

Proud to be a Pacer



Pudsey Pacers
Newsletter

MARCH
2018



Welcome to another edition of the Pacers Newsletter, we hear from some of our members who report on a selection of recent races and there is an insight on running for the first time in the West Yorkshire Winter League from Tracey Wilman and Adam Gallagher.

Andy Norman has a tale to send shivers down our spine. If you unsure what all the different training terms mean then there is a glossary included which will hopefully give you a better understanding.

There's an important message from our 10k race director and also one regarding the Pudsey Carnival, if you can help at either of these events in any way then please let us know. Remember without you the members we wouldn't be able to run the 10k or promote our club at the Carnival. Thanks to all those who contributed to this edition.

Happy Reading Pacers

YOUR CLUB



Pudsey Pacers Race Day Sunday 17/06/2018

We need lots of help to hold our annual race day which includes the Kids Park Run, the Family Fun Run and the main event, the Pudsey Legal 10k.

Volunteers are needed to:-

- Marshal on the course
- Marshal in the Park
- Help in the park
- First Aiders
- Pudsey Park set up
- Race registration (PLC)
- Man the Water Station
- Goody bag packers (14/06/18)

Martin Bullock and Phil Daggett are lead marshals this year they will be happy to answer any questions on club nights. Please add your name to Martin's Facebook post or to the sheets available on club nights

Please note if you have entered the 10K you are required to provide a person to act on your behalf to cover marshal or helpers duties. This needs to be a family or friend and cannot be another club member as we need all the help we can muster.



Sir Titus Trot 10k – Saturday 6th January 2018 – Lisa Jamieson reports

In the summer of 2017, whilst training for the Northumberland Coastal Run, I was struggling to get all the training miles in I needed and so I approached some work colleagues who I knew were runners to see if they fancied a lunch time run once a week. News of this activity quickly spread and we got approached by a number of colleagues who said they would like to come out running at lunch time but they had either never run before or were very novice runners. They were all worried that they wouldn't be able to keep up with us 'runners' but lacked the confidence to start going out on their own, and so the Greater Huddersfield CCG (Clinical Commissioning Group) new runners group was formed.

Mark Preston (colleague and Stainland Lions runner) was instrumental in setting up the group and I helped when I could. Very quickly the numbers grew and we now have about 15 members of staff who go out for a lunch time run. We are lucky that we have showers and decent changing facilities and our office park borders woods and is not far from the canal. One colleague who has really fallen in love with running is my friend Louise. Louise is now a regular attendee at Oakwell Hall parkrun. Towards the end of last year she started thinking about entering a 10k race and she liked the sound of the Sir Titus Trot so I encouraged her to enter and agreed to go along and run as well.



Sir Titus Trot is not a race I've done before but I'd heard from other runners that it is a nice local race along the canal at Saltaire. It's organised by Its Grim Up North Running and has a range of distances from 5k through to ultra marathon. I thought it would be a nice race to kick start 2018 for me and a good warm up for Temple Newsam 10 the following weekend.

Saturday the 6th started cold and misty so I wrapped up warm and headed over to meet Louise at the race HQ. Some local running clubs were represented but predominantly it was local runners who were unaffiliated (certainly for the 5 & 10K distances). I collected my number and the steward said "oh, club runner, you'll be fast then" which I thought was a little odd until I looked at the entry list and saw that affiliated club runners were in the minority. I've never considered myself to be fast, more like fairly average in running club terms!

As we headed down to the race start it started to rain, that horrible fine drizzle that wets you through, so we were feeling pretty cold and keen to get started. Down at the start we bumped into Beth Light and Andrew Hardaker who had entered the half marathon when they couldn't get into Central Lancashire Half. Unfortunately Andrew wasn't running as he wasn't very well but it was still lovely to have him there supporting.

The longer distances set off first so Beth went out before us but it was very soon our turn to start. It was a very low key start, no timing mat or starting gun, more of a 'off you go' and there was a bit of confusion for some about which distance was going out at what time, but it all seemed to sort itself out in the end. I started near the front and was behind a group of about six ladies, some of whom I recognised from other races and parkruns. We were going at a fair pace and I was struggling to keep up so I was mightily relieved when at 1.5 mile in that group of ladies turned back. They were doing the 5k which explained the pace!! I relaxed and settled into a comfortable pace expecting a fairly easy flat run if a little muddy in places. I wasn't expecting to have to climb two little and one larger hill (five rise locks) but I was relieved that they all came in the first half of the race!! I turned at the 5k point and started the return home with a few nice down hills. A lady coming the other way told me I was third lady which I was a little surprised about. I pushed on and passed Louise coming in the other direction when I was at about the 4 mile point. She was doing really well. Her aim was to get round without stopping and I'm pleased to say she managed that. On the way out we'd crossed over a bridge to the other side of the canal and I very nearly missed the crossing back. There wasn't a Marshall that point which is my only real criticism of the race. We were very spread out by this point but I managed to catch a glimpse of a runner in front so knew I had to cross the bridge, but others weren't so lucky and went wrong.

The last mile or so of this race was fairly lonely because we were so spread out but very soon I could see the finish in sight so I pushed on and was surprised and thrilled to be handed a trophy for 3rd lady finishing in 52.46. The cakes at the finish were amazing so I refuelled on cake and coffee and chatted to Andrew whilst waiting for Beth and Louise to finish. Beth also finished 3rd lady in the half marathon after a slight detour robbed her of 1st lady position, but I don't think she was too disappointed. Overall this was a nice, low key local race and I would definitely do it again, even if it's just for the cakes!



