

## Female Race Report – January 2020

Hi girls,

So, here goes for the first race report of 2020.

First things first is to introduce myself as female captain and welcome on board my vice as Louise Austin.

I want to go back to December...

“On the 15th December 2019, 9 Harriers jetted off to warmer climes to take on the Málaga marathon and half marathon. Only a two-and-a-half-hour flight from London, with temperatures in the high teens/low twenties it is a lovely spot for some winter sun. The event itself is pretty cheap to enter and good value for money with a decent medal, a T-shirt for the half marathon finishers and a zip up top for the marathon runners. In similar style to other big marathons, there is an expo to collect numbers on the Friday/Saturday and the race is on Sunday. The course is quite flat, although the back half of the route for the marathon distance is a little uninspiring. Both the half and full complete the exact same route up to 13.1, so if you aren't a fan of running across a finish line when you still have miles to go (a la Bournemouth) then this marathon might not be for you!

Málaga is a beautiful place with lots to see and do, stunning architecture, amazing food and plenty of reasonably priced accommodation close to the start/finish line, which itself is very central. The town goes all-out for Christmas and the main street, Calle Larios, is known for its nightly light shows set to Christmas music. I would definitely recommend the event as a lovely pre-Christmas, winter sun getaway. The only trouble I found was trying to be disciplined and train for a marathon out of the usual spring/autumn cycles when very few other people are doing so, and being somewhat 'well-behaved' at the Harriers Christmas party as it was only the week before, but other than that I would say if you are thinking about it for 2020, then go for it. The date will be 13th December 2020 and entries are open now - <http://zurichmaratonmalaga.es/en/>

Well done to all Harriers who took part, and thanks for a fun weekend away” - Suzanne Janes

### Results - half marathon:

Samantha Pain - 01.53.02

Amanda Pateman- 02.12.08

Maxine Bennett- 02.15.31

(Ian Gregory- 02.19.50)

### Results - marathon:

Heather Khoshnevis- 03.36.12

Helen Gilbert- 03.38.53

Mo Eccleston- 04.09.58

Suzanne Janes- 04.23.14

Susie Elliott- 05.26.27.

Thanks to Suzanne in your busy schedule for the write up for Malaga. A congratulations to all others who did festive runs in England in December. Also to anyone who ran in the Portsmouth marathon the weekend before Christmas.

I would welcome any further write ups from anyone who wants to share a running story. Also please let me know if you take part in a race I do not know about so I can mention you in future reports.

Lastly a well done to the 9 females who took part in the New Year's Day club championship race Broadstone ¼, some of us may have been a little worse for wear.

Those ladies are

Suzanne Janes- 48.56

Louise Austin- 49.38

Rachel Smith-harrison - 52.26

Mary Corrigan- 1.01.02

Maxine Bennett- 1.02.09

Susie Elliott- 1.02.18

Jacqueline Jenkins- 1.04.27

Alexandra Stevens- 1.04.55

Sharon Taylor-1.08.59.

Next championship race is Blackmore Vale half (enter here <http://bvlhm.yolasite.com/>) good luck to all who partake. Also look out for the DRRL races (here <http://drrl.co.uk/fixtures/>) so we can maybe earn some points as a club and individuals for the county.

Happy running to all

Rachel