

Proud to be a Pacer



Pudsey Pacers Newsletter

**June
2017**

Welcome to this months edition of the Pacers Newsletter!

- **Pacers Abroad - Read about Lynne Barrett's adventure in the USA!**
- **Do you like Lemon? Try Andy Normans suggested recipe for this Drizzle Cake!**
- **How about a Hardmoors Trail Marathon - One of Sarah & Andy Normans experiences!**
- **Cake and Cocktail Sausages - A Northern Ireland parkrun reward for Al Chapman!**
- **Fancy a new challenge? How about the Clapham Challenge as described by Tim Ayres!**
- **The Emotional & Physical impact of the Three Peaks Race as told by Sara Demaine!**
- **Brad Strutt - Member Profile**
- **Well this girl can! Read about Emma Young's Duathlon adventures!**
- **Natalie Tordoff - Member Profile**

Thanks for all contributions. Please offer a race report or tell the Club what you've been doing. Hopefully something here for everyone? Read, enjoy and good injury free running to all.

Email: Pacers News

Greenbay Half Marathon - Lynne Barrett Sunday 21st May 2017

Firstly, let me tell you how I came to do the Greenbay half marathon. As many of you know, Andy and I lived in Florida for five and a half years. There we met many friends from all over the USA, one of them being Dave Lange who was from Sheboygan, Wisconsin who is a Greenbay Packers supporter. He got us following the team. I still do.

His dream was to one day do the full marathon as it finishes by running through the stadium. This might not sound too exciting but you could have to wait twenty to forty years to get a ticket for a game! So most people will never get to see inside the stadium. Whilst living in Florida we were going to do this race but it was always on the same date as another popular race that we liked to do. The Keys 100. A 100 mile relay from Key Largo to Key West.



Once back in England it was still on the cards to do Greenbay but sadly Andy passed away in January last year so he never got to fulfil this ambition. When Dave told me he had entered the marathon, I knew I had to go and do the half or it would be something that I would regret. So off I went.

When we left Florida on the 19th May the temperature was 102f. When we arrived in Greenbay it was 40f and raining. Worse than England. It was freezing. The next day we had a three mile jog to get acclimatised. Picked up our race pack which included a plastic poncho, not a good sign!

Race morning Sun 21st May.

Up at 5.30am to grey skies and rain, temperature 50f. It was walking distance to the start but when we got to the hotel reception it poured down. I mean torrential, so ponchos on and we drove across. Dave's wife Maggy decided that she would come across later for the finish. Very sensible.

The marathon set off at 7am. It was still raining but not quite as bad. The half set off at 8am. It was a bit better by now and once we got running the conditions were perfect.

The route took us through tree lined neighbourhoods in Greenbay and Ashwaubenon where there was plenty of crowd support and music. Houses were painted green and yellow (packers colours), some a shrine to their team.



It's a quaint Olde Worlde type of place which won't have changed in years. I could almost imagine a cowboy coming down the street on his horse. There was music playing every few miles from DJ's and bands.



Greenbay Half Marathon - Lynne Barrett Sunday 21st May 2017



At around 10 miles I was beginning to feel a bit jaded, probably with all the travel, time changes, weather changes and beer! (we'd been on a brewery tour in Milwaukee). I soon picked up the pace again when I turned a corner and a local band were playing Bruce Springsteen's Born to Run. This is always a good one to give you a lift. From there we were heading through a park called Sherwood Forest. Thought I was back home.

The scenery was pretty and I started to enjoy it. At this point the end is not far away and thoughts are of entering the stadium. As you approach there are masses of people cheering you on. The thrill of running through the tunnel into the grounds of such a magnificent stadium really was something special. I finished in 1:56:22 coming 4th in my age group out of 60 runners.

Dave finished his first ever marathon in a great time of 4:24, after doing his training in the Florida heat. Don't know how he did it. Maggy and I were at the finish to take the photos.

