

A Fell Running and Adventure Racing Calendar 2008

It's been a busy year for the off road section of Retford AC which has gone from strength to strength in 2008 largely thanks to the efforts of the Howard family who have been tireless in their pursuit of local Peak district races in addition to some Lakeland classics.

Steve Wathall kicked off the year with early season races including the Noonstone and the Calderdale Hike followed by the 61 mile Fellsman which takes in 11,000 feet of ascent in a horseshoe course from Ingleton to Grassington. The club was also well represented at the Tigger Tor, the Grindleford Gallop and the Edale Skyline and Micky Taylor competed in the classic Yorkshire Three Peaks race which hosted the 2008 World Long Distance Mountain Running Challenge.

There was a good turnout for the club All Rounder fell race at Fox House Burbage on 13th May with nine members taking part. Then whilst several club members were competing in the Keswick Triathlon on 17th May, the Howard Brothers were beasting themselves around the Old Counties Tops with a very creditable performance for their first attempt.

Ross Howard ran the 18m and 6,000' Duddon Valley race at the end of May and his brother Max and Steve Wathall ran the classic Ennerdale Horseshoe in June. Then at the beginning of July, Steve Wathall, Ross and Amanda Howard and Charmian Heaton ventured up to the Outer Hebrides to compete in the six day Hebridean Challenge adventure race from Eriskay to the Butt of Lewis by means of swimming, road and mountain biking and fell running - a memorable experience.



Ross and Amanda completed the RAB mountain marathon at the end of September and Lynda Howard took the 1st Female Vet prize at the Nine Edges Endurance Race setting a new record of 4:10. The Howards were out in force again on the 11th October when both Ross and Max together with wives Amanda and Lynda ran the classic Langdale Horseshoe in the Lake District.

Ross and Amanda also competed in the Dark & White adventure series of races in the Peak District and won their category. They were however pipped by brother Max and Lynda at the Edale Mountain Marathon at the end of October but this was after surviving the 2008 Original Mountain Marathon in Borrowdale which made national news. Ross was partnered by Dave Pickering in the A Class whilst Amanda, Charmian and Steve Wathall competed in the Long Score and all competitors battled against ferocious weather conditions on Day 1 before the competition was cancelled by the organisers.

Undeterred, Ross and Amanda were out again this weekend at the Copeland Chase orienteering event in the Lake District and Charmian and Steve will be setting off for New Zealand to compete in the 60km Kepler Challenge where they hope to renew friendships made at the 2007 Everest Marathon.

Tigger Tor	27-Jan
Noonstone	01-Mar
Grindleford Gallop	09-Mar
Edale Skyline	30-Mar
Calderdale	12-Apr
Yorkshire Three Peaks	26-Apr
Fellsman	10-May
Fox House Burbage	13-May
Old Counties Tops	17-May
Duddon Valley	31-May
Ennerdale	14-Jun
Hebridean Challenge	July
RAB MM	27-Sep
Nine Edges Endurance	27-Sep
Hope Moors & Tors	05-Oct
Langdale Horseshoe	11-Oct
The OMM	25-Oct
Copeland Chase	16-Nov
Kepler Challenge NZ	06-Dec