



DFR Newsletter

March 2022



Andy's Winter Hewitts Round

2nd January 2022
84km, 2300m ascent

'In August 2021, Paul Hodgson suggested an attempt at a winter round of the Hewitts as a celebration of my upcoming 40th birthday. Being part of Durham Fell Runners, support fell into place easily. Everyone I spoke to was very positive about the attempt and everyone I asked, offered to help if they could. Paul Hodgson met me at 0345 in St John's Chapel, it felt good to be meeting at a silly time in the morning to be going on an adventure with friends. After 15 hours, 42 minutes and 2 seconds of bog trotting I arrived back at the war memorial to complete the round.' Andy Blackett

A full report is available here
<https://www.durhamfellrunners.org/2022/01/andys-winter-hewitts-round/>



Ladies Nights are up and running



In early March, thirteen brave ladies took the plunge and came to Hamsterley Forest for the very start of this new adventure. It was a lovely early spring night with little wind and a lovely moon peeping through the trees as we completed our warm up then set off for a lap of the Gruffalo trail where we learned and practised the art of looping back. Then we completed a paired activity with the focus being on maintaining a consistent pace. It is fair to say that everyone absolutely smashed it with some very impressive timing.

'Thank you for a truly inclusive first session. And having the moon out and listening to the river added to the magic.' Rachel

Club members in action

A niche category win for Duncan

Duncan Archer has become the British Night Orienteering Champion M45. Well done Duncan!

Adam Bridges completes the Lady Anne Way Ultra

The Lady Anne Way is a 100 mile non-stop overnight event. Adam battled through horrific weather with incredibly strong winds to finish in 18th place in a time of 27:38:40.



Stanhope Trail Races organised by Greener Miles



We had a good showing at the Stanhope Trail Races where Ian Hutchinson came 2nd and Aaron Dobrianski came 4th in the 10km race, and Chris Alborough took the win in the half marathon.

DFR Club Championships 2022

NAME	TOTAL
Andy Blackett	79
Mark Smith	70
Dougie Nisbet	68
Chris Alborough	40
Michael Sturla	39
Martin Wilson	38
Joe Addison	37
Owen Carter	36
Andrew Stimson	35
Paul Hodgson	34
Adam Bridges	33

There have been two championship races so far; Carrock Fell and Bilsdale. In the men's competition, Andy took maximum points at Carrock Fell while Chris Alborough took them at Bilsdale. In the ladies competition Dawn Hosking is off to flying start scoring maximum points in both races.

NAME	TOTAL
Dawn Hosking	80
Denise Tunstall	39
Meghan McCarthy	39
Roslyn Kelsey	38

