

PATTERDALE DOG DAY
ARNISON CRAG HORSESHOE - Saturday, 25 August 2018

RACE RESULTS

1. Carl Bell	Kewsick AC	M	22.30	Joint record
2. Harry Holmes	Pudsey & Bramley	M	22.39	
3. Tom Simpson	Ambleside AC	M	23.19	
4. Mario Yeomans	CFR	M	23.27	
5. Martin Mikkelsen-Barron	Borrowdale	M	23.48	
6. Will Veitch	Borrowdale	M	24.09	
7. Nicholas Colburn	Manx Fell Runners	M	24.58	
8. Ali Burns	Wharfedale	M	25.08	
9. Nigel Wood	Helm Hill	M0/40	25.41	
10. Harry Shuell	Ambleside	M	25.49	
11. Ted Ferguson	Borrowdale	M	25.50	
12. Mike Robinson	Dark Peak	M0/40	26.15	
13. William Weatherill	U/A	M	27.10	
14. Bertie Tweed	St Edmunds Pacers	M Junior	27.33	Local record
15. Craig Smith	Keswick AC	M0/50	28.45	
16. Scott Collier	U/A	M	29.21	
17. Oliver Ross	U/A	M local	29.42	
18. Andrew Shipley	Highgate Harriers	M	29.50	
19. Chris Hodgson	Ambleside	M0/50	30.06	
20. Al Walford	U/A	M0/40	30.10	
21. Josh Dowson	U/A	M local	30.33	
22. Archie Tweed	St Edmunds Pacers	M Jun local	30.40	
23. Jenny Rice	Helm Hill	L	30.41	
24. James Morrison	Tiverton Harriers	M0/40	31.33	
25. Phil Rigby	Helm Hill	M0/50	31.51	
26. Gary Mason	Keswick	M0/50	31.53	
27. James Bradley	U/A	M	31.55	
28. Anne Edwards	U/A	L	32.23	
29. Chris Blackburn	U/A	M Junior	32.39	
30. Tom Partington	Keswick AC	M	32.39	
31. Julie Darigala	Penistone FRAC	L0/40	32.55	
32. Antony Doolittle	U/A	M	33.03	
33. Richard White	U/A	M0/50	33.04	
34. Alex Colclough	U/A	M0/40	33.24	
35. Stuart Backhouse	Keswick AC	M0/50	34.03	
36. Jonathan Haynes	Bishops Stortford	M0/60	34.05	
37. James Tweed	Newmarket Jogers	M0/40 local	34.13	
38. Lyn Thompson	Keswick AC	L0/60	34.39	New record

39. David Spedding	Keswick AC	M0/70	35.04	New record
40. Rachley Findlay-Robinson	Keswick AC	L	35.29	
41. Andrew Hearle	Mercia Fellrunners	M0/60	35.38	
42. Brent Lindsay	Penistone FRAC	M0/50	36.18	
43. Freda Summerfield	Gateshead Harriers	L0/40	36.19	
44. Lindsay Buck	CFR	L0/50	36.29	
45. Henry Chwin	U/A	M	37.31	
46. Nicky Sproson	Nics Nordic Walks	L0/40 local	38.18	
47. Simon Best	U/A	M	39.48	
48. Daria Hernandez	U/A	L	40.02	
49. Stefan van Roon	U/A	M0/40	40.05	
50. Tamsin van Roon	U/A	L0/40	43.01	
51. Phil Hargreaves	U/A	M0/40	45.36	

RACE REPORT

The Arnison Crag Horseshoe is held as part of Patterdale Dog Day and takes place in between the sheep dog trials. Fortunately, dogs and runners know their place! It is a beautiful setting amongst wonderful scenery.

Arnison Crag Horseshoe is only a 3 mile/5 km route but it punches above its weight/distance . It manages to combine grassy uphill running and muddy squelchy uphill running, with a bit of flatish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippery and stoney in places – fabulous if you love downhill running.