Temple Newsam Ten (TNT) #Toughnottimid (Peter Enever)

So this was my first time running the 'Temple Newsam Ten' (TNT). The race is now in its third year and has become a firm favourite on the Leeds race series. Prior to this, I had never run a 10 mile race! This meant that it was another new distance to consider from the point of pace management. However that being said I didn't need to worry - the hills definitely set your pace and the final hill (at 9 and half miles) is there waiting to destroy any hope of a sprint finish or an evenly paced race!

Well what do you get for your money? You're guaranteed freezing conditions, mud, hills...and some more hills! I would note that it's a great post-Christmas race to focus the mind for the year ahead, and great way to welcome in the New Year. That is if you like running up muddy hills for the fun of it!

The weather gods were kind this year and apart from being cold the conditions were excellent. It wasn't too muddy under foot so trail shoes were the order of the day.

The start is somewhat chaotic - a quick lap round the field before heading away from Temple Newsam and down into the golf course. The first 2 miles are mainly flat or downhill so it's tempting to go out a little quick. After this it levels out for a short period before the 6 mile marker - a drop under the motorway and a scenic lap of Skelton Lake. The course then heads back into Temple Newsam estate.

The photo to the right is me exiting the tunnel at 6 miles. If it's not clear, I was really enjoying myself!

Up to this point the hills hadn't been too extreme, but I was soon to find out why the TNT has got a reputation of being so hilly! The first major climb was up to the top of Dog Kennel Hill.





This hill then brings you back to Temple Newsam House where the spectators are waiting excitedly to cheer you on (a welcomed sight for me as the legs were beginning to hurt a little). Another fast descent follows this before the trail heads off into the woods. The route then becomes undulating for a time before one final ascent where Temple Newsam House comes back into view - a sight of encouragement knowing you're on the home stretch! The photo on the left is at the top of this hill. My face says it all - "thank goodness the end is in sight!" It was at this point I was subjected to a 'BURDON BEASTING' (apparently I wasn't running fast enough).

That being said, TNT hadn't quite finished with me yet and at 9.5 miles the final hill looms into sight. My legs and lungs by this point were screaming, however the imminent threat of a further 'beasting' from Mr Burdon pushed me on to finish. I was extremely happy with a finish time of 1:18:14 and be the first pacer home.

The organisation by St Theresa Running Club was amazing - I couldn't fault a thing. In addition to this, the marshalling was excellent. They did an amazing job in very cold conditions!

If, like me, you like your bling you'll love the medal. The T-shirt was also amazing, great quality and definitely worth the money.



Would I do it again? Absolutely yes!!



It is a Saturday evening in the depths of winter. We are watching the weather forecast with intense interest as we see the dark clouds looming with the promise of snow showers and freezing temperatures. That can only mean one thing – there's a Winter League race tomorrow!

The West Yorkshire Winter League comprises six cross country races taking place between November and March. Races are run over relatively short distances, with the longest being just under six miles, and the terrain is often challenging incorporating a mixture of steep hills, uneven surfaces and in one instance a log flume! Each race offers something different from woodland to narrow tracks to stream crossings however there is one element that is a constant; mud, mud and more mud.

These are not races to chase a PB. Keeping your trainers securely fastened to your feet is a test where many do not succeed! On the more challenging sections of each race you find that technique and running form goes out of the window and staying on your feet becomes the primary objective, with the odd occasion where scrambling on your hands and knees becomes the only sensible option.

What you learn to love is that each race is an adventure into the unknown. Even if you have taken part in the league before the changing weather conditions can make races unrecognisable one year to the next.

After every event participants gather at a local sports club / pub to enjoy refreshments and a post-race debrief. Muddy shoes lined up outside the door for as far as the eye can see. The room full of smiles of achievement often visible through mud splattered faces.

What we love about the Winter League is that it is a team event and pulling on our Pudsey Pacers vests at the start of each race brings with it a sense of belonging and makes us proud to be representing our club. The Winter League is not about pace and finishing times. Runners in each age category battle out to achieve the highest positions and as a result obtain the highest point scores for their team. Those falling outside of these top positions still have an important role to play potentially crossing the finish line before the top place runners of other competing clubs and as a result reducing their points score.



Each race brings increased motivation as you set your sights on runners from other clubs who may have finished in a higher position than you previously and this friendly encouragement (or maybe we should say rivalry?!) is what makes you want to return for the next event. After every race we sit in anticipation of the results being released. What position did I finish in? How many points have I scored for the team? What position is the club in overall? There is also the anticipation of the upload of photographs from the race. Am I smiling for the camera? Am I still on my feet? Am I still wearing two shoes?

West Yorkshire Winter League by Adam Gallagher and Tracey Wilman

As a result of participating in the league we now have a greater network of running friends representing clubs across West Yorkshire and we regularly see familiar faces at other races and parkrun events.

We both joined Pudsey Pacers last summer and have always enjoyed cross country running so we jumped at the chance of being involved in the Winter League. We are regular participants at Oakwell Hall parkrun – a course run on a mixture of trail paths and bridleways, and as a result of participating in these off-road events we have seen significant improvements in our running technique and times. Conquering the infamous inclines in race one at Dewsbury has made running the hills in Pudsey a piece of cake!

We are sad to see the end of the 2017/18 season and are looking forward to the challenges that next year's league will bring. So thank you Dewsbury, South Leeds, Northowram, Skipton, Stainland and Queensbury for a fantastic series of events and a huge thank you to all of the marshals who have been there in snow, rain and freezing temperatures to support and encourage participants and to enable the events to take place in the first place.

Final results (out of 14):

Men: 4th place

Vets: 5th place

Pudsey Pacers overall: 4th place

Women: 6th place

Super vets: 1st place

This is not your usual 'around-the-field-eight-times' cross-country racing. Winter League is proper mud, blood, hills, thrills & spills trail running





Queensbury Marshal.

