

# Frodsham Hill Races

The return of this race is expected to be a very popular addition to the local race calendar. It was an iconic and much-loved race in its day, but has not been run as a serious event since the mid 1970's.

## **Original race was run in the early to mid 1970's**

One of the most famous participants from back in his youth was Lord Sebastian Coe, who ran the race in the early 1970's for Hallamshire Harriers. Lord Coe is quoted as saying that it was one of the hardest races he ever ran.

The original course started on the community centre field and passed through the built-up area of the town before a steady climb to the foot of Frodsham hill, and a steep ascent. Once at the War Memorial at the top of the Hill the runners were required to turn left onto Belmonte Road and return to the foot of the hill before embarking on a further ascent. For the open age race the steep section was run three times. Once the steep section was complete the runners returned to the community centre via the same route that they set off from.

## **The New Race 50 Years on.**

It would be a real milestone if we could put the race on again circa 50 years after it was last run. The race organisers are all experienced people and are proposing a joint venture between:

**Dave Riley** of **Peak Runners**. Dave owns a professional trail running and adventure race business that organises and runs races in some of the most iconic, scenic, and beautiful regions of the UK. Dave's races are well organised, well marshalled, and are welcomed by many local landowners for being professionally managed and environmentally considerate to the local countryside.

<https://www.peakrunners.co.uk/>

**Mick Hall** of **Mick Hall Photos**. Mick owns and manages one of the UK's best sports event photography businesses. Based in Stoke on Trent and operating throughout the Midlands and North, this is the 'go-to' business for many of the top event organisers who are looking for professional race photos to help sell their races.

<https://www.mickhall-photos.com/>

## **Geoff White of gw-images**

Geoff is a Frodsham local who has been a resident of the town for most of his life. Geoff's family moved to Frodsham in the early 1960's and the family never moved away. A pupil at infant, junior, and secondary school in Frodsham, and after a few years away he returned in the mid 1980's to again set up home in the town. He stayed and raised his own family in Frodsham. As a young man Geoff was one of a small group of locals who ran in the original Frodsham Hill Races 50 years ago.

Geoff & Mick are both well known to the running community as Freelance Sports Photographers working on local races, and who are often to be found out on the course or waiting for the runners on a finish line, camera in hand.

<https://www.gw-images.net/>