

The Lyon Equipment Lake District Mountain Trial

**Sunday 10th September 2023
Fell Running from Eskdale Youth Hostel**

**Kindly hosted by Eskdale Youth Hostel
And Mr and Mrs Crowe of Wha House Farm**

Starting at 8.30 a.m.

Finishers returning from approximately 12.30 p.m.

SPONSORED BY



TRIAL ORGANISATION

The trial is organised by the Lake District Mountain Trial Association.

COMMITTEE

Edwin Coope (President)

Tony Richardson (Chair)

Rhys Findlay-Robinson (Course Planner)

Alan Irving (Course Controller)

Pete Nelson (Map co-ordinator)

Allan Miller (General Secretary)

Andrew Bradley (Race organiser)

Geoff Clarke (Treasurer)

David Rosen (Entries Secretary)

Dave Fenwick

Mike Hind

Wendy Dodds

Dave Wolfendale

Nick Evans

Darren Parker

SPONSORS



Lyon Outdoor is a mainstay of the outdoor industry, renowned for its exceptional distribution services and is celebrating its 50th anniversary this year. As a leading distributor, they supply quality climbing, mountaineering, running, and general outdoor equipment to retailers across the UK and Ireland. Their extensive portfolio boasts an impressive array of quality brands, making them a trusted one-stop shop for everything outdoor enthusiasts require. With a commitment to customer satisfaction, they ensure that adventurers can gear up quickly and embark on their journeys with confidence. They also provide access to a range of quality accessory brands, making Lyon Outdoor an indispensable partner for retailers.

Lyon Outdoor are based at Tebay and have grown to be a major international supplier of outdoor equipment. Back in 1965, Ben Lyon, aided by engineer brother Graham, started making caving ladders. In 1973 the company started to work with Petzl – and are still today the official Petzl agency for the UK. The Lake District Mountain Trial has been sponsored by Petzl in the past through Lyon equipment before recently changing to La Sportiva, again through Lyon equipment, and continuing the sponsorship from this year as Lyon equipment.

Today, with even wider scope to their activities, you may find yourself talking, under the banner of Lyon Equipment Limited, to Lyon (Manufacturing), Lyon (Outdoors), Lyon (Cycle), Lyon (Watersports), Lyon (Work & Rescue), Lyon (Training) or the Petzl UK Agency – a division of Lyon Equipment set up solely to manage the supply of Petzl product in the UK and Ireland..... and after all this time we still make caving ladders!

Full details of the extensive range of activities are to be found on their website <https://www.lyon.co.uk/> with a video featuring Ben Lyon, the company founder giving the early history. Ben has had a keen interest in the Lake District Mountain Trial for many years arranging sponsorship through various guises including, Petzl, the Climbers Shop, La Sportiva and now onto Lyon Equipment. He regularly attends the Mountain Trial and presents the prizes.

As part of the sponsorship, Lyon Equipment provide vouchers for La Sportiva shoes for the Male and female winner on the Classic course. La Sportiva has made some of the best technical outdoor footwear since 1928. From high-altitude mountaineering boots to technical rock-climbing shoes, walking boots and approach shoes, and now, serious trail and fell-running shoes; all are designed from their home in a small mountain town at the foot of the Italian Dolomites. We are delighted to be the key sponsor of the prestigious Lake District Mountain Trial, an event steeped in history, commanding a huge respect in the world of fell running.

PETE BLAND SPORTS have generously helped with the extensive prize list, and will be in attendance with their van, which will carry a large range of running equipment. They may be able to bring specific requests of equipment if you contact them before the race.



Full details of the range of equipment can be found on their website.

[Home page | Pete Bland Sports online shop](#)

VENUE and TRAVEL

Registration, start and finish will be located at Eskdale Youth Hostel.

Car parking will be in fields next to the hostel. Please do not try to park in the hostel grounds.

The location of the field entrance is as follows.

Lat / Long co-ordinates: 54.39778 -3.24639

What three Words `///score.subtitle.casually`

It is a short walk between the car park and the Youth Hostel along a narrow road. Please take care and be mindful of traffic.

