

Ambleside AC Newsletter

June 2018

In Brief

Ask anyone who's raced this month how it was and you'll likely get the same response, "Hot!" It's been a glorious month for being out in the hills: another relay leg tested (Harry's shoes and heel going the same way as his watch!), Island Peaks race victory for AAC boys (Tom, Neil and Matt), our Fairfield race a huge success (nice one JP), Hutton Roof Crag's appearance (Jim T - check out his brilliant "GPX v The Old Ways" illustration. Incidentally, Jim is *not* the author of the poem!), Helvellyn and The Dodds (the ever youthful Andrew), many Buttermere reccies and BG rounds every weekend (you'll find Matt B sitting at Dunmail most Saturdays). As GPX Gate continues, quite rightly, to ruffle the feathers of those who can't fly by themselves, I experienced a wee slice of what we're trying to protect whilst out on a Buttermere reccie a couple of Sundays ago in the company of some of Ambleside's finest (varying ages). Lines explored, raced out and discussed, we were trotting back towards the village in that silence borne of relaxed companionship (or exhaustion!) when a quiet voice piped up, "Ooooh I love May, don't you? There followed a litany of May's virtues: the swifts, the garlic, the woodland, the light on the summits etc. In their insurmountable wilderness writings, Robert Macfarlane and Simon Ingram both divide people simply into those with a mountain heartbeat and those without; it's about so much more than a time or a flashing arrow isn't it? Needless to say, the musings were less poetic and more expletive when we set off on the vertical, mile long, tarmac covered climb back to the cars at Newlands Pass; all I can say is that the sheep learned a few new words!

Happy running.

Ed



Junior News

Juniors Bid for Championship Glory!

(photos: Jon Rylance)

The juniors have had a busy few weeks with 2 English Champs races on consecutive weekends.

The first was in Malham with a fantastic steep out and back route in the sunshine, just how we like it! The second was West Nab near Huddersfield.



Lots of narrow single track through the bilberry bushes made overtaking tricky but Ambleside juniors are awesome. Podium finishers in both races mean we are strongly placed in 2nd position overall and only 7 points behind the leaders Rossendale. 2 races to go, it will be tight!

We also have an U17G English Champion!! Chloe Rylance cannot be beaten in the series and not only claims the title but her 1st England Vest!! She will represent the country at the Junior Home International in Ireland in September. **Next champs race is Clougha pike on June 16th.**

Two more stellar turnouts of our dream team could do it! These youngsters are SOMETHING ELSE!



UKA Athletics Hill Running Relay 2018

Here's an update from our man at the helm, Roger Bell.

Date Saturday 20th October 2018 11am start.

From Knott House Farm, Grasmere, parking on the Grasmere Showfield.

The race website has been set up by Richard Lecky-Thompson (www.britishfellrelays2018.org.uk) with some basic info, which will be added to as details are finalised. Have a look and give feedback.

Trial races for Leg 4 was held on Tues 27th March, Leg 1 was held on Tues 24th April, and Leg 2 on Tues 22nd May. Much to my relief all were close to the guidelines set by the FRA.

The next committee meeting is on Tues 5th June at the Kirkstone Inn after training.

This event means a great deal in maintaining the reputation of Ambleside AC as one of the most respected fell running clubs. On race day, the day before and the day after we will need a LOT of help. Please keep that period free and rope in partners and friends if you can. If you are one of our more distant members, why not arrange a short break in the Lakes. It can be a very enjoyable day. Hopefully the budget will allow for a few perks. At the very least there will be a voucher for some food. I am really grateful that I already have some commitments to help on race day and before.

CLUB MEMBERSHIP

Thanks to those who have paid 2018 subs after my reminder and apologies to those I chivvied who had already paid - necessary to maintain my reputation for incompetence. If you still haven't paid, save me the effort of chasing you up and do a bank transfer (£10) to the club account 90381535 sort code 20-04-68 or, preferably set up a regular payment/standing order asap. I will send out a complete list of club members (seniors only) in the next week or so with email, tel no(s) and address. Please let me have corrections.

Cheers,
Roger

Club Champs 2018

2018 Club Champs are well underway with Jim T's selection of races proving really popular. Something for everyone so lace up ya shoes, get yesel there and pick up some champs points. Your best 4 to count.