Sir Titus Trot Half Marathon by Beth Light

I've no idea why but for the last few years on the first Sunday after the Christmas/New Year holidays Al, Morv, Andy and myself have had a little Pacer road trip over to do the Central Lancs Half Marathon. So this year when Andy told me it was already full, I wasn't too disappointed thinking I wouldn't have to drag my chocolate and alcohol filled body around 13.1 miles.

However he suggested an alternative, The Sir Titus Trot Half. Organised by a small local upcoming company, Its Grim Up North. It was part of a cluster of races, 5k,10K,1/2 marathon, 20 miles,Full and Ultra. Quite low key races and quite relaxed.

All the races are along the canal just with varying turn round points.

Andy cried off on the day with 'Man Flu' but came along to support. I think it was him getting revenge for me talking him into doing the Liverpool marathon a second time and dropping out. Only other Pacer I knew was Lisa Jamieson, who had a fantastic run claiming an impressive 3rd place in the 10k.

The race start was on the towpath at Saltaire just next to Roberts Park. It was a cold damp Saturday morning. I never like races where you pick your number on the day, for me it just adds another level of anxiety. Anyway number collected down to the towpath I went. Seemed a bit of a muddled start. The 5k runners set off first. Everyone heading towards Bingley. All the other races set off together. Not quite sure who is in the same race as me its difficult to know who to try and reel in. You're not sure if the person you are following is in your race, the 10k or one of the longer distances. After a while we meet the 5k runners who have already met their turn round point heading back. Then the 10k runners around me start reaching there turnaround point. This thins the field out and gives me a better idea where I am placed in the half marathon. We cross over the canal at Dowley Gap and continue on. Its only when I reach the turn point I realise I might be leading the half marathon. All I've got to do is follow the canal back to the finish and I could possibly claim a surprising win. Well unfortunately I must have become the first runner ever to get lost on a canal race. Just where you cross back over the canal at Dowley Gap I missed the turn back to the towpath and if it wasn't for a switched on dog walker I may have ended up on Shipley Glen. I reckon I'd probably gone 3/4 mile out of my way in total. Feeling somewhat frustrated, not sure if more with myself for lack of navigation skills or the organisers for not having a marshall at the only directional change point I got myself back on the correct path.

I continued back to the finish with Lisa and Andy enthusiastically cheering me home for my 3rd place, oblivious to the fact I'd been leading the race. Only being 75 seconds behind the winner is frustrating in those circumstances. Lisa and Andy were disappointed to find out I had lost the chance of a win. Andy says it is a moral victory. It just goes to show its more about than being the faster runner to win a race.

Still I picked up a little trophy and there was a nice selection of cake at the end.

There are a few of these style races along the canal throughout the year. Also the Bramley 10k is organised by the same people. I know a few Pacers are already frequent participants in their events. Next time i'll try not to get lost on the canal and can't get lost in Bramley ! Or can I?



THE SPINE RACE 2018

The official website says *“The Montane Spine Race is widely regarded as one of the world’s toughest endurance races. A truly epic challenge that will test your physical resilience and mental fortitude. Racing non-stop along the most iconic trail in the UK, you will experience the full intensity and ferocity of the British Winter”* and they are right!

You have seven days (168 hours) to complete the 268-mile course which follows the Pennine Way National Trail from Edale in Derbyshire to Kirk Yetholm, Scotland, tracing the backbone of England. It crosses some of the finest upland landscapes in the country, from the Peak District, through the Yorkshire Dales, across the North Pennines and over Hadrian’s Wall, on to the remote Cheviot Hills and, finally, that elusive village of Kirk Yetholm.

There are five main check points along the route: Hebden (47 miles), Hawes (110), Middleton-on-Tees (140), Alston (180) and Bellingham (220) each with departure cut off times. They are at youth hostels/ activity centres and hot meals, showers & beds are provided. You have to carry sufficient kit & food to get yourself safely between these check points. Your drop bag with spare clothes, kit, food etc. will be transported to each check point so that you can restock for the next leg of your journey and you can make use of the pubs, cafes, and shops along the way :). There is an extensive list of mandatory kit that you have to carry with you at all times - our backpacks were over 10kg when fully loaded, and the drop bags had a max weight limit of 20kg.

Preparation

For the 2017 race Sarah & I spent the week volunteering, helping the dwindling numbers of ever more exhausted runners through various check points. We had a fantastic time and met lots of wonderful & inspiring people. At this point I had no intention of ever entering the race but I hadn’t realised that Sarah was busy noting down the best tips & ideas she came across. Unfortunately, because of our volunteering efforts we were both given free entry for the 2018 race (normally £775 each!) and my fate was sealed.

Over the next few months we started planning and did a few route recces in August & Sept. Training properly started in late October and by the end of November we’d nearly completed two recces of the entire route, by breaking it down into small (15 to 35 mile) sections. We had two separate wonderful weeks of back to back days on the trail staying at hostels, pubs or B&Bs each night. Mostly just the two of us but for few days we met up with friends who were also doing the race. We also attended a couple of Spine training weekends which were very helpful. Everything was going nicely to plan when six weeks before the race I severed the tendon in my left thumb when doing some DIY. I had surgery and my thumb was put in a splint, which stayed on until a couple of days after the race. We cancelled a planned second recce of the Cheviots and I had to ease off training a little.

We didn’t have a great deal of suitable winter gear so had a lot of fun researching and buying stuff. It cost quite a bit but we now have some great kit and managed to borrow some of the big ticket items such as handheld GPS units and large kit bags. It was quite a challenge getting the backpacks & kit bags packed but we made use of many of the tips we’d picked up over the year and were very pleased with our preparation.

