

The highs and lows of a race: Reservoir Bogs, 19/7/10

High: it wasn't raining when I left the house

High: nice very slow bike from Hebden Bridge up Birchcliffe and Sandy Gate up to Lane Ends (the Hare and Hounds)

High: appeared that making this a grand prix race encouraged a few of us Toddies to turn out thus ensuring this was not yet another local race flooded by the other club

High: the start - now which top CVFR orienteer do I follow, J Emberton or J Logue...ermmm I mean which initial route choice do I take Chose the Logue path, the best choice, as two of our top Toddie runners passed me just after checkpoint 1, and I know that usually they're no slackers!

High: fairly easy straight-ish paths to the next two checkpoints, no real route choices.

Low: decided to take the alternative route from checkpoint 4 straight up and along the conduit. Hmmm, realised that no-one ahead of me had gone this way. Result, I lost quite a few places, but is it better to have tried and learned than to follow the crowd – no, not this time!

High: I like the nice fast run to Sheepstones.

Low: thought I saw a dark path to follow, put my first foot on it, and crunch, my left ankle went over pretty hard and I fell over/had a good dive. Stayed on the ground for what seemed like ages in shock. Had a chat with myself and got up and started again, this time taking more care.

High: got to Sheepstones without anyone passing me.

Low: took the wrong route from Sheepstones and thought I was going to Mytholmroyd

High: eventually finished.

Low: 20th with 1.22.46, a rubbish time for me, could do better, grrrrrrrr.

High: did our blokes get the team prize?

High: nice slow bike back home, the long way (36 miles).

Low: arrived home and the adrenaline stopped hiding my ankle pain and swelling.

High: had left my tyre pump at home and didn't get a puncture, phew!

High: burned off about 2,500 calories today so now time to put it all back with some help from Ms chocolate, Mr general 5hit food and Sir beer!

Clive Greateorex