

Having planned a maprun at Dalton during lockdown, I knew it had a few interesting sections. However, when looking for sites for actual controls, I soon realised it was quite limiting, as many promising ginnels turned out to be deadends. I think there are three potentially interesting areas and I tried included at least two on each course.

I know –the hills! The young and fit were lucky and could climb every one-maybe more than once, whereas I tried to limit the older courses to one (long) climb-oh-and a low wall!

I hope you found some interesting routes and enjoyed your runs.

Many thanks to Richard for all his advice and support.

Jackie