Date	Race	Meeting Point
18/2/18	Loughrigg - Silver Howe Chase	cattle grid on Under L'rigg Rd
27/3/18	Heron Pike—Stone Arthur Round. 4m, 2000ft fully flagged	Traveller's Rest, 6.45pm
3/4/18	Loughrigg Orienteering. 1 hour score event, map provided	zig zags on Under L'rigg Rd, 6.00pm - 6.45pm
24/4/18	Seat Sandal Scamper. 4.5m, 2500ft, partially flagged	Traveller's Rest, 6.45pm
22/5/18	Fairfield, 7.5m, 3000ft, partially flagged	Traveller's Rest, 6.45pm
16/6/18	Great Lakes Race. AL 21k, 2130m	Stool End Farm, Gt Langdale
1/7/18	Skiddaw. AM, 15.4km. 960m	
July tbc	Uphill Race	
22/7/18	Coniston Country Fair, AS, 9.7km, 732m	
27/8/18	Black Combe Country Fair. AM, 12.5km, 625m	
6/9/18	Downhill Race tbc	
Nov tbc	Arnside Knott	

Any questions? Ask Jim:

jim_tyson@hotmail.com

GP bloody S

GP bloody S,
Fell shoes, shorts and
running vest,
This sport need not
be complicated,
No need for things to
be updated.
Satellite data to help
us pace it?
That's not
fellrunning, just face
it.



GP bloody S,
I just don't get it, I confess,
What's wrong with old ways; compass, maps,
Now we need 'distance elapsed',
Displayed in digits on our wrist,
Comfort blankets in the mist.

GP bloody S,
Old school skills to pass the test
Endless reccies – 'know the lines',
Lazy people, modern times.
Dumbing down so they can't fail,
Flashing arrow; breadcrumb trail.

Anonymous

Race Organisers' Corner

Pleas for Help:

GREAT LAKES FELL RACE

Saturday June 16th

Please can I have some offers to help, either marshalling on one of the summits or helping at start/finish.

It's a very low-key affair, with a small field of entrants and a fantastic day out at the end of the possibly the most beautiful valley in the world...

It also happens to be a 2018 Ambleside AC Championship race and a 2019 British & English Championship counter!

Summits to be marshalled will most likely be Bowfell, Great End, Scafell Pike, Scafell, Slight Side and Pike O' Blisco.

Please email me for more details: Ben_Abdelnoor@yahoo.com

Race Reports

Kevin Barron – Bob Graham Round 25th May

Intro

The idea of doing a BG was formed some 10 years ago when chatting to a fellow runner on the eve of the Swaledale Marathon at Reeth.

Having not heard of the BG previously I was fascinated to see if I could one day complete a round within the 24hrs allowed...it seemed a long way off.

Several years on my running partner (Oliver Bratton) and I decided that we had done enough to have a go at a BG late in Oct 2016.

Unfortunately that attempt failed as unbeknown to me I was actually ill (low blood iron) and didn't make it past Helvellyn! Oliver carried on until Wasdale but a twisted ankle put paid to his round.

So, having recovered, I decided that I needed to commit to the training for a 22-23hr schedule, give the BG the respect it deserves and set a new date.

My son (Michael) gets married in June and I felt I needed to get the BG in the diary before the wedding. So 25th May was selected. This also left me sufficient time in the remainder of the year to go again should I not succeed.

Road support would be my partner (Jenny Pullen) along with my sister and husband (Angela & George Murphy).

For fell support, Oliver and running friends from Esk Valley Fell Club (EVFC) would support. However, that would not be enough, so I posted on Bob Graham FB page and asked Michael to post on the Ambleside AC FB page.

The response was fantastic I drew up a list with at least 3 support runners per leg. This allowed for any last minute changes eg...Joe Mann becoming ill, Daz Moore switching legs due to work commitments, Jacob Snochowski taking ill, Gary Vose and Roger Barr joining.

The week before the round, final confirmations were sent, snacks and drinks were purchased and everything was ready.

After a week of great weather and clear night skies, Jenny and I set off through the Lakes. The clouds were looking heavy on the summits but the forecast was for this to clear through...fingers crossed.

25th May 9pm - start

Meeting in Keswick 8.40pm there was another BG group getting ready at Moot Hall. A decision was made to set off at 9.10pm.

Leg 1: Matt Beresford / Daz Moore / Mike Quinn / Gary Vose

The mood was good, although I was apprehensive. The weather was good but windy.

Mike convinced me to let Gary carry my waterproofs / hat. I kept my running vest on with small amount of water/jelly babies, map and compass.

A few photos and a quick kiss and hug with Jenny and we were off.

A steady pace was set up Latrigg and on to Skiddaw. The wind was strong and in our face so Mike went in front to shield me for which I was grateful and Daz was running ahead to open the gates. Matt realised he had not brought a head torch! Luckily I had packed a spare in my bag and we continued to summit head torches held low light reflecting off the clag.

Summit 1, Skiddaw in 77mins a good start.

