 'no' though, so I backed off on the final climb, wanting to make it to the finish still running!

Pleased to be back running something like normal, I was a bit aprehensive about the 'no' part of the race, with only 3 weeks until the Haglofs Lakes in a Day ultra (LIAD) when I would need to keep running for a bit longer than 2 hours. Ealier this year James Thurlow asked me whether I thought I would break the women's record. I said I thought I could, but I couldn't guarentee nobody else would do it faster. Now I wasn't entirely sure I could break it....

3 weeks and one Ian Hodgson Mountain Relay later my legs were feeling much better. I was looking forward to the first half of the LIAD, knowing my pacing pretty well over Blencathra and the Dodds. I estimated it was possible to get to Ambleside in around 6hrs 30, possibly slightly under if it all went very well! From there on in, the plan was to hang on as best I could as that was where you actually need to run, heading over Claife Heights, High Dam, and Bigland (I'm not as good at that bit when there's no awkward terrain underfoot or steep climbs to contend with).

Starting out with Helen and Sabs we had a quick catch up along the road. When we hit the fell Helen was off, but I was happy to let her run up the first hill, keeping her not too far ahead, as I knew where my strengths (and weaknesses) lay.

Blencathra seemed easy, maybe due to the amount of chatting I was doing with Larry, a Pennine member living in Kendal, but it passed by easily now I was on my own terrain. Looking at my time, I was moving very similarly to my BG pace so this was good!

Halls fell was a good bit of fun. Joe Faulkner said he was enjoying watching 'fell runners vs ultra runners' heading down the hill and I soon found out what he meant, making up a fair few places on the rocky decent. I hit the feed station around 2hrs 20 - 2hrs 25mins, within about 5-10minutes of Helen and up on my half thought through schedule. If my plan for Clough Head and the Dodds continued to go well, I would hopefully see Helen again soon :-)

Off up Clough Head and even on the gentle slope at the bottom I think I knew my plan was out the window. When we hit my least favourite ascent in the lake district (there's something about the steepness of Clough Head that really never gets any better....) I knew for sure the game was up. My legs weren't powerful, I didn't feel like I was moving (although aparently I was better than some) and it took a lot of effort to haul myself up and over the top. A little after Calf How Pike Sabs caught up. Having just watched me ascend Clough Head she confirmed what I felt, I was moving around 20% slower than I had when she'd accompanied me up there on my BG. (In fact, it took me around 10-15minutes longer than it took me in the BG, so a fairly accurate description)

So, there wasn't a lot else to do other than put one foot in front of the other, watch Sabs run off and enjoy the views. It made life a lot more pleasant as I wasn't going to fight to climb fast and I arrived in Ambleside after 7 hours, enjoying a lovely run on a stunning route!

I ran over Claife Heights with 'John' and we had a good chat about some silly ultra runs he'd done. I seemed to be moving fastest whilst chatting in this race as I cleared claife heights, the part of the race I thought I'd slow down on, much faster than anticipated and faster than a lot of the men did last year according to strava. Perhaps a little too much left in the legs?



'Mike' and his support cheerleaders were a welcome sight along the way and we too had a bit of chat over to

high dam. Ultra's are great for my chatting style of running ;-). Maybe I measured the effort just right as running the last few miles to Cartmel that 'no' sensation was definitely imminant. But I ran over the finish line in 11hrs 59 to finish 3rd, around an hour and forty minutes faster than the previous record, but an hour behind Helen's fantastic run this year!

A great route for an ultra and another well thought out and supported event from Open Adventure - thanks for the GF pasta at Ambleside Sarah!

Just enough time for a shower and a bite to eat then it was off to the BG dinner, sporting my shiney new Haglofs LIAD finishers t-shirt, to recieve my certificate and dance the night away!

Thanks to Ian Corless for use of pics.

I'm not sure how, but my legs recovered well enough to do the FRA relays justice a week later (I think BG dinners are clearly good for recovery).

3 weeks on and next up, it's time for the open 5's.....





WIGGINS

Exciting news, ex Helm Hill junior superstar James Knox has been signed up by none other than Sir Bradley Wiggins' professional road bike racing team for the 2016 season.

James has been racing in Europe all this year and his efforts have paid off.

Huge congrats to James from all at Helm Hill.





A younger James at an U14 English champs race.

ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIPS

Sunday 27 September 2015, Calder High School, Mytholmroyd

This year was the 8th anniversary of the English Schools Fell Running Championships (ESFRC), which is always held under FRA rules but hosted by a secondary school, with youngsters racing in their School Year groups and for their school team.

Calder High school hosted the championships this year for a second time. Many of you will remember that the 6th ESFRC was hosted by The Queen Katherine School (QKS) in Kendal, with the fantastic support of Helm Hill members as marshalls, timekeepers, registration personnel and bracken-cutters. The weather that day at QKS was sunny and warm; a trend that repeated itself at Calder High this year.



The first race was for Year 7s, and had the biggest number of entrants; 102 in total. As for all the races, boys and girls started together but their times and positions were differentiated for the purposes of separate male and female individual and team prizes. However, before anybody could run, it was necessary to attach the timing tag to their running shoe. For those who struggle to keep their laces tied up, this was an extra challenge!

Following a blast up the road and a hustle at the stiles, the course headed uphill and into a field, then back down the same narrow path. Many youngsters found it hard to overtake other runners due to the limited space either side of the path.



Joe Conner

The race for Years 8&9 together was the next one; same start but a much further distance uphill before turning. Probably just about the longest and toughest course that any Helm Hill junior of this age will have done this year…longer than many BOFRA races.

Years 10&11 raced together. A big field of 82 runners for this 7km route with 306m of ascent.

They were followed by the 6th form race ie Years 12 & 13, who had a course of nearly 9km that took them up to the top of the hill and then on a loop of Midgeley Moor before descending down the same steep narrow path that younger runners had negotiated earlier in the day.

The contingent of Helm Hill runners spanned several schools; The Queen Katherine School, Kirkbie Kendal School, Dallam School, The Lakes School, Sedbergh School, Queen Elizabeth School and, this year, even Kendal College…so keen was Georgia Stevens to take part again in the ESFRC that she, along with Jake Wren, made an entry in the ESFRC for Kendal College for the first time ever.

Next year the ESFRC will be held again on the last Sunday in September, and it will be hosted by Sedbergh School. Courses will be on the Howgills.



Jacob Aubrey



Josh Roelants



Lily maiden followed by Maddie Sanders

TODD CRAGG FELL RACE BY OLLIE SANDERS



GO!!! The runners set of for a 2 mile race; I could feel the butterflies flying around in my stomach, I could see each runner fading off behind me. A few minutes
passed and everyone gave up, I was finally in the lead! The feeling is exhilarating. My confidence flew through the roof. I looked behind me, I could see someone whizzing down the hill gaining on me, so I sped up a notch, I was now feeling uncontrollable. The distant cheers bolstered me while I was sprinting down this road. I could see the finish line, the guy behind was catching up. He was 3 metres away. I sprinted as fast as I could for the last 100 metres, he overtook me. The finish line was 10 metres away. The metres to the finish line decreased.5, 4,3,2,1... 2nd place. I was Annoyed.

Editors note: Todd Crag was one the of the Helm Hill Junior championship races – with just one more race to go on 22 Nov, Ollie is leading the Boys' U12 category. Ollie has raced in 8 junior championship races so far this year and been first Helm Hill boy home in 7 of them. Well done Ollie.

RULES TO REMEMBER FOR NEXT TIME I DO THE SAUNDERS—ALI RICHARDS

Saunders Mountain Marathon
"Go steadily in the right direction" - Jon Broxap advised as we stocked up on last minute supplies in Pete Blands when we told him we were off to the Saunders that weekend……wise words indeed as it turned out. *Rule for next time - listen to wise words spoken from experience*

Rowan, not that she will ever let on to this, is now something of an experienced mountain marathoner, with increasing success - culminating in recently coming first ladies pair (and 7th overall out of 190 teams) at the RAB mountain marathon. I had been put off by my previous mountain marathon experiences in the OMM which consisted of trudging with a heavy pack in foul weather for hours on end across some featureless tussocky bogs only to spend a sleepless night shivering in a too-small tent, to then repeat the whole miserable experience the next day. In July this year however she somehow persuaded me to have a go at the Saunders with her, assuring me that she would 1, Manage to borrow all the kit we needed and make sure I had a pack that weighed less than 5kg 2. Continue with her 100% record of only doing mountain marathons in perfect weather conditions.
The kit part - I have to say, I was most impressed with Rowan's attention to detail with sawn off toothbrushes, balloon beds and no mug allowed (using only our water bottles). Hours were spent bagging up various bits of food, suncream, insect repellant, painkillers etc etc it made my usual preparation for any such event look slapdash and amateurish. If there was a competition for kit preparation I am sure we would have won.
I noted with vague interest from Twitter that Lee and Angela had been out for a practise run identifying features in the area around Coniston where this year's event was to be held - aah yes I thought smugly, good idea to brush up on navigation, but obviously I don't need to do that as I work in Coniston and run around there more than anywhere in the Lakes and even teach navigation to my students in that area. *Rule for next time - always go out and practise your navigation beforehand if you get chance with the type of map you will be using at the event. Navigation is not like riding a bike, it needs continued practise. Never be smug that you can navigate!*

