

Monday 16th November to Sunday 22nd November – The 10Km Hilly challenge

Well done to all that attempted this challenge. Hoping there aren't too many sore quads out there! I don't think this challenge quite found out who lives in the hilliest area, but it did show that there are some headbangers out there and some resourceful Harriers in finding slopes in their area to sprint up and down. Step forward Paul Spencer for running 13 x the M1 flyover at Sandiacre, Steve Leach with his 12 efforts up Hillsway, Dean Smith for flattening the Chevin and Jon Kinder who lost count how many times he ran up a molehill outside his front door!

A small mention to Bill, who perhaps did follow the challenge brief and ran a good 10km circuit around Weston Underwood and who provided an excel analysis of the route as supporting evidence of ascent.

However, the winner of this challenge was former GB mountain runner Clare McKittrick. Clare made full use of Beacon Hill in Loughborough, found the steepest route up, ran it 6 times and managed to cram in 1,866ft into her 10km of running. Clare slightly misjudged the time it would take and had to sprint back in time to join a TEAMS meeting in her muddy kit only to find that TEAMS was playing up and the meeting was delayed (.....now that bit sounds familiar!). Well done Clare 😊.

Name	Ascent (ft)	Location
Clare McKittrick	1,866	Beacon Hill, Loughborough
Tom Mowbray	1,683	Wingerworth, Chesterfield
Dean Smith	1,594	Milford
Russ Parkin	1,579	6 x Quarndon Hill
Karolina Kucharek	1,578	Belper
Mike Lawson	1,427	5 x the hill to his front gate (Biggin Lane)
Jon Kinder	1,411	A molehill near Breadsall
Ian Page	1,371	Ockbrook
Bill Southgate	1,063	Weston Underwood
Mark Fowell	1,054	Chellaston
Howard Williams	964	Littleover
Steve Leach	938	Hillsway, Littleover
Gillian Whiteside	873	Kilbirnie Public Park, up North of the border
Bob Bond	823	Chellaston
Paul Spencer	821	13 x M1 flyover, Sandiacre
Kevin Sutcliffe	786	Castle Donnington
Paul Steele	771	Ashbourne
Andy Ward	709	Mickleover
Steve Wakefield	686	Lowes Lane, Sinfin Moor
Debbie Phelps	630	West Bridgford
James Ward	591	Chellaston
Rob Goulds	591	Chesterfield
Neal Fellows	561	Gedling, Notts
Jon Leek	528	Chellaston
Steve Roebuck	448	Sutton in Ashfield
Martin Perry	289	Etwall