

Kirkstall Harriers Newsletter

April 2012 Extra



Diane's 10 in 10 training update



Firstly a big **Thank You** for allowing me to receive the Sports Woman of the Year, I couldn't believe it, it is something that means a lot to me and I will treasure it. Thank you so much.

The Enigma Quadzilla 9th to 12th February

The Quadzilla as its name suggests is a 4 day event and it is 4 marathons in 4 days around a lake in Milton Keynes, Caldicotte Lake, each day the participant runs around the lake 7.5 times, so over the 4 days this is 30 times around the lake, interesting.

I could only make the Thursday and Saturday, so lots of sitting on trains and going between MK and Leeds. The weather was freezing, - 4 I believe, and I don't think the temperature went much above that, so it was quite cold running. It also snowed on the Thursday night, to add to the wintry feel. The lake is surprisingly different all the way round and it's funny how you start to split it up into different sections and just focus on the bit you are doing, good practice for the 10 in 10.

There are only 60 people allowed to participate in this event due to health and safety etc. and all the funds go towards the Brathay Trust. The guy that organises the event is called Foxy and he has completed the Brathay 10 in 10, 3 times. You may be sat there reading this and thinking you would like to do it next year, but unfortunately you can't as it has already sold out, so maybe 2014 get your name down early. Foxy runs other 'reasonably priced' events throughout the year, have a look at his website 'enigma running'.

The London Ultra Sunday 19th February & the Grantham Ultra 10th/11th March

The London & Grantham Ultra is run by a guy called Rory Coleman, this man is a legend, Google him. Rory has run the Marathon De Sables 9 times and he is going back again this year. Rory has also completed many other challenges, one that is quite well known amongst the ultra-scene is the Grand Union Canal, 145 miles in something like 39 hours. He also organises about 10 ultras a year of varying distance between 29.3 miles to 100 miles as well as Lands' End to John O' Groats and M to M which is 320 miles across Ireland (which I really fancy).

Anyway my first Ultra ever was the London Ultra where you are given a map and told to run 31 miles around London. The weather was superb the first really warm sunny day of the year, I partnered with Jim who is also doing the 10 in 10. The route was lovely, we went through (not in the correct order), Streatham Common, Wimbledon Common, Crystal Palace, Richmond Park and lots of other lovely green places as well as gunnels, roads, tracks and backstreets. There were 4 checkpoints along the way laden with full fat coke, marathons (*we're not sure if Diane means 'snickers'?! - Ed*), flapjacks, cakes, jelly beans and jelly babies, the fuel of ultra-runners, so I have learned. Unfortunately in Richmond Park, we made the mistake of following 2 other runners who were lost and therefore we got lost. This was around mile 20, I thought I was fed up at this point but the runners in front were suicidal, which left me feeling only mildly fed up. The last part of the run was along the picturesque part of the Thames and finally along the not so picturesque canal and we played the game of we can't stop running until we get to 28.5 miles, right now 29.2 miles and so on. We did finally make it back before dark, we took over 7 hours and we did 33 miles due to getting lost. The reward was a Mars Bar, some chocolate milk and a big mug saying 'I completed the London Ultra' and a feeling of satisfaction.

The Grantham Ultra was slightly different in that we ran 2 days of 29.3 miles, day 1 was from Nottingham to Grantham along a canal that did not have water in for 10 miles, we overnighed in Grantham and the very next day we ran back. Again the weather was superb, the running was flat, which I find hurts a lot more than undulating, the check points were in abundance and fully laden and at mile 21 on the second day I drank coke for the first time and found that it worked, it's the quick hit of caffeine and sugar apparently. In the hotel on the first night we all got together and Rory answered questions about Ultra-running, endurance, clothing, nutrition etc., it was really interesting. What was even more interesting is on the second day at around mile 26 I got lost on the canal and I had to phone for help, it maybe says something about what is happening to your brain after lots of mileage. I was glad to see the finish line.

Kev did the first day, he was quite apprehensive as he had never run over 26.2 miles and his love is road, not trail. He did really well and finished 11th, just behind the first women.

