



## Fairfield Horseshoe awaits!

pic – Clive Thornton

### So much to say

More British weather balminess, summer has arrived so enjoy. The fell racing has really sprung into life with racing all over the place so lets crack on.

## SUBSCRIPTIONS ARE DUE FOR 2012/13 - £10.00

### PAYMENTS TO DAVE PARRY

#### Racing/Training dates

- Tuesday 29/05/2012 19.00hrs – Training – Village Hall, Kildale, park in the lay-by opposite the village hall entering from the Stokesley direction.
- Wednesday 30/05/2012 19.15hrs – **Ossy Oiks 2012** – 8.5km/5.3miles – Venue – Church, Ingleby Cross, just off the A172 on east side of road from Ingleby Cross village. GR NZ 452003. £6.00 on day, minimum age 16 (course shortened from advertised 11km) teams, FM16 Cat only. This is the third race in the Esk Valley/Northern Runner/NEHRA Summer Series and Club Championship Counter. Race map on Esk Valley website.
- Tuesday 05/06/2012 19.00hrs – Training – High Green Car Park, Great Ayton, GR - NZ 563107. Its the school hols and jubilee bank holiday, so decide for yourselves if you want a social, but I suggest we delay social until 12/06/2012.
- Wednesday 06/06/2012 19.15hrs – **Broughton Woods Wobble** – AS. 7.3km/4.6ml – 372m/1200' – Venue - Clay Bank Car Park, 2miles south of Great Broughton, nr Stokesley, North Yorkshire GR512036. £6.00 on day, Juniors – FM16 category and teams. Be prepared with kit. This is a new event and Race 4 of the Esk Valley/Northern Runner/NEHRA Summer Series. New race map on website.
- Tuesday 12/06/2012 19.00hrs – Training – Black Horse P.H. Main Street, Swainby GR 476021, recce the new Whorlton Run route and have a drink in the pub afterwards.
- Tuesday 19/06/2012 19.00hrs – Training – Carlton Bank Top, south of Carlton-in-Cleveland GR NZ522031 start of the Carlton Challenge.
- Wednesday 20/06/2012 19.15hrs – **Whorlton Run 2012** – BS. 9.3km/427m – 5.7ml/1300' – Venue – Black Horse P. H. Main Street, Swainby, off A172 between Stokesley and Tontine (A19 jct.), GR 476021. £6.00 on the day, Juniors FM16 category only and teams. Be prepared with kit. This is race 5 in the Esk Valley / Northern Runner / NEHRA Summer Series. This race has been shortened to 9.3km compared to advertised distance, new race map on website soon.
- Tuesday 26/06/2012 19.00hrs – Training – Maynards Nursery lay-by, ¼ mile south of Great Broughton on B1257, GR NZ 553031.
- Wednesday 27/06/2012 19.15hrs – **Carlton Midsummer Meander** – BS 8.5km/320m – 5.3ml/1000' – Venue Carlton Bank top cafe Car Park, Carlton Bank, nr Carlton in Cleveland, nr Stokesley, North Yorkshire. £6.00 on the day, this race 6 in the Esk Valley \ Northern Runner \ NEHRA Summer Series and Club Championship Counter. Race map on website soon.
- Tuesday 03/07/2012 19.00hrs – Training – Tourist Information Centre Car Park, High Green, Great Ayton, GR NZ 562107, then head to the Royal Oak P.H. For a drink and chips social (around 20.45hrs).

#### Cleveland Way Relays

Its Cleveland Way Relay time of year, we haven't managed a team in this event yet, but has our time come, we need 16 runners including at least one lady, on Sunday 24<sup>th</sup> June. Let us know if you're available, leg lists will be available at the next few summer series races.

#### Advance Entries

**Hardmoors Series** – There are now 4 events in the Hardmoors series, 30, 60, 55 (half Cleveland Way) and 110 (full Cleveland Way). Link to website for the 60 & 110 [here](#).

**Borrowdale** – Entries to this iconic race open on 31<sup>st</sup> May, click this [link](#) for entry details, this race is for experienced fell runners only.

#### Winter Series Round-Up

The Winter Series rounded-off with the '**Gisborough Moors**' and the '**25<sup>th</sup> Anniversary Fox and Hounds Chase**'. In the **Moors** race there was a three way race long battle between Jim Bulman – New Marske Harriers, Cameron Taylor - Esk Valley Fell Club and Paul Butler of Loftus and Whitby, with Jim winning out in 81 minutes 58 seconds from Cameron by just over a minute and Paul coming in third a further 15 seconds back. The leading three showed their class on the day as the remainder of the field were at 4 minutes plus. In the ladies race Karen Robertson of Northumbrian Fell Runners claimed victory in 100 minutes 24 seconds from Kay Neesam – New Marske Harriers by a relative whisker of seconds!

