

Mike Sadula 1949-2009



In January Mike became ill suffering from severe Gastro Enteritis. Despite showing some signs of recovery the condition drained Mike's strength over a number of weeks and he died 2 days before his 60th birthday on March 3rd from multiple organ failure. He was planning another year on the hills, and a big trip to New Zealand.

Mike grew up in Stoke and was a competitive motor-bike racer in his youth before taking up road running and achieving several sub 3 hour marathons. He saw the light around 1982 and took up fell running with Rochdale Harriers when he moved north. His main targets then were club races and mountain marathons.

Later on what mattered was time out in the hills. For years Mike competed at many races and was consistently in the middle of the field. What mattered was that he was running with friends and there was a hill to climb.

When his running knees seized up Mike gained his MLC and became a walk leader, a DoE assessor and had trekking adventures to Mt Blanc, Mt Erebus, the Atlas Mountains and Nepal.

Mike filled his non-running time converting his own campervan, doing major DIY, climbing and skiing. At one time he ran a sports retail shop and developed his own brand of outdoor clothing. He recently became a master of the French Jive.

Mike remained stubbornly single and leaves his family and lots of friends missing his intense approach to getting things done and going places. His cosmic wisp of consciousness will be reading the FRA Forum and wondering why his name appears there. Mike will be chuckling at the silly comments, but secretly proud that his time as a fell runner was noticed and appreciated by others.



Mike and The Bob Graham Round



Mike completed his BGR in 1989, taking 22hours 11 minutes. This is Mike at the Moot Hall wondering whether to have a pint. Behind him is Geoff Palmer, a Rochdale Harrier who drove the support van for Mike that day and timed him. Geoff supported maybe 20 BGRs and because of this he was elected an honorary member of the BG club in 1997.

Mike acquired a lot of practical knowledge about the Bob Graham Round and regarded leg 4 as his special place in the world.

As a means of learning web design he created his own BGR web site. He always responded to requests for BGR help and this led to more long days out helping others.



Mike was keen to find good running lines over rough ground. Here he is leading through the boulder field between Ill Crag and Scafell Pike.

Not everything went to plan. Here is Mike navigating Jane Grundy off Calva. He went at a furious pace and Jane later paid for this, retiring due to the weather and burn out at Bowfell. Jane completed her round later that year with Mike on his usual leg 4 where he knew the pace better.



Mike and Dennis Lucas below Grey Knotts on a recce for Mike's 50 @50 and Dennis' 55@55. Both completed in good style.

At one time Rochdale Harriers had a specialist team of Navigators and Donkeys for each leg of the BGR.

Mike is here in the centre of a Rochdale group that includes ten BGR club members.



Mike is one of the few to have completed 50 peaks at 50. Here he is leaving Steeple on that round.

Mike struggled with mild dyslexia. This led to mis-pronunciations such as Heffelyn (Helvellyn) and Carn (Cairn). So when you next pass Helvellyn Trig mutter 'here we are at Heffelyn Carn, Mike'.



Here he is, looking south to Helvellyn from Blencathra.

So Mike, adios amigo ~ you will be fondly remembered by many people at different places in the great outdoors for many years to come.