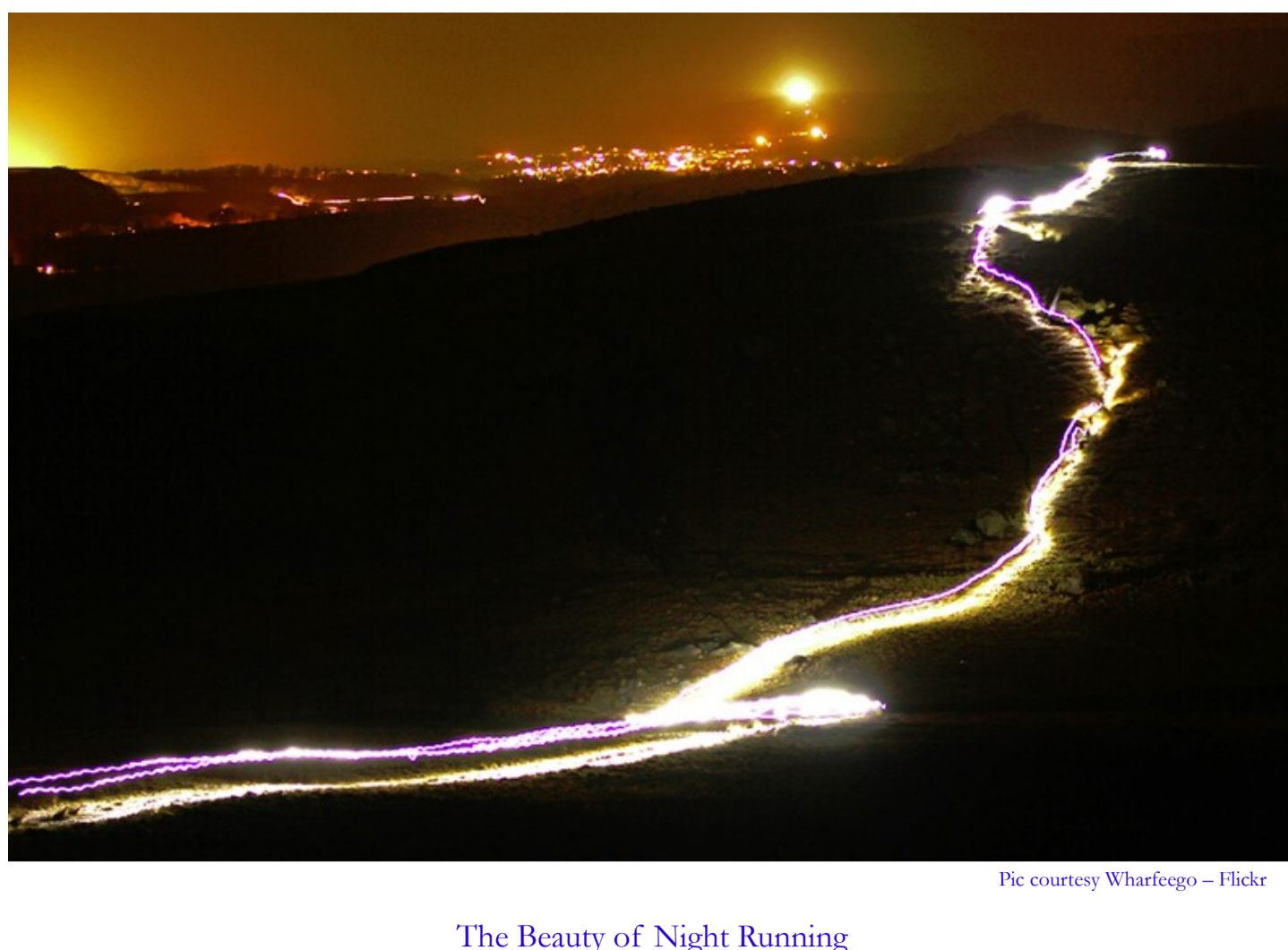


The Esker – Are you Out and Running?