Bill Overton very kindly drove us down to the Edale on the day before the race and stayed to make sure we passed kit check successfully, and also for a pub lunch. We had booked a room at the YHA for that night but one of the other competitors had double booked rooms at the pub right next to to the race start, so we upgraded and had a very comfortable last night.



THE RACE

The check point distances and the changing weather & terrain meant that we didn't start with a detailed race plan. I estimate that in any 24 hour period we spent about 18 hours moving, 3 hours sleeping and 3 hours eating or faffing with kit. The days were short, 8am-4pm and therefore the nights were long! We grabbed sleep when we could, mainly at the check points which therefore meant at odd times of day or night.

Edale to Hebden Hey (47 miles)

From the 8:00 am Sunday start the weather was ideal for winter trail running, cool & overcast and fairly good underfoot. Although we were mostly marching rather than running we made good progress over Kinder Scout, Bleaklow Head and Laddow Rocks.



For this first day there were Spine support teams at some of the road crossings and it was especially nice to see our friend Harriet at Wassenden Head, dishing out hot chocolate just as it was starting to get dark. It started raining at about 22:00, near Stoodley Pike, and didn't stop for the next 20 hours or so. The Hebden check point is at a scout centre a couple of unwelcome little steep climbs out of town, it is also about a mile off the Pennine Way (PW) and down a steep muddy & rocky path, which you then have to go back up to return to the route. We arrived at the check point shortly before 1:00 am Monday and it was great to see some familiar friendly faces. We went through our check point procedures as efficiently as we could (wash feet, change batteries & food, swap kit, etc.), had a hot meal from the kitchen, and then found some bunk beds and slept for a couple of hours. It was 5:20 am by the time we'd had some breakfast, repacked and were ready to set off in the rain, back up that muddy path (2 hours 40 ahead of the cut off).

Hebden Hey to Hawes (62 miles)

The day started positively, despite the rain, and dawn eventually broke as we made our way passed Walshaw Dean reservoir and up to Top Withins. However, it was a slog over Ickornshaw Moor and from there on it was endless muddy fields or hard tarmac. By the time the sun had set we'd made it to Gargrave and we were feeling very sorry for ourselves. The balls of Sarah's feet were really suffering on the tarmac and I had very little grip in the mud. This was the lowest point of the race for us both, however at least the rain had stopped. We found an alleyway to shelter in, sat on a empty wheelie bin and made up some hot chocolate in one of our flasks (one of our best bits of new kit). This dramatically revived Sarah and just before Malham, a lovely family came out in the dark to cheer us on and offered us bananas, Christmas cake and tea which was wonderful. We had a pit stop in the ladies' loos at Malham Park Centre, rehydrated some food (with more hot water from our flasks) and tried to get a few minutes sleep. It's amazing what a some encouragement, food and a nap can do as from this point on I had my mojo back.

We clambered up and over Malham Cove in no time and were soon at the intermediate check point at Malham Tarn Field Centre. We took advantage of the max 30 minute stop to refill our water and shelter from the hail. The temperature had dropped significantly and we were told that the winds were due to increase. In fact the race organisers had decided that it was too dangerous to send people over the top of Pen-y-ghent and we were to be diverted down to Horton on the lower path.

Many competitors opt to find somewhere to sleep near Malham Tarn but even though it was midnight we decided to push on over Fountain Fell and Pen-y-ghent before the winter weather really closed in. We knew that the fantastic cafe in Horton was open 24 hours during the Spine Race and the idea of reaching somewhere warm serving hot food was great motivation. We had our first sight of snow on Fountain Fell, both on the ground and blowing directly in our faces. We would now be in snow of varying depths until the finish, 180 miles away. The wind was much stronger when we reached the side of Pen-y-ghent, so much so that we struggled to push open the gate to start our descent. This was made even more interesting as Sarah lacked grip on the icy slabs and I had none on the grassy slopes! We reached the haven of the cafe shortly before 05:00 am (Tuesday) and were greeted by Guy the owner who soon supplied us with pint mugs of hot tea. We had some food, unrolled our sleeping bags & mats and were soon asleep on the floor, alongside a few other competitors. More people came in as we slept and we found out later that conditions had become really tough so we were pleased that we'd decided to push on. We'd slept for about 90 mins and after a quick breakfast we were off again shortly after 08:00 am, with the sun already up.

It was only another 14 miles to the main check point at Hawes and we had a nice tail breeze to help us up the Cam High Road. However, shortly after Kidhow Gate this turned into a powerful gusting side wind that threatened to knock us over with every step. Once out of the gale things didn't get much easier as the track turned into a rock strewn obstacle course but we eventually made it to the warm calm safety of the check point at Hawes YHA, shortly after 13:30, so just in time for some lunch. More great support from the marshals, who even found us a two bunk ensuite room, where we settled in for a couple hours sleep.

Hawes to Middleton-on-Tees (34 miles)

Over 'breakfast' a lovely medic sorted out a small blister for Sarah and taped her feet to prevent more forming. My feet were still in good condition and they stayed that way throughout the race (I was wearing Injinji toe socks + warm liner + knee length waterproof socks with trail shoes one size larger than normal). We were packed and ready to set off again at 17:15 (2:45 ahead of cut off). The next challenge was Great Shunner Fell, the third biggest hill on the route, in the dark, with fresh snow covering the tracks and more falling & being blown by the strong winds - we loved it. We were joined by another Spiner, Dima Feinhaus, and I relied on my GPS unit to show us the way and were soon heading down to Thwaite and then on to Keld. The snow was much deeper now and there was no sign of any tracks during the climb over the moors to the Tan Hill Inn, Britain's highest pub, which featured in the Waitrose Christmas advert <https://youtu.be/DJZbo5ohVGs> It was very similar to this when we arrived at about 2:15 am Wednesday. The kitchen was shut and we'd missed last orders but the landlord had given the pub over to the Spine marshals and they gave us some lovely soup to drink by the fire. We hadn't intended to sleep here but we were both tired and had made good progress despite the weather so had a 90 minute snooze.

