

BE INSPIRED: National Achievements and Ultras

For some the achievement of completing their first 5k might be satisfaction enough. For others their motivation is to challenge themselves by either taking on longer and longer distances (to which mere mortals might seem mind numbing!) or going for championship success.

In the latest of our BE INSPIRED features Barry Blyth, club fell captain, introduces us to what's it takes to be successful, as well as some of those who have achieved! (**Graham Brown**).

I remember it being suggested to me by a couple of pals that I should have a go at the Bullock Smithy (56m/184ft) in the Peak District. Being in my 50th year I thought they were bonkers, but I was persuaded and had a go. I was tired after 20 miles but I didn't get any more fatigued. I just ate and drank regularly, brisk walked/jogged the ups and ran the rest. I eventually finished in 4th in 9hrs 20min! I learnt a lot in the process.

It helps to have the right physiology, but there's much more to it than that. Building up, sometimes over years, a bank of experience in endurance running; learning how to manage your body and for some challenges having a good support team is key. It's the norm when tackling off road challenges to have support runners, sometimes from other clubs, to help out carrying (kit, food, water) or navigating for the contender; very altruistic.

I've collated a list of major endurance achievements, and championship successes, by present and past Club members. Most of the individuals achieved or got close to their potential! This is not a complete list as am still researching.

National records:

1988 Mark McDermott the Lakeland 24 hr record 76 peaks 23hr 26m held until 1997.

1989 Adrian Belton the Ramsey round Scotland's Classic Mountain Marathon, a distance of 56 miles and 28500 feet of climb in 18hrs 23min. Held until 2015.

1989 Anne Stentiford Bob Graham standard round of 42 peaks record held till 2012

1989 Mike Hartley Pennine Way record 2 days 17h 20m (ca 268 miles and 40000 ft) no sleep and only 2 stops (1 for Fish & chips). <http://trailblazer-guides.com/book/pennine-way/about-the-pennine-way> Mike joined the Harriers shortly after his Pennine way epic. His record still stands.

1991 Mike Hartley Coast to Coast record 39hrs 36min 52secs. 192 miles from St Bees to Robin Hoods Bay

1994 Ann Stentiford the Lakeland 24 hr Ladies record 62 peaks 23hr 17m. Held until 2011.

1997 Mark Hartell the Lakeland 24 hr record 77 peaks 23hr 47m; still stands
<http://www.bobgrahamclub.org.uk/index.php?page=records>

2013 Julie Gardner South West coastal path record <http://www.southwestcoastpath.com/newsapp/article/73/>
Completed the 630 miles in 14 days 14hr and 44min

Medalling at National level

1988 Barbara Murray member of the 3rd placed Scottish team in the Keswick World cup mountain champs.

1997 FRA British Relays 2nd ladies team of. Cecelia Greasley, Sue Rowson, Rachael Pleath, Margaret Huyton, Sally Ann Hales and Barbara Murray

2003 John Amies 1st V60 in British and English Fell Champs

2005 Cecelia Greasley 1st W45 World Mountain Masters Champs

2007 John Amies 1st V65 in English

2007 Barry Blyth 3RD V60 in British & English Fell Champs

2012 & 2013 Barry Blyth 1st V65 in English Fell Champs

Other Ultras and Challenges

1990 Mike Hartley completed the 3 UK Classic Rounds totalling 183 miles and 83000 ft consecutively in 3 days 14hrs and 20 mins including transit times. We are not aware of anyone else attempting this monster challenge

Mike also represented GB in 2 world and 2 European 100k events between in 1992 and 1995.

1997 Mark McDermott and Mark Hartell came 1st equal in the Hardrock 100 miler held in the San Juan Mountains of SW Colorado. The total elevation gain is approximately 33,000ft with an average elevation at near tree line of 11,186', the Hardrock 100 peaks out at over 14,000ft.

Between 1994 and 2008 Mark Hartell had a record number of wins (11 in all) on the Fellsman 60 mls 11000 ft

2009 Digby Harris Creation of the "Knoydart round" 39 miles 17000ft in 15hrs 34min

<http://www.gofar.org.uk/Knoydart7.html>

2014 Simon Harding 1st in the Lakeland classic series http://lakelandclassicstrophy.org.uk/?page_id=508

Alpine Outings:

Ultra Trail du Mont Blanc http://www.ultratrailmb.com/page/104/The_5_races.html consists of 5 "race" options including La Petit Trott a la Leon (LPT) 306k/28000m; the Ultra Trail du Mont Blanc (UTMB) 168k/9600m.

2014 Julie Gardner LPT

2014 Mandy Calvert UTMB

Ultra Tour de 4 Massifs in Grenoble 165k/10000m <http://ut4m.fr/en/courses/ultra-160-solo/>

2014 Kirsty Hewitson and Bonnie Van Wilgenburg

Something to think about!

The legendary Dragon's Back Race follows the mountainous spine of Wales from Conwy Castle to Carreg Castle. A 5 day journey about 300k long with 16000metres of ascent across wild, trackless, remote and mountainous terrain. Not a Trail race! This is being held for the 3rd time in 2017. I'm aware that several harriers had a go in the 1992 race. More recently Mandy Calvert and Kirsty Hewitson completed the 2nd event in 2012.

Track and Field

You will have to wait for the summer GO Mag to see what club athletes have achieved. Prepared to be surprised!

Barry Blyth Feb 2016