

Panther Takes The Hindmost 07/10/2022 - Lena Conlin



I entered this race in 2020 but it was cancelled and last year I needed to work and was not fit enough, so 2 years later and a different location, (Was Swinsty and Fewsty when I entered) I turned up to Hirst Wood Carpark near Bingley I registered to receive my number, number 1 clearly because I was entered the longest time.

The format is complicated:

Everyone runs a marathon, 4 out and backs from the Carpark to Crossflats along the Leeds-Liverpool canal and back. You can start when you want after 08:30 as long as you have completed by 14:55.

At 15:00 everyone starts a slightly shorter out and back with 1 hour 30 to complete. Last person back is out. Even if others before them have dropped out.

*New rule, the day before the race, 5 minutes after the last person returns everyone left in will start again, until only 3 remain.

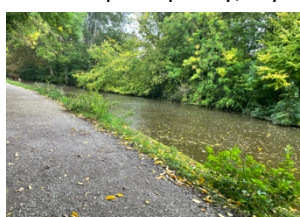
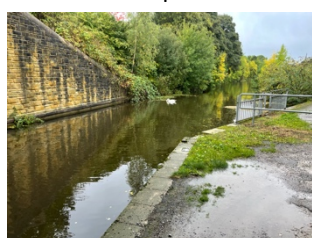
When only 3 remain there are no more eliminations and they get 2 hours to complete a lap until one remains or the first to 18 laps.

The route along the towpath was pretty and quite a good surface, it crossed one bridge and passed 3 locks including the 3 and 5 rise locks.



I started my marathon at 08:30 as being a steady runner I didn't want to be under any pressure. It measured long at 26.92 and I completed it in 5 hours 24 giving me a break of just over an hour to eat drink and rest before the elimination lap. On lap 3 it started to rain it was like a monsoon, we were all drenched, on the way out on lap 4 I put my waterproof coat on over my soaking clothes. The sun came out just before 3 pm. I wondered should I change my shoes and socks but decided against it as the towpath was very puddly and my feet would just get wet again. As someone who can rarely complete 6.2 miles under an hour, I expected to be eliminated on the first lap. These laps were 6.46 miles long.

I started the lap still wet through but the sun dried my clothes out quite quickly, my feet were still wet. I had to



work hard to make sure I wasn't last, Ryk the organiser made sure he was last first lap so that was a reprieve. I was running with Eleanor for the first 2 laps and she said she was going to drop on this lap as she needed to get home. Another reprieve.

Lap 3 was going to get dark, this time I really had to push hard not to be last and to have the chance of making 52 miles. I made it but not by much and was soon back out.

Lap 4 was in the dark, I caught up with James, I couldn't overtake him and ultimately he then, the stronger runner, stayed with me. With 1 km to go I told him to leave me and I would slow right down to give him extra recovery time before his next lap.

17 started, I finished 7th, 2 before me dropped at the end of lap 4 too and that left 4. They all completed another 2 laps. As I was getting ready to drive home the rain started again. It must have been quite unpleasant in the dark with monsoon type rain.

Would I do it again? I am not sure. I think I would need to pick my speed up to being comfortably able to complete 10km in an hour or under before I do.

Panther Takes The Hindmost		
2022 (2021 - 2022 - 2023)		
Elimination Results		
17 James	Drishabh	M
2 Eleanor	Madhux	F
3 Eleanor	James	M
4 James	Jardine	M
5 Ryk	James	M
6 Eleanor	Drishabh	M
7 Eleanor	James	F
8 Eleanor	Drishabh	M
9 Eleanor	James	F
10 Eleanor	Drishabh	M
11 Eleanor	James	F
12 Eleanor	Drishabh	M
13 Eleanor	James	F
14 Eleanor	Drishabh	M
15 Eleanor	James	F
16 Eleanor	Drishabh	M
17 Eleanor	James	F
18 Eleanor	Drishabh	M
19 Eleanor	James	F
20 Eleanor	Drishabh	M
21 Eleanor	James	F
22 Eleanor	Drishabh	M
23 Eleanor	James	F
24 Eleanor	Drishabh	M
25 Eleanor	James	F
26 Eleanor	Drishabh	M
27 Eleanor	James	F
28 Eleanor	Drishabh	M
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93 Eleanor	James	F
94 Eleanor	Drishabh	M
95 Eleanor	James	F
96 Eleanor	Drishabh	M
97 Eleanor	James	F
98 Eleanor	Drishabh	M
99 Eleanor	James	F
100 Eleanor	Drishabh	M

