

# MENTAL HILLNESS

## Mental Hillness 2009 Event Report

**Date of Event:** 5<sup>th</sup> September 2009

### Details of event

Mental Hillness was an endurance mountain bike ride and fell run, where cyclists and runners were challenged to complete a particularly challenging and hilly off-road circuit as many times as possible in 12 hours for charity.

Many non-runners and non-cyclists have often questioned the motives and 'soundness of mind' of people competing in similar endurance challenges. They have asked questions such as: 'Are you crazy?' or 'Why would you abuse your body like that?' This was an opportunity to raise awareness, and money, to support charities that help people who experience suffering caused by real abuse and mental health illnesses. All proceeds to 'Mental Health Foundation' and 'Independent Choices'.

**Riders:** An 11km route was chosen to avoid major roads and involved over 400 metres of ascent and descent!

**Runners:** A similar route of 9.5km was chosen for runners; we wanted to create approximately the same lap-times, whilst also involving over 400 metres of ascent and descent!

**Registration began at 6.30am – Mass start at 8.00am – Finish at 8.00pm  
Laps finished after 8pm would not have been included.**

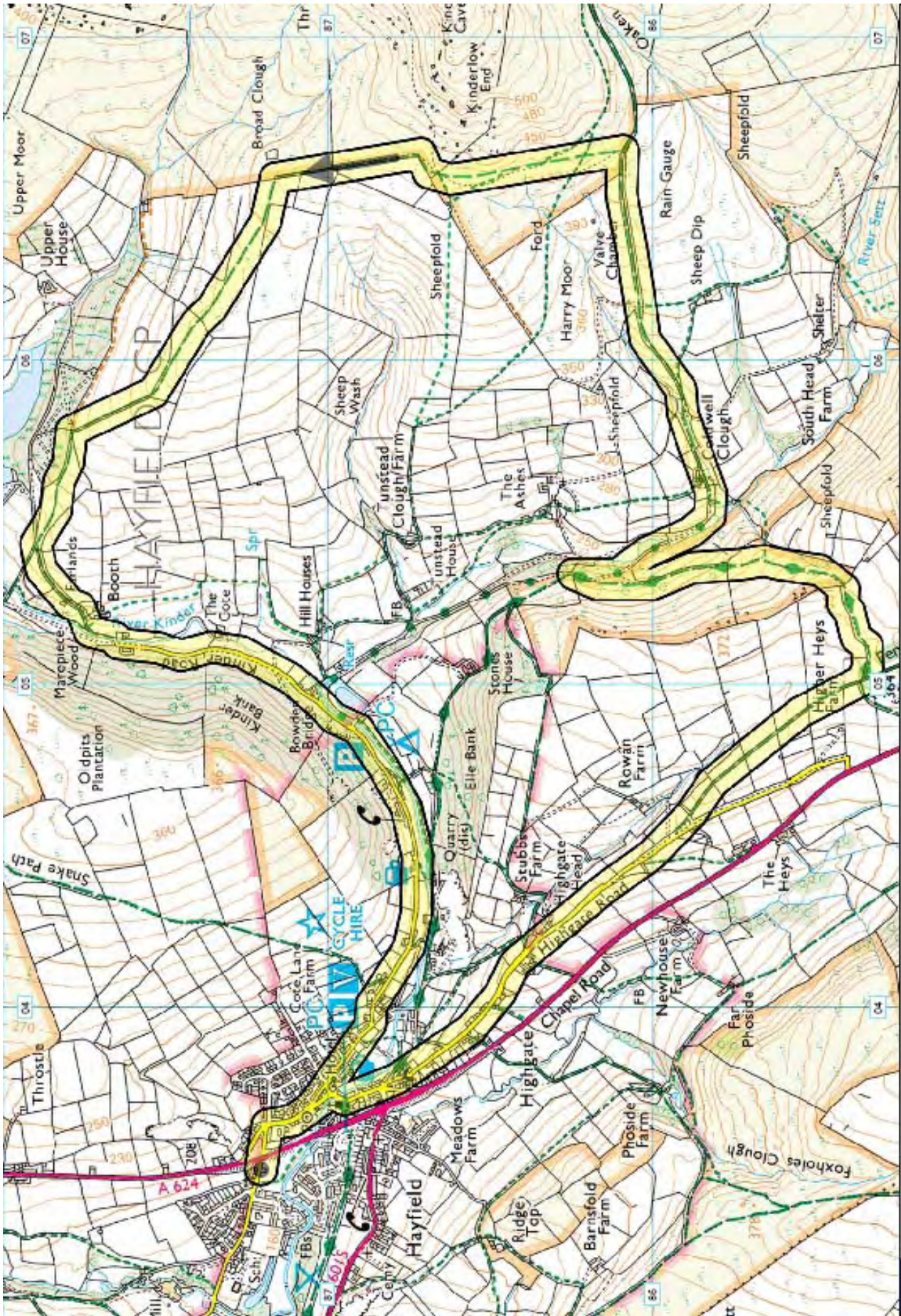
### Organisers

The event was organised through Hayfield Hub by –

Richard Stott, 12 Highgate Road, Hayfield, High Peak, Derbyshire, SK22 2JL  
Ben Creed, 10 Meadows Road, Hayfield, High Peak, Derbyshire, SK22 2JH

