

# 3 Peaks Race

**North Yorkshire summits of Ingleborough (723 metres), Whernside (736 metres) and Pen-y-Ghent (674 metres)**

**It's three times the length of the average cyclo-cross and is often claimed to be the toughest race in the world!**

Sunday the 27th September seen another entry from Mull participation in the annual Three-Peaks Cyclo-Cross race which started back in 1961 and is classed as one of the toughest of all sporting challenges.

A massive field of 560 riders were due to leave Helwith Bridge just south of Horton-in-Ribblesdale at 9.45am to tackle the climbs of Ingleborough, Whernside and lastly Pen-y-Ghent before descending back through Horton to the starting point. Its a case of cycle to the bottom of the hill then lump your bike on your back and run or walk up the hills as quick as you can. Then batter down the other side to cycle to the next hill.

Wearing the coveted Number One was seven times winner Rob Jebb who combines his running and cycling abilities to get round the 38 mile torturous course in under three hours .

Wearing the number 90 Jersey and 11th overall last year was Steven ( The Bladder ) MacInnis. Senior From the Island of Mull.

Wearing the number 486 Jersey and 286th last year was Jim ( Weec ) Keenan. Vetran over 50 from the Island of Mull.

At the start line there where highly toned athletes that where jostling for position for a fast start, Stevie was here and primed to better his performance from last year .

At the Back there was utter confusion with people of all shapes and sizes ( but probably none Jims shape and size ) bumping into one another and everyone needing the toilet for the umpteenth time Jim was wondering if he would even finish.

There where hundreds of people watching and cheering from start to finish and it was a privilege to take part in such a hard event.

## STEVIES STORY

At the Bottom of Ingleborough I knew I was not on form The road section seemed hard and at the start of the climb my back was hurting which got me down a bit. Still was probably in the top 20.

The top was misty and i knew there was a shortcut that the top boys took but did not dare look for it in case i got lost.

The run to the bottom was ridiculously fast over heather rocks and then a stony section to the gate a fast grassy downhill, then I earned a great cheer when I became airborne, just before hitting the road and nearly taking out one of the spectators and Myself!

I did not feel good on the road section and when I started the climb to Whereside I felt slow and felt all the hill running i had been doing in training was just not there on the day.

I felt better Climbing Phy-y Ghent the last hill and made up a bit of time but took it easy on the way down in case I punctured and its Just as well as I turned the last corner I nearly crash into an Idiot who was right in front of me, just managing to avoid major carnage... Yes, Yes, You Guessed it! It was Keenan on the wrong side of the Track, out of over 500 people he nearly took me out!

Had a great tussle coming into the last road section home 'and Just managed to overtake the guy in front for 11 place. Then jumped straight into the car for a recording session in Glasgow at 1900 hrs

Disappointed not to finish higher and as only a short time difference separated the first 8 I knew i could have bettered that time but I was was still faster than last year. Still there is always next year an I will be there again.

**Stevie**



## JIMS STORY

I was not too keen to do the race as i felt I had not trained hard enough but as it turned out I beat last years time which was brilliant.

I arrived on my own as Stevie had come the night before and Gina was coming down later with friends from Penrith to pass my water bottle if she could see me. The start was fast and furious and dangerous as motorcycles and cars use the road as well and no one seemed to be slowing down .

The first hill is a killer and all the chit chat stops as you hang on to the grass pulling yourself up in sections.

At the bottom where Stevie went airborne i heard Gina shouting and holding a bottle out for me I grabbed it with such force I nearly took her hand off! A couple of gulps then threw it into the verge hitting a woman on the leg and receiving a nasty Glare.

Cramp was niggling away on the road section but did not kick in until the end.

I could bore you with more details but just to say this is a brilliant endurance race which combines Time trialing Mountain Biking Cyclocross Running and Fell Running. When you finish you know you have achieved something special.

After finishing last year I swore I would not do it again and still thought that until I finished this year, now I know I want to do it again.

**If only we could get more people from the Island to do it.**

p.s. Stevie was on the wrong side of the track and nearly caused a major crash. I would have got the blame if it had happened!. Idiot!!

## GOSSIP

Joanne is getting on at me to get Dom out again as he is putting on the pounds and as he wont burn it off doing housework she thinks he should get out on his bike more. This she says will give her some time on her own to carry on with her Yoga and Meditation exercises and also give her time to finish all the Jobs round the house she has been asking Dom to do for the last year .

Gerry ( Robin ) Ralston is another slacker who is promising to get out more every time i see him, he has his bike fixed now but same old excuses keep coming up.

Wullie Blue was out on Saturday in the pouring rain ( as he needed to wash his bike ) and was complaining that he had to stop every 5 mins to speak to people. So if you see him in future please don't speak to him, just nod and carry on. You have to understand he is an Athlete and you are interfering with his training!

Cross Training seems to be an up and coming thing Just now with Allan Parker and Ian Fraser taking on the Mull half Marathon and Gibbo taking on the Avimore one.

Jackie Hinges running career is finished as she has hurt her feet from too much temper stamping when Allan annoys her, so has promised she will be back on her bike soon, as has Allan.

Davie Graham (Mr Cyclocross) is back on the cyclocross trail again and as the season has Just started he is taking it easy to begin with concentrating on the Glengorm Event in December. However the first event at Auchantoshan in Glasgow was good with a big turnout including Davie and Stevie. I think they both were pleased in there own ways on how they preformed. Davie actually finished ahead of Stevie!

There are more events coming up and there could be some interesting results on the way. Well Done.

Dervaig is seemingly starting a cycle cub of their own with Catherine Duffy and Michelle Duffy both completely hooked on the 2 wheel transport machines.

Catherine told me that Dell had bought Michelle a lovely bike, and next to her pram she says its the most polished item in the house. (the only polished things in the house actually. Seemingly the men have to slink of to the Bellachroy at night to escape the boredom of listing how they thrashed down the hairpins nearly coming off and landing in lian and Anitas house at Torrr and fallingin in Bogs at Quinish Point, etc.

Michelle and Catherine are interested in forming a ladies Cycle club if anyone is interested!

