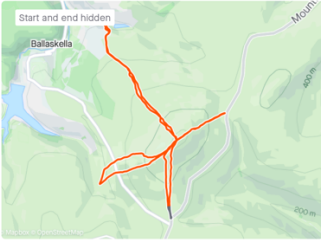


Walk / run 28 – Saturday 6th May 1264m climbed, cumulative 29,554m

Jim Macgregor
 May 6, 2023 at 7:34 AM · Lezayre, Ayre

Walk 28 of Jim's 50,000m at fifty
 Coronation walk visiting Snaefell 4 times



Distance	Elevation Gain
13.21 km	1,264 m
Moving Time	Steps
2:40:29	19,438
Calories	Avg Heart Rate
1,328 Cal	122 bpm



Another day in the Manx Fell but with a bit of a twist today. The aim was to cross Snaefell climbing 4 times. Myself, Svet and Ruby set off and ran from Bungalow up Snafell on the main tourist route without stopping. Very misty which always helps as you can't see how much more you have to go. No one else around that time of morning.


A quick up and down to Black hut and then the real challenge started. We ran down to below Eairy Beg which is a reservoir above Sulby Valley. This is a 400m drop so we knew what was coming up. Well brisk walk to the top and then a final up and down on a more familiar route to the Millenium Bridge.

All went well today and has to be one of our most efficient runs gaining more than 1200m in just 8 miles. Actually it felt like we were on a constant step machine.

Run 29 – Monday 8th May 632m climbed, cumulative 30,186m

Jim Macgregor
 Today at 7:59 AM · Laxey, Garff

Run 29 of Jim's 50,000m at fifty
 Tour of Laxey in the rain. That's 30,000m of the challenge now done! 🥳




Distance	Elevation Gain
14.09 km	632 m
Moving Time	Avg Pace
1:26:02	6:06 /km
Calories	Avg Heart Rate
1,049 Cal	159 bpm

A few firsts today. First time I have done a road run for a while, first in such bad weather for a while, first without stopping. Good news is now hit the 30,000m barrier so well on the way. Calling this the tour of Laxey and you cant really go for a run anywhere in Laxey without hitting some hills! Really enjoyed it today and made the effort to keep running all the time to see how fit I am getting. Roll on the next 20,000m!




Run 30 – Saturday 13th May 1,334m climbed, cumulative 31,520m




Jim Macgregor
Today at 7:25 AM · Maughold, Garff

Run 30 of Jim's 50,000m at fifty
Wow. Temperature inversion on North Barrule ridge



Distance	Elevation Gain
15.47 km	1,334 m
Moving Time	Avg Pace
3:01:09	11:42 /km
Calories	Avg Heart Rate
1,671 Cal	127 bpm



Every so often your route choice just nails it. An early start for me and Svet today and driving towards Hibernia in thick fog I suspected we may get above the clouds! Svet unveils his Shrewsbury Town FC shirt (my home club) much to our amusement. At least we have 2 shirts now on the island. The first part is up the NE slope of North Barrule. This is an area I used to train my old dog Star with its very steep rocky crags. The mist makes these look even steeper which brought out the comment from Svet how steep it actually was. Making our way towards the top of the ridge we poke through the clouds. Boring Geography bit here but it is due to a temperature inversion where warm air is held above cold air. This traps the fog below giving you an aeroplane experience. Quite a spectacular one today and we were lucky to meet Cale from Ramsey who took photos of us as we were running up the ridge. We had a quick chat and he kindly promised to send on the photos. It is one of those where I don't think people would believe it unless we had the photos.

The plan today was to keep criss-crossing the North Barrule/Clagh Ouyr Ridge. The downside of this is we had to keep dipping down into the fog but at least on the way back up we couldn't see how steep we had to climb! I have been feeling a bit rough over the last 3 days but the weather more than made up for it. After the final climb up Clagh Ouyr we decided to run the ridge back down. A tough training run and the legs felt quite heavy as we descended back to the van.



The temperature inversion on North Barrule with the Lake District in the background and the newest Shrewsbury Town FC supporter!