A good line was taken to the stile and we descended a good line to Hare Crag. We caught and passed the earlier BG group who had taken a line further left. The path up Great Calva was dry so a good pace was maintained. Down the fence and along over the river. Daz took a tumble but it was not too serious. We headed up towards Blencathra at a good pace. We drifted left off the trod but corrected and headed right across the scree. Matt and I were ahead of the others so we continued to the summit. Before descending Halls Fell we checked behind to see 3 lights approx. 50-75m behind. They would descend together. Matt and I descended quickly as the rock was dry and were at Threlkeld CC some 30mins later.

Leg1 complete in 3:31.

Jez was ready at Threlkeld, so a quick hello to my sister and her husband and a bit of food. Jez and I were ready to go.

Gary was supposed to continue on leg 2 and had my bag. I had no hat/waterproofs. Matt very kindly lent me his jacket... for which I was extremely grateful. I would not have survived leg 2 without it.

Not able to see any lights coming of Halls Fell, and with kit sorted, bottles filled and food packed I decided that we couldn't wait so Jez and I left.

Leg 2: Jez Lefton

We made good progress up Clough Head but at the top of the steep climb the clag and the wind became a real issue.

We almost walked into the cairn at Clough Head as viz was only a few feet. A quick check of the compass and we headed off towards Great Dodd, hitting the path just near the fence line below Calthow Pike the weather was not good.

A 'quick' bearing was taken and we headed towards Watson Dodd, only to completely miss the path. The lie of the land indicated something was wrong; we were heading in the wrong direction! A bit of head scratching and a loud expletive outburst from me cleared my head. New bearing agreed (and a check on Jez's phone) confirmed where we were.....back at the Great Dodd shelter, a full 360 from where we were 30mins earlier!! More care was then taken with compass and we found Watson Dodd. A brief lifting of the clag and we glimpsed the head torches of the earlier BG group summiting Stybarrow Dodd. They had caught and passed us in the clag. I held my frustration in check, I still had plenty of time.

The next summits came and went in a very windy and low viz blur...suddenly we were at Helvellyn.

Taking the broad path south I soon saw a large cairn appear on my left. I realised this was at the top of Striding Edge...how had we drifted left? Correcting again (but too much) we ended up back at the Helvellyn shelter! I was not happy. (all caught on Strava!!)

Taking more care we set off in the correct direction to finish the remainder of the summits catching the earlier BG group coming off the summit of Fairfield. We passed them over Seat Sandal and dropped to Dunmail. I knew I was moving well at this point.

The clag had lifted and the morning was looking good. It was great to see Jenny, Michael, Dan and Roger waiting for us.

Leg 2 complete in 4:43.

A quick hello to the support team whilst I changed tops and had some food. Jez agreed to return Matt's jacket to him at Tuesdays club run...I hope he did?

My bag from Leg 1 also appeared. This was given to Michael and Dan stripped me of my running vest insisting I didn't need to carry anything!

Leg 3: Michael Barron / Dan Duxbury / Roger Barr

We set off up Steel Fell at a steady pace. Michael had to do a shuttle back to Jez as a map and compass had been forgotten. We ran/walked across to Calf Crag and Sergeant Man

although the direct line was a bit tough. Water bottles couldn't be refilled as the stream was too low.

The Langdales came and went without incident, a quick rinse of the face in the stream at Langdale Combe, refill of bottles and we were off again.

Rossett Pike and Bow Fell came and went, I made a mental note that I was now 21 peaks in, half way. This was a great mental boost.

Roger was keen to digest all the lines as he had not done Leg 3 previously. There were also some new line for me.....Dan had obviously done this before and I was gaining back the time lost on leg 2!

We crossed Esk Pike and sent Michael off to find more water at the base of Great End and re-joined him on the way to Ill Crag. A swift decent to Broad Crag and onto Scafell Pike for a quick bit of food and a photo.

Dan asked which route to Scafell. Broad Stand was not an option (for me) and bad weather had prevented me looking at Lords Rake on several occasions.

Michael also pointed out he had done it in the snow/ice when he supported Kim Collison on his winter round earlier in the year. Lords Rake it was.

Lords Rake negotiated I had expected to come out higher....when I looked up I needed a moment to gather myself. I had also not eaten much since Dunmail a gel from Michael got me going again. Scafell done, we set off down to Rakehead and the scree and into NT car park at Wasdale. Up on schedule my mood was good and more importantly so were my legs.

Leg 3 completed in 5.23.

A sit down and clear out of scree from socks and shoes followed. My sister and husband were enjoying the support role as they had not done anything like this before.

A few small pots of rice pudding and final check that we had everything and I was ready to go.

Leg 4: Harry Shuell / Paul Williams / Dave Gibson / Martin Perry

We were in good spirits, I felt strong.

Paul, Dave and Martin had run over from Honister already and conversation turned to Paul's new fell shoes and when was Dave going to commit to a BGR.

