

What a brilliant race this was yesterday. It was the first attempt for me as i stepped in at the last minute for Richard. Although i don't think any of us were treating it as a race as such, it was somewhere between 10 and 12 miles and we did get timed so i have pasted the "PROVISIONAL" results in to this mail.

Paul ran with a slower, 1st timer, friend who really found out what endurance running was all about after the first couple of miles. Well done Paul for pulling him along, very noble. Dave ran with a whole bunch of girls from his running club, (which actually looked a bit like a fantasy come true) and i ran from person to person making new friends all the way.

The banter was great and the girls screams as they entered the deep water acted as an early warning system to all those those behind. I must add there was a lot of Man screams as well. This event was well organised, demanding, a lot of fun, rewarding, friendly, muddy, wet, sandy, BLOODY HILLY and definately one challenge for more Andover Triathletes to consider next year.

There were many larger groups and clubs who would run together and re-group at the top of every hill to wait for each other before they carried on. The 20 or so 1-1-8 characters being the most noticable. I started off slow, puposely keeping my heart rate low so i could finish the second half faster. This worked well as i overtook hundreds of people in the 2nd half as they started to fade.

My "slow and long ability" is getting better all the time, possibly due to my early moring cross-country runs with Lola. This saw me through to the end feeling strong with spare in the tank at the finish to be able to go on and do more if i had to. Another great Ironman prep endurance race under my belt. I cant wait to hear everyone else's stories from the event. Hope everyone else had as much fun as me.

Cheers
Jase

Hello All

I will reiterate what jase said This race is Brilliant :D. best fun you can have with your clothes on ;) ... well nearly.

I arrived early and Tasha came to watch too, parkling was amusing and rather wet and I was worried about getting stuck in the mud but we didnt so all was good.

I bumped into Paul, his brother and friend at the start and ran the first 1/4 mile with them until Paul had dissappeared off into the distance - I wasn't 100% as I haven't done much running and have been having problems with tight calves so had already decided to just run at my pace and see how things went. For the first half of the race I was in pain up every hill but continued onwards hoping that the pain would go away..... I think the cold water and mud helped this lol. I ran through almost every puddle rather than going round ... that was until after the first big puddle when I went almost headfirst into the knee high puddle ... took it a bit steadier after that and stuck to the sides of the puddles. Paul caught me up to my suprise (thought he was in front of me at the time) so spent a few hundred yards trying to get him soaked and muddy ;) .. cheers for the amusement Paul (Paul then waited for his Bro and friend but I carried on so I didn't sieze up).

After half way my calves were easing up a bit but I still slowed to almost walking on most of the hills and went steady down them .. I was looking forward to the Bog of Doom and when that arrived I completely submerged myself, (looking forward to seeing the photo's of me coming out of the bog ...) At this point I was thinking "home straight" .. didnt realise there was at least another 3 miles to do including the Hills of Hell.

At the second Bog/stream whatever it was - the one with the very steep banks - I decided to do a bit of swim practise and FC'd it across - overtaking many people, at this point I was buzzing and loving it.

On to the Sandy hills ... that was tough but got through it and splashed my way through the many muddy/sandy puddles there - got stuck at the last water obstacle - in the single file queue for a bit - lovely wand warm by this point - then sprinted (in a fashion) to the finish.

What an event - I am still buzzing from this - thoroughly enjoyed it and will deffinatly do it again next year.

Dan