Saturday arrives - I blame the early start, lack of coffee, extra long walk up to the start, pressure from having to get ahead of Chris/Patrick, lack of practise with a Harveys map, thick clag (not what Rowan had promised!) and the fact that out-of-bounds areas marked with red on the map obscure the feature that they actually are. Ok I suppose that should be obvious that they would likely be a fence or a wall but under pressure my brain neglected to think that clearly or read the compass correctly. The upshot of all this was that yes, we managed to set off in completely the wrong direction. Why is it that somehow one always refuse to acknowledge this as the case instead asking questions such as "Where is that stream then?", "Surely we should be there by now?" and even "Maybe the mine workings have

affected the compass?!" It took us almost an hour battling through bracken and bogs of an area that resembles "middle earth" to the east of Torver, to eventually recorrect ourselves to get to a checkpoint that was actually a direct line up clear linear features (stream/wall) less than 1km from the start. Whoops. No matter that our kit weighed less than everyone else's, we were in last place. I can only apologise to Patrick and Chris at this point, who against their better judgement thinking that Rowan and I were an "experienced" MM pair, had also followed us into middle earth before realising that we were clearly clueless and not to be relied upon, experienced or not. *Rule for next time - take extra time to make sure you get the first checkpoint right - be meticulous in navigating no matter how much the 'headless chicken, got to get a good racing start" instinct wants to override that.*

Ok, time to refocus and sharpen up. The one good thing about completely messing up the first checkpoint is that it does make you wake up and concentrate a bit more for the next one. We took a 'safe' line to this one following a path for a good long way only to reach the checkpoint at the same time as another pair who we had overtaken a considerable time earlier. They must be good navigators, follow them! *Rule for next time - never ever follow anyone or rely on follow anyone or think anyone is better at navigating than you are. You are the only one to blame when you subsequently go wrong and waste valuable time!*

Thankfully the day improved from then on, both with the clag lifting and our navigation improving. Possibly these 2 things are linked.



The overnight camp is where the Saunders is to the OMM what Elterwater in sunshine is to Firbank in a blizzard…….lounging around in the evening sun with milk for your brew and a beer or too, instead of aforementioned misery in a dark freezing tent on the OMM. This was made even better by having several Helm Hill pairs to socialise with - each one having their own unique MM persona. There was Dave "Mr Kit" White, who had all the state-of -the-art newest and latest gear and had also generously lent out numerous items to everyone else. He watched with knowing amusement as it took Rowan and I more than an hour to blow up the flippin' balloons for the balloon bed, clearly thinking "Balloon beds? They're so 2009 don't you know" but too polite to say so. Dave was running with "the apprentice" aka Craig who was learning lots about mountain marathoning from Mr Kit. Patrick was the "gentleman" who surprised us all with unpacking a full unopened large bag of treat size chocolate bars to share with us all , which made the rest of us look very miserly as we had our measured out portions of supernoodles/muesli. Chris Schofield was our entertainer as he kept talking all evening and long into the night to Patrick after everyone else was quiet. It was lovely to spend more time with Caroline, Garry's wife and to hear more tales of his mishaps (see I've Reccied it page for more details). *Rule for next time - always make sure lots of Helm Hill folk are also doing the event, it's like a ready made social to keep you entertained in the evening!*

Day 2 - our main objective was getting ahead of Chris and Patrick and not messing up any checkpoints. Helped by perfect visibility and the fact we weren't too exhausted from day 1 as we had been slow in the clag, we were spurred on by passing lots of people and getting the navigation spot on. We were completely made up to find out we were 8th overall on day 2 when we finished the leg and first ladies by half an hour. "We won! We won!" I shouted enthusiastically to Rowan looking at our finishing result. Rowan responded with an emotional "I've never won anything before" and Lee was kindly tweeting our result to the world……. Ahem - whoops, in the excitement of the moment I had somehow forgotten the cumulative effect of our poor result on day 1 which meant that we had not quite managed to win overall. *Rule for next time - never announce any glory until it is absolutely and definitively confirmed. It's certainly not cool mountain marathon etiquette.*

NB I just hope Rowan will forgive all of the above and let me have another go next year!! I'll even have a go at packing my own bag next time. Can I have it noted that here is my get-in-there-first request to Mr Kit to avoid the balloon bed nightmare and borrow one of those super lightweight sleeping mat thingies?



Checking the minimalist tent fits.

TROMSØ SKYRACE—SHANE OHLY



Without doubt the roughest, toughest, most serious race I have ever done. I am confident that many runners would consider the majority of the course to be completely unrunable and the seriousness of the terrain completely unjustifiable…

Heather and I departed from Manchester airport for a long day of traveling, knowing that we would be breaking one our race rules, of avoiding events that require more travel time than race time. However, we agreed that a trip into the Arctic Circle in northern Norway and a race with such a big reputation was worth the compromise. To make the most of the experience, we had a day before and day after the race to relax and explore Tromsø.
This year the Tromsø Skyrace actually consisted of three races; a Vertical Kilometre (VK) on the Friday evening, followed by the Hamperokken and Tromsdalstind races on the Sunday.

The Hamperokken race is 46km with 4,000m of ascent, and was part of the Skyrunning World Series in 2015, so we were expecting a stacked field. The Tromsdalstind race is 19km with 1,600m of ascent and avoids all the serious ground that has given the 'Tromsø Skyrace' (technically, the Hamperokken Skyrace) its big reputation.
To set the scene, the weather on race day, and for our entire visit, was poor, with low cloud, mist and drizzle. No views…but all the more atmospheric.

Both the Hamperokken and Tromsdalstind races started at the same time so it was difficult to gauge how you were doing compared to the rest of the field, but there were at least 100 runners in front of me within 5 minutes of starting. I wasn't too bothered, as I had decided to run this race for the experience, so I settled into a steady and enjoyable pace.
Reaching the first summit of Tromsdalstind, the Tromsdalstind runners turned left and started their return loop, while the Hamperokken runners turned sharp right and dropped down an incredibly steep snow slope protected with a rope – this was a taste of things to come and the start of the much more serious terrain. After the snow slope there was a further 400m of descent down a very steep mud, scree and grass slope. It was intimidating, with occasional missiles of loose rock dislodged by runners from above, whizzing by before disappearing into the mist below. At the bottom of the steep slope I caught Alex Collins and Shane Donnelly and we ran together for a few kilometres chatting and enjoying the fast decent. Then Shane fell and hurt his knee; after checking he was ok, Alex and I continued until we reached the start of the climb up Hamperokken, when Alex started to pull away from me.

At this point, I had a decision to make. I could engage my race head and make a real effort to stay with Alex, or let him go. In reality this decision had already been made (after months of little training) so I let Alex pull away without a fight and was relaxed about being passed by other runners on the grinding 1400m of ascent.



At about 1100m the famous Hamperokken ridge starts. This is like a combination of the Aonach Eagach and Crib Goch ridges but with no escape paths. It is solid grade II scrambling for long sections, with a few short sections of grade III with rope handrails to protect these during the race. The mist was swirling around and visibility was less than 50m so I didn't really get a true sense of the exposure, but many competitors were clearly imagining the worst and really slowed down.

The rock was very slippery from the damp weather conditions and progress was slow. However, as a climber the technicality was easy for me and I began to pass many other competitors. I was really enjoying myself, but also being careful as clearly a slip or trip in the wrong place would be fatal.
The decent from Hamperokken was very steep again with lots of loose, wet and slippery rock. There were fewer runners here and it felt much safer than the earlier decent off Tromsdalstind as a result. [Not for

Heather, who later on was almost hit by a cow bell – let go during vigorous ringing efforts – on this section!]

Soon a long (400m) tongue of snow appeared, which we had been warned about in the race briefing as it ends abruptly in a boulder field. I glissaded down on my feet (well, mostly on my feet!) with Malena Haukøy from Norway who I was with at the time.
As the steep decent began to ease, the 'route' entered a huge glacial boulder field, which continued for many kilometres. This is the hardest ground I have ever had the pleasure to 'run' through and it was very difficult in the damp conditions. I met Killian Jornet (the race organiser) here, who had arrived to take photographs. I stopped and introduced myself as the organiser of the Salomon Glen Coe Skyline and he replied, "So you are the one". I wasn't sure if that was good or bad!

Malena continued ahead of us and gave a master class of rock hopping agility, the like of which I have rarely seen even from the best British fell runners. She quickly pulled away as I chatted away with Killian.
By now, I was really enjoying myself. The race was delivering totally on my expectations of serious and challenging terrain and I had met Killian Jornet!
During the long descent back to the support point in the valley, the changes in the terrain were really pronounced. Almost at sea level, we were back into lush, tree-scattered wilderness. At the support point, I demolished an orange quarter, which tasted fantastic and chatted with Lucy Bartholomew from Team Salomon Australia. She was incredibly enthusiastic saying, "Well done, you are having a great race!" and offering to help fill my hydration system.

