

La Sportiva

Lake District Mountain Trial

Sunday 13th September 2026
Fell Running from Seathwaite Farm, Seathwaite

Kindly hosted by Mr Peter Edmondson

Starting at 8.30 a.m.

Finishers returning from approximately 12.30 p.m.

SPONSORED BY



TRIAL ORGANISATION

The trial is organised by the Lake District Mountain Trial Association.

COMMITTEE

Wendy Dodds (President)

Tony Richardson (Chair)

Alan Irving (Course Planner)

Pete Nelson (Course Controller)

Pete Nelson (Map co-ordinator)

Andrew Bradley (Race organiser)

Neil Weightman (Race organiser)

David Rosen (Entries Secretary)

Geoff Clarke (Treasurer)

Allan Miller

Dave Fenwick

Dave Wolfendale

Nick Evans

Darren Parker

SPONSORS



Lyon Outdoor is a mainstay of the outdoor industry, renowned for its exceptional distribution services and is celebrating its 50th anniversary this year. As a leading distributor, they supply quality climbing, mountaineering, running, and general outdoor equipment to retailers across the UK and Ireland. Their extensive portfolio boasts an impressive array of quality brands, making them a trusted one-stop shop for everything outdoor enthusiasts require. With a commitment to customer satisfaction, they ensure that adventurers can gear up quickly and embark on their journeys with confidence. They also provide access to a range of quality accessory brands, making Lyon Outdoor an indispensable partner for retailers.

Lyon Outdoor are based at Tebay and have grown to be a major international supplier of outdoor equipment. Back in 1965, Ben Lyon, aided by engineer brother Graham, started making caving ladders. In 1973 the company started to work with Petzl – and are still today the official Petzl agency for the UK. The Lake District Mountain Trial has been sponsored by Petzl in the past through Lyon equipment before recently changing to La Sportiva, again through Lyon equipment, and continuing the sponsorship from this year as La Sportiva.

Today, with even wider scope to their activities, you may find yourself talking, under the banner of Lyon Equipment Limited, to Lyon (Manufacturing), Lyon (Outdoors), Lyon (Cycle), Lyon (Watersports), Lyon (Work & Rescue), Lyon (Training) or the Petzl UK Agency – a division of Lyon Equipment set up solely to manage the supply of Petzl product in the UK and Ireland..... and after all this time we still make caving ladders!

Full details of the extensive range of activities are to be found on their website <https://www.lyon.co.uk/> with a video featuring Ben Lyon, the company founder giving the early history. Ben has had a keen interest in the Lake District Mountain Trial for many years arranging sponsorship through various guises including, Petzl, the Climbers Shop, La Sportiva and now onto Lyon Equipment. He regularly attends the Mountain Trial and presents the prizes.

As part of the sponsorship, Lyon Equipment provide vouchers for La Sportiva shoes for the Male and Female winner on the Classic Course. La Sportiva has made some of the best technical outdoor footwear since 1928. From high-altitude mountaineering boots to technical rock-climbing shoes, walking boots and approach shoes, and now, serious trail and fell-running shoes; all are designed from their home in a small mountain town at the foot of the

Italian Dolomites. We are delighted to be the key sponsor of the prestigious Lake District Mountain Trial, an event steeped in history, commanding a huge respect in the world of fell running.



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#ForYourMountain

PETE BLAND SPORTS have generously helped with the extensive prize list.

Sadly, this year they are unable to have a van in attendance, so please make sure that you do turn up with all the required equipment for the race.



Full details of the range of equipment can be found on their website.

[Pete Bland Sports online shop](#)

VENUE and TRAVEL

Registration, start and finish will be located at Seathwaite Farm, Seathwaite.

Car parking will be in fields just before the farm buildings.

Please note that the access to Seathwaite is up a very narrow lane, which has a narrow bridge to negotiate as soon as you leave the main Borrowdale road at Seatoller

The entrance to the car park field is a 12 foot gate, and there is good turning into it.

There are a couple of things to note.

The road up to the farm is used extensively by walkers, and people park their cars on the road side. Please drive slowly and courteously.

The location of the gate to the car park is as follows.

