Northern Traverse
Duncan Potts
5th April 2025

Dad took Mark and I on a long walk across the country when he retired. It was brilliant and stayed in my mind as a special time and a great journey. Last year I ran it during Storm Kathleen and literally just survived (think being swept away by a stream, equipment failure and battles with bogs).

This year it was perfect. Outstanding weather, great company, a body that held up well and a faster time by nearly 9 hours (63 hours for 186 miles). I think my face at the end either shows I enjoyed it or overdid the caffeine a little. Both in truth.

Thank you for all the support before, during and after the race. They printed out messages for us and that gave a real lift. Especially Gemma Ditchburn Potts, Richard Ellis and Pete Todhunter. Now time to hunt down some fish and chips!