Run 31 – Saturday 20th May 1,077m climbed, cumulative 32,597m

Jim Macgregor
Today at 7:18 AM · Lezayre, Ayre

Run 31 of Jim's 50,000m at fifty
Ran 4 of the 6 hills today



Congrats! You just became 8th on A18 Climb!

Distance	13.87 km	Elevation Gain	1,077 m
Moving Time	2:18:23	Avg Pace	9:58 /km
Calories	1,471 Cal	Avg Heart Rate	139 bpm




Back to the Hills today for the usual Saturday morning punishment! Actually starting to feel a bit fitter now. We set off from Bungalow with amazing visibility and ran up Mullagh Ouyr and then also ran up and down Slieau Lhost from Windy Corner. The next two of Beinn e Phott and Snaefell were a fast walk but then also a run from Black hut up Clagh Ouyr and also from Snaefell Mines back to Bungalow. That is 4 out of the 6 hills run today so fitness levels must be getting better. That said I did reflect today as it is the annual Childrens Centre Race the Sun where teams of 10 run around the island. Some of the best teams used to invite me but no invites now! Race next weekend of Bradda which is not my favourite but means I will have completed the 5 race League for the Fell Runners.

Walk 32 – Friday 26th May 726m climbed, cumulative 33,323m


Jim Macgregor
Yesterday at 4:55 PM · Laxey, Garff

Walk 32 of Jim's 50,000m at fifty
The long walk to the pub 🍷



Congrats! You just became 7th on Little Swiss Shitkicker!

Distance	25.88 km	Elevation Gain	726 m
Moving Time	4:11:28	Steps	29,614
Calories	1,709 Cal	Avg Heart Rate	103 bpm




With the all the family out and no firms myself, along with a wonderful summer evening I thought I would go walkabout. Living in Laxey by the sea it is fair to say every direction is uphill

but with the mountain road closed due to TT preparations I had to come up with another plan. From Lhergy Grawe straight up to Conrhenny is a real pull but still only 250m vertical so I knew I would have to do a few up and downs as I headed to Douglas.


I actually like getting out on my own sometimes with the solitude of my own thoughts. I never listen to music and really focus on taking in all my surroundings. Apart from the initial road it was actually quite quiet considering it is building up to TT. I could straight away tell it was going to be one of those steamy nights and finishing off on Douglas head was great with the new “city” spread below. After meeting up with a family member I had to get emergency chip shop visit on the way home to recharge!

Run 33 – Sunday 28th May 1398m climbed, cumulative 34,721m


 **Jim Macgregor**
Yesterday at 9:52 AM · Port Erin, Rushen

Run 33 of Jim's 50,000m at fifty. Bradda fell race
Urgghhhh. That was hot!

Start and end hidden



Distance	24.31 km	Elevation Gain	1,398 m
Moving Time	3:17:04	Avg Pace	8:06 /km
Calories	1,873 Cal	Avg Heart Rate	141 bpm



Bradda Fell race today! Starting in the amazing location of Bradda Glen Café overlooking Port Erin we knew it was going to be a hot one today! Factor 50 sun cream slapped on and sporting the only hat I could. Find (a MAGA one my sister bought me) we set off with some pace. You can always tell how it is going by the faces you are running with.

Bradda Fell race has spectacular views of rugged cliffs, especially on Bradda Head. The race is one of constant ups and downs and the dreaded Fleshwick is the first challenge where you drop right down to sea level only for a massive climb up the other side. All went well and what is quite nice being a there and back race is that you can cheer on fellow competitors who are having their own race. After a quick rendition of Bon Jovi “half way there” on top of South Barrule we headed back the way we came. Although distance wise it is ½ way there most of the climbing had been done. On fell races there are always the great marshals offering words of encouragement. Also quite a few people taking photos so its always a great idea to put on a pretence of how good you are feeling!

Actually the last bit of the race was the toughest. As they say in bike racing “the wheels fell off” or I just ran out of steam. Luckily for me Svet was also starting to blow a bit so we were well paced. I had my first bit of cramp on the last climb up Fleshwick which I hadn’t had for ages. It didn’t last long but I know it was down to lack of taking water onboard. That said the remainder of the day I was so dehydrated I only managed ½ a beer at my mates 50th Birthday!

