Helm Hill Runners

Spring Newsletter 2016









CHAIRMAN'S BIT—TIM MURRAY



Thanks to all those who have contributed to this newsletter……..another hectic start to the year for the Helm Hill!

Thanks also to everyone who helped out with another record breaking year in the Winter League. Great to see so many runners from Helm and other clubs enjoying this fantastic series of races. It looks as if we may have outgrown at least one venue (Fairmile) because of the number of people racing so if anyone else has any ideas for new races with good parking let us know! All the Winter League race organisers will be getting together soon over pie and peas (and possibly a drink) to look at anything we need to differently next year. All suggestions welcome.

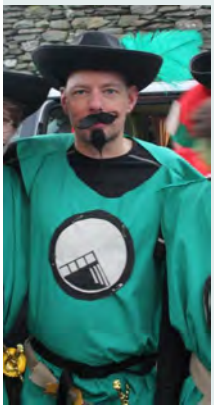
It's been great to see the famous Helm Hill vest out in force at so many races this year…….the #greenmachine is certainly getting noticed particularly at junior and senior championship races. 28 runners made the trip to Carnethy, 30 to Black Combe, 18 crossed the water to Ireland, 55 were at Loughrigg and 34 juniors raced at Todd Crag. If anyone is thinking of travelling to races for the first time, don't worry, you will be in good company!

Helm Hill members have also been involved in other exciting challenges. Well done to Carrie G for completing the infamous Marathon des Sables and Rowan R for completing the London Marathon in a great time. Good luck to Fiona P with her BG in June and the Helm Hill women taking part in the Billy Bland challenge later this year.

We also continue to focus on developing our members' skills. Thanks to Lorna for organising the recent first aid course for coaches and the joint development day for juniors with Kendal AC and the Swimming Club.

And finally, here's a story which I think sums up one aspect of what Helm Hill is all about. It comes from one of the coaches at Ambleside AC and relates to an incident at the recent Todd Crag junior race:

"I would like to make an unofficial sportsmanship award to BEN KENT of HELM HILL, for his actions last Saturday. Another runner in his race had a nasty fall - he sacrificed his own race position in stopping to help her, and would not carry on running until he knew that an adult was with her, and that she was safe. He notified the finish marshals and we were able to ensure a quick response in case further support was needed. A fine example of empathy, selflessness and sportsmanship. Well done Ben, and well done Helm Hill for nurturing such an attitude in your runners."



Well done Ben and also well done to anyone else who has represented the club so positively!

Safe running!

Tim

CLUB NEWS

Club Shop

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

More Club News inside……..



CAPTAIN'S BIT—KIERAN HODGSON & ALI RICHARDS



Kieran's Korner:

So while I've been off galavanting in the Southern Hemisphere this winter it would appear that lots of fantastic activity has been going on at the Helm. I've returned to see lots of new members and loads out racing. There was a sea of Helm green at Loughrigg despite challenging conditions. Turning out to training nights I can see that lots of members have been busy making improvements to personal performance with quite a few early contenders for athlete of the year. You know who you are; keep up the great work! It all adds up to prove that Helm seems to be moving forward as a club.

Some highlights already are a strong turnout to the first championship races of the season. There have been some fantastic results leading to some great team standings. It is still early days and I feel that there is lots more to come. I would urge people to get signed up for the next events if you haven't done so already. It is great to see so many people racing. We just need to coordinate it and turn it into more club success. I'm sure you would agree that this is the next stage in Helm's development as a club to win some more championship team category medals. We took 18 people out to Ireland and it turned out to be a fantastic social weekend; hopefully we'll take more next time and see you at the next event. Just ask the people who went for their feedback. Wales is soon so get an entry in and join in. You're all welcome. Recent events have proven that everybody has a part to play and that if you stack the numbers you're going to do well. Ben's club championship seems to be going down well, with lots of competition amongst members, a very diverse range of races so far all with the added bonus of being local. I particularly like the male and female runner award of each race. A real opportunity to shine and get noticed.

A new thing since my return is the change to three training groups on a Wednesday night. Asking around this seems to be going well with members feeling like they can dip and out to get the best out of the sessions.. For me I think it is all about keeping it fresh. Recently Ben and Lee's group decided to do the Kentmere horseshoe as an evening session. I think this is a brilliant idea as so much can be imparted to our members while being out and about on race routes as well as working those fell legs. There are plans to offer members some navigation workshops. If there are any other ideas about training, what you would like or if you fancy running a training session then let me know and we'll see what we can do.

In the meantime train and race on…….

Ali's Amble:

I am writing this the day after Up the Nab - another great day out with the club on a really tough little course and another solid performance in the bag for all the championship team categories. As has been proved for the last couple of years the key to the championship success is getting a team out to all the races so as Kieran says - please enter as many as you can and remember everyone counts towards the team effort! Stop press news: FRA championship results - there was an error with the team announcements in Ireland and our men's v40 team are actually in 1st place after this race , with the women's open team and v40 team in 2nd place - taking a minibus full of runners definitely works! Thanks to 'Adam Perry tours' with driver Kieran for seamless organisation in getting us all there and back - it was a brilliant weekend.

There have been many other good performances at other races too and we have picked up several team prizes along the way eg the women at Loughrigg and the men's v40 team at Yorkshire 3 Peaks. Although I watched most of it from the sidelines, it was another great winter league season for the club and a huge well done to Hannah for winning the series.

In other news - well done to Carrie for an awe-inspiring effort in the gruelling Marathon de Sables, just wondering what she is plotting to do next…..Congratulations to Bethan and Ben on the arrival of Elena, who I am delighted to report made her debut at supporting a fell race at Up the Nab complete with Helm Hill knitted bobble hat aged 2 and a half weeks. Well done to secret road running green machine Rowan for cruising to a fantastically fast marathon time of 3.39 overtaking 900 people in the last 2 miles and surely being one of the only people ever to say she felt 'fine' afterwards - the reward for sticking to a hard training plan with a watch over the winter months. Good luck to Fiona who is attempting her BG in a few weeks, and also to the women's v40 team attempting the Billy Bland Challenge in June - big thanks to Kath for organising and co-ordinating this again.

Welcome to all our new members and thanks to everyone for all their efforts in supporting races and the club in general - here's to a speedy and sociable racing summer!

JUNIOR COORDINATOR'S UPDATE

The year started with a large turn out of Helm vests for the Scout Scar Kendal Winter League (KWL), as demonstrated by this photo of the U17s start line.



I extend a big well done to all our juniors who took part in the KWL; enduring the weather and getting round the courses are fantastic achievements. Additional congratulations go to Imogen Burrow who achieved five first places and won the U17 girls category. Also to Becky Dyer for her perseverance which was rewarded with the Junior Endeavour trophy. Thanks to the parents who transported children to and from races, endured the weather themselves, and also helped with timekeeping, marshalling etc. Special recognition went to David Hunter at the KWL presentation for his help with every single KWL race this year.



Hot on the heels of the KWL, the FRA championship season has begun, with a flying start for Helm Hill. After the first race, overall we are lying just a few points behind the joint leading clubs Keighley and Wharfedale . Want your club to stay at this national level? Remember any top three runners in u12/u14/u16/u18 races score points for the club award. The first championship race on Todd Cragg, Ambleside, saw Chris Richards win U18B, and Clara Samson win the U10 race overall. A stunning sacrifice was made by Ben Kent, which is described elsewhere in this newsletter. At the time I am writing this, the Hawkswick and Malham races are fast approaching. They will be followed by the Turner Uphill 11 June, Clougha Pike 18 June and Stretton 3 July. Meanwhile, the BOFRA 2016 season will start on 21 May, the same day as the trial race on the Howgills for juniors born in 1999 or 2000, when they will have the opportunity to obtain selection for the England team that will go to the International Youth Cup in the Czech Republic.



The Helm Hill junior 2016 championship is well underway. This year's championship requires Helm youngsters to complete 7 races from the list, and will reward them with a prize for doing so...details of the prize are currently under discussion at the highest level within the club … watch this space! At the time of writing, three championship races have happened already and the fourth ie Helm Hill junior race night, is imminent. Thanks to Sam Gibbs for leading the organisation of this event. Nine more championship races yet to go! Put the dates on your calendars if you haven't done so already.



