

2014 Three Shires Race

20th September

AL 20km/1220m (12.4m/4003ft)

227 runners lined up for this year's Three Shires fell race. I was the sole NFR representative, having travelled across with 'soon to be NFR runner' Steve Ireland. Weather was much improved on last year, with only a 'dusting' of clag on Swirl How, though it was very humid on the run up Wetherlam. The pre-race registration was quite the procedure, with 3 queues (kit check, registration and payment, and dibber issue) and consequently the race start was delayed by 15mins. This was the first year of dibber usage by race organisers and on the whole I think most people would support their use, not only for safety but for the breakdown of leg times (though not issued at the finish which was shame). The recent dry weather meant fast running, and very little water on route! I had a good run out, chasing my PB time of two years ago. The descent off Blisco was its usual high speed frenzy and I managed to catch a group of runners ahead and pass a few of the more cautious ones. The final pull up Lingmoor tested the legs and I was pretty tired by the top, before the final rapid run to the finish. I finished 40th in 2hr 22mins 22secs (new PB by 8 secs!). Race winner was Rhys Findlay-Robinson also in a PB of 1hr 54min 38secs. A great race which I thoroughly enjoyed. The Cheese pasty at the end was a welcome reward!

Full results: <http://www.amblesideac.org.uk/Three-Shires2014-splits.html>

Mark Clarkson