Yewbarrow is always a slog but it passed relatively quickly we dropped across the scree to Dore Head the wind almost blew us to a standstill, it had really picked up again.

We marched up Red Pike with a quick acknowledgement to an ACW BG attempt heading down the fell. The next summits flashed by.

As we descended to Black Sail pass someone (?) had the bright idea to inform the support team we were going to be early into Honister. Harry typed a message on his phone and speeded off trying to find some signal. He was then seen on the ridge jumping wildly in the air with one arm aloft waving his phone around...this obviously worked as he re-joined us near the top of Black Sail pass confirming that the message was sent.

Dave had earlier dropped a water bottle and set off to retrieve it, Harry and Martin headed to the stream to fill up. Paul and I had a quick chat about the line to Kirkfell and headed up the fence posts.

We were near the summit as Harry and Martin re-joined us..a little out of breathe. Dave took the sensible option and avoided the summit and met us near the tarns on the descent.

At the foot of Great Gable I needed food. Unable to produce saliva at this point I couldn't walk, eat and breathe at the same time. We had a 2min food and water stop before summing Gable.

Another new line (to me) off Gable avoided the horribly rough path to Windy gap (which lived up to its name) and then we were soon on our way down to Honister.

Harry ran ahead to tell the support crew and in his haste took a tumble!

I hobbled gingerly into the car park as my toes were sore from the descent.

Leg 4 completed in 4:14.

The support crew including my sister who had decided not to go home after Wasdale were there with Jenny marshalling everything expertly. It was great to see them. I knew I would finish and did feel slightly emotional as Jenny asked me if I was ok as I sat down.

More custard and rice pudding washed down with some coke. A sock and shoe change from X-Talons to Ultras felt great as the soles of my feet and toes were sore. I was ready to go.

Leg 5: Oliver Bratton / Chloe Routledge / Tim Parker

Good to have my usual running/race partner (Oliver) for the final leg. We had talked about doing the BG many times over the years during events. Chloe (leg5) and Michael (leg3) managed to sort out the kids (my grandkids) such that they both were able to run a leg with me. That was really nice. Tim had recovered from his Fellsman and UTS Snowdon 50 a few weeks earlier to join me and the other EVFC runners.

The sun was shining and the fells looked fantastic as we headed up Dale Head.

Oliver was continually trying to make me eat and drink. He wasn't about to have me bonk on the final leg within him supporting. I was having none of it, I was full from the Honister stop and felt ok.

The last 3 summits went by in a flash but I made time for a photo on Robinson.

The descent felt slow but we were soon on the flat path next to the stream. It was all fairly relaxed.

As we approached the last gate a figure was lying on the grass, it was Roger (leg3) waiting for us. He had a small fold up bike (?) with him and he cycled along with us to the church.

Jenny, Angela and George were there, it was a welcome if unscheduled stop. A quick drink and we were off on a run/walk strategy back to Keswick. The pace was good.

It was Saturday evening there were quite a few people in the high street, plus another BG group about to set off.

I remember hearing my name being called and people cheering and clapping as I climbed the stairs at Moot Hall.

Leg 5 completed in 2:51.

I had done it, I raised my arms (Roger got a great photo) and I headed to Jenny for a kiss and a hug. A thank you to her and my sister then I sat on the steps to Moot Hall trying to take it all in....!

I looked at my watch...a 10yr goal was done in **21:18**, but it would not have been possible without an amazing support team. I am so grateful to each and every one of them for giving up their time to support me.

Thank you ☺

Links to photos and video are below:

Leg 1

<https://www.flickr.com/gp/164788815@N05/q30m9f>

Leg 2

<https://www.flickr.com/gp/164788815@N05/9cR0a8>

Leg 3

<https://www.flickr.com/gp/164788815@N05/262JJm>

Leg 4

<https://www.flickr.com/gp/164788815@N05/U5i1Y5>

Leg 5

<https://www.flickr.com/gp/164788815@N05/JRv29x>

Jura Returns by Gary Thorpe

I visited Jura in 1994 as part of a group of six.

I was intrigued by my mate Karl's description of the Paps of Jura, in the club newsletter, particularly his descents involving his "scree-skiing", experiences from his 1993 debut. Articles in The Fellrunner served to whet the appetite even more but it all felt so far away.

I'd been a member of my local running club Matlock since I was 11 having shown some talent at school. However, rugby and football limited my involvement to short Fell races in the Peak District during the summer period.

During the 1980s I would do well in these short blasts, often finishing in the top few.

Consecutive years saw me suffer pneumonia, a triple rupture of the quad and a soft tissue swelling on my right foot , half the size of an egg.