Esk Valley Fell Club's Blog



Pic courtesy Wharfedale – Flickr

The Beauty of Night Running

Up and coming Racing/Training

Its the traditional winter break from the Winter series, so its training, training, training for a few weeks until the Danby Beacon on 12/02/2012. Time to take stock of your fitness, training running and racing aims for 2012. If you are new to night-time running or if your candle lamp is failing a tremendous value head torch the 'Gamma' is available from [Alpkit](#), (other head torches are available!), please bring kit on the head torch runs.

Sunday 12/02/2012 10.30hrs – **Danby Beacon** – 12km/360m – New Venue – Danby Moors Centre Car Park, Danby, North Yorkshire, GR 668104. £6.00 Enter on the Day no junior races. Race9 in the Winter Series and first race in the NECCA/NEHRA Fell Championships – [Link](#) – Please note the new venue, the race loop is the same only the start will be just south of checkpoint 4 on the race map, more details to follow.

Tuesday 14/02/2012 19.00hrs – Training – Bank Foot (park by the farm) approx. ½ mile east of Ingleby Greenhow.

Tuesday 21/02/2012 19.00hrs – Training - Maynards Nursery lay-by, ¼ mile south of Great Broughton on B1257, GR NZ 553052. Its the return of the hill reps!

Sunday 26/02/2012 10.30hrs – **Comondale Clart** – 8.3km/220m – Venue – Cleveland Inn, Comondale, nr Guisborough, GR 717084. £6.00 Enter on the Day no junior races. Race10 in the Winter Series.

Tuesday 28/02/2012 19.00hrs – Training – Black Swan Cross-Roads, Kirkby in Cleveland, approx 2 miles south of Stokesley.

Tuesday 06/03/2012 19.00hrs – Training – Tourist Information Car Park, High Green Great Ayton – Its that time again - Royal Oak P.H. afterwards for drinks and chips social.

Racing

Despite its absence from the FRA handbook, **High Cup Nick** is on, a tremendous race in the Northern Pennines, its 9.3 miles long with 1500' of climb details on the FRA calendar - [Link](#)

Results round-up

The festive period saw a trio of cracking races in the Winter Series, **Guisborough Woods** (27/12/11), **Captain Cooks Races** (01/01/12) and **Clay Bank East** (15/01/12), a combination of mild weather, bank holidays and an urge to hit the hills? Led to record turnouts in each event which meant that over 700 senior and junior runners competed across the three events. Esk Valley turned out in big numbers with a record 35 in the Woods and 25 plus in the other two events, we finished ladies teams in all the events and with the improving fitness of our members all Esk Valley Records were updated in each of the three races.

In exceptionally mild conditions, 200+ starters were at the 30 minute delayed start of the **Guisborough Woods** race. Held over a three lap course just above Guisborough, start too quick and the next two laps come back to bite.



Pic – Dave Aspin

Runners eager to sign on

The story at the head of the race was a three way tussle between a returning Paul Lowe (NYMAC) who went onto win the race, Jim Bulman (Unattached) gaining form in second and in the same time as Jim, Phil Sanderson (Northumberland Fell Runners) taking third. In the ladies race Cath Williamson (Loftus and Whitby) continued her active rest from cycling to place first lady in 22nd overall. Esk Valley's leading running was Joe Johnson (37th) – 45'37" (MO record), leading home the A-team to a 6th place finish with Dave Parker (41st) – 45'54" (M40, M45 record); Jamie Henderson (42nd) and Clive Thornton (51st) all beat the previous club record. Stuart Backhouse set a mens M50 record of 49'19" and Ian Harmer an M55 record of 57'41", Esk Valley B placed 11th.

Esk Valley ladies finished two teams in 4th and 8th respectively, Jane Heatherington led home in 55'45" (FO record), closely followed by Sally Buckworth in 55'56" (F40 record), third home was Alison Rolfe in 62'15" (F45 record), next in Natalie Berry, Louise Campbell and Clare Williams and a seventh for Good Luck Pat Tilley for an F50 record. To complete the record makeover Thomas Hodgson recorded a first time junior record. Full results on the site. **Eskers well done!**

Next up race 7 of the NEHRA/Esk Valley Fell Club/Northern Runner Winter Series and the opening round of the all new NEHRA Junior Fell Championships 2012, the **Captain Cooks Races**, A now traditional New Years Day favourite among North Eastern runners and festive holiday visitors. A record field saw 295 senior finishers and 25 juniors finishers.