When planning your journey to the race, please note that access to Eskdale Youth Hostel is a challenge. Approaching from the West, it is a long way round to Gosforth, where the long, narrow and winding road that leads up Eskdale starts. Progress can be slow.

From the East, the route involves driving from Ambleside over Wrynose and Hard Knott passes, where care must be taken. The routes are likely to be quiet first thing on a Sunday morning, but encountering traffic can cause delays.

From the South, the better route is to take the road from Broughton in Furness to Ulpha and take the road over to Eskdale Green to avoid HardKnott pass. It is possible to drive up the Duddon valley, and then come over Hard Knott pass, but the former would be more preferable.

If you bring a dog with you, it must always remain on a lead in the car park and surrounding area. Please note that dogs must not accompany you on the course. This has been requested by several of the landowners and tenants.

Parking is in a flat field. **The parking marshals will collect £3 per car.** Please have the correct change ready. The entrance will be signed from the road. Please do not drive into the Youth Hostel Car park, it is for residents only.

THE 68th LAKE DISTRICT MOUNTAIN TRIAL

This year is the 68th running of the Lake District Mountain Trial.

REGISTRATION

Registration will open from 7.45 a.m. in the Youth Hostel. On entry to registration, you can complete a **disclaimer form** for presentation at registration. (Alternatively, you can download the form in advance and bring it along).

Information to be included on the form will be name, race number, car registration, emergency contact number and names of travelling companions. On presentation of the completed and signed form you will collect your competition number (which must be worn at all times) and an E-card with a lanyard or wrist band if you are not using your own.

Remember to bring your own E-card if you gave us the number with your entry.

Start times and race numbers are published at
[SiEntries - La Sportiva Lake District Mountain Trial](#)

Please note that on the day, the only change possible will be to switch from the Classic or Medium to the Short Course for a £5 fee and subject to the availability of maps.

ELECTRONIC TIMING AND PUNCHING SYSTEM

The Sportident Electronic punching system will be used, to record your times at each control and at the finish. You must use it at the finish even if you retire. The electronic card is a small plastic device with an identification number, which is carried either on the wrist strap or lanyard provided. These cards cost £40 each and we have hired them for the day. **If you lose or damage your hire card, we will have to charge you £40.** If you are unfamiliar with the use of Electronic punching, a control box will be on display at registration, with instructions, so that you can familiarise yourself with the system.

The information from the E-cards will prove that you have been to each control but it will also provide us with split times at each control. Ensure that the control box 'beeps' and the LED flashes when you 'dib', otherwise you will be recorded as not visiting that control. The control boxes are not programmed in "beacon mode"; if you have a SIAC you will need to put it in the hole to record a punch.

If you lose your E-card you will be disqualified.

RACE MAP

At the map issue point you will be given a Harvey's map produced specially for the event. It covers the entire competition area. The scale is 1:40,000 with 15 metre contour intervals for Classic course, scale 1:30,000 with 15 metre contour intervals for the Medium courses,

and scale 1:25,000 with 15 metre contour intervals for the Short course. We have again laminated the maps which should protect them and ensure that there is no danger of the print rubbing off. The map will have your course and any relevant out-of-bounds areas pre-marked in purple.

RACE SAFETY

The Trial will be run under FRA Safety Requirements for Fell Races. Should the weather on the hills be of such severity as to endanger competitors or to prevent marshals from carrying out race checking procedures efficiently, the courses will be either shortened or abandoned. Bad weather alternative courses are shown on the map and descriptions. Competitors will be informed before the start if the bad weather courses are to be used.

You must carry the race map, a waterproof cagoule with hood, waterproof over-trousers, gloves, separate hat, compass, whistle and E-card. Your waterproofs must have taped seams. *You are strongly advised to carry with you other body cover appropriate for the prevailing and forecast weather conditions. A fell-tops weather forecast for the day will be displayed at registration. Bring plenty of spare clothing with you – if the weather is bad you may be required to carry additional kit.* **You must also carry sufficient food for a day out in the hills.** Your kit will be checked before the start and should your kit not match the requirements, you will need to resolve this before your start. You may be asked by a race marshal at any point on the course, or at the finish, to confirm that you still carry the required kit.

