

## Lake District Mountain Trial - 07

The 55th Lake District Mountain Trial, was held on Sunday 9th September at Hartsop Hall, Patterdale. The weather was warm, with a fresh wind and some low cloud on the tops in the afternoon. The 3 courses were planned by Austin Farr, who provided good route choices and a lot of climbing.

Entries were up 40 % this year, with a lot of people coming to the Trial for their first time. They certainly got a run for their money. The comments on the mens course was that it was 'hard and long.' The 'ideal' route was 22.6 km with 2700 meters of ascent.

From Hartsop Hall, the checkpoints were:

1. Stream in Trout Beck, below Park Fell Head
2. Stream to the SW of High Pike
3. Pond on summit of Seat Sandal
4. Spur to the north of The Tongue, under Dollywaggon Pike
5. Col between Gavel Pike and Lords Seat (east of St Sunday Crag)
6. Wall on the spur leading from Stangs down into Dovedale
7. Barn on the track in Dovedale

There were a lot of route choices but they all looked hard. The second leg gave the greatest choice in route and turned out to be the critical factor, with those going up over Red Screes loosing out to the runners taking a low route down Troutbeck and contouring round the two ridges. For the other legs, the optimum route seemed to be straight lines, with steep descents and ascents.

Jim Davies of Borrowdale won the mens trial in 4hrs 12mins, with Brendan Bolland, Horwich RMI Harriers 2<sup>nd</sup> in 4hrs 17mins, and Pete Vale, Mercia FRC 3<sup>rd</sup> in 4hrs 20mins. Borrowdale won the mens team prize.

The 2<sup>nd</sup> team was Dark Peak Fell Runners – John Hunt, Simon Bourne and Alan Ward. 3<sup>rd</sup> team Bowland Fell Runners – Quentin Harding, Mike Johnson and Leigh Warburton.

Phil Clarke of Kendal, again won the V50 Trophy in 5hrs 7min.

Of a field of 153 starters, 133 finished.

The Lake District Mountain Trial trophy was won by Simon Patton, Dark Peak Fell Runners.

The Outward Bound Trophy was won by Steve Long and Shane Ohly of Dark Peak Fell Runners took the Mountaineers Trophy.

The Womens Trial was 17.5 km with a height gain of 1710m. The checkpoints were 2,3,4,6 and 7 in the Mens Trial. On each leg there was the option of using paths or contouring on rough ground. The optimum route, taken by the leaders, went over Dollywaggon Pike to drop down into control 4. The mass of crag markings and closely-packed contours on the map made this a tough leg, both into the control and leaving it and local knowledge certainly paid off.

The winner was Karen Nash of Preston Harriers in 4hrs 3 min. Liz Cowell of Borrowdale was 3<sup>rd</sup> in 4hrs 12min, and 3<sup>rd</sup> was Susan Clough, Ambleside in 4hrs 18mins.

Ambleside also took the womens prize, with a team of Susan Clough, Jane Reedy and Julia Laverack. This was an especially good performance for Jane, who finished 10<sup>th</sup>, as she had been out the previous night helping a fellow Ambleside club mate complete her Bob Graham round.

Debbie Thompson of Keswick AC won V50 prize and Wendy Dodds of Clayton le Moors won the LDTMA prize.

There were 33 entrants and 32 finished.

The Short course was 14.2km with a height gain of 1450m. This course is for novices to the Mountain Trial or those who believe themselves to be no longer up to completing the mens or womens course. It was won by 19 year old Ben Stevens of Ilkley Harriers, doing his first Mountain Trial, in a time of 2hrs 42mins. 2<sup>nd</sup> was Martin Kenyon in 2hrs 57min and 3<sup>rd</sup> was Peter Haines, Ilkley Harriers. Peter is a long standing Mountain Trialer, having completed 21

mens courses, he's now taking it easy in the Short Course. His son Hector, 20, who won the Short Trial last year, ran for the first time in the Mens Trial and came a commendable 24<sup>th</sup>. The first Woman was Claire Green, Spenborough & District AC, in 4hrs 17min. Carol McNeill won V60 prize. From a field of 97 starters, 93 finished.

After he completed the Short Course, Richard Askwith, author of 'Feet in the Clouds', presented the prizes. His book has inspired many more people to attempt the Bob Graham Round over the last 2 years.

The tradition of a free pint for competitors was revived this year courtesy of Jennings Brewery. The Climbers Shop, Ambleside continues as the main sponsor this year.

To view maps of the courses, the results and spilt times, and enter next years Trial, visit the Lake District Mountain Trial Association website [www.ldtma.org.uk](http://www.ldtma.org.uk)