Left with below average lung function, a period of learning to walk/jog again and a year of limping with over sized shoes, I was determined to make the best of what still did work okay.

When I started running again to my horror I found that I couldn't get enough oxygen to my muscles to get going, I felt like I'd aged 50 years!.

On the plus side, I appeared to be able to keep going for hours so long as I wasn't pushing it. Having given up football, I turned my attention to 'proper' Fell running on a regular basis. However, the terrain in our area did not prepare you for the rigours up North. My attitude to Fell running has always been one of overcoming odds that are stacked against me.

Jura characterises this better than any other event.

The soundtrack for the 1994 trip (the only audio tape between us) was Crowded House's 'Woodface' (Karl's home recording off a vinyl record). I nearly wrote LP but I realised that that was age-related jargon!.

Setting out from Matlock in Derbyshire on Thursday we were aiming for a Friday crossing on the Kennacraig ferry to Islay, then Jura.

Our first night would be at Moffat. The handy campsite was near enough empty but the Yorkshireman caretaker wagged his finger with regard to his strict rules on noise and drunkenness.

We dutifully made our way to a pub with a disc jockey. Well he had some discs anyway, but all of them were from the 1970's. He'd already cleared all the locals out, making it easy to get to the bar.

As we replenished, his thick Scottish accent introduced "chirpy chirpy cheep cheep" then "sugar, sugar", some Mud tracks, some early Queen and a bit of David Bowie.

We giggled as he played through his personal collection from his youth, often preceded with an imploring "this is a good one...."

Suffice to say we embraced merryyness like a long lost friend. Pantomime shushing and tripping over guy ropes characterised our return to the tents.

The three couples settled into their tiny tents, two married couples and the third couple who were simply workmates. By the early hours the workmates had parted, with Kiwi Dan spending the night on the grass.

So credit to him when we woke to the deepest whitest frost that I can remember.

We scooped up our gear before the Yorkshireman could scold us and off we went to Luss on the banks of Loch Lomond. Where we indulged in flasks of tea.

Around Loch Fyne to Inveraray where a piper was entertaining American tourists, whilst we had an ice cream, before the last drive to Kennacraig.

At the top end of the Mull of Kintyre, Kennacraig is a bit dreary. The thing that saves it, is the sense of anticipation for where you are heading.

As overloaded foot passengers, we clambered on in awe at the Caledonian MacBrayne ferry. As it ploughed through the sea to Port Askaig we got first sight of the Paps, being faraway, they seemed mystical but still very small.

In no time, we transferred onto the Feolin Ferry to Jura, where a mini-bus awaited and took us to Craighouse, the epicentre and 'capital' of the island. Or as I overheard today as people left the direct rib to Craighouse, "this is it folks, Craighouse, a shop, a hotel, a cafe, a distillery, you need to know, that there's no more!

Have a good holiday "

We pitched our tents and resisted the lure of the Hotel bar. Instead we partook of the local cakes offered from a welcoming stall on the hotel lawn.

Karl and I went up the race route out of Craighouse and met some deer.

Karl "Listen to that!"

Me "To what?"

Karl "Exactly!"

Me "Pardon?"

Karl "THE SILENCE !!"

Simply nothing, and as I write this I'm barely 200 yards from that very spot.

The silence was indeed deafening but I had some noisy thoughts troubling me.

Where are these bloody Paps, that I've been intrigued and tempted by?.

Strangely, you can barely see them from Craighouse. In fact, you don't get a really good view until you are well into the race.

The first three checkpoints are Bheinns, Dubh, Glas and Aonach. On a clear day it's all straightforward and apart from the usual huffing and puffing, it could be described as a pleasant but beguiling start.

We were blessed with beautiful weather,

🎵"Everywhere you go-o-o🎵

🎵Always take the weather with you"🎵

Crowded House were still ringing appropriately in our ears.

On the trot to Aonach cp3, lurking to our right, Pap 1 starts to impose itself. Beinn a'Chaolais provides the toughest climb of the race. After an exhilarating descent into Gleann Astaile, only then does the scale of the challenge become all too apparent.

What happens in the next hour will define your race!

In many runs up the Paps, I've never felt like I was storming it, on top of it and dead positive. More like I was simply taking the strain, hanging on or surviving the pain. To be honest, I only feel better when passing someone clearly suffering more, thus distracting me from my own struggle !.

On that first occasion records were broken by Amblesiders!

Mark Rigby prevailed in 3:06 and Helene Diamantides 3:54 (then of Carnethy) speeding over good ground after a dry spell, thus setting records that stood for years.

Helene was one place in front of me, climbing Pap 1 when the first hint of cramp started.

Like for so many, this was the beginning of the end, it would not get much better.

