

## Dartmoor Discovery

5th June 2010

32 miles of moors and hills

Two personal articles on this great race, followed by the results. This first is by the prolific Kym Wheeler.

By Kym Wheeler (RRC 13072)

Having done one ultra run, what would make you do another? I asked my Club mates Brian and Jane and was swamped by their responses. It was a stupid question, how could I not know the answer? There's such beautiful countryside to run through; it's a weekend away with friends; a chance to re-visit an area they loved and anyway, the event is so well organised, it would be a shame not to do it.... and so, yet again, Brian Frisby and Jane Stedman and their respective spouses, Donna and John, went down to Devon for a long weekend. Down there they met up with their friend Martin Draper and his wife, Karen, who live in the area. They stayed in a lovely 17th century inn and the weather was forecast to be good for the weekend. In other words, the rain of last year's Dartmoor Discovery run would not be seen this year. Relief all round!

One hundred and ninety entries were taken for this year's event and 130 runners finished. The event started and finished in Princetown, with a single lap round the villages of Dartmoor. The event this year was run in very warm weather.

On the start line, Jane lined up next to Martin, near the front. Brian was towards the back of the crowd. The runners had handed in their drinks the previous day to be put out on the drinks tables around the course. For Jane, it was just a bit too hot. Her first sports drink was too far away from



Jane Stedman (Photo by John Stedman)

the start, and for some strange reason, known only to runners on race days, she didn't take water at the first few water stations. Around 10 miles, as gels were available, Jane grabbed a gel and sucked it into an empty stomach, with no fluid to wash it down. Really bad stomach cramps were the result. By now, the field had spread out and Jane was running on her own. For much of the course, many runners are on their own, the steep hills allowing for catch up as runners turn into walkers.

Martin, as a diabetic who had to check his blood sugar levels regularly as he ran round, had dropped back a bit, carefully taking on board water and gels as they became available.

Brian and Jane, despite their miles of training together, had agreed that they would run at their own paces and Jane had been ahead to start with. But as she was walking, clutching her cramping stomach, Brian passed, jogging at a careful, comfortable pace that would see him finish in a time of 5 hours 52 minutes.

By the marathon point, Jane was severely dehydrated and starting to weave around the road, feeling as if she was going to fall asleep. Her target time had been 4 hours for the marathon, but she was running 40 minutes late. Karen, who was in a car at this point, keeping an eye on the trio of runners, saw the problem, held her up and gave her a talking to: "Jane, if you cannot start running and reach that blue car ahead, then I will have to pull you out of the race."



Brian Frisby (Photo by John Stedman)

Jane shook her head and looked at the blue car. It wasn't so far ahead. She pushed off, started to trot along again. The blue car started moving. Jane kept moving and started drinking.

Despite these problems, they all had time to look around and admire the magnificent scenery. The Dartmoor ponies were enjoying the weather, basking in the sunshine on the warm moors. The foals sprawled out on the grass, watching these strange humans running around in the heat.

As in previous years, there were some hills that just have to be walked up, but for the most part, Brian had kept up his steady pace. The warm weather took its toll and all of the three ran this race slower than in previous years, but all agreed, it was lovely in the sunshine.

Brian suffered from a blackened toenail after the race, but as this is normal for runners, he felt it was hardly worth a mention.

At the finish of the race, all runners received a golden shoe as a memento. In the evening there was a disco where the exhausted runners experienced a resurgence of energy and boogied on down for several hours. A good time was had by all.

Will they do it again? Well, they've already done it twice, and it was good fun. Anyone else fancy an ultra next summer?

Results of this group

Brian Frisby	5.52.34
Jane Stedman	6.12.04
Martin Draper	6.26.26

Next an article by Andy Gore, who has described several of his other races of the season elsewhere. In his first attempt at the Dartmoor, Andy finished 2nd, a really excellent performance.

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## The Dartmoor Discovery

By Andy Gore (RRC 13758)

Well, what an experience! Dartmoor was a proper 'grown-up' run! I did not know how I would cope with the hills or the distance but managed to survive in one piece.

Last year's winner went flying off on his own followed by Dave Tomlin and the eventual winner Dave Stone. I settled for a more relaxed start and soon found myself in 4th place.

The opening miles were slightly undulating but felt OK. My family had driven round the course the day before almost giving my wife a heart attack as she hates driving down narrow lanes. However, this gave me prior warning of the steep climb at 10km.

By this point I managed to close down on Dave Tomlin and ran with him for a few miles. Dave Stone had now moved out of sight and I assumed was chasing down Alan Ryder who was also nowhere to be seen.

By the time I reached Ashburton I was again on my own and knew that there was a long climb ahead of me. I kept relaxed and kept going as best I could. The climb just seemed to go on forever!

