

## Derwentwater Trail 14km 5th September 2010

If the thought of Chesterton hill leaves you in a cold sweat, then this is not the race for you. Similarly, if you do not like mud (in this case, peat bog) or off-road, then this definitely isn't for you. However, if you are mad, and looking for a challenge, then this could be right up your street.

In its 5th year of running, Derwentwater Trail is a superbly organised event with two main races, a "Challenge" event with a time limit of 3 hours, and the "Trail" with a time limit of 2 hours - both are run over the same course, with the "Challenge" setting off an hour before the "Trail".

The race starts in Fitz Park, Keswick, and the first couple of miles is along an old disused railway line - this has a slight incline and can lull you into a false sense of security. On leaving the track you meet your first real climb of the race - about 100 feet up and steep - and this gets the heart racing. Having reached the top, you then run steeply downhill to cross over a beck, losing all the height you have just gained! You then start climbing back up and into the hanging valley of Glenderaterra - a climb of around 200 feet. As you run up the valley you do lose some height before finally climbing up through Glenderaterra Bog - probably half a mile of knee-deep peat bog, which saps your strength. You finally emerge out of the bog onto a rough track and a nice downhill run to the head of the valley. Then begins the hardest climb of all, up onto the Cumbria Way and Lonscale Crags - this is not runnable, and is almost a hand-over-hand climb of almost 300 feet. You now have just over a mile of relatively level running, albeit on broken stone with a sheer drop to your left back into the valley. This is certainly a challenge in the wet or when raining, and you have to concentrate hard not to slip or trip. You finally

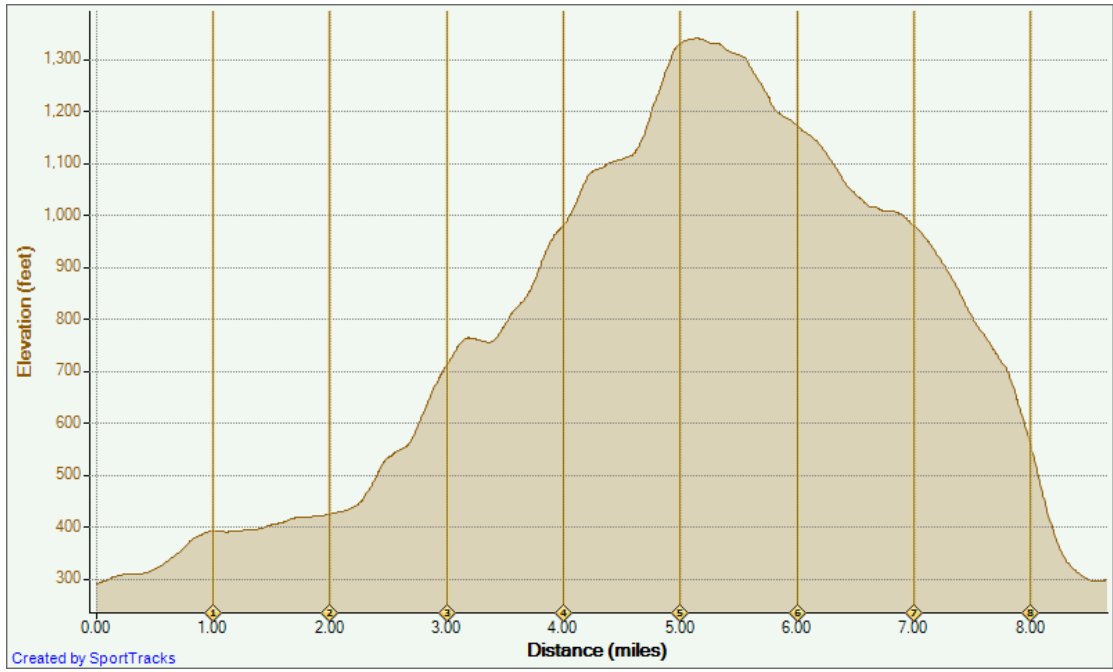
turn away from the valley and begin the long slow descent to White Fang Beck - this is a really enjoyable section as you can finally start to stretch your legs and get some speed up. However, having waded the beck, you then have another climb of around 100 feet to manage. Once at the top, you then begin the ever-steepening descent back down to Fitz Park and the finish - this section is really tough as it is very easy to take a tumble, and you are being overtaken by the more insane runners who, like lemmings, just go faster and faster!

#### Positives:

- Something totally different from our usual road races.
- A great atmosphere.
- Superb views (if it is not raining!).
- A challenging course .
- A lovely part of the world
- Excellent organisation
- A hi-tec running t-shirt.
- Plenty of guest houses and B&B's in Keswick

#### Negatives:

- A long way from home (so make it part of a holiday).



Alan Miles  
6th September 2010