

THE JOSS NAYLOR CHALLENGE

The JNC was invented & inaugurated by Joss as an "easier" alternative to the Bob Graham Round making it accessible to older runners.

It is around 48 miles & 17,000 feet of climb and the target time varies from a very fast 12 hours for v50 men (14 for v50 ladies) through 15 hours for v55s, 18 for v60s and finally 24 for over 65s.

Starting from Pooley Bridge it is mainly grassy over the High Street range to a change-over point at the Kirkstone Inn, before heading over Red Screes, Dove Crag Fairfield and Seat Sandal to the final road crossing at Dunmail. Leg 3 is where it starts to get rougher, mainly grassy but often boggy as far as Rossett Pike the rocks begin in earnest over Bowfell, Esk Pike, Great End and down to Sty Head for the final change-over high above Wasdale and the long hard last leg. The rough terrain continues over the big climbs and descents of Great Gable, Kirk Fell & Pillar before the last few grassy hills and the descent to finish on the bridge next to Joss's house at Greendale. If he is around Joss always makes the effort to welcome incoming runners either at the finish or over the last couple of tops.

We now have 11 members who have completed the JNC. I, then Pete Coppack did it as v55s followed by Pete Nolan as a v60. I then repeated the trip with Hazel Winder and Dave Tucker all as v60s. Geoff Pettengell (v55), Mandy Calvert (v50), Brian Jackson (v65) and Steve Watts (v50 in a very quick 11.15) were next and as I write this we are just back home after helping Jim Kelly's successful v65 crossing.

It's a good hard day out, particularly if the weather plays ball.....when it doesn't it becomes an even tougher challenge into the prevailing south-westerly wind most of the way. As with all these challenges the support from fellow Harriers is always excellent and invariably well organised. Macc Harriers are already well represented in the list of completers (more than any other club?) and we'll soon be looking for next year's victims, sorry that should read volunteers.

PHIL CHEEK