I said, "Thanks, but I am fine. I think I'll just have another orange".
"Don't you want to get going?" she replied.
"No, I'm just here to enjoy myself and I am having a great day. No need to rush", I replied.
"Well, you very relaxed!" she exclaimed.
The route continued through more incredible birch forest, before starting the final 1200m slog back to the top of Tromsdalstind, reversing our route from earlier.

Again, I decided to adopt the 'take it steady' pace for this ascent and stopped to top-up my hydration bladder, eat more food, then plodded upwards with little sense of purpose. The metres ticked past slowly as I counted them down on my altimeter and I was caught and passed by about half a dozen more runners.
However, I was in for a shock…
About two thirds of the way up Tromsdalstind, I passed a marshal point and I heard the usual cheers and encouragement, but then someone said, "Well done, you are 29th!"
BOOM! Reality check… I though I was more like 129th! Now I understand why my lack of urgency at the support point seemed so strange!

Oh no, this means I have been slacking big time. Oh no, I should have been taking this more seriously… I've probably let at least dozen people pass me just by being a slack ass! Oh no, just a little more effort and I'd probably be 50% better placed….
All of a sudden I was fired up, finishing in the top 30th was achievable. Right! I start plodding a little faster, with a renewed sense of purpose, and on reaching the summit of Tromsdalstind could see a runner in front: Prey.
This time, I started running properly. Race head was ON! I slowly caught him on the joke of a trail, which was just a flagged route through technical scree, and slowly pulled away. However, my right knee had starting hurting just as I pushed the effort level into race mode, which was clearly the penalty for the complete lack of training for such a big race. Fortunately, the scree began to thin and after 400m of vertical descent I was back on fast runable trails, which were kinder to my knee and continued all the way to the finish.
Now, I dug into the reserve I usually save for the run in. Albeit this was a 15km run in. My regular mountain marathon partners – Jim Mann and Duncan Archer – will tell you that my finish spurts tend to start a long way out! I was now running hard and wondering whether I would be able to catch any of the runners ahead of me. That was not to be, but I finished the race with 90 minutes of hard effort.

Final result: 28th overall / 23rd Male / 8h05m.
Heather finished near the back of the field, but given that only two thirds of starters completed the course within the cut offs, it was a great effort just to finish in one piece with a smile on her face!





Thanks to Ian Corless for use of pics

I once wrote… "I am not naturally a runner, or a navigator and i have no competitive edge…" Well the first one has been proven right , my running is unremarkable … but my navigation has improved - I am now not just good, but really really good at navigating in clear blue skies … Dave A would beg to differ about the third… however i think it is coincidence that I appear right behind him 500m before every finish line to attempt to out sprint him…

Although outrageously under- lucrative, fell running is fab … I have the greatest friends … the greatest sense of solitude dovetailing beautifully with the greatest sense of comraderie whilst in the fells and especially whist racing… the greatest sense of health and vitality… and the greatest amount of energy and a huge volume of happy endorphins surging around me … so you would think it couldn't get any better… but this summer whilst on holiday in Scotland, me and my children donned our 'England' vests and turned our hand (and legs and lungs) to a tour of the Highland Games… which if you have never been is like Ambleside Sports… but with far fewer runners (virtually no runners) … lots of fried food… and lots of huge men in kilts tossing the kaber…

So you would imagine not the perfect place to run or enter races… but you would be wrong, especially if you are female … over 18 and willing to enter anything to sell your soul in fell running terms to win cash…

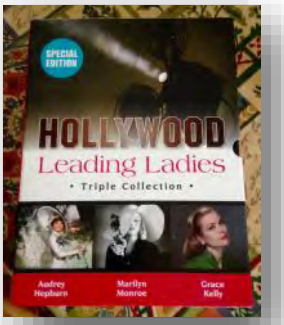


First up was the Newtonmore games which is a pretty flash affair… I entered all the sprint races and won more money than I have ever spent on entering fell races… and Leo (7) did brilliantly winning the flat race for boys U9. He won more money than he could eat in Candy Floss so all in all in all a pretty good day out.

Next up were the Morar Games. Here it turned out there was one other lady runner keen to race…She was also on holiday and looking for a way to pay the balance on her holiday cottage. so between us we entered all the female and open races in 100m, 200m, 400m, 1500m, international relays (i am not joking!), and the hill race. Between us we came a variety of positions varying between 1st and 2nd lady in all races… (uncanny really) … but even more unbelievable is how much they pay! Prize money varied between £30 and £50… per race… I know… you add it up…



My children also did England proud, racing against Scottish friends Emmy (who is 4) won the under 5's flat race… she was delighted as she won the drug of choice for any aspiring fell running child - lifetime supply of Haribo sweets…



She went onto win the under 7's race as well, but just to make sure she didn't think of pursuing fell running as a career, and to keep her on the straight and narrow … this is what you win for the U7's girls race…

And so despite my short and unsuccessful fell running career …2 days out in Scotland and we made it into The Highland Times and The Lochaber News.

So fame and fortune has eventually prevailed… and i have now officially retired from a fell running in search of wealth and accolades in far flung and obscure places…



Sedbergh Gala BOFRA race—Local lad Adam P won this short and steep race, a stones throw from his front door.



Post race ice bath for Adam.

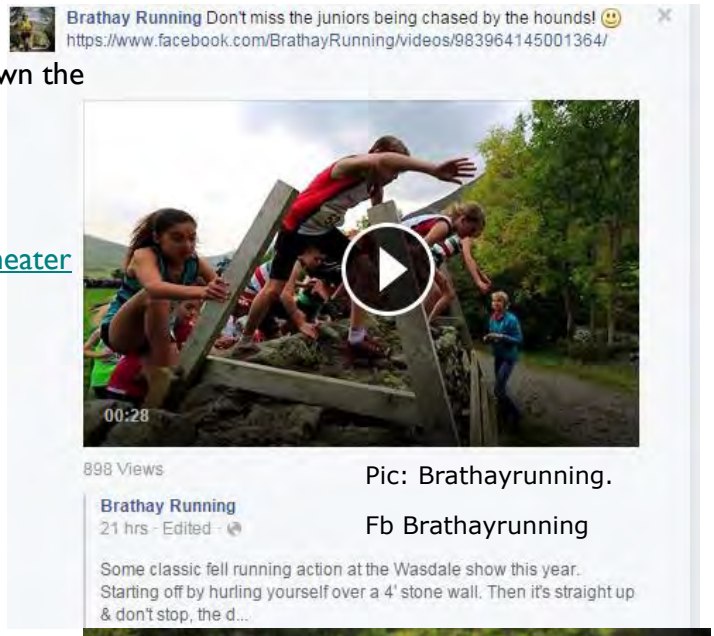


Adam P relaxes in the winners suite at the Sedbergh Casino after Sedbergh Gala fell race.

Wasdale Show BOFRA Race

This is a stormer of a race! Straight up and back down the steep nose of Kirkfell from the start field via a wall.

A great little video featuring Helm runners….
https://www.facebook.com/BrathayRunning/videos/vb.969606396437139/983964145001364/?type=2&theater



Pic: Brathayrunning.

Fb Brathayrunning







All other pics: Martin Campbell



Helm Hill celebrates its 25th anniversary this year. Here's a quick update of what we've done to mark the occasion.



25th Anniversary Booklet

Read all about the first 25 years of Helm Hill from what started as a few parents/kids training on the Helm to over 200 members and multiple successes in the national and international fellrunning scene. Available on Helm website

25th Anniversary Race and Social

What better way to celebrate 25 years of Helm Hill than with a race on the Helm. A record 87 Helm Hill members turned up to race at the Helm Hill 25th anniversary BOFRA race on the Helm in June and a great time was had by all. 130 people then attended the drinks/social at the pub afterwards including former president Ken Shuttleworth. Billy gave a moving speech on how far the club had come in 25 years from what started as a few parents/kids training on the Helm to over 200 members and multiple successes in the national and international fellrunning scene. A day to remember and here's to the next 25 years…….

Helm Hill Runners Summer Camping Trip

In August we had our first Helm Hill family camping weekend organised by Ben in the Duddon valley. Despite the 'challenging' weather forecast, more than 40 members turned up to enjoy some great fellrunning banter, friendly racing, BBQ, beer drinking, canyoning and late night tent blowing away. Along with a 25 years old running attire competition it was certainly a weekend to remember!! The juniors ran their hearts out on a closely fought enduro style team event, and of course the adults event was as competitive as ever with supposedly "injured" v50 duo Rick and Billy going head to head in the final lap, "giving it death" as though it was an FRA champs race. We are hoping to make this an annual event for Helm Hillers so watch this space for 2016.











Cumbria Magazine Article

Now all of Cumbria can read all about the first 25 years of Helm Hill!



FRA CHAMPIONSHIPS 2016

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



2014 & 2015 have seen unprecedented success for the club in the FRA English champs with multiple medal winners but equally importantly fantastic turnouts from lots of member (see pic left at Kentmere) helping increase valuable team champs points and really raise the Helm Hill profile. HelmHill is affiliated to the FRA so paid up members do not need to be individual FRA members to qualify for champs (although you do get a quarterly mag if you are). Lets make 2016 even better!