# Route Maps

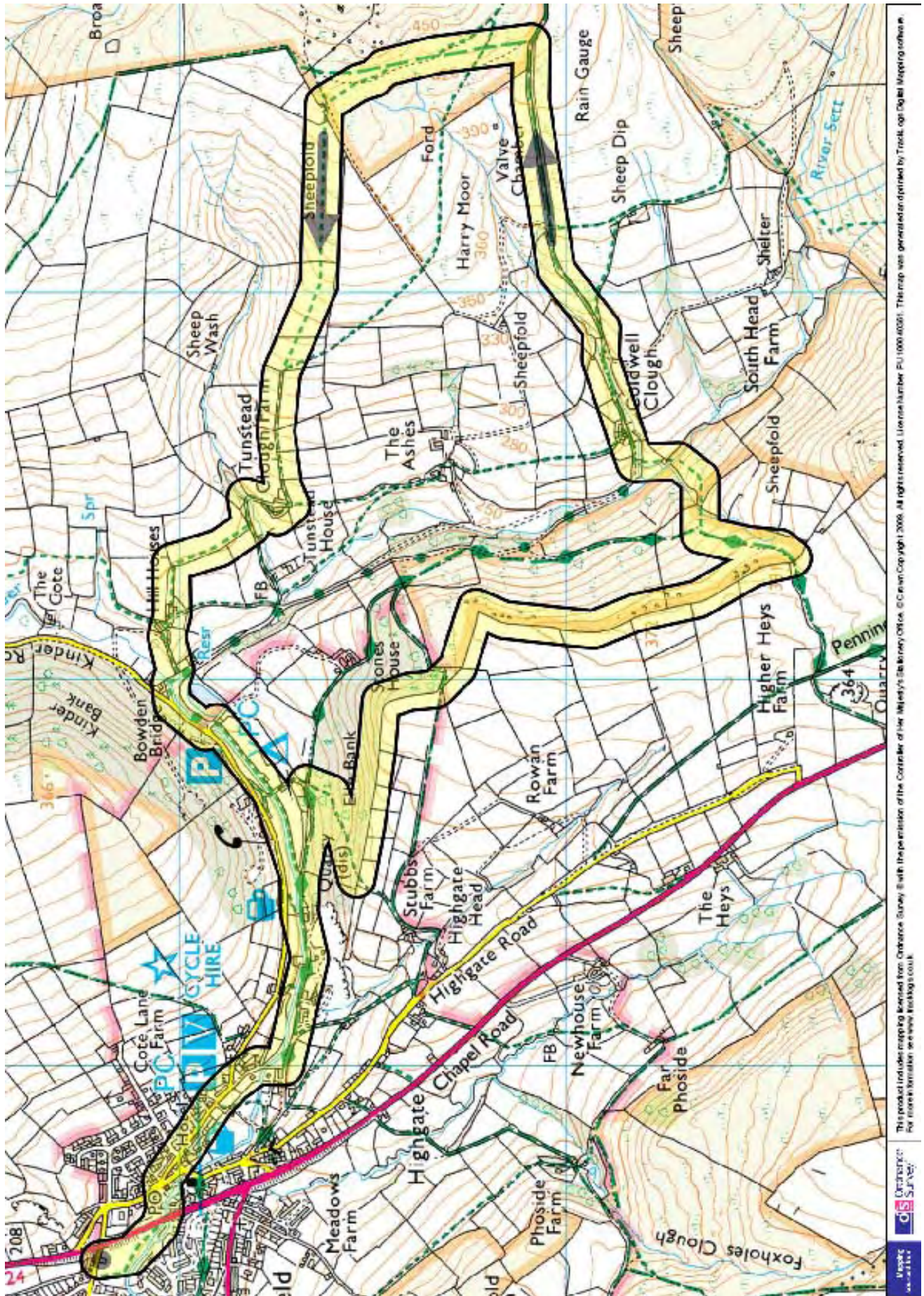
## MTB Route



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# Running Route



## Results

Mental Hillness was an endurance challenge and not a race. Participants had to agree to obey the rules of the Highway Code and Rights of Way Act, and respect the countryside and others.

Name	Team	Rider Number	Lap 1 finished at	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	No laps	Total (team)	Finish time
Ben Creed	SM1	1	11:03	14:33	18:18										3	3	18:18
Rob Morley	SM2	2	08:58	09:55	11:03	12:07	13:44	15:06	16:18	17:35					8	8	17:35
Dave Freeman	SM3	3	08:58	09:55	11:03	12:07	13:23	14:42	16:18	17:35					8	8	17:35
Nigel Millar	SM4	4	09:00	10:02	11:12	12:28	13:58	15:25	17:12	18:42					8	8	18:42
Andrew Wadsworth	SM5	5	08:55	09:59	11:08	12:13	13:53	15:43	17:47	19:21					8	8	19:21
Robert Whitrow	SM6	6	08:55	09:55	11:03	12:17	14:32	16:46	18:45						7	7	18:45
Janine Halliam	SM7	7	08:59	10:04	11:08	12:17	14:47	16:08	17:36						7	7	17:36
Mark Olsen	PM1	8	09:27	10:56	12:30	RT									3	6	12:30
Tom Buss	PM1	9	08:45	10:13	11:02	RT									3	6	11:02
J Knowles	PM2	10	NR														
J Rice	PM2	11	NR														
D Knowles	PM3	12	08:49	10:27	12:06	13:54	15:43	17:35	19:27						7	13	19:27
