

Ultra-Man Steve Goes 50/50 (but doesn't phone a friend for directions)

Most 50 year olds these days wouldn't be reaching for the pipe and slippers just yet, but few would choose to celebrate their semi-centenary with a 50-mile fell race. Unless of course they are Steve Daniels, who's synonymous at Deestridders with those distances greater than the marathon, the ultras. This time (Saturday 24 July) it was the Lakeland 50 for our man, an appropriate distance as Steve turned 50 earlier this month.

It might be summer with a hosepipe ban in force in parts of the country, but apparently no one told this corner of England as Steve faced over 12,000 feet of climb through rain-lashed fells. Steve hadn't plotted a route beforehand but still found his way round comfortably, if that's the word, in an incredible 12 hours 53, finishing in the dead of night at Coniston. Steve did extremely well because not only did 33 people not complete the course, but he was 85th of the 276 who did, ie in the top third.

This might sound like more than enough for most people but believe it or not he is now considering the Lakeland 100 next year (can he do it in under 24 hours people?!) The upcoming Snowdonia Marathon in October must seem like a sprint to him, but he's not letting that distance training "go" in the meantime, planning another ultra before then. Well done Steve- the long training runs people do can't feel quite so long any more, thinking of your accomplishments!!