

Will & Steve's December Headtorch Run

Sunday 27th December. Car park next to Thirlmere in the Lake District (NY 318 169)

Meet **6:30am** to depart by 6:45am.

Yomp up to the summit of Helvellyn to catch sunrise at about 8:30am. Take in the view (hopefully) and then a gentle jog back down. After that we head to Ambleside for breakfast at Bilbo's Café (part of the 'Lakes Runner' establishment).



At 12:00 there is the [Wansfell Fell Race](#) (2.5 miles) which is also the last race in the 2009 NFR Club Championship – *it would be great to have a big turnout for this race to finish the season in style*. The race starts from outside the Lakes Runner shop (*how convenient*). After the race we return to Ambleside for a pub lunch and a few beers at (venue to be confirmed – *any suggestions?*). **If you intend to join us for breakfast and/or lunch please let me know so that arrangements can be made (wjvh@btinternet.com 07941 506 484)**. Otherwise, see you at Thirlmere on the 27th!!!

Cheers

Will & Steve



(Left) Wansfell Fell Race
(*hopefully we'll have good weather like this!*)

Top picture: Sunrise on Helvellyn (*fingers crossed that it's like this for us too – no guarantees offered!*)

Important information: Please ensure that you have the correct kit with you for a 3000 foot high Lake District mountain in winter. Please also ensure that you have a whistle with you. Participation is entirely at your own risk – don't sue us 'cos we haven't got any money.