We set off again at about 5:15 am. The track over Sleightholme Moor is tricky enough to find & follow in the summer and although there were a few tracks made by earlier runners these often went astray so we made our own way across with the help of our new best friend, the GPS. We had a lovely sunrise bringing with it a clear day. It was much easier to find the route once we were on more regular footpaths. Although there was still deep snow and lots of hills we made our way to the Middleton check point without much trouble, arriving shortly before 13:00 Wednesday. We ran through our check point procedure as normal and decided to get some sleep and were ready to leave again at 17:30 (still 2:30 ahead of cut off) and set off with fellow competitor Alan Cormack, little knowing that we'd be back at the check point 3.5 hours later ...

Middleton-on-Tees to Alston attempt one (8 miles)

Alan had previously been running with a friend of ours but she'd been withdrawn by the medics at the Tan Hill Inn due to hypothermia. He was great company and we set a good pace in the dark along the path beside the river Tees. However, after about 3 hours we came to the last road crossing before Dufton Fell where a mountain rescue team were waiting to tell us that the race had been suspended due to incoming blizzard conditions further up the course. Everywhere else competitors were being held at the next check point they reached but 10 of us were driven back to Middleton. We were told to get some sleep and we'd be woken when the the storm had passed and be given time to get ready before the race was restarted. The race had actually been suspended at about 18:00 so if we'd if we'd left a couple of hours earlier we'd have been past the road crossing and would have made it over Dufton Fell before the worst of the weather arrived. If we'd be 30 mins later we'd not have left Middleton and would have had a much longer rest!

Middleton-on-Tees to Alston (41 miles)

We were woken at 4:30 am Thursday and informed that the race would restart at 6:00 am. The check point cut off times had been extended but the final finish time had not. We now had to depart the next check point by 4:00 am Friday, so 22 hours to do 41 miles and allow time for eating & sleeping. The 10 of us were told that we'd have to repeat the 8 miles that we'd done the previous evening! There were another 10 other competitors at the check point and we all left within a few minutes of each other. This was now the back of the field and we soon formed a large group. It had snowed heavily overnight and the nice riverside path was now much more testing. It took almost an hour longer to cover the 8 miles to the road crossing. Initially Sarah & I seemed to be the only ones who knew the route so often found ourselves leading the way and breaking through the fresh snow. However, others took their turn when we reached the open moor. The group started to break apart as we approached High Cup Nick, "the Grand Canyon of the Pennines". Visibility was very poor hence no dramatic photo. From here it was mostly downhill to the small intermediate check point at Dufton and we pushed on to ensure we were the ahead of the pack. We were the first to arrive, at 15:30, and quickly re-hydrated some food which we ate before heading out again at 16:00.



The climb up and over Cross Fell was the toughest and most extreme section of our entire adventure. Looking back it's the part I enjoyed the most. As we were leaving Dufton we were told that more bad weather was coming and we had to stay in groups of at least four until we were over the fell. We teamed up with Sharon (from Cornwall) & Robin (from Holland) neither of whom had reced the route.

The first part of the climb was fairly easy as we still had some daylight and there were some clear tracks to follow but as darkness descended the tracks became obscured by fresh snow and the winds became stronger. There was a full gale blowing by the time we reached the 'Knock Old Man' and we paused there for a few minutes before turning into the wind & snow. Another group joined us but we soon lost sight of them. We worked in a line of four taking turns to break trail through the often thigh deep snow, occasionally stopping for a sip of hot chocolate (I love my flask). We followed the GPS route even though there was no sign of any path. It took us 4.5 hours to do the 5 miles over Great Dun Fell, Little Dun Fell and Cross Fell to the welcome shelter of Greg's Hut.

Greg's Hut is a small two room stone bothy just off the top of Cross Fell. Two hardy marshals were based there and provided us with hot tea & spicy noodles, an amazing reward for the effort it had taken us to get there. We sheltered in the relative warmth for about half an hour then had to make room for the other group. It was now 23:30 so we only had 4.5 hours to do remaining 10 miles to Alston. We'd be following a 4x4 track downhill for 6 miles and then 4 miles of relatively straightforward valley bottom paths, so achievable but we wouldn't be able to spend long in the check point. However, the lovely downhill track was now full of drifted snow and unusable, so it was back to the slow process of breaking trail, now on the uneven verges of the rough track. The other group caught up with us about half way down and took their turn at the front. As the snow thinned and the going got easier the groups broke apart as people raced to beat the cut off. We arrived at 3:57 am Friday, only 3 mins to spare! I must admit that I'd lost track of the cut off times and didn't appreciate how close we were to being timed out. However, there was some good news waiting for us ...

The race directors had extended the cut off times for those of us that had done the extra miles. We now had until 10:00 am to depart this check point, a whole 6 hours to refuel and recover. The others weren't so fortunate as they were still on the 4:00 am cut off. Sharon & Robin had both arrived shortly before us so weren't timed out but were told that there was insufficient time for them to use the check point. They were tired and couldn't accept what they were being told so got quite angry. The marshals did what they could to help but eventually the two of them headed off to find somewhere to shelter in the village, determined to continue but still upset. We went through our checklist and made a plan to a sleep for a couple of hours and leave by 8:00 am, 2 hours ahead of our new cut off.