After a short recovery we went on to get our free beer and bratwurst (not to be called a hot dog) It's a Wisconsin thing.



A good day was had by all. Andy would have been proud of us!



Lemon Drizzle Cake



This lemon drizzle cake is easy to make. I'm not sure of the health benefits but I'm convinced it significantly aids recovery.

Ingredients

- 250g unsalted butter, softened
- 250g caster sugar
- 4 large eggs
- Grated zest of 2 lemons
- 250g self-raising flour
- Juice of 2 lemons
- 75g caster sugar

Method

- 1 Heat oven to 180C/fan 160C/gas 4 and line a loaf tin (8 x 21cm) with greaseproof paper.
- 2 Beat together 250g softened unsalted butter and 250g caster sugar until pale and creamy
- 3 Add 4 eggs, one at a time, slowly mixing through.
- 4 Sift in 250g flour, then add the grated zest of 2 lemons.
- 5 Mix until well combined.
- 6 Spoon in the mixture and level the top with a spoon.
- 7 Bake for 50-55 mins, until a thin skewer inserted into the centre of the cake comes out clean.
- 8 While the cake is cooling in its tin, mix together the juice of 2 lemons and 75g caster sugar to make the drizzle.
- 9 Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.
- 10 Leave in the tin until completely cool, then remove and serve.

Here's a link to the original BBC Good Food recipe, with a video, I've just tweaked the quantities

[BBC Good Food Recipe](#)

Hardmoors Whitehorse 26.2 Trail Marathon - Sarah Norman

136. Hardmoors Whitehorse 26.2 trail marathon.
27.46 out of 5227.88 total miles (average 38.3 miles per marathon)
1,251 m ascent
5:18 MPH, 11:35 minute miles



05:18:07
Joint 31st, 5th lady
93rd marathon for Andy.

Unusually for a Hardmoors event it was really warm. We met at the Sutton Bank visitors centre for registration. A quick kit check showed that we still needed a waterproof jacket, just in case despite the forecast for warmth and sunshine. Andy got us to start near the front and a few overtook us on the narrow path which had been my concern about starting so far up, I don't like to slow others down. I got stuck behind a cautious runner heading down the steep but dry path to the lake. Tree roots were little trouble to us round Gormire lake and we were amazed how dry it was underfoot. Andy is running really well at the moment and didn't seem to notice the climb back up although we all walked it.



Stunning views across the North York Moors we ran well chatting to others along the short stretch of the Cleveland Way before Rod directed us off down Thorodale Valley. A few muddy patches made me feel better about advising a lass to run in InoV8's who asked what I thought about her shoe choice. The whole route was well marked with yellow ribbon and extra Marshall's where they were needed. We went through Hawnby twice heading up over Hawnby Hill, the first time, with views across to Easterside Hill that we only go over the edge of. Then up the road to Murton Grange. Instead of heading through the private wood section, we were switched to a road section as there was no access. We went wrong there last year so knew the course would be a little shorter.

Hardmoors Whitehorse 26.2 Trail Marathon - Sarah Norman



It was lovely seeing so many people out walking especially near Rievaulx Abbey, such a stunning location. Sadly a lot of road after this, before the last few miles across fields back towards Sutton Bank, where we caught up with a few half marathon runners. We ran all the sections even though it was mostly a gradual uphill.



We were grateful for so many checkpoints with water. I mostly ate marshmallows and peanuts and didn't eat any of the food I was carrying although did have 2 sachets of mountain fuel.

We pushed as hard as we could, it was really good having the course on our Garmin's and knowing we were going to beat last years time. I'd forgotten how undulating the last section through the trees to the visitor centre was. Nothing big, but enough to slow the pace a little. I know Andy could have knocked an hour off last year but we were 56 minutes, such an impressive amount. We think we were 31st, not sure out of how many and I was 5th lady!



