

Check out my activity on Strava: <https://strava.app.link/LJXyMNCKqwb>

## LMW

I had been interested in the LMW route for a while and had helped Alex Staniforth on his successful completion of the challenge last year.

I was eager to keep support to a minimum and assigned one runner to each leg; a small but reliable team.

In an attempt to spice things up, my runner for leg one had to drop out at the last minute. Luckily (or unluckily for him) my partner was on hand to fill in any gaps.

Luke and I set off from Loweswater and headed towards the rain clouds. The run to Ennerdale was probably the most enjoyable of the entire route. As we left Ennerdale it started to get dark and the rain became heavier. The next section to Wastewater was very wet under foot and we arrived at the first checkpoint 15 minutes behind schedule.

My road support, Laura, had a coffee ready for me, which I drank hastily before setting off with Chris. We chopped away at the miles and Chris kept me well-informed of how we were doing for timings. The road sections on this leg seemed endless and the wind & rain up to Devoke water battered us but we got our heads down and got it done. We touched Goats Water and then tightened our hoods as we climbed up the Old Man; we knew it would be pretty grim (it lived up to our expectations). After Lows Water we cautiously made our way across to Levers water: we had both recced the section recently and knew you had to pick your line carefully here however it was tricky in the clag. The rain battered us as we descended into Coniston - I wondered if skin really is waterproof.

Laura met us in Coniston (not at the agreed spot but no harm done). I had a quick coffee, changed into dry layers, grabbed another head torch, plus more snacks and went on my way with Luke. I was feeling positive about the leg and thought it was a good one to get out of the way whilst the weather was forecast to rain continuously with it all being relatively low down and sheltered. The out and back to Esthwaithe water seemed to go on forever but we kept ticking off the miles and plodded along. We trudged through the waterlogged field to touch Elterwater (not a short cut in this case - should have gone round) and then made our way up and over to Grasmere and Rydal water with no issues. Due to logistics, we moved the checkpoint to Troutbeck Church so touched Windermere and then made our way over the hill.

Ben met us at Troutbeck and he was to run all the way to Keswick with me. I put a lot of clothes on for this leg as the last leg had left me very cold and wet. We made our way over to Kentmere and then climbed to Skeggles Water where the ground was difficult and waterlogged. The slog up to Kentmere reservoir felt long. The sunshine came out very briefly as we started descending from Small Water, giving us a beautiful view of the whole valley: stunning! The next section was difficult and the wind was so strong on High Street. I was glad to get down and see Laura for another coffee, fresh clothes and porridge.

Ben and I touched Brothers Water and then plodded away the next road section, touching Ullswater and then climbing up Sticks Pass. I was relieved that this was the last climb and we were rewarded with some lovely views. Ben and I traded a gel; I needed a caffeine boost! Once we had touched Thirlmere I knew all that was left was miles of road. We got to Keswick just as it was getting dark.

Luke was running the last section, I put my road shoes on and got my head down. The road felt surprisingly undulating with nearly 100 miles in my legs but we got our heads down and got it done.

This is a really difficult challenge, much more difficult than anticipated and obviously made harder with wintery conditions. I'd be interested to see if I could fine tune my route and knock a bit of time off in summer... maybe not this summer though!



20:58

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## Trail Run



**Sarah Perry**

📍 January 6, 2023 at 2:00 PM · Allerdale, England

### Lakes, Meres and Waters

🏔️ Red Pike (Buttermere) (755 m) · 🏔️ The Old Man of Coniston (802 m) · 🏔️ The Knott (High Street) (739 m) | [summitbag.com](https://summitbag.com)



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Most segment efforts in the last 90 days

Distance  
103.04 mi

Elevation Gain  
23,691 ft

Elapsed Time  
29:39:11

Avg Pace  
17:16 /mi

Avg Power  
91 W

Calories  
7,344 Cal

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