By the time I reached Buckland in the Moor I was starting to fade but I was trying to maintain a reasonable rhythm and it seemed that every corner I reached there was another climb.

I cannot remember where exactly it was but one of the marshals said "Well done mate, at least you are still running. The guy ahead is walking". This gave me a new lease of life and I tried to raise my game. However it took a while before I could see the person ahead let alone catch him. It turned out to be Alan Ryder who was paying for the early pace. No sooner had I caught Alan than we turned another corner and encountered a steep climb and my legs were buckling. I felt Alan try to go with me but could not manage it for long.

I was again on my own and I knew that I had to keep going at all costs to hold onto 2nd place! I know, 2nd place - I was amazed. How did I manage this?

Going through the marathon distance in 3.10 was a bit slower than I had expected but I had not appreciated the severity of the hills. I was now just willing away the miles and wanted to finish.

When I reached Postbridge I knew there was about 5 miles to go. They seemed like the longest 5 miles I have ever run!

I plodded on being supported by the marshals and the radio cars as well as friends and family out on the course for their relatives. I gradually progressed to Two Bridges and knew that I was in with a chance of holding onto 2nd place. Just 2 more climbs to go!

I could now see Princetown and I had made it. My wife and daughter were there to see me finish and it was over! I was shattered but relieved to have finished.

I take my hat off to everyone who completed the race and especially to Geoff Oliver for completing it in 5:32 at the age of 76 and Mike Feighan who holds the course record of 3:36:18!! Amazing!

It was a shame to hear that the race may not be held next year as the current organisers are stepping down after 12 years, and what a superb job they have done! I hope there is someone willing and able to take it on and continue with the tradition of this gruelling challenge.

Editor's note: I am very pleased to say that Phil Hampton has told me that he is retiring from organising the race but that he has arranged a replacement and that this excellent race, the UK's last remaining road ultra, will continue to operate.

