



very steep sheep trails just over 1 shoe in width. This event does use a small amount of the road up and down the peak, but is generally pure off road. On the way down I was passed by a woman I just could not believe how fast she ran over rocks and tree roots. I tried to keep up but eased off as I knew if I had a fall it would be hospital time. However once on the wide and far smoother tracks I was chuffed to catch her. We then kept each other company to the finish.

I have run many times with Sandra H through the bush tracks and struggled to keep up with her, but this woman was insane. Statistics for those interested: Fastest runner 48 min 46, fastest walker 1 hour 31, my time 1 hour 40 and 4th in age group. Fastest in my age group was half an hour ahead of me!!

I finished in 177 place out of 221 runners and the total event had just over 740 entries.

The question is "will I enter again next year?" Possibly, but I will need to do more hill running and there are not many hills in Napier.

So that is the end of my competition events this year. Next weekend I am marshalling at a triathlon and the week later again marshalling at a fund raiser to buy more land beside Te Mata Peak. I will attend the Park Runs on every Saturday and also Xmas and New Years days whilst the Tuesday Tune up 5km finishes next week, restarting after Xmas.

Cheers

John