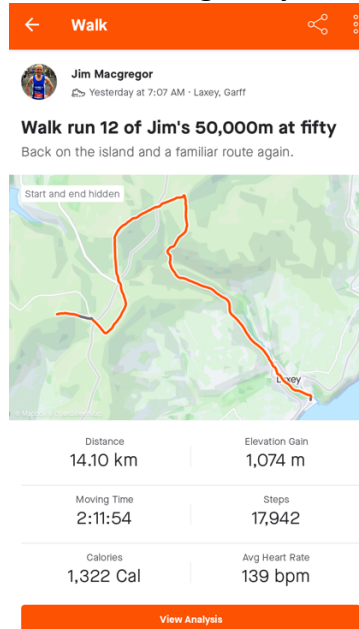


Walk/Run 12 – Saturday 4th March Laxey to near Bungalow, Laxey Valley, Clagh Ouyr, Snaefell, Mullagh Ouyr & Beinn Y Phott. 1074m climbed, cumulative 12,365m



Well it is now becoming a well trodden path that me and Svet are taking. After a quick drink at home we both set off up Laxey Valley to try and gain the most amount of height in the shortest amount of distance to save our legs. One consequence of this is after climbing about 400m from the sea it then relies on you forcing yourself right down to the bottom of a valley before proceeding up the other side again. This goes against all principles of maintaining height where possible!

Clagh Ouyr didn't fail to disappoint again by giving us its usual blast of cold icy air. I cant say we have ever hang around up there recently to enjoy the splendid views! Dropping down to Black Hut we passed a fellow fell runner who gave us strong words of encouragement. It really is a great community.

We ascended and descended Mullagh Ouyr fairly rapidly and then headed for a quick up and down of Beinn Y Phott. It was this stage we spotted Will who was leaving a 24 hour trail for my search dog Ruby to find Sunday morning. Annoying really, as I shouldn't know where he has gone and actually makes it harder. Chatting to Will even for a couple of minutes we both chilled very quickly and it really is hard to get going again. Well we did and completed the 1000m in a fairly quick time today. Maybe the route modification is one for the future!



Myself and Svet at the top of Beinn Y Phott at the end

Walk 13 – Saturday 11th March Laxey to near Bungalow, Snaefell, Laxey Valley. 759m climbed, cumulative 13,124m

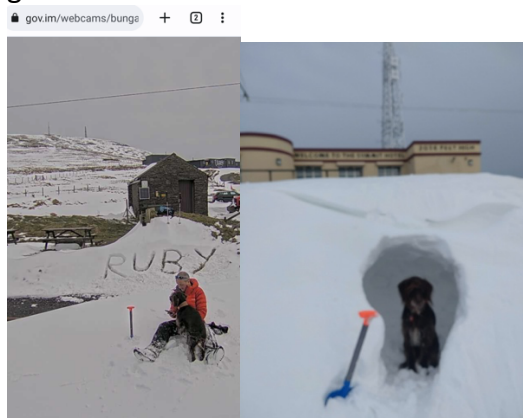


It was back up the railway line today which were covered in massive snowdrifts after the last couple of days of heavy snow (relative to the island!). It was cold but great conditions with clear skies and the Manx hills looking pristine. I took Ruby with me today and had quite big and I must say over-ambitious plans to scale various peaks in heavy snow. There is honestly a railway line somewhere under Ruby.



As soon as I left the line to try and scale Mullagh Ouyr I realised it was going to be an impossible task as I sunk waist high into the snow. Realising that it was best to return to the railway line I continued on up towards Bungalow on the TT course. It was great to meet up with two ex students at 7.30 in the morning who were now heading down the hill after getting up to Snaefell for sunrise. Too often the young are criticised but these two showed a great adventurous spirit!

Me and Ruby carried on and with the mountain road closed for snow, managed to get captured on the islands web cam. The avalanche shovel came in handy to add a bit of snow graffiti.



The climb up Snaefell didn't pose too many problems as the wind had blasted the snow off the hillside. Towards the top I dug a quick snow hole to shelter in for me and Ruby to take a well earned rest. It seems to be natural ingrained into animals to shelter from the wind.

With further aims to Clagh Ouyr I set off down to Black hut. The snow proved too deep to climb so I tried to contour around the hill and down to Snaefell mines. The drifts in places were over 12ft deep and with both me and Ruby breaking through the thin crust what would usually be a 10min walk took over an hour.