Meanwhile, there is a lot more going on in addition to racing. Whilst we all like to see Helm youngsters taking part in various races, it is also fantastic to see them enjoying themselves on a Wednesday night, taking part in the Monday night session, and enjoying themselves on the fells. Recently I took some level three juniors from White Moss carpark along the bottom of Loughrigg and to the summit of Silver How, just for the fun and the adventure.

Thanks again to the parents and fellow coaches who helped that day, and to all those who volunteer their time to help train and mentor our juniors. Our coaching team is continuing to grow; elsewhere in this newsletter are more coaches' profiles – those which didn't make it into the last issue. As a team of coaches and assistants, we work together to provide suitable training throughout the year for all the club's juniors, and supplement our coaching with our own learning. Some of the team will very shortly be taking their level 1 coaching qualification, and earlier this year Billy, Tim, Sam, Sarah, Jo, Anna, Jill, Sally, Mike and myself gained our First Aid for Sports Injuries qualification.



MEMBERSHIP



Memberships are now due - and you can do it from your armchair!

For new members and renewals, both seniors and juniors - this year it's even simpler and quicker to join, as it's all online!

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

A few things to note before renewing / joining –

ALL MEMBERS - both **senior** and **junior** - should use the online membership system to join or renew existing memberships.

JUNIOR MEMBERS -

- An adult is required to register with Si Entries (if not already done so) in order to sign up a junior member (under 18)

- Whether joining for the first time, or renewing a membership, all juniors must complete a parental consent form and behaviour policy form and hand to either your coach or one of the welfare officers at training. This is a requirement of becoming a junior member -http://helmhill.co.uk/pdfs/formsdocs/Membership_junior_pack.pdf

ENGLAND ATHLETICS -

- For those wishing to join England Athletics for 2016/17, the cost is **£13** - please make sure you select the EA membership tick-box when completing the online membership form, for this to be added to the payment.

- Being an EA member is not a requirement to join Helm Hill Runners, however, there are many benefits of becoming a member of England Athletics, particularly if you plan to regularly participate in road races/cross country events. **For some races, such as UKA organised events, being a member of England Athletics is a requirement - please check entry details carefully.** For more information on England Athletics and receiving a competition licence, please visit http://www.englandathletics.org/england-athletics

FELL RUNNERS ASSOCIATION—

The Fell Runners Association was formed in 1970 to cater for the needs of fell runners. It has over 6,000 individual members from around 300 athletic clubs. Cost is £16 senior, £24 family, £8 junior. The Membership year runs from 1st January to 31st December but anyone who joins the FRA from 1st October onwards is granted membership until the end of the following calendar year. As well as generally being a good thing, members get The Fellrunner Magazine and fixture handbook. See https://www.sientries.co.uk/event.php?event_id=2290

- Please note, if you wish to count in either the 2016 English or the British fell running championships, then you must either be a member of the FRA or registered with England Athletics

ENGLAND ATHLETICS for JUNIORS -

- Examples of races for which juniors need to be registered with England Athletics include cross-country races, organised by Cumbria Athletics Association, track races and road races.

If you are unsure if you need to be registered with EA for any races you plan to do, please speak to Helm's Junior Co-ordinator, Lorna Askew, at training, who will be able to advise

COACH PROFILES

The Autumn 2015 Helm Hill newsletter featured Helm Hill Coach profiles. Here's a few that missed that edition……..

Tim Murray



Like lots of other people I got involved in Helm Hill through my kids. I first took my daughter Lily to the Lads' Club in Kendal on a cold wet Wednesday in November 13 years ago and was amazed by the people who turned out to run on the streets. As I got more involved in the club I started helping out with junior groups and then as my interest grew, took the Level 1 and 2 coaching courses. I've now had my own group for around 10 years and am partway through my level 3 coaching qualification. This is also my 9th year as Chairman. It's great to see so many juniors enjoying themselves (whatever the weather) on a Wednesday night……..running is just part of the experience. It's fantastic to look at what we have achieved as a club over the last few years and there is still plenty more to do!



Jo Cater

I became involved with Helm Hill when my son started running with the club 4 years ago, firstly as a helper in Gavin's group and then Spencer when he took the reins!

I dabbled a little last year running with the seniors, but after an injury was gently persuaded by Lorna to help out in Sam's group and now cover coaching sessions when needed..... sometimes as a double act with Pete Bryant!

I love the energy and enthusiasm of the kids and am looking forward to taking my Level 1 coaching qualification in May.

Peter Bryant

Despite my daughters' pleas to do otherwise (they both run with Helm Hill) I now do some coaching with the club. I'm really enjoying supporting Sam with the juniors, it's great fun and that is exactly what running should be all about. I am a runner and was the British Fell Running champion 2003-2008 (actually that's a complete lie, but about 20 years ago I did beat the British champion in the Langdale Horseshoe – he got lost for nearly an hour in the mist).



Jo and Pete are currently operating as "cover coaches" for when some of the regular junior coaches cannot make a session. They are going to take their level 1 qualification in May and could have junior groups of their own in the future.

CLUB NEWS

Club donation to rebuild key access route to Howgill Fells. Most of Helm Hill will at some point have been up the Permissive Path through Lockbank Farm to gain access to the Howgill Fells. This key access route was badly eroded in the 2015 floods—just look at how much was eroded away overnight in the pic below of local runner and raconteur Jon Richardson stood in the trench having a shower! Helm Hill Runners made a contribution to the track repair which was carried out by the Yorkshire Dales National Park and the track re-opened just in time for the KWL finale race.





Bob Graham round attempts

Roll-up! Roll-up! We all love supporting a BG attempt. Especially in summer.

Friday June 17th - V40 Helm Women BG Relay record attempt. Friday June 17th midnight start. Kath A is the contact.

Saturday 18th June - Fiona Marley-Patterson is going to attempt to run the Bob Graham Round on Saturday 18th June and she's looking for some support runners for each of the five legs.

> **Fiona says** "It'll be a steady pace so don't worry about being able to keep up. You just need to be able to run for around 4-5 hours and in an ideal world you'll have recced the leg you're on.
>
> So...fancy joining me for a run? I will repay you with pints at the end (and fish and chips if we make it before closing!) and I'll happily support you if you want to give it a go too"

Contact Fiona via forum http://www.helmhill.co.uk/index.php/forums/9-notices/971-bob-graham-support-runners-needed or on Wednesday night training.



Welcome Elena!

Helm Hill congratulations to Bethan and Ben Proctor on the birth of their daughter Elena. She's on the junior waiting list for Helm training on Wednesdays.

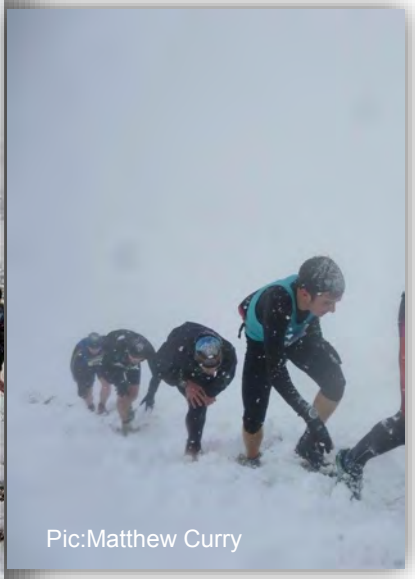


Welcome Monty!

Helm Hill congratulations also to Lyndsey & Mark Ruscoe on the birth of their son Monty. Better pencil in the Winter League in 2024.

The Great Battle of Carnethy Pt V





Pic:Matthew Curry

As reigning champions in the men's team competition the pressure was on to retain the coveted Claymore broadsword. The annual season opener is always brimming with the cream of fell running, as hotly contested as a championship race and more often than not run in adverse weather. Here's how it went……..

Two minibuses full of Helm runners ventured over the border on a mission to retain the Claymore broadsword won last year and as we approached Edinburgh, the heavy snow and whiteout conditions promised an extra dimension to the challenge. Those Helm runners new to the race will have left none the wiser as to the route and views of this spectacular course, other than that it was hard, with the visibility down to meters for the duration.



