



The Esker - 16s 2013 I



Esk Valley Fell Club's Blog



Photo courtesy of Nic Barber

Happy New Year - Enjoy your running

Its the New Year and so no better time to review your running goals, so where will you be running in 2013?

There are so many running opportunities, road, off-road, trail, hill and fell. The Esk Valley/NEHRA/North Runner Winter Series is well under way, with 8 events completed, still some cracking races left in the 6 remaining. The NECAA/NEHRA fell championship counters (For the uninitiated this is essentially the North East Fell Championships) are just about to be announced, with three races in North Yorkshire it'll be easier to compete. The Summer Series opens up with the Fox and Hounds Chase on Sunday 5th May, change for this year is that the events will be held on weekends and midweek.

If you're looking for a longer challenge check out the expanded Hardmoors series now with marathon, half marathon and 10km trail races. The Cleveland Survival in march is a marathon length run/walk which supports the Cleveland Mountain Rescue Team, a worthy cause and one we all may need one day. The Long Distance Walkers Association (LDWA) hold a number of challenge events locally and nationally, don't be fooled by the name you can run/walk, Hanging Stone Leap in August is a 13 or 24 mile challenge event starting at Guisborough.

Fell running extends well beyond the North Yorkshire Moors, there over 550 fell races across the country, the toughest are arguably in the Lake District though Scotland and Wales have their fair share of mountainous terrain. Check out the Fell Runners Association (FRA) website for event listings or why not join.

Wherever you are running this year, have a smile on your face and enjoy.

Racing/Training dates

New training session

The Coulbys Runners meet at the [Leisure Farm](#), Coulbys Grange, Coulbys Newham at 6.30pm for a 7.00pm start, Monday nights, runs are for; beginners, those returning to fitness and anyone looking for an easy paced run on road and trail under streetlights (at this time of year). Louise Campbell and Alison Rolfe of Esk Valley lead the group.

Fell training torch-run sessions

The Tuesday nighters are off-road and at this time of year head-torches are required and please bring kit. Runs are usually around 7 – 9 miles, the group will spilt up to accommodate different fitness levels. The first Tuesday of month meet is at the Car Park on High Green in Great Ayton, with drinks, chips and a chat in the Royal Oak after the run.

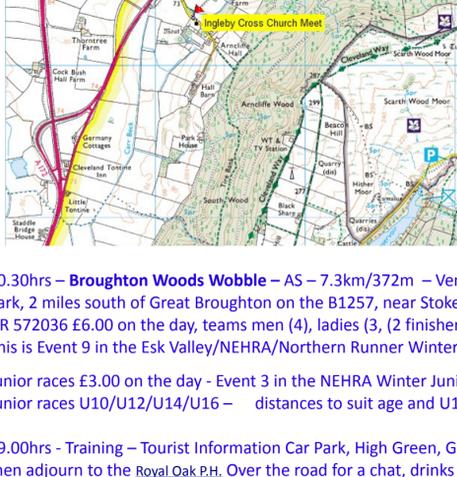
Tuesday **15/01/13** 19.00hrs - Training – Guisborough Woods, Layby by the school houses on the road to Hutton Village, Guisborough.



Tuesday **22/01/13** 19.00hrs – Training – Maynards nursery lay-by. ¼ mile south of Great Broughton on B1257.



Tuesday **29/01/13** 19.00hrs - Training - Ingleby Cross Church, (start of the [Ossy Clinks](#)), just off the A172, adjacent to Ingleby Arncliffe.



Sunday **03/02/13** 10.30hrs – **Broughton Woods Wobble** – AS – 7.3km/372m – Venue – Clay Bank Car Park, 2 miles south of Great Broughton on the B1257, near Stokesley, North Yorkshire GR 572036 £6.00 on the day, teams men (4), ladies (3, (2 finishers to score points)). This is Event 9 in the Esk Valley/NEHRA/Northern Runner Winter Series.

Junior races £3.00 on the day - Event 3 in the NEHRA Winter Junior Fell Race Series
Junior races U10/U12/U14/U16 – distances to suit age and U18 with the seniors.

Tuesday **06/02/13** 19.00hrs - Training – Tourist Information Car Park, High Green, Great Ayton, then adjourn to the [Royal Oak P.H.](#) Over the road for a chat, drinks and chips.



Club Championships 2013

Its that time of the year when the pot hunt starts, this years races are being finalised, but the early fixtures are ; Clay Bank East, High Cup Nick (Northern Pennines), Gaisdale Rigg, Guisborough Moors, Carlton Challenge, Cronkley (Upper Teesdale), Carlton Midsummer Night Meander, 5 more to come, 5 from 12 championship.

