

# The Esker – The May Mini (Mega next time)!

Esk Valley Fell Club's Blog



pic – Vagabondish

Ribbleshead Viaduct, the Three Peakers know all about this!

## So much to say

The British weather balminess continued and the final duo of Esk Valley/Northern Runner/NEHRA Winter series races were held in a true flourish of winter seasonality. Lots to say this time around, but I haven't got time to say it all, so just a mini and watch out for the Mega soon, as the Fell Season is breaking out all over with cracking races in the Pennines and Lakes and its great to see you'll running so many races!

## AGM/Presentation night

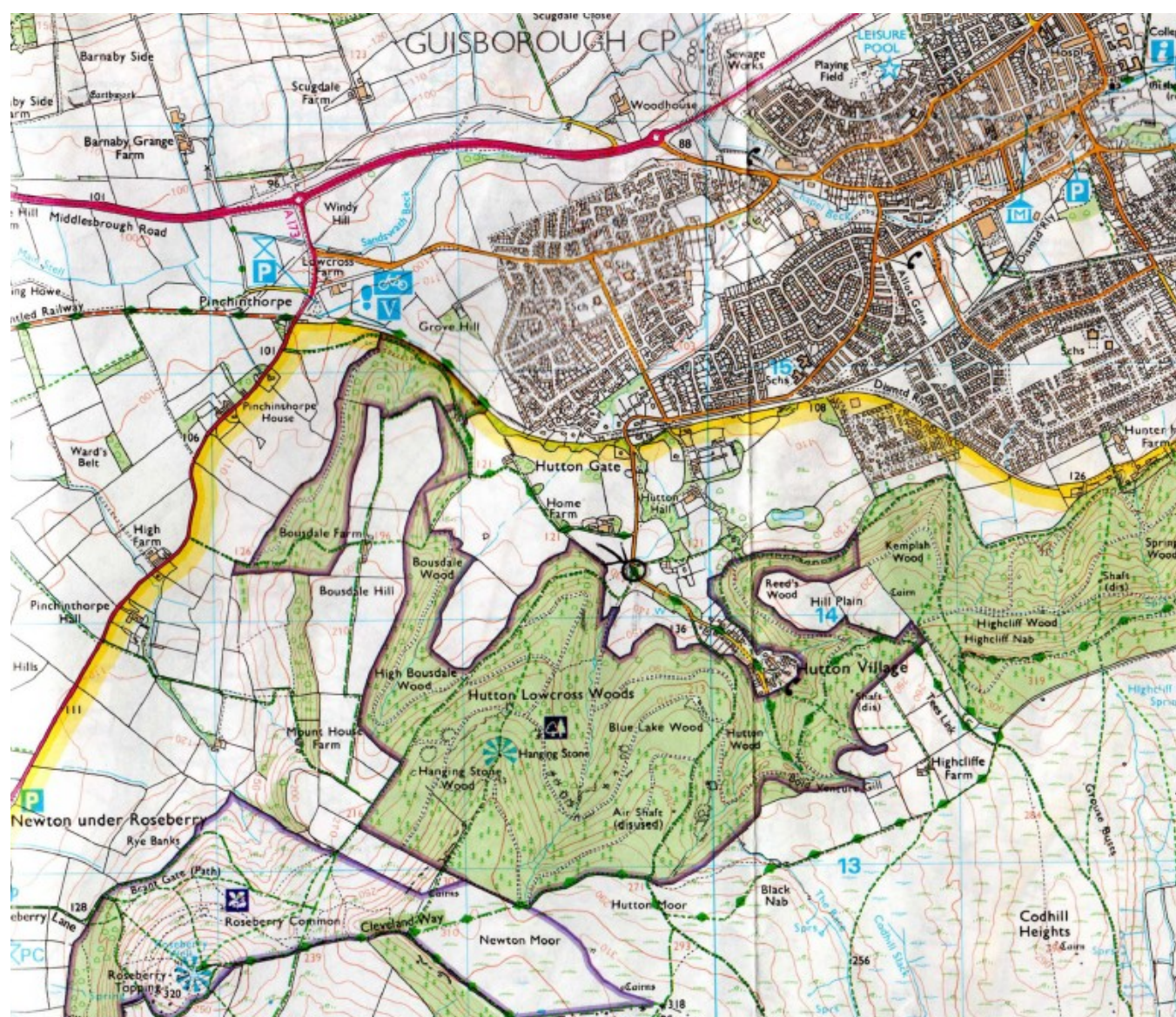
Don't forget the **AGM**, the date is **Tuesday 15<sup>th</sup> May** (not 8<sup>th</sup> May), its at the Downe Arms in Castleton, a return to our 2010 venue. The formalish bit starts at 8.00pm, food at 8.30pm with chat and presentation of Club Championship awards, please let Dave, Phil or myself know about food orders, a buffet is on offer for £4.00.

## Facebook

Catch up with all the breaking news on our Facebook page - [Link](#)

## Racing/Training dates

Tuesday **08/04/2012** 19.00hrs – Training – A return to Guisborough meet on the road to Hutton Village, on the bend about ½ mile from the Hutton Gate turn-off, GR NZ596142 see below centre of map.



Tuesday **15/05/2012** 19.30hrs for 20.00hrs start, **AGM/Presentation – Downe Arms**, Main Street, Castleton.

Wednesday **16/05/2012** 19.15hrs – **Levisham Limping** - 9.9km/6miles 330m/1070' – Venue - Lockton Village Hall, near Pickering GR 846900. £6.00 on day minimum age 16 (course shortened from advertised 11.6km) teams, be prepared with kit! No junior races. This is the second race in the Esk Valley/Northern Runner/NEHRA Summer Series.

Tuesday **22/05/2012** 19.00hrs – Training – Church, Ingleby Cross, start of Ossy Oiks race, just off A172, on east side of road, other side from Ingleby Cross village. GR NZ 452003. Recce of Ossy Oiks planned.

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** – 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, no junior races. This is the third race in the Esk Valley/Northern Runner/NEHRA Summer Series.

## 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, more details at the AGM and in the Mega.

## Advance Entries and New Races

**The Tees Trail Series** is back for 2012, its a 5 race series of 5km trail races for all abilities, a great introduction to off-road running and terrific midweek blast. First race of the series is on Wednesday 9<sup>th</sup> May 2012 all races start at 19.15hrs registration opens at 18.15 hrs, follow this link to the fixture list – [Link](#).

**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](#).

## Safety in Races

All Summer Series competitors are reminded of their safety obligations. The Fell Runners Association safety requirements for Fell Races rule 9 states:

Competitors should arrive at races prepared to carry any or all of the following equipment:-

- Windproof whole body cover
- Other body cover appropriate for the weather conditions. (i.e. Waterproof body cover)
- Map and compass suitable for navigating the course.
- Whistle
- Emergency Food (Long Races)

These requirements constitute 'best practice' and are mandatory at all Category A Long and Medium races. The Winter series fell races are held in sometimes remote locations, at a time of year when weather conditions can change rapidly and become adverse. So look after yourself in races and whilst training.

## Race Results

There have been some cracking races, Guisborough Moors, Fox and Hounds, Carlton Challenge, Three Peaks, Anniversary Waltz, Teenager with Altitude and more, full round-up very shortly in the May Mega!

## Next Time

A real catch-up of all that is fell running for North Yorkshire runners.



Fell Pic courtesy Katie Thornton

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