Pic:Carnethy.com

In the end, despite fine running by all, the men were squeezed out into 2nd by the elite of Shettleston Harriers. Tom A was 3rd after a close finish and Mark and Adam ran well for 13th and 17th - Paul pipped Ben for the 4th counter. Our fantastic ladies team also secured 2nd, with Hannah leading the way to a superb 4th and 1st LU23 ably supported by Catherine N and Carrie G (pushed all the way by Caroline H). There are too many great performances to list. Special thanks to Carnethy RC for organising and their marshalls' commitment.



Pic:Carnethy.com

Mr Sparkles Dark'un:

We may have lost the coveted Claymore broadsword but a crack team of winter night-race afficianados headed south of the border into deepest darkest Lancashire to win what may become an equally coveted team prize. Helm Hill won the mens team prize and are proud holders of…...the Risque Fell Running Calendar. It now adorns the HH trophy cabinet.







Club senior champs: Loughrigg

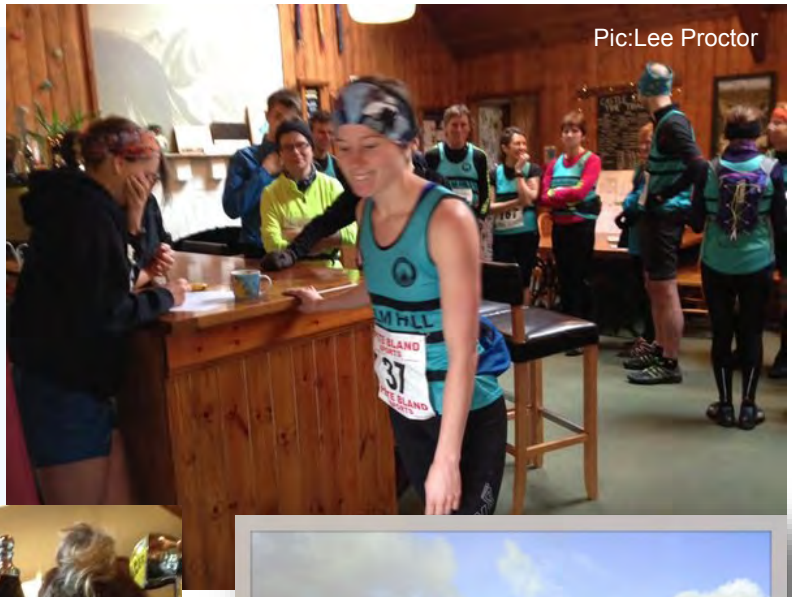
This race usually heralds the start of spring/summer season. A large turnout of Helm Hill Runners now seems commonplace at this race but even more seemed to be there this year—a stunning 55 Helm Hill Runners turned out. It was a senior club championship race but the weather was pretty foul and many were resting up for the British champs race in Ireland a few days later.





Club senior champs: King of the Castle

The first race in the senior club championships started at the bar!! A brutal 2km uphill only race to see how quickly can you get from Borrowdale YHA hostel bar to the top of Castle Crag?


Pic:Lee Proctor


Pic:Lee Proctor


Pic:Bruce Duncan

Club senior champs: Cautley KWL

With Black Combe the day before there were some sore legs and some fresh legs looking for scalps. Another large club turnout had a quick blast across the valley, a long & brutal climb fol-




Pic:Rob Crawford

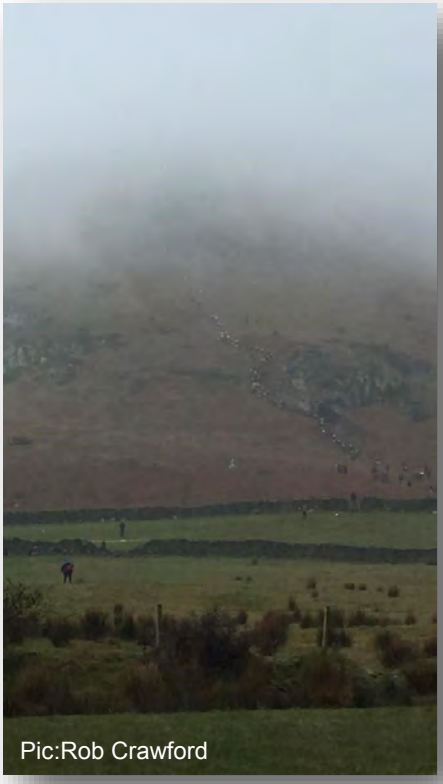
Bonus points for Irish jigs on the climb.


Pic:Rob Crawford

Marie on the way back

Black Combe – 1st English Championship counter




Pic:Rob Crawford

Less than ideal conditions greeted 33 Helm Hill Runners at the opening race in south west Cumbria. 33 starters! An absolutely amazing number as the weather provided that day was extremely claggy with visibility down to just a few yards and very wet underfoot. This did not appear to dampen our spirits.

Tricky route-finding was the order of the day and lots of people went walkabout in order to create some Strava route-tracking modern art (see 'Arts & Culture' section)…...there may be one or two early contenders for points in the 'I've Reccied It!' competition. Many had tales to tell but overall Helm had a great start to the championship, with Tom leading us home in 5th for the men and Hannah R in 7th for the ladies. Perhaps run of the day was Ben who came in 20th.



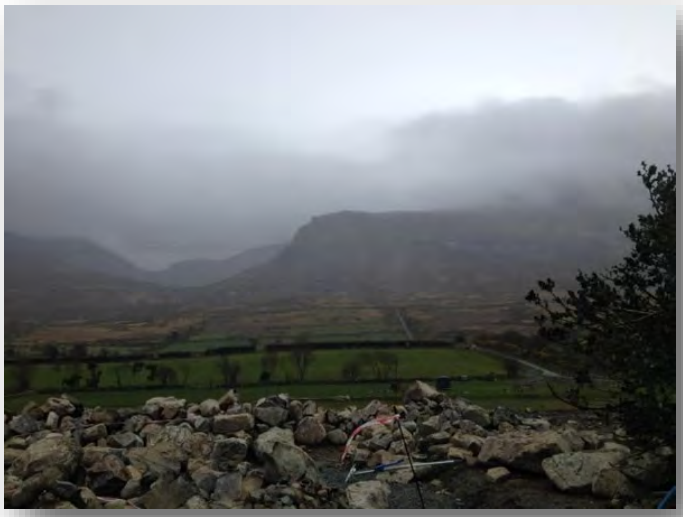
The men's team are 4th (Tom 4th. Adam 13th, Ben 20th and Paul A 37th and Mark A 47th) and the ladies a fantastic 2nd (Hannah 7th, Jenny R, Catherine N and Lucy S). The mens V50 team are joint 2nd.

There were plenty of surprises as the usual leaders were found amongst the mere mortals towards the latter stages of the race. Quite a good confidence boost to finish ahead of many previous English Champions for most!! Keep up the good work folks and get entered into the rest if you haven't done so already!


Pic:Harry Atkinson



British Championship Race 1: Donard – Commedagh Horseshoe (Ireland), 8 miles



Low black clouds, drizzle and 5 degree wind greeted the 18 Helm runners who made the journey over to Newcastle in County Down at the foot of the Mourne Mountains. Luckily this was the day before the race but with memories of the now infamous 4 mile British Champs race on the same mountain in thick clag that turned into a 6 mile race for nearly half the field much anxious studying of the route ensued. Tim even tested us on it the night before!





Race day dawned with clear skies but with a chilly breeze. The forecast looked clear so nerves were calmed. The race starts and finishes in Donard Park at the foot of Slieve Donard and a stones throw from the amusement arcades along the beach road. As ever, British Champs races hosted in Newcastle have a relaxed feel to them and what with the sunshine and relatively small field of 250 the build up to the start was calm.

200m of flat running led to the 2,730ft climb of Slieve Donard, the highest peak in the Mournes. Not a lot of chatting happened on this climb.

Apparently 'The summit provides spectacular



views of the coast and as far afield as Belfast, 30 miles north, and Dublin, 55 miles to the south.' However with a dusting of snow and slippy grass it was wise to look at the ground on the fast descent down its other side. Runners were probably also equally unaware that on the summit are the remains of two prehistoric cairns, the one the marshals were standing next to was a Neolithic passage tomb, dating back 5,000 years! The race route descended down the north side parallel to the huge Mourne Wall which was built in the early 20th century and passes over fifteen mountains, taking 18 years to build.