A Brack	PM3	13	09:38	11:16	12:58	14:47	16:40	18:28							6	13	18:28
Ben Staley	PM4	14	NR														
Craig Marden	PM4	15	NR														
Dave Roberts	PM5	16	09:38	11:29	13:19	15:05	16:52	18:42							6	12	18:42
Steve Davies	PM5	17	10:38	12:24	14:12	15:57	17:49	19:44							6	12	19:44
Rob Hindle	PM6	18	08:55	10:48	12:36	14:31	16:33	18:45							6	11	18:45
Ian Brocklesby	PM6	19	09:47	11:37	13:26	15:23	17:32								5	11	17:32
Karen Lederer	TM1	20	12:36				19:18								2	8	19:18
Evan Davies	TM1	21	10:14												1	8	10:14
Andrew Dennison	TM1	22	11:27												1	8	11:27
Tristan Mayor	TM1	23	08:55	14:08	15:27	17:56									4	8	17:56
John Doyle	SR1	24	09:05	10:18	11:36	12:52	14:16	15:39	16:57	18:14	19:27				9	9	19:27
Ian Symington	SR2	25	09:04	10:10	11:15	12:22	13:31	14:41	15:51	17:06	18:19	19:27			10	10	19:27
Mark Smith	SR3	26	09:05	10:18	11:36	12:52	14:16	15:41	17:06	18:26	19:46				9	9	19:46
Geoff Spencer	SR4	27	09:05	10:18	11:36	12:55	14:34	16:10	17:34	19:21					8	8	19:21
Cath Monahan	SR5	28	09:26	11:22	14:23	RT									3	3	14:23
Paul Herschell	PR1	29	09:14	11:41	14:15	17:11									4	8	17:11
David Rainsbury	PR1	30	10:28	12:57	15:48	18:53									4	8	18:53
Daw Mellor	SM8		16:44	17:38											2	2	17:38
Rick Stott	SM9		16:44	20:00											2	2	20:00

