Esk Valley Fell Club's Blog



after a remeasure, over a much loved racers route Clay Bank West. The Winter series continues a pace with the tweaked Eskdale Eureka this weekend, then our classic Christmas and New Year trio of; Guisborough Woods,

Captain Cook Races and Clay Bank East. Racing/Training dates The nights have closed in and there's a chill in the air, the training doesn't stop though and who needs the gym? When head-torch runs are an absolute joy, slightly surreal, mostly fun and could be your key to winter and summer series racing success. The December round of Headtorcher's begins with our first Tuesday social at the Royal Oak on High Great at Great Ayton, it would be terrific for a big turnout for an early Christmas outing.

The Winter Series really cranked into gear with two cracking races run-off in terrific conditions. The Three Tops a deceptively tough race 'A' rated medium race where the running is never easy, and our latest 'A' rated short race

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!). Sunday **04/12/2011** 10.30hrs – **Eskdale Eureka** – 9.1ml/1542' – **New Venue** – Car Park above Dibble, west of High Castleton, GR NZ 670077. This is race 5 in the Esk Valley/NEHRA/Northern Runner winter series. Enter on Day £6.00, no junior races, Full Kit must be carried.

19.00hrs – Training – Tourist Information Car Park, High Green Great Ayton – Its that time Tuesday **06/12/2011** again - Royal Oak P.H. Afterwards for drinks and chips social.

Tuesday **13/12/2011** 19.00hrs – Training – Bank Foot, (park by farm), approx half mile east of Ingleby Greenhow, GR NZ 592061 Tuesday **20/12/2011** 19.00hrs – Training – Church, Ingleby Cross, start of Ossy Oiks race, just off A172, on east

side of road, other side from Ingleby Cross village. GR NZ 452003. As its Christmas the Blue Bell P. H. is on hand after training. Tuesday **27/12/2011** 11.00hrs – **Guisborough Woods** – 5.5ml/1222' or 8.8km/376m Venue - Guisborough

Rugby Club, Belmontgate, Guisborough, Cleveland, GR NZ 616155. £6.00 - Enter on the

of the Winter Series and Race 1 in the NEHRA 2012 Junior Fell Race Series. Start your

day. Full Kit may be required Junior race for U14/U16/U18 over one lap of the course 1.8ml/407' or 2.9km/125m, £3.00 EoD. This is race 6 in the Esk Valley/NEHRA/Northern Runner Winter Series, a testing three lapper, you are never too far away, there is terrain to suit all tastes, come-on did you eat too much Christmas Pud?

Sunday **01/01/2012** 11.00hrs – Captain Cooks Races – 5ml/1033' or 8km/318m. Venue – Royal Oak P. H. High Green, Great Ayton, North Yorkshire, GR NZ 563107. Our Charity fund raiser, £6.00 Pre-enter or 2011/12 Winter series entrant or £7.00 Enter on the Day. Full Kit may be required. Junior Races U12 – 3.1km, U14/U16/U18 – 4.1km £3.00 Enter on Day. Race 7

**Advance Entries** 

Loftus Poultry Run – Sunday 18/12/2011 – 11.00hrs – An 8 mile multi-terrain festive race favourite, a drink and a

running year with the classic CCR's

requirements for Fell Races rule 9 states:

c. Map and compass suitable for navigating the course.

a time of 4 hours 52 minutes, from 80 finishers.

a. Windproof whole body cover

mince pie for finishers, poultry prizes and the band plays, organised by Loftus and Whitby AC entry form here. Old Monks Race – Sunday 08/01/2012 – 11.00hrs – A 5.5 multi-terrain race, back to its regular New Year slot, organised by Hartlepool Burn Road Harriers, entry form here. Hardmoors Series – There are now 4 events in the Hardmoors series, 30, 60, 55 (half Cleveland Way) and 110 (full Cleveland Way). For you Ultra fans! the series opener, the 30 is held on New Years Day, link to site here. Safety in Races

## d. Whistle e. Emergency Food (Long Races) These requirements constitute 'best practice' and are mandatory at all Category A Long and Medium races. The

Winter series fell races are held in sometimes remote locations, at a time of year when weather conditions can

**Race Results** 

Series regulars Andrew Minister and Neil Ridsdale shared the best time of 3 hours 30 minutes, Kendra came in 9th overall, unsurprisingly gained first lady in a time of 4 hours 37 minutes, Adrian was no slouch coming 16th overall in

All Winter Series competitors are reminded of their safety obligations. The Fell Runners Association safety