For pairs, please note that **each member of the pair must carry their own equipment**, so that if they do become separated, both members have their own equipment.

'Sufficient food' is different for each person, but this means that you should have some food remaining at the finish.

Ticks and Lyme disease

There are some infected ticks in the Lake District.

If you find a tick on your person, (check armpits, groin and waistband areas) remove it as soon as possible, as the risk of infection from an infected tick attached for 24 hours or less is very low.

However, any subsequent reddening of the area around the tick bite or development of flu-like symptoms should indicate a visit to the doctor, who will normally prescribe antibiotics.

Emergency phone number

The emergency phone number is 019467 23219. The number is printed on the map. It is the pay phone telephone of the Youth Hostel. It can be heard throughout the ground floor of the Youth Hostel, but it will not be permanently staffed. You might want to add it into your mobile phone (if you are carrying one) before you set off.

There is very little mobile signal in the area around the Youth Hostel.

START

You need to be at the pre-start, which is in the Youth Hostel grounds, 10 minutes before your start time for a kit and food check. You will be called up to the starting boxes 3 minutes before your allocated start time. You will be required to clear your E-card by dibbing it in a "clear" box. You will start at the time listed in the start list. After starting you will punch a start box. Your timing starts at that point. A marked route will lead from the start to the map issue point. It is a short uphill route. There is one single map issue point. The routes to the map issue will be taped. Please check that you have got the correct map for your course. You will be responsible for picking up the correct map for your course. The route from the last control to the finish will be taped.

COURSE LENGTHS AND CLIMB

Classic	34 km 3400 m (21 miles 11 000 feet)
Medium	22 km 1800 m (13.75 miles 6000 feet)
Short	17 km 1200 m (10.5 miles 4000 feet)

Distances are as the crow flies, climb approximate. Distances include the run-out to the map issue.

ON THE COURSE

The course is marked in purple on the map with the following symbols accurately centred: a triangle for the map issue point; a numbered circle for each control and two concentric circles for the finish. To make the course easier to read, the map issue triangle and control circles are joined in order by straight lines (that do not constrain choice of route). A joining line is broken if there is a choice of going left or right of an out-of-bounds area. Course symbols and lines may also be broken to avoid obscuring important map detail.

In bad weather, the LDMTA may decide to run shortened courses. This is also shown on the map, using dashed lines and clearly marked. Please make sure that complete the appropriate course.

A control description sheet is printed on the map giving a brief description of each control point and control closing times. **The closing time for all courses is 17:00. This is printed on the map. You MUST be back by then or Mountain Rescue will be called.**

You must visit each control on your course in the correct order. The marked route from the last control towards the finish is indicated on the map by a dashed purple line.

Competitors must follow any instructions from race officials. Please observe any flagged routes encountered on your course and respect the land you are passing through. An area that must not be crossed is hatched in purple on the map. A thick solid purple line without hatching indicates a wall or fence that must not be crossed and any crossing points are

indicated with a)(symbol. To preserve good relations with landowners and tenants, you are requested to honour out-of-bounds restrictions; infringements will cause disqualification. Do not climb walls. Please report any damage to a race official.

Some but not all controls will be manned. At each control site there will be an orange and white orienteering marker and an SI control box.

Competitors must respect the countryside code by keeping to rights of way through intake land at all times.

The use of a GPS/mobile phone is not allowed and any competitor using one will be disqualified. You may carry a GPS tracking device purely for the purpose of recording your route for post-race analysis and a phone may be carried for emergency use. We do encourage runners to record their route and upload the GPX file onto the routegadget for the event. It is interesting to see the route choices your competitors made.

You must not accept sustenance on route. You are supposed to be self-sufficient for the day. If you do, even from a marshal, you will be disqualified.

Please close any gates that you open and bring back food wrapping (even organic such as banana skins).

PAIRS

Pairs must stay together at all times (within talking distance) and both must punch each control. Each member of the pair must carry their own equipment, so that if they do become separated, despite trying to follow the first instruction, both members have their own equipment.

