



# SOUTH CHESHIRE *Harriers*

Newsletter

June 08

# SOUTH CHESHIRE

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## SINCERE THANKS

**I** would like to thank all the Club members who turned up today to make our 20 mile race a great success on the hottest day of the year.

The runners were most complimentary on the organisation. Individuals I would like to mention are Paul Brownbill, Owen Evans, Alan Williams, Simon Walker, Rob Brown, Steve Hargreaves and Melvin Cole as key team members in the above race.

Everyone who turned up did a fantastic job.

*Dave McGrath*

**W**ell done to all who helped to make the South Cheshire 20 another success.



Thanks to all of you who gave up your Sunday morning to stand in the baking heat and marshal the 20 mile race. A lot of the runners took time from their recovery to say how much they appreciated the enthusiasm and encouragement of the marshals and how much they felt they were looked after on the route.

My thanks too for staying on duty for so long or covering more than one station because of lack of volunteers from the club.

*Charlie and Pete still smiling at 12½ miles*

Additionally, thank you for the way in which many of you were happy to change your marshalling posts at very short notice. Due to the length of time it took for the last runners to come through, many of you were unable to close your station in time to get to your second point and so marshals had to be re-assigned accordingly.

Also some of you had to deal with runners who retired from the race due to the heat.

These unexpected changes and added complications were all dealt with without fuss and with sympathy for the runner's conditions and abilities. None of the behind-scenes urgency and re-organisation manifested itself in a detrimental way to the race and those taking part. In the true spirit of commitment to the cause, the race continued without the runners being affected in any way. All credit to you for this; this level of commitment is a very large contributory factor in making this a great race for those who take part.

More to follow concerning the lack of numbers supporting the event and the pressure that put on those who did, but for now, again, well done all and thanks.

*Paul Brownbill*



## DAVE BOWS OUT FROM 20 MILE IN A BLAZE OF SUCCESS

**D**ave McGrath has been organising the South Cheshire 20 Mile Race for some years, during which time it has been acclaimed by competitors as 'The Friendly 20'. He has now decided to retire as organiser. His final event confirmed the high reputation the race has achieved, hence the tributes below:

Dave,

I had a visit today from one of my managers who is a member of Manchester YMCA Harriers. His wife Steph (who regularly runs marathons and ultra races across Europe) and some of his club members ran the 20-miler on Sunday.

He came to make me aware of how impressed they were about the organisation and in particular how well they were looked after by the marshals etc on what was a very hot day. They were made to feel very welcome and were impressed by the generosity of finish line team in terms of extra fluids, chocky biscuits and v. good prizes, finished off by a drink in a recommended hostelry in Brereton.

He was also enthusiastic about how picturesque the course was. One of the runners will be dropping us a note to say how much they enjoyed the day.

In summary his club are now thinking of making this one of their club championship races, as they were looking to find a suitable 20-miler to fit in with the Edinburgh Marathon and had only come across our race by accident.

I know at Committee meetings we have discussed the timing of the 20-miler given that the Staffs 20 has got the pre-London slot. We've struggled to identify a 'marketing tag' - clearly the Edinburgh Marathon might be this 'tag' and we should aim for wider, national audience.

So well done everybody and another great success for the Harriers.

This is a fitting testament to all the hard work you and your support team put into this race, and I think all the more significant as it comes from club runners who have wide experience of racing longer distance races across UK, Europe - and as we all know, runners are the most difficult to please!

Well done and thanks on behalf of the club.

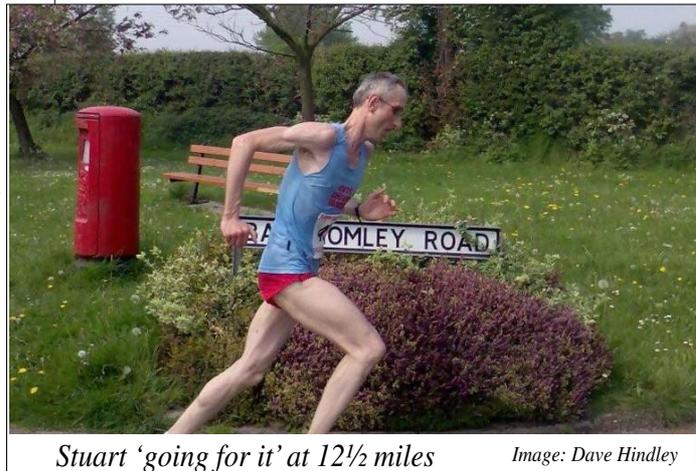
*Alasdair*

**H**i, I am the runner who came in last yesterday! I just wanted to say a big thank you to all the marshals who were absolutely brilliant all the way round. they had to wait a long time for me but no-one made me feel like I was holding them up.

