

Gorcombe Farm , 6.43 miles, 446ft climb, 1hr26 mins. Calories 1085 average heart rate 144, maximum 165.

It's 2017, it's the second Sunday of the year but it's the first official run of the year? It's a 10:30 start for the official fizz.

Car park is in the middle of field, but we still get blocked in, can't reverse unless we want to disappear into a muddy ditch.

Had caught the dreaded lurgy over Xmas, its been 10 days and we is still suffering. According to A&E man you still should avoid doctor as you ain't ill. But I know this will hurt when I start running/walking fast.

First time the fizz has been sweet and not frozen, so we can actually drink it without doing impressions of sucking lemons and blowing up like a balloon.

Forfeit for Lonely as he has new shoes for Xmas, silly boy. However, Navigator missed Wurst, maybe causes he's bigger and more scary.

Grandad TP and Mouse are back in country. The "rocking a baby to sleep" chore has broken the weedy TP, so Mouse will have to keep the family flag flying on the main.

There are a couple of good runners today, Ram, K9 and Hotspur. Hopefully there will be enough false trails to keep them busy.

After last weeks pictures I am expecting K9 to go swimming in huge lakes again or the nearby assault pit.

The Hares today are Grocer and his small ones plus the dominatrix French Mistress. Small ones will ensure the main doesn't slow and FM will get mini walkers lost.

Out trail must be straight up the hill past the blue splash shute. We guessed this, as we had to wait for a horse to vacate the path. Bit of a give away really. Rush up the hill and hit a coughing fit. Oh well, leave it to the youngsters for the rest of the run.

View from the top shows us the line of the old Railway in the distance. Not of any use to us as we never go there or the ancient ring.

Grocers small ones are eagerly front running, leaving their granddad well behind with most of the main.

Ground is soft to fairly squidgy. Route is well marked so its basically keep an eye on where Ram and Hotspur are and keep them in ear shot. Come Lately, Lonely, Chippendale and K9 are showing their fitness levels and are keeping near the front. I'm just bringing up the rear coughing my lungs up still.

In between gasps of breath we feel we are enjoying the trail, there is enough grass to get a grip under foot, but we get a bit confused as to time. Thought I was being feeble and tired, but we started half hour early, so that's why.

Nearly tortured one of the small hares as to way back. Luckily for him we see an "On Inn" sign. The trail at first was a pleasure as it was down hill, less good was the upward bit, but at least we were passing the mini, and Sex Slave was good chatting company.

Get back to the car park to see Hotspur disappearing up the road!!!
Apparently he had to get 9 miles done before he could stop.
Leave him to it, so get in the queue for drink and food. 30minutes later I get a coffee, was getting a bacon bap but Hotspur said I was too fat as I had had breakfast that morning so didn't need any more food ☹️.
Tried to sit down but all the best comfy seats were taken by mini walkers.
Only spaces for A&E emergencies were available.
No chance the down downs were going to get beer in the next 2 hours so left early.
So, cool day, slippery ground, great company, most main and mini runners get back together, interesting new starting point and lungs full of phlegm.
So what did you think.
On On