

Lake District Mountain Trial – 14/09/14

This year's mountain trial was based from Patterdale. The setup for this event involves starting at 1 minute intervals across 3 courses (short, medium, classic). The map of the course checkpoints is issued around three quarters of a mile into the race, whereby you can then chose any route to the designated checkpoints in the given order. I do really like this event which combines fell running and mountain navigation. Clearly the race organisers wanted to make a point this year to regain some of the more traditional status of the mountain trial and set a demanding long route with plenty of navigation options. The Classic course this year was 'advised' as 18.7 mile with 6640ft of ascent/descent. I travelled across with Frank Shillitoe (NFR) and Paul Gaines (Tynedale). The course was very tough and long and involved lots of hard rough running and contouring. The 'crawl' up Great Dodd on the return legs was very tough. In the end I managed to keep trotting along and moving fairly well. For me it certainly became one of those events where I just wanted to get finished... as quickly as possible! In the end I finished in 27th in a time of 6hrs 35mins having clocked more like 25 miles. Paul finished well in 16th (6 hrs 6 mins) and Frank just ahead of me in 26th (6 hrs 33 mins). 79 started the classic route, with 17 retirees! The Classic course was won by Hector Haines of Hunters Bog Trotters in an incredible 4 hrs 9 min, an impressive 36 mins ahead of 2nd place Rhys Findlay-Robinson. This is a great event and would recommend to anyone who likes an element of navigation in their fell running. The short and medium courses are great in their own right.

Full results: <http://results.sportident.co.uk/home/event.html?eventid=a1c3fec1-b9de-43c0-93a7-9a80b55df790>

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