Alston to Bellingham (39 miles)

This section can be split into three parts; 15 miles of tedious bogs, 10 miles along the amazing Hadrian's Wall and then 14 miles of moors, forestry and farms. We were on our way by 8:10 am Friday and the weather had improved - it wasn't windy, snowing or raining. At the village of Slaggyford a lady came out of her house with cheese toasties & mugs of tea, perfect elevenses. She'd been tracking runners online and greeting them all as they came passed. The bogs were energy sapping but uneventful and we reached the snow covered Hadrian's Wall at about 14:30, and caught up with Sharon and Robin. They'd had a short uncomfortable sleep in some public toilets in Alston and left an hour or so ahead of us. They were tired and hungry so we led them to a shelter at one of the visitor car parks and used my stove to heat some water so they could have some hot food. We realised that they'd probably not make the next check point before the cut off, as there was lots of tricky navigation ahead which they'd be doing exhausted and in the dark. We reformed our team of four and guided them along the Wall as more snow started falling and the sun began to set. After we left the Wall it was often difficult to follow the trail as the fresh snow had filled any tracks but once again our time spent on the recess paid off, with occasional checks on the GPS.

We kept up a good pace and encouraged Sharon & Robin with chatter and hot chocolate (did I mention how good our flasks were?). We had a surprise for them at about 22:15 (mile 33) when we arrived at Honeystead Farm, which has a fantastic walkers refuge in a barn - there are snacks, a fridge & kettle and a couple of comfy old sofas. Helen the farmer was even coming out to greet all the runners and brewed mugs tea for us. As welcoming as the place was I didn't want to lose too much time there so dragged the team out after about 20 minutes for the final push to Bellingham. We arrived at about 1:00 am Saturday, we may have been a bit faster if we'd not teamed up with Sharon & Robin but we enjoyed helping them get there.

The check point was much improved from when we'd marshaled there last year, with more space and even a new kitchen. The marshals were excellent once again and we were supplied with hot food & drinks as we completed our usual routines. We were soon ready for another sleep but there are no beds at Bellingham so it was a short uncomfortable rest on the cold floor.

Bellingham to Kirk Yetholm (44 miles)

We were up again at about 4:30 am Saturday, had some breakfast and the marshals went through a full check of our kit before we headed out at 5:45 am. We had until midday Sunday to complete the remaining 44 miles but I was determined that we'd finish within the original 168 hour limit, i.e. before 8:00 am. This gave us 26 hours but we were told that it had been taking other runners that long due to the heavy snow on the Cheviot Hills. However, the first 17 miles, to the intermediate check point at Brynness, would be on fairly easy trails and forestry tracks. After a couple hours the sun came up it was a wonderful clear day and there was a well trodden track through the snow so we made excellent progress. At one point we were met by a film crew making a documentary about the race and using drone cameras. We featured on that day's highlight video (27 seconds in) <https://www.facebook.com/TheSpineRace/videos/v1.915592268601394/1800060920081595/>

By eleven Sarah was struggling a bit so out came the flask of emergency hot chocolate. We reached Brynness at 12:00, Sarah grabbed a 20 minute snooze on a sofa while I rehydrated some food and chatted with the check point team. We were off again by 12:30 and now had 17.5 hours to do the final 27 hilly miles. There are two wooden refuge huts on the Cheviots (10 miles and 20 miles) and we set ourselves the target of reaching the first one before the sunset at 17:00ish. Although the snow was still deep in places we were able to follow the trail created by the previous runners. We had an occasional glimpse of Sharon & Robin on the trail ahead and caught up with them shortly before the Hut 1, just as the sun was setting. We were surprised to find a couple of the safety team there waiting to greet us, with more noodles and hot drinks. We rested for about 30 mins and then headed out again, aiming for Hut 2 by midnight.

Robin & Sharon had set off shortly before us. The long miles, long days and short sleeps were definitely taking their toll and the next 10 miles were tough, Sarah needed to play all sorts of mental games to stay awake and keep moving. We caught up with Sharon & Robin again at the top of the steep descent to Hut 2. They were in a much worse state than us and Sarah went ahead with Robin as he was keen to get to the hut while I stayed back with Sharon who was going slowly. On a steep section I slipped and landed heavily on my back. Luckily my backpack protected me from the large rock but my stove was rammed into my shoulder blade and even worse I had a big dent in my flask! The fall didn't affect the rest of my race but I was stiff for weeks afterwards. You'll be pleased to hear



that I managed to repair the flask. We arrived at Hut 2 at 23:45 and a couple more of the safety team were there to welcome us in. Sarah wanted 30 mins sleep but as we had 8 hours to do the final 7 miles I let her have an hour. We didn't actually get going again until 1:15 am Sunday but the route was mostly downhill from there and we were soon on the outskirts of Kirk Yetholm

Shivers down the Spine by Andy Norman

We walked hand in hand over the village green and up to the wall of the Border Hotel, we'd finished! It was 3:48 am Sunday 21st January, just over 4 hours ahead of the original official race time limit. It had been 163 hours 48 minutes since we'd set out from Edale and we'd covered 268 miles, plus an extra 8.



118 people started the race, only 53 finished. We were 50th & 51st and the first ever married couple to complete The Spine, Britain's Most Brutal Race.

Thank You

Thanks to everyone who spent time following us via the online tracker website. Some of you seem to have had even less sleep than we did!

By the way

Next years Montane Spine Race is scheduled to take place between Sunday Jan 13th 8:00am to Sunday Jan 19th 8:00am

GLOSSARY OF PUDSEY PACERS TRAINING SESSIONS.

Ability Groups

The club offers coach led sessions for the following ability groups – New Runners, 12minute mile, 11minute mile, 10minute mile, 9minute mile, 8minute mile and 7minute mile. We have structured training sessions on Tuesday evenings which the coaches will advertise in advance on the Pudsey Pacers RC Facebook page. Thursday sessions are **usually** runs for each ability group, of distances ranging from 5 to 8 miles. On the last Thursday of each month the run will be an organised social run.