It was a terrific race for the Eskers with victory in the team competition over rivals NYMAC, the B team came in 6th to consolidate their 3rd place in the competition. Cameron Taylor led home for Esk Valley placing 2nd overall, despite using all his guile in taking a surprise line off Cockshaw Hill and climbing ability on the Airey Holme Lane climb to try to steal a march on the experienced Jim Bulman (unattached), but Jim's superior flat speed on the run-in meant he took the overall. Sedgefield Harriers young racer and sometime series attendee took 3rd in a same time sprint finish with James Dunn (Unattached) in 4th.

Cameron set a club MO and MJ record of 35'38" was supported by good packing from his team mates with a good run from Joe Johnson in 13th, Matthew Trevelyan in 16th (visiting brother Jack (North Highland Harriers) placed 8th) and Simon Ashwell 26th.



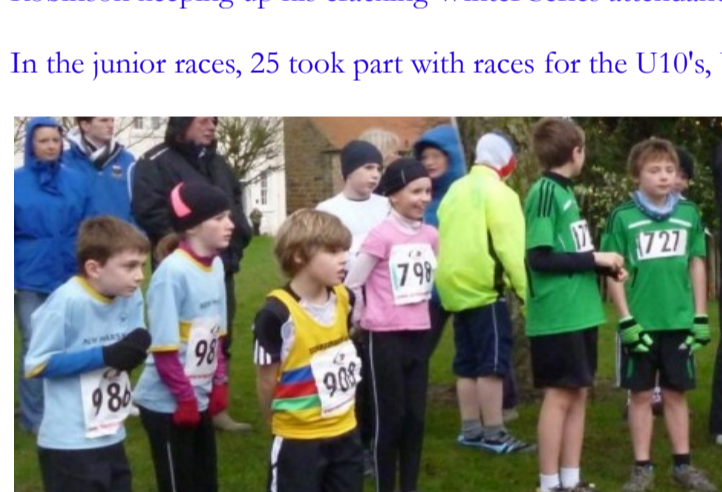
Pic courtesy Dave Aspin

Kendra White on the run-in

Cath Williamson (Loftus and Whitby) continued her good vein of form to take the ladies victory and place 13th overall in 36'22" just outside the ladies overall race record. For Esk Valley B, Simon Greenwell placed 30th in 38' 18", Clive Thornton 32nd for a new Club M40 and M45 record of 38'22", James Meadows 40th and Phil Meadows 65th (club MO record – 40'24"), to complete the rewriting of the records Bob Lillie claimed the M55 and M60 records in a time of 49'05.

Kendra White returned to a shorter distance for a change to place in the top half of the field in 133rd and new FO, F40 and F45 record of 44'27", supporting the A team to 3rd were Alison Rolfe and Gill Jones, we also placed a B team finish with Natalie Berry, Ruth Hodgson and Louise Campbell, with a seventh lady for good luck Katherine Brennan. The other Eskers to complete were Stuart Backhouse, Dave Dedman, Phil Conner, Sheldon Cockburn, Dan Prince, Adrian Martin, Colin Knapp back in the running, Chris Jamieson (80 odd races last year!) and Ian Robinson keeping up his cracking Winter Series attendance record.

In the junior races, 25 took part with races for the U10's, U12's, U14's and U16's



Pic courtesy Clare Hunter

U10's and U12's await their race start

Thanks must as always go to the organising team, the forecast sunny mild weather on the day turned out to be overcast with freezing rain, this made marshalling and finish recording very difficult, but all survived for **Clay Bank East** (15/01/2012).

The popularity of the Winter Series continued at **Clay bank East** (15/01/12), race 8 and Junior series race 2, with another record turnout and 170 finishers. Dave Aspin our usual photographer was away on Cross Country duties, but 3 photographs have surfaced, it would be great to receive any others.