Lat / Long co-ordinates N 54.501420 W 3.180804 (54.501420 , -3.180804)

Grid Reference NY 2364 1244

What three Words ///microfilm.asserts.harmonica

If you bring a dog with you, it must always remain on a lead in the car park and surrounding area. Please note that dogs must not accompany you on the course. This has been requested by several of the landowners and tenants.

Parking is in a flat field. **The parking marshals will collect £5 per car.** Please have the correct change ready. The entrance will be signed from the road.

THE 71st LAKE DISTRICT MOUNTAIN TRIAL

This year is the 71st running of the Lake District Mountain Trial. Extensive history of the event can be found on the [race website](#)

REGISTRATION

Registration will open from 7.45 a.m. in the farm barn, which is a short walk up the road. Please be careful leaving the car park field as you will be walking against the cars turning in.

We will be using the information that you supplied to SportIdent with your entry. Please ensure that all personal details are correct.

At registration, you will collect your competition number (which must be worn at all times) and an E-card with a lanyard or wrist band if you are not using your own. **Remember to bring your own E-card if you gave us the number with your entry.**

You must also collect your **Tracker** at registration.

Start times and race numbers are published on SIEntries at [The La Sportiva Lake District Mountain Trial](#)

Please note that on the day, the only change possible will be to switch from the Classic or Medium to the Short Course for a £5 fee and subject to the availability of maps.

ELECTRONIC TIMING AND PUNCHING SYSTEM

The Sportident Electronic punching system will be used, to record your times at each control and at the finish. You must use it at the finish even if you retire. The electronic card is a small plastic device with an identification number, which is carried either on the wrist strap or lanyard provided. These cards cost £40 each and we have hired them for the day. **If you lose or damage your hire card, we will have to charge you £40.** If you are unfamiliar with the use of Electronic punching, a control box will be on display at registration, with instructions, so that you can familiarise yourself with the system.

The information from the E-cards will prove that you have been to each control but it will also provide us with split times at each control. Ensure that the control box 'beeps' and the LED flashes when you 'dib', otherwise you will be recorded as not visiting that control. The control boxes are not programmed in "beacon mode"; if you have a SIAC you will need to put it in the hole to record a punch.

If you lose your E-card you will be disqualified.

Tracker

We are part of the FRA trial with trackers. At registration, you must also collect your tracker. This is a small device that will relay your position to us. It should make a significant help in tracking runners, should there be any issues with serious injuries or runners failing to turn up at checkpoints. This information will be for the race HQ and possibly the checkpoint marshals. It will not be for public broadcast. **If you lose or damage your tracker, we will have to charge you £120 plus VAT.**

RACE MAP

This year we are returning to using the Harvey's maps. The style of mapping can be seen by looking at the 2024 race map on Routegadget. [2024-09-15 Lake District Mountain Trial 2024](#)

The Classic will be printed at 1:40 000, the Medium at 1:30 000 and the Short at 1:25 000. All maps will have a 15 metre contour interval.

RACE SAFETY

The Trial will be run under FRA Safety Requirements for Fell Races. Should the weather on the hills be of such severity as to endanger competitors or to prevent marshals from carrying out race checking procedures efficiently, the courses will be either shortened or abandoned. Bad weather alternative courses are shown on the map and descriptions. Competitors will be informed before the start if the bad weather courses are to be used.

You must carry the race map, a waterproof cagoule with hood, waterproof over-trousers, gloves, separate hat, compass, whistle and E-card. Your waterproofs must have taped seams. *You are strongly advised to carry with you other body cover appropriate for the prevailing and forecast weather conditions. A fell-tops weather forecast for the day will be displayed at registration. Bring plenty of spare clothing with you – if the weather is bad you may be required to carry additional kit.* **You must also carry sufficient food for a day out in the hills.** Your kit will be checked before the start and should your kit not match the requirements, you will need to resolve this before your start. You may be asked by a race marshal at any point on the course, or at the finish, to confirm that you still carry the required kit.

For pairs, please note that **each member of the pair must carry their own equipment**, so that if they do become separated, both members have their own equipment.

'Sufficient food' is different for each person, but this means that you should have some food remaining at the finish.

Ticks and Lyme disease

There are some infected ticks in the Lake District.