Special thanks to the guy who escorted me in (I think he said his name was Martin?). Boy it was hot, but I finished! I shall wear my t-shirt with pride!

Thanks again,

*Judith,  
Stafford Harriers*



*Stuart 'going for it' at 12½ miles*

*Image: Dave Hindley*

**I** really felt for all the runners on Sunday as a lot of them were really struggling in the heat.

Quite a lot of them were fairly dehydrated and walking by the time they reached me at 18 miles, so I was trying to give them all as much encouragement as I could.

Judith was a long way behind everyone else, but it was pleasure to help her as she was really cheerful soul. She won her age group in NSRRA last year and I remember her from this year's NSRRA presentations. She's trying to do all 20 NSRRA races this year which I know from experience is a real tough task to achieve, so I'll be watching out for her in the rest of the races.

*Martin*



# THE YORKSHIRE 3 PEAKS



**The Date: 24th April 2008. The Time: 06:45.**

**The Place: Pay and Display car park in Horton-in-Ribblesdale.**

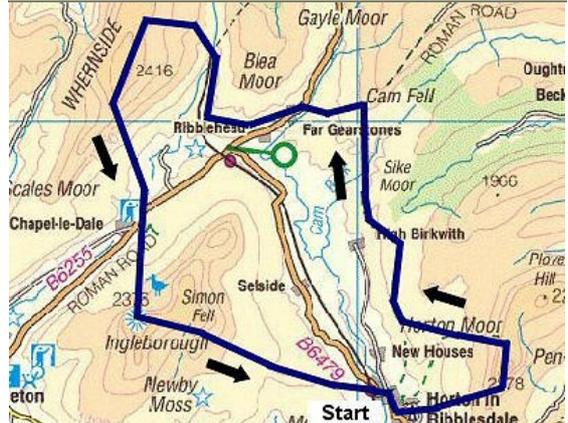
**The Challenge: To walk the Yorkshire 3 Peaks: Pen-y-ghent, Whernside and Ingleborough, in under 12 hours.**



Three peaks of Yorkshire Club		
Form C2		
DATE	OUT	IN
MON	AM	
	PM	
TUE	AM	
	PM	
WED	AM	
	PM	
THU	AM	6:50
	PM	6:50
FRI	AM	
	PM	
SAT	AM	
	PM	
SUN	AM	
	PM	

I HAVE ATTAINED THE SUMMIT CAIRNS

Pen-y-Ghent Signed  
 Whernside  
 Ingleborough



The walk is 24.5 miles (39.2km) long and takes in over 5,000 feet (1,600 metres) of climbing. Even though the paths have been improved immensely over recent years, certain sections can still be very boggy and energy-sapping.

By tradition, the walk must be completed within 12 hours for you to be able to join the "Three Peaks of Yorkshire Club". To be eligible for membership, you must book out and book in again at the Pen-y-ghent Café in Horton-in-Ribblesdale, which at the time of writing is open every day apart from Tuesdays. This also enables you to avail yourself of the safety service that the Café provides. If you complete the walk within 12 hours, and have used the antique clocking machine in the Café, you will be invited to join the "Three Peaks of Yorkshire Club", and purchase, inter alia, a Three Peaks badge and tie.

**The "Magnificent 7": Mike Hatton; Phil Cliff; Alasdair Dyde; Neil Cooper; Pete Mallison and his mate Paul, and Steve Whincup accepted the challenge.**

After posting our details and starting time through the letterbox of the Pen-y-Ghent café we headed off towards Pen-y-Ghent in the early morning sun. Mike, Alasdair and Paul all had maps and directions so we shouldn't get lost!