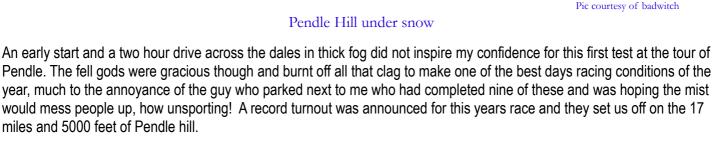
There have been some cracking performances outside of the Winter Series races this Autumn. Kendra White and Adrian Martin tackled the **Kilburn Kanter** (05/11/2011). A Long Distance Walker's Association (LDWA)

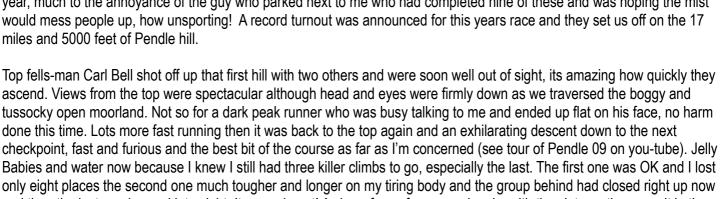
change rapidly and become adverse. So look after yourself in races and whilst training.

Competitors should arrive at races prepared to carry any or all of the following equipment:-

b. Other body cover appropriate for the weather conditions. (i.e. Waterproof body cover)

- challenge event, but don't let the organisation's title fool you, these are terrific events for runners and walkers alike. The new incarnation of the **KK** was a near marathon 23.5 miles long, a not insubstantial 3525' of climb, with the route starting in Kilburn and taking in Cold Kirby, Hawnby and Sutton Bank before its return to Kilburn. Winter
- Joe Johnson tested his legs over one of the now classic autumn races, **The Tour of Pendle** (19/11/2011), a 16.8 mile and 4830' of climb race based on Pendle hill, with multiple climbs of the hill and some unseasonably clear weather Joe got to know the hill quite well, here is Joe's report.





result sheet. The lady Eskers continue to make their presence felt at the Albert parkrun, with Kendra White placing best lady at event 181 (12/11/2011) in a 21 minutes 29 seconds for the 5km course. Adrian Martin not to be outdone, posted a

friend, he tried fell-running, won his first event and has never looked back, with his name near the top of any race

of course record setting conditions. With the Fell race calendar becoming fairly lean and terrific weather there was a terrific turnout and 147 finishers. Some mild confusion at the race start with half the field seeking to steal a march by readying themselves for the start up the hill, Dave was heard to say, well its only started up there once. I won't mention the race map. The Three Tops route is a deceptively tough route, starting with a climb upto Highcliffe Nab, a not to be underestimated moor crossing followed by the ascent of Roseberry Topping. The descent of Roseberry and route to Hanging Stone (the third top) caught out a few on route choice, next up was a return crossing of the moor to the trig point and high point of the race (324m) east of Highcliffe Nab, all finished off with for some a navigation

**The Three Tops** (30/10/2011) Blue skies and sunny autumn weather greeted **Three Tops** competitors and with only a light wind, there was a sniff

Over in the ladies competition, not to be outdone, Kay Neesham of New Marske Harriers (35th overall) claimed a new ladies record of 79m 24s and led NMH to team victory. Esk Valley ladies fielded a full team to claim 5th, led in by Kendra White in a club record time of 93m 58s and backed up by Gill Jones 113th and Jenny Owst 137th Marvellous! The remaining Eskers to complete were Dave Dedman 53<sup>rd</sup>, an improving Richard Lindsay 61<sup>st</sup>, Richard Clark 63<sup>rd</sup>, 'The Blog' 73<sup>rd</sup>, new member Steve Potter 76<sup>th</sup>, Jason Ellis 97<sup>th</sup>, Chris 'ever-present' Jamieson 114<sup>th</sup>, Adrian Martin

115th, Joe Williams 122nd, Martin Hunt good to see back from injury 130th, Sid Bollands 136th and Ian Robinson

Clay Bank West (20/11/2011) Clay Bank West I think is quietly becoming a classic, its status as a racers race was heightened after a remeasure for the FRA's metricifation of race distances meant 5.5ml/900' has become 4.16ml/1190' or 6.7km/366m, so its now

again a quick start, though this time around the extra year of training and maturity meant he maintained his lead to race home is a new club record of 30m 38s. The Cold Moor and Wainstones descents were key in this race, with Esker Dave Smith making big gains after a relatively steady start to take 2<sup>nd</sup> overall and new M40 club record of 31m 04s. Team prize on the day was awarded to Esk Valley Fell Club which would of meant four team victories on the bounce, a countback later revealed that Durham Fell Runners had actually taken the Team prize with EVFC in

second. I'm sure Dave will remember at the next presentation! Making up the not quite so triumphant Esk Valley

Esk Valley were again able to field a ladies team for a third event out of four winter series events so far. With a good turnout all-round the Eskers ladies team placed 7th, Alison Rolfe led home in 111th (16th lady) and a time of 50m 29s, supporting were Louise Campbell in 129th (27th) and Ruth Hodgson in 130th (28th). The ladies race was won by Scarborough AC's youngster Bronwen Owen who claimed 7th overall in an excellent time of 33m 25s.

