

Race reports.... Race reports... Race reports... Race reports...

10 THINGS YOU OUGHT TO KNOW ABOUT THE LYTHAM ST ANNES ULTRAFIT 10 (or that I wish I had known before Sunday!)

- 1.The start and finish (despite what the entry form says) are not at the fire station but a good 10 minutes walk across the to a car park by the sea front!!.
- 2.The fire station is not on the main promenade road -as advised by no less than 4 locals-but set back in a quiet street surrounded by houses!! I am sure this helps keep the numbers actually registering down.
- 3.When you collect your number you receive your race "MEMENTO" without so much as running round the room!! Yes, that's a first your goody bag at the start!!.
- 4.My "memento" bag contained a variety of delights which kept the boys happy all the way home-snickers bar, caramel finger,banana,2 small cartons of milk and the " piece de resistance" 2 aniseed Fishermen's friends. Any takers (the chocolate did not get as far as Burnley!!)
- 5.The start reminded me of the start of the Calderdale relay, dodging posts and bollards. The start involves running round a small carpark between bollards, which get squashed in the rush.! What's the point.
- 6.The race is pancake flat-I found this very dull and got quite excited when there was one slight rise of perhaps 10 feet as we turned on to the sea front from the Lake.
- 7.Some members of the club could argue that it was a multi terrain event-we ran on sand, mud and a few grassy slopes-my legs really appreciated the change, even if only short lived, from the concrete!.
- 8.Liquid refreshment is limited to one small cup of water at 5 miles! We were expressly asked to abandon the cups there and not throw them at the sea wall!(The sea was as usual keeping a distant profile.)
- 9.The course is fairly traffic free-some small stretches of main road only-but there were certainly plenty of dogs/pushchairs/old people to avoid. I was not sure whether to laugh or cry when an elderly man in an electric buggy offered to pace me!! The locals were certainly all out last Sunday afternoon!!.
- 10.The weather was not kind-very windy and a sleet/hailstorm about half way round did not do much to lift spirits!! A mass of purple legs!!

Still on a positive note all the Toddlies who did the race seemed pleased with their performance. I am now waiting to see if I receive any takers for my Fishermen's friends. - Mel

(ED: Sounds like some toilet points earned here, Mel)

Madness on the Moor!

Can you remember your first time? Well Ilkley Moor Fell race on Sunday 26 February 2006 was mine! Having plucked up the courage to join a running club

back in December my next big step was to complete a fell race. Ilkley Moor I thought. Nice location, not too far from home, 5 miles, just the one for me. I proudly put on my Harriers vest and arrived at the registration area to see the friendly face of Helen Hodgkinson who advised me on such matters at how many layers to wear. Everything was going well until I met my old science teacher at the start line who said "Hello Tina, I didn't know you were into fell running." To which I quickly replied "I'm not! This is my first race". The response was one of sheer amazement and he relied "Oh! You've picked a right one here to start on!".

Panic soon went as we set off on a very narrow starting path where you could hardly manage to walk never mind run. After a steep climb to the Cow and Calf and then up again to the Pancake stone, descending steeply to the footbridge and then rising again on the far side of the beck I decided that I must be mad! I completed the course in 69minutes, really pleased with my first attempt at fell running. It was also confirmed to me that I had picked the best club to run for as the friendly faces of Jane, Stuart, Sharon and others were at the finish line cheering me on. Roll on the next fell!

Tina Smith

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