

The 3 Peaks Fell Race Saturday 30 April 2010 Report by Kay Farrow of Beverley AC



Darren Rodmell near the start

Two brave athletes from Beverley AC took part in the challenging 3 Peaks Fell Race last Saturday.

The tough 23.3 mile course starts and finishes in Horton in Ribblesdale and includes 5279 feet of steep ascents and descents of the 3 Peaks – Pen-y-Ghent, Whernside and Ingleborough. According to Stuart Little “It’s best described as three fell races with a long trail section between the first two peaks.”

It was Little’s second time at the 3 Peaks race and he was joined by clubmate Darren Rodmell. Both had qualified for the event by running road marathons in less than 3 hours 15 minutes.

Little was hoping for a faster time than previously. His target was around four hours but a combination of heavy legs after the London Marathon only two weeks ago and strong winds on the peaks slowed him down and he finished in 361st place in 4:30:06.

It was Rodmell’s first attempt at a fell race but he had qualified with his time of 3 hours 12 minutes in the challenging Windermere Marathon. He performed well in the first part of the race and was in 236th place at Whernside but while descending the second peak he started to suffer with cramp and was forced to take it steady after that. He finished in 4:14:36 in 263rd place. “It’s a tough course,” he admitted” but I enjoyed it very much and I’ll definitely be doing it again.”



Darren Rodmell

Although 762 people started the race only 677 finished. The winner was Thomas Owens of Shettleston Harriers in an amazing time of 02:53:34.

Photos by Dave Gowans