

WOLDS VET'S NEWS

MUD SWEAT AND TEARS

11 WOLD VETS MEN AND 2 LADIES, BRAVED THE MUD AND HILLS, TO TAKE PART IN THE ENGLISH NATIONAL X/C CHAMPIONSHIPS AT ROUNDHAY PARK LEEDS

Well they don't come much bigger or harder than this, it was my first time at the Nationals, 1500 runners in the men's race, and all club runners, with no joggers in silly costumes. You hear people say you have to go to the big ponds to improve. Well I was feeling pretty small stood in pen 96 with ten other black and gold clad vet's John Hudson 8760 Dave Edwards 8756 Bill Ward 8765 Ian Martinson 8763 Kenny Mc 8755 Jon Hammond 8759 Dave Wilson 8766 Dave Jackson 8762 John Green 8758 Paul Freeman 8757. we got there early to soak up a little of the atmosphere. And watch the senior ladies race, I was amazed there where not to many other of our local clubs with a full teams entered in the men's or ladies races. We bumped into Phil Jonson from Cleethorpes, and he told us about Sam Atkins fantastic 7th place in the under 17 men's race, that we had just missed. The ladies race was underway and it was a 500 + field watching Stephanie Twell effortlessly glide by, was inspiring. the first of the wold vet's girls past was Jane Morley, in 347th place. close on her heels was Tracy Gibson in 360th place. this was the Nationals with the best in the country and our "vet ladies where doing us proud. Then it was the men's turn, the race got underway it sounded like a heard of buffaloes as the ground shock. And the race to the top of the field was on, the ground was soft with a steady incline to the first left hand turn. I thought I had gone up that hill pretty well until I glanced to my left, as I took the turn. only to see 700 plus runners charging back down the hill in front of me. Welcome to the Nationals. We had all been talking about hill 19 but not had time to check it out. As the race snaked across the common, and we where met by three tough looking hills all on bends. I was thinking this hill 19 can't be that bad, then I saw it about 2 miles in to the race, it was like heart brake hill only in slippery mud. I dug in, head down and counted my way up, I got to 60 looked up and was only just over half way, legs burning and lungs screaming I pushed on over the top, and started blowing like a steam train down to start the second lap. The team where all in between 50 and 68 minutes giving us 97th six man team place, and 45th nine man team place, out of a total of 306 teams, for a vets team with the average age of 54, I think we were all winners on the day. And we may end up with even higher team places as our 3rd counter Ian Martinson's time was not recorded by his chip. And we have appealed to have his time entered. And could give us 87th and 44th place's. ill always remember Dave Jacksons words just after he crossed the finish line

" that was the hardest thing I have ever done"

But I bet he will be back next year



Hill 19



**ENTRY FORM
NATIONAL OPEN MASTERS
ROAD RELAY
CHAMPIONSHIPS
SUTTON PARK, SUTTON COLDFIELD,
BIRMINGHAM
UNDER UKA RULES
SATURDAY, 15 MAY 2010**

Full Name

Age on 15th may

D/O/B / / /

England Athletics registration number

Fee of £5 refundable on the day

Contact information

tel mobile

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If you have missed out on these races, and wish to join in the fun of cross country.

**Come along next year. Or if road racing is what floats your boat,
The 23RD National open Masters Road Relay Championships, at Sutton Park
Birmingham**

County Champs

Well done to Jane Morley and John Green for there runs in the County champs

Snake Lane 10 mile Pocklington

Another good strong 10 mile race from Steve Green 66.45 to take 2nd m55
Mary Craig with another PB 68.07 2nd F40. looking good for the marathon Mary
Barbara Brown continues to lead the ladies by example 78.18 for 2nd f55
Paul Rice 80.19 Kathryn Pinchbeck 87.13 Lizzie Sparks 94.57