RETIREMENTS

Competitors who are retiring must report to the finish and download their E-card. **On each course there will be one or more controls where you will be expected to retire if you arrive later than the time indicated on the control description list.** Should you find yourself in the wrong valley, the Organiser is unable to provide a taxi service.

FINISH

From the last control there is a taped run to the finish. After punching at the finish control box, proceed quickly to the **download station which will be in the Youth Hostel where you registered** and return your loaned E-card. You will receive a print-out of your split times. There will be a hot meal and a hot drink served in the Youth Hostel dining room. Please show your race number as your meal ticket.

FACILITIES

- **First Aid** – Derek Allison will be providing First Aid cover, near the finish.
- **Toilets** will be in the car park. Please do not use the Youth Hostel toilets, they are for the residents and there is a danger that we would overwhelm the limited capacity.
- **Pete Bland Sports** will have their van in the car park field for any last-minute kit purchases. If you want to pre-order, drop them an email via their website, www.peteblandsports.co.uk or give them a call on 01539 731012.
- **A meal** will be provided in the Youth Hostel after your run. It will be suitable for vegetarian diets. If runners need a vegan or gluten free alternative please can they contact the organiser via email by Wednesday the 6th of September. andyandmel@btinternet.com.

PHOTOGRAPHS

The LDMTA would be grateful to receive any high-quality digital photographs of runners on any of the three courses, for the website.

PRIZE-GIVING

Prizes will be presented at about 4.30 pm.

The prizes for all courses will be **Pete Bland Vouchers**. Each individual is eligible for only one prize (with the exception of team prizes), so veterans will be given the highest value prize for which they are eligible. There will be prizes for the first three teams on the Classic course and first women's team on the Medium. Please note that team prizes will only be awarded in accordance with the first team affiliation declared on entry.

Classic

1st-10th

V50 1st-4th, V60 1st-2nd, Women 1st-4th, FV50 1st

LDMTA 1st, YHA 1st, Teams 1st-3rd

Trophies: 1st Overall, 1st Woman, 1st V40 (Frank Davis Trophy), 1st V50 (Chris Brasher Trophy)

Harry Griffin Mountaineer, Mike Wilkinson Outward Bound Trophy, 1st Team

Medium

1st-2nd

Women 1st-3rd, FV50 1st-3rd, FV60 1st-2nd

V50 1st-2nd, V60 1st-2nd, V70 1st, Women's Team 1st

LDMTA 1st, YHA 1st

Trophies: 1st Woman, Outward Bound Trophy (Woman)

Short

1st-2nd

Women 1st-2nd

1st Under 21

V60 1st-3rd, V70 1st-3rd, V80 1st

FV50 1st-3rd, FV60 1st-2nd, FV70 1st 2nd

Pairs 1st-3rd

LDMTA 1st, YHA 1st

Trophies: 1st U21 (Harry Chapman Trophy)

RESULTS

Results will be displayed on a screen near registration and will be available live on the Sportident website www.sportident.co.uk depending on strength of signal. Final results will be available on www.ldmta.org.uk. Certificates will not be issued.

We will again be putting the map and results onto **RouteGadget**. There will be a link from the Sportident website. RouteGadget allows you to plot your route onto the map and compare it with your competitors.

If you feel that there is an error which affects the results, you should contact the organiser and request that the error be corrected. If, after consideration, the organiser feels that there is no error then you have the right to submit a protest which will be considered by a 3-person jury.

TROPHIES

Please return all trophies, cleaned and engraved, to Registration on the day.

ACCOMMODATION

There is the option of basic camping for competitors in the car park field next to the Youth Hostel on Saturday night. It is suggested that you bring your own water, though there will be water available in the Youth Hostel, once it has opened. Toilets will be available. Cost £5 per person (tents) which we will collect and pass onto the land-owner. Further accommodation possibilities can be found in the local area.

