

The Esker – Win Win!

Esk Valley Fell Club's blog

The First Word

The summer series really opened up in style for Esk Valley, with two races and two wins! Cameron Taylor stormed to victory in the new race 'Levisham Limping' for his first series podium placing and why not take the top step. In the opening summer series race 'Carlton Challenge', Esk Valley took the team victory and finished a ladies team for the first time. Really well done to everyone!

Training

Tuesday night training for the next few weeks all 7.00pm;

10/05/2011 – Blue Bell Inn, Ingleby Cross – Ossy Oiks recce – New course

17/05/2011 – Fox and Hounds Chase – Ainthorpe near Danby - Summer Series 3rd round

22/05/2011 – To be confirmed

31/05/2011 – Ossy Oiks – Blue Bell Inn, Ingleby Cross – Summer series 4th round

Sunday training, usually a run morning or afternoon.

Results

Carlton Challenge (26/05/2011) – The summer series opener, on a sunny evening a chill in the air greeted competitors, and a long queue to register, with nearly 140 in the field Dave had his work cut out. Dry weather since the beginning of March meant conditions under foot were hard and potentially fast. Winner overall was NFR's Will Horsley, Cameron Taylor again led home for Esk Valley finishing 5th, though unusually finished second junior, but still an excellent finish which bagged him maximum club championship points and a new club record for the event. There were three junior males in the first six so the future is becoming brighter for North East running.

Backing up Cameron to take the team victory, were new member Simon Greenwell in 9th, Paul Peacock in 15th gaining another excellent finish and new M40/M45 records and Clive Thornton in 29th. It was a record night for female participation with 36 signing on the line, including for the first time an Esk Valley ladies team of Clare Williams, Rosie Keegan, Pippa Irwin and Cath Bibby, with three to count we finished 4th in the team competition.

In a good night for Esk Valley participation, Andrew Johnson claimed 51st, Dave McNamee 68th, Dave Gibson 69th, and Bob Lillie 74th for a 10th place in the team competition. There were five more Esk Valley finishers; Rob Bailey, George Duffus, Sid Bolland, Martin Hunt and Ian Robinson.



A terrific image post race at Carlton Challenge from Dave Aspin.

Anniversary Waltz (23/04/2011) – Sole Esk Valley competitor in this now classic event (11.5m/3500') was Stuart Backhouse finishing inside the top half of the field in 151st position (from 319) in 2hrs 18min 29sec. Shelli Gordon of New Marske a series regular who is having a terrific season completed in 2hrs 10min 32sec and claimed 89th place.

Teenager with Altitude (23/04/2011) – The recently created bigger brother to the Waltz is the Teenager, a mad 15.5m/7600' event, Esk Valley's Richard made the start and finisher line in the same day, to complete the event in 4hr 24min 2sec and 55th place from 73 finishers. Navigation became rather tough when the clag came in during the latter part of the race.

Three Peaks (30/04/2011) – On a busy bank holiday weekend for running five Eskers made the trip to the Three Peaks to join the other 750+ starters (677 finishers) in the 23.3 mile event with 5000'+ of climb. On sunny and blowy day, Phil Conner led home for Esk Valley in a now club record time of 4hr 32min 13sec and 377th place, next up was Kevin Holmes in 434th and a time of 4hr 39min 11sec and M45/M50 record, the two remaining Eskers to finish were separated by less than a minute with David Gibson completing in 5hr 20min 21sec and Chris Green in 5hr 21min 19sec, really well done to all on a tough running day. Mike McGough made the trip but the hard conditions underfoot meant he had to pull out, but all good training.

Coniston – (30/04/2011) – A brilliant race this one, packs a lot into 9miles and 3000' of climbing, weather again was kind, Joe Johnson in his Lakeland debut for Esk Valley placed a great 83rd from 272 finishers in a time of 1hr 39min 39sec. John Williams who is enjoying his Lakeland trips, finished 222nd in 2hr 32secs and third finisher was Chris Jamieson in 2hr 9min 46sec. Catch up with a video of the race (2011 and 2010 – Eskers included) on Youtube gives you a good flavour.