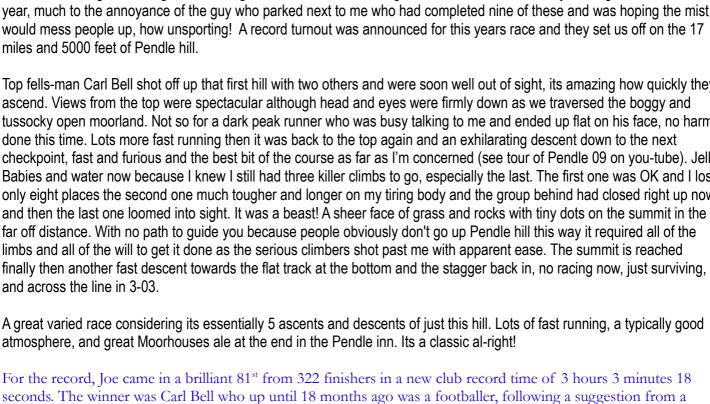
team were Simon Greenwell in 18th, and Simon Ashwell back to racing in 21st.

**English Fell Championships** The 2012 Fell running calendar is now on the <u>FRA Website</u> and the English Fell Championships for 2012 are; 17/03/2012 Lads Leap 5.9ml/1700' Peak District 14/04/2012 8.5ml/3000' Lake District Coledale Horseshoe 16/06/2012 Great Lakes Race 13ml/7000' Lake District

16.2ml/6500'

Weasdale Horseshoe 8.7ml/2000' Yorkshire Dales 5.9ml/1600' Northumberland Some classic races included in the selection and good to see a North East, event, though its' location is just the

Lake District



PB of 21 min 49 sec. Alison Rolfe achieved a new PB event 182 (19/11/2011) of 22min 20sec and in the same event Ruth Hodgson PB'd with 26min 44sec. Terrific performances all.

Backhouse 50<sup>th</sup>.

140<sup>th</sup>, Absolutely brilliant! Well Done all.

04/08/2012

18/08/2012

29/09/2012

series 2012.

Borrowdale

Kielder Blast

conundrum the descent through Guisborough Woods to the finish. On the day, records were broken with Lakeland visitor Mike Fanning of Borrowdale taking victory in a new record of 65 minutes 21 seconds, apparently Mike was uncertain of the Roseberry – Hanging Stone route, so waited for a back to form Charlie Stead to show him the way, that sorted Mike went onto beat Charlie by 40-odd It was a record turnout for home club Esk Valley, 25 making the finish line, matched by some terrific performances.

For a third time in Three winter series races, Esk Valley A took the team prize, leading home in 4th place and a new club record of 66 minutes 32seconds was Cameron Taylor who has lifted last years excellent performances up a notch or even two. Supporting Cameron in 9th was Dave Smith in an M40 record of 70m 38s, Joe Johnson in 13th and Simon Greenwell (late again and gave us all a headstart!) in 20th. In a highly competitive team competition Esk Valley B, came in 7th and second of the B's with Carl Forbes 28th, Dominic Barry 36th, Phil Conner 40th and Stuart

'A' rated. The race route starts just below Clay Bank Car Park, the outward leg takes in a deceptively long start climb a treacherously slippy at times undulating track to the bottom of Cold Moor. The return leg includes two climbs, two descents Cold Moor and Wainstones and what was on the day icelike slabs. The event was won for home club Esk Valley by **Cameron Taylor**, last year he paid for his quick start, this year

and Dave Dedman 44th which is great and shows good strength in depth. Nearly matching the Three Tops turnout, 21 Eskers completed CBW, next up was Richard Lindsay 47th, Keith Westerman 50th, Dan Prince 52nd, Dave Minchin 63<sup>rd</sup>, James Meadows 69<sup>th</sup>, Neil Byron 76<sup>th</sup>, Ian Harmer 83<sup>rd</sup>, Ian Moody 92<sup>nd</sup>, Bob Lillie 109<sup>th</sup> (EVFC M60 record) and Ian Robinson 117th, 132 completed the event.

English side of the border, and its first time I think since Lord Stones in 2006 for the North East area. The Kielder Blast is a new race route, initial route details are on the NFR website, would be good to support the event. **Next Time** 

Club Championships round-up, early winter series positions and a preview of the all new NEHRA Junior race

Back to the men's race, Esk Valley B team placed 7th with Mick Quinn in 33rd, Clive Thornton 34th, Phil Conner 41st

Fell Pic courtesy Katie Thornton

clive@eskvalleyfellclub.org