

Boardley excels in Montane 100 Lakeland Ultra Marathon

Report by Andy Grainger

Beverley Athletic Club's Ian Boardley recently took on the challenge of the Montane 100 Ultra Tour of the Lake District. This is a monumental 105 mile circular route with 14 manned checkpoints which are compulsory to visit.

The Lakeland 100 'Ultra Tour of the Lake District' is the most spectacular long distance trail race which has ever taken place within the UK. The circular route encompasses the whole of the Lakeland fells, includes in the region of 6300m of ascent and consists almost entirely of public bridleways and footpaths. The route starts in Coniston and heads south before completing a clockwise loop which takes in the Dunnerdale fells, Eskdale, Wasdale and Buttermere before arriving in Keswick. From here the route heads to Matterdale and continues over to Hawes water before returning via Kentmere, Ambleside and Elter water to the finish at Coniston.

302 runners left Coniston at 6.00pm Friday night but only 207 returned within the time limit of 40 hours

Ian put in a great performance to knock 68 minutes off his previous PB to finish in 23rd position, with a time of 26 hrs 44mins.

The race was won by Paul Tierney of Ambleside AC in 20 hrs and 42 mins