

## A Day Out At The FRA Relays!

It was the British Fell Relay Championships last weekend – the 13<sup>th</sup> October. Unlucky for some maybe – but not Tod Harriers!

As you probably already know, the 'A' team came a magnificent 5<sup>th</sup>!! A great performance against top opposition...

I was running Leg 1 for the Vets. On paper, the journey up to Castle Carr looked like it would be narrow and slow going but in the event it was fine. I arrived in plenty of time.

The weather was good and at first sight this large expanse of private land looked like a magnificent area for fell running. We were not to be disappointed!! Lots of tussocky moorland, narrow tracks of various types and plenty of interesting up and down – a true test of different fell running skills.

So, lining up with over 100 other first leg runners, I felt the familiar nervous excitement. I love relay events – I wish there were more to be honest. I never have a problem with motivation (unlike in some solo races when it starts to hurt!).

The gun went and we were off! A short fast section where I felt great (I guess I should do at that stage), and then a long slow, but runnable, climb to Checkpoint 1. The pace felt very quick to me. "Run your own race" I told myself and slowed down a little. Soon it was time for the steep descent to the reservoirs. Lots of spectators and Toddy support there so time to throw myself recklessly through the heather and mud! Overtook a couple of people here and really enjoyed it.



Simon G on Leg 1



Martin Roberts & Dave Collins on Leg 2

Across the dam and then a steep grassy ascent (which went on too long!). This was followed by some narrow and mixed paths roughly contouring the hillside before descending back to the valley again ready for the final climb. This was of the rolling type and I could have done without it, to be honest! Saw Dave Wilson at the top and was starting to wish it was over. I lost 5 or 6 places on this section. But the gradient eased off and there was a nice finish to the leg – except for the final 50m climb to the change-over pen! I was pleased with my efforts and knew I'd done my best.

Stayed a while afterwards to recover, to watch all our Leg 2 runners come in and generally take in the atmosphere. A cracking day out! I hope everyone else there enjoyed it too.

Roll on the 'Calderdale' in December!!