Get your diaries out, here's the official FRA champs races:

English Champs 2016

Distance	Race	Date
Medium	Black Coombe	12th March
Short	Up The Nab	7th May
Short	Sedbergh Sports	9th July
Long	Borrowdale	6th August
Medium	Pendle 3 peaks	20th August
Long	Langdale	8th October

British Champs 2106:

Distance	Race	Date
Medium	Mournes	9th April
Long	Pedol Pennant	11th June
Short	Sedbergh	9th July
Medium	Merrick	17th September

British Relay Champs: Luss, Loch Lomond – 15thOct

HELM HILL CLUB CHAMPS 2016

Helm Hill Senior and Junior Club Championships—similar format to this year, details on the website .

BOFRA 2016

The British Open Fell Runners Association organises a series of short, steep, traditional fell races, often at shows and shepherds meets. This years BOFRA championship comprised 15 junior races and 16 senior races. The 2016 races are not published yet so keep an eye on the bofra website. Whilst non-members are more than welcome to enter these races, you must be a fully paid up member of BOFRA to claim championship points.

LAKELAND CLASSICS 2016

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

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

Long A: Three Shires, Langdale Horseshoe

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

Three men in a boat - David Appleyard

Lakeside Gummer's How race is one of the oldest 'fell' races in the calendar dating back to the 1890s. In it's current form, since David Birch restarted it, this was the 25th event and Helm runners have always managed to find their way into quite a number of the 14 available boats for either the individual or the team races over the years. More by luck than judgement, I managed to get the last team boat. However, as this was confirmed a week before the race, putting together a team was tricky, for Helm runners had already acquired places in 7 boats. This race involves two widths of Lake Windermere and not just running up a hill, hence I quietly harboured a thought that I might not be the last Helm runner in a race, and so the mix the 'winning' team would be crucial. First on my team sheet was Steve Baker as he looked like he might know how to row, he was called Steve, and he didn't give a rather lame excuse like, 'Sorry I'm on holiday' or 'I'm doing Duke of Edinburgh', or 'I can't swim'. Even the nominatively deteminative Rowan Ranner was unavailable. Fortunately, Chris Richards also stepped forward for the challenge, and as he would have already raced that day, hopefully from Steve's and my own point of view, he would be a bit tired out.



The teams were:

Got the runs -Tom Mark and Rob Jebb
Proc it to em - Billy, Ben and Lee
Ladies at the Helm - Ali, Kath and Charlotte
To Helm and back - Me, Steve, and young Chris
The Men in Black - Andy B, Chairman Tim and Patrick
Jenny Addison, Mike Addison, Sam Gibbs
Sharon and the Ambleside Ladies

Now 'Got the runs' and 'Proc it to 'em' have had multiple podium placings over the years, but there was a chance that we may be able to give some of the others a 'race'.

5.00pm on Saturday arrived. Clearly news of the rivalry between myself Andy B, Tim, Patrick, and the Helm ladies had spread and a large crowd had started to form outside the Lakeside Hotel, eager to see who would come out on top in this Titanic middle of the pack battle. Whilst the teams went through their warm up routines, the individual race got underway. This is usually entered by athletes who can both run and row and it was Simon Bailey who triumphed over last year's winner Alistair Dunn. Rachel Slattery underlined how important the rowing is with some very impressive technique to claim the ladies prize.

As we waited by the shore much discussion took place over the merits of one or two rowers. One rower seemed a stupid idea to me, however I wasn't aware of the legend of Simon Milligan who the previous year rowed a boat, sitting low in the water, faster than any other team. The 'Men in Black' duly settled on their tactic as they had witnessed Simon's exploits and, as Patrick had been to Public school, Patrick would row. The Helm ladies also adopted a similar logic and with a classic case of hearing what you want to hear, convinced that due to genetic inheritance Charlotte could effortlessly speed them across the lake, Ali and Kath asked…

"Charlotte, can you row?"

"No, I've never rowed in my life", she replied.

"Ok, you can row", they agreed, interpreting her reply as "Yes, I row every morning with my Dad".

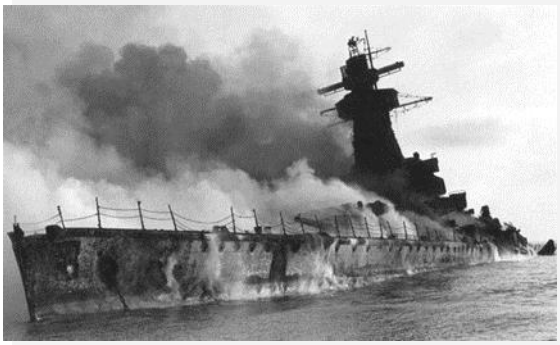


Steve clearly wasn't convinced by my rowing abilities, and despite the argument that no man could be as bad at both rowing and running, he still felt he should row alone. Like a good leader I made a decision before any more evidence mounted to the contrary - we would both row and Chris would navigate.

Lots are drawn for the boats to try to keep any fighting between teams to a minimum and we drew boat No8. This was good as it

wasn't too far along the shore, but bad as it was sandwiched between Roman Abramovich's cruiser on the right and the Helm ladies boat on the left. Steve and I didn't fancy any incident with Abramovich's guards or a paddle battle with the ladies, so we detailed Chris to give us big push off and we vowed not row until we were clear of the peer

The time had come for us to take up our starting positions, which was some distance from the shore in a field. After a few pleasantries were exchanged we were off, sprinting to the boats over the imperial measure of 'I Shaun's big lap', or thereabouts. Chris had followed instructions to the letter and had ample time to get the boat ready, as myself and Steve climbed aboard. With a perfectly timed push we were clear and could start rowing. It was going well. We started to pull and could see allsorts of interesting tactics being played out on the water. There was a loud bang as 'Proc it to em' seemed to be attempting to scuttle a launch moored at the end of the pier. I presumed this was to narrow the entrance for the return leg to prevent overtaking, although maybe it wasn't going to plan as Lee and Ben were on their backs with feet in the air and Billy was pointing vigorously, appearing to offer 'words of encouragement'. The ladies also were reorganising the seating in their boat, Kath taking charge, now believing that Charlotte really had not been rowing every morning.



As far as we were concerned it was going really well, Steve and I could actually row, we had overtaken some people, and Chris was now starting to shout 'we're third!' in an ever increasing volume. Alarmingly though, our arch rivals 'The Men in Black' were only a few boat lengths behind, and despite Patrick's slightly odd colour Tim looked confident as he casually raised himself from a reclining position to offer a little wave. Soon we were on the shore in third and for Steve and I this was an unheard of position. Chris by now had his race head on, and was jumping up and down like a collie pup's first day on the fell. The excitement had also got to Steve and the pair of them ran off in opposite directions, only just hearing my breathless shout of 'follow the flags'.

The rowing seemed to have done strange things to my legs as I struggled to get up to speed and Steve had opened up a 20 yard gap. Over the next five minutes we were treated to a close up view of proper runners as they ran past. Chris jogged between Steve and myself offering words of encouragement that went something like.

"Come on Dave, tag on to …Rhys
…….....Carl
……..…..…Sharon
……...……..…Oscar
……..……..…Jane
……..…Billy
…?"

After a while the 'overtaking rate' slowed to what I am used to, with people edging past at about 10cm/min. This meant only one thing - Tim was on my shoulder. I just about stayed in touch at the gate to the top road and with my brain finally getting the message that it was my legs needing the oxygen and not my arms, I started to run a bit better and close the gap. My big concern at this point was to stay ahead of Patrick, and my fears were allayed somewhat by Tim stopping and looking back hopefully into the middle distance, so at least he wasn't right behind me.

As we began the rocky climb I was pleased to see Anna Baker, who offered me some water. Steve meanwhile, was in the bad books having refused his beloved's offer of a drink by opting for Nigel Wood's 'magic' water, which was available 20 yards further up the track. In fairness the 'magic water' had an effect, as Steve shot up the climb. By the time we reached the top, myself, Tim and Charlotte were together so the race was truly on.



Steve was still high on the magic water and descending just like Nigel Wood, offering his own words of encouragement, 'Hurry up, I'll get the boat ready', all whilst the 'Ladies at the Helm' had opened up 50 yards over the descent. I was confident this could be closed on the lake and sure enough by the time we were all aboard there was barely a length between ourselves and the ladies.



Meanwhile, Tim arranged the cushions for the return trip as Andy plaintively called out 'has anyone seen Patrick?'.

Once again, as we were now rowing, we began to over-take a few boats and could see the action ahead of us. Many have come to grief in the last stretch of this race, with the narrow gaps between the yachts and piers often proving too great a challenge for the elite of fell running. Surprisingly the Procter's launch was still afloat despite the attention it had received on the way out. Chris was keeping a cool head as he navigated us back avoiding the Abramovich palace, and looking back we could see a battle developing between the ladies and a team in white. We hit the shore and gratefully ran up the hotel steps to rapturous applause and received our prize of one 25ml bottle of golden Czech lager…each. We weren't last. The ladies arrived next, only to be unsportingly rammed by the boat following, and shortly after, we could hear Tim and Andy encouraging Patrick to put in that extra bit to get them over the line.