Parkrun Tourism - Northern Ireland Style 20th May 2017



Being a keen parkrunner I've always had an ambition to do the Portrush parkrun in Northern Ireland. What makes this special is that it's the world's first beach parkrun. I finally got the chance on 20th May accompanied by Morven Wallace.

What made this day extra special was the fact that by pure chance Portrush were celebrating their 250th event and I happened to be wearing my 250 parkrun milestone tee-shirt. Surely I couldn't take on and win this event wearing this special tee-shirt? I think it's true to say that the course conditions and weather are the most varied of any parkrun imaginable and having talked to the locals there were tales of events being run on narrow strips of beach during high tide with waves and sea spray rolling in. However, conditions on the day were near perfect, with a wide expanse of sand that was compacted down due to the tide a few hours earlier. The one minor concern was the wind, but more about that later.

After having had a one mile warm up with Morv I was raring to go. We all lined up in between markers on the beach and once everyone was in place we were ready to start. The starter efficiently dispatched us and a few runners quickly shot off. I decided to play this one tactically so whilst not wanting to lose sight of the lead runners I didn't want to take them on too early and, I also wanted to see how comfortable I felt with the brisk pace. I was feeling good so I tucked in behind the lead runner and allowed him to do the work. I did try at one point to gain a few metres by taking the most direct racing line briefly going into the lead, but I soon hit hidden soft sand which slowed me down so I moved back across to the firmer sand to go back into second place.

Parkrun Tourism - Al Chapman

The course is an out and back so we soon reached the turnaround marker to be greeted by a fairly strong headwind. I continued to keep tight behind the lead runner and waited to make my attack, conserving my energy by allowing him to do the work and run into the wind. The course is almost L-shaped so once we rounded the headland my plan was to attack. We soon hit this point and with a mile to go I put on a spurt and dug in deep to go into the lead. I tried to show no signs of tiredness, as racing can often be as much about psychology and tactics as it can be about how fast you can run. With a hundred metres to go and a quick leap across a shallow stream I looked over my shoulder and saw I had a clear lead. I still put in a hard sprint to cross the line in first place (19.06) and was absolutely delighted. Morven also finished strongly in 7th place (20.04). Our reward was lots of cake and 400 cocktail sausages (not all consumed by myself!) laid on for this special milestone event.



The following day I was able to volunteer at the Junior parkrun and I had the responsibility of timekeeping so there was a bit of pressure to get it right! Luckily things went fairly smoothly.

There are many things I'll remember about doing the Portrush parkrun, my first beach race, a satisfying win, but above all it was the fabulous welcome and friendliness I received from the local parkrunners, an absolute must for any parkrun tourist, just ask Dave Burdon and Paul Gaile who have also previously run this event.



Cave Rescue Organisation Clapham Challenge - Tim Ayres

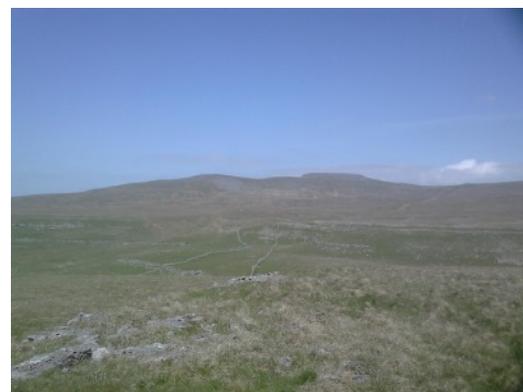
CAVE RESCUE ORGANISATION CLAPHAM CHALLENGE - 20 MAY 2017

So, there I was; on a bit of a roll after having done the Rombalds Stride Winter Challenge and thinking what to do next. I entered three events (Calderdale Hike, Ingleborough Challenge and Wharfedale Half), and then my sinusitis came back and my Achilles tendon started playing up and it all went to pot.

Rather than totally bottle out, I decided to show some unusual moral fibre, and dropped down from the full Ingleborough Marathon to its lesser sibling, the 12 mile Clapham Challenge. What a wise decision that was as I had a hoot of a time!