QUESTIONS RELATING TO ENTRIES

David Rosen Tel 07870 653321 (e-mail to info@ldmta.org.uk)

ACKNOWLEDGEMENTS

The LDMTA is sure that the competitors will want to join us in thanking our sponsors and those who give their time and energy to make the Mountain Trial the special event it is:

- Lyon Equipment for substantial financial support for the Trial.
- Pete Bland Sports for their generous support of prizes
- The Youth Hostel Association for donating prizes.
- Freda Chapman and family for donating a trophy and prize
- SPORTident UK
- Wha House Farm for the car park.
- The National Trust, local farmers and commoners.
- Manchester Scouts Raynet Group (Communications) for monitoring the progress and safety of all competitors.
- Derek Allison for the first aid cover

Thanks to those many friends who come back year after year to provide their unconditional

help in many roles, and without whom the trial could not be held.

The LDMTA AGM

The AGM will be held on Friday 24th November 2023 at Wilf's Cafe, Staveley. There will be an illustrated talk by Sabrina Verjee, titled "Mountain High"

The AGM will start at 6.30 followed by a buffet at 7.15 and the talk at 8.00.

Attendance at the talk is free but there will be a charge £ 15.55 for a hot buffet meal.

Tickets for the meal will be on sale at the Trial and after that can be obtained from Tony Richardson richardsonkendal@talktalk.net

Become a member of the LDMTA for £5 per year.

Joining the Lake District Mountain Trial Association is a means of supporting the organisation. Purchase your membership at the LDMTA table at registration/download.

HISTORY OF THE MOUNTAIN TRIAL

The Lake District Mountain Trial was started in 1952 by the Lakeland Regional Group of the Youth Hostels Association as part of their twenty-first anniversary celebrations.

The first Trial started in Langdale, the runners ascending Bowfell, Esk Pike and Scafell Pike in turn and then descending by the corridor route to Styhead. From Styhead the route went up Great Gable, with the return route to Langdale by way of Rossett Gill. Later Trials took a different fixed course, but this was known in advance by the runners. The distance was normally about 18 miles and competitors were started at intervals. Most competitors wore heavy footwear. A women's race was also organised in 1953 and 1954, the route going up Rossett Gill to Esk Pike, over Bowfell and down the Band.

In 1956 the Lancashire Evening Post sponsored the event and a new organising committee was formed by the late A H Griffin. Representatives were drawn from mountain rescue teams, the Outward Bound Schools, mountaineering clubs and the Youth Hostels Association. The objective was 'to encourage among fell walkers and mountaineers the highest possible standard of safe and fast traverse of difficult mountain country'. The course was lengthened and the rule that competitors had to be members of the YHA no longer applied. A radical change in the event was made by keeping the course secret. The competitors were given an Ordnance Survey National Grid Reference for the first control. The other control references were revealed as they made their way around the course. In later events the competitors were started at intervals and given the grid references for the whole course a little way after the start. In 2003 maps were issued already pre-marked with the course. The Lake District Mountain Trial became the first event in England to be run regularly on orienteering principles, a decade before the sport became firmly established in this country.

The Trial is now organised by the Lake District Mountain Trial Association which was formed in 1965. Membership of the Association is open to everybody who has an interest in the

event. The Trial has grown from fewer than 50 competitors in the late Fifties to the present numbers. The women's event was revived in 1978 as a separate race. The severity of the event demands that all competitors are required to have the experience to cope with poor conditions. On some occasions the weather has been extremely severe but has been abandoned only once in 2013. It was shortened for safety in 1978, 2004 and 2011. The race was cancelled in 2008 because the parking and assembly field was unusable.

In 2011 the courses were renamed to Classic, Medium, Short; each open to both men and women.

The principal sponsor, La Sportiva, is committed to ensuring that the Trial retains its unique and traditional character among the Lake District fell events. The Association is committed to ensuring that the Mountain Trial will continue the tradition of a friendly event; never easy, sometimes desperate, with top fell runners and mountaineers finding it a sufficient test of stamina and skill for completion of the course to be reward enough. The more persistent are able to collect a special certificate for men completing 21 events (Classic Trial) or women completing 15 events (Medium or Classic Trial).