The track back to Laxey was much easier as scramblers had been out in the snow playing. Usually I am not a huge fan of them but they certainly helped by walking on the compacted tracks. With the conditions of the snow I have to say that was the hardest 759m I have completed so far with this challenge!

Walk 14 – Saturday 18th March Laxey to Race start and then James Coulson Laxey Fell race 1169m climbed, cumulative 14,293m



Well it was back to another race day with the Fell runners. To qualify for the league and gain the coveted finishers hoodie you need to complete 5 races. Well this was my 3rd and classified as a medium race. To add the extra elevation in and to warm up for the race I ran up to the start. It's actually quite a climb up from sea level at Laxey past Axenfell Plantation. I did start to wonder how much of a warm up it was going to be or a wear out!

After checking in, me and Svet scaled the first hill just to add a bit more height and of course warm up even more! Seemed like a good idea at the time.

The race started at 13.30 and considering I had previously lead two training sessions for the fell runners in the area I thought I had better get my navigation spot on instead of looking foolish “do as I say, not as I do”. Well to add to the navigation, thick fog was on Mullagh Ouyr so I had pre written on my hand the main bearings and had my compass in my pocket ready.


The start, although steep, went fine and we were soon onto the open fells. A cold biting wind added to the race and there was even snow still around from the previous weekend. Have to say the navigation was spot on and we even had a few cheeky runners following which brought a smile to both of us. Reaching Bungalow I realised I had already completed 10 miles and a little bit of cramp snuck in. Well a swig of sports drink sorted that out and we headed for the finish. There was a quick chance to chat to Ritchie (Local fell running legend) about putting on a night time run supported by the search dogs and Civil Defence. Well that’s for another day! It was very cold (double vision at the end) but nothing a warm drink couldn’t sort out! Headline news. Me and Svet were 47th this time! Not racing but maybe we are starting to get a bit fitter. Watch this space!

47	29	1:46:54	Jim	Macgregor	M40	Northern (Isle of Man) AC
47	5	1:46:54	Svetlin	Krastev	MSEN	Manx Fell Runners

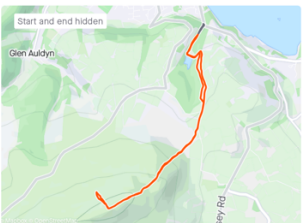


Myself and Svet at the end of quite challenging conditions.

Walk 15 – Thursday 23rd March Ramsey up North Barrule and back with Ruby (One pair of shoes down. 724m climbed, cumulative 15,017m

 **Jim Macgregor**
 Today at 4:34 PM · Maughold, Garff

Walk run 15 Ramsey to North Barrule
 I'm sure my fell shoes are not supposed to do this!



Distance 8.04 km	Elevation Gain 724 m
Moving Time 1:32:35	Steps 11,522
Calories 719 Cal	Avg Heart Rate 121 bpm

[View Analysis](#)

You can tell when the nights are getting lighter when its possible to get a cheeky walk/run (mostly walk) in mid week! There was also a purpose to this as in 2 weeks time this is the first hill on the Manx Mountain marathon. The first part is nice gentle climb up past Ballure Reservoir and plantation until North Barrule looms over you. This is quite a hill and the previous night we had visited the Manx Aviation museum near the airport which highlighted how many planes since the 2nd World War had crashed on its slopes. It really isn’t that surprising when you consider how quickly it rises out from the sea.

Me and Ruby climbed without stopping and were straight into the mist. Knowing North Barrule is only 565m I knew I would have to add a bit to get to my min 600m target.

Well on reaching the top I made myself descend down the steep North face towards Ramsey passing the fairly new and must say slightly controversial 3 legs. Some guy has initially collected a lot of quartz and now has painted the stones white with a massive 20m or so 3 legs which is visible from the North of the island. It is now a bit of a marmite feature with locals so I am certainly not going to comment on it. Anyway passing this we descended some more before re-tracing our steps back up to the summit. A pleasing 724m climbed so well worth a quick mid-weeker!

The drama didn't really start until the descent. I have read about numerous challenges people have done where they have discussed the number of trainers they have got through. I always thought this was a bit strange and I am well known for taking my outdoor gear to the end of life and possibly even past it! Well the sole of my fell running shoe came off on the right foot. This posed a few problems. Firstly, no grip on the steep descent with only one shoe! Then there was the issue of feeling every single stone on the 2 miles back to Ramsey! Finally, the need now to buy a new pair of fell shoes. I have been given plenty of outdoor gear by friends in the past and even some trail shoes by my brother-in-law but never fell shoes so time to release the moths from the wallet!