If you find a tick on your person, (check armpits, groin and waistband areas) remove it as soon as possible, as the risk of infection from an infected tick attached for 24 hours or less is very low. However, any subsequent reddening of the area around the tick bite or development of flu-like symptoms should indicate a visit to the doctor, who will normally prescribe antibiotics.

Emergency phone number/Phone use

The emergency phone number is 07981 212526. The number is printed on the map. You might want to add it into your mobile phone before you set off. We strongly recommend that you carry a phone, we may also ring you if we see an issue with your tracker. Please ensure that your phone number is correct on the SportIdent details that you gave with your entry.

START

You need to be at the pre-start, which is in the car park field, 10 minutes before your start time for a kit and food check. You will be called up to the starting boxes 3 minutes before your allocated start time. You will be required to clear your E-card by dibbing it in a "clear" box. You will start at the time listed in the start list. After starting you will punch a start box. Your timing starts at that point. A marked route will lead from the start to the map issue point.

There is one single map issue point. Please check that you have got the correct map for your course. You will be responsible for picking up the correct map for your course. The route from the last control to the finish will be taped.

The run out will pass through the campsite / carpark. Please be aware of the possibility of members of the public moving by foot or in cars.

COURSE LENGTHS AND CLIMB

Classic	25 km 1800 m (15.6 miles 5800 feet)
Medium	17 km 1100 m (10.6 miles 3500 feet)
Short	12 km 1000 m (7.5 miles 3200 feet)

Distances are as the crow flies, climb approximate and based on the route that the planners imagine people will take.

ON THE COURSE

The course is marked in purple on the map with the following symbols accurately centred: a triangle for the map issue point; a numbered circle for each control and two concentric circles for the finish. To make the course easier to read, the map issue triangle and control circles are joined in order by straight lines (that do not constrain choice of route). A joining line is broken if there is a choice of going left or right of an out-of-bounds area. Course

symbols and lines may also be broken to avoid obscuring important map detail. There are some fenced enclosures that have been mapped as out of bounds using a purple screen.

In bad weather, the LDMTA may decide to run shortened courses. This is also shown on the map, using dashed lines and clearly marked. Please make sure that you complete the appropriate course.

A control description sheet is printed on the map giving a brief description of each control point and control closing times. **The closing time for all courses is 17:00. This is printed on the map. You MUST be back by then or we will be considering calling Mountain Rescue.**

You must visit each control on your course in the correct order. The route from the last control towards the finish is marked on the ground with flags/tape.

Competitors must follow any instructions from race officials. Please observe any flagged routes encountered on your course and respect the land you are passing through. An area that must not be crossed is hatched in purple on the map. A thick solid purple line without hatching indicates a wall or fence that must not be crossed and any crossing points are indicated with a)(symbol. To preserve good relations with landowners and tenants, you are requested to honour out-of-bounds restrictions; infringements will cause disqualification. Do not climb walls. Please report any damage to a race official.

Two of the areas that have been marked as out of bounds have been done so because they are dangerous. Courses have been planned so that likely routes can avoid them.

Some but not all controls will be manned. At each control site there will be an orange and white orienteering marker and an SI control box.

Competitors must respect the countryside code by keeping to rights of way through intake land at all times.

The use of a GPS/mobile phone is not allowed and any competitor using one will be disqualified. You may carry a GPS tracking device purely for the purpose of recording your route for post-race analysis and a phone may be carried for emergency use. We do encourage runners to record their route and upload the GPX file onto the RouteGadget for the event. It is interesting to see the route choices your competitors made.

You must not accept sustenance on route. You are supposed to be self-sufficient for the day. If you do, even from a marshal, you will be disqualified.

Please close any gates that you open and bring back food wrapping (even organic such as banana skins).

PAIRS

Pairs must stay together at all times (within talking distance) and both must punch each control. Each member of the pair must carry their own equipment, so that if they do become separated, despite trying to follow the first instruction, both members have their own equipment.

RETIREMENTS

Competitors who are retiring must report to the **finish and download their E-card**. (The finish box gives us a record of who has returned).

On each course there will be one or more controls where you will be expected to retire if you arrive later than the time indicated on the control description list. Not all of these will have a marshal. If you arrive at a control after the cutoff time, then please make your way straight back to the event HQ. These have been designed to hopefully get everyone back before 5pm. Some of the cut off points will be manned. The marshals will stay there a short while after the cutoff time and ask you to return to race HQ. Please note that if you arrive significantly after the cut off time then the control will have been removed. Should you find yourself in the wrong valley, the Organiser is unable to provide a taxi service.