Turning right from the café we followed the road round by the church and turned left to follow the lane around to Brackenbottom Farm.

We started to climb, slowly, over a series of stiles with Mike and Pete as usual setting the

pace at the front. The path meets up with the Pennine way just below Pen-y-Ghent.

Over a stile, we turned sharp left and headed northwards up the couple of steeper sections to the summit of Pen-y-Ghent, pausing half way up to put on our waterproofs as the weather changed and it started to rain. At the top of Pen-y-Ghent it was very windy and throwing it down.



Pen-y-ghent

After a brief stop for photo's we set off towards the next part of our challenge: Whernside. The path descended steeply at first over a couple of stiles to reach the end of Horton Scar Lane. Here we turned right to pass by Hull Pot, before swinging left, at a ladder stile, to begin the section which was the boggiest part of the walk. Mike said we needed to



find a footbridge over the stream but there was no footbridge to be seen. Eventually we came across a bit of wood we could use to get over the stream and onwards we went, sometimes sinking deep into the bogs. The path undulated through Black Dub Moss, on through Red Moss before a luscious grassy section, which led down to the gate by Birkwith cave. From here, we swung left a few yards down a track and then right to eventually pass over God's Bridge before heading on to Nether Lodge, Lodge Hall and out onto the B6479 Horton to Ribbleshead road, which we followed down to Ribbleshead viaduct.

Oh, by the way, it was still raining.

After crossing Batty Green towards the viaduct, we kept the viaduct to our left and continued past the signal box down Little Dale alongside the railway, before crossing it by way of a small aqueduct where we stopped for refreshments.

The rain had now stopped and we could see the sun coming up the valley.

Once over a stile the path swung left and we started to climb, with views of Force Gill waterfall to our left. After a short, steep climb, we crossed a stile, paused briefly to chat with a group of young gents (one who informed us he was 78!) continued along a path across Grain Ings, and up to the summit of Whernside.

From Whernside summit we followed a path which



*Whernside*

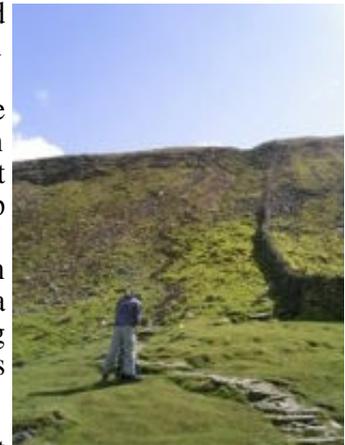
descended slowly at first, then steeply, before winding its way across the fell side to reach Bruntscar. We followed a lane past two large rocks, before turning left down a farm lane. The lane con-

tinued over a series of cattle grids towards some trees, then meandered its way downhill across the fields. The lane, now Philpin Lane, slowly began to climb. We followed it past farm buildings to reach the main B6255 Ingleton to Hawes road near Chapel-le-Dale.



Time for another break, in the Old Hill Inn public house, which allowed us to refuel and strip off some clothes as the sun was now shining.

Out of the pub and across the fields we set, with the sun shining, only one more summit to go. The path was quite level as it passed across fields in front of Southerascales Scars, before it began to climb slowly and wind its way through some excellent examples of limestone pavement. Over another stile, the path took to stone slabs and wooden boards for most of the section over Humphrey Bottom and the Ingleborough Nature Reserve, climbing slowly to the bottom of a much steeper ascent. Here it zig-zagged steeply up the side of Ingleborough, which Neil ascended like a mountain goat, leaving the rest of us in his wake.



The path flattened out then up some man-made steps, before progressing along for the final couple of hundred yards along the flat plateau to the weather shelter and triangulation point. Mike's expert map reading had lead us to the summit of all 3 peaks. (Mind you, somebody had kindly marked the route with flags.)



*Ingleborough*



All we had to do now was get back to the café. We passed across Simon Fell Breast and slowly descended across the fell, passing an old shooting hut before reaching large areas of limestone outcrops. The path made its way through the limestone by way of Sulber and Sulber Nick, before crossing the final few fields to arrive at Horton railway station, on the Settle to Carlisle line. From here we walked back to the Pen-y-Ghent café to clock in.

It had taken us from 6:55am until 4:35pm; a time of 9hrs 40mins.