English Fell Running Championships

There are the usual six races in this year's championships made up of two short, medium and long, the local race this year is [Buckden Pike](#), its a short category race at 6km with 486m of climb, based on the village of Buckden in North Yorkshire, also included is the ever popular lakes race [Fairfield Horseshoe](#).

Race round-up

The Esk Valley/NEHRA/Northern Runner Winter Series is now 8 events old, the series began in September with the **Viking Chase Four Peaks**. Matt Speake of Dark Peak Fell Runners an occasional visitor to North Yorkshire claimed victory in a course record. First home for Esk Valley was Dave Smith in 4th with Michael Quinn using his Lakes form to good effect coming in 12th, completing the second placed 'A' team were Keith Westerman and Colin Haslett. It was good to see Dave Collett and Mark Brown back in the running, as well as a couple of new names who are now regular faces at races; Tim Whitehead and Guy Whatmore. Alison Rolfe and Louise Campbell took the ladies team to 5th overall.

Saltergate – Levisham was next up, the Paul Butler of Loftus and Whitby took victory, new members Dave Parker 7th and Nick Smallwood 10th were the highest placed Eskers supported by Simon Greenwell 13th and Richard Clark 15th taking the team to second place between York Knavesmire. 13 Esk Valley runners made the trip, Robert Martin, Keith Westerman, Dave Collett and Dean Stockwell made up the 'B' team, with Tim Whitehead, seemingly ever present Chris Jamieson, Matt Trevelyan, Ian Harmer and Ian Robinson making up the remaining finishers.

Event three was the deceptively tough **Guisborough Three Topped**, 138 runners signed on the line, Cameron Taylor of Esk Valley returned from injury to ease to victory, supported by Dave Smith, Nick Smallwood and new member Nigel Tate the A team claimed the team victory. The 'B's' didn't do so bad in 3rd with runners Michael Quinn, Richard Clark, Andy Hardy and Dean Stockwell.

Led home by Alison Rolfe the Esk Valley ladies claimed 6th ladies team, supported by Jackie Franks, Beverley Eastwood and Louise Campbell.

Esk Valley again claimed double victory in the short 'A' category race **Clay Bank West**, with Cameron Taylor again easing to victory, supported by Dave Smith in 3rd, Nigel Tate 4th and Nick Smallwood in 5th, also in the top 10 were Michael Quinn 7th and Joe Johnson 9th, making 6 Eskers in the top 10 and arguably our best club performance. Well Done. Gill Jones led home the ladies team to 4th with Kendra White.

Making it three on the spin, Cameron Taylor of Esk Valley was victorious at the **Eskdale Eureka** race , good support meant Esk Valley claimed 1st, 2nd, 5th and 7th in the men's team standings. The race was held in icy conditions in combination with the wet year, what can be benign conditions become tough and challenging very quickly. Ewan Brown of York Knavesmire claimed second from a returning to form Nic Barber of Pennine. Esk valley had five in the top 10 which is excellent; Nick Smallwood finding his offroad legs 4th, Nigel Tate 5th and Michael Quinn 9th made up the 'A' team. Rorie McIntosh fast improving claimed 10th which Richard Clark 14th, Colin Haslett 21st and Dave Collett continuing his comeback in 23rd. Further down the field David Dedman sealed the M50 category of the club championships, taking over from Chris Jamieson and great to see regulars Ian Harmer and Ian Robinson completing the race.

The festive period is always busy on the local race front, 145 were under starters orders at **Guisborough Woods** (27/12/2012), with forestry work and the wet year adversely affecting the the usual descent a new course was designed. A two lapper with tarmac descents and taking in High Cliffe Nab on the second longer lap, reviews were mixed with the contrasting surfaces not to everyone's taste. James Bulman of New Marske Harriers did however turn-up having found out about the new course on the morning of the event, it was worth his while taking victory over Paul Butler of Loftus and Whitby. Nigel Tate was first home for Esk Valley in 9th, with Rorie McIntosh supporting in 17th, new name Charlie Collins 32nd and now regular Colin Haslett in 43rd, taking the team to 3rd overall to cement the Esker's Championship lead. Alison Rolfe and Louise Campbell back in the fray led the ladies team to 5th.

New Years Day dawned bright and just about sunny which was fantastic compared to the majority of 2012 so it was brilliant conditions for the **Captain Cooks Race**. The course conditions were mixed following the seemingly relentless rain of 2012 the final mile suffered particularly with mud. On the day it was James Bulman of New Marske Harriers who made it a festive double claiming victory from Paul Lowe of NYMAC, with Cameron Taylor leading home Esk Valley in 3rd just from Paul Butler of Loftus and Whitby in a photo finish, Ian McGrath claimed 5th for Durham Fell Runners. Cath Williamson (Loftus and Whitby) in her off-season from cycling duties was first lady home with Gill Jones first home for the Eskers 13th in the ladies race.