FINISH

From the last control there is a taped run to the finish. After punching at the finish control box, proceed quickly to the **download station which will be in the barn where you registered** and return your loaned E-card and tracker. You will receive a print-out of your split times. There will be a hot meal and a hot drink. Please show your race number as your meal ticket.

FACILITIES

- **First Aid** –First Aid cover will be provided near the finish.
- **Toilets** will be in the car park field.
- **A meal** will be provided by Nav4 Adventure after your run. It will be suitable for vegetarian diets.

PHOTOGRAPHS

The LDMTA would be grateful to receive any high-quality digital photographs of runners on any of the three courses, for the website.

PRIZE-GIVING

Prizes will be presented at about 4.30 pm.

The prizes for all courses will be **Pete Bland Vouchers**. Each individual is eligible for only one prize (with the exception of team prizes), so veterans will be given the highest value prize for which they are eligible. There will be prizes for the first three teams on the Classic course and first women's team on the Medium. Please note that team prizes will only be awarded in accordance with the first team affiliation declared on entry.

Classic

Open	1 st -10 th LDMTA 1 st ,	V50 1 st -4 th , YHA 1 st ,	V60 1 st , U21 1 st Teams 1 st -3 rd
Female	1 st -3 rd		
Trophies	1 st Overall, 1 st Woman, 1 st V40 (Frank Davis Trophy), 1 st V50 (Chris Brasher Trophy), 1 st team (Frank Davis Trophy), Harry Griffin Mountaineer, Mike Wilkinson Outward Bound Trophy,		

Medium

Open	1 st -2 nd , LDMTA 1 st , YHA 1 st	U21 1 st ,	V50 1 st -2 nd , V60 1 st -2 nd ,	V70 1 st
Female	1 st -3 rd , 1 st Female Team	FV50 1 st ,	FV 70 1 st ,	
Trophies	1 st Woman, Outward Bound Trophy (Woman)			

Short

Open	1 st -2 nd ,	U21 1 st ,	V60 1 st -3 rd ,	V70 1 st -3 rd
Female	1 st -2 nd ,	FV50 1 st -2 nd ,	FV60 1 st -3 rd ,	FV70 1 st , FV80 1 st
Pairs	1 st -3 rd LDMTA 1 st , YHA 1 st			
Trophies	1 st U21 (Harry Chapman Trophy), 1 st V60 and 1 st FV60			

RESULTS

Results will be displayed on a screen near registration and will be available live on the Sportident website [SPORTident UK](http://SPORTident.UK) depending on strength of signal. Final results will also be available on the LDMTA website <http://www.ldmta.org.uk/>.

Certificates will not be issued.

We will again be putting the map and results onto **RouteGadget**. There will be a link from the Sportident website. RouteGadget allows you to plot your route onto the map and compare it with your competitors.

If you feel that there is an error which affects the results, you should contact the organiser and request that the error be corrected. If, after consideration, the organiser feels that there is no error then you have the right to submit a protest which will be considered by a 3-person jury.

TROPHIES

Please return all trophies, cleaned and engraved, to Registration on the day.

ACCOMMODATION

As Seathwaite Farm has a campsite, they have requested that due to their license, we don't have camping in the car park field this year. If you wish to stay the night before then please contact the farm campsite to arrange to stay at their campsite. They take small vans – though the access is quite restricted –there is quite a lot of space and they do not expect to be full.

Runners might also be interested in the following. High House is next to Seathwaite Farm. It is a mountain hut for members of K Fellfarers. By chance, the group who were booked in that weekend recently cancelled (a rare occurrence) and the hut, which sleeps 35 in 3 dormitories, might appeal to some competitors? They normally only let the whole property to organised groups but in this case would be prepared to let individual beds / nights for their normal guest rate of £10 per night.