On that day in 1994 there were many newcomers who would grace the event on an annual basis for years. Some of them had no idea up that first Pap, climbing directly up the scree rather than picking lines through the heather.

The exhilaration of Pap 1's descent has been curtailed over the years because of the wear and tear but is still a good 'un.

Pap 2 awaits offering a sucker punch to break one's resolve. 5 years ago a talented Wharfedale Harrier stood hands on hips looking up in disgust, he'd been there awhile. He's usually top ten anywhere but not at Jura.

You'll always find a few moving in even slower motion than yourself on Beinn an Oir, as aspirations give way to a painful reality.

An unusual summit with a walled lane! and a grassy descent at first to the col before the much talked about Beinn Shiantaidh or Pap 3.

This climb ends in a rocky slog but everyone is fixated upon the "magical line" descent.

Back in 1994 I was broken! I felt like I was barely functioning and now faced with a daunting sea of impossibly steep scree.

When your knackered, the brain melts too, and all the advice about lines here and there had long since been forgotten as the twinges of cramp increased.

I've no idea where I went that day, as each time I found a decent scree run it was abruptly spoiled by larger rocks that did not budge. Floundering across the rocks in search of obedient scree is all I remember. By some miracle I found the contour path that takes you to the foot of Corra Bheinn.

By now your hanging on and that last hill should be twinned with Great Calva (BGRs know what I mean)although utterly unremarkable, it should be re-named "Not Another!".

From here to the finish is fairly straightforward, soft ground downhill to Three Arch Bridge, then about 3 miles of flattish road to Craighouse. But the beating that the Paps have handed you, in relation to your fitness will dictate how you cope with this 'easy' bit.

Sometimes we learn the hard way as I did in 94.

Determined to finish having survived multiple cramps, I knew I was homeward bound but I was weary. A Dark Peaker saw me struggling and offered me a full packet of Dextrocel glucose tablets.

Desperate and needy, I dutifully accepted. As I popped one in, the paper packet started to fall apart, so I shoved them all in!

For about 15 minutes I moved with ease, passing runners effortlessly, as good as new!

A few minutes after we hit the road, an awful churning and gurgling started but I thought I could hold out til Craighouse. Wrong! Those 3 miles are the longest anywhere and after at least 3 stops in which I struggled to contain my internal organs, I finished in 4:31 54th.

Whilst I was squatting in a ditch, Selwyn Wright sneaked through to claim his one win over me.

At the finish, I barely had strength to get back to the tent but relieved on every level to finish.

The locals were still selling those cakes and after eating my body weight in them, washed down with beer, we went to the Ceilidh in the village hall. All I remember is stern faced Jura folk staring across the dance floor at Islay folk, with a few expert dancers rudely interrupted by the wild flailing arms and legs of the inebriated Glossopdale Harriers.

One such, Andy Trigg (who finished 4th in 3:19) was so totally wasted that he threw himself on his knees at the feet of Helene Diamantides offering his hand in marriage. A Bingley Harrier Andy Thornber took issue with the Ceilidh entry fee and tried to break in through a toilet window and almost cut his ear off. The young guns from Islay were spoiling for a fight with the Jura youth somewhere down the pier, the Islay policeman was alerted.

It was all good fun!

The next day we barely had strength to pack up and go, never mind the 400 miles return trip. In looking back, I ask myself, what is the most powerful draw? I've hardly mentioned the beauty, the camaraderie, the unusual atmosphere, the getting there and the welcomes. For me, after such an initial beating, the draw was to return someday and not be flummoxed, overawed or battered.

It happened this year!. Although I was slower than I'd like to be, in 4:28 48th I managed my limitations very well. I simply didn't want a good thing to end!

So I stayed for a week, got burnt to a crisp and found new reasons to return.

Gary

Helvellyn and The Dodds: A Grand Day Out

Andrew and Michelle turned out for this one. What we lacked in numbers, we made up for in blue and green exuberance!

Observations and lessons learned in no particular order:

1. 15 miles is a long way.
2. It's quite good fun just waking up and deciding to enter a race on the day.
3. Great Dodd undergoes some rare geological metamorphosis on the return journey, whereby it is actually several hundred metres higher than on the outward journey.
4. 250ml of liquid is definitely insufficient for a 3h 15 min race in a hairdryer.
5. The views are stupendous and you get to see them twice.
6. It most definitely IS NOT all downhill on the way back.
7. You get to ask yourself just how the hell Carl Bell got so far in front as he skips past you on the return journey...with the energy to smile and say "Well done!"
8. "Save summat for the way back lass." (Lee Proctor) was very good advice!
9. I overtook 3 people on the descent: yes, they were wearing numbers, had two legs and ran for a proper club☺
10. Keswick AC organise a Grand Day Out: thank you!

