

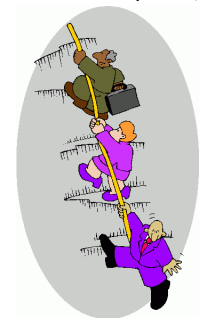
Race report Grindleford Gallop 14.3.09



After getting out of bed at 'stupid o'clock' so I could travel on the mini bus (I seriously considered getting on the mini bus in my pyjamas!) with the stalwarts of Sutton Harriers mile monsters, I can honestly say this race (or endurance test) was one of the hardest physical things I have ever done. However it was all worth it once we began the race because the camaraderie throughout the whole day was something special and had to be experienced.



The runners/walkers - Phil Bird, Steve Williams, Mick Shaw, Tracey Holmes, Linda Elliot, Jean Drury and me (Tina Brown) set off just before 8.00am in good spirits. Mick Moakes and Sally Paylor wasted no time in setting off as soon as they got off the mini bus so they could make good time and be in back in time for the jaunt to the pub. The terrain was hard going in parts as someone had put these hills in the way which had to be walked up, however, we were able to make up time on the down-hills and flats.



There seemed to be quite a lot of fields to run through that were just full of mud! And even though someone was wearing brand new white shoes, try as she might, she could not avoid getting them dirty.



Just when you thought it was never ending, a drinks and food stop appeared offering tea and cake. Well you just have to try the flapjacks or chocolate cake as someone had gone to all that trouble to make them!

The bigger, faster boys - Keith Brown, Nigel Paylor, Russ Martin, Paul Beasley, Eric Round and Rob Elson set off later and it took them 16 miles or so to catch us up at the last cake stop. What were they playing at, we very nearly beat them!!!!!!!!!! It was so nice to see them for a quick catch up before we all set off for the final tortuous climb up to Froggatts edge. Steve Williams who had been nursing a knee injury and had been chomping at the bit whilst running with us decided to join his very bestest running mate and set off at pace with Keith Brown. They and all the other big boys soon passed us on Froggatts edge for the final 3 miles or so.



We endured gale force winds that were against us for quite a long time, hills that were 1 in 10 (uphill that is), boulders to run across for miles and legs like lead! But we did have sunshine at the end and most of all GREAT team spirit.



The end was a welcome sight as hot soup and bread were waiting for us and if that wasn't reward enough, everyone headed off to the local hostelry for beer, wine and more food where we were joined by Nick Luke who achieved a good time and Paul Wilbraham who had competed as a walker with his partner Janet.



Report completed by Tina Brown and Jean Drury.