

The Yorkshire Marathon, York. Sunday 16 October 2022 by Lena Conlin

Race start 09:30

Marathon/ultra 119 (if I was counting towards 200 for the 100 Marathon Club)

I have completed all of these since the first one in 2013 except 2017 where I was too slow to enter and it sold out. Times have ranged from 4 hours 7 in 2018, to 4 hours 40 last year. Today I thought sub 4 hours 30 would be nice.

Logistics are good, drive to Ellington airfield and get the event bus to the university campus. I went for the 7 am bus. Weather was fine, cool but a little windy.



I like the course at York, even the out and back sections. Marathon was my favourite distance until today. I have not invested enough road miles lately and that soon was apparent. At 2 miles I thought "What am I doing? this is not enjoyable". I had passed the Minster and was heading out of town. I focused on the usual high points, high-fiving the vicar and the bagpipers. As I approached the church I could not see the vicar and felt superstitious that my run would not go well without my annual high five. A few yards further and I could see him, we high fived and I felt happier. Soon I could hear a solo bagpiper and as I passed the whole pipe band started. I was happier now.



I had gone off too quickly, no surprise there, I steadied my pace and was soon caught by the 4:15 pacer group, I kept with them for a few miles but at 15 miles heading uphill into a headwind they pulled away, I fought to keep with the group but the pace was just too much, by 16 miles I let them go and settled in to the last 10 miles. My legs ached, my feet burned and I thought there was a blister forming on one toe, there was. I missed the usual Ripon Runner spotting on the out and backs sections, York marathon, being local has previously had quite a few Ripon Runner entries. The miles



were ticking down now, the wind was determined to make the run tougher but I was getting closer to the finish.

At 40km the clock showed 4 hours 16 and I decided that if I could push through the discomfort of this last 2 km, I might just make it in under 4 hours 30. I dug deep, the final hill was mountainous and felt like it went on forever, soon I was passed 26 miles going downhill, but no sprint finish, I had nothing left. The clock said 4 hours 32. I almost instantly got a text message, however, with my chip time of 4:25:18. I'll take that. Photos from the official website.



Lesson learned, I need to balance my training better between road and trail if I want to enjoy my marathons again.

Will I do York again, probably, it is the 10 year anniversary in 2023.