Nature of the Trial

The Trial is an annual event held at different venues in the Lake District in mid-September. It is considered to be one of the major events in the fell-runner's calendar. The Classic and Medium courses will be severe tests of route choice, navigational skill and stamina in difficult mountain country. The Classic route will cover a maximum of 20 miles and the ascent and descent of about 8000 ft. The Medium route will be shorter (about two-thirds of the Classic distance). The Short Trial caters principally for novices over 18 years old and veterans over 50. The course is about 10 miles in length with about 3500 ft of ascent and descent. In 2016, the option to compete as a pair was introduced for Short Trial. Owing to the severity of these courses, applicants are vetted for fell-running and navigational experience and there is a minimum age of 18. Because of mountain safety requirements, no substitution of entries can be allowed after the start list is finalised. There is a limit on the total running time for each course. Entrants are seeded and given start times appropriate to their perceived ability.

Competitors will start in groups at one minute intervals from 8.30 a.m. and at that time will have no knowledge of the route. After following a flagged route for a few minutes they receive a pre-marked map and details of the controls, which must be visited in the order given. The competitors' fitness and map-reading skill then decide how long it is before they reappear at the finish, or whether they reappear in a different valley!

PREVIOUS WINNERS & VENUES

YEAR	MEN	WOMEN	MEN'S TEAM	WOMEN'S TEAM	VENUE
1952	R Moore				Old Dungeon Ghyll Hotel, Langdale
1953	R Moore	J Allsebrook	Leyland Motors		Old Dungeon Ghyll Hotel, Langdale
1954	J Hand	H Myers	Carlisle Holiday F ship		Old Dungeon Ghyll Hotel, Langdale
1955	J Hand		Border Harriers		Honister Hause
1956	J Hand	J Buckley	Border Harriers		Seathwaite in Borrowdale
1957	R Shaw		Border Harriers		Old Dungeon Ghyll Hotel, Langdale
1958	J Hand		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1959	E W Dance		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1960	J D Oliver		Clayton-le-Moors		Wasdale Head
1961	G Brass		Preston Harriers		Wasdale Head
1962	G Brass		<i>No team finished</i>		Ullswater Hotel, Glenridding
1963	P Hall		Barrow AC		Old Dungeon Ghyll Hotel, Langdale
1964	P Hall		Barrow AC		Greenside Youth Hostel, Glenridding
1965	M P Davies		Barrow AC		Travellers Rest Inn, Grasmere
1966	J Naylor		Kendal AC		Woolpack Inn, Eskdale
1967	M P Davies		Southern Navigators		Howtown Hotel, Ullswater
1968	C R Fitt		Pendle Forest Orients		Old Dungeon Ghyll Hotel, Langdale
1969	J Naylor		Kendal AC		Wasdale Head
1970	M P Davies		Kendal AC		Kirkstone Pass Inn
1971	J Naylor		Kendal AC		Kings Head Hotel, Thirlspot
1972	J Naylor		Kendal AC		Woolpack Inn, Eskdale
1973	J Naylor		Kendal AC		Travellers Rest Inn, Grasmere
1974	J Naylor		Kendal AC		Coledale Hotel, Braithwaite
1975	J Naylor		Kendal AC		Newfield Inn, Seathwaite Dunnerdale
1976	J Naylor		Kendal AC		New Dungeon Ghyll Hotel, Langdale
1977	J Naylor		Kendal AC		Sykeside Farm, Brotherswater
1978	W Bland	R Coates	Borrowdale FR		Gatescarth Farm, Buttermere
1979	J Naylor	R Coates	Kendal AC		Low Beckside Farm, Mungrisdale
1980	W Bland	R Coates	Keswick AC		Stonethwaite, Borrowdale
1981	M Hudson	S Parkin	Keswick AC		Hartrigg Farm, Kentmere
1982	W Bland	R Coates	Keswick AC		Steel End Farm, Thirlmere
1983	M Hudson	V Mason	Keswick AC		Coniston Village Institute
1984	W Bland	V Thornton	Keswick AC		Glencoyne Farm, Ullswater
1985	W Bland	S Parkin	Keswick AC		Dalegarth, Eskdale
1986	W Bland	J Smith	Keswick AC		Braithwaite
1987	W Bland	S Parkin	Keswick AC		Travellers Rest, Grasmere
1988	M Fanning	S Haines	Keswick AC		Hartsop
1989	M Rigby	H Diamantides	Clayton-le-Moors		Wasdale Head
1990	W Bland	S Parkin	Clayton-le-Moors	Lakeland OC	Seathwaite, Dunnerdale
1991	W Bland	C McNeill	Kendal AC	Ordnance Survey	West Head Farm, Thirlmere
1992	G Bland	S Parkin	Borrowdale FR	Keswick AC	Seatoller, Borrowdale
1993	G Bland	S Parkin	Borrowdale FR	Ambleside AC	Threlkeld
1994	G Bland	J Cory-Wright	Borrowdale FR	Ambleside AC	Buttermere Village
1995	J Davies	E Moody	Kendal AC	Ambleside AC	Hartrigg Farm, Kentmere
1996	P Clark	A Brand-Barker	Kendal AC	WCOC	Stool End Farm, Langdale
1997	M Seddon	A Brand-Barker	Kendal AC		Coniston Village Institute
1998	M Rigby	N Lavery	Borrowdale FR	Ambleside AC	Wasdale Head
1999	G Bland	S Parkin	Borrowdale FR		Grasmere
2000	P Clark	S Parkin	Kendal AC	Rucksack Club	Duddon Valley
2001	No Trial – Foot and Mouth Disease				
2002	B Bolland	A Brand-Barker	Kendal AC	Rucksack Club	Buttermere Youth Hoste
2003	M Hayman	E Cowell	Borrowdale FR	Dark Peak FR	Fell Foot, Little Langdale
2004	G Bland	N Davies	Borrowdale FR	Borrowdale FR	Thirlspot