A short blast along a mostly flat rocky and boggy track, an 18th century route for smuggling soap and coffee known as the Brandy Pad, led to the foot of the next steep climb up to Slieve Commedagh, the second highest mountain the Mournes. With no Neolithic passage tomb to stop and look at all was left to do was descend 2500 feet of sloppy bog, heather and rocks, then follow a twisty-turny-slip-slidey taped muddy trail through the steep thick forest (think downhill mountain bike course without a bike), jump a few horizontal wind-blown trees without knocking yourself out on the one above then, leg it down a tarmac track and back across the park, which seemed to have been extended in length, before cramp set in.

Sharon Taylor ran a great race to come home 2nd (behind Howgill's Heidi Dent) which helped the women come 2nd womens team overall! Not only that the women also came 3rd FV40. while the men's open were 9th, v40 3rd and v50 5th.



Junior FRA English Champs, Round 1: Todd Crag

This was a really superb day of racing, with a strong turn out of Helm Hill juniors. The course was steep and tough, and a debut race for Megan Harris in the U8 girls. There were many very strong runs by our juniors and special mentions go to Chris Richards who won his U18 race, Simon Rigby who came second in his and Clara Samson who also won the U10 race outright with a fantastic sprint from the bridge to the finish line to overtake the leading 2 boys and come in first overall. Full results on Ambleside AC website. Helm Hill are currently in third place on the club table with only 3 points separating the top 6 clubs!



Clara Samson won the U10 race outright.
Pic: Woodentops.org



Chris Richards won the U18 men.
Pic: Duncon Richards

There was also special praise for Ben Kent from the Race Organiser of the FRA championship race at Todd Crag. See Chairman Tim's column on page 2.

Yorkshire 3 Peaks

Helm Hillers had a fab day out at a snowy Yorkshire Three Peaks race in mid April.







XMAS FANCY DRESS RUN

Ali and Rowan organised a fantastic xmas fancy dress run back in well, xmas time. A large turnout of all manner of fancy dress get-ups made for a great run around the scars near Kendal followed by a few drinks in The Riflemans. Paul Mcfarland even managed to convince his Lancaster Batala band mates to come and send us off in style!

Bring on next christmas!













Lots more pics in the Helm Hill Gallery on website

2016 KWL

DIFFERENT STROKES
PAINTING & DECORATING

Another hugely successful winter league series comes to an end. A record number of runners have taken part – a total of 797 this year! A massive thanks to everyone who has helped with the series this year whether it's 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.

KWL sponsorship Local runner Robert Crawford's company sponsored this years Kendal Winter League.

Helm Hill rankings in top3:

Men V60 : 1st Brian Thomspon

U12 boys: 3rd Henry Hunter

Men V40 : 3rd Craig Burrows

Helm Hill rankings in top3:

U17 girls: 1st Imogen Burrows, 3rd Katie Thurlow

Senior Women: 1st Hannah Russel

Women V40 : 3rd Amanda Burrows



The Kendal Winter League organisers: it wouldn't happen without

Couldn't resist putting these photos in from Sedbergh. Blame the juniors, they made it so muddy.









Marathon des Sables –Carrie Gibson



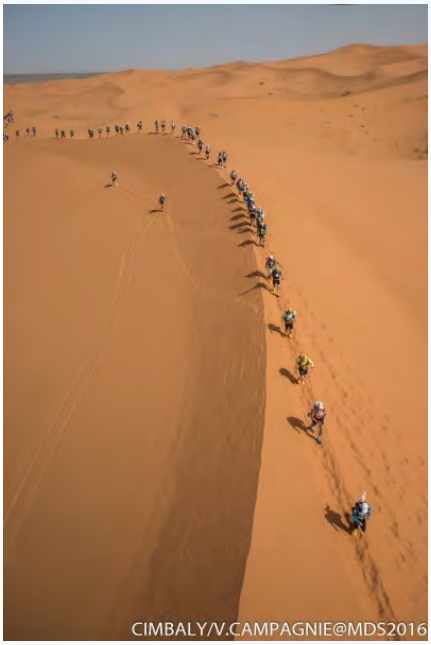
It's hard to know where to start to tell you about my Marathon des Sables race.. and 'race', I'm not even sure that's the right term?

Let's start here: at the end of what I can honestly say has been the most emotional trip I've ever been on. There were times this week when I wasn't sure if my body would hold up (or hold me up) to the end. Back on the evening of day one, when I had started throwing up, the end was a very long way off.

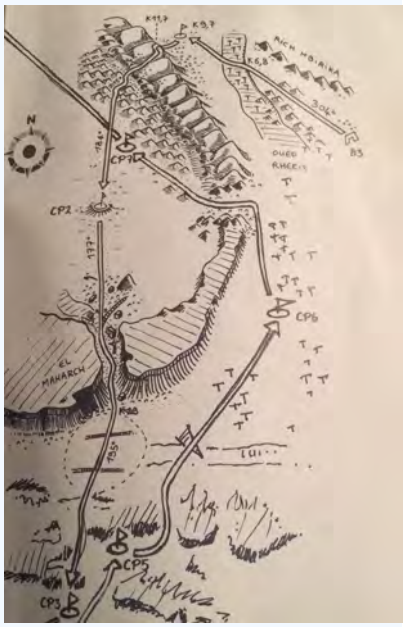
I'd come to Marathon des Sables looking for something to test me and to find out just how tough, tough was? Prior to the race I had stated that surely, if I couldn't run, I would just walk it, after all I'd looked at how slow some of the times were, surely I couldn't go that slow?

I was however entering into a completely new world, with sun and sand, a far cry from the snowy mountain tops I am used to. Prior to the race there wasn't much opportunity for me to do any heat acclimatisation, bar going to the sauna and a few sessions on my turbo trainer with my down jackets on!

Day 1: With that in mind I set off on day one feeling a little bit apprehensive as to how I would cope. My pack weighed in at about 7.5kg's so I was pleased with my packing. I ran the first 3km to the dunes then fell into a steady race walk up the dunes. I always start out a little too fast in races so I deliberately held back. A lot of people found the dunes heavy going especially as we were into a headwind the whole way but I think a winter of fell racing had stood me in good stead and I just focused on how stunning it was in the dunes. These were big proper mountain sized dunes! As the sand storms really kicked in I was already a good way into the course, giggling at the idea that I was actually being attacked by tumbleweed! I managed my water well, coming into each checkpoint dry and taking my salt tablets as had been directed in the briefings. 34km's later I crossed the line in 297th position about 30th female in 6hrs17 mins. I was chuffed, as I knew I still had lots of energy in the tank and I had held back. I made the mistake of thinking that maybe, this was not only possible, but that I might actually do quite well. This is when if it was a cartoon the big *SCREECH sound would come in. No sooner had the words come out my mouth, they were closely followed by the entire contents of my stomach and then, that was pretty much the way my MDS was to be for the next couple of days!*



Day 2: I was pretty wasted on the start line and was very pleased I had the last minute addition of Mountain King trail blaze poles, weighing in at only 115grams I had thought they were light enough, and fold down small enough that I'd put them in my pack as a "just in case". They were definitely my support especially as I continued to be bent over them to be sick for the whole day. Sadly the route today would have been very runable if I'd been able to muster it, instead it was a very slow slog and I'm sure at points that camel must have had me in his sights (if the camel gets you your out!) But in between the spewing, there were lots of highs Luigi the singing Italian, amazing views and lots of people stopping to check I was ok. Crossing the finish line today at 41.3km's just shy of 10hrs and dropping to 917th thankfully I was too tired to go and check my place so for the bad days in the race I just thought I was slow. By the end of the day though I was struggling to keep water in and went to get checked at the medical tent, a bit of a faint as the Dr took my blood pressure (tried to keep it together and failed) and I was led into the ward, think MASH and you will have a good idea of what it was like, carnage! There were people on beds hooked up to drips, people on the floor between the beds, hooked up to drips ,there were people being brought in from the helicopter, already hooked up to drips and one poor guy beside me



had all the beep machines as well having had a heart attack! Suddenly a two hour penalty seemed the least of my worries. 3 or 4 litres of fluids in and I was sent back to my tent ready(ish) for the next day.



