

Walk 18 – Saturday 8th April 2,683m climbed, cumulative 19,899m. Manx Mountain Marathon



Jim Macgregor
Yesterday at 8:03 AM · Ramsey, Garff

Walk 18 of Jim's 50,000m at fifty
Manx mountain marathon... As you do 😊



The Manx Mountain marathon sets off from Ramsey at 8.00am on Easter Saturday each year and traverses the hills of the Isle of Man finishing in Port Erin. I woke up early as usual before a big race, I guess with nerves playing a role. Couldn't even get a banana down. The plan was to run with Svet and take it easy! Well that's exactly what we did with a nice gradual start much to Svet's castigating when I started discussing who next to try and over take. For those who have never done this challenge I would strongly recommend you add it to your tick list. I don't think there is another event where there is so much support from the local community, fell runners and marshals. The challenge ahead is daunting, especially considering my maximum run had been 14miles! Just break it up into small chunks and enjoy your time on the hills is my advice. The plan is to photo each of the Civil Defence checkpoint where my colleagues were marshalling.



The first climb up North Barrule is quite brutal and we had the added element of the whole ridge covered in thick fog. Just to wind Svet up a bit more I highlighted that his toilet stop cost us 7 places but I know he is right that we need to pace ourselves. The team on Clagh Ouyr were their usual cheery selves and gave us lots of encouragement. Dropping down to Black hut and then up Snaefell all was going well.



At Bungalow we met the next team and then headed to Beinn y Phott and then Carraghan. One thing that is crucial with a long event like this is to keep fuelled and hydrated. Supplements have come on massively and I was relying on salt sticks which had vital salts to reducing the chances of cramping. This is a runners worst nightmare as once they start it can finish a race quickly. They seem to be working pretty well. The other bonus was that from Bungalow onwards we were now in bright sunshine yet still cool. Perfect running conditions!



From Injebreck I believe it is the hardest part of the race. There is a trick (slippy) stream crossing and then rough terrain up Colden. The new fell shoes are working well and a new purchase of waterproof socks has proved a revelation! Dry feet even though my trainers are soaking. The other tricky section is coming off Greeba Mountain through the gorse which is clearly not usually a footpath. All character building!



Greeba Bridge must be about $\frac{1}{2}$ way? Tactical plan here where both me and Svet change our shoes to trail shoes. These have a bit less grip yet more cushioning. The 2nd part of the race is much firmer under foot and the change proved a good move. Started to get a bit warmer in the valley but still really pleasant. Slieau Whallin is the next hill where the $\frac{1}{2}$ starts from. We went through here $\frac{1}{2}$ hour before the start of the half race knowing soon we would have a stream of runners over taking us.



Both of us are starting to feel it now. Svet possibly more so but if some of the faster runners had Svet's determination and true grit they could be even better! I think we both knew we were now going to finish and there is no better feeling. The sun is out, the views are amazing and we saw numerous runners in the $\frac{1}{2}$ overtaking us and give them words of encouragement.



From South Barrule you descend to the Round Table where there are always lots of cars parked. Its then a pull up to Cronk ny Arrey Laa where the views of the South are spectacular. This was the only place I fell on the race. The legs start getting tired and not lifting them enough can lead to tripping on stones, coupled with a deeply rutted track was only going to lead one way. Svet had also had a fall so we seem to keep doing things in unison.



The main part to block out your mind is Fleshwick. This is where you descend right down to sea level only to climb steeply out for the last push. Reminds me a bit of the Snowdon Marathon with the last pull at the end. As with many things in life, it was not worth the worry as we stormed up and powered on to the finish. Not the most amazing time but certainly amazing company and camaraderie around the course. I haven't done this race for so long but will definitely be back next year!

Walk 19 – Tuesday 11th April 1,307m climbed, cumulative 21,206m. Manx Mountain Marathon shake down on the hills.

