

The Esker – January 2011 - In with the New!

The First Word

So where are you running in 2011? With 532 races in the Fell Runners Association calendar 2011, the BoFRA series, Long Distance Walking Association events, the expanded Hardmoors Series, the various ultra-marathons, trail races, multi-discipline adventure races and cross country events there are plenty of choices.

Membership of Esk Valley has really boomed in the second half of 2010 and with so much to run on offer, setting targets can be tricky. There is no better place to start than the **Club Championships 2011**. This year based on 6 best results from 14 event series format, the aims of the championship this season are to be more inclusive and to encourage running in new terrain.

Fell running isn't just about our winter and summer series events, if you love fell and hill running and haven't run in the Lakes, Dales and Pennines you are missing at real treat.

Club Championships 2011

In this years club championship for those who struggle to race out of area (lifts are generally available to races further afield) there are 8 races from the winter and summer series, of varying difficulty, length and climb. We have also includes 6 races based in the Dales, Northern Pennines and the Lakes, 2 classic longs and 4 mediums each with a different flavour.

First up is **High Cup Nick**, only a short hop away on the A66, this runnable 9 mile medium race is based on the High Cup Gill and Nick, an early awayday to take advantage of your early New Year enthusiasm. Next up is **Coledale Horseshoe**, another medium 9 miles, double the climb of HCN and a testing Lakeland fell race that takes in Grisedale Tarn and Crag Hill, pre-enter to guarantee your place in the race. First of the two longs is next, the **Three Peaks**, a 23 mile dales race with climbs of Pen Y Gent, Inglebrough and Whernside, guaranteed entries are now closed, but you can put your name down on the wait list and substitutions are available. 8 Eskers are on the start list so far; Mark Brown, Phil Conner, Dave Dedman, David Gibson, Christopher Green, Kevin Holmes, Mike McGough and Clive Thornton.

Fairfield Horseshoe is the fourth out of area race, another medium, its 10 miles really, one of the best races of the year, classic ridge run to Fairfield and back, taking in 8 Wainwrights on the way. Next is **Kentmere**, just shy of 12 miles this is just a medium, 'A' rated like Coledale and Fairfield, its just an enjoyable day out taking in High Street and Kentmere. Last of the club champs away days is **Borrowdale**, mile for mile one of the toughest, with a rough that includes the summits of; Bessy Boot, Scafell Pike, Great Gable and Dalehead. Fell racing experience is needed for this event, but a true classic.

Club Championships 2010 – The results

The postponement of Eskdale Eureka and substitution of Guisborough Woods or Captain Cooks, meant a delay in the tallying of the final points in the 2010 championship, so the results are:

<u>Overall Club Champion</u>	Dave Collett	2 nd = Dave Dedman and Clive Thornton	
Junior Club Champion	Cameron Taylor	2 nd Thomas Hodgson	3 rd Jake Harrison
M40 Club Champion	Phil Conner	2 nd Dave Dedman	3 rd Clive Thornton
M50 Club Champion	Dave Collett	2 nd Andrew Johnson	3 rd Bob Lillie

Well done to the Champions, podium finishers and all who competed, prize and social night to be arranged soon and here's to the 2011 championship.

What else

So what else are we up to in 2011, after a terrific first year in the Lakeland Classics Trophy, we again hope to be tackling, Duddon, Ennerdale, Wasdale, Borrowdale, Three Shires and Langdale. These 6 races are a true test of fell running ability.

Team events, there a number of relay events, the first the Pennine relay is this weekend, that's one for 2012, but locally there is the Cleveland Way relay on the last Sunday in June, and in October the Ian Hodgson Relay based in the Lakes and the UKA British Relay Championships this year based in the Yorkshire Dales.

Training

The **Tuesday** night head-torch runs are becoming well attended, each month they are based on a different meet point, usually close to a pub so we can include a social once or twice a month, February meet is High Green Car Park in the centre of Great Ayton, proximity of The Royal Oak public house. Set-off time is 7pm, for a 7-9mile group run.

Sunday group runs are usually held on the race free weekends, meet time is 1.00-1.30pm at the set-off point; we'll usually recce an up and coming race, distance is 10 – 12 miles could increase depending on training target. There are races on 3 of the next 5 weekends, so details on the Sunday runs to follow.

Results

Captain Cook's Race (01/01/11) – First race of 2011, the traditional blow the cobwebs away start to the New Year, with a tremendous turnout of 200+ and £1400 for charity. Paul Lowe of NYMAC took the honours, first Esker in a new club record time was Cameron Taylor (7th) in 36m 25s, backing up well in 18th was Simon Ashwell, followed by Mike McGough (49th) with a new club M40 record of 40s 52s, next year for sub-40? and taking Esk Valley to 3rd in the team standings Phil Conner (57th). Next home Clive Thornton (59th) and new club M45 record – 41m 29s, then Dave Dedman (73rd), Mark Brown (97th), Dave Gibson (120th), Junior Tom Hodgson in 160th and Ian Robinson (184th).