The Jurassic Coast Challenge 23/24/25th March

The JCC as it is lovingly known is run by a company called VOTWO (ex Royal Marines as it turns out). The challenge is the hardest, hardest, hardest thing I have ever done; it was 3 marathons in 3 days over Dorset's hilly, cliffy, cliff bits. But boy was it fantastic! Base Camp was a massive tent based at Chesil Holiday Village, myself and Kev stayed up the road in Portland. The tent was used for breakfast and evening meals, daily registration, daily briefings on the route, daily kit check (all very serious) and daily free ale, yes I know but I'm never one to look a gift horse in the mouth. About 200 people took part in the three day challenge, whilst some people only did the individual days (lightweights). We were split into 3 groups, walkers, joggers and runners and runners. Myself and Kev fell into the middle group, although for me it was a struggle as there were cut off times at the check points.

The days went like this:

Day 1 - Charnmouth to Chesil Beach. First half very hilly, second half undulating, last six miles flat. Lovely weather, scenery beautiful but fell flat on my face over a tree root into the dust, which was amusing for the person I was running with. 28 miles as got lost.

Day 2 – Chesil Beach to Lulworth Cove. Steep ascent to Portland Head and Steep descent to Chesil Beach then a nice flat run through Weymouth, followed by 10K of steep ascents and steep descents until reaching Lulworth Cove, beautiful. Scenery gorgeous, witnessed a fellow runner falling backwards off a stile into nettles, seriously amusing. 28 Miles, didn't get lost.

Day 3 – Lulworth Cove to Studland Point. The start of today was 12K of the most serious ascents and descents I have ever undertaken, at this point I really started to have a mental meltdown, my quads were screaming, my right knee hurt and I had got tendonitis in my right ankle. Weather too b****y hot, scenery who cares. But on the plus side I managed to overtake 3 very disgruntled Para's on the last decent, before finishing off with a 3 mile run along Studland Beach to the finishing point.

What a fantastic do. VOTWO do 3 other 3 day challenges, Pembrokeshire, Anglesey and the Atlantic, and I seriously hope I get the chance to do them all. Kev came 37th overall and I didn't, I did win my age group though, even though there were only 2 of us, but you've got to be in it to win it.

Brathay 10 in 10 Training

Well as I write this I cannot believe there is less than 6 weeks before I will be pulling on my running shoes and setting off on day one, it makes me quite nervous to think about it. I started training last July and the more miles that I have completed, the more I realise what a mammoth task this is going to be. I don't really think any amount of training would make the challenge easy. I do think there is a fine line in getting it right and getting injured. In the last 3 weeks I have had a mild injury to my knee and quite horrible tendonitis in my right ankle; therefore I have had nearly a week's rest this week and some quite painful sports massage. The three marathons in three days on the Jurassic Coast Line as proved to me that mentally I have toughened up, which is 50% of the challenge.

My plan for April is to run 3 weeks of between 40 and 50 miles, with swimming, Pilates and some gym work for my core thrown in. Week 3 is the London marathon; I then have 2 weeks 4 days of tapering. Week -2, I will probably do 30 miles, week -1, 20/25 miles and the 4 days before, just a couple of days of 3 miles.

As hard as the training as been, the fund raising has been just as challenging. It's difficult because Brathay is not a big, known charity and it's also difficult because of the challenging economic times we are in. I am currently standing at £3,600 which is fantastic but a long way from £10,000. I am holding a bingo night at my local pub at the Owl on Wednesday the 4th of April, and so I am hoping that will boost the funds to the £4,000 mark. The Spring Ball is the biggy and I hope to raise £3000+ through that event. So I will let you know. Thank you once again to all of you who have sponsored me, your support has been overwhelming. If you would like to sponsor me please go onto my site which is www.justgiving.com/Diane-Shaw0 and if you would like to know any more about the charity or the marathon please go to www.brathaywindermeremarathon.org.

Diane Shaw

Thank you so much to Diane for this fantastic training update. It's incredible to think how far she has come in her training in physical and mental terms and also actual miles covered! We know she has been keeping a log of all her training miles and it will be great to hear what this final total is after the event. As well as the main Brathay website, if you go to www.brathaywindermeremarathon.org.uk/team.aspx, click on '10 in 10 runners 2012' and scroll down to Diane's name, she says something very lovely about Kirkstall Harriers! Thanks Diane!

The May newsletter will have a final training update from Diane and then of course we can't wait to hear how it all went in the June newsletter. Good luck with the final few weeks of preparations Diane. The 10 in 10 starts on Friday 11th May.