During the winter months all our advertised runs will be on road with suitable lighting where as during the summer months there will be a variety of off road runs offered as well as those on road.

31/29. (Pace Management)

This session takes place on the first Tuesday of every month. Everyone follows the same route and the idea is to run outwards from the leisure centre for 31 minutes and then return following the same route but this time within 29 minutes. Try not to set off too quickly as the idea is to manage the pace successfully over the hour allowed. The route currently followed is Leisure Centre – Crawshaw Rd – Radcliffe La- Littlemoor Rd – Roker La – Fulneck – Bankhouse La – Greenside -Smalewell Rd – Occupation La – Waterloo Rd – Galloway La – Bradford Rd – Dick La. Everybody runs to their own capabilities and in theory if everybody gets it right then everyone should arrive back at the same time. You can use each month to test your improvement by trying to get further along the route on the outward journey whilst still managing your 31/29 time.

Benefits - Improve your Pace Management and each month acts as a time trial as you can monitor progress over the monthly periods.

Intervals. (Speed and Endurance)

Interval training sessions involve alternating periods of high-intensity effort with periods of low-intensity effort. The low intensity phases are known as recovery. This usually involves interspersing fast running with slower running. Coaches may use specified distances or specified times or possibly landmarks such as 2 lamp posts on 1 lamp post off.

Benefits – Improve aerobic capacity.

Threshold (Speed)

Running at threshold pace means running at a pace that is faster and harder than an easy run but not as fast as 5k or 10k race pace, therefore you should feel challenged but should be able to maintain this comfortably hard pace for at least 20 to 30 minutes.

Tempo (Speed)

Tempo running has similarities to Threshold but is sustained for a longer period, a typical tempo session at the club might involve running 10k at this comfortably hard pace.

Benefits of Tempo and Threshold runs are to help develop anaerobic or lactate threshold. An accumulation of lactic acid in the muscles leads to the fatigue and soreness that runners experience when running hard. If you can increase your LT by doing tempo runs, you can reduce the accumulation of lactic acid and run faster without suffering muscle fatigue.

Tempo runs are also helpful for developing the mental toughness and stamina needed for racing, since you'll practice running at a pace that's a little outside of your comfort zone.

Fartlec (Speed)

The actual definition of "Fartlek" is "speed play" originating from Sweden. This training method mixes continuous training with interval training. Fartlek runs are a run which include random periods of fast running intermixed with periods of slower running.

Benefits, offers effective change of pace and intervals are varied therefore less rigid, helping to maintain interest levels.

Chinese Relays (Speed and Endurance)

These sessions involve the group working in pairs. Over a designated route 1 runner goes in one direction whilst his/her partner run in the opposite direction. When the pair meet in the middle each runner runs in the reverse direction to the start point. Each runner then crosses over and does the other half of the circuit. This can be repeated over a session and can be used for flat/hilly routes.

Benefits. Can be used across mixed abilities, each runner measures own improvement by trying to get further each time.

Progression Runs (Speed/Pace Management)

These are also known as Fast Finish run. A fast-finish progression run is a run in which the faster second part of the run is relatively short—usually between one and three miles. Fast-finish runs may be either moderately challenging or very challenging.

Benefits. Enables proper warm up, Pace Management, Improve stamina.

Hills (Strength and Endurance)

Hill training could be in the form of a run route involving several hills varying in distance and steepness or could be the use of 1 or more hills used for repeat efforts.

Hill training focusses on the technique of running up or down hill and provides the following benefits.

- helps develop power and muscle elasticity
- improves stride frequency and length
- develops co-ordination, encouraging the proper use of arm action during the driving phase and feet in the support phase
- develops control and stabilisation as well as improved speed (downhill running)
- promotes strength endurance
- develops maximum speed and strength (short hills)

improves lactate tolerance (mixed hills)

The benefits of short, medium and long hills are quite different, and can be used at different times of the year.

Track (Speed/Technique/Co -ordination)

Our track sessions currently take place on 1 of the Wednesday evening's each month at John Charles Stadium Middleton Grove in South Leeds. These Coach led sessions last an hour and involve warm up's, drills, followed by short high intensity efforts with recovery using the floodlight track facilities, Typical training sessions might involve

A pyramid of 400/800/1200/1600/1200/800/400m run at 5k pace with short recovery.

Fast miles interspersed with recovery.

Mix of 400/800,

Fartlek,

Relays.

Techniques using cones and small hurdles

These sessions are split into ability groups with all capabilities catered for.

Sessions then conclude with cool down and stretching session.

Benefits – Safe and well illuminated environment to run, enabling focus on technique, co-ordination, preparation for running, speed and pace management.

Pudsey Carnival 2018

2018 marks thirty consecutive years of Pudsey Carnival, but few people know that the Pudsey Carnival actually began in 1898. It started initially to showcase the town and secure it a Charter Status - Which was awarded in 1889 by Queen Victoria -the Carnival stopped shortly after in 1890. In 1923 The Mayor - Councillor Richard Ingham inspired by his attendance at Blackpool Carnival decided that Pudsey can do better and the Carnival was resurrected that year with just a months notice. - Funds raised from the Carnival were donated to Pudsey Medical Charities. Following the end of the war in 1945 and the subsequent start of the NHS, the carnival once again serving it's purpose stopped. It was resurrected again in 1988 and funds raised over the years have been donated to local groups. In 2016 our Chairman Simon Seary inspired by the Royal Hotels siting of the first defibrillator and his neighbour being saved by a mobile machine at Bramley Park run, suggested the funds be raised towards defibrillators for Pudsey -which has brought us full circle with a nod to the past by funding medical equipment.

