

Ambleside AC Newsletter

March 2019

In Brief

Not much to say just now but there's lots of info here about the next few months and some fantastic race reports (thanks Harry, Cath and Gary).

Happy running.

Ed



Junior News

Junior News Roundup

We are hoping to have put the dark, wet headtorch runs behind us as the juniors finish their winter training in Windermere and head back to the fells. The running of every which way up Queen Adelaides hill and Orrest head has paid off. A sea of little blue and green vests have battled the weather and the mud ever Sunday at the KWL with 11 juniors vying for podium places with 3 races to go!

XC is drawing to a close with Amblesiders at all the National finals! This weekend 6 juniors are representing Cumbria in the mudfest that is the Inter Counties, Glastonbury has nothing on this mud!



English schools follows for the next 2 weekends and again our little club has a dozen runners running for the county. Not sure if it is the running or the overnight stay with their mates which is the best bit. Parents just remember which vest to look out for!

All this has been fantastic practise ready for the start of the English Champs at Clough Head On 30th March. 2nd team last year, we have our eyes on the prize!

Come and support our stars of the future!

Senior Club Champs 2019

Encourage one or two of your club mates to participate and you'll have a blast leapfrogging each other up the table or across the age categories. I'll try and secure some great prizes, like the fantastic juniors, and I'll be as swift as possible to publish results on the web site after races."



Any questions email me: jimevans68@iCloud.com

Jan 12	Clough Head	S
Feb 9	Carnethy	S
March 9	Blackcomb	M
April 10	Loughrigg	S
April TBC	Orienteering	S
May 4	Coniston	M
June 1	Grasmere Gallop 10km	M
June 9	Howtown	L
July TBC	Up Hill	S
Sept 7	Grizedale Horseshoe	L
Sept TBC	Downhill	S
Nov 16	Two Riggs	S
Dec TBC	Kirkstone Handicap	S

Next AAC Races

10/4/19 Loughrigg Fell Race

6.4km/330m

This race heralds the arrival of early summer with a short, sharp dash up to Loughrigg summit and back from Rothay Park. It's also a club champs race so Jim Evans is expecting you there! The fell section is flagged so runners don't end up heading down to Grasmere in the dark!. Registration in the Parish Centre. £3 on night only. Race starts at 7.00pm.

Help required for: marshalling, registration, results, route flagging etc.

Any questions, ask Ben Abdelnoor Ben_Abdelnoor@yahoo.com

16/4/19 Loughrigg Orienteering Event

This event is a one hour score event and is also a club champs event. You have one hour in which to visit as many controls as you can. You may plan your own route and visit the controls in any order. Paper maps will be provided but they aren't waterproof so best to bring a map case/zippy bag or similar. The maps are orienteering maps rather than Harveys or OS. A compass (and the ability to use it!) will be useful. Kit is a minimum of a windproof and a whistle - just think about what you might want/need if you fall somewhere off the beaten track or go awry and have a long run/walk back to the start. To make this event accessible and challenging for all of our runners, several controls will be "easy" finds on prominent features like paths, summits, gates etc. and several controls will be more challenging to find on re-entrants, small knolls, boulders etc.

- You may start any time between 6pm and 6.30pm. Slightly earlier than usual start times to encourage more juniors to participate. There will be a sliding scale of time penalties for late returns.
- The start will be somewhere on the zig zags/Loughrigg track. Final details on website and FB when I've set the course
- Minimum age 16 on the day to compete solo.
- You must compete as a solo runner if you want your points to count for the club champs
- If you're new to orienteering or just fancy a sociable jaunt doing a bit of nav practice with a mate, you're welcome to run as pairs
- Juniors under 16 are encouraged to come along and compete with a "responsible adult" - good luck with that one guys!

Loads of fun prizes in The Rule from about 8.00pm

Help required to round up controls on the Wednesday morning!

Any questions, ask Michelle

mcrowley@ghyllside.cumbria.sch.uk

Get Back Alive

Many thanks to Ben for organising the training with LAMRT in February.



Essential information from Langdale Ambleside Mountain Rescue Team for when you're running

IMPORTANT

Over the years, we have had a trickle of very sad cases when fell runners have not survived. Obviously, you are very fit and travel light, but even if you are not injured, if your progress slows for any reason, you are more likely to run into trouble. Importantly, you cool off very rapidly after exercise if you don't have sufficient insulation, especially if it's windy.

If you get lost or injured and don't have enough clothing and food, you may well not survive.

Simple steps to increase the likelihood that you will return alive.

- Check the weather forecast before you go. If the forecast is bad, run a safer route, take extra clothing and food with you, or don't go.
- Plan your route and stick to it.
- Let someone know where you are going and your anticipated return time.
- Take a mobile phone with you. Make sure the battery is fully charged and that location services are enabled.
- Don't change your route without letting someone know what the new route will be and the revised time schedule.
- If you get lost, consider going back to where you last knew where you were.
- If you think you are getting into trouble, **phone mountain rescue early**. We are not bothered about receiving false alarms, but we hate searching for dead bodies.