The Marathon and the Challenge are the annual fundraisers for the Cave Rescue Organisation, which is also the mountain rescue group for the Ribblesdale area.

Both runners and walkers take part in each event, so they are very low key, friendly affairs. And if you get into distress, it's nice to know that a mountain rescue team is there ready and waiting to extract you.



How did it go? The runners for both routes set off at 9:30 after signing in and a briefing at the CRO's depot at Clapham (just off the A65 before you get to Ingleton). It looked like a small field of runners as we gathered around the lane outside the church. We took the upward path from the church, under tunnels associated with Ingleborough Hall, and emerged on to the Long Lane track heading northwards past Ingleborough Cave and the path to Gaping Gill. This was steady running on a reasonable gravel/stone path with ups and downs but steadily climbing.

We emerged on to the open fell near Trow Gill and then followed one of the best, most runnable tracks I've ever run on (grass and stone but so, so easy on the feet). This took us north eastwards towards Ribblesdale and the views of Ingleborough, Pen-y-Ghent and the surrounding hills really opened up; glorious! Although it was all technically using a map to find your way, the route was obvious and there were plenty of people to follow (a great advantage of being a slow runner!).

At the first check point most runners took the left turn for Ingleborough and I turned right down the Sulber Nick path towards Horton, which all you Three Peakers will know so well. After about a mile and the next checkpoint the Challenge turned right and followed a wall until another right turn took me to the "drop off" above Austwick Beck Head. The path now came down off the fell and followed an enclosed green land for a couple of miles to the village of Wharfe.

Cave Rescue Organisation Clapham Challenge - Tim Ayres

The next check point was just after the road and was an opportunity to fuel up with water and flapjack. The views now were of the Forest of Bowland across the A65 and the railway line. It was also starting to look a bit dark and wet over Bowland, compared with the superb sunny weather we had had so far.

The route now followed farm tracks and an unusual bridge over Austwick Beck to bring us into Austwick. Now for the sting in the tail (there's always one in a trail race, it's traditional) as we climbed up to the Norber Erratics (they sound to me like a folk band but they are rocks carried from out of town by the glaciers in the Ice Age and put down where they don't belong).



Once that sharp climb was out of the way it was nearly all downhill to the Long Lane track again and back into Clapham to the CRO depot and the finish.

There were cakes, tea and coffee to finish with, and a natty little certificate to prove I was there and not just bunking off for the day!

So, the stats. I recorded just over 12 miles with nearly 1300 feet of climbing. All in a time of 2:41 which surprised me as I'd not really done much training since January.

I've said to a few people that I think the Wharfedale Half is the best longish trail/fell run for a beginner. Now I've changed my mind; this one is definitely the best. There's some useful way marking and the route finding is straightforward. And it's in one of the most beautiful parts of the Dales. What's not to like?

And next year for me, the full Ingleborough Marathon, hopefully!

The pictures are from the reccie I did on the Wednesday before. That was another great day out as well!



Three Peaks race - 29th April 2017



Last May I was a pacer and support for my friend Alan's successful Bob Graham attempt. (I did Leg 5 the last leg and the easiest). However, the reccies, one with Graeme, training and preparation, reignited a love of the fells and mountains (I climbed in a previous life). I found myself just wondering if I had it in me to complete The Three Peaks Race with my new experience and at the age of 52. A micro BG for me maybe.

I left it a bit late but with the help and dogged encouragement from Rose and Neil I identified my qualifiers of Mickleden Straddle and Flower scar fell races and got cracking on a training plan kindly devised by Neil. And then it was suddenly the end of April and race day.

The day was cool and dry, almost perfect conditions. I was feeling positive but uncertain if I'd make the cut off times, I'd only got close on reccies. On starting and running out of the race field at Horton village I tried to soak up the atmosphere and couldn't quite believe I'd made it.