 **Jim Macgregor**
 Today at 7:45 AM · Onchan, Middle

Walk run 19 of Jim's 50,000m at fifty
 Shake down from Manx mountain marathon



Distance	Elevation Gain
17.38 km	1,307 m
Moving Time	Steps
2:46:57	21,890
Calories	Avg Heart Rate
1,463 Cal	126 bpm

Setting of today I planned to do my original route from the other day before I was re-directed on a call out of Snaefell for missing people. The route was actually extended a little as the mountain Road was closed due to TT preparations which is now only a few weeks away.

Leaving Creg ny Baa the aim was to climb the maximum height in the minimum distance. On my own today which in some ways can be a little trickier as I am in charge of setting the pace. Also left early as there is horrendous weather coming in so want to at least enjoy the experience. I have continued with the waterproof socks as the ground is very wet underfoot. These have proved a revelation to me! Tackled the large slope of Beinn ny Phott again and then Millenium Bridge and up Snaefell where all the action happened on the search a few Thursdays ago.

The early tram was up there although Snaefell was deserted. Ran on to Clagh Ouyr down to Snaefell mines and the long slog up Mullagh Ouyr. All going well considering what my body had been through 3 days earlier on the Manx Mountain Marathon. Also taking the salt sticks again which is another new routine. Finished strongly and met Graham at the end just about to go for his walk. We discussed our plans for Yorkshire Dales at the Weekend.

Heading up Slieau Lhost with the Dol vehicles with the closed road behind me.



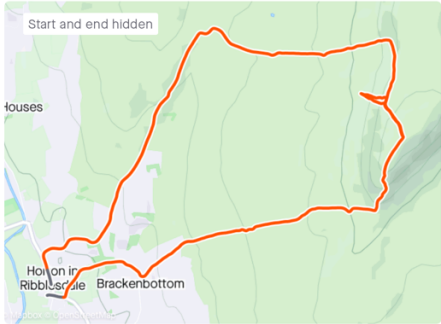
Walk 20 – Friday 14th April 667m climbed, cumulative 21,873m.



Jim Macgregor

April 14, 2023 at 3:28 PM · Craven District, United Kingdom

Walk 20 Jim's 50,000m at fifty pen y ghent



Distance
10.52 km

Elevation Gain
667 m

Moving Time
2:18:15

Steps
13,996

Calories
923 Cal

Avg Heart Rate
102 bpm

Over in Yorkshire Dales for a challenge of the 3 peaks. We have hired a minibus and 14 present and past volunteers of the Isle of Man Civil Defence took on the challenge. We have a range of fitness levels so everyone set their own challenge but to allow those who wanted to do all 3 peaks but over the two days we headed up Pen Y Ghent when we arrived at Horton in Ribblesdale. This was quite manageable but myself and Svet had to get down the steep slope and back again from the summit just to push up the metres to over 600m.

It was a pretty wet slog but with such a great bunch of characters from so many different backgrounds who just gel. This was also a good limber up for the main challenge the next day of the full 3 peaks challenge. I have done this before with Svet 10 years ago in thick snow and ran it on my own the one time in under 5 hours. Always find it helps knowing what is coming up!




Top of Pen y Ghent on the Friday afternoon all chuffed




Well the 2nd pair of footwear on the challenge has now failed. The sole now becoming detached from the base. In fairness I have had these boots for quite a while!

Walk 21 – Saturday 15th April 1594m climbed, cumulative 23,467m Yorkshire Dales 3 Peaks

 Jim Macgregor
April 15, 2023 at 6:13 AM · Craven District, United Kingdom

Walk 21 Jim's 50,000m at fifty.
Yorkshire Dales 3 peaks

Start and end hidden



Distance	Elevation Gain
40.11 km	1,594 m
Moving Time	Steps
8:53:00	46,722
Calories	Avg Heart Rate
3,222 Cal	100 bpm



Challenges starts at 6.00am for us. After a slightly broken sleep (major snoring – no names given) we had time for a quick coffee and joined the many other people setting off for the days' challenge. Although it is a circular route many start from Horton. This also leads to many arriving early and waking us up with their loud excited chatter about the day. A thing that stands out about this route is that when it is a nice day, there is a constant line of people, which is a strange contrast to people seeking the solace of the countryside. We reached the first summit in just over an hour (photos above) in glorious sunshine. Today was going to be a cracking day. Out of the Civil Defence Team there was myself, Svet and Caroline who decided we would take on the challenge of completing the whole route in one day.