The race had a hint of its usual sunny weather, but it was a four seasons in one kind of day, with the latter 3/4rd's of the field completing the race in a snow flurry, lovely.



Pic – Dave Aspin

In the team competition, NFR eased to victory with 4 finishers in the first nine (Charlie Stead, Gary Jones, Lee Bennett and Gareth Hunley), Loftus and Whitby were second, Esk Valley placed 4<sup>th</sup> (Cameron Taylor – 2<sup>nd</sup>, Paul Peacock – 29<sup>th</sup>, Jason Ellis - 34<sup>th</sup> and Phil Conner - 39<sup>th</sup>) and 8<sup>th</sup> (Dave Smith, Dominic Barry, Matt Trevelyan and Keith Westerman). For the ladies New Marske Harriers claimed victory (Kay Neesam, Shelli Gordon and Sharon Bulman), with Esk Valley in 6<sup>th</sup> (Gill Jones – 18<sup>th</sup>, Allison Rolfe - 27<sup>th</sup> and Louise Campbell – 31<sup>st</sup>), Beverley Eastwood was our 4<sup>th</sup> Esk Valley lady to finish.

In another great turnout for the 2011/12 Winter Series 225 competitors finished the race 29 from Esk Valley, the remaining EV finishers were; Clive Thornton, Scott Howard, Stuart Backhouse, Steven Potter and Chris Green (both preparing for the upcoming Three Peaks), James Meadows, Sheldon Cockburn, Ian Puckrin, David Minchin, Chris Jamieson, Geoff Wilson, Craig Hollifield, Ian Harmer (also Three Peaks), Ian Moody, Ian Robinson, Martin Hall and Chris Haswell. GREAT RUNNING ALL!

Final Race in the Esk Valley/Northern Runner/NEHRA Winter Series was the **25<sup>th</sup> Anniversary Fox and Hounds**, registration was very civilised in the Fox and Hounds who were tremendous hosts for after race refreshments and presentations. Runners were greeted with a torrential downpour, the more typical Winter Series weather put off a few with 74 runners making the results sheet, fortunately the rain eased for the start though there was a mizzle in the air and a breeze was noticeable on the tops. The Fox and Hounds is a deceptively tough race, with the difficulty in the terrain and heather bashing. In the men's race it was the runner-up spot for Cameron Taylor of Esk Valley Fell Club for the second race in succession, small consolation a new club record 63min 31sec, from West Yorkshire visitor, Ilkley Harrier's Tom Adams (63 min 15 sec), with Paul Butler 3<sup>rd</sup> of Loftus and Whitby. Caroline Lambert of Wetherby AC was victor in the ladies race from Nicola Kent – Loftus and Whitby and Kay Neesam – New Marske Harriers.

Esk Valley raced to victory in the men's team event, with (Cameron – 2<sup>nd</sup>, Clive Thornton – 11<sup>th</sup>, Richard Clark - 17<sup>th</sup> and Phil Conner – 18<sup>th</sup>), the B team claimed 4<sup>th</sup> (Keith Westerman, James Meadows, and off-course Joe Johnson and Jason Ellis (last race for Esk Valley as he transfers to closer to home Hartlepool Burn Road)). Esk Valley ladies earned a podium place in third, good running Allison Rolfe, Nicola Wiseman and Louise Campbell. The remaining two Eskers to finish were back in the running Sid Bollands and Chris Jamieson. The Fell Runner Association's Chairman – Graham Breeze representing Ilkley Harriers paid us a visit and was rewarded for his trip north with victory in the M65 category.

And that concludes the Winter Series for 2011/12, well done to all the record 624 male and record 188 ladies who competed.

Champion	Cameron Taylor – Esk Valley Fell Club	Kay Neesam – New Marske Harriers
Junior (U23)	Cameron Taylor – Esk Valley Fell Club	Charlotte Edge – Scarborough AC
Senior	Charlie Stead – NFR	Shelli Gordon – New Marske Harriers
V40	Dave Smith – Esk Valley Fell Club	Kay Neesam – New Marske Harriers
V45	Paul Butler – Loftus and Whitby	Denise Tunstall – Durham Fell Runners
V50	Anthony Harnett – NYMAC	Marie Drozdowicz - NFR
V55	Steve Smith – Ripon Runners	Sue Haslam – Scarborough AC
V60	Neil Scruton – Scarborough AC	Patricia Sherlock – Thirsk and Sowerby Maureen Gibbs - Unattached
V65	Mike Hetherton – Pickering RC	
V70	Ron Sherwood – New Marske Harriers	