Day3 I had a couple more litres of fluids through the night and yet still it took my until just before the start to have a pee and that was from 1st thing the previous day, today I had to try harder not to be sick. I ate lots of anti nausea tablets my only source of calories until late on in the day when I managed 2 flumps(28 calories, result) I didn't manage a run today but I tried to power walk with my poles as best I could . We climbed up a really lovely rocky gorge and I actually felt sweat for the first time so I shoved some more salt tablets in. Sadly my belly wasn't holding up but I was being sick less so that was a bonus. A slightly better day coming in over the 37.5km 8hr 40 734th Today our tent today became the famous 5 with us having to say goodbye to two of our tent mates, pretty sad to see them go, I didn't want to be next!

Day4 I was annoyed that I couldn't get any food in me for the long day, but at least I was now managing to not throw up the water. Dodgy belly continued but each time the Dr gave me some more tablets and I put more salt tablets in. Being towards the back I got stuck in a queue at the Jebel and that added about 45 minutes on as folk seemed to struggle on the rope. The descent down was nice and I took a few places back but the Sun especially across the salt flats was pretty draining and with nothing in the tank I struggled to CP3 before sun down and started drifting closer towards the cut off times. But then, the sun went in and the stars came up, the whole sky was just bursting, I saw lots of shooting stars, the folk in front all had glow sticks on and their torches lit the hill ahead. I felt like finally I could push on a bit. The Dunes at night were amazing I tried hard to spot a snake but each time something moved it was just a gecko. A fellow runner gave me 3 fruit gums and at last I managed to keep something in me, for a wee while but by check point 5, I was very sleepy so allowed myself ½ hour on the fancy deck chairs. By checkpoint 6 it was getting warm again and I was really struggling to stay awake, the people at the checkpoint were nice to me which made me cry (again) I wasn't sad just overcome by the amount of emotion. The last two stages went by in a bit of a daze and as the footprint of camp is so big I could see if for miles it didn't ever seem to get closer. I'm lucky as I already knew that your body can go far beyond what you expect of it, if you let it and eventually after 84.3km and 32hrs 11min I came in 962nd completely bust. There had been whisperings that we got a can of coke after the long stage and believe me that thought had got me through several hours that day! Not only did we get coke it was cold that made me cry too! I sipped at the coke lit my stove and tried once again to eat, this time I got about half a meal 250 calories in and then fell asleep.



Day 5 The Marathon Stage – My first ever actual marathon - As usual Highway to Hell blasted out as we gathered and waited for the gun, renewed energy levels from my coke, helped me believe that I might manage a wee run today and the plan was to go as hard as I could for as long as I could, Slight technical hitch when for some reason the helicopter flying over head made me cry and I had to have a word with myself as I couldn't actually breath! One emergency pit stop (there goes last night's tea) before ploughing on through the dunes. I felt like I was running strong and just kept pushing I caught up on some of the guys I'd met from the tent next door, they were very surprised to see me up with them. They were amazed I was even standing still let alone running, they asked my secret and I told them, I loved every minute of the race I had wanted it to be tough, to be a challenge and that's exactly what it was, brutal, unforgiving but I felt so privileged to be there, that and the powers of coke. As I approached



the last mile to the finish I came alongside a guy, I'd never met him but yet one wee glance across at each other was enough to say that we would race it to the line but almost making sure that the other one was keeping up, to then push it that wee bit more. I thought I'd had a good run but as I walked back to the tent I passed loads of empty tents and very few girls could be seen so the enormity of it reduced me to tears. What a massive improvement on yesterdays walk of shame home. 34th lady 380th and my marathon PB for the 42.2km 6hr 19 I was buzzing. Hard not to say, if only I could have run like this all week but there were definitely times when I said to myself I'd be happy just to get to the finish, now I had to remember that!

Day 6 The charity stage is like a fun run, they gave us a clean shirt, that on top of clean pants and socks yesterday and another can of coke at the prize giving the previous night and my hopes were high for another good run. Another bubble at the start, another word with myself to hold it together and I was racing along at top shuffle pace. I got most of the way round running alongside a wee French man who every now and then would look over at me and say courage Carrie like you would say courgette, it made me smile and really kept me going but just before the finish line he stopped so I did too to check he was ok. He was fine he got out his wee beret popped it on his head and raced to the line to salute me and the rest of the runners. No chance of keeping it together after that and I think any fluid I had managed to get back into me was wept out. 17.7km in 2hr24 and 74th overall. I sat for a while at the finish line to watch people come across and to share in their excitement.

My kit was spot on, my Omm racepack held my kit secure and didn't rub my shoulders or holes in my shorts, I wore xbionic shorts, t-shirt and undies (as seen in previous races) and like the top Brits I wore Inov8 race ultras (if only I'd been up there with them) I had only a couple of wee blisters caused be re wearing socks and next event I'd definitely take more clean socks.

With so little food in me, there is no way I would have finished this race if it had not been that I was having a ball. I had great tent mates, who regardless of knowing I was running on fumes told me to have a strong run each day, who battled with their own issues each day and who shared a truly fantastic week in the sand with me. The check point staff were so enthusiastic and the Dr's were amazing, always checking I was ok but then allowing me to push on. People say that this is not the toughest race on earth, maybe it's not, but I applaud anyone who made it across the finish line and picked up their medal as it pushed me to my limits and then a wee bit more.

My wee French man hit the nail on the head and summed up the whole race for me ....COURAGE!



GRAN CANARIA ULTRA—ANDY THOMPSON





Early March I jetted off to one of the Canary Islands to take part in a lengthy trail race. Joining me, in-fact the instigator of the adventure, to foreign lands was good friend Kim Collison of Eden Fellrunners

Now Kim, is great at suggesting adventures however, they normally fall in to what most call 'type two' fun, bordering on 'not fun at all'. This being no exception!

Looking back to when Kim casually dropped the "bomb" running in an international race I recall thinking "no no no, no way I am going to book onto another one of these stupid races that leave me feeling like death". Less than two days later I had my flights booked, time off arranged, and a painful training regime planned.

With hindsight I truly enjoyed the whole race, finding the support from the locals, the mixture of single tracks paths leading you high into the mountains outstanding. Technical climbs, and fast following decent left me simply needing to find moments to soak in the ore inspiring magic of the island.

I had no idea on what time I would or could manage; all I wanted was to enjoying the first half with enough energy in the 'tank' to complete the second.

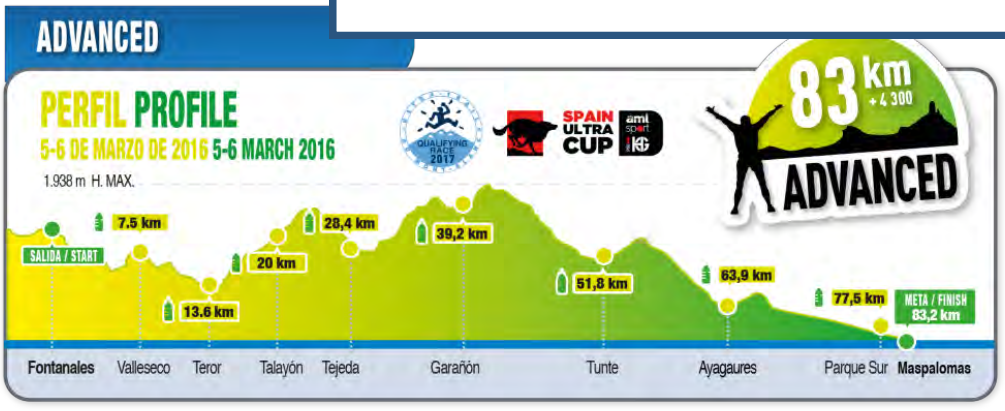
By the half way mark I found my self in a respectable 141st out of 900, feeling strong. I knew I was well hydrated and food was going down with ease, leaving me ready to throw my all into the last 40 kilometers!

With less then a 5th of the climbing remaining and a decent of 1900m to the seaside my pace was increasing. I found that with every runner I passed my confidence, speed, and determination rose almost at the same rate my position!

On approaching to Maspalomas, a Spanish equivalent to Blackpool, the sound without sites of the festival finish were growing with every stride. Only in the last moments did the rising river bed unveil The Finish. These final moments of madness, moments, and people I couldn't help but shed a tear as I heard the transition of calls from "mas rapido mas rapido" to my name! 'Andy' the compare read aloud and the crowed echoed.