Its amazing how much has changed over the last decade with the bog moorland after Pen y Ghent now having the path diverted and a hard surface underfoot. We made great progress and had the enticement of a sausage and bacon sandwich delivered to us near the viaduct by the support team. Gary, Phil and Michelle were then off to climb Pen y Ghent themselves. Loads of people meet by the viaduct with a butty sandwich trailer, a pub and spectacular views. This was our first proper rest and we refuelled and were on our way again. The rest of the team with 8 of the group had set off 30mins earlier on the same route to complete the final two mountains for their challenge. With these challenges you do keep meeting the same people who have the same pace as you so a nice camaraderie develops between people. Lots of hello's and encouragement as we all have out seperate aims. Ours, initially was to do it under 12 hours although I knew we could smash that.

The walk up Whernside was uneventful and we reached the top, still not having caught up with the other team. It was the 2nd mountain where it was a bit chilly on top with the wind so the gloves and coat came back out the rucksack. Although it was great having the support I still took everything I needed just in case we didn't see our support.



Photos of on top of Whernside and heading down with the final hill of Inglebrough in the background.



The descent off Whernside is probably the worst part of the whole route. Large, hard rock steps have been added to the route which is quite jarring on the legs. It is understandable why they have to do this with the volume of walkers but at the same time creates a very unnatural landscape. We pushed on and when we reached the road before Inglebrough we met up with our other team. It was great to see them all and we decided we would tackle the last Mountain together. Two decided they couldn't continue so 9 of us headed up the last peak.



Inglebrough is my favourite of the 3 peaks and is a great climb apart from a real steep kick onto the ridge. 10 years ago when we did it it was covered in snow and we came across a bad injury where someone ripped their hand using the barb wire fence to pull themselves up.

We all reached the top and while taking this selfie inadvertently delayed another walker who was trying to complete the challenge under 10 hours as he was going to take a group photo for us. I'm sure he made it!

It is around a 6 mile walk out so the rest took the shorter route down to Ingleton whereas Mick joined the 3 of us to complete the challenge back to Horton. A little bit of a shuffle needed at the end and we beat the 10 hour mark by a few seconds. All happy and back to rest for a bit with a beer.

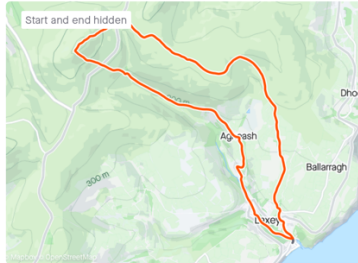


Walk 22 – Monday 17th April 724m climbed, cumulative 24,191m



Jim Macgregor
Today at 1:39 PM · Laxey, Garff

Walk 22 if Jim's 50,000m at fifty laxey, Snaefell laxey



Distance	Elevation Gain
16.17 km	724 m
Moving Time	Steps
2:30:45	18,888
Calories	Avg Heart Rate
1,330 Cal	125 bpm



A quick up and down Snafell today. Made a bit of a school boy error by going out straight after lunch which is a sure way to get a stitch. To avoid this I walked up and ran down. Much warmer than I thought today and misty and muggy on top. Interesting that Snafell is 621m high so it just shows the small up and downs on the way still add up to a 100m vertical climbing.

No real incidents on this one. Just Ruby wore herself out early on and as you can see by the end in front of Laxey wheel wasn't prepared to pose for photos! Possibly she is getting a bit fed up with selfies.

Walk 23 – Tuesday 18th April 777m climbed, cumulative 24,968m



Jim Macgregor
Yesterday at 8:29 AM · Ramsey, Garff

Walk 23 of jim's 50,000m at fifty. First 1/2 of millennium way



Distance	Elevation Gain
22.80 km	777 m
Moving Time	Steps
3:20:40	25,316
Calories	Avg Heart Rate
1,795 Cal	123 bpm



The Millenium Way footpath was put together in 1979 to celebrate the millennium of the Manx Parliament which is the oldest continuous parliament in the world. The recent intensity of the challenges I have done is start to have diminishing returns and my body is certainly crying out for a few days rest.

