

The 26, Lake, Meres and Waters

Friday 16<sup>th</sup> June –Saturday 17<sup>th</sup> June, 2023

Joint effort by :-

Myself Ian Stephenson & my friend

Graham Hayes.

Our Ground crew was my partner Estelle, and my youngest son samuel. ( driver 1 ).

Other part of Ground crew was my very good friend Richard unwin (driver 2)

Who incidentally had completed the LM&W as part of a relay team back in the 80's.

We started the day by picking up Graham from the Crooklands roundabout, and off up to Keswick leisure centre to meet our other ground support Richard unwin & support runner & good friend Mr GB ULTRAS himself Wayne drinkwater. ( who kindly provided trackers for me & Graham).

Bags, cool boxes jetboils etc...all loaded up and off we went to Loweswater carpark.

After a fair bit of nervous faffing on my behalf we was ready to go,

An absolute blistering hot day awaited us so factor 30 applied, and we was good to go.

Myself, Graham & Wayne all in good spirits

Headed off from the carpark to Loweswater,

Right 09:30 watches ready quick photo and we were off.

Back pass the ground crew see you soon they shouted,

Wayne drinkwater had just returned from a 100 mile event in Scotland he had put on ,

& wasn't feeling 100%

Snot bombs etc...

Anyway onwards to Buttermere, crummock three waters down , myself & Graham took in turns to point out to Wayne all the different routes , trods & climbs we have taken over the years with doing various other challenges, that's where we went up on the tea room round, ooo & that's the trod over there for the frog Graham, etc...

Even though Wayne had run in the lakes just as much as we have we still liked to share various routes taken .

Red pike was the first & only climb for Wayne with us , his illness was getting worse with every step so he made the tough decision to pull out and head over to honister to be picked up off my son & Estelle later on .

We said our goodbyes & carried on with the job in hand .

The extreme hot weather continued to torcher us .

Into ennerdale, over black sail pass & down to wasdale , where was greeted with our fantastic ground support.

Pot noddles , coffee, etc & a refill of water we was off to devoke.

That was ridiculously dry section.

Refilled again other side of devoke, & we was off again.

Wallna over to Coniston was where we followed joise greenalgh route , absolutely fantastic, contouring around things that made you think christ josie love !!!!

But absolutely smack on trods .

We arrived at Coniston,

I was a little bit broken the intensity of the heat had really zapped me.

Our ground support got us fed and watered,

& we picked up support runners .

Josie Greenhalgh, Alan Bland & a chap who turned up from Manchester, Geoff.

They was an absolute god send.

Night section all the way to green quater.  
The support runners did everything and more for us .  
Chit chat , feeding, watering , keeping us in good spirits the whole way ,  
We arrived at Green quater & I again wasn't to good , Graham the machine Hayes was  
impeccable, such a strong guy.  
My partner estelle took me to one side and asked if I was seriously OK, apparently my reply  
was I ain't pulling out of this I'm going to complete it.  
( in type of rocky ballboa type of way ) hahahaha !!!  
Fed & watered we cracked on ,  
This time we had our very good mutual friend Alex Kirby.  
Who kept force feeding me gels, water every half hour,  
I insisted that I wanted to do the nan beild pass,rather than sadgil etc...  
How far out was haweswater????  
Dear me but anyway.  
My biggest fear of the entire challenge was high St, which I've done many times solo with  
my dog rocco or on group runs but never 70 mile in .  
It came & went phew !!!!  
We ( Graham & me ) then separated .  
He was at work the next day & sort of needed to get a wiggle on so he could get little more  
rest before work ( crazy eh ? )  
So Graham left with Sarah McCartney and ran his last 25 mile in 4hrs !!!  
Absolutely unbelievable!!!!  
I believe Sarah pull out at bassenthwaite saying she wouldn't go any further with him due to  
being to tired . Alex Kirby took over & run to overwater with him .  
Telling me the day after that they was doing 7:20 min/ miles on that hilly road to the finish!!!  
Absolute terminator.  
Anyway I continued with support runners Ross coles & marcus,  
I seemed to pick up a fair bit , it was a lot cooler on the Saturday.  
By the time we'd got to thirlmere Ross was feeling pretty bad , vomiting etc...  
Marcus took over mule, nav & generally keeping me going.  
( Ross took a direct route to Keswick)  
We cracked on ticked derwentwater off  
Bassenthwaite, then marcus had to part and get going to catch his last bus to Preston.  
Alex again got to run the overwater section again with me .  
Hahaha lucky lad eh ??  
There wasn't much running done by me at this stage ,  
My friend Richard who had ground crewed with my partner & son for the entire time decided  
to park at overwater & run back with my son samuel back towards me Alex so we could run  
in together, which was absolutely fantastic.  
WOW , It absolutely destroyed me  
over joyed me , it chewed me up & spat me out I'm so glad I did it .  
It's the hardest thing I've ever done .  
T'was my fifth 100 miler.  
I've done two - three day 135 mile multi day events.  
5 -50 milers.  
Frog Graham,  
Tea room round  
But this , DEAR ME .  
Hahaha Thankyou