Elsewhere on New Years Day, Kevin Holmes finished 4th, unluckily just out of the podium places, in a new event the **Hardmoors 30**, a circular route course based on Ravenscar and Whitby in a cracking time of 5 hours 2 minutes. If you fancy some mid to long races then Kevin is looking to compete in the following races in the lead up to the Three Peaks, Mickledon straddle 06/02/11 – 14mls, Wadsworth Trog 12/02/11 – 20mls, Haworth Hobble 12/03/11 – 33mls! and Calderdale Hike – 09/04/11 36mls or 27mls.

The 27th and last **Wheeldale Tandem** was held on 08/01/11, the 28 mile event organised by the Long Distance Walkers Association is based on the Goathland/Grosmont area, pairs start out on their own and meet up part way round to complete. Eskers Richard Clark and Phil Conner finished 7th in the pairs event in a time of 5h 12m, Kendra White and Adrian Martin came in 21st in 6h 37m. Stuart Backhouse was first of the single competitors in a time of 5h 39m. Well done all in some of the worst conditions ever for the tandem.

The Cleveland branch of the LDWA hold their other challenge event **Hanging Stone leap** (24mls or 13mls) on Saturday 13th August, Mike McGough defends his 13mile title.

Another event postponed from December was held on 09/01/11, the **Open Adventure 5 hour**, based on Sutton Bank. The Open Adventure 5 is a run/bike orienteering event, two Eskers completed, David Gibson in 36th and Jonathan Guest in 48th. The Open Adventure series runs for a few more months, and then it's the summer and 24 hour event, check out our web links page for further details.

Clay Bank East (09/01/11) – Coming in quick succession to Captain Cooks, 105 hardy souls braved the icy conditions, with nearly half the course under snow and sometimes ice the holding of the event was in the balance. Durham Fell Runners did a clean sweep of the podiums places, with Duncan Archer taking the win, an 8th position counter meant Durham eased to a victory in the team event. Cameron Taylor again placed best of the 13 Esk Valley competitors, taking a terrific 4th position in a new club record of 41m 48s, well done! Esk Valley again took 3rd in the team competition just beaten by NYMAC; Joseph Johnson was next in 14th, followed by Huw Lippiatt (17th) and Simon Ashwell (20th). Taking the team to a 6th place finish as well, new member Dean Stockwell (34th), Richard Lindsay (43rd), Bob Lillie (53rd) in new club M55 record 53m 01s and Joe Williams (58th). Other Eskers to complete the event, Ian Harmer (59th), Vince Stockwell (68th), John Williams (72nd), Ian Robinson (93rd) and the prolific Chris Jamieson in (94th).

Further afield Chris Jamieson competed in the Northumbrian **Simonside Cairns** race on 16/01/11, finishing the 11m/1420' event in 2h 22m 26s.

Up and Coming Events

SUN 30 JAN 2011 – ESKDALE EUREKA – BM – 10.30am – 9.4m/1300' – Registration: Eskdale Hotel, Castleton, (bottom of the hill), GR 684084, £6.00 enter on day. Kit compulsory. Now the 8th Northern runner/NEHRA/Esk Valley winter series counter. Amended route see the website, drink in the Eskdale after.

SUN 13 FEB 2011 – CASTLETON BEACON – BM – 10.30am – 8m/1100' – Venue: Eskdale Hotel, Bottom of the Hill, Castleton, North Yorkshire, GR 684084, £6.00 enter on day. Kit compulsory. Now the 9th Northern runner/NEHRA/Esk Valley winter series counter. 9th counter in the Northern Runner/NEHRA/Esk Valley Winter series and 1st Club Championships counter, drink in the Eskdale after.

SAT 26 FEB 2011 – HIGH CUP NICK – BM – 2.00pm – 9m/1500' – Venue: Dufton Village Hall, Dufton, Northern Pennines, Cumbria. GR 688252 £5.00 enter on the day includes soup and roll. Junior trail races from 1.00pm U8 to U14. 2nd Club Championships counter and bonus points on offer this time.

SUN 27 FEB 2011 – COMMONDALE CLART – BM – 10.30am – 6m/1000' – Venue: Cleveland Inn, Comondale. £6.00 enter on the day. Kit compulsory. The 10th counter in the Northern Runner/NEHRA/Esk Valley Winter Series. Make it a double header weekend!

Don't forget to let me know about your exploits.

Clive Thornton clive@eskvalleyfellclub.org