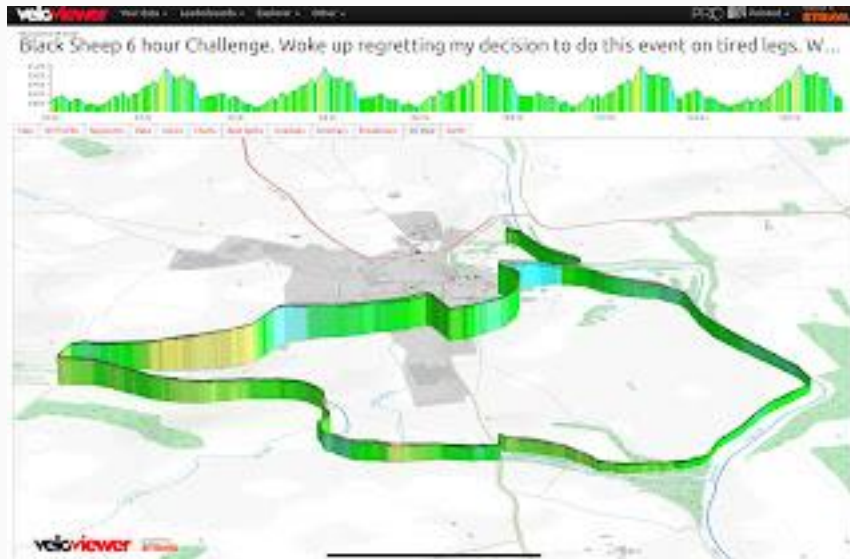


It's Grim up North Black Sheep Challenge, Masham – Lena Conlin – 25 June 2023

JUN

25



I woke up regretting entering this, it is a 6 or 3 hour challenge and I had entered the 6 hour. It is a lap race, how many 3.5-mile laps can you complete in 3 or 6 hours. The route is not too undulating, but it has steps, stiles, road crossings, a beck crossing (it was dry today), a grassy bank on a severe camber and a golf course.

I have completed it twice before completing 10 laps. That was not happening today. I decided on 4 laps.

I arrived and met the other Ripon Runners, John, Kate, Jamie and Caroline, supported by Trish and Lucy. I registered, in my hurry I had forgotten pins, I had found 2 and John lent me another 2, I really had not planned this well. A handful of gels and a water bottle. It was already 23 degrees, and I was still not fully hydrated from yesterday. The race start was 09:30. I set off at the back, walked the rough ground and jogged the good surfaces.





The route goes along the river, through the woods, across Grewelthorpe Road, over the bridge, across a field and then the stiles and gates start, through the woods, by the golf course and then road, up some steps, round the fields, through the churchyard to the marketplace, past the school and back to the start, 3.5 miles. It was hot in the open but cool in the trees. I walked the footy sections aware that tired feet may not lift as high as I think.





It was good to see Ripon Runners on foot and bike in the market square.

I had a gel at the end of each lap, I had 4, so I figured I may as well do 5 laps. It was tough mentally but Race Across Scotland is only 7 weeks away and I will have to run day after day for 4 days. This is good training I kept telling myself. With each lap the river became more enticing, but I couldn't just jump in, I was in Billy's car, my van with my dry robe and towel was still at Sarah's so I restrained myself.





At five laps I stopped, drank loads more, had a sausage sandwich and brought a can of beer home, I'd missed the cider.



5 laps completed 17.14 miles.

A good training session.

Glad to get home to a cool bath and put my feet up.