Spring Social

Tuesday 2nd April.

Wilfs Café Staveley

Food at 8pm. Look out for details of the runs that night on the club website - it is the first Tuesday after the clocks change so we will be meeting at an exciting & different running location!

£12 per person paid on the night to Wilfs

Bring your own booze. They do sell soft drinks

I have arranged for a gf/dairy free lamb hot pot, veggie lasagne and fruit crumble with custard/cream. If these are fine no instruction necessary.

If you need gf/dairy free/veggie there is the Wilfs bean chilli available but I need to know.

Please email me on ferguson531@btinternet.com to confirm attendance so I can give them numbers.

Thanks all,

Helen

AAC Financial Guidance for Race Organisers and Club Trip Organisers

A huge thank you goes to our Treasurer, Chris Giles, who with several other committee members has worked hard to put together this summary of what funding is available for club races and trips.

Michelle

The club would like to thank organisers of trips and races for their efforts in making these things happen. It is no small task and is appreciated by members. This guidance is intended to make the financial arrangements more straightforward and transparent.

If your trip or race 'qualifies' for funding, please either send an invoice or bank transfer details to the Club Treasurer or pay with your own money and reclaim. Don't forget to send any receipts.

Club Treasurer is Chris Giles. Email: gilesc1814@gmail.com or phone 07393 956533.

Funding for trips to races

To British and English Champs races and UKA Fell Relay. As long as a reasonable number are competing and the event is a significant distance from Cumbria the club will pay for petrol and ferry where appropriate. If eight or more club competitors are travelling the club will also pay for a minibus. Club members are expected to pay for their own accommodation and meals.

To other races (e.g. Carnethy, Ben Nevis) and other 'non race' club trips (for example weekends in Scotland or Wales) – same as above.

Important note to trip organisers

If the trip is to receive club funding, please publicise to all members via email (send to amblesidemembershipsecretary@gmail.com and Sarah will send round all members) and club website (send to Michelle: mcrowley@ghyllside.cumbria.sch.uk) If possible, please post details on members closed Facebook group and in the Newsletter (send to Michelle: crowley@ghyllside.cumbria.sch.uk)

Club member only races (e.g. orienteering, handicap, uphill, downhill)

Reasonable prizes, sometimes some food. Total budget for each of these events is £150.

FRA registered 'open' races (e.g. Loughrigg, Shires, Fairfield)

Organiser works out his/her own budget. Expectation that a profit is made but small losses are covered if they occur

Other spending

Equipment

Larger items need committee decision. Small items Club Treasurer decides.

AGM and club achievement prizes Prizes and occasionally food paid.

AAC Committee

29 January 2019

Loughrigg Silver Howe Chase

Thanks to all who turned out in the blue and green for this wee classic and to Chris H for helping on the finish. 23 set out and 23 returned with the seasoned, experienced runners generally showing the youngsters clean heels...and which way to go in several cases!

Loughrigg – Silver Howe Chase 2019

Well done to all of you and thanks for running.

Pos	Name	Age Cat.	Time
1	John Helme	MV40	1:13:25
2	Mark Roberts	MV50	1:15:26
3	Samuel Russell	M	1:15:53
4	Matt Reedy	MV40	1:18:39
5	Tom Simpson (and The Shorts)	M	1:20:20
6	Gary Thorpe	MV50	1:21:14
7	James Harris	M	1:21:15
8	Paul Cornforth	MV50	1:22:32
9	John Hooson	MV50	1:25:16
10	Jim Tyson	MV40	1:31:14
11	Lucy Scott	F	1:31:59
12	Steve Freeman	MV40	1:36:06
13	Matt Foxwell	MV40	1:36:24
14	Dave Banks	MV50	1:41:22
15	Harry Iley	M	1:41:54
16	Scout Adkin	F	1:41:55
17	Mairi Helme	F	1:52
18	Paul Simpson	MV50	1:53
19	John Gommersall	MV60	2:02
=	Richard Unwin	?	2:02
21	John Orrell	MV50	2:08
22	Karen Goodyear	?	2:21
=	Richard Tait	?	2:21

Guest runners (non -Ambleside AC)

Parkrun

Loads of AAC seniors and juniors regularly participate and volunteer in and at the parkruns at Fell Foot, Penrith, Keswick and Whinlatter. If our local communit can round up sufficient volunteers, we may get our own in Ambleside. This from Eileen Jones:

There are plans for possibly two new parkruns for the Ambleside area.

This is a global network of free 5k runs for all ages and all abilities, held every Saturday morning at 9am.

But nothing will happen without a volunteer team. The parkrun ambassadors want to meet anyone who would like to be involved. They say, it doesn't take a lot of your time, and it doesn't mean YOU never get to run.