A hard overnight frost turned conditions freezer box like, the icy blue tinge shown in the photographs giving the moon an eerie feel. The race was run off in a near record time, no doubt down to an excellent race long battle between Phil Sanderson (Northumberland Fell Runners) and Cameron Taylor (Esk Valley Fell Club), with Phil taking the race by a finger length in what could have been a dead-heat in 35'38" for both.



Pic courtesy of Jan Janiurek

Cameron Taylor and Phil Sanderson battle for the lead just above Jackson's Bank

It was really good to see a regular contingent from a diverse range of clubs attending, which is keeping the competition high right throughout the field. A Durham Fell Runner raiding party claimed the team prize with 4 finishers in top 11 (no argument a then), from West Yorkshire Pudsey and Bramley in second (four finishers in the top 18) and Esk Valley A in 3rd with Dave Smith 9th (M40 rec – 37'34") and some formation running in the 20's from Joe Johnson 21st (40'10"), Simon Greenwell 23rd. In the B's Esk valley came 6th, with Simon Ashwell leading home in 26th, Clive Thornton 34th (M45 rec – 41'47"), 42nd Matthew Trevalyan and 46th Keith Westerman.

There were 20 other Esk Valley finishers and its great to see that the faces and names are becoming familiar, testament to the joys of hill/fell running. So well done Jason Ellis, Phil Conner, Richard Clark, James Meadows, Dave Minchin, Phil Meadows (M50 EVFC rec 44'50") Dave Gibson, Chris Green, Neil Byron, Ian Johnston (M55 EVFC rec 51'17"), Mark Johnson, Ian Moody, Bob Lillie (M60 EVFC rec – 53'15"), Ian Johnston, Chris Jamieson, Craig Holifield, Jill Libby (Clean sweep EVFC recs), Ian Robinson (Winter complete set so-far), Jane Mahon and Ruth Hodgson.

Filey Flyer 23 (07/01/12) – Kendra White and Adrian Martin continued on their Ultra exploits at Filey in an LDWA event, completing the 23 miles in 3hr 49min and 3 hrs 52min respectively, you'll notice they left their warmdowns until the next day at the Old Monk's Race.

Old Monk's Race (08/01/12) – A Hartlepool Burn Road Harriers production, over a 5 mile multi-terrain event, spotted 6 Eskers in the results some incognito, first home in 97th was Cameron in 43' 16", closely followed by Sally Buckworth (100th) – 43'29", and Kendra White (103rd) – 43' 39", just outside the top half of the field Adrian Martin (123rd) – 45'35", and Alison Rolfe (132nd) – 46'19" with our 6th finisher from a field of 237, Louise Campbell (196th) – 52'39". Good runs all, not sure if it is a fixed route, so records may follow.

Regular events

Parkrun round-up – The Eskers have been out and about at the Parkrun's a terrific training aid, Alison Rolfe posted a Parkrun pb of 20'02" at the all new event at York racecourse #1 (14/01/12) its a fast flat course as its on the course service road, new lady member Sally Buckworth posted a pb of 21' 40" at Albert Parkrun #191 (21/01/12), the Blog just missed out on his summer 2010 pb by 2 seconds and Louise Campbell has been regularly attending at Albert Park and finally the summer should see the introduction of a Stewart's Parkrun.

NECCA/NEHRA – Senior and Veteran Fell Running Championships

This is a seven race series of fell races in the North Yorkshire to Northumberland area, with our own NEHRA sponsoring the veteran championships, to qualify for the series you complete up to four races, there are two in North Yorkshire, **Danby Beacon** (12/02/2012) and **Guisborough Moors** (15/04/2012), follow the [link](#) to the NFR website for full details.

Olympic film

For anyone who missed it last time, the Olympics are not only about sport there are all sorts of cultural events including a short film makers competition, click on the [Link](#) to see Fast Feet a short featuring junior fell running.

Next Time

Danby Beacon, Team champs, Club Champs and recce's for the spring.



Fell Pic courtesy Dave Aspin

clive@esksvalleyfellclub.org