



News from the Hills...

It's a full-time job just keeping up with the off-road section of the club at this time of year, with races coming thick and fast in several countries all on the same weekend. So apologies for the abbreviated nature of this report and not mentioning all the athletes who have represented the club in style over the last week.

This instalment kicks off near to home with the Kilpatrick's Kaper last Wednesday evening. 10 Shetts made the start line with Elena Heger and Ryad Chebbout stealing the show yet again to claim 1st female and male. Great runs also from Fred Davies 4th, John Connaghan 1st V50, and Myrtle Breckenridge 3rd.

Full results here... [Scottish Hill Runners :: Results](#)

The iconic Jura Fell Race was next up with another brave performance from the blue and gold brigade. Without doubt one of the hardest races in the calendar with claggy conditions on the day adding plenty spice! In-form Steve Halsall was 1st ~~Shett~~ home in 13th place and scooped up the V40 crown. Getting round this attritional and technical route is a big achievement in itself, so chapeau also to finishers David Lawson, Ross Cruickshanks, hill captain Zoe Barber and Rod Reis...just back from injury. David deserves a special mention by sacrificing his own race to help another runner who was badly injured from a fall!

Meanwhile, over in Northern Ireland Dan Dry was flying solo, holding the torch high in the Granite Peaks Race, part of the British Champs this year. Dan showed his class by taking a superb second place, just pipped on the line by 3 seconds!

There was a small but perfectly formed trio of Shetts gutsing it out in the Lakes this weekend in sub-optimal conditions. Steve Winter and Jen Clark took on the mighty 65k Scafell Ultra and Alex Hill the 'short' 25k race. Jen unfortunately had to drop out due to injury, but Steve powered his way through the miles and ascent for over 12hours to take 13th place. Meanwhile, in a quality field of runners, Alex skipped home in 5hrs 29mins in the sister race to secure 19th place.

Congratulation to David Lawson who has been selected to run for Wales at the upcoming Snowdon International in July and great to see exile Alex Clarkson making a rare appearance in the hills this year at the Duddon Valley Fell Race.

Finally on Sunday a large but equally perfectly formed posse of athletes made the long drive to Yetholm in the borders for the 3rd instalment in this year's Scottish Hill Champs. The Yetholm Hill Race is a very fast and runnable route taking in part of the Pennine way.

It was worth the trip though with a healthy haul of prizes and medals for the club. Harry Pulham 5th lead the charge for the men. With strong support from Ryad Chebbout 7th, Fred Davies 11th and the unstoppable Steve Halsall 13th + 1st V40 they secured the men's team prize. Kenny Richmond took home 1st V50.

There were very strong performances from the women as well. Elena Heger 6th continues to rise up the ranks and Shona Robertson picked up another 1st V50 prize.

Scottish Athletics medals were also awarded to Iain Pender 2nd V40, John Connaghan 2nd V50 and, were it not for a clerical error, a 1st V50 for Shona!