"There's some background admin to do, course setting up, timing and barcode duties, but the more volunteers, the more everyone gets their chance to run as well."

They are hosting a meeting at the Golden Rule in Ambleside on Wednesday March 20 at 7pm. If you can't make it, but want to be part of the team, please email sarah.hamilton@parkrun.com. Everyone is welcome: runners, walkers, people who want to be part of a fun and lively community event, youngsters, retired runners.

"We have potentially two routes for the Ambleside area. It's now up to the community to come forward and volunteer," said Sarah.

Asics Windermere Marathon

You may be aware that on the 19th May we are holding the ASICS Windermere Marathon and this year it's set to be our largest event! I was hoping I could ask you and your runners for some support? We are in need of volunteers for the day to help care for our 1000 runners. It's likely that some of your runners will be taking part themselves so I'm sure they would love to see some familiar faces around the course. Would it be possible for you to share this request throughout your runners and groups? If people are interested they can either contact me directly at Rebecca.brown@brathay.org.uk or 01539439749 or through the Brathay website.

We would really appreciate any support you could give us for this event and I look forward to hearing from you. If you have any questions, please feel free to contact me.

Kind Regards,

Rebecca Brown | Challenge Events Administrator

(Normal working days are Monday to Thursday)

Brathay Trust | Ambleside | Cumbria | LA22 0HP

t 015394 39749

e rebecca.brown@brathay.org.uk | www.brathay.org.uk

Training Schedules

Whatever day it is, you'll find something to suit in this lot. All details are also on the website in "training" sections and keep your eyes on FB for updates, last minute changes and informal outings. Print off and stick on your fridge/biscuit tin/whatever...

TUESDAY TRAINING: March - Sept 2019

It's been really good fun doing the Kenyan Hill sessions; hopefully they've made a difference and thanks loads for turning out in the dark, all winter to support. We've had record turnouts this winter and I've loved it. They'll be back next winter for sure. We can rearrange using FB and website if we want or need to. It's tough trying to please everyone! Where there's a choice of start times, it's so folk who want a longer daylight run can arrange one with mates but we all end up getting back at the same time to go for a drink. The main club run is 6.40pm. You'll notice there are a few gaps in late July and early August: open to suggestions! We don't have to worry about it just now.

Michelle

DATE	TIME	VENUE & SUGGESTED ROUTES	DRINKS & POST-RUN CRAIC
12/3/19	6.00pm 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
19/3/19	6.00pm 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
26/3/19	6.15pm	<u>Travellers, Grasmere</u> <ul style="list-style-type: none"> Steel Fell Round Alcock Tarn- Heron Pike – Grt Rigg – Stone Arthur Stone Arthur – Grt Rigg – Fairfield Grisedale Tarn – Seat Sandal 	Travellers, Grasmere
2/4/19	6.00pm 6.40pm	<u>Elterwater</u> <ul style="list-style-type: none"> Lingmoor loop – Cumbria Way return Sil Howe – Blea Rigg – Stickle Tarn – Cumbria Way return <p>Meet top car park on the common</p>	The Brit, Elterwater
9/4/19 It's Loughrigg Fell Race on 10/4/19	6.00pm 6.40pm	<u>Rydal Lane</u> <ul style="list-style-type: none"> Classic Fairfield or shortcut at Gt Rigg – coffin route return Trail Loops Nab Scar – Alcock Tarn – Sil Howe – trail return 	Badger Bar
16/4/19	6.00pm – 6.30pm start	<u>Loughrigg Orienteering (CLUB CHAMPS EVENT)</u> See info above in main letter for details	The Golden Rule
23/4/19	6.00pm 6.40pm	<u>Dunmail Raise</u> <ul style="list-style-type: none"> Grisedale Tarn – Seat Sandal – BG line down Raise Beck – G Tarn – Helvellyn – reccie OCT line down to Wythburn – forestry return 	Travellers, Grasmere
30/4/19	6.40pm	<u>Conistone</u> <ul style="list-style-type: none"> Race reccie Levers Water loop Levers Water – Brim Fell – Old Man 	The Sun

		Meet on the road by The Sun	
7/5/19	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
14/5/19	6.40pm	<u>Helvellyn</u> <ul style="list-style-type: none"> • Classic Helvellyn by edges (up Striding; down Swirrel) • Birkhouse – Catstycam – Helvellyn – Grizedale Tarn – valley return via Lanty’s Tarn • Birkhouse – Helvellyn – Grizedale Tarn- valley return via Lanty’s • Red Tarn Meet in main car park in Glenridding	Brotherswater Inn
21/5/19	6.40pm	<u>Queens Head Troutbeck</u> <ul style="list-style-type: none"> • Wansfell loop • Ill Bell ridge – Beacon – valley return Green road to St Ravens’ – Stony Cove – Troutbeck Tongue	Queens Head, Troutbeck
28/5/19	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
4/6/19	6.40pm	<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	Kirkstone Inn
11/6/19	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
18/6/19	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
25/6/19	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/Rule? As most folk heading back that way?
2/7/19		<u>Kentmere</u> <ul style="list-style-type: none"> • Horseshoe race reccie • Garburn – Sallows – Sour Howes Meet at Institute by church	Watermill, Ings
9/7/19	6.40pm	<u>Torver</u> <ul style="list-style-type: none"> • Dow – Old Man Meet in pub car park	Church House Inn, Torver

