

GB Ultras' Pennine Barrier 50-mile race - 04/05/2024 - Lena Conlin

DISTANCE	ELEVATION	LOCATION	PLACES	CUT-OFF TIME	ENTRY FEE
50 MILES	2593M	MALHAM	500	18 HOURS	£99

A friend suggested this. Race for me, she liked the medal. We entered and it soon became a monster in our minds. Everything we did was as a lead up to this race, including the Hardmoors 55 in March and the Dales Traverse in April. We recced the start and walk/jogged the 3 peaks. These activities only served to scare us more about the challenge ahead, but apparently, if it doesn't challenge you, it won't change you, said some bloke called Fred Devito.

The race starts in Malham at 6 am. The time of year makes it daylight and we should have light till at least 9 pm depending on the weather and the race cut off is 12 pm.

There are 500 places for this 50-mile race, that is a circular route from Malham taking in features including Malham Cove, Malham Tarn, Fountains Fell, Pen-y-Ghent, Whernside, Ingleborough and Janets Foss.

Being a bank holiday weekend makes these popular areas busy with walkers and runners, so there are plenty of opportunities for practising skills in queuing. The weather stole the views from us with dense fog above 300m.

For me, it was a tough race from start to finish. I made the first checkpoint just over an hour before cut off and knew that it was going to be tough to keep ahead of cut offs, aiming for Malham Tarn before dark. The climbs felt like they went on forever and the descents were wet and slippery. Heading to Horton in Ribblesdale another competitor said that if we kept this pace, we could finish in daylight. This helped me to keep pushing myself and not relax a moment.

I finished at 8:55 pm as the daylight was fading.



My finish time: 14:54:36

I was overjoyed to break 15 hours and relieved that it was over.

Did it challenge me? YES

Did it change me? 9/10 toenails are now black from the long, steep descents.

- 477 started.

I was:

- 349/428 - finishers
- 73/102 - F
- 3/8 - 55/59