FROM FELL RUNNING TO WORLD AGE GROUP TRIATHLON CHAMPS, CHICAGO USA - BY LAUREN MUNRO-BENNETT

On September 19th 2015 I took part in the World Age Group Triathlon Championships in Chicago, Illinois. The event was held over 4 days with many races taking place, including the grand finale elite races (featuring soon-to-be 2015 World Champion Gwen Jorgenson, Vicky Holland and Britain's former-World Champion Non Stanford in the women and soon-to-be 2015 World Champion Javier Gomez and Britain's Jonny Brownlee in the men's), the aquathlon, and both the sprint and standard distance triathlons. It was the biggest triathlon event I have ever been part of.

My wave set off at 10.21am (for once I didn't have to get up at an unearthly hour), so we got to transition area at 7am to rack our bikes and sort out transition area. After this we had plenty of time to chill out / calm my nerves and warm up before the race began. There were 48 girls in my wave which was made up of the 20-24year old category and I was one of the youngest competing being 20.

After having a few mini panic attacks before the race about whether I was going to do well or not, I pulled it together when we got our wetsuits on, and told myself it was just like any other race and putting unnecessary pressure on myself would not help. I knew what I had to do: give it everything I had. After struggling into our wetsuits we headed to the pens for a 20 minute wait before race officials let us into the lake (where the deep water start was), which meant more time to worry about the race. After what felt like forever, we were let onto the pontoon. We all dived in to Lake Michigan, swam to the start line, and then we were off!



The swim start was manic: there were feet in my face, people grabbing my legs and I was swimming on top of people… it really was mad. Although it calmed down a bit, I ended up being in a big pack for the whole swim, and at one point I was being squished by two girls either side of me! It was difficult to stay calm and get in my rhythm, but I knew I couldn't let the rough swim affect me mentally as this was only the start of the race, I still had the bike and run to go. It didn't feel like a fast swim, and I had no idea where I was position-wise (later I found out I was nearly in the top 10!), but as we edged closer to last buoy I tried to put in one last kick and shake off the two girls either side of me. We all sprinted for the steps that led us up to the 400m uphill run to the transition area. I dragged myself out the lake, wrestled with my wetsuit whilst running to transition. I have learnt how vital it is not to lose places in transition, you work so hard in the rest of the race, why would you want to lose time due to being slow getting your helmet on? I reached one of my pre-race goal and managed not to lose any positions in transition, grabbed my bike and headed for the first bike lap with



fellow GB athlete Imogen Simmonds.

The **bike** course was a technical 37km and the majority of it was underground My main aim on the bike was not to lose too many places because I knew my running wasn't up to scratch and I wanted to give myself the best chance for a good position. However, I was racing against some very strong girls and coupled with the fact I don't have Time Trial bike made this a tricky task. The bike was over fast, and I only recall 4 or 5 girls passing me, and I managed to overtake a few too. It was then time for the discipline that used to be my favourite but now I was most nervous for: the run.



I knew the **run** that was up next was going to be physically as well as mentally tough as I have lost a lot of confidence in my running due to my injuries this year. It was a gruelling 3.5 laps in the heat. After dismounting my bike and leaving it in transition, I managed to overtake two girls' right at the start of the run; a New Zealand girl and a Canadian. Then I had my eyes on an American girl front. I managed to chase her down with each lap, and at the end of the last half lap I put a kick in, overtook her, but we still had a few hundred metres to go. She kicked again past me and I had nothing in the legs so ended up finishing 3 seconds behind her in a time of 2.18.40. I had also finished 15th girl in my Age Group and 2nd GB athlete. I had completed my last race of the season.

Overall I was happy with my performance and I am excited for what next season will bring when I am a year stronger, more experienced, and hopefully injury free! I have so many people to thank that helped get me out to this race in Chicago, so here goes, thanks to: everyone who kindly donated towards my race in Chicago because otherwise I wouldn't have been able to go out there and race; with a special mention to my old swimming club Troutbeck Bridge for kindly donating an incredible £500 towards the expenses. MyTriClub for being continual support in allowing me to participate in your events for free. Donna James who has been an incredible coach the past 18months and helped me find my feet in the world of triathlon! The inspirational and knowledgeable Duncan Richards who has always been there to calm my 'chimp' when it gets stressed. John Bagge for being a great sports massage therapist and keeping my injuries at bay throughout summer. And finally my ever supporting parents who have to put up with the fact that training always comes first for me. Without all these people I would not have got out there and performed how I did.



A young Lauren at an U14's English FRA Champs race

Also, I have no doubt that my fell running background gave me mental toughness that has helped my progression in triathlon: all those ridiculously tough sessions on the Helm with Billy gave me strength, which made it easier for my cycling to develop, especially on the hills. I will definitely be making a return to the fells even if it is in a few years!

Now I have had a two week break, I am just getting back into some easy training and can't wait to get into the full swing of winter training, and excited for what next season will bring!

WASDALE X TRIATHLON - JENNY RICE



For the last 3 years I've been enjoying tackling ultra distance triathlons in some of the most beautiful parts of the country - Dartmoor was the location of my first Ironman in 2013, Celtman in Scotland in 2014 and when I moved to the Lake District last September, Wasdale X had to be the challenge for 2015.

I try never to use the word 'training', it's just having fun. I don't follow a plan. For me, doing these kind of events gives me an excuse to experience stunning parts of the country in the water, by bike and on foot. Preparing for Wasdale X meant weekends camping at Eskdale or Wasdale Head and getting over my fear of Wrynose and Hardknott by bike, it meant sunrise swims in Windermere and sunset walks up Scafell Pike.

We camped at Wasdale Head the night before the race - the 4am start ruled out driving over in the morning! I'm not sure I slept much at all, feeling sick with nerves most of the night, and just waiting for the 2:45am alarm to go off.



Lee Knight was also racing, and we cycled down to the start together, in our wetsuits - everything else had been taken down the night before. As we were briefed by the edge of the water, we could only just pick out a faint light the other side of Wastwater – the point we needed to swim across to. I've swum in the middle of the English Channel, Loch Ness and across the Gulf of Corryvreckan, but I've never been so daunted as I was waiting for the start of Wasdale X.

Once we got going, I was pleasantly surprised by the water temperature (most of my swim training had been without a wetsuit which probably helped!) and the sudden dawn meant that we could actually see where we were going. It was a moody and atmospheric swim with the imposing Wasdale screes above us, and the dark water below. I sprinted at the beginning to get into clear water, then tried to keep a good pace up – the swim had been halved to 1.9km (instead of the usual 3.8km) which didn't suit me entirely – with swimming being my strongest discipline - so I was keen to get a decent lead. The swim was over in a flash, I was the second female, and fifth out of the water overall. The cold had hardly affected me, no shivering, and I was able to change into my bike gear relatively quickly (on such a long races I don't tend to bother with a tri-suit, I'd rather be comfortable for each stage than save a few minutes in transition!). As I cycled out of Wasdale the rain started, for what would be the first rain shower of many throughout the day.

I wasn't too scared of Hardknott and Wrynose after recce-ing them both a few times, but this time proved to feel incredibly hard - starting with being part of a 3 bike pile up on the wet, greasy cattle grid at the bottom of Hardknott (the gate was opened soon after this!). I managed both hills without walking thankfully, and before I knew it, I was at Kirkstone Pass, stopping at the first checkpoint of the day.

The descent down to Ullswater was awesome as usual, and the sun shone as I headed north away from the lake towards the A66. Then the rain came down, the wind picked up and I battled along the A66 for what felt like hours – making it to Keswick felt like such a relief, I expected a bustling town as I cycled through – and couldn't understand why it was so quite. Then I checked my watch – ah, it was just 9am!

Honister, Newlands and Whinlatter were familiar and enjoyable thanks to my recces a few weeks earlier. Soon after the Whinlatter checkpoint, I was caught



by the ever-cheerful Lee Knight. We cycled together for 10 miles or so, it was lovely to enjoy a few miles of chat-

ter, before he pedaled off into the distance and I felt myself getting slower and slower. The last 30 miles on the bike were long and extremely slow. I tried to enjoy the scenery, but everything hurt, I felt exhausted, and I was beginning to worry about the run, rather than look forward to it.

Coming into T2, I saw the smiling faces of my support crew, Paul Scully and Sam Mould. I had a little cry in transition, hugs and some kind but stern words from Paul ensured I didn't hang around for too long... He stuffed some bagels into my mouth and jogged with me for a few hundred metres along the road, then waved me off.

I tried to keep a good pace marching up Ilgill Head, and soon began picking off people — being a relative "local" and hearing some people complaining of the hills perked me up a little.

I couldn't wait for the run across the top of the screes having recce'd it on a miserable May Bank Holiday weekend. As soon as I hit the descent I began overtaking more runners – I couldn't believe how good I felt. I saw Lee Knight heading back up Ilgill Head looking incredibly fresh. The route took us down to the road, we completed a loop around the forest, and then it was back the way we came. I got chatting to some runners, and tried to keep a steady walk going. I can't remember the point at which my attitude totally changed, but I began to get cold, didn't really do much about it, I kept looking over to Scafell Pike, coated in cloud and looking pretty miserable. All I could think was I simply didn't want to go up there!



Instead of enjoying the descent to Wasdale Head I stomped down in a foul mood. I couldn't see anyone in front or behind me. I sat down on the grass at one point and had a cry. Then decided, I didn't need to finish it. I had nothing to prove. I'd just get back to Wasdale Head and say, that's it. I've had enough.