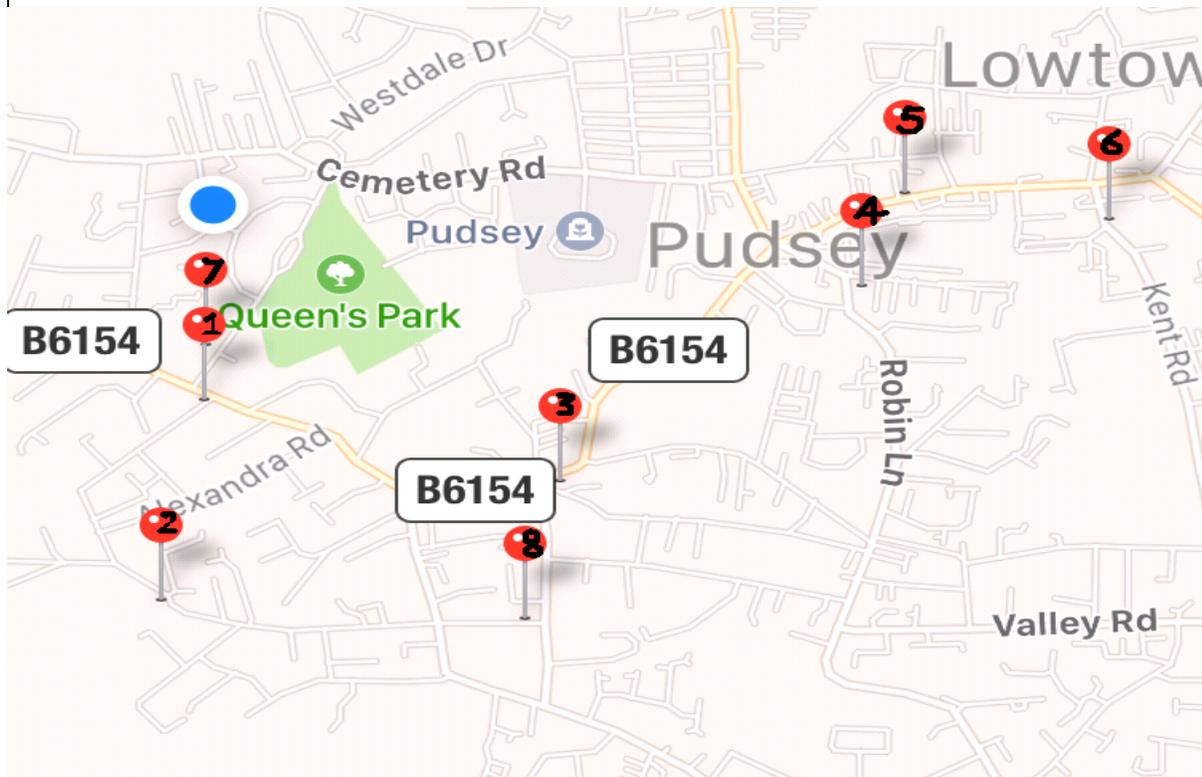
Needless to say, fund raising in 2016 far exceeded the Carnival Committee's highest expectations and we were able to fund and site four 24hour access defibrillators in Pudsey. Further funding from local groups and individuals, Waterloo School, Crawshaw and Grangefield Schools donation from their non uniform day, The Fox and Grapes music festival and our own 2017 carnival Queen's family fund raising efforts - The Kite Family -all inspired by the Carnival have meant that we have added four more in 2017 -and we hope to fund two more before the Carnival on 19th May 2018.

Below is a map with the nine defibrillators marked on it. - you may wish to download an app that will show this on your 'phone as well: **AED save a life** <https://www.scas.nhs.uk/news/campaigns/savealife/>

However, if you are unfortunate enough to have to dial 999, the dispatcher will direct you to the nearest defibrillator anyway - if it is safe (and close enough) to do so.

Thank you to the people of Pudsey who have given so generously - hopefully in 2018 we can DOUBLE it!

Dawn Seary- Pudsey Carnival Committee



The Carnival defibrillators are located as follows:

1. First 4 Cars –Junction of Uppermoor & Occupation Lane
2. Fox and Grapes – Smalewell Road
3. The Cenotaph – Junction at Chapeltown & South Parade
4. St Andrews Methodist Church – Robin Lane
5. The Masons Arms – Lowtown
6. Lowtown School (Caretakers house) – Kent Rd
7. Waterloo School – Victoria Road.
8. The Royal Hotel – Station Street.

Fixtures & Websites

NATIONAL

www.ukresults.net

Commonly referred to it's owner/ provider as John Schofield

www.northeastraces.com

Also contains races just into North and East Yorkshire

www.runbritain.com/races

Broad platform for searching and entering races in the UK

www.fellrunner.org.uk/races

Usually named FRA (fell running association) and provides basic entry requirements and usually link to host club (most are entry on day)

www.racebest.com

Excellent local race provider with growing reputation for new events and quick results

www.countrytrailraces.co.uk

Summer trail series around Leeds – navigation required, but easy and very informal

www.urbantrailrunner.co.uk

Similar to above

www.leedsathletics.net/Leeds_Race_Series.htm

Annual race series with good links to many local and popular races

www.yvaa.org

Both plus 35s (Grand Prix) and Open races across Yorkshire

DATES FOR THE DIARY.

AGM—Thursday 22nd March Pudsey Leisure Centre.

Presentation Evening—Friday 11th May Farsley Liberal Club.

Races are still being updated and the training schedule shows when you can get on track.

Let us know if any entries are about to open...

www.pudseypacers.com

See icon top-right on homepage. All suggestions and comments, please email:

calendar.pudseypacersrc@gmail.com

News reports *If you would like to edit the next newsletter please let Sarah Norman or a member of the committee know . If you have any race results please e mail Sarah Turner or Dave Burdon at pacersnews@hotmail.co.uk*