

Fell Run - 5 September 2007

A good turnout, with thirteen Helm Hill Runners (3 ladies and 10 men) meeting for the last of the monthly summer outings at Barbon Church.

A warm evening with mist on the hilltops, we set off across Barbon Manor Park, keeping a wary eye on a very large bull, and climbed the stile onto the fell. We then ran/walked following a well-defined path to the stone cairn on Castle Knott. This is the turning point for the Barbon Winter League Race. From here we turned northwest and descended a ridge towards Howegill Head, before contouring back towards our ascent route and returning to our start point.

An enjoyable evening was completed with a drink and a chat in the Barbon Inn.

I understand that there is some enthusiasm for continuing these runs through the winter and I for one would be happy to arrange a tour of the lanes and riverside footpaths of Sedbergh, followed by a pint in the Dalesman.

Richard Sewell