More info about High House: www.highhouseborrowdale.co.uk and bookings at Bookings.kff@gmail.com

QUESTIONS RELATING TO ENTRIES

David Rosen Tel 07870 653321 (e-mail to info@ldmta.org.uk)

ACKNOWLEDGEMENTS

The LDMTA is sure that the competitors will want to join us in thanking our sponsors and those who give their time and energy to make the Mountain Trial the special event it is:

- Lyon Equipment/La Sportiva for substantial financial support for the Trial.
- Pete Bland Sports for their generous support of prizes

- Freda Chapman and family for donating a trophy and prize
- SPORTident UK
- Seathwaite Farm for parking and use of barns
- The National Trust for access to the fells
- Local farmers and commoners.
- Andy Neville for providing radio cover
- Emma Atherton for the first aid cover

Thanks to those many friends who come back year after year to provide their unconditional help in many roles, and without whom the trial could not be held.

The LDMTA AGM

The AGM will be held on Friday 27th November 2026 at Wilf's Cafe, Staveley. There will be an illustrated talk by Carol Morgan Titled "The Big Five".

The AGM will start at 6.30 followed by a buffet at 7.15 and the talk at 8.00.

Attendance at the talk is free but there will be a charge £ 18.95 for a hot buffet meal.

Tickets for the meal will be on sale at the Trial and after that can be obtained from Tony Richardson richardsonkendal@talktalk.net

Become a member of the LDMTA for £5 per year.

Joining the Lake District Mountain Trial Association is a means of supporting the organisation. Purchase your membership at the LDMTA table at registration/download. There are prizes for members of the LDMTA.

HISTORY OF THE MOUNTAIN TRIAL

The Lake District Mountain Trial was started in 1952 by the Lakeland Regional Group of the Youth Hostels Association as part of their twenty-first anniversary celebrations.

The first Trial started in Langdale, the runners ascending Bowfell, Esk Pike and Scafell Pike in turn and then descending by the corridor route to Styhead. From Styhead the route went up Great Gable, with the return route to Langdale by way of Rossett Gill. Later Trials took a different fixed course, but this was known in advance by the runners. The distance was normally about 18 miles and competitors were started at intervals. Most competitors wore heavy footwear. A women's race was also organised in 1953 and 1954, the route going up Rossett Gill to Esk Pike, over Bowfell and down the Band.

In 1956 the Lancashire Evening Post sponsored the event and a new organising committee was formed by the late A H Griffin. Representatives were drawn from mountain rescue teams, the Outward Bound Schools, mountaineering clubs and the Youth Hostels Association. The objective was 'to encourage among fell walkers and mountaineers the highest possible standard of safe and fast traverse of difficult mountain country'. The course was lengthened and the rule that competitors had to be members of the YHA no

longer applied. A radical change in the event was made by keeping the course secret. The competitors were given an Ordnance Survey National Grid Reference for the first control. The other control references were revealed as they made their way around the course. In later events the competitors were started at intervals and given the grid references for the whole course a little way after the start. In 2003 maps were issued already pre-marked with the course. The Lake District Mountain Trial became the first event in England to be run regularly on orienteering principles, a decade before the sport became firmly established in this country.

The Trial is now organised by the Lake District Mountain Trial Association which was formed in 1965. Membership of the Association is open to everybody who has an interest in the event. The Trial has grown from fewer than 50 competitors in the late Fifties to the present numbers. The women's event was revived in 1978 as a separate race. The severity of the event demands that all competitors are required to have the experience to cope with poor conditions. On some occasions the weather has been extremely severe but has been abandoned only once in 2013. It was shortened for safety in 1978, 2004 and 2011. The race was cancelled in 2008 because the parking and assembly field was unusable.

In 2011 the courses were renamed to Classic, Medium, Short; each open to both men and women.

The principal sponsor, La Sportiva, is committed to ensuring that the Trial retains its unique and traditional character among the Lake District fell events. The Association is committed to ensuring that the Mountain Trial will continue the tradition of a friendly event; never easy, sometimes desperate, with top fell runners and mountaineers finding it a sufficient test of stamina and skill for completion of the course to be reward enough. The more persistent are able to collect a special certificate for men completing 21 events (Classic Trial) or women completing 15 events (Medium or Classic Trial).