Whoever was in charge of the weather did a superb job. It poured down on the Friday and again on the Sunday. On Saturday there was glorious warm sunshine. Thank you whoever! 51 runners were set off by Mike Beaty, who in theory has retired from Patterdale Dog Day after umpteen years as Chairman! He and Dave Hodgson were instrumental in re-introducing the fell race to Patterdale Dog Day after a gap of many years. This year's field of runners included some of the UK's top fell runners; some runners who had never done a fell race before; some of our regulars; five local runners; and one runner from Mexico!

First runner back was Carl Bell from Keswick in a time of 22.30 which equalled the record set by Rhys Findlay-Robinson in 2014. Second to cross the finish line was Harry Holmes from Pudsey and Bramley in 22.39 followed by Tom Simpson from Ambleside in 23.19. Nigel Wood from Helm Hill finished 9th overall and was first male over 40. The first male over 50 was Craig Smith from Keswick AC in 28.45. First male over 60 was Jonathan Haynes from Bishops Stortford who then went for another run! David Spedding from Keswick had a superb run to finish 39th overall in a time of 35.05 and smashing the over 70s record by over 15 minutes.

First lady home was Jenny Rice from Helm Hill in a time of 30.41. Julie Darigala was the first lady over 40 in a time of 32.55. Lindsay Buck from Cumberland Fell Runners finished in a time of 36.29 and was first over 50. First lady over 60 was Lyn Thompson from Keswick AC in new ladies' over 60s record of 34.29.

We also had three junior runners which is always good to see. First junior back was Bertie Tweed in 27.33 building on his 2017 success, followed by his brother, Archie Tweed in 30.40 and Chris Blackburn in 32.39. Bertie Tweed was also the first local runner to cross the finish line and set a new local's record. The other local runners were Oliver Ross, Josh Dowson, Archie Tweed and James Tweed.

Finally a BIG thank you to Catstycam Outdoor Shop in Glenridding for sponsoring the prizes: ; to Vanessa Schaeppers, Jane Saul, Marian Parsons, Mike Parsons and Mike Town for helping with registration and the finish line; to Thomas Jackson for being on gate patrol; to Phil Brown for being our man at the top and making sure that everyone gets to the top of Arnison Crag; and to Arnison Crag for being such a fantastic fell. And to the Patterdale Dog Day committee members who are so friendly and helpful.

Hope to see you all next year!

Christine Kenyon

RESULTS SUMMARY

1. Carl Bell	Keswick AC	22.30 #
2. Harry Holmes	Pudsey&Bramley	22.39
3. Tom Simpson	Ambleside	23.19

Male over 40

1. Nigel Wood	Helm Hill	25.41
2. Mike Robinson	Dark Peak	26.15
3. Al Walford	U/A	30.10

Male over 50:

1. Craig Smith	Keswick AC	28.45
2. Chris Hodgson	Ambleside	30.06
3. Phil Rigby	Helm Hill	31.51

Male over 60:

1. Jonathan Haynes	Bishops Stortford	34.06
2. Andrew Hearle	Mercia Fellrunners	35.38

Male over 70:

1. David Spedding	Keswick AC	35.04 #
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Ladies:

1. Jenny Rice	Helm Hill	30.41
2. Anne Edwards	U/A	32.23
3. Julie Darigala	Penistone FRAC	32.55

Ladies over 40:

1. Julie Darigala	Penistone FRAC	32.55
2. Freda Summerfield	Gateshead Harriers	36.19
3. Nic Sproson	Nics Nordic Walks	38.18

Ladies over 50:

1. Lindsay Buck	Cumberland FR	36.29
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Ladies over 60:

1. Lyn Thompson	Keswick AC	34.39 #
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Juniors:

1. Bertie Tweed	St. Edmunds	27.33
2. Archie Tweed	St. Edmunds	30.40
3. Chris Blackburn	U/A	32.39

Local:

1. Bertie Tweed	St. Edmunds	28.01 #
2. Oliver Ross	Old Water View	29.42
3. Josh Dowson	Dobbinwood	30.33

= record