Clive Thornton (24th overall) was next home for Esk Valley claiming a new M40 & M45 club record, with Michael Howard (30th) and Joe Johnson (35th) taking the 'A' team to 3rd place from NYMAC and York Knavesmire. It was really good to see Simon Greenwell back in the running after being very poorly during October and November. Simon along with Tim Whitehead, Sheldon Cockburn and Tom Hodgson brought home the 'B's' to 10th place but the points keep totting up which is great. Another Esker made his competitive return, Mike McGough, having been out of competitive action since winter 2012. The ladies finished two teams, new member Leean Poole and Alison backing up Gill Jones to finish 2nd 2012. In the 'B's' Caroline Harris, new member Alison Selby and Louise Campbell finished 11th.

This event was also the first event in the revamped NEHRA junior fell championships, with 16 races in total in 2013, split between two championships Winter/NEHRA and Summer/Autumn. Always popular with juniors, 22 juniors in U10 – U18 categories over three races distances, congratulations to all the competitors, full results now up on the Esk Valley Website – [Captain Cooks Junior Results](#) – [Link](#). The Guisborough Woods race saw the completion of the 2012 NEHRA Junior Fell Championships, results on the website shortly.

The Cook's race is our charity event, £1700 was raised for The Princes Trust, Autistic Trust, Yatton House and the Great Ayton Community Library. 254 runners completed the race, 29 of them from Esk Valley, TERRIFIC!

Less than a week later it was time for event 8 in the series, **Clay Bank East**, the main climb of the race is in the first 400metres from the start field to the moor, though the next 3 miles of the race climbs almost imperceptibly to the highest point on the North Yorkshire Moors, Round Hill at 454 metres (competitors may argue about the imperceptibility!) The National Park had been at work in the summer, cutting a new path for most of the route to the two mile checkpoint as well undertaking path repairs, though again the wet weather had taken its toll over this part of the course with the moor soft under foot.

Logging activities in the last mile of the race had turned the track into a quagmire, though the conditions improved for the last ¼ mile for a glorious night to the finish.

On the day Cameron Taylor of Esk Valley led easily at the top of the first climb, but over the course of the race time out through injury caught up with him, with a slight edge off his fitness, but enough to allow Jayson Cavill of Pickering Road Club to claw Cameron back over the remainder of the race and claim victory. In a tight battle for the podium places, Ian Nixon of Pudsey and Bramley also overhauled Cameron to claim second place, all three were in 12 seconds of each other. In a repeat of the Captain Cooks Race positions, Paul Butler was fourth and Ian McGrath 5th. In the team competition Esk Valley again packed well with 4 in the top 12 to claim the team victory, Dave Smith starting to hit form again came in 8th, Rorie McIntosh (not too tired after his Hardmoors 30 on New Years Day) came in 9th and Clive Thornton (feeling the benefits of track sessions and Cross Country) claimed 12th.

In the ladies race Nicola Kent of Loftus and Whitby eased to victory from New Marske's newcomer to fell Lisa Bennett. Without their fellow regulars support it was left to Pickering Road Club ladies to pick up the team spoils, no Esk Valley ladies this time around sadly.

Esk Valley B did enough for 5th in the race, with Michael Quinn leading home in 23rd, Tim Whitehead (moving up the field) 26th, Simon Greenwell 27th and Dave Collett (M50 EVFC record) 29th. Esk Valley also finished C and D teams, Dave Gibson led home the 'C's' supported by Niklas Heinemann, R Michael Johnson and Ed Hoskin. The remaining Eskers to finish from a field of 170, were Mark Buxton, Mark Johnson, Chris Jamieson, Phil Hughes N'Brgh and Ian Robinson.

CBEast was also event two in the junior series, there were 9 juniors representing the U10/U12 and U14's, the U10's course was to the moor and back, Matthew Clark winning for Esk Valley and Bethany Bergstrand winning for New Marske Harriers. The older cats ran a looped course taking in the climb and descent to and from the moor. Nathan Smith of Cumberland Fell Runners claimed U14 victory with Emma Clapton – Scarborough AC in the girls U14 category. Sam Clapton (Scarborough AC) led home for the U12 boys with Abi Scarbrough – Cumberland Fell Runners representing the U12 girls. Well done all.

There is brief rest-bite of four weeks before the next Winter Series event Broughton Woods Wobble on Sunday 3rd February.

Don't forget the Esk Valley Facebook page – [Link](#)

Next Time

The full Club Championships 2013 list, winter series results and lots more.

Fell Pic courtesy Katie Thornton

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