## Results of the 2010 Dartmoor Discovery Ultra Road Race

Pos	Time	Name	Club	Cat	Pace
1	3:50:53	STONE, David	Exmouth Harriers	MV 40-44	07:10.1
2	3:59:37	GORE, Andy	Cheltenham Harriers	MV 40-44	07:26.3
3	4:02:43	TOMLIN, David	Teignbridge Trotters	SM	07:32.1
4	4:08:12	RYDER, Alan	Erme Valley Harriers	MV 45-49	07:42.3
5	4:12:08	BISHOP, Keith		SM	07:49.7
6	4:17:43	BARNES, Simon	Cotswold All Runners	MV 40-44	08:00.1
7	4:18:42	RIEL, Carol	Clapham Chasers	SM	08:01.9
8	4:18:46	TARANOWSKI, Helen	West Four Harriers	FV 35-39	08:02.0
9	4:22:05	WEBBER, Stuart	Serpentine Running Club	SM	08:08.2
10	4:25:36	HAYES, Roger	Teignbridge Trotters	MV 40-44	08:14.8
11	4:27:39	CREIGHTON, Luke		SM	08:18.6
12	4:30:29	FEIGHAN, Mike	Exeter Harriers	MV 40-44	08:23.9
13	4:33:35	MURRAY, James	Bideford Amateur Athletics Club	SM	08:29.6
14	4:34:21	HALLS, Mark	Brighton & Hove AC	MV 45-49	08:31.1
15	4:35:20	BROWN, Roy	Teignbridge Trotters	SM	08:32.9
16	4:35:50	ROY, Diane	East Cornwall Harriers	FV 45-49	08:33.8
17	4:36:26	ROWLEY, Richard		SM	08:34.9
18	4:36:31	GOC, Milan		SM	08:35.1
19	4:39:21	HILL, Walter	Crawley AC	MV 55-59	08:40.4
20	4:39:36	TULLETT, Adam	Hayle Runners	SM	08:40.8
21	4:40:59	MARTIN, Rick	South Devon AC	MV 45-49	08:43.4
22	4:41:35	MILFORD, Daryl	Teignbridge Trotters	SM	08:44.5
23	4:44:48	SADLER, Duncan	Road Runners Club	MV 40-44	08:50.5
24	4:45:17	ALLEN, Paul	Royal Navy AC	MV 40-44	08:51.4
25	4:50:27	RICHARDS, Andrew	Road Runners Club	MV 45-49	09:01.0
26	4:51:10	ULLMAN, Chris	East Cornwall Harriers	SM	09:02.4
27	4:51:21	MILES, Carl	St. Austell RC	SM	09:02.7
28	4:52:16	FOWLER, Noel	Teignbridge Trotters	MV 55-59	09:04.4
29	4:53:11	BROWN, Jonathan		SM	09:06.1
30	4:53:20	SHELLEY, Claire	Serpentine Running Club	SF	09:06.4
31	4:53:46	BAKER, Graham	Mid Essex Casuals	MV 60-64	09:07.2
32	4:54:32	LANGLER, Ian	Teignbridge Trotters	SM	09:08.7
33	4:55:55	GREHAN, Michael	Dunstable Road Runners	MV 45-49	09:11.2
34	4:56:06	DAW, Sharon	East Cornwall Harriers	FV 40-44	09:11.6
35	4:56:08	CARTER, Paul		MV 45-49	09:11.6
36	4:58:36	KHOSHNEVIS, Heather	Littledown Harriers	FV 50-54	09:16.2
37	4:59:41	LAW, David		SM	09:18.3
38	5:01:15	BELL, Graham		SM	09:21.2
39	5:01:17	BATEMAN, Jonathan	Road Runners Club	MV 60-64	09:21.2
40	5:01:41	CHARLESTON, Steve	Bearbrook Joggers	MV 50-54	09:22.0
41	5:02:34	HOSKIN, Mike	Instinctive Sports	SM	09:23.6
42	5:03:25	DALEY, Loretta	Les Croupiers	FV 40-44	09:25.2
43	5:04:39	READ, Kurt		MV 40-44	09:27.5
44	5:04:49	WICKHAM, Stephen	Bearbrook Joggers	MV 55-59	09:27.8
45	5:05:31	PICK, Rob	East Cornwall Harriers	MV 50-54	09:29.1
46	5:09:03	SHAW, Anthony	Crawley AC	SM	09:35.7
47	5:10:26	PEARSON, David	Devon & Cornwall Police AC	MV 50-54	09:38.3
48	5:11:20	MARTIN, Gary	Road Runners Club	MV 45-49	09:40.0
49	5:12:12	MENNELL, Simon	Braintree & District AC	MV 45-49	09:41.6
50	5:14:38	CARMICHAEL, Jeremy	Crawley AC	MV 55-59	09:46.1
51	5:15:34	MOULSON, Stuart	Teignbridge Trotters	MV 40-44	09:47.8
52	5:17:43	HAMLING, Mark	Teignbridge Trotters	MV 50-54	09:51.8
53	5:18:17	GOODWIN, Steve	Winchester & District AC	MV 55-59	09:52.9
54	5:18:42	LEVERMORE, Claire	Serpentine Running Club	SF	09:53.7
55	5:19:50	GOSS, Peter		MV 50-54	09:55.8
56	5:19:51	MCKENZIE, John		MV 50-54	09:55.8
57	5:20:55	WYER, Natalie		FV 40-44	09:57.8
58	5:22:09	PEARSON, Richard	Southampton RC	MV 60-64	10:00.1
59	5:23:30	LITTLEJOHNS, Alan	Launceston Road Runners	MV 60-64	10:02.6
60	5:24:17	CHAPMAN, Reginald	David Lloyd F.F.	MV 55-59	10:04.1
61	5:25:13	BLOOM, Robert		MV 40-44	10:05.8
62	5:25:52	DAYMENT, Richard	Dartmouth AAC	SM	10:07.0
63	5:27:01	SPARKES, Phil	Littledown Harriers	MV 40-44	10:09.2
64	5:27:42	BRADY, John	East Cornwall Harriers	MV 45-49	10:10.4
65	5:27:49	THOMAS, Phillip	Brackla Harriers	MV 45-49	10:10.7

