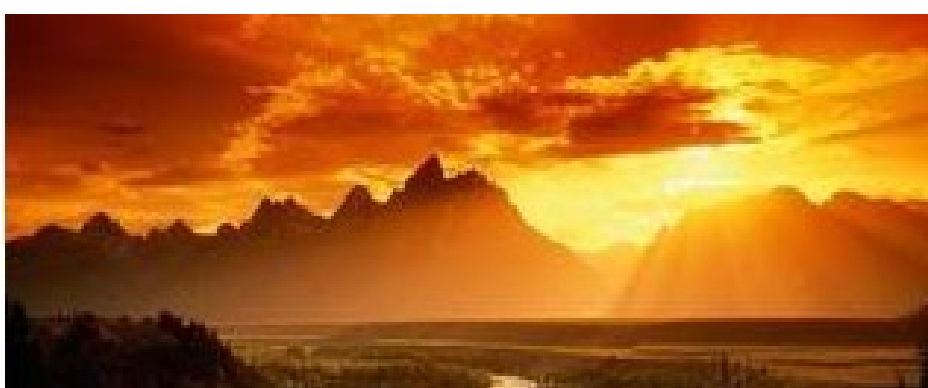


# The Esker – Summertime 1

Esk Valley Fell Club's Blog



## Training

Tuesday 07/06/2011 19.00hrs – Training - Whorlton Recce, Black Horse, Swainby

Tuesday 14/06/2011 19.15hrs – Whorlton Run, Black Horse, Swainby – Summer series no.5

Tuesday 21/06/2011 19.00hrs – Training – Kirkby-in-Cleveland (Black Swan X-roads)

Tuesday 28/06/2011 19.15hrs – Maybeck Three Crosses, (6 miles south of Whitby) – Summer Series no.6

## Results/News

**Fairfield Horseshoe** (14/05/11) – Four Eskers made the trip to Rydal Hall for one of the top fell races of the year. After a nip and tuck battle to about the 7mile point, Dove Crag, Mike McGough (1.48.36 - 97<sup>th</sup>) descended well to win the Esk Valley battle from Clive Thornton (1.52.18 – 118<sup>th</sup>). In his first Lakeland race ever Richard Lindsay enjoyed the experience to finish in a terrific time of 2.01.29 for the 10 miles distance and 3000' of climb. Fourth man home our most prolific racer Chris Jamieson on another double header weekend, finishing in 2.24.33 and 280<sup>th</sup> position from around 300 finishers.

**Albert Park Run** (5km/3.1m)– Ignore the running surface, this is terrific training, five Eskers have competed in the event (9.00am every Saturday Albert Park, plus numerous other locations in the UK and the world) – Register the day before you run at latest). Dave McNamee set a pb in his second run and an M50 club record – 20.36 (14/05/11). Kendra White back in the running set a ladies record 22.01 (16/04/11), though not a pb, Adrian Martin set a pb of 22.26 (23/04/11).

**Tees Trail Race** (19/05/11) (5km or thereabouts) – Event 2 was held at the new Middlesbrough Cycling Circuit, at Prissick Base in Middlesbrough, a 1km lap at the start and finish of the event sandwiched 3km-ish of parkland running. Two Esk Valley competitors this time, Ben Jones had a good run to finish 28<sup>th</sup> and Jill Libby finished 71<sup>st</sup> from 156 finishers. Next up is Event 3 at the Pinchinthorpe visitor centre, good course possibilities.

**Fox and Hounds Chase** (17/05/11) – Looking for a third win on the bounce, Esk Valley were oh so close. Now well into its 30's the Chase is one of the classic summer series races and this year was no exception. Paul Butler returning from injury took the overall victory after sprinting away from his rivals at the start and was never caught. Simon Greenwell was first Esk Valley finisher, bettering his 9<sup>th</sup> place in Carlton Challenge, this time finishing an excellent 4<sup>th</sup> position and new club record of 69m 38s. Cameron Taylor continued his rich vein of form to follow up his Levisham win with a tremendous 7<sup>th</sup> position.

In the team competition it was oh so close with the top three teams separated by four points, NYMAC just pipped Esk Valley by a point, for the Eskers Paul Peacock continued his good run with a 23<sup>rd</sup> overall and new M45 record and Richard Clark in 30<sup>th</sup> completed the 'A' team quartet. Nine Esk Valley competitors made the trip, so further down the field on 'B' team duties, Phil Conner returned to local racing action, placing just inside the top half of the field in 38<sup>th</sup>, John Burghope 43<sup>rd</sup>, Andrew Johnson back to regular competition in 50<sup>th</sup> and Dave Gibson 60<sup>th</sup> to take the team to 8<sup>th</sup> overall. New member this season Martin Hunt came in 81<sup>st</sup> from a field of 83.

**Ossy Oiks** (31/05/11) – A new course for this years incarnation of the Ossy, and what a terrific race. With the potential for keen parking enforcement of overspill parking on the verges, Dave took the decision to change the race route.