Nature of the Trial

The Trial is an annual event held at different venues in the Lake District in mid-September. It is considered to be one of the major events in the fell-runner's calendar. The Classic and Medium courses will be severe tests of route choice, navigational skill and stamina in difficult mountain country. The Classic route will cover a maximum of 20 miles and the ascent and descent of about 8000 ft. The Medium route will be shorter (about two-thirds of the Classic distance). The Short Trial caters principally for novices over 18 years old and veterans over 50. The course is about 10 miles in length with about 3500 ft of ascent and descent. In 2016, the option to compete as a pair was introduced for Short Trial. Owing to the severity of these courses, applicants are vetted for fell-running and navigational experience and there is a minimum age of 18. Because of mountain safety requirements, no substitution of entries can be allowed after the start list is finalised. There is a limit on the total running time for each course. Entrants are seeded and given start times appropriate to their perceived ability.

Competitors will start in groups at one minute intervals from 8.30 a.m. and at that time will

have no knowledge of the route. After following a flagged route for a few minutes they receive a pre-marked map and details of the controls, which must be visited in the order given. The competitors' fitness and map-reading skill then decide how long it is before they reappear at the finish, or whether they reappear in a different valley!

PREVIOUS WINNERS & VENUES

YEAR	MEN	WOMEN	MEN'S TEAM	WOMEN'S TEAM	VENUE
1952	R Moore				Old Dungeon Ghyll Hotel, Langdale
1953	R Moore	J Allsebrook	Leyland Motors		Old Dungeon Ghyll Hotel, Langdale
1954	J Hand	H Myers	Carlisle Holiday F ship		Old Dungeon Ghyll Hotel, Langdale
1955	J Hand		Border Harriers		Honister Hause
1956	J Hand	J Buckley	Border Harriers		Seathwaite in Borrowdale
1957	R Shaw		Border Harriers		Old Dungeon Ghyll Hotel, Langdale
1958	J Hand		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1959	E W Dance		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1960	J D Oliver		Clayton-le-Moors		Wasdale Head
1961	G Brass		Preston Harriers		Wasdale Head
1962	G Brass		<i>No team finished</i>		Ullswater Hotel, Glenridding
1963	P Hall		Barrow AC		Old Dungeon Ghyll Hotel, Langdale
1964	P Hall		Barrow AC		Greenside Youth Hostel, Glenridding
1965	M P Davies		Barrow AC		Travellers Rest Inn, Grasmere
1966	J Naylor		Kendal AC		Woolpack Inn, Eskdale
1967	M P Davies		Southern Navigators		Howtown Hotel, Ullswater
1968	C R Fitt		Pendle Forest Orients		Old Dungeon Ghyll Hotel, Langdale
1969	J Naylor		Kendal AC		Wasdale Head
1970	M P Davies		Kendal AC		Kirkstone Pass Inn
1971	J Naylor		Kendal AC		Kings Head Hotel, Thirlspot
1972	J Naylor		Kendal AC		Woolpack Inn, Eskdale
1973	J Naylor		Kendal AC		Travellers Rest Inn, Grasmere
1974	J Naylor		Kendal AC		Coledale Hotel, Braithwaite
1975	J Naylor		Kendal AC		Newfield Inn, Seathwaite Dunnerdale
1976	J Naylor		Kendal AC		New Dungeon Ghyll Hotel, Langdale
1977	J Naylor		Kendal AC		Sykeside Farm, Brotherswater
1978	W Bland	R Coates	Borrowdale FR		Gatescarth Farm, Buttermere
1979	J Naylor	R Coates	Kendal AC		Low Beckside Farm, Mungrisdale
1980	W Bland	R Coates	Keswick AC		Stonethwaite, Borrowdale
1981	M Hudson	S Parkin	Keswick AC		Hartrigg Farm, Kentmere
1982	W Bland	R Coates	Keswick AC		Steel End Farm, Thirlmere
1983	M Hudson	V Mason	Keswick AC		Coniston Village Institute
1984	W Bland	V Thornton	Keswick AC		Glencoyne Farm, Ullswater
1985	W Bland	S Parkin	Keswick AC		Dalegarth, Eskdale
1986	W Bland	J Smith	Keswick AC		Braithwaite
1987	W Bland	S Parkin	Keswick AC		Travellers Rest, Grasmere
1988	M Fanning	S Haines	Keswick AC		Hartsop
1989	M Rigby	H Diamantides	Clayton-le-Moors		Wasdale Head
1990	W Bland	S Parkin	Clayton-le-Moors	Lakeland OC	Seathwaite, Dunnerdale
1991	W Bland	C McNeill	Kendal AC	Ordnance Survey	West Head Farm, Thirlmere
1992	G Bland	S Parkin	Borrowdale FR	Keswick AC	Seatoller, Borrowdale
1993	G Bland	S Parkin	Borrowdale FR	Ambleside AC	Threlkeld
1994	G Bland	J Cory-Wright	Borrowdale FR	Ambleside AC	Buttermere Village
1995	Jim Davies	Emma Moody	Kendal AC	Ambleside AC	Hartrigg Farm, Kentmere
1996	Phil Clark	Angela Brand-Barker	Kendal AC	WCOC	Stool End Farm, Langdale
1997	Mark Seddon	Angela Brand-	Kendal AC		Coniston Village Institute
1998	Mark Rigby	Nicky Lavery	Borrowdale FR	Ambleside AC	Wasdale Head
1999	Gavin Bland	Sue Parkin	Borrowdale FR		Grasmere
2000	Phil Clark	Sue Parkin	Kendal AC	Rucksack Club	Duddon Valley
2001	No Trial – Foot and Mouth Disease				
2002	Brendan Bolland	Angela Brand-Barker	Kendal AC	Rucksack Club	Buttermere Youth Hoste
2003	M Hayman	E Cowell	Borrowdale FR	Dark Peak FR	Fell Foot, Little Langdale