Levisham Limping (02/05/2011) – with the demise of the Rosedale Rove due to Grouse nestings concerns, this could have been a blank race day, anyway Dave Smith came up trumps with the Levisham Limping, which I think is a nod to Limpsey Gate lane in Levisham? Competitors signing on at Lockton village hall were treated to table of homemade cakes, those not running sampled the delights before and after the race. The Limp at 7 miles+ and 1350' of climb was ideal for the summer series, the course was hard underfoot baked dry by recent weather, it was undulating with an initial long descent, a tough mid race climb and two more climbs of note in the second half.

Esk Valley led for the whole race, Clive Thornton initially with Cameron Taylor taking over after some 500 metres and a minor excursion for the early leader. Cameron extended his lead throughout the race to take a deserved and well earned victory, course and club record of 50min 44sec. Paul Peacock continuing his good form placed 7th in 53min 8sec (M40/45 rec.), 3rd Esker was Clive Thornton in 17th (57.12) and Andrew Johnson 26th (60.51 - M50 rec.) taking EVFC to a second place team finish, just pipped by York Acorn. In a field of 49, 10 Esk Valley members competed, making up the 3rd placed team were; Stuart Backhouse (27th), Bob Lillie (31st and M55 rec.), Ian Harmer (40th) and Ian Robinson (47th) with Kerry Billingham coming home in 47th. New member Kim England in her first hill race claimed a terrific 34th place and 4th lady in a creditable time of 67min 4sec and club record. For the record Kay Neesham of New Marsket the ladies record of 56min 41sec in 15th place, Ronnie Sherwood ran twice that day, taking in the Tees Barrage 10km earlier in the day.

Lockton village and surrounding community made us feel very welcome, there was support on course and a marvellous spread of cakes with tea/coffee to finish in the village hall. Thank You.

Tees Trail Race – Newham Grange (28/04/2011) – First in the series, Clive Thornton was the lonely sorry only Esker, placing 23rd in a field of 176 and a time of 18min 2sec for the not quite 5km course.

Don't Forget

Cleveland Way Team Relay – Your club needs you – 109miles – 12 hours-ish – 26/06/2011 – 16 runners (at least one female runner). It would be cracking to enter an Esk Valley team for the first time, Mike McGough is co-ordinating the Esk Valley team, check out the website link, let Mike know your preferences ideally two so we have a bit of flexibility, contact Mike directly or via the link relays@eskvalleyfellclub.org

Tees Trail Races Series

Now in its 10th year, the former Tees Forest Trail series, now Tees Trail Race Series, holds the second of its 5 races on Thursday 19th May 2011, at the Middlesbrough Cycle Circuit, Prissick Base, Marton Road Middlesbrough. All events are over 5km (3.1miles) or thereabouts and are open to all, registration opens at 18.30hrs for a 19.15hrs start.

<http://www.teestrailraces.org/>

Advance Entry

Osmotherley Phoenix – 09.00hrs – 02/07/2011 - Local ultra-distance race, choice of three distances 17m/2000'; 26m/3500' or 33m/4000', entry is limited to 400 across all three races, current total is 200+ its filling up. This is a well organised event that is held on the morning of the village event.

Hanging Stone Leap – 08.30hrs – 13/08/2011 – LDWA organised event, two distances 13m/24m, Run or Walk Start/Finish is Guisborough Rugby Club, 13m route takes in Highcliffe, Kildale, Captain Cook's monument and Hanging Stone, for the 24m route add in Hob Hole and Baysdale Abbey. Can Esker Mike McGough retain his 13m title?

Up and Coming

Fairfield Horseshoe – 12.00hrs – 14/05/2011 – 9m (nearer 10m!)/3000' – Rydal Hall, near Ambleside, Cumbria – GR 365065 – Enter on day only £5.00 (Parking £1) – No Junior races - Club championships round 7, this is a terrific race.

Fox and Hounds Chase – 19.15hrs – 17/05/2011 – 9m/1500' – Fox and Hounds Inn, Ainthorpe nr Castleton – GR 704078 – Enter on day only £6.00 – Junior Race 3m/500' U14/U16/U18 - Summer Series round 3

Tees Trail Race – Round 2 – Middlesbrough Cycle Circuit – 19.15hrs – 19/05/2011 – 5km (3.1 miles) – Middlesbrough Cycle Circuit, Prissick Base, Marton Road, Middlesbrough, TS7 8AR. – Enter on day £3.00 (affiliated club members), £5.00 (non-members) – 15 and over on day of race – Mixed terrain, this one will be flat.

I've said enough!



Photo – Dave Aspin

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