## Feedback on the event

1. "From a runners view point this was an ideal way to spend a Saturday. The route was a challenge, but run-able. The support at the Scout Hut was first rate. All-in-all a fab event, well organised and thoroughly enjoyable. Role on 2010!!!!!!"
2. "I thought the route was spot on. Great fun for all abilities and caught the wind direction perfectly for tail-wind climbs and head-wind descents."
3. "The relaxed village feel to it was great."
4. "Keep it solo and pairs, runners and riders only"
5. "The chat in the hall was great"
6. "The support (tea, soup, cakes, pasta, more cakes etc) was excellent."
7. "Publicise more and wider"
8. "5 pounds is silly for the amount of effort that must have gone in. I doubt charging 10 or even 20 quid would have made a difference to the entry list and it would make tons more for the charities. And the tea! I refuse to pay less than a pound for tea at a charity event!"
9. "Check date does not clash with other events (Bullock smithy, Kielder100 etc.)"
10. "Promotion could start earlier"

Please e-mail further feedback to [mentalhillness@yahoo.co.uk](mailto:mentalhillness@yahoo.co.uk)

## Thanks to –

- Everyone who took part (without you there would not be an event!)
- Ian Platt & Hayfield 1<sup>st</sup> Scouts for the use of the hall.
- Sam Clark at Sett Valley Cycles
- Michael Fish At SIS
- Shane Bates and all the land owners
- Debs ???, Jane Creed, Sue Hindle, Alison and Francis Creed
- Julie Colley
- Alan Brentnall
- Geoff Briggs
- and everyone else who helped us.

## Accounts

Donations and sponsorship are still coming in, but the money raised by the end of the event (from the entrance fees and from the refreshments) was £338.63. Final account will be available on request. All proceeds are split equally between 'Mental Health Foundation' and 'Independent Choices'.

## Additional information

For additional information please see [www.hayfieldhub.net](http://www.hayfieldhub.net) or contact [mentalhillness@yahoo.co.uk](mailto:mentalhillness@yahoo.co.uk) or [admin@hayfieldhub.net](mailto:admin@hayfieldhub.net).

# MENTAL HILLNESS

## Sett Valley Cycles Voucher

Sett Valley Cycles offer a **20% discount** for all entrants on replacement disc pads/brake blocks, tyres and chains. Please present of this voucher at the time of purchase. The offer is limited to one bike's worth per person.

After 12 hours in the peaks these might be the components that have worn out!!

Voucher will be valid for 1 month after the event.

Sett Valley Cycles  
9 Union Road,  
New Mills,  
High Peak.  
(01663) 742629  
[www.settvalleycycles.co.uk](http://www.settvalleycycles.co.uk)

Name of entrant: \_\_\_\_\_