2004	Gavin Bland	Nicky Davies	Borrowdale FR	Borrowdale FR	Thirlspot
2005	Ifor Powell	P Whitehouse	Westbury Harriers	Dorking & Mole Valley	Tilberthwaite, Coniston
2006	Johnny Bland	A Brand-Barker	Borrowdale FR	Keswick AC	Seathwaite, Borrowdale
2007	Jim Davis	Karen Nash	Borrowdale FR	Ambleside AC	Hartsop, Patterdale
2008	No Trial – Field unusable				
2009	Steve Birkinshaw	Helene Whitaker	Dark Peak Fell Runners	Dark Peak Fell Runners	Eskdale Youth Hostel
2010	Rhys Findlay-Robinson	Kate Cooper	Borrowdale Fell Runners	South Ribble OC	Kentmere
2011	Tom Brunt	Helene Whitaker/Wendy Dodds	Dark Peak Fell Runners	Clayton-le-Moors	Mungrisdale
2012	Rhys Findlay-Robinson	Catherine Evans/Tessa Hill	Dark Peak Fell Runners	South Ribble OC	Stair, Newlands Valley
2013	No Trial – Cancelled due to severe weather				
2014	Hector Haines	Jasmin Paris/Kirsty Bryan-Jones	Dark Peak Fell Runners	Ambleside AC	Patterdale
2015	Rhys Findlay-Robinson	Nicky Spinks/Kirsty Bryan-Jones	Dark Peak Fell Runners	No team	Longthwaite, Borrowdale
2016	Neil Talbott	Mary Gillie/Charlotte Watson	Dark Peak Fell Runners	No team	Newfield Inn, Seathwaite, Duddon Valley
2017	Race stopped due to severe weather	Chloe Haines			Gatesgarth Farm, Buttermere
2018	Nicholas Barber	Helen Bonsor/Zoe Harding	Ambleside AC	Dark Peak Fell Runners	Grasmere Showfield
2019	Neil Talbott	Hollie Orr / Zoe Harding	Ambleside AC	Ambleside AC	Stool End Farm, Langdale
2020	No Trial	Cancelled	Due to Covid 19		
2021	Philip Rutter	Eleanor Johnstone / Martha Hart	Ambleside AC	No team	Loweswater Village Hall
2022	Philip Rutter	Catherine Evans / Fiona Bunn	Dark Peak Fell Runners	No team	Fornside Farm, St John's in the Vale
2023	Philip Rutter	/ Ann Edwards	No team	No team	Eskdale Youth Hostel
2024	Matthew Atkinson	Eleanor Johnstone / Ann Edwards	Dark Peak Fell Runners	No team	Horsemoor Hills farm, Orthwaite
2025	Luke Fisher	Catherine Taylor / Chloe Lumsdon	Keswick AC	Helm Hill	Side Farm, Patterdale