Lakes in a Day
Howard Seal
6th October 2022

It's definitely a race of two halves, though I don't think they meant it in the way my race went... Race went to plan up until Ambleside though I had breathing issues early on, was a bit too fast to Threlkeld and drinking wasn't very disciplined. First time racing with poles, how much they helped or hindered is debatable. They made the climbing and the descents on slippery rocks easier, but drinking, eating and opening/closing gates trickier plus tripped me up 1km from the finish luckily just a few grazes and a hopefully only hyperextended finger. So the second half....

Knowing there was a lot of road and easy trail in the second half I changed my shoes which I have never done before, it helped at first but I stayed at the CP too long and couldn't get back into my running. Then things started to spiral, the 2nd V50 past me causing a mental slump, breathing got worse and then started to sweat uncontrollably even if I slowed down - hence dehydration and leaching of electrolytes and started to get dizzy. Pretzels helped but not enough. I started to think about dropping at the next checkpoint as felt unwell. Then started to get really cold, whilst still sweating profusely. Similar has happened before it's as if my body starts to fail to thermal regulate. Lost well over 20 places and nearly an hour between Ambleside and Finsthwaite. Cup of soup as more runners came and went then walked/ran to the finish as runners carried on cruising past me, the moon was amazing so almost worth being out for nearly two hours longer than expected. Nicely bruise hip when I ran into a tree trunk my headtorch hadn't highlighted and a tumble at the end BUT finished and learnt a lot (well will have once it all sinks in a bit more). Will I do it again? Maybe but definitely need to recce the second half as mentally tough when you don't know what's coming and are suffering. Shame there isn't a relay option as I love the fell sections. Also need to practice with poles more and get to the bottom of the thermal regulation issue!





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Team
Derwent AC Cockermouth

Time Taken	Last Timed Location	Group
12:50:46	Finish	MV50

Battery	Last Tracked
61%	09 Oct 07:03

Checkpoint	Time	Split
Start	Sat 08:00	
Blencathra	Sat 09:46	01:46
Threlkeld	Sat 10:15	00:29
Helvellyn	Sat 12:33	02:17
Grisedale Hause	Sat 13:05	00:32
Ambleside	Sat 14:30	01:24
Finsthwaite	Sat 18:16	03:46
Finish	Sat 20:50	02:33