Pen-y-Ghent was a good run, I pretty well ran most of it steadily up to the dog leg near the top and Pacer support at the first gate was really welcome. I made the top in 50.58. Running down was joy, the view across the dale was stunning and with one peak down I was looking forward to seeing Rob just before High Birkwith. I felt steady and really tried to be in the moment, remembering to sip fluids and take on fuel. My fuel was a combination of Shot Bloks, jelly babies, bits of pork pie and scotch egg!

Ribblehead Viaduct began to appear and was the next main cut off. If I didn't make it, it all stopped and that was what kept me going. I was hurting a bit as I pushed on and Jenny and Dave driving past and cheering really helped. I made it in 2.06.08 with just under 4 minutes to spare. I had a quick drink of my pre placed bottle of flat coke and headed off quickly to get up Wharfedale.

My reccie had been a steeper climb but doing the whole race now meant I was tired. There was no running up this peak but instead a long climb, often on hands and knees. I counted in 10's to keep some rhythm... and didn't look down. I got bad cramp in my left calf which wouldn't go. I got to the top in 3.01.29. I was slower than my race plan by one and a half minutes and knew I had to shift to get down to the next main check point in less than 30 minutes.

The Three Peaks - Sara Demaine - 29th April 2017

I was hurting and there was a chill on the top as I ran. Descending meant navigating lots of walkers, dogs and rocks. I fell badly when my calf locked again and walkers tried to help but I declined, probably a bit rudely looking back, to keep going. The tarmac stretch to Chapel Inn was relentless. Getting nearer with blood streaming down by leg and my left hand full of grit, Sharon, Jenny, Dave and Caroline met me to say the closing time was close. They ran with me and I found another gear because of that and made it in 3.31.31.



The relief was immense, meaning I could carry on and finish. I met Mark and we ran for a bit before he steadied away.

“Inglebugger” as it is unaffectionately known, was busy with walkers in the sunshine and hard going. I was nearly out of water and supporters obviously knew this often happened and offered slurps from their water bottles. I made the top in 4.28.29. Descending was hard but made more manageable running with Si from Howgill Harriers who had previously stopped to check I was ok on falling. We ran and encouraged each other and he was pivotal in making those last five miles feel ok.

Running through someone’s garden en route meant the end was near. Si and I both picked it up and pushed on to the finish with me using an expletive to Martin (sorry Martin) as he radioed us in. I could see Rob and other Pacers at the finish, ran in and burst in to tears after 5.33.57.

The experience was awesome. The support from Pacers before and on the route was so important as well as the advice, and company on reccies and car sharing to the fell races beforehand. I was exhausted emotionally and physically battered. But having trained and had the experience of pushing myself in a way I have never done before will stay with me for a long time. This was a very different experience in all respects, I was proud to be the only Pacer woman that day and proud to have done it.

Thank you to everyone who helped me in all sorts of ways, especially Rob.



Member Profile - Brad Strutt

Been running since....

My first race was the Pudsey 10k in 2012 but I was never an active runner due to playing football several times a week! Probably joined PP about 3 years ago.



Favorite race/ event/ training session...

Apperley Bridge Canter – only race I've done every year since 2012! (I've ran it 6 times in a row now!) WYWL & the Relays are also lots of fun!

Best running advice received or to offer...

Get to the club as much as possible and do parkruns. The more the run the more you will improve. Parkruns are awesome for increasing speed too. Also don't be scared of hills!

Other interests/ hobbies....

Travelling Eating & drinking a lot !

Favourite music/ best gig...

I like dance music, Ibiza etc - But I've been to Leeds Fest a few times and I'm attending this years.

What film or book would you recommend as a MUST...

A Song of Ice and Fire aka Game Of Thrones

Best ever holiday destination (and why)...

I went to America for 3.5 weeks which was amazing, some of the stops included: Los Angeles, San Francisco, Yosemite, Las Vegas, Phoenix & New York.

Your signature cooking dish...

