

RR Harriers World Mountain Challenge. Mon 7th June to Sun 14th June 2020

103,837 Feet!!!!!!

What an absolutely phenomenal, outstanding and every other superlative you can think of team effort!!

What started out to be just an Everest challenge turned into a Himalayan and Karakorum Challenge, and then turned into a World Mountain Challenge. Let me type it again, 103,837feet!!

So in the end we bagged Everest, K2, Kanchenjunga (no Andy Norman, Glen Miller didn't do a song about this mountain!): had a quick sprint up a mole hill outside Bill Southgate Yurt in Mongolia: found time to stop in Serbia to bag Midzor: and then returned to the UK to run the 3 peaks of Ben Nevis, Scafell Pike and Snowdon.

Everyone chipped in and I think there may just be some sore thighs at the end of this week! So many fantastic individual efforts;

Matt Tomlinson; highest ascent in a single outing and highest individual aggregate total. But in fact Matt is half mountain goat and this is actually a normal running week for him.

Jon Kinder; many thanks for organising today's outing in order to top up the weekly ascent. Absolutely great to actually run with people. How you kept going for 36 miles is beyond me.

Karolina; 6 runs, 3rd overall, 1st lady by far, and provider of some much needed flapjacks at Belper Lane End this morning!

Bill Southgate; Flying the Old Codger flag, one of only 2 people to have registered ascent every single day of the week. Hope the Mongolian herdsman haven't caught you yet!

But; the star of the show was definitely **Andy Norman**. Relentless enthusiasm, egging us all on, and running millions of reps up and down Robinsons Hill in Melbourne in order to get his ascent in AND amazingly finished with a marathon distance run on the Sunday. Hope the ice baths are helping and you to recover from that monster effort and you still have all of your digits.....

I did particularly enjoy that challenge, Hope you guys did too. Proud to wear a Harriers vest 🙌.

Rolls Royce Harriers – World Mountain Challenge

Mountains Climbed



Everest 29030 feet



K2 28250 feet



Kanchenjunga 28169 feet



Midzor 7116 feet



Ben Nevis 4413 feet



Snowdon 3560 feet



Scafell Pike 3210 feet



Mole hill created by a giant Mongolian Mole outside Bill's Yurt, 89 feet

Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals
Allan Pollock						1273		1273
Andrew Deighton				512			751	1263
Andy Norman	866	1257	1293	1157	1322	1227	3648	10770
Andy Ward			217			269		486
Bill Southgate	410	302	659	1047	827	610	410	4265
Bob Bond			260		404			664
Claire McKittrick	266	150						416
Cliff Cooper	726		966			937		2629
Crispin Cousins	325				571			896
David Johnson	118	258	181					557
Dean Smith	762				520		2219	3501
Gemma Stacey	551	312					925	1788
Gillian Whiteside	584		576		722		607	2489
Gordon Kalwak			1275					1275
Howard Williams	627		1053					1680
Ian Lambert		1000					751	1751
Ian Page		937			967			1904
James Ward		1126	849	134	1177		2374	5660
Jon Kinder		904	594	1189	763		4602	8052
Julian Smith						626		626
Karolina Kucharek	999	397	1367		1054	1903	2362	8082
Kevin Sutcliffe	585	431	655	539	793			3003
Kieran Portman		85				469		554
Martin Perry						1760	2197	3957
Matt Tomlinson	1936	1614	1998		4810		3041	13399
Mike Wood		259	384		382			1025
Neal Fellows	339		571		452		429	1791
Nigel Granville		511				561		1072
Paul Spencer		235		294				529
Paul Steele		342		353		983		1678
Paula Parkin		268			35			303
Richard Kerry			627					627
Russ Parkin		920	586	858	1322	583		4269
Steve Leach		3012			1420			4432
Steve Roebuck			536				461	997
Steve Wakefield	230		961		200			1391
Todd Coxhead					974			974
Tom Mowbray		351	209	495		1266		2321
Tristan Cooper		463		390	147	488		1488

	ft
Total Ascent	103837
Everest	29030
K2	28250
Kanchenjunga	28169
Ben Nevis	4413
Scafell Pike	3210
Snowdon	3560
Midzor	7116
Mole Hill outside Bill Yurt	89