

For 2011 I would like to start a trail race championship

I enjoy trail races and am hoping others will give this type of racing a try. I feel they are not as pressurised as road racing and it is more about enjoying where you are running and just completing it.

They are not as intense as Fell races but some can be found in the fell running calendar.

I have tried to choose varying distances and types of trail race over the whole twelve months.

I have competed in many of them but three of them I am afraid I can't tell you much about.

The Roddlesworth Roller in March has got a small bit on the road. It is run from a lovely village, around a reservoir and through a wood. It is a rocky path in parts.

The Grizedale 10 is on a definite track with hills included (you can walk many do) the views are lovely though.

Cuerden Valley 10k is one of a series of three, through a lovely park, again on definite paths.

Carnforth 20 barrier is as it says through various barriers, from stiles to fences and gates. It is along paths and canals and is a great fun atmosphere race.

Harrock Hill is across fields and over stiles. It has hills in it as the title suggests. The prizes for the winners are great-boxes of veg.

Great Westmorland trail race is well marshalled over the Howgill fells, again from a lovely village with butties and cake at the finish.

Eaves Wood is not an easy race but is undertaken by all different abilities. It has paths, woods, rocks and just about everything really. (Ask Bev)

Give it a go; you never know you may love it like I do. Most are in the summer months too.

Julie