Mediterranean chicken and chorizo bake thingy!

Favourite word...

Basically

Pudsey/ West Leeds secrets: best bit of local knowledge...

Take a run out with Dave Burden he will show you random parts you never knew existed!

Friday evening, 200 quid in your 'sky rocket': what would you do for the weekend...

Wow this is hard; £200 doesn't go very far these days! It would basically involve eating & drinking at some nice places! But it would involve a long walk / run / bike ride.

Sink, wall, hip or pocket: what do you do with your 'other' hand while brushing your teeth...

Throw some shapes (I'm a morning person)

Tell two truths about yourself and also one lie....

I was a coach for Badminton England.

I was sponsored to play computer games.

I have flown a plane.

Leeds Girls Can do Duathlon - Emma Young

At the end of 2016 I was appointed as a Leeds Girls Can ambassador to try and get more women being active so I thought this would be the year of trying something new. As a runner and a cyclist I thought I would try combining the two and doing a duathlon. I saw an advert for a GoTri duathlon in Middleton Park which comprised a 2.5km run, a 5km bike ride and a final 2.5km run, so I decided to enter. As a regular parkrunner the running distance didn't worry me. The cycling was more of a concern as I had never raced on my bike and I hadn't been on it much in recent months!

A week or two before the event I found a picture from a previous event and it was full of men, there wasn't a single lady in sight. I began to panic that I would be the only female and that I would be left behind everybody else. I emailed the organisers and they assured me that plenty of other ladies had entered. To give myself more confidence, the weekend before the event, I managed to find the route of the bike ride on Strava, so I went for a practice ride just to refamiliarise myself with how the new gears on my bike worked. After my second lap I was feeling more confident that I knew how my bike worked.

I had heard that a race could be won or lost in the transition, so the night before I put the elastic laces that I had bought into my running and my cycling shoes and practiced swapping between shoes in the comfort of my lounge. The morning of the event I looked out the window and it was pouring down with rain, I was determined it wouldn't put me off. When we (my husband/bike mechanic and our two boys/cheerleading squad) got to the event I went to register and was pleased to see a number of ladies already there. I put my bike in the transition area and then wondered how I was going to swap my shoes stood in a very muddy patch of grass. Thankfully we had a spare mat from the car so I put this next to my bike and put my cycling shoes at the ready. As people arrived and positioned their bikes in the transition area I realised that I was the only person with cycling shoes! I did half think about trying to ride my bike in my running shoes but seeing as I had gone to the effort of getting elastic laces and it had been easy to swap shoes the night before I would give it a go.

After a briefing which explained the route and a bit of banter with the other nervous participants, we got ready to start. Not knowing how I would do, I positioned myself about midway in the pack. We set off on the run and I found myself working my way up through the pack. The run was on well made paths through the woods after a short downhill there was a steady climb but coming from Pudsey, I was used to hills and this was nothing compared to some of the hills I was used to running up. Coming into the transition area, my husband was shouting that I was second female, however I am sure I was third, which was way beyond my expectations. However, in the back of my mind I knew I had to swap shoes whereas everyone else could just jump on their bike. Trying to swap shoes whilst balanced on a two foot square bit of carpet trying not to put a foot in the mud was much more difficult than doing it whilst sat on my sofa!

Leeds Girls Can!- Duathlon - Emma Young

I eventually managed to set off on my bike, well aware that I had been overtaken by numerous other people. I headed down the steep incline. I took it reasonably steady as the path was quite greasy after all the rain and I knew there was a sharp hair pin bend at the bottom. Heading up the hill I managed to get a man in my sight who I managed to catch up and we shared some words of encouragement to each other thinking he was on his second of the two lap bike ride to realise he was still on his first too. The second time down the steep hill I felt much more confident as I knew the conditions and I think it had stopped raining by then. As I was getting to the top of the incline I could see the people already setting off on the second run. Unfortunately I had to change my shoes again before I could set off on my run. This time my legs were tired so balancing on the mat was even more difficult.

