

*Back by popular demand ...*



## **Dexter's Christmas Roman Ramble**



**Sunday 16<sup>th</sup> December 2018 - 9.30 am**



(Photos © Rob Stephens)

'Dexter's Christmas Roman Ramble' is a festive social training run over and around Hadrian's Wall, starting and finishing in Housesteads Car Park, on the B6318 Military Road, and follows a route from the car park, up to Housesteads Fort, west along the wall, passing Crag Lough, Robin Hood's tree and Steel Rigg and continuing west to the trig point above Winshields, before heading south and east over public footpaths, past Vindolanda Fort, up to the Long Stone and the adjacent trig point on Barcombe Fell, then returning north, across country via Crindledykes, back to the car park.

The total distance is around 10 miles with about 1,300 ft of ascent, over some of Northumberland's finest landscapes, with some of its best views in all directions ... north to the Cheviots, East & West up the South Tyne Valley and South over the Allendale moors and on to Cross Fell.

As for the Autumn Allen Banks training run, it is intended to be social and inclusive and so is open to all. The pace won't be frantic, and re-grouping will occur at appropriate intervals if we have varying speeds.

Non-members and friends are welcome too, and if they aren't runners, then they can enjoy a bracing pre-Christmas walk along Hadrian's Wall whilst the rest of us run. The run will take 'around 2 hours' - given that the run is open to all, the precise pace isn't predictable so that's as much accuracy as I can provide!

Fell running shoes are recommended if you have them, or trail shoes if you don't, as the entire route is off-road and it could be wet and greasy, or could even be wintry. The route is quite high and open, so appropriate running clothing for being on exposed ground in the middle of December is also recommended. It could be chilly! But whatever the weather ... Santa hats are strongly encouraged!



Dogs are welcome to join us too, but the land is all farmed and there will be sheep in places, which are likely to be in-lamb. So if you bring your dog, it will need to be on its lead throughout.

Upon returning to the car park at the end, I have arranged that Santa will have visited during our exertions, with a Christmas treat of mince pies and hot mulled wine for all.

How could anyone possibly resist ...?

The start time at Housesteads Car Park is 9.30am to allow most people to be back home by no later than around 1.00pm ish. Please arrive for a prompt start as it isn't realistic to delay for possible late arrivals and you will end up sprinting uphill to catch us up!

If anyone is still hungry after scoffing the mince pies, and guzzling mulled wine, then there are a couple of coffee shop options on the way home for those travelling back East.

Car sharing would make sense ... partly because the car park is pay and display ... but mainly because we wouldn't want any of Santa's mulled wine to go to waste!

It would help if anyone interested could let me know, as it will help Santa's Elves know how many mince pies to bake!

Any queries, as usual, just get in touch by email [davidarmstrong215@yahoo.co.uk](mailto: davidarmstrong215@yahoo.co.uk) or ring me on 07939 208041.

Cheers

Dexter

