

The Esker – Summers Gone!

Esk Valley Fell Club's Blog



Pic courtesy Ghosthunter!

Cold Moor Forest

Racing/Training

Its time to find the head torch, Summer has drizzled into Autumn, the nights are drawing in and the NEHRA/Esk Valley Fell Club/Northern Runner Winter Series is nearly upon us. So dig out the cooler weather gear and head torch and join the Tuesday training nights. For anyone 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!).

Tuesday **13/09/2011** 19.00hrs – Training – Black Swan X-Roads, Kirkby in Cleveland – Route in the area of the Viking Chase 4 Peaks race.

Tuesday **20/09/2011** 19.00hrs – Training – Maynards Nursery lay-by on B1257 approx. 1/3rd mile south of Great Broughton – Route towards Round Hill, high point of the North Yorks Moors.

Sunday **25/09/2011** 10.40hrs – [Viking Chase 4 Peaks](#) – Winter Series event 1, English Junior Fell Champs counter and Club Championship race 12.

Tuesday **27/09/2011** 19.00hrs – Training – Bank Foot (park by the farm) approx. 1/2 mile west of Ingleby Greenhow – Test your climbing legs on the incline.

Tuesday **04/10/2011** 19.00hrs – Training – Tourist Information Car Park, High Green Great Ayton – Royal Oak P.H. Afterwards for drinks and chips social.

Advance Entries

[Langdale Horseshoe](#) – Saturday 08/10/2011 – 11.00hrs - 14m/4000' Final event in the Lakeland Classic Trophy, entries are limited so advance entries [here](#).

[27th Pathfinder 25 Challenge](#) (15 or 25 mls) – Saturday 08/10/2011 - 09.00hrs Runners, 09.10hrs – Walkers – 10hrs to complete a 15 mile or 25 mile course around the North Yorkshire Moors, start point at Ravensgill Scout Camp [Commondale](#). All in aid of the 25th Middlesbrough Scout Group, see [website](#) for details and advance entry form. Mike McGough holds EVFC record of 2 hrs 16 min (2010). Don't forget to check the kit list. Refreshments available on the course and a cooked meal at the finish.

Event News

A exciting new running series for junior runners next year is the **NEHRA Junior Fell Running Championships 2012** (supported by Esk Valley Fell Club and Northern Runner), this will be a 6 from 12 event series running throughout 2012 with Overall, U12 (11 and over), U14, U16 and U18 categories for boys and girls. The Championship race details and fixtures will be on the website, the series opens with the Captain Cooks Race on new years day followed by Clay Bank East on 15/01/2012.

The **Winter Series 2011/12** events have now been finalised and the series details and fixture list are now on the [website](#), watch out for the 2012 fell calendar and thinking caps on for 2012 Club Championships race nominations.

Saunders Lakeland Mountain Marathon (report by David Gibson)

(02/07/2011) It was a hot weekend with barely a cloud in the sky. The events centre was based in Langdale. I was entered in the Kirkfell class. On the first day they had us racing over the Langdale Pikes, Bowfell, Allen Craggs, Glaramara, Ulscarf and pitching up at Thirlmere for the mid camp. Every stream crossed was used to fill water bottles and a number of teams had 12 hour days.

We came in in just over 8 hours and a 37th placing. After a few beers and an good nights sleep we had to return to Langdale again over the Pikes then up Crinkle crags, round Pike O Blisco and then finally Lingmell to finish 35th out 104 starters in our category. (only 42 teams actually finished). The general consensus was the course was very tough this time and the hot weather contributed to this high rate of drop outs. I would encourage anyone who has experience of the fells to think about doing a mountain marathon just for the feeling of relief when you have finished and you know you don't have to do it again (until next time!).

Thanks David.

Lakeland and other Results

Ennerdale Horseshoe (04/06/2011) – Richard Clark returned to his favoured Lakeland terrain finishing this years event in 5h 38m 17s and 57th position. One of our only English Fell Championships entrants, Chris Jamieson competed the **Loughrigg and Silverhowe Chase** (26/06/2011) a tough little 8.5ml/2530' in 2h 27m 33s.

