



Race Results and Report for 'The Fellrunner

RACE: Lakeside - Gummers How

DATE:

COUNTY: Cumbria

CATEGORY: AS/5km/260m (+boat) CH/SHIP

Return to: David Weatherhead, 16 Birchlands Grove, Wilsden, Bradford, West Yorkshire, BD15 0HD..or..email: resultsfra@aol.com

R A C E R E P O R T (400 words maximum please)

A clash with the Great Lakes on the same day as Lakeside Gummers How had caused concern, but a late set of entries brought the race to a respectable numbers. The weather was clear and warm making a pleasant evening for both spectators and participants. This event is unique in the FRA calendar combining fell running with rowing (often making a good deal of entertainment). In addition, teams of 3 can be made up from different clubs. Final numbers were 14 solo competitors and 11 teams, reasonable numbers as maximum capacity is 16 due to the number of boats we are able to use on the short stretch of Lakeside Hotel shore. Fell Foot who provide the boats together with a safety boat.

Fourteen individual competitors gathered in Buck Yeats for the first race. Robin Howie (Wharfedale), Tom Gibbs (Ambleside) and Josh Jardine (Helm Hill Runners) led the runners along the 400m start to the Lakeside Hotel shore frontage to choose their rowing boat. The rowers cross the lake to then run to the summit of Gummers How on a PM course then via the footpath. On the ascent Robin was strong to the summit, leading the field on his descent and was first to pick up a rowing boat for the return. With a solid row and a strong lead on a lone return to Lakeside in 27m, he received first place followed by Tom second in 30m 09s and Josh third in 31m 07s. Caroline Holden came eleventh and first lady in an excellent time of 37m 48s.

The team event had 11 named teams. The teams followed the same course and the idea is that they run the route together. The Bowland Team (Bows Deep); the Helm Team (Last of the Summer); Ambleside Team (Running on Empty) & Three Oars Power were all vying for position to land first on the east shore. Ambleside Crooked Ladies were in the thick of the action. All teams rowed well to the east shore, with less clashes of boats and oars than previous years. First to the top of Gummers How were Bows Deep closely followed by Last of the Summer Wine. On the descent ground was gained with Last of the Summer Wine team all reaching their chosen rowing boat for the return row to the Lakeside Hotel, making exciting watching as the teams battled across the lake. The Team results were as follows, Last of the Summer Wine, 1st in 30m 13s; 2nd Bows Deep in 30m 26s; 3rd Running on Empty in 30m 54s and 7th Ambleside Crooked Ladies in 35m 26s 1st Ladies team.

Prizes were generously provided by sponsors: Lakeside Hotel, Comfy Balls, Pete Bland Sports and First Floor Café at Lakeland.

Helm Hill Runners are proud to support and help organize this unique event with direction from David & Neil Birch who resurrected this historic event in 1994. Credit to the Marshalls, Competitors, Land Owners and all our Sponsors for the 2019 Lakeside to Gummers How event, which could not have been run without their full support. We are looking forward to next year's event which will be the 25th Anniversary of its restart.

TOTAL NUMBER OF FINISHERS = 14 INDIVIDUAL & 11 TEAM RACE Signed: **R.A.AUBREY.**

Date: 23.6.19

RACE RESULTS

The 'POS. O/A' is the competitor position in the race.

INDIVIDUALS RESULTS (No category counters in this list)

POS.	NAME	CATEGORY	CLUB	TIME
1.	ROBIN HOWIE	MSEN	WHARFEDALE	27:00
2.	TOM GIBBS	M40	AMBLESIDE	30:09
3.	JOSH JARDINE	MSEN	HELM HILL RUNNERS	31:07
4.	BOBBY GARD-STORRY	MSEN	U/A	31:19
5.	STEVEN SMITHIES	M50	CALDER VALLEY FELL RUNNERS	34:16
6.	ROB MORTIMORE	MSEN	HELM HILL RUNNERS	34:43
7.	JOSS ADDISON	MSEN	HELM HILL RUNNERS	34:50
8.	MARK CROPPER	M40	HELM HILL RUNNERS	35:43
9.	ROBERT CRAWFORD	M40	HOWGILL HARRIERS	35:54
10.	SHAUN ADDISON	M50	HELM HILL RUNNERS	37:32
11.	CAROLINE HOLDEN	F50	HELM HILL RUNNERS	37:48
12.	PAT McIVER	M50	BLACK COMBE RUNNERS	40:02
13.	CHRIS ROBERTS	M60	BLACK COMBE RUNNERS	41:55
14.	MIKE ADDISON	M50	U/A	45:50

TEAM RESULTS (No category counters in this list)

POS.	TEAM NAME	NAME	TIME
1.	LAST OF THE SUMMER WINE	BEN PROCTOR, PAUL REILLY & JACK SIMPSON	30:13
2.	BOWS DEEP	JAMES GRAY, SANDY LOCKETT & SAM HARRISON	30:26
3.	RUNNING ON EMPTY	PAUL CORNFORTH, MATT REEDY & TOM SIMPSON	30:54
4.	THREE OARS POWER	SARAH McCORMACK, JAKE SHUTTLEWORTH & JACOB AUBREY	31:49
5.	CHINEY, CHINEY BANG BANG	SHAUN ATKINSON, CHRIS LISTER & DAVID WILLIAMS	34:13
6.	BOATBACK MOUNTAIN	ADAM OLIVER, BEN JACKSON & IAN HARRINGTON	35:11
7.	CROOKED LADIES	LOU ROBERTS, JANE REEDY & ASTRID GIBBS	35:26
8.	NO LEGS NO ARMS	ANNIE ROBERTS, ETHAN HASSELL & MONICA PADILLA	35:36
9.	TEAM OARSOME	GEORGIA STEVENS, BRYONY HALCROW & JO SIMPSON	36:03
10.	DRINKERS WITH A RUNNING	ANDY BENNETT, PATRICK WILLINK & CHRIS SCHOFIELD	41:40
11.	THE CAVE WOMEN	SUE ROBERTS, MARTIN ROBERTS & ANNIE MILNER	53:08
12.			
13.			
14.			

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