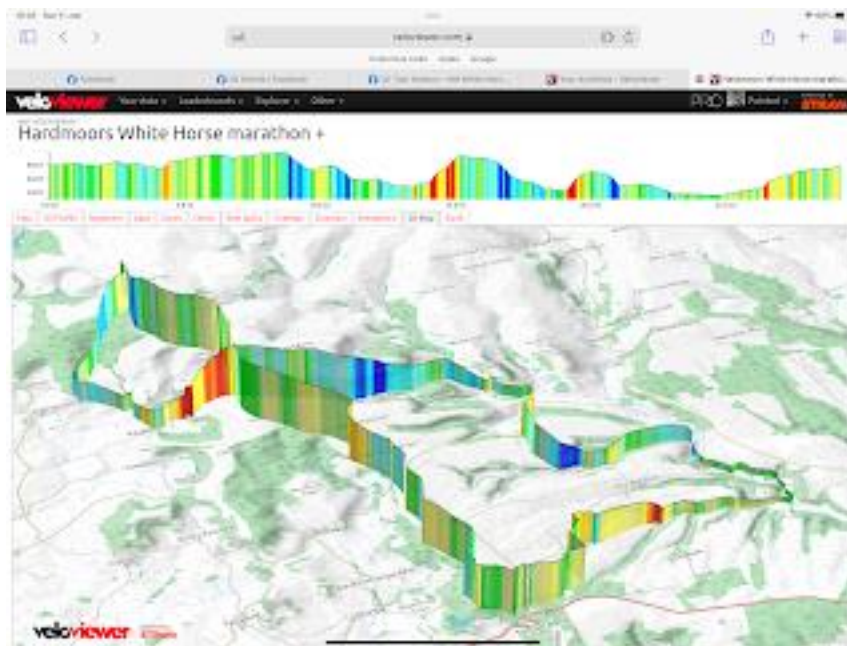


Hardmoors White Horse Marathon 11/06/2023



- The Hardmoors White Horse has plenty of bonus miles and is mainly on hard track and road, very little is grass. Probably not the best idea when my feet are still healing from the Hardmoors 160 just 2 weeks ago, but my blisters are healed with fresh new skin and I have run ok this week, so it was worth a go. The forecast was hot. I tried to be pre hydrated and made sure I had sun cream and electrolytes with me. I chose to wear road shoes for the cushioning and wore the ones with 12 mm drop to keep as much weight off my heels as possible.





The race started at 9 am from Sutton Bank and followed The Cleveland Way to Osmotherley Square Corner, where I refilled my bottles before turning back, heading back towards Black Hamilton before descending on a track towards Nether Siltan and then turning towards Kepwick on the road, and as what goes down must go up. The never-ending Kepwick Bank. We ascended on road past Rhododendrons brightening the route with their purple blooms. I have been told that there used to be more, but they have been cut down.





Finally, I reached CP2/4 and refilled my bottles again, it was getting warm now as I headed along an unshaded track towards Hawnby, starting with a slight rise, this track soon descended for miles, turning onto a road and still descending, into the village and again it was time to climb to cp 5, up, up up in the rising heat with little shade. I was glad to arrive at cp 5 and again refill my bottles. I have never drunk so much. I had High five 2 in 1 electrolyte and energy in one bottle and water in the other. I was supplementing this with High five slow release gels and Jaffa cakes (from the checkpoints). I was clearly tiring as I struggled to get my bottles back in my vest and had to remove it to sort it. Then back onwards, less than 10 miles to go. I know the route from last year so knew it was over 29 miles.

Another long descent before climbing again, the route was now more rolling and more grass/dirt trail. Through fields and woods, feet burning but manageable, watching the trail carefully for trip

hazards. Rolling along before finally reaching Reveiux Abbey, little over 10 km to go. More road to the final checkpoint. I had cola here and refilled my water, not far left.





The next section past the ponds was as rocky as I remembered from a fortnight ago, No Stuart to pick the smoothest route, I had to do it myself. At the stepping stones, I took time to rinse my sticky swollen hands in the cooling water, soaking my arms and putting some on my neck. It was very refreshing. 5km to go, there is no parkrun like this. I enjoyed the shade up the rocky hill, I slowed to enjoy it and avoid the beating sun on the next section. The whole of this 4 mile section from the checkpoint is working its way back up to Sutton Bank. I had had enough of the relentless heat and

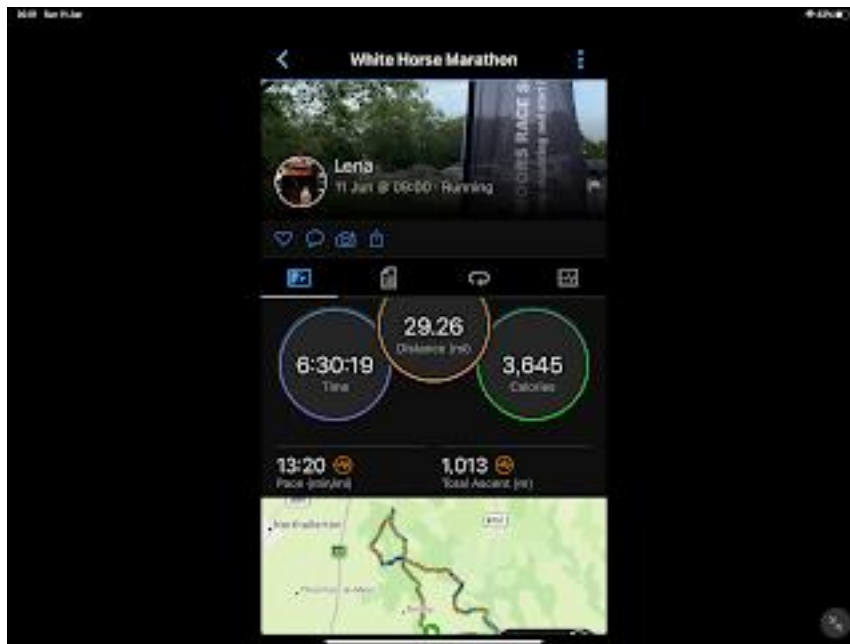
longed to be back under the shade of the trees. Fortunately the last mile and a half is mainly in woods. I had had enough, my feet had more than had enough, I was so glad to reach the finish line. Just over 6 and a half hours, 45 min longer than last year, but last year I had done the HM 110, this year the HM 160 had taken its toll.

I feel fit again, for me, being fit is recovering quickly from long efforts. Today I worked hard but felt reasonably strong. Just my feet are still healing.





Anyway, no new blisters, just the soles of my feet are mega sensitive and feel like they are on fire currently.



59/117 overall

16/46 female

3/13 FV50

Other RRs running the marathon were Tom Hudson 5:44:46, Lee-Ann Swires 5:46:50
and Colm O'Cofaigh 7:24:20

<https://www.hardmoors110.org.uk/wp-content/uploads/White-Horse-Full-Marathon-2023-results.pdf>