

Nick's News

A series of occasional reports from Nick Anderson, a Strathearn Harriers representative down South. Nick can be contacted at anderson@globalnet.co.uk

May 13 2005

Hi there

Now that I'm back on my feet as it were and getting into shape for the summer I thought it was time to bring you up to date with how this old guy was doing.

I've been running with my local club, Biggleswade AC, on Tuesdays and Thursdays. I can nearly keep up with the faster guys!

I did my first adventure race in Brecon last month, we came in first in our class Mixed Masters which was a big surprise to all of us especially Suzanne and myself. We now need to return to defend it unfortunately but there you go so up to Sherwood Forest in July.

We ran for 2.5 hours in the wind and rain then came into transition and swapped wet running shoes for bike shoes and helmet then cycled for 2 hours in the wind and rain, we then returned and put on a pair of canoe shoes and life jacket, jumped into a canoe and paddled for an hour in the wind and rain. I say paddled but I was more concerned about the freezing cold water lashing into the canoe from the wind which ran between my legs and lapped around my gonads. Suzanne in the meantime paddled us round the course!! As we came off the water I was told we had 5 mins to finish before we incurred penalties so we ran the last mile up to the finish.

I think it was fun?

The next week we entered the Neolithic Half Marathon, which runs from Avebury to Stonehenge. Either a marathon or half the choice is yours, it's all off road over Salisbury Plain, up and down over Salisbury Plain. I came in in just under 2 hours at 1.57 which is not too bad considering the course and it was my first race since I left Crieff 2 years ago.

Next up is the Marlborough Way (?) which is either 33 miles or 20 miles round Marlborough which is again very, very up and down off road. That's next week end and I'll let you know how I get on. I'm sure it will be fun. Then after that the next race pencilled in is my first Marathon which is to be the Clevedon Way or something like that, it runs from Winchester to Salisbury, all off road.

I keep an eye on the website every so often and watch what you are all getting up to. One day I'll be turning up for a run to go over some of my favourite runs with you, perhaps this winter.

Nick

May 25 2005

I ran the Marlborough Downs Challenge at the weekend. 20 Miles, off road which is my biggest distance to date.

It was lashing rain, first 5 miles in glutinous mud then 15 miles in the wind and rain on the downs. I don't why they call them the Downs; they seem to go up a lot! The only thing we could say about the weather was that it did not snow, we had everything else. Rain, wind, hailstones, just like being at home! We did get a nice coffee mug at the end which is a bit more useful than another t-shirt. Next up another adventure race in Sherwood Forest

Nick

58	ANDERSON, Nick	03:16:27	Strathearn Harriers	245
----	----------------	----------	---------------------	-----