I set off on my run, remembering what a few friends had said about running after riding a bike and the legs not working properly. I felt fine on the short downhill but the jelly legs kicked in when I turned to go uphill again. I told myself that it was only half a parkrun left to go which I knew I could do easily and I also had to make up some time lost on the transitions. Going up the hill I could hear a female voice behind me which spurred me on trying to stay in front. As we headed downhill to the finish the other lady came flying past me. I tried my best to catch her, despite the cheering from a few spectators, but I couldn't quite get there before the finish.

I was exhausted and covered in mud (who needs a face pack) with a big smile on my face, I had done it and I hadn't done too badly. I came 21st out of 43 and sixth female despite all the messing about with my shoes.

I wondered what I had been worried about, nearly half of the participants were female and were of all ages. So as a 40 something mother of two young boys I didn't feel out of my depth. The organisers and marshals were very friendly and encouraging. I would definitely recommend giving this a try if you have an interest in running and cycling. If I were to do this again I wouldn't overcomplicate things by swapping my shoes and just enjoy the experience. If you would like to give duathlon a try and think a 5km run is too much why not try the Leeds Girls Can Duathlon, a 2.5km run, 5km run followed by an approximate 200 m sprint finish. Please see [Active Leeds](#) for more details.

I got home and remembered an advert for a duathlon festival in Stockton on Tees which I dug out and, later that week I had signed up for the sprint distance (5km run, 20km ride and 2.5km run), the novice one looked too easy! I checked the results from last years race and thought my running times were not the slowest, however, I had no idea how my cycling times compared as I had never raced on my road bike!

As the day of the duathlon festival drew near I got an email asking if I had a draft legal bike, I concluded I had so said yes. I later realised this meant that I was going to be entered in the World Championship qualifying race! I then started to worry about racing in alongside 350 other cyclists and potentially knocking one of the elite racers off their bike.

The day before the event I went to register and check out some of the course as I saw that I would have to do some nasty tight hairpin turns on my bike. I wasn't too worried about the runs as they were generally flat. Got to the hotel we were staying in to find out we were sharing it with some of the people wearing Team GB kit. They were not particularly happy when we were woken at 2am by the fire alarm. I wasn't too worried about the effect on my performance.

Leeds Girls Can! - Duathlon - Emma Young

The morning of the race I thought I had better practice trying to get my drinks bottle out of the cage whilst still cycling as I had never done that before. It would have been a bit embarrassing to have to stop and have a drink!

When we arrived there were some pretty fit looking people and some serious bikes in the transition area so I positioned myself near the back at the start. After doing the first run leg in just over 25 mins which is just slower than my average parkrun time I was feeling pretty pleased with myself but wondered whether I had left enough in the tank to do a ride and another run. After a fairly smooth transition, remembering to put my helmet on first to avoid disqualification, I set off on my bike. Just after leaving the transition area a bunch of cyclists flew past me on lap two of the three lap route. I managed to negotiate the three hairpin bends successfully but very slowly and managed to have a drink without stopping. Just as I was completing my second lap on my bike I heard the announcer say that the first competitors were crossing the finish line. I had to keep going. On the final lap some of the other riders were beginning to slow so I manage to start to overtake some people for the first time on the ride. After another successful transition, remembering to take my helmet last to avoid disqualification, I started on the run. I definitely had the jelly legs this time but I soon got into my stride overtaking numerous runners and even managed a sprint finish. I was exhausted but buzzing.

After 24hrs of waiting I eventually got my results.

Finish Time 1hr 22m (only 18m 44s after 1st Female)
43rd Female out of 73

Splits as Follows:

Run 1	Transition 1	Bike	Transition 2	Run 2
26:13	1:10	41:19	1:08	12:09

I was pretty pleased with myself competing in a field with world class athletes. I know there is definite room for improvement on the bike and probably could have run slightly faster, so roll on next year.