FINISHED! My legs crumbled, emotions flowed and I was hit with the fact that the truly epic adventure had come to an end… that is until Kim suggest another ridiculous, painful somewhat insane idea and maybe that might just lead to this feeling again.

The Trans Gran Canaria races are in Gran Canaria, one of the Canary Isles. "A course designed only for the brave" it says of the 83km race



The Accidental International—Sam Gibbs



"Hi, this is Jon Rey from the British Orienteering Federation. To whom am I speaking?"

"Errr…Sam Gibbs."

"Have you not received my emails?"

"Emails?"

"About representing your country."

"No. Erm, hang on, I think I might have deleted them".

"WHAT? ***DELETED*** THEM?!"

And so began my first foray into international orienteering. A few weeks before this call I had been skimming through my emails and noticed one with a dodgy looking email address that said 'Congratulations! You have been chosen blah blah blah…. Please deposit £70 in this account immediately to confirm your place!' <DELETE>. Oops.

Jon then went on to explain that this wasn't a joke and it was lucky I had answered my phone as he was about to offer the place to the next MV40. With slight disbelief at my selection, I then repeatedly asked the following question –

"What about <*insert name of orienteer significantly better than me*>? Why weren't they selected?"

…to which I was given a variety of answers, some several times…

"Ill." "Injured." "Not done any selection events." "Runs for Scotland now." "Skiing." "Wife about to give birth." "Recently emigrated."

"But how did I even get selected? I only ran in one event last year."

During summer 2015 I'd decided to compete in the Scottish 6-day Festival of orienteering in Inverness. It was a great chance to see friends plus it was combined with the World Orienteering Championships. Unbeknownst to me, two of the days happened to be selection events for 'Interland' – a 6 way competition in Belgium between various European countries. I did pretty atrociously at the 6 day overall, but my best 2 days by far happened to be… yes, you've guessed it, the selection races.

Things suddenly got very real indeed…

Having had a winter of relatively little running and seemingly endless niggling injuries and illness, 14 days to prepare for my international debut was going to be somewhat of a challenge. **Priority one** – *lose weight*. No booze, sugar or carbs. **Priority two** – *quality training*. Intervals, orienteering, terrain runs mimicking the race, core work/stretching. **Priority three** – *don't get ill/injured*. 9+ hours sleep a night, thorough warm-ups/downs, drink loads of water, eat loads of fruit and veg, cancel all 'social' engagements. And would you believe it, 2 weeks of sticking to these rules and I felt like ten men – leaner, fitter and stronger. Who'd have thought that eating healthily, doing quality exercise and getting loads of rest would make you feel so much better?

So after a long day travelling by car, coach and ferry we arrived at the warm-up event. I opted for the 5km course

just to get the legs going after the journey. I ran steadily, getting used to the map and was out about 60 mins – quite a long time for 5km. It turned out that the organiser had measured the courses at the wrong map scale so we had all run nearer 11km! That night we had a team meeting which was a mixture of motivational stuff, last minute details and the experienced athletes sharing ideas with us newbies. It was here I had a chance conversation with a guy called Geoff Ellis. He helped me formulate a plan and come up with a few things to focus on – something I'd never bothered with before.

The next day was the race proper. Each age group had 3 from each country competing, the top 2 counting. My main aim was to not come last (as I'd cyber-stalked the opposition and realised how much better than me they were) and the dream scenario was to be one of the two counters. The area ('Kleine Schietveld' – which I translated as 'Little Shitty Field') was an army training ground – flat as a pancake but very technical in parts and extensive areas of waist deep mud, bog and tussocks – designed to break soldiers, tanks and middle-aged orienteering chancers.



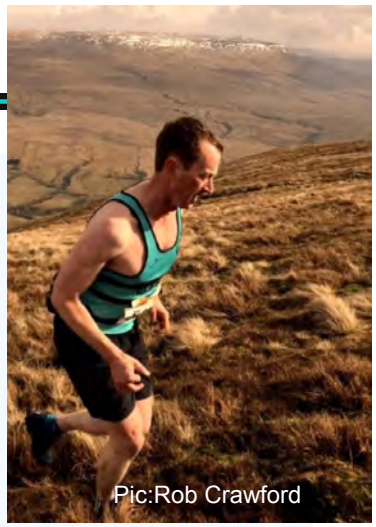
At the start I noticed how nervous many other athletes looked. Why was I not nervous? Perhaps because I had only found out 2 weeks before that I was actually competing? Or maybe because I thought the other competitors were so much better than me? I set off steadily and soon got into a rhythm – don't lose contact with the map, no stupid route choices, plenty of pacing, super-accurate bearings, flow through the controls – and it seemed to be working. After about 4 controls there was a long leg along a straight forest road which allowed me to work out most of the routes for the rest of the race – handy for competitors, but not great planning. Many of the features were very small and the controls were hidden within them. Running 200m towards a small pit in a featureless, dense forest certainly tested your ability to run accurately on a bearing. A degree or so either way and you would miss it by 20 metres. Several competitors fell victim to this… I was also a little taken aback by how hard it was physically for a flat area – I'd never run on tussocks a metre under water before.

As the race went on fatigue set in but I managed to keep my head together and stick with the plan. In fact, I only made a couple of small errors but was disciplined enough to relocate immediately rather than doing the headless chicken routine. I eventually finished 9th in my age class out of about 18, but most importantly scored as one of the other England guys mis-punched! It just goes to show that in orienteering you can run as fast as you like, but if it's to the wrong control it has dire consequences.

So, what did I learn from all this? Never give up – it took me 34 years before I finally made it to an international. And when eventually I'm a dribbling mess in a care home I will be able to say that, just like Wayne Rooney, Gary Lineker and Bobby Charlton, I scored for England!

Postscript *– There is a very active orienteering community in the Lake District and most local areas are mapped. Navigation is a vital skill for fell running and I would encourage everyone to have a go at it, especially if you've never tried it before or are from the 'I just can't navigate' brigade. It's easier than you think and you never know, you might even enjoy it! Google LOC, SROC or WCOC for events near here.*

HELM PROFILES—PETER GERMAN


Pic:Rob Crawford

Peter joined Helm in 2013

When did you start running and how did you get in to it?

Three years ago, my only regret is that I did not join sooner, I don't know what I use to fill my time up with and think about before. I have always enjoyed running with the dogs around our farm but never taken it that seriously apart from the odd local sports day or the Killington Sports fell race when I was younger.

What do you perceive to be your biggest running achievements?

Last years proudest moment was coming 4th in the men's senior club championship, surrounded by some amazing Helm Hill Runners. And Coming 10th in this years mens Kendal Winter League, not sure how I managed that and it is yet to sink in!

Fave races?

The Three Shires last year has to be up there, It was a combination of a great atmosphere, route and weather on the day,we had done 2 recces of the race route before the day so I felt really comfortable and strong.

Also I love the Elterwater KWL, a sharp little climb and stunning views and it is always sunny! and its always a competition to grab them much needed last minute points.

Why did you join Helm Hill?

To meet and train with like minded people. To be part of an Amazing Club and to socialize and make friends whilst keeping fit and healthy.

Typical training week?

2-3 quality training nights, and I also try to do one race a week.

Preparations for races?

Good balanced meals in the week before, plenty of water, I try to reduce training for the more important ones,but still keep the legs ticking over. Try to relax and not let the nerves get the better of me (easier said than done!) I plan ahead and get all my kit ready the night before, and set off early so there is no stress and rushing around in the morning.

Running plans/ Ambitions?

Just to keep on trying to improve and get quicker, to do as many races as possible. Ben Nevis and Goat Fell on Arran are on the top of my List for next year. Oh and to be the next sponsored Inov-8 athlete! (in my dreams)

Runners you admire or respect?

Adam Perry for his advice, training tips and encouragement, great to see how hard he trains and races, but also as important to enjoy running and a few pints on a night out with friends. Also Jonny Marchant for keeping me on my toes, for a goal to hopefully beat him on a race one day! Jonny watch out Im coming for that scalp!

Worst / most embarrassing thing that has happened on a race?

Probably the double leg cramp on the Duddon Long race 2015,not being able to walk never mind run properly for the rest of the race, and having to let all the people pass you.

Advise for others?

Train and work hard, what you put in you get out, always trying to improve to get stronger for that next battle on the Fells!

