

Petzl race is not a trial for ace Steve

ESKDALE Youth Hostel was the starting point for this year's Petzl Lake District Mountain Trial.

The 2008 race had to be cancelled when the parking field was waterlogged, but last Sunday competitors found that dehydration and sunstroke were two of the main dangers.

The men's course was particularly challenging this year with one leg alone of six miles from Glaramara to Great Carrs and an overall straight-line distance of 20 miles.

Steve Birkinshaw of Borrowdale Fell Runners won the race in the unusually long time of 4 hours 54 minutes.

On the leg to Great Carrs he chose to go down Lingcove Beck and Mosedale which may well have been faster than the high-level alternative over Bowfell and Crinkle Crag.

Although his team-mate Jim Davies was third, Dark Peak Fell Runners scooped the team prize.

Ilkley Harriers' Helene Whitaker previously won the Women's race (as Helen Diamantides) exactly 20 years ago.

This year she started last and had a 20 minute lead by the penultimate control below Harter Fell.

However, she made a bad mistake on the tricky descent to the valley and at the end her time of 4 hours 30 minutes gave her only a 6 minute winning margin.

The Short race was won by the young Josh Beech of Knavesmire Harriers in 2 hours 47 minutes. Joss Naylor took the Over-70 veterans prize in 4 hours 26 minutes.