

**DUNGEON GHYLL FELL RACE**  
**Cumbria**  
**AS/5.6k/640m 06.04.19**

Normally this tough AS race will attract 80 or so hill thirsty competitors and although the weather was at its finest and conditions perfect for a course record to be set, this year's race only attracted 27 runners. We can only assume the small field was due to worthy competition with two other classics, Coledale Horseshoe and one of this year's English Championship races, Howgills.

The Achille Ratti club members rallied together at the Stickle Barn Pub in Langdale at 09:30am ready for the compulsory kit check, registration and briefing for hill marshals. A few daring runners turned up without the stipulated kit, leading to a (not so) jovial scorning from an unimpressed race organiser, who lent out maps, a whistle and some emergency food (dog biscuits weren't considered adequate).

All 27 runners lined up in the car park a short distance from the Stickle Barn for a quick briefing of the route and another scorning to those runners who hadn't turned up prepared, before being let loose onto the fell like a flock of Herdwicks.

A fast start for most of the field, the fear of being the last one home in everyone's mind. The sun blazing down made the sheer, relentless ascent to the first checkpoint at the top of the Dungeon Ghyll arduous, the lead runner Harry Greenbank reached this in fine style, not the fastest climbing we've had but an impressive one from what marshals described as a spring in his stride.

The summit of Harrison Stickle was literally a breath of fresh air! Cooling for the sun burn and sweat gained from the glorious climb. The first five to top out were; Harry Greenbank (MU21), Matt Reedy (M40), Kirsty Hall (W40), Adrian Harvey (MSEN) and birthday girl Eve Pannone (WU21). Various routes off the top resulted in some gaining and some losing minutes. Most headed towards the grassy scree descent on the east side of Harrison before reaching the third checkpoint hidden beside the crag face of Harrison.

An all important recce from here to the fourth checkpoint at Pike Howe can allow you to steal a few places. The race was in full speed on the descent, runners choosing various routes, those sticking to the tourist paths and others on ankle twisting ground. The outbound stile was clambered back over in haste and a hurtle down the wet and rocky final section to the finish outside the Stickle Barn.

The prize giving was as memorable as ever, race organiser Tony Shanley playing to the sound of his own voice in an effort to win over the crowd whilst presenting the winners. Spot prizes were thrown to those who'd "travelled the furthest" or for whom it was their "first fell race". Soreen was chosen over chocolate by those who are in serious training and wine by those that train and race to enable having a drink.

A huge thank you to the Stickle Barn, to Achille Ratti helpers and marshals and to Mark Birbeck for his photography.

Three Achille Ratti runners turned out to race, Tom Makin (MU21), David Riding (M40) and Jenni Boocock (WSEN) plus club members Andy Holden (M50) and Dominic Watts (M40) who ran for their home clubs – well done all.

*Jenni Boocock*

**RESULTS**

Position	Name	Category	Club	Time
1	Harry Greenbank	MU21	Keswick	0:40:34
2	Matt Reedy	M40	Ambleside	0:40:44
3	Adrian Harvey	MSEN	U/A	0:48:19
4	Eve Pannone	WU21	Eden	0:48:52
5	Andy Holden	M50	Wharfedale	0:49:37
6	Kirsty Hall	W40	Ribble Valley	0:49:50
7	Don Reid	M60	Westerlands	0:52:55
8	Tim Chadwick	MSEN	Barlick	0:53:25
9	David Parking ton	M50	Preston Harriers	0:54:10
10	Benjamin Buky	MU21	U/A	0:54:15
11	Jamie Rennie	M40	West cumberland	0:55:17
12	Richard Baxter	M50	DPFR	0:55:43
13	Michael Jewell	M60	Black Combe	0:56:34
14	Mhairi Helme	W40	Helm Hill	0:56:39
15	Pete Tayler	M50	Black Combe	0:57:45
16	Dominic Watts	M40	Dark Peak	0:57:48
17	Tom Makin	MU21	Achille Ratti	0:58:52
18	David riding	M40	Achille Ratti	1:00:40
19	Calvin Ferguson	MSEN	Calder Valley	1:01:45
20	Susan Ross	W40	Black Combe	1:01:58
21	Jenni Boocock	WSEN	Achille ratti	1:03:12
22	M Pannone	M40	U/A	1:04:50
23	Jonathan Weir	M40	U/A	1:08:08
24	Lisa Blackley	WSEN	U/A	1:08:08
25	Dave Tait	M70	Dark Peak	1:08:32
26	Eddie Dealtry	M70	Kendal	1:10:50
27	Phil Kirby	M60	Coniston	1:45:32