16/7/19	6.40pm	CLUB UPHILL CHAMPS RACE From Tweedies in Grasmere to Silver Howe summit. More details on website and FB	Tweedies, Grasmere
23/7/19	6.40pm		
30/7/19	6.40pm	<u>Ambleside</u> <ul style="list-style-type: none"> • Middle Grove/Wansfell – Red Screes - and then see! • Fairfield • Loughrigg – Sil Howe return Meet behind Salutation Hotel (start line of Wansfell race)	
6/8/19	6.40pm		
13/8/19	6.40pm		
20/8/19	6.40pm	<u>Patterdale</u> <ul style="list-style-type: none"> • Grisedale Tarn – St Sunday – Arnison Crag • Ullswater shore path – Place Fell – Boredale Hause Meet by Patterdale School	Brotherswater Inn
27/8/19	6.30pm	<u>Hartsop</u> <ul style="list-style-type: none"> • Endless lovely options! • HB relay reccies Meet at Hartsop village car park, sheepfold handover on HB relay	Brotherswater Inn
29/8/19		RED SCREES DOWNHILL CLUB CHAMPS Meet on Red Screes summit 7.00pm – 7.30pm	Golden Rule, Ambleside
3/9/19			
10/9/19	6.00pm	<u>3 Shires</u> <ul style="list-style-type: none"> • Part race reccie • Greenburn Round • Lingmoor – Blea Tarn – Under Wetherlam Meet on lane above 3 Shires pub	3 Shires
17/9/19	6.00pm	<u>Langdale- Langdale reccies</u> <ul style="list-style-type: none"> • Blisco • Blisco – Blea Tarn loop • Blisco – Lingmoor • Stickle Tarn- Sgt Man –Tarn Crag Meet NT car park at New Dungeon Ghyll	Stickle Barn
24/9/19	6.00pm	<u>Drunken Duck</u> <ul style="list-style-type: none"> • Black Crag – Tarn Hows – Iron Keld return • Stu S's magical mystery Tour de Latterbarrow Meet in pub car park	Drunken Duck
1/10/19	6.00pm	<u>Staveley Mill Yard</u> <ul style="list-style-type: none"> • Brunt Knott - Potter Fell Meet in mill yard	Eagle & Child
8/10/19	6.00pm	<u>Badger Bar at Rydal</u> Meet on lane at Rydal	Badger Bar, Rydal
15/10/19	6.00pm		
22/10/19	6.00pm	<u>Ambleside Rugby Club:</u> <ul style="list-style-type: none"> • Steady group • Trail/fell run 	The Golden Rule
29/10/19	6.40pm	<u>Ambleside Rugby Club:</u> <ul style="list-style-type: none"> • Steady group • Trail/fell run 	The Golden Rule

Thursday Evenings are Phoenix Nights! – Captain Jack's Track Pack

Now finished for another winter. Huge thanks to Jack for leading this brilliant session every week.

Sunday Mornings: January 2019 to April 2019.

Scheduled Sunday morning club runs are back in for 2019. There should be 2 or 3 groups of different paces and distances – check out the club's Facebook group to find out who's intending to run. Please be ready for a 9.30am prompt start.

Date	Location
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10/03/2019	Hartsop – Sheep fold car park
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24/03/2019	Torver – Church House pub
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31/03/2019	Sedbergh People's Hall – potential Howgills race recce
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07/04/2019	Rydal Lane
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14/04/2019	Three Shires Pub
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21/04/2019	Troutbeck – Mortal Man
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28/04/2019	ODG – potential Gt Lakes recce
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March's Reet Good Reads

49th CARNETHY 5 HILL RACE 9TH FEB 2019 – as witnessed by 577

Numbers and colours when the gun goes off.



Michelle and I were sitting in the fancy new cafe of Sainsbury enjoying cushioned orange seats in the warm awaiting a team pick-up. Outside was a typical grim morning of Kendal in February and the contrast was satisfying; we lamented about fine points of Europe and vistas in the toil of graft (amber hues were included). Both knowing that hours from that point we'd be hacking it out alongside 500 odd competitors who'd be descending on Carnethy for the 49th Hill Race from far and wide; we enjoyed that quiet anticipation with melee to follow.

As a precursor to this race I'd viewed Mary Queen of Scots in the cinema to try scratch up on some Scottish history and prepare myself for what was essentially a battlefield start. A stretched out line of competitors on the barren lands from all over all about to charge in the same direction; quite brilliant. Let us not forget the bag pipes, which are eternally atmospheric.