Me and Ruby caught the bus to Ramsey and then had a mile walk along the road to reach the start of the footpath. There was an additional purpose to pick up the Search and Rescue dog van from Crosby which just happens to be ½ way along the footpath that travels from Ramsey to Castletown. The climb quickly pulls up through Skyhill with amazing views of the Northern Plain. On the open moorland Ruby is bounding through the heather again. Weather is great and I am in no rush today so just enjoying the Manx Countryside.

There is a pretty wet section of bog on the Northern side of Snaefell but again the waterproof socks come into their own. We may great progress and me and Ruby share a pasty at the highest point on the walk. Descending the rock track to St Lukes we meet our drama teacher from school with his son and his dog. There is nothing better on the island than bumping into someone you know and shooting the breeze.

We pushed on and the last section to Crosby had to navigate pretty boggy fields with small issue with cows in one field who were very interested in Ruby! A great days walk/run but going now to listen to my body and have a few days relaxing.



Walk 24 – Thursday 20th April 686m climbed, cumulative 25,654m

Jim Macgregor
Today at 6:37 AM · Shropshire Hills AONB, England

Walk run 24 of Jim's 50,000m at fifty
That's 1/2 of the challenge done now and still only in April



Distance	Elevation Gain
11.05 km	686 m
Moving Time	Steps
1:46:17	13,524
Calories	Avg Heart Rate
841 Cal	119 bpm



Did I say a few days relaxing. Another trip over to Shropshire to see my mum and the temptations to run in the Shropshire Hills to complete ½ of the challenge was too tempting along with a lovely day forecast. Me and ruby set off at 6.30am straight up Caradoc to see the sun poking through the mist.



This is taken coming off the Caradoc. I love this photo not just because it shows a really lovely hill side with the mist rising up early morning but also seeing Ruby free roaming around the hill side.

As most of the hills in Shropshire are under 500m I had to make myself cross the valley and do some up and downs on the Longmynd as well. Not too much of a chore as the views were amazing today and quickly the mist burnt off.



One of the last climbs was to Jonathan's Rock in the background. When you grow up in area you have memories all over the place and I remember my dad posing as an old shepherd next to this with his collie Jan (as he shared the same name as the rock)

That's should hopefully have burnt some calories off to prepare me for my mum's fry up!

Rock climb 25 – Saturday 22nd April 971m climbed, cumulative 26,625m



Jim Macgregor

Today at 9:33 AM · Snowdonia National Park, Wales

Rock climb 25 of Jim's 50,000m at fifty

Bit more training with Mal and Richard today on the Glyders and Tryfan. Amazing day!



Distance	Elevation Gain
8.48 km	971 m
Moving Time	Steps
3:00:24	10,712
Calories	Avg Heart Rate
1,799 Cal	108 bpm



2nd day of proper rock climbing today. From Ogwen cottage we got straight onto the rock face and I practised again the new techniques I had been shown including traditional alpine leading and occasional belaying when steep. Today we also had Richard with us who was free climbing beside me and giving some great advice and at times pointing out the obvious!

I never grew up doing loads of rock climbing. Maybe the issue was that wherever we went there was always a grassy slope up the side which made me never consider much point. Well today certainly opened up my eyes with the only way up the ridge the way we went was to rope on. Lots of practise with me leading today and really enjoying the challenge. As Mal said it is like a 3D challenge with foot and hand placement. The other main point today was how wrong the weather forecast was initially. Expecting showers we were blessed with amazing weather light winds, in fact perfect climbing. After Richard was diverted off the hill due to a call out with the Llanberis Team we pushed on up to the ridge. After a quick break on the ridge of Glyder Fawr we headed down Bristly Ridge to the col of Tryfan. I have to say my legs started to feel it. We then decided to have a quick up and down Tryfan just to get a bit more height in. Last time I was up there was with my son which brought back fond memories. A short walk down the path back to the van and a very successful day.

