

St Leonards Inn, 5.08 miles.

Ok, rant of the week, why would you buy a ticket for an “Illegal Eagles” concert and then talk with your mate for the next 2 ½ hours without breath, in such hushed volumes that you were louder than the PA system! Ladies, answers on a postcard please 😊

Thought I was going to have a quiet weekend, wife away. Chance to run with the DH4. No, change of plan, she’s not now going until Saturday (strike one). OK, still, quiet time to me self on Saturday and Sunday. No, she decides to get ill, incessant coughing and other sound effects (strike two). Need to go running no matter the trail for peace of mind. Girly trail tomorrow, that means, mega long as they can’t read a map, or we get lost, or both. I must have upset someone this week (strike three).



☺ *N.B wrote this bit on Saturday.*

Weather front blowing up from the Caribbean so we decide its shorts again.

Turn up in good time feeling we won’t freeze today. Hare report was 3 and 6 miles, go “that way” to avoid traffic, lost the rest of the information as Grocer was chatting (needs to turn his hearing aid up). At least health and safety matters were thought of. Usual front runners today, Ram, Lonely, Banger, K9, TP and Carolyn, less the Seddons for some reason.

Out the pub, turn right, right again past the £60 bears and on towards Avon Heath. As there is running involved immediately the mini is left well behind. And as it happens the Hares as well.

Trail normally goes off left so we try that. We run through a one-way bar finding dust all the way, after the event, apparently the arrow on the bar was the wrong way round so we were going too far south, should have gone more north.

Get to a main footpath, try left now (north) keep finding bars and lots of dust. Main groupies hang back, but the real men (and odd woman) eventually find a trail skirting the dual carriageway.

Interesting wibbling over the heath via small paths with lots of bars and dust until we get to the trailer park. Two things now happen, one, Ram finds a map of the trail (which hare lost it), and two, Mr Angry tries to chase us off as we are running too near his fence. Karma says ignore Mr Angry and concentrate on the trail. So, we find the trail, seems to be following the boundary of the dual carriageways. We seem to be on a fast track when we encounter dog walkers. No surprise, no control by owners, or Rams animal magnetism is too strong for them. Dogs keep following him as opposed to their 'owners'. Acts as a good regroup opportunity as we believe trail goes right. Eventually we discard this option, good thing too as it was the Mini out, result, the pack continues "straight on" following the line of the MOD land. Eventually we get to the T junction, will we go left to put extra mileage on near the airport or, is it right straight back to Pub. Road back to the pub feels long especially as Come Lately in front. However, youngsters today have no stamina, so we reel him in and leave him behind. Us oldies have still got it. Don't

know what Tight Arse sees in him 😊 ☺.

Back at the pub it's only 12:10. Confused bar maid can't believe that the hero Main runners can be back so soon. Makes a change we can get beer and chips quickly.

*Down downs, even though we are back early, are still late at 2. Forfeits includes Greek God for talking to an innocent woman as "Sloppy T*ts". His new chat up line failed miserably. He will have to go to SpecSavers or put up with being slapped.*

So, we didn't have mega mileage, probably due to the master map being lost, but we did have confusion, so our prediction was partially true. But, the real runners found lots of dust, bars, one way bars, interesting running terrain, mad trailer dwellers, dog fanciers and cheesy chips in the pub

So, what did you think?

On On