In the team competitions;

	Male	Female
Champions	Esk Valley Fell Club 'A'	Pickering AC
Second	NYMAC 'A'	Esk Valley Fell Club 'A'
Third	Esk Valley Fell Club 'B'	New Marske Harriers 'A'

There were 20 different finishers in the Esk Valley Fell Club 'A' team (number of finishes) – Simon Ashwell 2, Stuart Backhouse 1, Dominic Barry 1, Richard Clark 2, Matthew Coleby 1, Phil Conner 4, Jason Ellis 2, Simon Greenwell 4, Andy Hardy 1, Jamie Henderson 3, Joe Johnson 7, Charlie Mason 1, Dave Parker 1, Paul Peacock 1, Mike Quinn 3, James Silk 1, Dave Smith 6, Cameron Taylor 12, Clive Thornton 2, Matthew Trevelyan 1.

The 25 finishers in the third placed 'B' team were; Simon Ashwell 1, Dominic Barry 3, Stuart Backhouse 3, Neil Byron 1, Richard Clark 2, Matthew Coleby 1, Phil Conner 4, Dave Dedman 2, Jason Ellis 3, Carl Forbes 1, Dave Gibson 2, Simon Greenwell 1, Scott Howard 2, Joe Johnson 2, Ben Jones 1, Andrew Lake 1, James Meadows 3, Paul Peacock 1, Mike Quinn 3, Dave Smith 1, Brian Stallwood 2, Clive Thornton 4, Matthew Trevelyan 4, Keith Westerman 6, Sam Williams 1.

The ladies team performed excellently placing 2<sup>nd</sup>, the 11 finishers were; Natalie Berry 1, Louise Campbell 8, Lorna Goodchild 1, Jane Heatherington 1, Ruth Hodgson 2, Gill Jones 6, Jenny Ows 1, Allison Rolfe 10, Kendra White 2, Clare Williams 2, Nicola Wiseman 1.

It is hoped that a team trophy will be awarded during the season, well done Esk Valley Fell Club, though no resting on your laurels!

#### Race Results

We are fortunate in North Yorkshire as we have an almost embarrassment of riches in the Winter and Summer Series races, so a race in never far away, however come March and April the fell and hill running season really springs into life country wide or rather Northern Britain wide, with the odd exception. Esk Valley's colour have been on show far and wide, I hope i've picked up most if not all of your exploits, but feel free to contribute and let me know if I've missed any.

The **Cleveland survival** (24/03/12) was held in a previously unused area of North Yorkshire, around Cold Kirby, Richard Clark returned to defend his crown, an Esker achieved the best time but on this occasion it was new member Andy Hardy, taking 4hrs 2mins to cover the marathon length course and Richard was second in 4hrs 16min. Kendra White who enjoys the longer events was 28<sup>th</sup> overall in a time of 5hrs 18min and Adrian Martin 37<sup>th</sup> in 5hrs 26min. **Helmsley** host a multi-terrain 10km+ event each year, there was a sprinkling of Eskers, best placed was new member Charlie Mason in a time of 37min 45sec for 7<sup>th</sup> spot, Matt Trevelyan ran in his Pickering RC colours as not fell race to 26<sup>th</sup> overall in 41min 59sec, Chris Green 52<sup>nd</sup> – 44min 29sec, Kendra White 121<sup>st</sup> – 49min 30 sec, equal with Allison Rolfe and Louise Campbell was 235<sup>th</sup> in 58min 10sec from a field of 305, good running all.

**Pendle Fell Race** (07/04/12) Chris Jamieson continued his race participation claiming 222<sup>nd</sup> place from a field of 259 and a time of 54min 55sec, for the record Robb Jebb working his way back to fitness won the event. One of the spring landmarks is the Lakeland duo of **Anniversary Waltz** and **Teenager with Altitude** (21/04/2012), both are based on courses around the Newland Valley and are popular with North Eastern runners, so competing can almost feel like a home race. Nine Eskers made the trip, four opted for the Teenager, a more recent race which at 15.5miles and 7500+ of climb is joyer for the mountain goats, which takes in Causey Pike, Outer Moor, Grasmoor, Whiteless Pike Newlands House, High Snockrigg, Robinson, Hindscarth, Dale Head, High Spout and Cat Bells.

Mike Quinn a relative Esk Valley newcomer, joined the club last year and after only a handful of races really enjoyed the longer events, with some focussed training and a winter of Tuesday night headtorch runs, he claimed an excellent 26<sup>th</sup> place in the Teenager from a field of 94, in a time of 3hrs 33min 30sec, behind winner Andrew Fallon who completed in 2hrs 54min 49sec. Mike claimed a new club record from our second finisher in the event Richard Clark, 68<sup>th</sup> overall in 4hrs 57min 55sec, two more Eskers completed the Teenager, Matt Trevelyan 81<sup>st</sup> – 4hrs 23min 16sec and Joe Johnson 82<sup>nd</sup> – 4hrs 27min 20sec. All terrific runs.