But,I knew I couldn't/wouldn't do that.

Or maybe, they've closed the mountain checkpoint – there was some cloud on top after all…

But also, I knew that the conditions were perfectly safe.

Maybe I'm close to the time cut offs…

I checked my watch – no, several hours to go before they'll stop anyone going up. Damnit!

I pretty much walked back to Wasdale Head trying to think of legitimate reasons not to continue but resigned to the fact that I still had 3 to 4 hours left to go. As I neared the car park, Paul jogged towards me, kitted out ready to join me up Scafell Pike. I burst into tears (for the third time that day). I tried to explain I didn't want to do it but he was having none of it and kindly but firmly told me to get on with it!

Some people had support runners for the final section - up and down Scafell Pike via the Corridor route but most ran on their own - I have the utmost respect for those people - I honestly don't think I would have been able to do it. Looking back on the final part of the run, it really doesn't seem that bad. But at the time, it was horrible.

The difference in my attitude after touching the top of Scafell Pike was incredible. I had been feeling sorry for myself the entire way up, and wasn't much fun to be with for Paul. But as soon as I turned around and started heading back down to Wasdale I felt rejuvenated and I wanted to catch people again…

Disappointingly, I finished too late for a beer at the Wasdale Head Inn. I started the triathlon with no aims of a time. Simply to finish it, and enjoy it… I'd like to say I did both – and looking back now I find my tears quite funny. But I know at the time it really wasn't.

I was more than happy to finish in a time of 18 hours and 10 minutes, considering the winning time was around 14 hours. Would I do it again…? In a word - yes. I've entered next years' event, although the swim will be in Windermere instead of Wastwater. The bike route will still be the Fred Whitton but the run route will change to an out and back run up Scafell Pike from Ambleside. And my aim for next year – no tears.

Anyone want to join me…?

BRECA SWIM RUN (6KM SWIMMING AND 43 KM RUNNING)- JENNY RICE



The sport of 'swimrun' originated in Sweden and quite simply involves swimming and running over a set course, with multiple transitions, and with athletes swimming and running in the same kit. You race as a team of two, either all male, all female or mixed.

The first swimrun event in the UK took place in Buttermere this summer and I took part with local sports massage therapist, triathlon & swim coach Claire Wilson. We'd both completed long distance Lake District triathlons in June (Claire did Coniston Old Man and I did Wasdale X as you may have already read about!) so we knew we could cope with the distance (6km swimming and 43 km running) – it was more a case of getting used to swimming and running together and perfecting our kit strategy – talk of which seems to dominate swimrun forums!

We wanted to keep kit as simple as possible. Swim run rules state that you may use hand paddles and pull buoys but we were both in agreement that this would involve extra and unnecessary faffing. Our kit boiled down to lightweight trail shoes, a chopped up old triathlon wetsuit, a £3 running waist belt we found on eBay (to hold the mandatory kit - a waterproof sealed bandage, whistle and compass), a waterproof map case, swim hat and goggles.

The race started at 10am, making the morning a wonderfully relaxed affair. After fueling up on a proper breakfast in Buttermere Youth Hostel, we made our way to the village hall to register. It was a tiny, friendly field – just 14 teams consisting of 11 male teams, 1 mixed team, and 2 female teams.

After a detailed briefing from race director, we walked up the road to the start. A few moments spent fiddling with goggles, and then we were off. Within a few minutes we'd arrived at the edge of Buttermere, and it was a short 600m swim to the other side, or so I thought… Despite the practice, swimming in trainers still felt frustratingly slow and I felt like I was going nowhere. I decided then I couldn't worry about the speed – it was a beautiful morning and if I couldn't enjoy the views then I shouldn't be doing it.

There was a good mix of running territory - steep climbs, technical descents and fast trails. In comparison to most of the other competitors, Claire and I were much more suited to the steep stuff and a regular pattern began to form with teams overtaking us on the flat, and us catching them uphill or downhill.

The route didn't follow the traditional swimrun A to B philosophy – such as across an archipelago, but instead made the most of Buttermere and Crummock Water – crossing the lakes and then taking us up into the fells, before dropping back



down and into the water again. The distances varied between 400m and 1200m swims, and 1km and 12km run sections. Broken down like that, it really didn't feel as far as the total distances suggest.

The weather was perfect; not too hot which was our main concern. We unzipped our wetsuits for the longer running sections – a few minutes may have been lost but being comfortable was more important to us. The route was marked with red

flags most of the way but we were happy to have our map easily accessible round my waist using a waterproof map cover. It was reassuring to be able to check we were on the right route if we hadn't seen flags in a while.

There were 5 checkpoints well stocked with proper food (no gels, just sandwiches, cakes, water and coke) and staffed by friendly volunteers - we'd look forward to the friendly welcome and food at each feed station. It felt like a treat not to have to run with food and water. If we felt thirsty we'd take a few [deliberate] gulps of lake water whilst swimming!

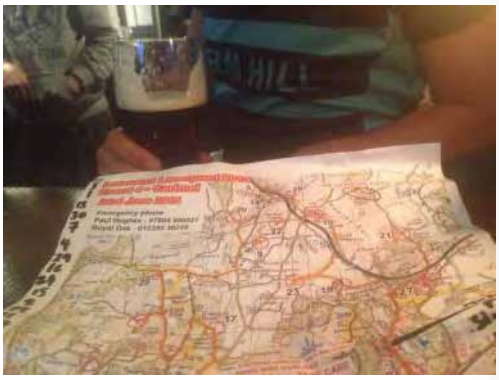
One of the longest running sections was the steep climb up to Dale Head, then down to Honister Pass. From here, you would expect to be sent down the road, but the actual route took us off piste – criss-crossing Gatesgarthdale Beck, going under bridges, over boulders – we knew we were on the home straight but it was one of the most technically challenging parts of the course. We loved it!

We were ecstatic to finish 6th overall (and 1st ladies). We'd estimated it would take us between 7 and 8 hours, and we were bang on – finishing in 7 hours 26.

Swimrun races aren't cheap (Breca cost £300 for a team), but that tends to be the case with any event involving swimming - water safety and insurance skyrocket event costs. If you are interested in having a go then please ask me questions - I'm by no means an expert, this being the first swim run race I've done, but I like talking events and I'd love to get more people into the sport!

2015 LAKELAND LANEQUEST SERIES: PAIRS WINNERS—LEE & BEN PROCTOR

Ben & Lee won the pairs class of the summer series of bike-orienteering/ careering around the lanes of south Cumbria and north Lancs.





LADIES KENDAL LOOP SPORTIVE

Helm ladies took part in the inaugural Kendal Ladies Loop on Saturday, a 40-mile ladies only sportive, a fantastic route which started and finished in Levens and involved a **cake** stop half-way! Everyone really enjoyed it, especially the **cakes**… and the toast/brews beforehand...oh, and the bacon/veggie buns afterwards……a great event!



INJURY MANAGEMENT AND AVOIDANCE—JOHN BAGGE



John Bagge Sports Therapy. Runner treating runners

This year I have not raced as much as the previous few years as I have been focused on gaining a Diploma in Sports Therapy which has been a challenging journey.

Some sports injuries are more avoidable than others. However being a sports therapist does not exclude me from picking up a few injuries of my own.

I had a calf tear early in the year that I didn't rest enough before returning to racing, which delayed the healing process by a couple of weeks. I should probably have known better, given what I have been learning about managing and rehabilitating sports injuries. Most of my Diploma has been about how to manage and rehabilitate sports injuries.

How did I know that I had a calf tear and how should it be treated?

I'd been running for about an hour and a half and just coming off Scout Scar I decided to push the downhill a bit faster towards the end of the run. As I pushed off on my right foot I got a pain half way down my right calf. My calf felt tight and I had to slow right down due to the pain. I made my way back home at a jog. As soon as I got home I bandaged it to reduce the swelling, propped it up while lying on the floor and strapped a bag of ice to it. Ice ,compression and elevation all help to reduce the pain and also to start the healing process. If you don't apply these three (ice, compression and elevation) you potentially increase the length of time that it will take for the injury to heal. I iced it a number of times over the following 48 hours. A calf tear can take between two and eight weeks to heal depending on how severe the tear is. Mine took about six weeks but would probably have been quicker if I had not run so soon on it.

The process of rehabilitating a muscle tear involves stretching, massage and progressively strengthening the muscle. Stretching is essential when rehabilitating muscle tears as the tissue that forms in the muscle at the tear site during the healing process is less elastic than the tissue that it is replacing. The stretching and massage help to break down the scar tissue that forms at the tear site. Initially the stretching should be gentle and should be started 2-5 days after injury. If you stretch it too early the new tissue may be damaged. Running on it too early will have the same over stretching affect. The muscle will also need strengthening to fully rehabilitate it, as the tear will have weakened it. Running alone is unlikely to provide adequate re-strengthening. A progressive programme of calf raises (on both a bent and straight leg) starting with a few reps. on double leg, increasing the reps gradually over 10 days and then moving onto single leg calf raises and gradually increasing the reps. Depending on how much muscle has been torn will depend on how soon you can go for your first gentle run. The first run should be 10 minutes on flat ground. Stretches for the calf should be done at the end of the run.

