

Neuro Central Appeal SCIO SC046630



Race day on last Ever Salomon Ben Nevis Ultra 2023 for EK Fitness Team!

At 7:40 race director briefed us that route back from Glen Nevis may change as bad weather front arriving much earlier than forecasted! 07:45 We are off, Grant disappearing at faster pace all as planned. Start was straight forward over a mountain pass before dropping down to wade the Water of Nevis as the rain started to CP 2. Heading on the skies were darkening as we neared CP3 Going good and no major mishaps bar a couple of slips and falls in mud and Elspeth nearly lost her shoe in a deep bog so a few giggles too. Climbing the pathless route marked with small red flags hugging the side of the valley we crossed a burn at a waterfall also fuelling up with gels, cereal bars, salt tablets putting hats and gloves on as we climbed the steep rise up to the CMD /Seang Anoch Mor Bealach at CP4. There began the steep ascent over rock slabs and boulders following a ridge all the way to the summit! Grant was about 2 miles in front of us at this point and nearing Ben Nevis summit. After discussion with Elspeth we pressed on but our pace was dropping as locating markers was getting harder in the reduced visibility some being blown over by the wind! Nearing the summit things had deteriorated further with 5-10m visibility and very exposed to winds and rain sweeping over the ridge! A quick chat and we decided to get off the hill to safety asap being soon joined by runner Jacob who decided he was with us. Then as by magic course sweepers appeared fed us hot tea while we put more layers of clothing on under an emergency shelter blanket (A great piece of kit). They soon identified the best route off was over CMD summit at CP5 where Oliver Marshal/mountain rescue would then walk us all off the Munro to east Nevis car park 3 mile away 4000 feet below. The two sweepers disappeared over the Arete towards Ben Nevis checking arete was clear of any runners. Myself and Elspeth can't praise these guys highly enough their knowledge and helpfulness so calm and they even arranged a mini bus to pick us up. On journey off the the hill Julia phoned to say we were going the wrong way and that Grant looked like he was on the bad weather route! Great news from home he was doing amazing. Grants parter Donna saw him finish in a fantastic 9:27hrs even more incredible given a heavily strapped ankle having twice gone over on it on the slippery rock scramble up Ben Nevis! It was so brilliant to hear Grant was safe he should be so proud of his achievement and so earned his medal. We have learned loads on this amazing journey about our equipment, diet, gels, drinks supplements etc what worked and what didn't and the benefits of fresh dry layers! Did we make the right decision 100% yes based on sound judgement not only for our safety but others too if the unmentionable happened. Stats Grant 31.3 miles 9,600 ft 9hrs 26mins, Me/Elspeth 17.75miles 7434ft in 5hrs 53min albeit waking the last four!

Did we enjoy it? You bet every step a challenge, we've had laughs, difficult decisions and a few minor mishaps on our journey but myself Elspeth and Grant regret nothing and learned a lot about ourselves which culminated running in a well sorted race hosted by Team Salomon and marshals. More importantly we made the right decisions when necessary base on sound judgement and live to face another challenge.

Lastly we will never forget all your kind comments and generosity in supporting our chosen Charity and we are so heartened an gob smacked by that! Thank you all so much from all at EK Fitness!

<https://www.peoplesfundraising.com/donation/ben-nevis-charity-run->