In the **Anniversary Waltz**, which covers 11.5miles and 3600' of climb takes in Robinson and the remainder of the Teenager. Still a tough race and to perform well competitors need to ready for the Lakeland terrain. The race was won by Carl Bell in 1hr 33m 46sec! First home for Esk Valley was Phil Conner well inside the top 100 at 77<sup>th</sup> in a time of 2h 11m 7sec, next up Dave Gibson inside the top half no mean feat at 137<sup>th</sup> – 2h 23m 40s. Stuart Backhouse continues his return to form with 144<sup>th</sup> in 2h 26 1s, next up new member Nicola Woodward in 2h 39m 17s and ladies record, with Chris Jamieson our 5<sup>th</sup> to finish at 247<sup>th</sup> – 2hrs 49m 11s from 289 finishers.

The Eskers were out in force at **Fairfield Horseshoe** (12/05/2012), based at Rydal Hall just near Ambleside, this classic ridge run is a great introduction to Lakeland fell running, navigation is fairly straightforward, but there is some route choice. The route takes in 8 Walkwrights each one an absolute joy, though the slurry pit in the first ½ mile was not (a farmers joke maybe?). Cameron Taylor made the trip and finished an excellent 7<sup>th</sup> in a club record 1 hr 24min 14 sec, a slight diversion into a bog was his major mishap of the day. Also making the trip were Joe Johnson finishing 69<sup>th</sup> in an excellent 1 hr 42min 31sec, next up Phil Conner also in the top 100 in 1hr 45min 26sec (89<sup>th</sup>), David Dedman - 108<sup>th</sup> 1hr 50min 6 sec, Clive Thornton - 151<sup>st</sup> – 1hr 57min 8sec, new member Andrew Mochrie - 229<sup>th</sup> 2hrs 11min 25sec and Chris Jamieson 232<sup>nd</sup> in 2hrs 12min 2sec from 291 finishers.

The **Three Peaks** (28/04/2012) is a 23 mile monster taking in three pennine peaks, Pen Y Gent, Whernside and Inglebrough, each hosts a fell race in its right. Entries closed a 1000 and some 750+ made it to the start including 4 Eskers. Our first finisher was Steven Potter, taking the steady starter approach really paid dividends in the latter stages as he made up many places to finish 273<sup>rd</sup> overall in a club record time of 4hrs 22min 56sec, Dave Gibson with the Anniversary Waltz still in his legs finished in 391<sup>st</sup> position in a time of 4hrs 38min 25sec, Chris Green was our third finisher in 4hrs 59min 59sec!

Richard Lindsay was our sole representative in the English Fell Championship race **Coledale Horseshoe** (14/04/12) in 305<sup>th</sup> place in a time of 1hr 50min 4sec.

Dave Gibson took in the British Championships fell race in Northern Ireland whilst on a work/holiday trip, **Slieve Bearnagh** (12/05/12) is a short but monstrous 7.9kms distance and 820m of climb, completed in a time of 1hr 20min 47sec for 100<sup>th</sup> position from 117 finishers.

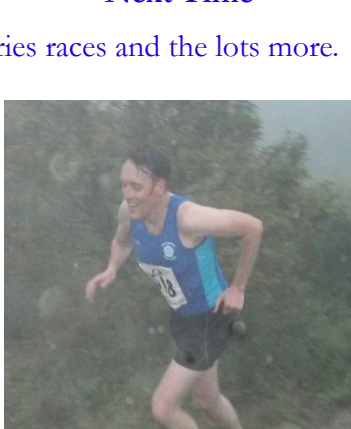
#### Albert and Locke parkrun round-up

This perhaps should become road running corner as our members spread their wings and compete on the black stuff, in that vein Dave Dedman completed the London Marathon in 4hrs 10min 55s, Allison Rolfe and Louise Campbell completed the old new Marathon of the North in 3hr 46min 30sec and 4hrs 44 37sec. Great runs all three.

On the parkrun front there is a new event at Locke Park in Redcar now up to event 5, Simon Greenwell now holds the Albert parkrun record with a cracking 17min 34 sec on the day he was fastest time. Allison and Louise are regular competitors at Albert Park and to press Sid Bollands holds the Locke Park record. A 5km run is a terrific training distance particularly for the shorter summer series races.

#### Next Time

Club Championships round-up, summer series races and the lots more.



Fell Pic courtesy Katie Thornton