Joe Williams made the trip north to complete the **Chevy Chase** (02/07/11) a 20 mile/4000' monster set in the Cheviots just shy of the Scottish Border, Joe finished 98th in 4h 28m 41s from 163 finishers. A bit closer to home the excellently organised **Osmotherley Phoenix** was run off in sunny conditions, Mike McGough completed the 17 mile event placing a terrific 6th in a time of 2h 49m. Joe Johnson preferred the middle distance 26 mile event placing 3rd in 4h 4m, brill!

Andy Lake has obviously been putting in the miles with two excellent results, **Hathersage Gala** (04/07/11) – 4.5m/1000' placing 22 from 243 finishers in a time of 35m 11s, he then travelled to the Dales to compete in **Ingleborough** 7m/2000' - (16/07/11) where he finished 26th in a time of 58m 47s from 207 finishers, top results!

Richard Clark continued the Lakeland Classic Trophy events over at **Wasdale** 21m/9000' - (09/07/11) of Lakeland joy taking in Scarfell Pike amongst others, Rich placed 85th from 140 finishers in a time of 5h 41m 56s.

Back to the Lakes and **Kentmere** - 11.9m/3300' -(17/07/2011), five Eskers made the trip for the Club Champs counter, Joe Johnson had an excellent race finishing in 27th position from 168 to complete, in a new club record time of 1hr 50m 38s. Next up was Mick McGough in 74th and 2h 4min 58s, followed by Phil Conner (102nd) in 2h 15m 9s with Dave Gibson snapping up more club points in 144th in a time of 2h 29m 4s and no results set would be complete with him, Chris Jamieson coming in 158th and 2h 50m 25s. Terrific results everyone.

Borrowdale (06/08/11) 17m/6500' – The day didn't start out too well, torrential rain as we drove along the A66, arriving at the Rothwithe and the start, the rain had slowed to a drizzle and the clouds were lifting. Five Eskers in this one, Richard Clark, Joe Johnson, Stuart Backhouse, Phil Conner and Chris Jamieson, with Dave Dedman and Clive Thornton along for the ride to support and spectate.

By the time Davo and I had reached Honister Slate mine and the comfort of a mug of tea and mars bar cake the cloud had lifted and the rain all but gone. Great Gable was the target via Grey Knotts, Brandeth and Green Gable. Visibility was terrific on GG, the dots who could just about be seen busying themselves down the Corridor Route came into sharp focus as they climbed Great Gable, six of Britain's fell running elite quickly passed.

Down on Green Gable first Richard Clark, then Joe Johnson (not on a good one that day) next Phil Conner, we headed back towards Honister, leading the later runners through the maze of false summits that is Grey Knotts. Stuart Backhouse caught us on the way down to the mine, we waited for Chris but to no avail he was timed out earlier in the race. A terrific day out and some good results; Richard - 127th – 4h 17m 22s; Joe - 172nd – 4h 30m 46s; Phil - 175th – 4h 32m 24s and Stuart - 229th – 4h 54m 23s; 317 finishers. Some tremendous [pics](#) including Rich on the FRA website and follow to Wharfee's page for more.

Hanging Stone Leap (13/08/11) – Four Eskers took up the challenge of this LDWA event, with two routes available around the North Yorkshire Moors. Richard Lindsay upheld Esk Valley honour finishing second in the shorter 13 mile event in a time of 1 hr 53m and just missing out on overall victory. Improving Junior Thomas Hodgson finished in 5th in 2h 19m to post an EVFC junior record for the event. The longer version of the event is 24 miles, Chris Jamieson placed 27th in 5hr 5m, Stuart Backhouse also completed the event with his wife as walkers in 6h 23m and 47th place, anything but slow! Next years event is on 4th August 2012 well worth supporting.

Next Time

And coming soon a summer series review and winter series preview.



Fell Pic courtesy Katie Thornton

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