2005	I Powell	P Whitehouse	Westbury Harriers	Dorking & Mole Valley	Tilberthwaite, Coniston
2006	J Bland	A Brand-Barker	Borrowdale FR	Keswick AC	Seathwaite, Borrowdale
2007	J Davis	K Nash	Borrowdale FR	Ambleside AC	Hartsop, Patterdale
2008	No Trial – Field unusable				
2009	S Birkinshaw	H Whitaker	Dark Peak Fell Runners	Dark Peak Fell Runners	Eskdale Youth Hostel
2010	Rhys Findlay-Robinson	Kate Cooper	Borrowdale Fell Runners	South Ribble OC	Kentmere
2011	Tom Brunt	Helene Whitaker/Wendy Dodds	Dark Peak Fell Runners	Clayton-le-Moors	Mungrisdale
2012	Rhys Findlay-Robinson	Catherine Evans/Tessa Hill	Dark Peak Fell Runners	South Ribble OC	Stair, Newlands Valley
2013	No Trial – Cancelled due to severe weather				
2014	Hector Haines	Jasmin Paris/Kirsty Bryan-Jones	Dark Peak Fell Runners	Ambleside AC	Patterdale
2015	Rhys Findlay-Robinson	Nicky Spinks/Kirsty Bryan-Jones	Dark Peak Fell Runners	No team	Longthwaite, Borrowdale
2016	Neil Talbott	Mary Gillie/Charlotte Watson	Dark Peak Fell Runners	No team	Newfield Inn, Seathwaite, Duddon Valley
2017	Race stopped due to severe weather	Chloe Haines			Gatesgarth Farm, Buttermere
2018	Nicholas Barber	Helen Bonsor/Zoe Harding	Ambleside AC	Dark Peak Fell Runners	Grasmere Showfield
2019	Neil Talbott	Hollie Orr / Zoe Harding	Ambleside AC	Ambleside AC	Stool End Farm, Langdale
2020	No Trial	Cancelled	Due to Covid 19		
2021	Philip Rutter	Eleanor Johnstone	Ambleside AC	No team	Loweswater Village Hall
2022	Philip Rutter	Catherine Evans	Dark Peak fell Runners	No team	Fornside Farm, St John's in the Vale