

BLISTER 31



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Is anyone running the London Marathon this year? If they are, then good luck!

As ever if you've got a race report, or any running related topics you'd like to see then please let me know, as the main problem with doing this is I have to wait until I've got enough material to fill a few pages!

Finally, we've got lots of kit—if you haven't got a vest please contact Georgina.

PARKRUN



There was a good KADS turnout at the Forest for their parkrun on February 27th.

The club helped support Catherine Saunders (pictured in yellow) who was the race director for the day.

There will be a monthly club parkrun—next one is Long Eaton on March 26th.

FORTHCOMING EVENTS

March 12th Colliers Wood Canter—Eastwood

March 12th Presentation Evening—Royal Oak, Watnall

April 3rd Loughborough half marathon

April 9th Colliers Wood Canter—Eastwood

April 12th Booth Summer League—Teversal Grange

April 13th Notts AAA League—Hexgrave, Bilsthorpe

April 17th Derby 10k

May 1st Helen's Trust 10k—Chatsworth

May 4th Notts AAA League—National Water Sports Centre, Holme Pierrpont

May 10th Booth Summer League—Ilkeston

May 14th Colliers Wood Canter—Eastwood

May 15th ASDA Foundation 10k—Nottingham

June 7th Booth Summer League—Denby Pottery

June 11th Colliers Wood Canter—Eastwood

BLISTER



Steve Haskard—KADS Member

What is your job? Warehouseman and national driver.

Partner/Family? Single. Parents and brother KAD Andy.

What is the best/worst thing about running? Best—the feeling when on form. Worst—being injured and einter running brrrrrrr.

How far do you run per week? Used to be a parkrun and Wednesday night (12 miles). Currently running Sundays too, about 30 miles now.

Runs I'd like to do? Looking forward to Keswick, Buxton and Skye half marathons. Hairy Helmet relay sounds fun too. Derby 10k and Ramathon starting and finishing at the iPro Stadium of course.

What are your interests outside of KADS? Classic cars. I have a rare Toyota MR2 Sonic Shadow, and a even rarer Ford Capri 280. I also look after Andy's noisy TVR V8's for the price of a curry.

What are your favourite pieces of music? 80's and 90's dance remixes. Sometimes retro TV themes. Anyone remember Streethawk?

Favourite books? I'd be lost without Haynes DIY manuals. Also Sci Fi (Secret Trekkie).

Favourite places? Isle of Skye, Cornwall, Costa Del Sol. Anywhere warm with cold beer really.

Places I'd never go again? Belgium. Hate the place. Stupid road systems and expensive beer. Sorry Mr Poirot.

Things I'd like to see KADS do? Track session at the iPro maybe?

Favourite tippie? Hard to believe, but it's coffee. I only have a crafty beer on a KADS night (bad influence you lot).

TV shows that I watch? Bear Grylls. 10,000 BC. I'm A Celebrity.

Favourite Films? Action every time. Die Hard 1 can't be beat. "Yippy Ki Yay"

Pet hates? Litter bugs, laziness. Notts Forest ha ha.

Favourite food/places to eat? Really stupidly hot curries—Lime in Nuthall is a firm fave.

Describe yourself in 6 words. Honest, hardworking, loyal, shy and tormentative.

Ed : Surely that's a Notts County hat?????

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KADS ON TOUR—RHYL 10 MILE

Rhyl 10 mile run - Sunday 21/2/16 - dubbed the “fast and furious one”. A real chance to achieve a PB! The headlines sold it to me – I could do with one of those PB’s and it was a weekend away at the beach! I even managed to convince Alice to race too!

For those of you who don’t know, Rhyl is a seaside town in North Wales, and although it does have a lovely sandy beach, we went there in February – hardly the time for sunbathing- but I always try to look on the bright side!

In fact I seem to be making a habit of entering races in seaside towns. Last September, I ran the Great North Run which finished along the sea-front in South Shields, and in October, on a brilliantly sunny day I actually clocked a personal best for a long while, in a 10k along the promenade at Scarborough. The previous year I completed a half marathon in Blackpool – this time with Paul - and once again this was in February when it actually snowed.

Anyway, back to yesterday, or Saturday, to be precise. We arrived in Rhyl, in the pouring rain and it continued for the rest of the day. We checked into our B & B, and debated over what there was to do so we didn’t get too wet. The owner of the B & B couldn’t offer much help either – much of the entertainment was seasonal- although he did say that the band Wet, Wet, Wet were appearing at the Pavilion on Sunday night. How appropriate I thought- I wasn’t even sure if he was joking with me! Needless to say, after a bus trip to Prestatyn, and an early meal at the local Italian, we retired to our rooms to watch TV.

The weather had greatly improved by Sunday – race day – it wasn’t raining that is, but on the down side, it was so blustery that it was difficult to stand up at times! We made our way to race HQ – there was no gazebo as the literature had said (probably because it would have blown away) and the main meeting point appeared to be the Ladies and Men’s toilet block. Just before 12 we were called over to the start – there were more entrants than I had thought there would be (I think they announced 650 competitors) but maybe this had something to do with the race incorporating the Welsh Championships. Anyway, many of the club vests were from Wales or North West towns and cities. We scoured the vests but didn’t see anyone else from our area.

And then we were off! Immediately into the blustery wind along the sea-front. A few brave souls cheered us on, whilst fighting to even stand up, and Paul even managed a photo of us within the first half mile. It was a shame that he hadn’t been able to run too, but with calf problems and a bad cough and cold he was left standing on the sidelines again.

Alice and I had agreed to stay together and initially the gusty wind pushed us on nicely. However it didn’t last long – by about 2 miles the cross winds from the golf course and the sea left me gasping for breath. It improved slightly as we headed towards Prestatyn and the sand dunes. We knew there was a water station somewhere near 4 and it was a welcome sight. But the strength of the gust had increased and it was really difficult to keep moving. Then we spotted the front runners heading back towards us



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Even they looked to be struggling with the conditions.

(I might mention here that the 10 mile course is an out and back – basically along the sea front to Pontins at Prestatyn and then returning the same way, or so we thought)

After the water station we ran alongside the Holiday Camp and then a loop around a housing estate before doubling back. The route was well marshalled and we were given lots of encouragement.

Alice began to pull away from me at about 5 miles and I was very pleased for her. She had hardly done any training and was still suffering with injuries a bit. I now had to keep myself motivated. Just before the water sta-



tion at 6.5 miles, I nearly got blown over – the wind was so strong! Then there was a slight change in the course. I had thought we would run back the same way, but maybe the organisers had realised that it might be better to re-route us through the sand dunes for a while. Only thing was – it wasn't so flat any more. By about 7 miles I knew that I was struggling, and when we came back out on to the seafront and alongside the golf course again, the going was incredibly tough. We were strung out along the route, some walking or running as best they could. I tried to keep jogging for as long as possible but eventually I had to walk for a bit too. All chance of a PB had gone. Then the finish was in sight. I picked up my speed a little to cross the finish line – but I was disappointed. My time was 1.59.04. The last 10 mile race I had done – the Chesterfield Spire – last July – which was said to be a very hilly, tough race – I had completed in 1.53.28! Where