

The Esker – Out with the Old!

The First Word

Happy New Year!

As the New Year is nearly upon us, its time to plan for 2011, for those of you in the Fell Runners Association the fell runner's bible 'the fixture list' should have dropped through letter boxes, Royal Mail elves permitting.

Race results round-up

To round off a few autumnal results I have missed. Seems like along time ago, **Saltergate Gallows** (17/10/2010), a terrific performance from Cameron Taylor in fourth, new members Steve Kneeshaw 14th and Simon Ashwell 25th, and Phil Conner ran in 28th to take Esk Valley to a second place in the team placings.

Please be safe on the hills, so don't forget your kit, Rule 9 FRA Handbook states competitors should arrive prepared to carry Windproof whole body cover (or other whole body cover appropriate for the weather conditions), map and compass suitable to navigate the course, whistle and emergency food in the longer races. The winter and summer series races are usually partially marked, but please be prepared to navigate your way to the finish.

Dave would always love to hear from anyone who can help out with course marking and clearing, and/or sweeping on the race day, its good training or for easing back steadily from injury.

Training and Social

Training nights are taking off, **30th November** meet 7.00pm lay-by ¼ mile south of Great Broughton, headtorch and winter gear a must, click the link to the Alpkit Gamma headtorch - an effective good value headtorch, though there are many more on the market.

http://www.alpkit.com/shop/cart.php?target=product&product_id=16345&category_id=253

December - 7th and 14th from the High Green Car Park, Great Ayton meet at 7.00pm. The run on the 14th will be followed by our Club Christmas dinner at the Panda Chinese Restaurant in Stokesley at 8.30pm, contact Phil 'the chair' Conner to book your place.

December 5th Eskdale Hotel, Castleton, enjoy a club social after the race, book your Sunday lunch or just come for a drink, bring your target race, club champs, event ideas and any other thoughts for 2011.

Festive Season Races

SUN 05 DEC – ESKDALE EUREKA - BM – 10.30am – 8m/1200' - Venue: Eskdale Hotel, Castleton (bottom of the hill next to railway line) GR 684084 Enter on day £6.00. APPROPRIATE KIT MUST BE CARRIED AS PER FRA RULE 9. Last counter in the club championships and 5th counter in the Northern Runner/NEHRA/Esk Valley winter series.

SUN 19 DEC – 27th LOFTUS POULTRY RUN – 11.00am – 8.1m/?? – Venue: Loftus Leisure Centre, Loftus. Advance Entry £10.00/£12.00 or EOD £3.00 extra. <http://www.loftus-ac.co.uk/PoultryRun.aspx> click link for website. A festive multi-terrain favourite, t-shirt for all finishers and usually a drink and mince pie.

MON 27 DEC – GUISBOROUGH WOODS RACE – BM – 11.00am – 6m/1000' – Venue: Guisborough Rugby Club, Belmontgate, Guisborough GR 616155 Enter on day £6.00. Enough to clear any hangover, the classic 3 lapper, includes a one lap junior race. 6th Northern Runner/NEHRA/Esk Valley winter series counter.

SAT 1 JAN 2011 – CAPTAIN COOK'S RACE – BS – 11.00am – 5.5m/750' – Venue: Royal Oak Hotel, High Green, Great Ayton. £6.00 Pre-enter or enter on day. Pre-entries on FRA form to avoid queuing. Start the year as you mean to go on, hit the hills! 7th Northern runner/NEHRA/Esk Valley winter series counter.

Next time

Race result round-up

Clive Thornton