As the day closed on the floodlit forecourt of the same supermarkets fuel station 12 hours later, the last words I overheard uttered between two of my companions were 'it's always a memorable event'. The morning hadn't afforded knowledge of why that was, but as I crouched there beneath the CCTV wiping melted chocolate from beneath me that I'd sat on during the homebound, howling with laughter to the entertainment of an audience of fuel customers; the reflections were consistent, we carry the wind back from the adventures we take. It had been one hell of a day.

We were 9 that sat in the bus, Sarah, Michelle, Mat, Paul T, Paul K, Tom, Gary, Jack and I. Joe would meet us there making a solid 10. The mood was good with everyone up for it and plenty of chat flying about. Emails the evening before had warned of cancellation due to adverse weather but should the tents go up by 11am then it was game on. No-one hoped it was off; these events are what it's all about. The Carnethy race is located south of Edinburgh on the Pentland Hills taking in 5 summits with a distance of roughly 6 miles, covering Scald Law, South Black Hill, East Kip, West Kip and Carnethy standing at 573m. A 3 hour drive and we'd be there.

Rolling into the race registration, we went to the main hall where everyone was getting ready, a nice enclosed spaced to take stock and see which competitors were about and what sort of kit was being used. I just love the buzz before a race; the purposeful mobilisation of loads of people to do the same thing. The race would begin at 2 and as the time got nearer a loud siren was going off signalling us to begin making our way to the coaches that would ferry us to the race start. People began evacuating the hall to get in the penguin queue

for transport, standard kit checks – yep no worries, you’re clear to race mate. Even in the town the wind was strong, as we queued the biting cold warned of worse to come. On the coach a lady across from me was rocking gently explaining how she was worried about getting blown off the top; she was well excited, probably a vet 60.

13:45 – 15mins until go time. With such an exposed race we were trying to stay warm before the start. Arriving beside what could have been any old field except this one was littered with brightly coloured jackets, flags and tents; we disembarked, some fully clad, jogging to be ready. Open skies with little cloud were backed by an intense wind. The bag piper was warming up. Everyone was rushing around as do youngsters on a windy play time. We did a little run across the start field which would lead to the first climb; roughly 500m of uneven ground with intermittent marsh making efforts to keep dry feet. The farmer gate that led onto the fell was open and not as narrow as expected which took the pressure off for a total bottle neck. A steady start it would be.

13:55 – 5mins. Warm kit off, get in position, a few last token good lucks to fellows and strangers and lets go. There’s something about seeing a large hoard pressing at an imaginary line. Quite funny in fact when the old man with his revolver says a fake go but doesn’t shoot only to watch a keen lad from Helm emerge from the mob only to retreat back in when the starter laughs outwardly at his favourite gambit.

14:00 – bang. We move off. A steady charge headed for the fell, everyone finding their pace. Strange the things that catch ones attention in the fray; I just remember Tom coming past in his hippy short shorts that I’d complimented earlier, such an array of faded colours, a splendid garment. A thumb up from him making his way to the front of the pack. Great terrain up there on the Scottish fells, we were funnelled into single file for a while on a narrow path avoiding dense bracken on either side at a gradient; down a ditch, first climb. Steep and grassy but not impossible to make good progress; Gary later spoke of finding dense patches unordinary to typical mean temperature ground but as frost and snow had recently left the area it appeared parts were still in thaw. Impacts were sometimes unpredictable making it ever more interesting in the Baltic wind on top. Cresting the first climb we started getting battered about, I even tested a little draft on a guy for a few seconds but no cigar. Big lads were going down like sacks of potatoes and recovering to push forward sometimes getting an assist. At one point I felt like the comedy sketch of someone testing G-force with their face rippling about, I tried sipping from the left whilst getting pummelled from the right; aptly effective. Pre-race on the Tuesday training run at Loughrigg and Rydal, Paul T had briefed me on the race; it was as he said, 1st climb long then 3 sweeps undulating quickly between peaks and a final long ascent up Carnethy with decent finish. “It would pass quickly and was essentially a flat out race”. As the race continued the peaks were ticked off, contentment with accomplishment of a climb was met with a new wind direction as we circumnavigated Pentlands. One peak, West Kip No.4 was an up and over as with a spine at the skate park; I deployed Toms’ cave runner tactic and got low for 20m or so before dropping off into sheltered valley. Moral was high between rival runners and people were ever so polite allowing swapping of places whilst cruising the trods and broken sand stone gullies where running water often crossed. The final climb up Carnethy was joyous, settling into position for what was a double summit (think you’ve made, no not quite), I lost a few paces but gained a few; there’s a great satisfaction in the final climb, keep strong to the top and focus for the final decent. The wind was now at our backs and 200m from the summit the runners were forced to accelerate. The sun was out and all the marshals were well spirited giving unlimited encouragement to everyone. Rounding the top cairn the view opened up down the valley, in the distance the familiar dots of colour on green brown lands, clumped in places with a seam heading one way; the finish, sweet. I was running for a time downhill with a woman in turquoise blue, too worried about blinking to see what was happening I tap tackled myself and went down instantly at speed. In the zest for styling it rather braking with my face I rolled it off coming back up as though I’d meant to do it, apparently as surprised as me the lady applauded the save. The ground was mixed; alternating between scree, soil, flattened bracken hard stems and rock; unsure but rewarding progress and fast. We continued battling it out, at one point I saw a line inside, didn’t take it, hesitated, error. She was getting away. The world of the finish line was getting closer as we rounded the gate at the bottom of the decent, a return journey the way we’d started. 50m to shut down over 500m, steady away. Off to my right I caught sight of 3 or 4 sets of strong legs; they were heckling me to take her, it was the lads from our team; already finished. Great effort chaps. It spurred me on and managed that scalp and one more before finishing into the tunnel; what a race. I stretched my number out to be counted and it was over. On the floor was an old crocodile looking like he’d just nailed his swan song; next time I’ll put in more I said to myself.