Member Profile - Natalie Tordoff

Been running since... 2008

Favourite race/ event/ training session...

Leeds Half Marathon, I'd supported this and helped at water stations since being a child and it was always a dream to run it one day.

Best running advice received or to offer... Use your arms!



Other interests/ hobbies...

I love sports, so happy to give most things a go. Pilates, swimming and cycling come close to running though.

Favourite music/ best gig...

Coldplay live, are always firm favourites.

What film or book would you recommend as a MUST...

Rosie Swale Pope - Just a Little Run Around the World. Moving.

Best ever holiday destination (and why)...

France, I've been going to France all my life and after meeting my husband, he too had been holidaying there for years. It's just a tradition we've carried on with our kids and once we're off the plane, ferry or train it's like a second home.

Your signature cooking dish...

Curry. You can never get enough of a good curry, so I went on a course to learn how to cook them the authentic way.

Favourite word... Kerfuffle.

Pudsey/ West Leeds secrets: best bit of local knowledge...

A portrait of my husbands Great Great Grandfather hangs in the old Pudsey Town Hall. He was mayor of Pudsey and from what I understand a portrait was made of each mayor of the town which was presented back to the town to be hung in the Town Hall.

Friday evening, 200 quid in your 'sky rocket': what would you do for the weekend...

Into Leeds for dinner and drinks with friends.

Sink, wall, hip or pocket: what do you do with your 'other' hand while brushing your teeth...

waving out to the side, whilst trying to balance on one leg with my eyes shut (isn't that what we all do??).

Tell two truths about yourself and also one lie...

I have jumped out of a aeroplane.

I am a brown belt at Karate.

I was the bridesmaid at the wedding of one of the band members for Take That.

Event Websites

NATIONAL

www.ukresults.net -Commonly referred to it's owner/ provider as John Schofield

www.northeasttraces.com -Also contains races just into North and East Yorkshire

www.runbritain.com/races -Broad platform for searching and entering races in the UK

www.fellrunner.org.uk/races -Usually named FRA (fell running association) and provides basic entry requirements and usually link to host club (most are entry on day)

www.bofra.co.uk - See fellrunner above

<https://www.sientries.co.uk/> - UK wide races

https://www.ldwa.org.uk/challenge_events Long Distance Walkers Association -runners welcome

LOCAL/ REGIONAL

www.racebest.com

Excellent local race provider with growing reputation for new events and quick results

www.countrytrailraces.co.uk

Summer trail series around Leeds - navigation required, but easy and very informal

www.urbantrailrunner.co.uk

Similar to above

www.leedsathletics.net/Leeds_Race_Series.htm

Annual race series with good links to many local and popular races

www.yvaa.org

Both plus 35s (Grand Prix) and Open races across Yorkshire

Dates for your Diary

June

Wednesday 14th. Pudsey 10k Route Litter Pick
Sunday 18th. Pudsey 10k & BBQ
Sunday 25th. Bradford Millennium Way Relay

July

Sunday 2nd. Eccup 10
Tuesday 4th Danefield Relay
Wednesday 12th. Golden Acre Relay
Friday 14th. Washburn Valley Relay
Sunday 23rd. Northumberland Coastal Run

August

Wednesday 9th. YVAA Race 4: Halifax @ 19:30

September

TBC Leeds Country Way Relay
Sunday 17th. YVAA Horsforth
YVAA

*Valley Striders hosted event TBC

*York Knavesmire TBC

*Stainland hosted event TBC

October

29th. Dublin Marathon . <http://sseairtricitydublinmarathon.ie/>

November

Sunday 12th. Spenborough @ 11:02

If you want to find out more, or offer a scheduled race that you think other Pacers might be interested in, then why not search and contribute to the online, website calendar:

[Pudsey Pacers](#)

See icon top-right on homepage. All suggestions and comments, please email:

[Pudsey Pacers Calendar](#)