

## Virtual Ekiden Relays

In these strange time I thought it was important to keep motivation of the training group going so created an online "Blizard Virtual Training Group".

Many years ago as you know both myself and then a few years later Jenny were lucky enough to be selected to run for Great Britain in the Ekiden Relays in Japan.

The concept is pretty simple as teams of 6 runners all take it in turns running a variety of legs to make up the marathon distance.

My thoughts was that it would be fun to recreate the "Ekiden" within our training group so put the idea out there. The response was fantastic and we had 16 teams of 6 runners per team all running their individual legs last Saturday.

Each team had a team captain who was in charge of pulling their team`s results together to feed into me. Each team was made up of 6 runners that ran in this order 5k, 10k , 5k ,10k, 5k and then a final 7.2k to make up the full distance. During the week I handicapped each team so that they were as evenly matched as possible and then invited everyone to guess the final winning teams finishing time.

All runners then completed their own individual leg during Saturday and then reported the results to their captain and everyone agreed to keep their own results off garmin, strava, social media for the day so nobody knew what each individual had run. I then put all the results together and set up on our social media page starting at 9.45am on Sunday morning "live" updates as the race progressed as the real London marathon would have.

In the 6 stages commenty was given as I plotted against the actual course and when runners were passing certain places and highlighted who had run well on each stage. The handicapping worked well as the lead passed hands 5 times in the six stages with 3 teams entering the final leg with a chance of winning!

Everyone seemed really engaged with it all and although a lot of hard work I think it provided some much needed motivation for people in these crazy times.

I enclose a copy of the results and you will be able to see there were plenty of the "Harriers" running. The group then very kindly presented myself and Jenny with a hamper, card and gift as a way of thanks which was unexpected and incredibly generous and now we have to think of the next virtual event we are going to do for them all!

## Final Team Results

### **VIRTUALLY THE BEST**

Matt Hamer 21.05 pb

Robbo 36.59

Mark James 17.52

Jonathan Stewart 33.51

Clive Donald 19.21 pb

Elly Rodgers 29.05

finish time 2.38.13hrs

### **CHAFING SQUAD**

Becky Hunt 20.10 pb

Nat Warwick 35.41 pb

Paul Cook 19.29

Ashley Crow 38.03

Dave Watts 21.03

Wes Taylor 24.05  
finish time 2.38.41hrs

## **2 METRES OUT IN FRONT**

James Fisher 17.48 pb  
Dean Mc 38.30  
Chris Moran 17.39  
Steve Melber 34.30  
Neil Mower 19.34  
Susie Hinchcliffe 31.39  
finish time 2.39.40hrs

## **PREMATURE ACCELERATION**

Michaela Crossley 22.15  
Mat Huteson 34.34  
Sian Dickinson 23.12  
Disco Sedgewick 33.29 pb  
Chris Inman 22.08  
Nathan Doy 26.11  
finish time 2.41.49hrs

## **THE WUHAN CLAN**

Laura Dalton 19.39  
Chris Ward 38.23  
Sue Crabtree 21.00  
Simon Scully 37.51  
Rob Shoreson 19.47  
Simon Holt 28.10  
finish time 2.44.50hrs

## **LACED UP AND LOCKED DOWN**

Simon Wright 17.59  
Pat Ennis 40.08  
Jo Goodier 22.35  
Lee Varley 35.34  
James Smith 17.37  
Emma Connelly 31.33  
finish time 2.45.16hrs

## **JAMES`S JOKERS**

Louise Read 19.58  
Tim 40.47 pb  
Anna Blackwell 19.59  
Captain James 38.17  
Michael Barnett 23.59  
Chris Griffiths 24.16  
finish time 2.46.21hrs

## **TEAM QUARANTEAM**

Adam Wisdom 21.06  
Adam Dalton 34.01  
Mandy Ashton 27.39  
Keri Pearson 39.54

Simon Kendall 18.20  
Jacob Clark 26.52  
finish time 2.47.52hrs

#### **MYOGI MAESTROS**

Bixby Das 27.36  
Andy Kinsley 36.40  
Yvonne Scarrott 21.39  
Michael Grain 36.21  
Paul Legard 18.17  
Adrian Gough 28.26  
finish time 2.48.19hrs

#### **TEAM RIOT**

Colin Storrar 20.32  
Adelle Marsden 42.35  
Glenn Penistone 23.30  
Tom Halloway 32.47 pb  
Andy Kitchen 21.47 pb  
Peter Twigg 27.13  
finish time 2.48.23hrs

#### **LOONEY TUNES**

Dawn Broom 21.39  
Ian Whyman 37.42  
Vivianne Fraser 25.09  
Dave Tune 37.50  
David Crossley 20.19  
Adam Connelly 27.28  
finish time 2.50.7hrs

#### **KIPBLIZARDS**

Max Polson 24.42  
Sarah Lowery 37.02  
Claire Boswell 25.47  
Dave Surfleet 39.22  
Andy Teasdale 18.20  
John Freeborn 25.38  
finish time 2.50.56hrs

#### **DAMIAN`S GUYS IN BLACK**

Rob McCarthy 21.29  
Louise Taylor 30.37  
Tom Bond 22.00 pb  
Damian Worsdall 35.57  
Richard Harris 34.32  
Steve Hamilton 27.39  
finish time 2.52.14hrs

#### **TEAM SIX PACK**

Brenda King 35.22  
Tom Topham 36.44 pb

Jayne Baldwin 20.16  
Lee Milburn 31.42  
Gav Edley 19.35  
James Butler 29.49  
finish time 2.53.28hrs

**GINGER GRENADIERS**

Rich Moreton 25.47  
Steve McAleavy 40.13  
Eric Winstome 22.49  
James Osborne 36.07  
Rob Slinger 21.01  
Tommi Baker 30.23  
finish time 2.56.20hrs

**BLIZARDS BLITZERS**

Jenny Blizzard 18.07  
Paul Drake 48.11  
Mark Hinchcliffe 21.52  
Mark Benson 37.26  
Vicki Beckitt 23.29  
Carl Harrington 30.10  
finish time 2.59.15hrs