There were points on top when a little alarm was going off saying “hmm, I wonder how long I’d survive in these conditions”. Well, with much gratitude to all the marshals and volunteers in the tents handing out drinks and biscuits that process is taken care of; we can recover after and head for safety. The coaches ferried those not up for a warm down run back to the hall, coats and gloves back on and chattering happily with other finishers; it’s the sharing amongst a common arduous endeavour that perpetuates a great spirit in the sport. Contentment with tea, warmth and the light of day, I always meet some terrific people at races and long may that continue.

Joe removed his dry shoes for Sarah and she joked a goodbye. Gary gave an impression of dropping flaps (large gloved hands) whilst getting a wind assist uphill. Jack shared out some whiskey. Mat brought an end to the use of the organisers’ dreaded megaphone. We ate in the mess hall and everyone celebrated their race stories in top company. Results came out; our fast lads nearly won the prestigious Carnethy sword as a team. The male sword went to Edinburgh Uni who comically nearly poked their respective eyes out. Jo’s Mrs had a great time as a spectator. John Connor (leader of the resistance and destroyer of sky net in Terminator) had his name called out for a prize but had gone back in time. Mat picked up 3rd overall and got paid, strong lad. And we all cheered and clapped at the fine occasion.

Homeward bound, we’d been stuck behind a slow moving mini bus for a while heading across Scotland, a tail back was forming and a suggestion was put forward that we could be at the mercy of a tired turquoise blue syndicate. Quite possible, well now, they’re pulling in to the fuel station, my hand moved to my left unconsciously, the window was down. “Anyone got any fruit, no, never mind” I said

to the team. We were level now, “death or glory” I yelled at the vacant expressions on the mini bus. Yeah, for that driving ability they should throw themselves on that sword the women won. I resumed my enjoyable chat with Paul K and the competition of cheapest phone.

The drive was a decompression and chance to relax; we sailed back through all weather and arrived home safely. I'd like to make special mention and congratulations to Sarah for not just winning the event (that's a double victory for Ireland in Scotland to include Six Nations) but also driving the entirety of the journey whilst looking after everyone and making it happen. Thank you all for a superb day out.

Harry

Cod Liver Carnethy! By Gary Thorpe

9th February 2019

Maybe I'm a fussy old git but I've never been a lover of the popular Carnethy 5 race.

Coming as it does in early Feb, I'm still 'burning off' my Christmas fat and the heart and lungs haven't been fully tested yet.

It's fast and furious with 500 entrants elbowing their way across rough marshy ground before narrowing path gets you into some sort of order on the ascent towards Scauld Law.

When there is a 'Love it/Hate it' contrast towards something, I've heard people refer to the subject being like Marmite. BUT for me Carnethy is my cod liver oil, a gulp of it still makes me shudder but ultimately it'll do me good.

This year the 'dose' was a double strength concoction. A 50 mph wind greeted us at race time, the earlier stronger winds had threatened the event. As it was, we cowered in the lee of low gorse bushes for poor shelter whilst the piper's tune soon fled to Edinburgh on that Westerly. The piper's skill was tested in that torrent but I was equally impressed that his kilt didn't take off.

The starter hollered that the hill marshals couldn't stand up - erm nice!.

After the usual jockeying we scaled the hill, mainly into the wind, buffeted is not a word that captures the impact, a shove or a slap might do though.

On two occasions at summits, I ran 'on the spot'. My arms and legs were doing the actions but there was no progress. The guys in front got away, this gust had made me the chosen one, cos I hit the brow of the hill at just the wrong moment.

C'est la vie! Move on!

South Black Hill, East and West Kip offer shortish climbs before a wonderful wind assisted lengthy sprint downhill and along the valley to the foot of the last hill - Carnethy.

