



KENNET VALLEY HASH HOUSE HARRIERS

Mag No 0061 – Sunday 18 June 2000 – The Ridgeway Relay

This was it – the 11th Ridgeway Relay Run, the first for KVVH3. Would we make it to the end? Was the team organised? Would they turn up? Would we survive the heat?

And to save you having to read to the end – the answer was yes! Definitely YES!

WE DID IT!

We were there - competing against serious running clubs and marathon runners, against the good, the bad, the ugly and the seriously fast – and we came out with a result. The feet might be sore but we can hold our heads high.

So what happened?

Jason, having dragged himself, Sam and Martine out from a local B&B, led us off at 7:30 am for the first stage of the relay. Despite the early hour and the cobwebs around his limbs, he ran not only the longest but also the fastest stage of all of us – congratulations Jason! And we all feel slightly guilty since most of us were still in bed!

Martine then took over and set off, accompanied by Sam on one of the more difficult stages with a near vertical climb towards the end. Such was her enthusiasm that she completed it 5 minutes faster than her expectations, at the same time coming in as 24th fastest on this leg – a fantastic result.

Jeremy then raced off on the initial downhill section of his leg only to regret this as soon as the hills and heat started to take its toll. The navigation was supposedly tricky and a mis-placed sense of fair play had Jeremy keeping the competition on the right path. Sorry guys! A golf course and a railway line to cross were supposed to be the only dangerous sections, but these were over-shadowed by the uneven ground that had him limp at the end – and not just his foot!

A quick wave across the busy road at the changeover point and Mike was off like the Michelin Man. This appeared to be the result of a drinking problem acquired that morning in an attempt to ward off dehydration. Normality restored - don't ask how - he was soon racing across the countryside whilst the backup crew were chasing to find and meet him at his changeover to Ray.

Ray had it sussed. A quick sprint down to the Thames then a leisurely stroll along its bank, admiring the view (well it was a hot day and girls do like to get some sunbathing in) and chatting up cyclists under the arches as high speed trains roared overhead. More news is awaited.

Ian was on next, and being an impatient sort of guy, he was off with the pack at 13:30 before Ray had arrived. He says he was acting on team orders – but some felt it was led by a desire to set off with near naked fellow competitors (of the near naked female sort). Further exposures were reported later as Ian streaked passed zimmer-clad competition, whilst doffing his cap to the local naturist community.

Brian was on his marks for the next leg – a late replacement to compensate for napoleonic injury, he was ready, willing and totally untrained for the task ahead. The backup team was present to water him down before and during his leg with additional showering as he staggered in, eyes rolling, to hand off to Richard – great stuff Brian – thanks for standing in at short notice – a great run.

Richard was prepared – he had trained for this stage – he had a masseuse at hand – he was warmed up – he was cooled down – no one knew what was best – he had even forsaken his Sunday Pub Lunch – dedication! What do you get for this? A faultless performance – that's what.

Steve had also been in training all week - no late nights, no dancing. He had the second longest leg and he had the long haul up Smythies Ridge to Barbury Castle. Was it nerves of steel and legs of jelly or possibly nerves of jelly and legs of steel? Whichever it was he set off on the third and final mass start. The result – he puts in the second fastest leg of us all – coming in personally as 22nd - great stuff Steve.

And the final leg – where's Margaret? Hiding in the ladies? But the handover is accomplished and she is off – running into the sunset towards the team that is assembling at the Marlborough Leisure Centre finishing line. We are watching the figures come down off the downs, trying to determine which is she. Here she comes – no it isn't – then yes it is and Mike is off up the lane to run in with her over the last few yards as the team applaud her and ourselves.

We've done it – it's 19:56 and we finished it, as a team - before 8pm as well! Time for a drink and reminiscence or two.

Some Tips for Next Year – yes, we will be there

- If you ran this year, choose a different leg - it'll be easier than the one you did this time.
- Don't worry about which leg you run – they are all awful great.
- Rest and eat pasta the night before.
- We all need water support.

The Factual Bits

Remember - the legs vary in difficulty and that too much should not be read into this data. Some legs are long, some short, some are flat, some hilly, some occur in the midday heat, some in the morning/evening heat. Everyone one did a fantastic job.

Stage	Heroic Runner	Distance (miles)	Pace (mins/mile)	Individual Position	Team Position
1	Jason	11.9	8:03	28	28
2	Martine	5.1	11:44	24	28
3	Jeremy	7.7	8:35	19	25
4	Mike	7.1	10:25	30	27
5	Ray	10.3	10:36	32	28
6	Ian	10.3	10:02	29	30
7	Brian	9.1	11:47	35	31
8	Richard	7.9	10:11	27	30
9	Steve	10.4	8:30	22	30
10	Margaret	6.6	10:45	34	30

Finally

Let's not forget the support team, the unsung heroes, without who's help we could not have completed the day – many thanks to Sam, Annie, Colin, Dee, Marilyn, Don and Dave.

Thanks also to Marlborough Running Club for organising the event.

And to the team who did it!!!!!!!!!!!!!!!!!!!!