

## Chapelfell Top [4.3m, 1,312ft]



Race #6 in the 2019 Club Championships.

This one was a fairly low-key, category AS race, in the picturesque upper-Wear valley, organised by DFR and starting and finishing in St John's Chapel.

Although it was one of our Club Championship's races, representation by NFR was somewhat sparse, comprising of only one lady, Karen Robertson, and five men, Roger Sillito, Mark Latham, Andrew Duncan, Geoff Davis and me. Perhaps it was just a bit too remote a location for many to reach after a working day?

Those that did race, were rewarded with a glorious summer's evening, with balmy temperatures and only a gentle wind, just enough to prevent overheating during the race.

The race starts up a walkers' track, which turns into a rough vehicle track and after almost a mile opens onto the fell proper, takes a direct line up to the summit and returns by whatever route you fancy. The only rules seemed to be to visit the summit checkpoint, ensure you give your number to the marshals and not to cross any walls in the process. Nice and simple, as fell racing should be!

On the way up, the walkers' track was a good test of uphill speed endurance, the fell was a good test of uphill endurance over

rough terrain and on the way down the fell became a good test of agility and ability to run at speed over tussocky terrain, with the track back to the finish being a good test of downhill athleticism. Four important fell-running techniques all put to the test in a short distance.

Unfortunately I failed the test of agility and running-at-speed over tussocky terrain, having a rolling tumble at one point and losing my glasses in the rough grass. Fortunately I have maintained the technique of dipping a shoulder and rolling, and managed to find my glasses pretty swiftly, still in one piece, without it costing me too much time.

I haven't seen the results for finishing positions, but despite the sparse club representation, amongst us we happily managed to secure a dis-proportionate number of prizes; Roger was first V40, Karen second lady and 1<sup>st</sup> lady V50, Geoff ran very well but was somehow beaten into second place V60, I was first V50 and Roger, Geoff and I secured the men's team prize. It seems not quite right somehow when Geoff finished ahead of me, yet didn't win the V50's, because he happens to be over 60?! I always feel that if you are over the specified age for a category you should be eligible for it, but it seems that isn't how the rules usually work. Never mind, Geoff, the way you're running at the minute, you'll secure another prize very shortly!

There were nice tea and cakes available in the local café at the finish, which added to the relaxed and friendly atmosphere and the journey home was enhanced by a lovely sunset across the Weardale fells. All in all, those of you that didn't attend missed a very enjoyable evening.

Thanks to all at DFR for an excellent race, and Hangar 18 for their sponsorship.

*Dexter*