The outward leg started with a mile and half climb to the telephone masts from the Church in Ingleby Cross, then followed a roller-coaster descent and climb to the top of Cod Beck forest, with no time to ease up the roller-coaster ride continued back to the masts. It was then anyway back down, the routes appeared to be many and varied, with an advantage for those who had taken the time to recce the course or who had honed their descending skills.



In the inaugural running of this route, a bloodied Paul Butler of Loftus and Whitby was first home in a course record of 46m 12s. For Esk Valley Cameron Taylor and Simon Greenwell fought out a race long battle with victory for Cameron just, by a second in a club record of 49s 10s for 5<sup>th</sup> overall and Simon placing 6<sup>th</sup> in 49m 11s and continuing his great form.

In another excellent team battle, this time a fourway tussle, it was Loftus and Whitby's turn to take the victory from NYMAC in 2<sup>nd</sup> Esk Valley in 3<sup>rd</sup> and visitors Northumberland Fell Runners in 4<sup>th</sup>. In a good night for the Eskers our 'B' team placed 5<sup>th</sup>.

Backing up Cameron and Simon in the team competition, next home was Clive Thornton in 16<sup>th</sup> and M40/M45 record of 53m 30s for the 6.5 mile course (longer for some), just pipping Andrew Bennett again by a second in 17<sup>th</sup>. Leading the 'B' team to 5<sup>th</sup>, new member Michael Quinn, in a terrific 19<sup>th</sup> (53m 43s) paying for for his fast start in the latter stages. In the women's race, no Eskers but Katy Rawnsley of Scarborough AC set the women's overall record in 20<sup>th</sup> of 53m 45s.

The remainder of the 'B' squad all placed in the top half of the 80 runner field, Richard Lindsay benefiting from his Lakeland visit (33<sup>rd</sup>), Andrew Johnson (35<sup>th</sup>) and David Gibson (39<sup>th</sup>). New member Daniel Best had a good first run-out in 51<sup>st</sup>, the improving Martin Hunt placed 68<sup>th</sup>, Chris Jamieson 69<sup>th</sup> and making up the Esk Valley 12, Ian Robinson in 70<sup>th</sup> place.

## Something new



Running, Running, Running can be a bit harsh on the legs, so for something a little different why not try **Mountain Bike Orienteering**. There are two series locally of these terrific events **NYMBO** – North Yorkshire/Wolds and **NEMBOS** – North Eastern; The next event (3 hours) is in the NEMBOS series on a course based on the Guisborough Moors, registration (11.30 – 12.45) and start (12.00 – 13.00) is at the former Christmas tree sales area above Hutton Village on Saturday 11<sup>th</sup> June 2011.

Essentially you have 3 -5 hours (event dependent) to navigate your way on mountain bike to as many checkpoints within the event time limit, there are 30 CP's each with a points allocation between 5 and 30. Try to pick the optimum route to bag as many points as possible within the time limit, though points are lost at an accelerating rate for each minute over the time limit. Check out the website for full details, event entry, registration, hints and tips.

## Subs reminder, Kit and Course Markers

Subs were due at the beginning of April each year, if you haven't renewed please contact Dave Parry, they are great value having been reduced to £7 at the AGM. We have a new stock of club vests, so contact Dave Parry or see him at the next event. Dave is looking for course markers for the Gribdale Gallop and Guisborough grunt.

## Borrowdale recce

A Borrowdale recce is being planned for later in the month, Phil Conner and Mike McGough are planning a trip across to the Lakes, see contacts page, this is almost a must for anyone thinking about one of the tougher mile for mile fell races of the year.

## Advance Entries

**Osmotherley Phoenix** – 09.00hrs – 02/07/2011 - 17m/2000'; 26m/3500' or 33m/4000', entries, Osmotherley. You will need to be quick, entries limited now.

**Hanging Stone Leap** – 08.30hrs – 13/08/2011 – LDWA – 13m or 24m, Run or Walk – G'Boro Rugby Club.

## Up and Coming

**Tees Trail Race** – 19.15hrs – **09/06/2011** – 5km – Visitor Centre, Pinchinthorpe – Registration from 18.30hrs £3 affiliated clubs (that's us), £5 unaffiliated. Race 3 of 5. Could have some hills this one, won't be anything too severe. <http://www.teestrailraces.org/>

**Whorlton Run** – 19.15hrs – **14/06/2011** – 7m/1080' – Black Horse, Main Street, Swainby – Enter on day only £6.00 – No Junior races – Summer Series round 5.

**Maybeck Three Crosses** – 19.15hrs – **28/06/2011** – 6m (nearer 7m?)/800' – Maybeck Car Park, 6miles south of Whitby – Enter on day only £6.00 – No Junior races – Summer Series round 6.



Fell Pics courtesy Dave Aspin

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