

PERSONAL PROFILE

Name (Age category): Richard Sewell (vet 50)
Coaching Role or Club Office: Committee Member (Former Club Chairman and Club Captain)
Lives: Cautley, Nr Sedbergh
Works: From home as Risk Control Consultant for international insurance broker
Family: Wife Jane (ex fell runner) and two children George & Hanna both non-active former Helm Hill members.
Running/Coaching Interests & Ambitions: Trying to get fell race fit again after many years of leading & coaching Helm Hill's junior entry level group. Interested in organising races and events. Ambition to get fit enough to do another Mountain Trial.
Running & Other Achievements: Road running background and previously a member of Nidd Valley Road Runners (Harrogate) and Kendal AAC, achieving consistent sub 60 minute 10 mile times in 1980s. Done most of local road races at some time including Coniston 14, Dentdale, Keswick ½ marathon, Derwentwater 10, Brampton to Carlisle etc. Turned to fell running and orienteering in 1990s favouring medium/long races competing extensively in Lakes. No significant wins but good personal performances including completion of seven Mountain Trials, several mountain marathons and long orienteering events. My classic races include Borrowdale, Ennerdale, Wasdale and, Jura. Organised and helped found several races including Green Bell (now Weasdale Fell Race), Mallerstang Yomp and Cautley Craggs. Course planner for a Howgills based Capricorn mountain marathon.
Other Interests or Information: Sailing, with own boat on west coast of Scotland close to Jura and the Scottish islands.