

## Hill and Dale Slieve Martin 27 April 2023

By Hill Runner

Thursday 27th saw this week's Hill and Dale race return to Rostrevor for Slieve Martin, and with ongoing maintenance work being carried out on the open top section of the course, race directors Hicks and McConville had to come up with a few ideas. Having weighed up their options the only safe way to get to Slieve Martin summit was by crossing the fence after the climb towards Ballynagelty. This avoided the new paths which are under construction and gave the race a more traditional open mountain feeling. Despite this adding an extra couple of minutes onto the race, the feedback received was positive, indicating this could become the future route.

After a quick race brief, 243 eager runners set off on Franks whistle. Within 100 metres the path climbs steeply and soon narrows as passing places become harder to find. Past Fiddlers Green and up the Clasha towards the back of Cloughmor it goes, before veering towards Ballynagelty and the famous climb up! After here it was a quick drop down to cross the fence before following it into the mist and towards the summit. The return journey back was onto the original route around the glen and back towards Fiddlers Green.

First man back, sporting a few cuts after a fight with the overgrowth, was Mourne Runners' Jonny Scott in 38:29, closely followed 2 seconds later by team mate Joshua McAtee and 2 seconds after that was BARF's Andrew Tees. First Lady was Charlene Abraham in 44:26, followed by Willowfields' Tanya Cumming in 45:49 and Dromore's Diane Wilson 3rd in 46:36. Male Junior winner was Ethan O'kane in a time of 39:52 and NAC's Ciara Savage was female junior in 53:07. Full results available online.

A big thanks to all the marshals who stood out on course, the team of saw dust men for marking the course late on Wednesday night and to the registration team for taking care of everything, without any of them, these race's couldn't take place. A good crowd returned to the Cloughmor Inn for food, and the hard earned H&D mug for anyone who hadn't yet received one.

Next race is Binnian to the top, no entry available on the night so make sure you enter online before 9pm on Tuesday!

All runners are reminded to bring waterproof jackets and not to pin numbers of shorts – this is very difficult to scan and can impact your finishing time!



Ciara Savage first Female Junior



The climb up the fence



Diane Wilson 3<sup>rd</sup> Female





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