

Members Corner

A round up of notes from MAC members
Tales • Torments • Triumphs

The ups and downs of the MAC Down & Up

	Name	Time
1	Pete Dukes	50:57
2	Steve Whalley	53:24
3	Graeme Lee	53:50
4	Sara Lewis	54:15
5	Seton Waddington	57:38
6	Nigel Thomas	58:58
7	Lorna Robinson	59:03
8	Matthew Croaghan	1:00:20
9	Anna Hazelton	1:05:15
10	Richard Isaac	1:08:20
11	Ruth Thomas	1:11:31
12	Paul Gandy	1:15:51

There were many ups and downs at the inaugural Down & UP, held from the Top of the Wes. It was an Alice in Wonderland type event with the main up being the main Down and the main down being the main Up. Another major up was the weather. Just a week on from building arks there we were in glorious sunshine with not a cloud in the sky and views for miles. Another up was the presence of Jeff Miller to do the timings and the sea of green and purple shirts that would make the event worthwhile.

After a quick photo we were off down the steepest descent. Pete led the way, followed by Graeme with Callum in close pursuit. It was tricky going in places but the goat like step of Pete kept the pace fast, but a shriek behind the front two suggested trouble was afoot. Pete and Graeme reached the blue fence post in just under 21 minutes and made for the steep journey home. Coming the other way were Steve and Sara, with no sign of Callum, Martin or Brian. This suggested the shriek was a faller and a bit further up the trail we found that

Callum had gone over on his ankle and was being helped to the bottom by Martin. We later found Brian had gone back up the course to pick up his car and drive to Marsden.

A major down was the injury to Callum followed by the major up of teammates helping out a friend in need. Thanks to Martin and Brian for doing the right thing and making sure Callum got to safety in the easiest possible way. We wish Callum a speedy recovery.

Back in the race there were some great performances with Pete first to the gate in a time of 50:57. Steve reeled in Graeme for second place, who just managed to keep Sara at bay. Great to see Seton back running after injury and I am sure he will be taking minutes off his time as his legs get used to some longer distances. Nigel and Lorna finished neck and neck and spurred each other on to comfortably beat the hour mark.

Next home was Matthew, who looked like he enjoyed the final climb as much as Superman enjoys a bowl of Kryptonite. Anna was also less than kind when asked if she had enjoyed the run. Final three home were Richard, Ruth and Paul, who all earned good points in the Road & Trail Championship.

Thanks everyone for coming along today. We promised it would be tough, but what could be better than running in perfect sunshine on a springlike day in February? For the three and didn't make the finish, those that want to improve their time and those that didn't do it this time, we go again on the 10th April.

See you there ☺