We all signed up for the Yorkshire 3 Peaks Club,

bought our mementoes and sat back with large cups of tea, cocoa and teacakes, thinking "Dave Hindley must be mad to run that in 2 days time as part of the 3 Peaks Race!"

Then again Mike and Pete are thinking of running the race next year!

*The Magnificent Seven*



# THE 3 PEAKS RACE



## A personal view from Dave Hindley

**E**ver since I decided to start fell running, I wanted to run the Three Peaks Race, in much the same way as, when I started road running, I wanted to run the Potteries Marathon.

The difference between the Potteries Marathon and the Three Peaks Race however, is that whilst you just filled in the entry form for the marathon, the Three Peaks required you to complete qualifying races as an entry requirement.

So it was that last year I ran the Llantysilio Mountain Race, the Gritstone Tryal, and, for good measure, The Roaches Fell Race. I then constantly checked the event website in November, waiting for entries to open, I had to be quick, because the race was full within a few days.



*Dave, in his Harriers vest, approaches the summit of Pen-y-Ghent*

## Race Day:

**Saturday 26th April 2008**

The atmosphere at Horton in Ribblesdale on race day was reminiscent of an agricultural show, but with runners on show, instead of prize farm animals. There were numerous foreign competitors, on

account of the event also being the World Mountain Running Championships.

Everyone gathered round the start area, and I positioned myself at a safe distance from the front row of the starting grid, there being some pretty lean looking runners at the front.

Eventually, the wait was over and we were off, too late to pull out now, the pre-race nerves replaced by a buzz of excitement. We ran a short way through the supporter-lined street, and onto a rough track on the way to the first peak, Pen-y-Ghent.

A long maul up to the summit. Half way up, we were met by the front runners hurtling down from



the summit straight at us. The speed of their descent was amazing; oh to be able to descend like that! There in the flesh were faces that usually graced the pages of the Fellrunner magazine.

I eventually reached the summit of Pen-y-Ghent, and turned back in the wake of the earlier runners, although my descent was somewhat slower than theirs.

The next section of the race was mainly strength-sapping boggy moorland and a few tracks. There was a section along the road, which brought us out at the impressive Ribbleshead viaduct. Then through a stream, Little Dale Beck, and onto Whernside. This was a long trudge, with progress up the final section being practically on all fours. A quick slurp of water at the top, and straight along the summit ridge, to a slightly less steep descent.

After another moorland section, with some of it on a mixture of stone flags and boardwalk through the boggy ground, we finally arrived below the final peak, Ingleborough.

Back to all fours, climbing big rough stone steps. I started getting a little bit of cramp on this section, as, judging by the groans of my fellow runners, were a few others.

At the top of this climb, a run along the summit ridge to the checkpoint and back along the ridge to descend the other side of the hill.

It was all downhill from here for the final 3 or so miles. I was flying, relatively speaking you understand, until I climbed a ladder stile and suddenly was paralysed by crippling cramp whilst trying to



*The final section of the climb up onto Whernside; a 50% slope.*

climb to the top rung. I managed to get off and stand to one side, to avoid being trampled.

After a careful combination of swearing, stretching and massage, I was able to resume my descent, and even managed to claw back a few places until I was attacked once again by the accursed cramp, which struck 3 or 4 times in this final section. I was even asked by a concerned German runner if I was going to get up whilst I was lying flat on my back during one such unwelcome stoppage.

At last the end was near. I ran into the finish field, with a fast grassy downhill to the finish in a state of euphoria, probably similar to my first Potteries Marathon.

Would I do it again? I'm just waiting for next year's entry to open. A highly recommended race, very hard work, but great fun and beautiful scenery.

*Dave Hindley*

*For the record Dave finished 466th of 685 finishers, completing the race in 4:36:09.*

*The winner, Jethro Lennox of Shettleston Harriers, finished in 2:53:39.*

*71 starters failed to finish.*

## NEW HARRIERS WEBSITE GOES LIVE

Over the last 3 months webmaster Andy Painter has been hard at work unravelling and re-designing the website. The new design, which has a more logical layout, went live on 6th June.

Take a fresh look at [www.southcheshireharriers.org.uk](http://www.southcheshireharriers.org.uk)