Ed

Who to send your information to

For the Newsletter

We need:

- Updates and pleas for help from race organisers
- Info about social events
- Captains' updates
- Minutes from committee meetings
- Juniors updates- so the old gits know who's snapping at their heels!
- Club Champs updates
- Relay 2018 updates
- Articles written by you!
- Race reports either from the Race Organiser or a runner
- Pictures to go with any of the above
- Items for sale (running related!)
- Cartoons...Jim T:-)
- Banter and general mickey taking that we're renowned for!

SEND YOUR INFO AS A WORD DOCUMENT TO:

mcrowley@ghyllside.cumbria.sch.uk

For the Website

Send your information to one of these people who regularly update that section of the website:

News section (including social stuff and trips away)- Neil Talbott neiltalbott4@hotmail.com

AAC Races pages - Dan Duxbury danmunro2014@gmail.com

Training pages - Michelle Foxwell mcrowley@ghyllside.cumbria.sch.uk

Club Champs pages - Jim Tyson jim_tyson@hotmail.com

Junior pages - Eleanor Knowles eleanorknowles333@btinternet.com

'Articles' for the 'blog' section - Neil Talbott neiltalbott4@hotmail.com

AMBLESIDE AC TUESDAY NIGHT TRAINING SCHEDULE 2018

DATE	TIME	VENUE & SUGGESTED ROUTES	DRINKS & POST-RUN CRAIC
20/3/18	6.40pm	<u>Ambleside Rugby Club:</u> <ul style="list-style-type: none"> Steady group Trail/fell run 7/8/9/10 Hills of Ambleside 	The Golden Rule
27/3/18	From 6.30pm for 6.45pm start	<u>Club Champs Relay Leg race around Alcock Tarn, Heron Pike and Stone Arthur.</u> Start just down from the Travellers pub (towards Grasmere). Fully flagged and suitable for age 16+	Travellers
3/4/18	Start any time between 6.00pm and 7.00pm	<u>Loughrigg Orienteering Event</u> 1 hour score Meet at stile on zigzags up Loughrigg road	The Golden Rule
10/4/18	6.40pm	<u>Elterwater</u> <ul style="list-style-type: none"> Lingmoor loop – Cumbria Way return Sil Howe – BleaRigg – Stickle Tarn – Cumbria Way return Meet top car park on the common	The Britannia, Elterwater
17/4/18	6.40pm	<u>Car park by bridge just N of Hartsop turning</u> <ul style="list-style-type: none"> Dove Crag via Priest's Hole – Middle Dodd/Red Screes Angle Tarn loop Meet in car park on road bend	Brotherswater
24/4/18	From 6.30pm for 6.45pm start	<u>Club Champs Relay Leg race up Seat Sandal.</u> Start just down from the Travellers pub (towards Grasmere). Partially flagged and suitable for age 18+	Travellers
1/5/18	6.40pm	<u>Coniston</u> <ul style="list-style-type: none"> Race reccie Levers Water loop Levers Water – Brim Fell – Old Man Meet on the road by The Sun	The Sun
8/5/18	6.40pm	<u>Fairfield</u> <ul style="list-style-type: none"> Race reccie Loughrigg/Sil Howe Grasmere trails Meet on lane at Rydal	Badger Bar
15/5/18	6.15pm	<u>Mortal Man – committee mtg at 8.15pm</u>	Mortal Man
22/5/18	6.40pm	<u>Leg 2 Race reccie</u>	Travellers' Rest
29/5/18	6.40pm	<u>ODG, Langdale</u> <ul style="list-style-type: none"> Race route to Stickle Tarn – Sgt Man – High Raise – Stake Pass – Mickleden Race route to Stickle Tarn – Harrison Stickle – Martcrag Moor – Black Crag – Rossett Pike – Bow Fell traverse – The Band Scafell Pike return Meet at ODG car park	ODG