66	5:28:58	BATH, Ann	26.2 Road Runners Club	FV 55+	10:12.8
67	5:31:03	BIRLEY, Patrick		MV 45-49	10:16.7
68	5:31:03	PRASAD, Naomi	Fetch Everyone RC	SF	10:16.7
69	5:32:01	WHITLEY, Mike	Launceston Road Runners	MV 45-49	10:18.5
70	5:32:27	HALL, Ian	Amazing Feet RC	MV 45-49	10:19.3
71	5:32:35	WALTON, Ewan	Teignbridge Trotters	SM	10:19.5
72	5:32:43	OLIVER, Geoffrey	100 Kilometre Association	MV 65+	10:19.8
73	5:33:19	JONES, David	Chippenham Harriers	MV 40-44	10:20.9
74	5:33:48	BINKS, Jim	Bearbrook Joggers	MV 65+	10:21.8
75	5:34:00	KING, Bryan	Plymouth Musketeers RC	MV 55-59	10:22.2
76	5:35:14	HUXLEY, Linda	Bearbrook Joggers	FV 50-54	10:24.5
77	5:37:05	RICHARDSON, Jonathan		SM	10:27.9
78	5:37:05	D'ROZARIO, Warren	Sandwell Valley	MV 50-54	10:27.9
79	5:39:27	MANN, Alan	Les Croupiers	MV 50-54	10:32.3
80	5:39:40	ELPHICK, Tracy	Teignbridge Trotters	FV 35-39	10:32.7
81	5:40:31	THOME, Sarah	Dunstable Road Runners	FV 40-44	10:34.3
82	5:41:58	PROCTER, Andrew		SM	10:37.0
83	5:42:20	THOMAS, Cliff	Aberystwyth AC	MV 60-64	10:37.7
84	5:42:55	LIGHT, Barry	Littledown Harriers	MV 55-59	10:38.8
85	5:43:08	STAUNTON, Richard	Running Forever	MV 40-44	10:39.2
86	5:43:35	CONLON, Darren		SM	10:40.0
87	5:45:02	TAYLOR, Sue	Mounts Bay Harriers	FV 55+	10:42.7
88	5:45:09	HALES, Roger	Teignbridge Trotters	MV 45-49	10:43.0
89	5:46:08	BUNDAY, Simon	Dawlish Coasters	MV 50-54	10:44.8
90	5:46:20	STANDKE, Annegret		SF	10:45.2
91	5:46:32	MULCRONE, Matt		SM	10:45.5
92	5:47:02	ANDREWS, Mark	East Cornwall Harriers	MV 50-54	10:46.5
93	5:47:45	FERGUSON, Andrew	St. Austell RC	MV 40-44	10:47.8
94	5:48:12	CLAPHAM, Penny	Teign Valley Runners	FV 55+	10:48.6
95	5:49:13	ELLIOTT, Dave	Almost Athletes	MV 55-59	10:50.5
96	5:52:34	FRISBY, Brian	Corby AC	MV 50-54	10:56.8
97	5:54:55	LITTLE, Gina	100 Marathon Club	FV 55+	11:01.1
98	5:56:08	BIGGS, Roger	100 Marathon Club	MV 60-64	11:03.4
99	5:56:53	MACKENZIE, Simon	Jersey Spartan AC	SM	11:04.8
100	5:57:11	WILLIAMS, Terrie	Road Runners Club	FV 40-44	11:05.4
101	6:00:27	SANDERS, Graham	Bearbrook Joggers	MV 60-64	11:11.5
102	6:00:27	MOORHOUSE, Andrew	Dudley/Kingswinford RC	MV 40-44	11:11.5
103	6:01:20	DUNN, David	Teignbridge Trotters	MV 55-59	11:13.1
104	6:04:05	PUGH, John		MV 40-44	11:18.2
105	6:04:30	STOCKMAN, Mark	South Devon AC	SM	11:19.0
106	6:05:26	BULEY, Rona	Eastleigh RC	FV 50-54	11:20.7
107	6:06:04	INGLEDEW, Sally	Teignbridge Trotters	FV 45-49	11:21.9
108	6:07:08	KIDDLE, Steve	Littledown Harriers	MV 50-54	11:23.9
109	6:09:04	DODDS, Philip	David Lloyd F.F.	SM	11:27.5
110	6:10:46	ANDERSON-BICKLDEY, Edward	Plymouth Tri-Club	SM	11:30.7
111	6:11:21	DENNING, Simon		MV 40-44	11:31.8
112	6:12:04	STEDMAN, Jane	Corby AC	FV 45-49	11:33.1
113	6:13:38	PROCTOR, Julia	Teignbridge Trotters	FV 40-44	11:36.0
114	6:14:39	GREW, Roy	Road Runners Club	MV 65+	11:37.9
115	6:18:07	FRYER, Rebecca		FV 40-44	11:44.4
116	6:19:45	LANNON, Laura		SF	11:47.4
117	6:23:56	FIRTH, Mel	Michelmores RC	SM	11:55.2
118	6:24:30	TOLE, Maria		FV 35-39	11:56.3
119	6:26:26	DRAPER, Martin	Quantock Harriers	MV 50-54	11:59.9
120	6:28:51	BRESLAND, Noel		SM	12:04.4
121	6:30:47	YEATES, Ellen	Michelmores RC	FV 35-39	12:08.0
122	6:31:01	HATTON, Samantha	Road Runners Club	FV 40-44	12:08.4
123	6:32:31	MAJOR, David	100 Marathon Club	MV 45-49	12:11.2
124	6:34:33	RIDLEY, David	Maidenhead AC	MV 50-54	12:15.0
125	6:36:03	DOOLAN, James	Liverpool Pembroke Sefton AC	SM	12:17.8
126	6:36:24	MUNDY, Jim	Sutton Runners	MV 55-59	12:18.4
127	6:38:13	JOHN, Gilbert	Les Croupiers	MV 55-59	12:21.8
128	6:42:11	MCCURDY, Ray	100 Marathon Club	MV 55-59	12:29.2
129	6:53:23	DA SILVA, Selina	100 Marathon Club	FV 50-54	12:50.1
130	7:57:34	SEABROOK, Patricia	Finch Coasters	FV 55+	14:49.6