

The Beaver Trail 2011

This year's club running of the Beaver Trail near Beverley took place just before Christmas, a great chance to catch up with club mates and get in a decent run before the seasonal festivities took their toll.

The contrast with the previous year couldn't have been starker. Last year (2010), the main challenge of the Beaver Trail had been staying on ones feet as the snow and ice which had already laid thick on the ground for two weeks did its best to upset the competitors equilibrium. This year, the conditions were perfect for running, the sun bright in the brilliant blue sky, while to the west the waning half moon stood out clearly. A modest frost meant that conditions underfoot were hard without being too ankle crunching. It also meant that there was

sufficient chill in the air for those Barracudas who had turned up before 8.30 to be more than ready to set off on the half hour, just waiting long enough for the only lady to brave the elements, Jacqui Ker, to get all her running kit on, before setting off at a modest pace.

Most of the 20 or so Barracudas taking part seemed unfamiliar with the route which started off beyond the fields of Beverley Leisure Centre out onto the farmers fields to the west of the town. It was pleasant running, with bulrushes along the ditches at

the side of the fields warmly backlit by the low lying sun - just a few days from its winter equinox. Most of the 10 or 13 mile routes were off road, down the side of fields, alongside forested sections, across public footpaths before ending up cutting through the back of Walkington, onto Beverly Westwood and then back behind the Minister to the Leisure Centre.

Groups of similar paced runners formed themselves, though Steve Coates unsurprisingly found himself alone for most of his 13 miles. Alan Dale and Mark Padley also



Runners just after finishing

took on the longest course but had set off a few minutes before everyone else and so ended back more or less the same time as the remainder who had chosen the 10 mile route. Rob Duddington also took on the longer course but somehow contrived to register just 9.4 miles on his running software! (click [here](#) to hear more from Rob himself!). The runners unfamiliarity of the route was eased by the efforts of Kevin Dean and Nick Riggs who were atop their mountain



Kevin tells them all about his chain

matter in the end as everyone arrived back within a fairly short time of each other (even those late starters like Paul Noble and his

friend Andy). Then it was into the showers, which the Leisure Centre authorities had thoughtfully put on for runners, and then coffee and home made fruit cake (as well as many other domestically prepared delicacies) in the cafe. This further chat among friends was an ideal ending to a highly sociable experience which didn't really feel like a 10 mile run at all. In short, it's definitely one to pencil in this year's diary, though some thought will probably need to go into putting a map together of the route on the club website.



Deep in coffee concentration

bikes, rushing to and fro to direct runners in the necessary direction. With groups splitting up and Kevin's chain breaking, it was obviously too much to expect perfect synchronicity of runners and route, as Rob Duddington's abbreviated experience showed, or with John Nuttall and Phil Haskins doing their 11 mile version.

Of course, it didn't really



Trying out home made snacks