

Lakes Challenge was just too tough for 'Iron Man' Dave

POCKLINGTON Runner and regular 'Iron Man' contestant David Slater recently designed his own gruesome challenge to throw down the gauntlet to the endurance athlete within himself.

Dave, who has completed seven 'Iron Man' events all over the world, from Lanzarote back in 2000 to Nice

in 2007, decided to put himself to the ultimate test.

The venue was the Lake District, the challenge he had set himself an awesome one: to swim Coniston Water (5.2 miles), bike 'The Fred Whitten Round' (115 miles through the toughest climbs in the Lake), and finally run 'The Bob Graham Round' (68 miles topping no less than fifty eight of the highest peaks the lakes has to offer).

All of it non-stop!

This was David's second attempt at the challenge after 2008 ended in the run leg having to be cancelled because of adverse weather conditions.

And this year unfortunately ended with the same result for Dave who remarkably swam Coniston Water in very windy conditions, completed the cycle ride, again in extremely bad weather conditions only to be disappointed on the last of the three legs when once again bad weather meant that the final leg of the challenge was deemed too dangerous to carry on.

So, in the early hours of Sunday morning the challenge was over for another year.

Nevertheless, a marvellous effort by David and his support team, with nothing standing in the way of his completion of the task but the horrendous weather.

Maybe it will be third time lucky for Dave?

Meanwhile, Sunday morning at The Burton Pidsea 10K saw Mike Pullon racing home

26/6/09.
first for Pocklington Runners with a very comfortable 41:52 time. Sally Utley was next to cross the line in 65:48 and Shanie Young, with a brilliant effort, rounded the six point two miles in 67:39.

The previous week the grounds of Castle Howard was the venue for this year's Mizuno sponsored Castle Howard 10k trail race.

Pocklington had no less than ten runners in the field with Clive Reid leading the way through the Howardian Hills in a time of 45:46. Patrick Piggott did 46:08 with Sue Vicary 55:18, Kevin Kendall 57:00, Rod Robinson and his wife Jackie both finishing in 58:35, Tracy Holden right on the hour just pipping her husband Adrian Holden to the line in 1:01:54. Emma Barker and Dave Barker both ran excellent times, both finishing in 1:14:50.

● Just to correct a mistake from the previous week's report - Jenny Metcalf ran the Humber Bridge Half marathon ten minutes quicker than was recorded : 2:34 minutes for Jen.

AT THE TOP OF HARDKNOTT PASS: Dave Slater pictured at the top of the 1291 ft ascent of what is reputedly the second steepest road in Britain.

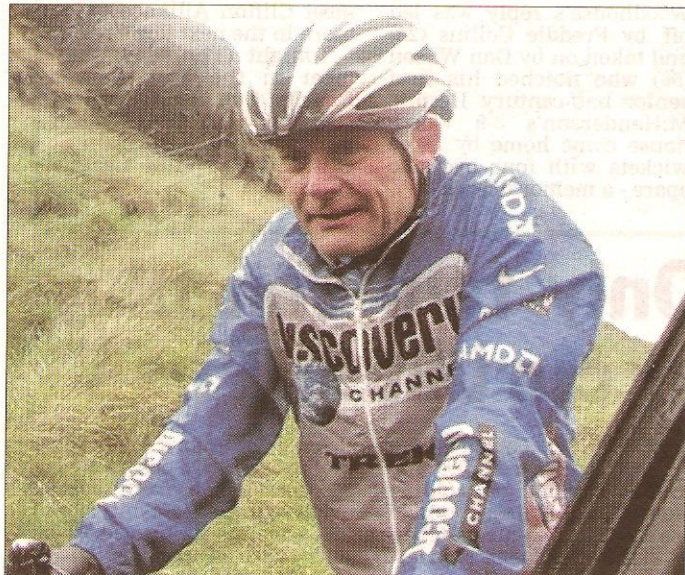


Photo submitted