5/6/18	6.40pm 6.15pm for those attending relay mtg who want long run	<u>Kirkstone Pass</u> <ul style="list-style-type: none"> Hartsop – Pasture Beck – Threshthwaite – Stony Cove – St Raven’s Edge Red Screes- Middle Dodd – cross road – up mines path to Caudale Moor – St Raven’s Edge Meet at main Kirkstone Pass car park Relay committee mtg at 8.30pm	Kirkstone Inn
12/6/18	6.40pm	<u>One from the left field...Coledale Horseshoe</u> <ul style="list-style-type: none"> Classic Coledale Horseshoe Loads of car sharing and meet Braithwaite Village (near Keswick!). Miserable buggers without wanderlust can sort something closer to home☺	The Royal Oak, Braithwaite
19/6/18	6.30pm	<u>Cockley Beck Midsummer Scamper!</u> <ul style="list-style-type: none"> Straight to the roof of England...the pretty way! Little Stand – Cold Pike traverse – 3 Shires Stone – Wet Side Edge – Grey Friar – Cockley Beck Meet Cockley Beck	3 Shires
26/6/18	6.40pm	<u>Tilberthwaite</u> <ul style="list-style-type: none"> Yewdale Common – Wetherlam – return or Steel Edge return Yewdale Common – Hole Rake – Red Dell path to Red Dell – Wetherlam – Tilberthwaite Meet at Tilberthwaite car park	tba
3/7/18		<u>Steel Fell</u> <ul style="list-style-type: none"> Uphill Club Champs race? Jim? Steel Fell round Meet at Travellers	Travellers
10/7/18	6.40pm	<u>Torver</u> <ul style="list-style-type: none"> Brown Pike – Dow – Old Man Meet pub car park	Church House Inn, Torver
17/7/18	6.40pm	<u>Kentmere</u> <ul style="list-style-type: none"> Horseshoe race reccie Garburn – Sallows – Sour Howes Meet at Institute by church	Water Mill, Ings
24/7/18	6.40pm	<u>Glenridding</u> <ul style="list-style-type: none"> Helvellyn via edges – classic! Helvellyn via Striding – Nethermost – Eagle Crag – valley trail – back up Derek Price route – Glenridding/Lanty’s Meet in main car park	Travellers
31/7/18	6.40pm	<u>Drunken Duck</u> <ul style="list-style-type: none"> Black Crag – Tarn Hows – Iron Keld return Stu Shutt’s magical mystery Tour de Latterbarrow Meet in pub car park	Drunken Duck
7/8/18	6.40pm	<u>Sedbergh</u> <ul style="list-style-type: none"> Sedbergh Hills race reccie Winder –Arant Haw - The Calf – Calders – return Meet on lane by park	The Dalesman
14/8/18	6.40pm	<u>Fairfield</u> <ul style="list-style-type: none"> Rydal Round race reccie Meet on lane at Rydal	Badger Bar
21/8/18	6.40pm	<u>Patterdale</u>	Brotherwater

		<ul style="list-style-type: none"> • Grisedale Tarn – St Sunday – Arnison Crag • Ullswater shore path – Place Fell – BoredaleHause <p>Meet by Patterdale School</p>	
28/8/18	6.30pm	<p><u>Kentmere</u></p> <ul style="list-style-type: none"> • Sadgill -Longsleddale – Gatesgarth Pass – Harter – Kentmere Pike <p>Meet at Institute by church</p>	Eagle & Child, Staveley
4/9/18	6.15pm	<p><u>Troutbeck village</u></p> <ul style="list-style-type: none"> • Wansfell – Middle Grove – Red Screes – Kirkstone – Idle Hill – Wansfell • Garburn – Sallows – Sour Howes • Garburn – Thornthwaite – valley path to Limefitt <p>Meet on lane by Mortal Man</p>	Mortal Man
11/9/18	6.00pm	<p><u>3 Shires</u></p> <ul style="list-style-type: none"> • Part race reccie • Greenburn Round • Lingmoor – Blea Tarn – Under Wetherlam <p>Meet on lane above 3 Shires pub</p>	3 Shires
18/9/18	6.00pm	<p><u>Langdale</u></p> <ul style="list-style-type: none"> • Blisco • Blisco – Blea Tarn loop • Blisco – Lingmoor • Stickle Tarn- Sgt Man –Tarn Crag <p>Meet NT car park at New Dungeon Ghyll</p>	Stickle Barn
25/9/18	6.00pm	<p><u>Grasmere</u></p> <ul style="list-style-type: none"> • Another look around any relay legs? <p>Meet big lay by S of Travellers</p>	tba
2/10/18	6.00pm	<p><u>Staveley Mill Yard</u></p> <ul style="list-style-type: none"> • Brunt Knott - Potter Fell <p>Meet in mill yard</p>	Eagle & Child
9/10/18	6.00pm	<p><u>Scout Scar</u> car park (Underbarrow Road), Kendal -Kendal passport required</p>	The Rifleman's
16/10/18	6.00pm	<p><u>Ambleside Rugby Club:</u></p> <ul style="list-style-type: none"> • Steady group • Trail/fell run 	The Golden Rule
23/10/18	6.00pm	<p><u>Ambleside Rugby Club:</u></p> <ul style="list-style-type: none"> • Steady group • Trail/fell run 	The Golden Rule
30/10/18	6.40pm	<p><u>Ambleside Rugby Club:</u></p> <ul style="list-style-type: none"> • Steady group • Trail/fell run • 7/8/9/10 Hills of Ambleside 	The Golden Rule