Guiseley Gallop – 20 April 2014
by
Stephen Chew

Having done this race before two years ago, I was hoping for a better showing, but feeling like death at the start, I wasn't holding out much hope. It's not a true quick 10k, it's more of a trail race with so many different footwear options in sight.. Some were even wearing mud claws. The usual suspects were in attendance with Tom Adams, Chris Miller and Kevin Ogden. Kevin ran the London marathon last week in 2.37, which is a great time. Quick chat on the line with some of the lads and we were off chasing Tom Adams. It was fairly clear from the start that it would not be if Tom won, but by how much. He promptly broke the course record. I was 4th after 2 miles and still feeling good going along the canal, then Kevin overtook me and I decided to tag onto him as Chris Miller was still there. We turned right off the canal and started the gradual ascent up to the Woolpack of Emmerdale Farm fame in Esholt village. By this point, is was fairly clear that I would not be making up any places and just finishing would be an ask. I started the climb back up through the forest and gradually started bleeding places. I have to admit the dnf vulture was circling as I started to taste shit in my mouth. But I decided it was easier to jog it in as I was only a mile and a half from the finish. I plodded through the forest and up towards the last climb and lost a further 3 places. One to Marc Sennett who tried to encourage me on the way past. Marc's really improved since he started and I think he won the triple challenge this year. Well done Marc. So I finished with Rob Furness in close attendance - another good runner from Horseforth. So on the lonely car journey home, I dissected today. Probably shouldn't have run due to illness and I need to knuckle down and get some proper training done. Aside from that minus and the suffering, it was nice to get a race under the belt. The last individual race was December, so on to the Bunny Relays on Tuesday with Barlick having 9 teams entered it should be a good night!