Even though the bounce had long left my legs, the wind remained helpful as we climbed and nullified the pain. I wore mits from the start which became 'paddles' as we approached Carnethy, the wind pushed them hands up the hill. Thankfully, I remained attached to them.

The descent had me nearly over but I played safe and avoided injury in the last few minutes of this windblast. Some poor soul broke a leg on this descent today and was ably assisted to safety. Many of the 478 runners were suitably dressed during the race donning hat, gloves, thermal tops and tights, sense prevailed in a crazy situation.

So I'm glad that I took my shuddering 'medicine' but I look forward to its benefits in the near future.

Sarah McCormack was First Lady in a thrilling wind assisted sprint finish with Helm's Sharon Taylor.

Matt Elkington was 3rd overall in a fantastic performance which if it was 5 to count would've brought a team victory, but being just 3 to count, we were 4th.

Paul Tierney, Jack Wright, Joe Mann and Tom Simpson presumably held hands around the course given their tight packing. Encouraging!.

STYBARROW DODD, by Cath Musetti



Saturday saw the 4th race in the Keswick based Kong winter series of races, Stybarrow Dodd. Setting off from Thirlmere village hall, St Johns in the Vale this short (4 mile) race takes runners up the up the flanks of Helvellyn onto Stybarrow Dodd followed by a steep descent back to to the start.

In deep snow and full winter conditions 76 runners set off in knee deep snow up the 2200ft climb , stopping occasionally to admire the spectacular winter scenery, blue ski and sunshine which gave the race an alpine feel. There were many skiers on Raise

and a lively atmosphere despite the hard going underfoot. A steep icy descent created a close exciting finish between the top 4 men First home ... (you have the results)

The ladies F50 was hotly contested with over 10 runners in this ever growing category coming in within minutes of each other but Helm Hill's Marie Robson holding out for the win in 1.05

Team prizes went to Eden valley runners (m) and Keswick (F)

Organiser Paul Cornforth praised the marshalls for enduring the cold conditions ensuring a safe and very enjoyable race.

Race Report: High Cup Nick Fell Race Sat 23 Feb 1pm

by Cath Musetti

Starting and finishing in the tiny hamlet of Dufton, 3 miles west of Appleby, this little cracker of a race takes in the famous High Cup Nick ridge on the Pennine way. It's a fast 9 miler with plenty of grassy runnable sections, a bouldery bit half way through and a very steep rocky climb up the tongue of the Ghyll at the 5 mile point. A rocky but runnable descent suited the fell runners amongst the 500 entrants and enabled some to overtake others who had been fast in the flattish run out.

The descent went on a bit and I for one ran out of gas on the last 2 miles which were just fields leading back to the village and then a small uphill track(which was horrid)

There were only 3 AAC runners Mike Barron who came in a very strong 10th place (haven't got times but think it was 1.12 ish,)Matt Beresford awesome in 1.20 ish and me 1.38. Apologies if I missed anyone out.

Fantastic weather, great views, well organised and lovely soup and cakes afterwards and brilliant (according to Michelle) junior races beforehand; At least 3 AAC junior members that I saw ran: 2 Kirby children and Magnus Foxwell. Well done to them for super racing!!!

This is becoming a very popular event with many clubs from the NE and Yorkshire entering and this year was fully booked 2 weeks ago. Recommend getting entry in early next yr if u want to be in it.

FYI : Sharon Taylor won ladies, Anna Lupton 2nd

Carl Bell 3rd male

Thanks to RO Morgan Donnelly for slick organisation, all the fab smiley marshals and the village hall committee for the refreshments

ABRAHAM'S TEASHOP ROUND

by Michelle Foxwell

I first heard about this round from my friend Natalie who runs for Northern Fells. I ran into her and her friend Liz on a beautiful day last summer in Buttermere. She described the route, we blethered for a while and carried on with our respective runs. And it sat there on the shelf in my



mind marked “Running Adventures, Rounds and Other Such Grand Days Out: To Do List”

By the time it made it off that shelf into the “Adventures Pending” area, I was fairly late to Abraham’s tea party; Ben, Tom, Matt B and Jez had already completed it...and told me that you got a free brew and a cake afterwards. I love both tea and cake and the North Western Fells are where my heart and legs are happiest. Decision made; I was doing it in half term.

By the Wednesday of February half term, I had a whole bucket load of brownie points in the bag, ready to be converted into a full day pass out. The weather forecast was amazing. I made the decision just the evening before to give it a go the next day. So I went and did it with minimal kit, in Sophie Rylance’s outgrown fell shoes (thank you Sophie x) a few slices of malt loaf, a couple of hard boiled eggs, £5.00 (would’ve been Cumbria’s shortest bus ride) and some jelly babies (to talk to if I got lonely).



