

Andrew Conner (vet 40)

Helm Hill's webmaster. I live in Kendal and work as a Design Engineer for one of the few engineering firms left in this area.

Family:

My wife Amanda is Helm Hill's membership secretary. We have two young boys who we hope will grow up to enjoy the fells as much as we do. Joe, our eldest, has just joined the junior training group.

Running/Coaching Interest & Ambitions:

Never been very fast but have already achieved more than I could have hoped for in the last few years. I prefer running off road, ideally on the fells.

Would like to do a BG before I get too old (but not for at least a couple more years).

Running & Other Achievements.

I walked the fells as a child growing up in Kendal and in my 20's 'progressed' from fell walking to mountain marathons to road marathons to fell running. Have competed in/marshalled 15-20 mountain marathons over the years. Ran the London and Paris marathons in my late 20's, then got glandular fever and didn't run again until a couple of years ago. A combination of turning 40 and reading 'Feet in the Clouds' got me back on the fells. I'm still glad I made the effort.

Ran the Windermere Marathon in 2007 and gave myself a niggling achilles which still hasn't gone away. Have decided to limit my road excursions to 10k in future.

Have completed a variety of fell races including the 3 peaks, Ben Nevis, Borrowdale, Three Shires etc. My biggest achievement so far was to come in the top half of the field in the Fairfield race this year! It's been downhill since then.

Other Interests

My family, friends and local Church. Occasional mountain biking (forest singletrack rather than fells). Instructed at Kendal Dry Ski Slope for about 10 years until I rediscovered running and ran out of hours in the day.