Rock climb 26 – Sunday 23rd April 647m climbed, cumulative 27,272m

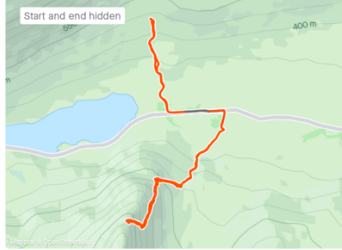


Jim Macgregor

Yesterday at 9:54 AM · Snowdonia National Park, United Kingdom

Climb 26 of Jim's 50,000m at fifty

Another great day climbing on Tryfan. Bastow Butress



Distance
8.51 km

Elevation Gain
647 m

Moving Time
2:47:10

Steps
11,452

Calories
1,541 Cal

Avg Heart Rate
109 bpm

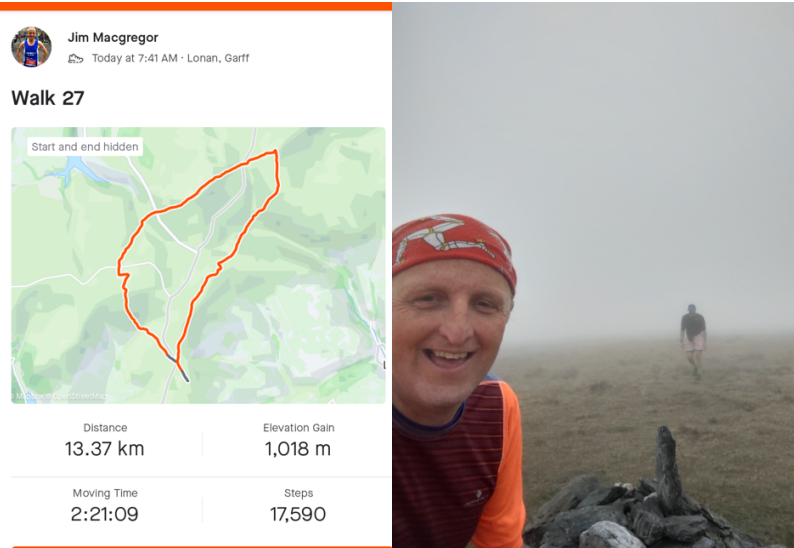
3rd day of rock climbing in a row and I am finding muscles I didn't realise I had! It is very different from running as there is a lot of leg extensions and also upper body movement and of course the arms. Really getting into it and with Mal's patience I have certainly gained some skills to try and reduce the risk on the hill.

Bit more atmospheric today with the mist rolling in and out as we climbed on the North side of Tryfan. For those who haven't been, Tryfan is a big sharp lump of broken volcanic rock. One of the few places where you see both climbers and walkers side by side scrambling up the same hill. All went well today but had to do a quick extra 100m vertical on the other side of the valley which also tied in well with giving Ruby a bit of a blast after being stuck in the van for the morning.



A rare rest break after climbing Bastow Butress on Tryfan

Walk / run 27 – Saturday 29th April 1018m climbed, cumulative 28,290m



Feeling pleased after another route choice “discussion” in the mist!

Good to be back in the Manx Hills with my regular running partner Svet after my recent exploits. Totalling it up over April I have climbed more than 11,000m vertical and the last week off before today was very much needed.

We set off knowing it was going to be quite a gloomy day but as always it is what you make of the situation so spirits were high with continuous chatting all the way round. Again our aim was max height, min distance which seems to be working. Also good news, most of the mountain road is back open again so we parked at Windy Corner. I say “parked” I don’t think Svet was very impressed where I abandoned my van!

Straight down and up Bein ny Phott my first nav faux par was made come off the hill too early. It is so easy to do in the mist. We powered on down to the millennium bridge and up Snaefell still not having met anyone! Climbing Clagh Ouyr Lee (another fell runner) came out of the mist and we had a quick chat. Additional task now to look for a compass which had previously been dropped. All the hills seemed to melt away much easier today. Sometimes the mist can do strange things and not being able to see the top of the next hill to climb can be a blessing. Down to Snaefell Mines and then the last pull up Mulagh Ouyr. Back to the van with a quick up and down Slieau Lhost (Svet’s suggestion) to sneak in a few more meters! Good times!

Forgot to mention my other faux par. Forgot to take my drink today on the run!