For those who don’t know the route, it’s a pretty pure brief starting and finishing at George Fisher in Keswick, visiting: Cat Bells, Robinson, High Stile, Red Pike, Whiteless Pike, Wandope, Grisedale Pike, Hopegill Head, Eel Crag, Crag Hill, Sail, Scar Crag, Causey Pike, Rowling End and Barrow.

You can visit them in any order via any route you like. The latter was fairly important to me as the descent that

the “real men” (Matt B et al.) had taken from High Stile looked downright insane and I wasn’t sure about the traverse up to High Stile under Grey Crag. I remembered what Ben had said about taking the Scarth Gap path instead. Although a wee bit further, I could run most of it and, being utterly useless downhill, I opted for the tourist path down to Bleaberry Tarn. It’s not the most direct route or the route that most folk have used and when I do it again, I’ll find a good dose of courage from somewhere (or go with someone who’ll just tell me to get on with it!) and give it a go.

It doesn’t make for interesting reading to eulogise about what a perfect day it was and one of my top 10 hill days ever, even though it was so I’ll just limit it to a few amusing/inspiring/frustrating highlights.

Cat Bells Summit (early o’ clock)

Apologies to the photographer who was patiently perfecting his golden hour composition as I added some human interest to his shot.

Descent from Robinson to Hassness

Sent from Satan himself. I’d been up it last summer on a Frog round. It’s chuffing steep. But hell I’d rather go up it twice than down it once. Gravity is a harsh mistress and the health and safety exec that live in my head gave her what for all the way to the gate at the bottom.

The “Pro Female Athlete” Incident

Another photographer was patiently squinting through his camera on the shore of Buttermere. Relieved to have survived the hell descent and burning to make up for lost time, I hit the road to Gatesgarth hard and fast, smiling and calling a cheery hello to the photographer. Jim L and Kevin B passed by later doing their own round. The photographer commented that they were the second runners he’d seen in a short space of time and was there anything going on? Jim had enquired about the other runner and the photographer had replied that there had been some pro female athlete speeding through earlier. As Jim recounted this story my initial elation turned to hilarity as I realised the source of the photographer’s error. It was a vest and shorts day and I recalled that my vest had been tucked into my shorts (warm day but still a no flesh gaps day), the waistband of which sport “Nike Pro” emblazoned in large font repeatedly! Oh well...

Cow Shoving in Buttermere

Whole herd of furry rugs with horns rammed up tight against the gate I wanted to go through. Precarious moment as I squeezed my way in between them; they were nice and warm though!

Where the bridge wasn't at Buttermere Dub

I ignored the diversion sign at Buttermere Dub as optimism and bravado clearly outrank expertise. Although it was a stunning bluebird of a day, it had pissed down all week. I swithered on the bank considering the depth and flow of the body of water, hoping that I looked to the promenading couple on the other side that I was performing intelligent calculations. I sat on the bank and attempted a "safe water entry". It eventually stopped just shy of my waist with the current keen to get me into the lake proper.

"Hmmm. Maybe a bit deep?" I mused aloud. State the sodding obvious Michelle.

The promenading couple concurred, clearly enjoying the spectacle. Defeated, I took the diversion, dripping all the way into the village. Buttermere café: can of full sugar Coke. Whiteless Pike – wahay!

Crag Hill

Stopped to check phone and read message from friend:

May you be fleet of foot with joy in your heart.

I was both of those for sure that day but that proper spurred me on.

Rowling End to Barrow

Heart feeling slightly less joyful looking across to Barrow; in fact full sense of humour failure as I considered the obvious down and up t'sheepold. And then, just as I'd resigned myself to a final leg wrecking ordeal, I recalled a wee sheep trod I'd used years before on a Mountain Trial on a level contour back into the beck. Game back on!

Braithwaite Village to Keswick

I'm quite good at the flat stuff. I quite like it; but not after 30miles in X talons. My feet were on fire as I pushed hard against the clock back into town. Friday afternoon, sunny day, half term in Keswick – super slalom – funny looks –didn't care. All adrenalin had left the building and all I could think about was a cup of tea and a nice sit down.

8 hours 20 mins on the clock and I was fair delighted. I hadn't set out with any time or goal other than just for the sheer joy of doing it. And it was a perfect day out.

Ironically, I couldn't face the cake.



Items for Sale and Advertisements

GARMIN WATCH

I am going to trade in my 735xt and wondered if anyone in the club would like first shout. It's registered August 2017 and is in perfect working order. Got a good range of function: <https://buy.garmin.com/en-GB/GB/p/541225>.

Elastic band included at no extra cost.

Offers in the region of 80 quid.



Contact Mac (Neil Mckenzie) mckenzie_n@hotmail.com

SPURIOUS ADVERTISEMENT

Captain Jack's Track Attack
clearly paying off as he battles
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All enquiries regarding speed work advice and
coaching to Jack Wright .



Who to send your information to

For the Newsletter

- 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