The tricky bit is doing the right amount of stretching, massage and strengthening and progressing the running cautiously. Faster running will need to be introduced very gradually as will uphill running. Start on the flat gradually. Steadily increase the distance over a number of weeks. Add some undulating terrain and then some gentle speed work. Returning to hill reps and or speed sessions too early are likely to result in a re –tear which will then take longer to repair.

In my case I returned to racing too early. Desperate to get fit for the Carnethy 5 I took part in the Cunswick Winter League race. During the race the calf didn't feel too bad. After the race I

had quite bad calf pain and the injury had not healed; back to icing it with only a couple of weeks to go until the Carnethy 5.

I raced at Carnethy because I was so enthused by the Helm Green machine team vibe and because I was really keen to do the race. I surprised myself and got round the race but again the calf was not healed; more icing. I was pleased that I had run, even though it set the injury back. On occasions you can race on an injury if it is nearly healed but there is a risk that you may not get round and that you will set the injury back. I would not recommend doing this but it can be an option depending on the significance of the race/ event. On this occasion I chose to race knowing that I was risking it but I balanced this out with the satisfaction that I would gain from running in a race that I hadn't done before and with a great group of fellow club runners. It is a brilliant race and it was a magic day out. I am already looking forward to racing it in 2016 and to improving my time which shouldn't be too hard as I intend to be fitter than I was this year.

As runners we need to be careful to progressively rehabilitate muscle tears and not be too impatient to return to racing. Treating strains and tears immediately with compression, ice and elevation are also important to reduce the length of time that rehabilitation will take.

On reflection I tried to identify why I had got the tear in the first place. I was near the end of what was a long run, the temperature had dropped during the run and I accelerated off a contracting calf muscle . All three of these probably contributed to it. Could I have avoided it? It's difficult to give this a definite yes or no. However I would have reduced the likelihood of the tear if I had maintained a general programme of calf strengthening and stretching. Building such exercises into your running reduce the likelihood of injury. Such exercises are often referred to as pre-hab (or pre-habilitation) and are a feature of my strength training exercise class which I will be holding during the Winter from mid November onwards.

I hold a diploma in Sports Therapy and I am a member of the Society of sports Therapists. You can contact me on 07939075964 if you need treatment or advice on injury treatment and rehabilitation

WORLD CHALLENGE SWAZILAND 2016 - IMOGEN BURROW

Imogen is raising funds for her world challenge to Swaziland and would like to invite you to help raise free donations through your online purchases via her World Challenge Swaziland 2016 - Imogen Burrow easyfundraising page. We also raise an extra £1 for inviting you. Please see information below.
Thanks, Amanda (and Imogen)

Here's you invitation link: http://www.easyfundraising.org.uk/invite/31CO1O/

How it works is really simple. With easyfundraising you'll be able to raise free donations when you shop online, without it costing a single penny extra. If you're buying something, just remember to visit the retailer (such as Amazon, John Lewis, M&S) via easyfundraising.org.uk. Once you've ordered, the retailer makes a donation to your chosen good cause. It's a lovely way to give something back for free!

Easyfundraising have already raised over £7million for good causes and World Challenge Swaziland 2016 - Imogen Burrow have really benefited from these free donations. Please join us in raising free donations with easyfundraising.
Here's you invitation link: http://www.easyfundraising.org.uk/invite/31CO1O/

Kindest regards, The easyfundraising team

Helm Hill Innovations

The great new source of gadgets which really ought to be useful.

Where the input of brainpower into product design is in inverse proportion to the usefulness of the product.



HH0000003

DIY Nano-weight summer-skins club vest kit—womens edition £29.99

NEW! A complimentary female version of the mens **Nano-weight summer-skins club vest kit HH0000001 featured in the Spring edition.** Ever wanted to free yourself from those sweaty vests in hot races but don't want to let the club down—or yourself? The answer lies in the Nano-weight-summer-skins-club-vest-her ™. Supplied in a handy DIY pack containing 1 roll of extra-wide gaffer tape and one black marker pen. Simply wrap two lengths of insulation tape across your chest 3 inches (75mm) apart and write 'HELM HILL' between. Steady hand required.





Lou only agreed to model the kit if we made sure no-one would recognise her and we guaranteed her anonymity.





HH00004 Send-Me-To-Sleep-Instantly MP3 download -

Tried everything to beat Insomnia? Does Inner Peace, Autogenic Training, Relaxing Sounds for Relaxation Meditation, Tai Chi, Reiki, Deep Relaxation and Meditation still see you sparky and wired at midnight?

Helm Hill have the answer! Download the MP3 and choose from hours of drivel from fellow runners about their injuries or hours of drivel from fellow runners about how their race panned out. You'll be asleep in an instant! Includes bonus track of complete commentary from 2011 FRA English Champs DVD.

12 RACES TO DO BEFORE YOU GET OLD...

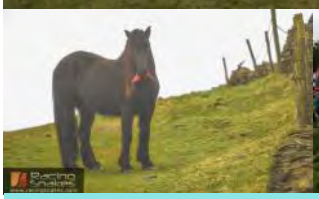
2016 Winter League

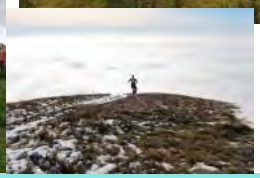












Racing starts Jan 2016...training starts now

Not long to wait now until it all kicks off again!! Literally 100s of seniors and 100s of juniors from clubs across South Lakeland and North Yorkshire, Lancashire will be racing in the hugely popular winter league organized by Helm Hill Runners. If you've not raced before this is a great introduction with races to suit every taste. As ever lots of helpers are needed flagging races, registering runners, timing, doing the results, supporting athletes or making cakes(!). It's a great team effort and hugely enjoyed by the 30 or so Clubs who take part.



Can anyone beat this man in 2016???

SHAUN'S SHORT SHORTS



A smorgsboard of snippets



Carrie's successful attempt to get a pic of a windmill in a fellrunning publication. She was on a bike tour of the flatlands wearing her HH cycling top.



Wednesday night training now adding extra illuminations to the Castle.



How much gear?!. This is for a recce of Kentmere. Just a recce. Dave's face says it all.



Helm Vests On Tour: Moab, Utah. Lee took his vest all the way to the US of A!

Where's yours been?



Here's Paul and Mike at Kentmere. No's 1 & 2. No pressure then.



Tribute to running kit 25 years ago. The winners. Identities withheld. You'd be embarrassed too!



All aboard the Helm Ladies Train at Duddon.



Helm Hill Door Knobs anyone!!

Reasons to join Helm Hill no.2: You're never alone with Helm Hill

The Helm Hill way....



The other way.... X





COMPETITION CORNER







Stunning Fellrunning Photos of Our Time: No's 1, 2& 3

CLUB MEMBERSHIP



Thinking of Joining? - you can do it from your armchair as it's all online!

Details and more information can be found on the membership tab of the homepage.

Renewals due in April. More in next newsletter

Any questions, email membership@helmhill.co.uk or speak to Bethan at training

CLUB CYCLING TOPS



From Mallorca to Manchester, Geneva to Grasmere and the Riviera to Ribblehead, Helm Hill cycling tops are all the rage.

Not only popular with the increasing number of runners who ride a lot , they are a great running top with handy rear pockets.

The kit is made by Endura cycle clothing in Scotland and we now have a design lodged with them.

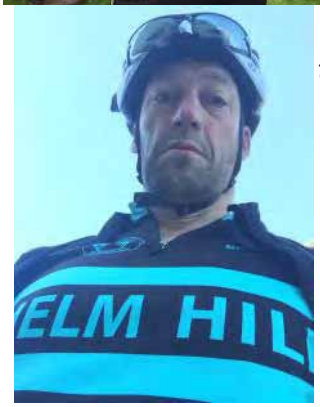
We have spare Mens short & long-sleeved tops and a few Womens long-sleeved tops if anyone wants one (contact Ali or newsletter@helmhill.co.uk). Another order can be put in when we get enough for the minimum order—see forum note or contact email address above if interested.





Helm cycling tops in action….and at a café...





….and the Cockney version.....

the fab gilet.....



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

Keep those misendeavours rolling in!

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

2014 Defending Champion: Garry Beardwood

As the most important 2015 competition comes to an end things are hotting up in the final few months…

Way back at the winter league presentation – well let's just say it nearly didn't happen this year due to one laden down car with all the prizes/trophies and our very own chief speech maker and giver outerer of mugs and medals breaking down and being 2 hours late! Of course the ever unflappable Tim did a sterling job at the presentation as usual but he still gets 5 points for causing the rest of us to panic!

