

Causey Pike - 31 March 2012 (5 mls ; 1,800 ft)

As a traditional late-March race, Causey Pike is now well established as one of the first Lakeland races of the year to attract a large and high standard field. This year was no exception, with 171 runners, including many current fell-racing legends.

NFR sent its best (or should that perhaps read oldest?!) team across comprising Dexter, Paul Hainsworth and Billy Fraser, to hob-nob it with the greats.

The race was won by former British Champion Rob Jebb (yet again!) in 33.10, from Carl Bell in 2nd. Another former British Champion Simon Booth took 1st V40 in 4th. The ladies race was a very high standard, with a new record being set by England International and current Commonwealth Mountain Running Champion, Lizzie Adams of Blackcombe Runners, who finished 16th overall in 37.33, pushing existing course record-holder, and current British Champion, Pippa Maddams of Keswick, into 2nd place.

It was good to see yet another former British Champion, Gavin Bland, continuing his return to racing after a lengthy absence, and quietly creeping back to something approaching his old form, finishing 14th. And also good to see Joe Blackett back racing after injury, and finishing 25th.

Dexter managed to secure a very fetching Yassa Arafat-style Buff-substitute for being 1st V50 in 44th place in 42.05. Luckily for Paul & Billy they was only one such Buff available. Billy was 73rd in 46.00 and Paul 91st in 48.31.

Borrowdale unsurprisingly took the team prize by a country mile, with their 3 scorers all finishing in the top 7. Given the combined ages of our three runners (shhh ... 155 yrs!) we were never realistically going the challenge the team prize! But we did win the 1st V50 team prize. Well ... we would have, had there been one! So that was good.

And in true fell-racing tradition, the modest £5 entry included free tea and 2 free pieces of scrumptious home made cake for everyone. Mmmm ... that was good too.

Results available on www.keswick-ac.org.uk if anyone is interested



Dexter smelling those home-made cakes ...