HELM PROFILES—JENNY RICE



Pic:Breca SwimRun

Jenny joined Helm Hill in October 2014

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

I started running with my dad, I must have been about 6 or so, and I'd always beat him in the sprint finish. Several years later when he genuinely raced me, and beat me, I really didn't like it! We still run together now whenever I go back to Devon and more often than not, he'll be ahead of me uphill. I just hope I can run like him when I'm 60!

What do you perceive to be your biggest running achievement?

Not getting lost on Black Combe!

Fave races?

I've only experienced a fraction of the races on offer, and can't wait to get more under my belt - but of those I have done, I might have to say the Reston Scar Scamper (which is now a favourite training route) - what's not to love about a race that starts and finishes at the Hawkshead Brewery. I'd also say the King of the Castle from Borrowdale YHA, for the novelty of a time trial style run, an awesome little climb, great view from the finish, and... it starts at the bar! Finally, one from down south... The Oke Croak I've done for several years now - it's a 10 miler, starting in Okehampton and heads up onto Dartmoor, via a beautiful valley, takes in Yes Tor and a few others, then back down into the park. If you're ever in that area on holiday - do it!

Why did you join Helm Hill?

Before I knew for sure I'd got my job in Kendal and we'd be moving to the Lakes, I'd already googled fell running clubs to see what clubs were in the area. I knew straight away Helm Hill was The One.

Typical training week?

There really isn't one! It varies from week to week, I swim and cycle too, but looking back at the last few weeks Strava activity (!) the averages look to be...

Monday - 6ish mile run, then a swim. Tuesday - cycle and a swim. Wednesday - cycle (weather permitting for a dry ride home after Helm training!) and run. Thursday - cycle. Friday - rest (I didn't realise I did so little on Fridays!). Saturday - long-ish run. Sunday - longish cycle.

Preparation for races?

Faff, faff and faff again.

Running plans/ambitions?

Lots more fell runs, long and short and everything in between.

A Frog Graham Round (not a typo - google it!)

A runner you admire or respect?

So many, most of Helm Hill! But I think, given the big BG news this spring, Jasmin Paris tops the list - she just looks so happy & relaxed in all the photos I've seen, and she looks like she's loving it, which is what I find most inspirational.

Worst / most embarrassing thing that's happened in a race?

Unless I've blanked it out, I really can't think of any particularly terrible moments. The only mildly amusing anecdote is the time I camped on the start/finish line for an Exmoor trail marathon - I'd taken some time off work and arrived the day before the event, so popped my tent up, and headed out for a walk. I was in the pub later, and got chatting to the organisers, and mentioned I was camping, to which they asked, "So is that your tent in the middle of the start line?" - I popped outside to check, and there it was surrounded by banners and the starting gantry. Sheepishly, I unpegged it and carried it to the other end of the field.

Advice for others?

At the risk of repeating what others have answered to this question - enjoy yourself!

JUNIORS TO SENIORS

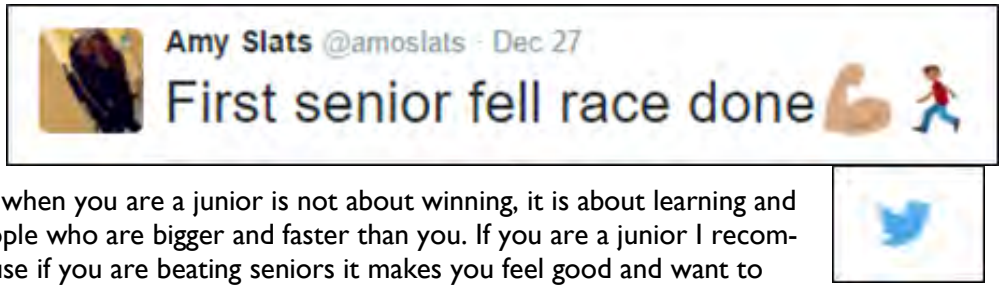


Transition to senior racing can begin as early as age 14. This is because some senior races have a minimum age of 14 years. Examples are the Wansfell Pike race in December, which starts in Ambleside, follows the path to the summit of Wansfell Pike and then there is a mad dash downhill, also the Loughrigg race which is traditionally held on a Wednesday night in the school Easter holidays.

This year it was raining on Loughrigg but 55 Helm runners, aged 14 years to 14 + a few decades were not deterred from turning out for a frenetic start across Rothay park, a crossing of the bottleneck bridge, and then a strenuous uphill to the summit with another mad (and muddy) descent.

The Kendal Winter League can also be the first experience for some juniors of the senior scene as, once they leave their 16th year behind, they must join the senior races. Here's what some of our juniors have to say about senior racing;

"Running in senior races as a junior is both enjoyable as well as being very challenging at the same time. It is challenging because you are racing against older, more experienced runners which make the race quite fast paced and the course is usually a little bit longer than junior race distance. Another way the race is more challenging is that the amount of runners racing is a lot more than compared to the junior races where there are not as many, which means that there is a lot of jostling that goes on when it comes to a narrow bit." Martin Askew



"Running in senior races is good because it gives you an experience of what it is like to run with older people who are more experienced than you. Doing a senior race when you are a junior is not about winning, it is about learning and experiencing running with people who are bigger and faster than you. If you are a junior I recommend doing at least one because if you are beating seniors it makes you feel good and want to carry on. I love running and running in senior races is fun." Robert Askew

"*I have now raced 2 senior races at the age of 14. I really enjoy the races because they tend to be longer than the U17 routes, and I enjoy this because it gives me more time to pace myself. I like competing in this age category because it really pushes me and encourages me to keep going. I also enjoy racing with my mum and dad and have some family competition! When I run against the seniors it makes me feel like I am progressing and improving my fitness to a higher level.*" Amy Slattery

"*Loughrigg has been on my top race list since I first ran it in 2014. It is a race that gives older juniors an opportunity to experience a longer than normal course with the pace of the seniors. The beginning of the race is my favourite part because everybody sprints across the park before coming to a complete stop as we all funnel over the first bridge. One of the reasons I enjoy it so much is the team support from many other Helm runners as we pass one another in opposite directions - it puts the meaning in 'Green Machine'.*" Alice Slattery

Additional skills are needed in order to run in Senior races — being able to look after yourself and be confident on the high fells. The clag can quickly come in and you can find yourself on your own in a race.

Gentle introductions to the high fells can help juniors become confident. Some of the juniors have been out on the fells (with the obligatory post-run café stop) and recently some of the older juniors / young adults gained some key mountain navigation skills courtesy of some of the senior runners. Lets hope they can show the adults where to go!











Why 50 races in 2015? By Marie Robson



In 2014 my running / training friend was 50 and she wanted to do 50 races that year to celebrate this. Sadly she was diagnosed with breast cancer and was unable to complete her 50 races and so I decided to take on the challenge in 2015.

My husband John would say that I showed perfect timing. Building a new house over the last couple of years meant that he had to stick in on site every weekend while I managed to get my 'running fix'. Well, I would have only got under his feet and lived up to the Twitter name he chose for me! @CackHandedMadge

I had recently returned from injury - I had broken a bone in my foot. I would love to say that this came as a result of crashing down some remote hillside but I actually stepped off a ladder one step too early putting my foot into pot for a few weeks.

As I didn't have many miles in my legs I needed a kick start to the season. I had never done many of the Winter League races before 2015 so I started the year by trying to do as many as possible. I managed to do quite a few and got my Helm mug along with many others ! I really enjoyed these races as they seem to set you up for year ahead.

One of my goals for 2015 was to complete as many of the English and British Championship races as I could and I managed to do them all. My favourite championship race was probably the British Champs race in the Mournes in Ireland - it was lovely to run somewhere different and Ali, Carrie and myself managed to win the V40 team prize. Getting together to organise a team, preparing, training and travelling to championship races was a real highlight for me. The feelings of anticipation, excitement, nerves, euphoria and relief are unmatched in any other sport I have tried.

My favourite race of 2015 has to be Carnethy . Two mini bus loads of Helm Hillers travelled to Scotland and the whole atmosphere from start to finish was amazing I think the training on the Howgills prior to Carnethy prepared me for the course and I loved it and of course we came back with the sword!

I feel fortunate to only remember one low point and that was at Duddon where I just 'ran out of go' before the climb up Caw. Never mind, my friends Cath and Amanda were there to drag me to the finish! I must say, we have a great Ladies team, someone is always there to support and encourage. It's really all for one and one for all!

