

Cape Wrath Challenge. 16th-22nd May 2010

Chris Clarke and Nigel Bush traveled back to Durness on the north western tip of Scotland in May to compete in the six day Cape Wrath Challenge event. This was Chris's 4th visit and Nigel's 3rd, and it was wonderful to meet up with some familiar faces who return to this event year after year, and to meet the race organizers who have become good friends. This year we were joined by Biggleswade AC's ex-lady captain Jan Forrester, who now lives in Derbyshire and competes for Matlock AC.

The challenge week is made up of five races of varying terrain and distance, but you do not need to compete in all events. There is also a packed social program including nature walks, a quiz night, Scottish country dancing, sheep shearing, beach BBQ and the final night's presentation dinner and ceilidh. The Challenge week is quite unique and the magnificent scenery on the north western tip of Scotland, along with the friendly and sociable local community, makes this event very special.

All three agreed at the end of the week that it was one of their best running weeks ever. This is a unique event that you will always want to return to. See www.capewrathchallenge.co.uk

Results

Monday:

Half Marathon (undulating)

Chris 1h 47m 56s 20th place

10K (undulating)

Nigel 48m 38s 10th place

Jan 52m 06s 17th place

Evening Quiz night: Our team came didn't do very well!

Tuesday:

5.5 mile Hill Run (one big hill and back)

Nigel 42m 39s 20th place

Chris 44m 05s 25th place

Jan 45m 28s 31st place

Chris and Nigel then decided to "relax" in the afternoon by climbing a nearby 2700ft mountain named Cran Stackie, and Chris went on to climb a neighbouring peak named Beinn Spionnaidh for good measure. Jan laid on the beach soaking up the sunshine!

Wednesday:

8.5 mile Round Durness Run (undulating trail)

Nigel 71m 47s 19th place

Chris 74m 12s 24th place

Jan 75m 06s 27th place

Thursday:

TARGET ZERO 3 mile beach run (no watches) with most competitors in Fancy Dress. Closest to predicted time wins. They got the tide timings slightly wrong again this year which meant a slightly extended run, so time predictions went straight out of the window! Jan dressed as a BEE, Nigel wore his traditional Fairy Costume and Chris decided to dig out his 20 year old Biggleswade running vest!

I think we were all about 90 seconds outside our predicted times.

After this race, Chris, Nigel and Jan joined several other nutters by going swimming in the extremely chilly sea. Chris won the prize for staying in the longest!

Friday: REST and RELAX

Saturday:

Marathon or Marathon Relay (very undulating)

The FULL marathon is a unique race. It starts on the Cape Side of the Kyle and proceeds out to the lighthouse (11.5m) then back to the Kyle (23m) over very undulating terrain. At this point, the watch is stopped and runners wait to be ferried across the sea to the Durness side of the Kyle. It's then out of the boat and off to run the final 4.2 miles to the finish in Durness.

Chris Nigel and Jan decided to do the 2-man (woman) relay, where one runner runs out to the Lighthouse (11.5 miles) and the other runner runs from the Lighthouse back to Durness via the ferry (14.7 miles)

Team Biggleswade

Nigel	Capeside to Lighthouse	01:42:00
Chris	Lighthouse to hall	02:12:10
Total time		3:54:10 (8th)

Team Matlock AC

Jan	Capeside to Lighthouse	01:45:00
Gill	Lighthouse to hall	02:14:00
Total time		3:59:00 (9th)