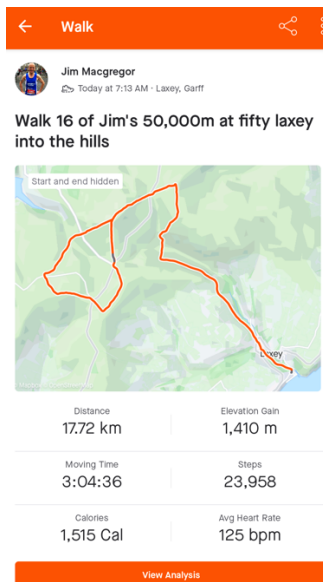


Me & Ruby on the misty slopes of North Barrule



The offending fell shoe before it became completely detached!

Walk 16 – Saturday 25th March Laxey, Clagh Ouyr, Snaefell x 2 and other hills with Svet & Ruby 1,410m climbed, cumulative 16,427m



It was back to our usual route today. The main difference being was that we intended to add a couple of hills extra to build up the height and this might be one of the last big training runs before the Manx Mountain Marathon.

Having left my van the night before at Bungalow we set off and made really good progress. The update from last time is that I am now in a brand new shiny set of inov8 fell shoes which make me feel like Spiderman gripping to the slopes. They have proved a great purchase from Chris at Up and Running (support local businesses!). Svet did tell me really they are race shoes so have a serious lack of cushioning. Certainly felt this on the road on the way out but felt great as soon as I was on the fells. Actually ran all the way up Clagh Ouyr today so again maybe starting to get fitter.

Nothing really out of the ordinary today apart from adding an extra Snaefell from the Millenium bridge which is quite a pull up at the end of a run. Pleased with the 1,410m Climb though.




Thought I better include a more “normal” photo of our run today with the usual mist hanging on to the Manx Hills. Ruby had taken a bit of a breather the first time we came down Snaefell and was resting in the van all curled up- lucky girl with her own duvet!

Walk 17 – Thursday 30th March 789m climbed, cumulative 17,216m

PROGRESS ACTIVITIES PROFILE

Search by keyword

 **Jim Macgregor**
Yesterday at 3:39 PM · Lonan, Garff

Walk 17 Jim's 50,000m at fifty. snaefell from windy corner

First time that's happened. Got diverted for 4 hours on Snaefell with a call out looking for lost walkers

Distance 11.33 km | Elev Gain 789 m | Time 2h 1m

Start and end hidden

With the final preparation for the Manx mountain Marathon I decided to get a few cheeky metres height in on a work night and give myself a longer rest period before the big race.

Getting out of work I parked up at Windy Corner. I always check the weather out before going running on the hills as a matter of course. This is partly to see how much I am going to enjoy it but also as a safety measure. Well I can vouch for the fact the forecast was wrong as it said sunny clear intervals in the afternoon. As soon as getting out of the van I was above the cloud level with visibility down to around 10metres. I will come back to the significance of this later!

Setting off down to East Baldwin it then leaves the massive slope of Beinn y Phott to climb which a lot of people see when travelling up the mountain on the TT course. I think it is one of the toughest and longest on the island. This time I am running on my own and its sometimes nice to get back to true nature without any further distractions.

I then, in the chilly wind and misty conditions, headed north off the footpath to try and intercept the Millenium Way. Its always pleasing when the navigation goes well and I pick up the footpath quickly. On reaching the Millenium bridge the plan is then to climb Snaefell and two other hills afterwards. Slowly coming out of the steep valley my phone starts pinging crazily. Being a member of both the Search Dogs and Civil Defence I am used to call outs. The message is that two walkers are lost and crying for help on Snaefell (the very hill I am on)! I have to say this is a first joining in a call out while on a run.

Running up the slopes I have messages about which particular area to search. Quickly coming across two firefighters who also have a hill search team we discuss where to search.

Coming back to the weather it is clear conditions are pretty poor on Snaefell. If the weather had been accurate there wouldn't now be a search. Well with numerous searching on my own while running, I eventually returned to Bungalow where the co-ordination was happening from in the cosy Victory Café. I had covered quite a distance and all around the hill but no signs.

From this stage I get a lift back to my van and then officially join Civil Defence in searching again up the hill. It turns out the initial couple we were looking for turned up but there were still reports of someone shouting for help. At this stage enquiries are still ongoing.



Just at the Millenium Bridge with no mobile phone reception before it all kicked off!