My 50th race was Wansfell so I just managed to achieve my goal before the end of the year - I really like this race as although it is short there are always lots of people about to cheer you on and good soup and cake back at the rugby club!

I really enjoyed racing in 2015 as there were so many highs and so few lows. I think it is wonderful to be a member of Helm as wherever you seem to turn up for a race there is always another green vest there!

It was fantastic (and very humbling) to be recognised at the prize giving for the club. Being presented with the 'Crag Rat' vest was an emotional moment and I wear it with pride at almost every race now. The only advice I would give to others is that if you see the vest, don't assume that I know where I am, where I'm going or where the finish is, I would hate to disappoint you!



I would be the first to admit that I am far from the quickest runner in the club, or even in my age category but, for me, that's not what it's all about. I have always tried to make Monday and Wednesday training sessions and my sincere thanks go to the coaches who are there week in and week out despite the weather and other commitments. Helm members are very lucky to have such support from these people.

FELL FASHION





Gaiters! It's all about gaiters this season. Sand gaiters, snow gaiters, mud gaiters, scree gaiters, alley gaiters, Carrie-gaiters.

Carrie led the way with her bold, orange sand gaiters set off with luminous pink socks and matching accessories.

Here's some others which may be hot on the fells this season…….



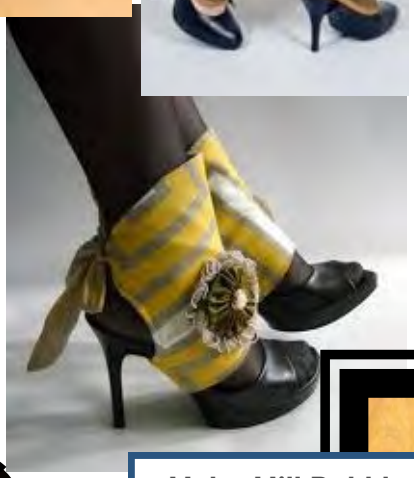












Editors choice!



Helm Hill Bobble Hats!
The emerging hit out on the fells this season.



CHAMPIONSHIPS

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

HelmHill is affiliated to the FRA so paid up members do not need to be individual FRA members to qualify for champs (although you do get a quarterly mag if you are). Lets make 2016 even better! Get your diaries out, here's the official FRA champs races:

English Champs 2016:

Distance	Race	Date
Medium	~~Black Combe~~	March
Short	Up The Nab	6th May
Short	Sedbergh Sports	9th July
Long	Borrowdale Horseshoe	August
Medium	Pendle	Sept
Long	Langdale Horseshoe	10th Oct

British Champs 2106:

Distance	Race	Date
Medium	~~Commedagh (Ireland~~)	9th April
Medium	Pedol Penant (Wales)	13th June
Short	Sedbergh Sports	9th July
Long	Merrick (Scotland)	15th Aug

LATEST UPDATE:

FRA British: (After 1 rcae !) 1st V40 Men Teams, 2nd Womens Open & V40 Teams

BOFRA CHAMPS

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 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

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

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

Long A: Three Shires, Borrowdale Horseshoe

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

2016 HELM HILL SENIOR CLUB CHAMPIONSHIP

Yha king of the castle—cautley KWL—muncaster luck—eskdale elevation— loughrigg—buttermere sailbeck—BOFRA helm race—Darren Holloway memorial buttermere horseshoe—kentmere horseshoe—shipman knott—langdale—dunnerdale

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

I'VE RECCE'D IT—FOLLOW ME!

Keep those misendeavours rolling in!

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

2015 Defending Champion is Tom A

The Cake. It's all about the Cake

Jo Wilcox sprinted through finish line at Kirkbymoor (she never saw it!) and continued for another 200m down the hill! Eventually reached the hall where tea and cakes being served, turned to Lee and said 'where's the finish line?!' 5 pts Jo W

Points for Mark A too. Never heard anyone at a fell race shout 'A fu**ing snare stole my shoe!' as he ran past. He still won the race (Kirkbymoor) despite running with just 1 shoe for about the last 2 - 3 miles after his shoe was caught in a rabbit snare out on the fells! 5 pts Mark A

Setting off in the dark to @HelmHill training Jenny Rice wondered why it was so dark. It took quite a while to realise she wasn't wearing a headtorch. By the time she'd gone back she'd missed training, Must be all that cold water.

Dedicated marathon runner Rowan was engrossed in reading in her running magazine about 'perfecting performance' on her way back from work on the train. So engrossed in fact that she neglected to notice she had gone past her stop until 2 stations later. Extra running training.

Consternation at the committee meeting over "crop top" requests from the juniors - with Dave"kitman" Appleyard declaring that it may just be easier to cut off their vest ,and then having to have the properties of lycra explained to him. Chris Schofield was trying hard to keep up with the new developments of kit, asking "...erm what actually is a 'crop top'?...and will it help me beat my Borrowdale PB?"

Warning - do not take up the offer of a trip to the new trampoline park with Adam unless you are under the age of 25 and extremely flexible in bouncing around. Poor old Peter tried to keep up with the Adam antics but was heard to declare 2 months later on the bus to Ireland "My back has not been right since"

It's been pretty quiet on the Lee Proctor front the last few months - however he did manage to somehow enter Black Combe as a vet 70…..we were looking forward to seeing how he faired in his new category however he obviously had other ideas as while everyone else was getting lost in the mist he was busy impersonating bambi on the nursery slopes in the Alps!

Ali got a lift back from Elterwater with Dave then outside her front door had the pretty usual tipping out of bags to find her keys. Except this time they really weren't there. Dave kindly returned to help but they weren't in the car either. Whilst looking for easy ways to break into the house, Ali also happened to mention that they were actually Rick's keys as he had borrowed her car for the weekend. Turns out Gary had held up the lost keys at the start of the race and somehow Ali had totally missed this - (" in the zone" /chatting). Thanks to Amanda Burrow for coming to the rescue!

Stop press!! Late entry from Rick who having tweeted about 'colour co-ordination' of his cycling attire and bike managed to ride the whole Fred Whitton before realising that his shorts were actually on inside out!

ARTS AND CULTURE

'The Lake District by Night' - A unique photography exhibition by Rod Ireland & Jonny Marchant. To be held at the Moot Hall, Keswick, Cumbria 24th - 29th August 2016



Black Combe English Championship Race.

Look what can be created when you get 200 fell runners, some gps devices, 5m visibility in the clag and final-summit-to-finish fever. The finish is at the bottom of the pic.



STRANGE BUT TRUE!





Celebrity Corner: The world's best known mountain runner and all round great bloke Kilian Jornet was recently in town. Helm Hill Runners Jenny Rice and Amy Slattery wasted no time in getting a snap with him. (Prontaprint do wall-sized prints from pics if you're interested girls).





Helm Hill Runners Jenny Rice and Catherine Niblock chat to a local with a bell... and a sword ...and a frilly shirt before the Great Day Out 10 miler at Askam.





Attention **HelmHill** gentlemen, ladies and juniors! by special arrangement, cars in club colours now available in M, S and XS!





Pic:Robbie Briton

After Zayn Malik left One Direction last year the Directioners have had a rough year. Tom's recently been on an Alpine retreat honing his guitar and singer-songwriting skills. Could Tom be just the answer to their troubles! What's that? They don't play any instruments so they don't need a guitarist? Pah.



Ever been to a mountain bothy and found anything other than a cold, damp, dark room with a few half-burned candles on the table and some out of date tins of peaches? Andy Thompson hit the jackpot on a cold and wet wintery run when he stumbled upon a full-blown cake-fest in a bothy! Looks like someone had a birthday party planned but couldn't make it.



Spring caption comp: Andy Thompson at Gran Canaria race.

Pets-with-matching-hair Corner





Autumn Caption :

"..so..Sam..ha!...I've been setting snares out all over the fells to catch them Borrowdale lads...what a neat trick eh?

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

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

Want to see something / contribute something?

Recipes/Misendeavours/Poetry……..

All suggestions / contributions welcome.

Send to: newsletter@helmhill.co.uk

Deadline: end of August

Pics

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

RacingSnakes: racingsnakes.com

Dobo: Fellrunner.net

Woodentops: Woodentops.org