

## Hannah Jarvis Year (so far) 2016

I actually ran the uphill only at Snowdon as I'm preparing for uphill only races in the alps, it went pretty well, 2nd against an alright field. I then got picked for Wales at the home countries international which was up Skiddaw. I didn't run well though, awful in fact, but had food poisoning all week leading up to it. However, I did have probably a career best run last Saturday (6th August) in the Glacier 3000 mountain race out here in Switzerland to finish 2nd against a world class field in a very tough mountain race (first 12k was flat, then 14k of steep uphill with 2200m of ascent to finish at 3000m on a glacier!), I can't tell you how pleased I am.

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1.	Strähl Martina, 1987, Oekinggen	2:32.04,9 (11)
2.	Jarvis Hannah, 1984, GB-Stoke on trent	3:01.25,8 (13)
3.	Tauern Lea, 1986, FL-Balzers	3:06.54,1 (14)



Earlier in the season I set course records and won at Cardingmill classic in the Shropshire hills, then Heptonstall fell race in Yorkshire (I was actually second but still broke the course record!), then ran the fastest time by a female in over 20 years at Llanbedr to Blaenavon in the black mountains. This was one of those races that everything clicked, but I destroyed myself on it, I was ill for the next month!

**Cardingmill Canter Results 12th March 2016 -**

<http://www.fellrunner.org.uk/results.php?id=3217>

**Heptonstall Fell Race Results 20th March 2016 -**

<http://www.fellrunner.org.uk/results.php?id=3280>

**Llanbedr to Blaenavon Fell Race Results 2nd April 2016 -**

<http://www.llanbedr-blaenafon.co.uk/Results%202016.html>

*Words by Hannah, results and pics added by Webmaster*