Karl nearly missed the winter league presentation as he kindly set out to look for two under 17 runners that were late returning from the race…….turns out they didn't set off in the first place. 5 points Karl (should really be the person who sent you out but not sure who that was so Karl gains the points)

3 peaks race – Marie possibly got more than she bargained for on her first go at the 3 peaks race this year declaring when she was seized up with cramp and lying in a bog "some bloke had to massage my legs to get me going again!" Or was it just an excuse? 5 points

When Rowan's fell shoe fell apart, she was less than impressed (not being used to the short longevity of the life of a fell shoe) and asked people's opinion about her chances of getting her money back. Derisive laughter all round and we all declared no chance……next training session along comes Rowan in a brand new pair of FREE trainers. You now know who to send in with your manky old shoes that have split…….5 points

The minibus was all sorted and booked up for the Stretton Hills championships in May. Numerous tweets, emails and forum messages had gone round about booking places on the bus. Kieran checked his register and off we set out of Kirkbie Kendal car park just as a small red car was driving in. "It's Tom and Mark" someone said and we all waved thinking how supportive they were being of their team travelling with us in convoy, or perhaps just coming to see us off before they set off in their car. Hang on a minute they seem to be flagging us down?! Next time lads – book your seats so we know you're coming and we don't set off without you!! Especially when you go and win the race Tom!! 5 points Tom and Mark. The points kept coming for Tom - at the prizegiving Tom was busy getting changed/having a wee/chatting somewhere else in the field when the prizegiving began. Shouts beckoned him over ready to get his prize and Tom jogged up through the crowd politely applauding and straight up to the organiser……..only to have to stand aside while Annie Conway (having been announced first) received her prize. 5 more points. They just kept on coming - on the bus on the way home, Tom relayed his day/race/week/preparations in every minute detail to coach Billy on the phone. This included such insight to the rest of us as "I didn't dare tell you before Billy but I was out on the beers til 1am on Thursday night……" and then a detailed description of the race "I hung on in there…...didn't know the way….recognised parts of the course…...Rob Hope overtook me…....knew I had to hang on…….etc etc" After several minutes of the above, Tom looks at his phone in a bemused fashion and says "Think I have been talking to myself for the last 10 minutes?!" as signal had been lost. We are sure you got the gist anyway Billy! A grand total of 15 points for Tom from one day out!

The great thing about the Helm funbus journeys is that you learn all sorts about your team mates that you don't get a chance to find out at training. For example, Sally was telling us all about her recent freelance outdoor instructor work with the rehabilitation unit of the army. "I basically get paid to show them a really good time!" she informed us, before blushing/backtracking……. 5 points Sally.

Things have been quiet from the 2014 reigning "I've Reccied it" champion Garry Beardwood. Although at the Saunders we were reminded of his potential/former glory as he asked "Anyone got any

spare super noodles?" with Caroline saying "That's not too bad, one year he forgot his sleeping bag!". 5 points Garry

Saunders (see article for further details) checkpoint 1 complete mess up - 5 points Rowan/Ali

Helm now has it's very own "fellracing glamour" adviser in Rowan Ranner. Never travelling to a race without hairbrush, deodrant and a stylish post-race outfit, it has to be said she is putting the rest of us to shame. The highlight of Rowan's racing year was following the Kentmere race when Jane Reedy was heard to ask "Did you not fancy running today Rowan?" - thereby managing something that most of us will never achieve - at least not past the age of 17 anyway - looking like you haven't raced post race look. 5 points

An unbeknown secret that was revealed in the early hours of the Helm Hill camp that we also have our very own Tom Jones/Britain's got (no) talent contestant with our very own Tim Murray! Renditions of 'Come up and see me (make me smile)' have never been so good. We just need to persuade him to do a number to liven up each winter league race. 5 points

Also at the Helm Hill camp. Ali gets the points for this year's most unsympathetic person in the face of injury (previously won by Jayne Rigby re Lindsay's broken leg and Yvonne Procter re Lee's hernia) as during the Helm Hill 2 hour enduro team challenge there was loud wailing/crying to be heard after son Daniel tripped and fell. Everyone looked to Ali expecting her to race over to his aid, instead she confidently reported "He'll be ok, he's always a bit over the top and makes lots of noise, it'll be just a graze….." Whoops, one blood dripping gash on the hand that even Nurse Jayne reported should probably get looked at in A&E……..Daniel is now quite proud of his first fellrunning scar and will no doubt never let his mum forget her initial response. 5 points

Helm Hill Sick Bay Points have to be awarded to Shaun for the most unusual injury of the year while on a family "zorbing" activity. Rumour has it that the injury may have been made worse by his wife Fiona taking advantage of Shaun being 'man down' on the floor and launching on top of him…...as reported by son Mark. 5 points Shaun.

The departure of Lee to the far flung reaches of the Northern Lake District has led to a distinct lack of points in the last few months. Twitter is also noticeably quieter. Asda has reported a loss in late night pizza/beer sales. We couldn't even get much of the infamous Proctor banter on the Saunders weekend as he did not choose to camp with the rest of the Helm Hill contingent preferring instead a more "romantic" far flung corner of the field. I will not mention the unheard-of mountain marathon thorough body washing activity in the stream but you can have a few points for probably being the least stinky person on the field Lee! 5 points.

Andy T - managed to miss the taped route coming down through the forest at the Seven Sevens race and ended up on a 15 minute detour through Newcastle emerging onto the finishing field in the opposite direction. We will let him off a few points as he wasn't the only one to take this scenic route.

Ian Hodgson Relay - a fantastic start for the ladies team with Sharon and Hannah coming in as first pair and only 17 seconds off the record time for the leg. Not sure Sharon was quite so impressed when someone asked if she was running with her daughter!! 5 points Sharon

FRA relays 2015 A new tactic from the men's team - after much discussion and debate a "risky" strategy was applied in the shock decision to split the Tom-Mark racing train into 2 solo legs. Gulp.
We were all feeling a little nervous to say the least but felt reassured by the calming presence of Dad/Uncle Shaun there to help. All went well on the first leg and Mark had a fantastic run to come in 3rd. So far so good. Shaun assured us that 1. Tom knew where he was going. 2 Tom had his bumbag and the kit had been checked. 3 Tom knew he was on leg 4 and that this was not the Ian Hodgson relay. 4 Tom had

his number pinned on his vest. We all began to breathe a little easier. While the men were all up at the changeover in anticipation of Adam and Paul imminently arriving in from leg 3, the ladies took advantage of the empty tent to turn it into a ladies changing room. The next moment whilst in various states of undress, a certain young man commando crawled under the tent and started turning his bag upside down chucking stuff everywhere shouting "my vest, my vest!!" Before they had time to cover themselves up, in a flash the man and the vest were gone. Up at the changeover field, people were most impressed that Tom's warm-up included a perfectly timed sprint up to the line to collect the dibber and keep running…...he managed to gain a few places on the leg too! 5 more points Tom.

- Tom managed (just) to avert another Helm relays calamity but It wouldn't be the FRA relays for the Helm without someone taking lets say a more "scenic" route. This time it was the turn of Jo and Marie on the nav leg having to retrace their steps somewhat to return to a missed checkpoint…….5 points each

- A late entry from Rick/Ali who almost managed to inadvertently steal a hire car from Palma airport by getting into a Ford Focus parked in bay 62, as directed by the Avis staff. Rick unlocked the car, loaded all the luggage/kids on board but for some reason the car wouldn't start. The man from Enterprise hire cars came running over to help er, actually stop us stealing the car, was less than impressed, despite Rick's pleas of "the key opened the car!" and pointed us in the direction of the Avis cars section.

Tom Addison	**25**
Jo Wilcox	15
Rowan	15
Rick	15
Ali	15
Tim	10
Marie	10
Andy T	10
Garry	5
Karl	5
Lee P	5
Mark A	5
Sally	5
Shaun	5
Amanda	5
Sharon	5

2015 Helm Hill I've Reccied It League Table

A NEW champion for 2015 winning the coveted special edition LEGO trophy……

You thought that he couldn't improve on winning the FRA English Champs in 2014 but he's gone and done it!!

Our new champion is the one and only **TOM ADDISON**!

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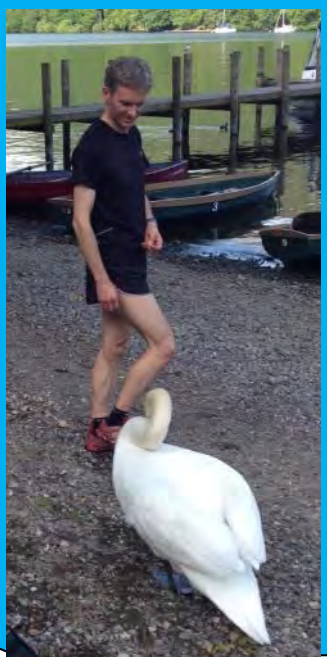






Winter Caption Comp :entries to newsletter@helmhill.co.uk

Wildlife corner:





Spring Caption Comp: Turkey escapes farmyard despite chase by the pudding and the Christmas tree.



HO HO HO DON'T MISS THE HELM HILL XMAS FANCY DRESS RUN! 19TH DECEMBER

Meet 2:30pm opp The Riflemans, Beast Banks, Kendal. Hot supper after £5 pp. Tickets on sale soon. Bring Secret Santa gift to value of £3 in your bumbag & headtorch. Festive run on the Scar. Get planning your outfits! Juniors over 14 can come with a parent.

NEXT EDITION: OUT END APRIL 2016

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All suggestions / contributions welcome.

Send to: newsletter@helmhill.co.uk

Deadline: April 15th 2016

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

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Woodentops: Woodentops.org

SportSunday.co.uk

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