

Training Weekend 2010 – Malham, Yorkshire

Last weekend both present and past members of the club headed to Malham in the Yorkshire dales for the traditional Alehouse training weekend. We were welcomed to bunk barn by Tony and Kat cooking a delicious meal of pasta for us all. Once everyone had arrived we all had a go at answering Kev's quiz about Yorkshire before heading out to the local pub for a few drinks.

Saturday was a lovely sunny day and it provided excellent running conditions for a morning run. This was followed by a large brunch and then another run in the afternoon which included climbing a waterfall and clambering over stonewalls! A few of us decided to take the easier option and go for a 'power' walk instead. Back at the barn, the evening's fun and games begun by the cardboard box game where it became clear that the girls were better than the boys although Dansell proved to be the most flexible out of the boys coming in 4rd place behind Lisa, Sinead and Pippa. Kat also showed us her football skills with trying to beat her record of 23 kick ups! Afterwards we headed off for a pub dinner where we were joined by Andy and Jen. It came as a shock to us all that Feehally struggled to finish his meal....he was actually full?! With our stomachs full (Feehally especially) we headed down to the pub for a few more drinks and then headed back to the barn where the real fun began. Andy had brought along a jar of chilli powder and as the evening progressed Kev and Gooch became victims of eating a spoonful (in Gooch's case 3 spoonfulls) of chilli powder! Dansell and Rob the rat took up the challenge of a 3pint beer race with Dan finishing in a record time of 21 seconds! After some more beer racing and a naked lap around the barn from Ben we turned to some different challenges. This involved Pippa picking up a penguin off the floor with no hands which left us all amazed! A no hands cereal eating contest between Sinead and Pippa and then Andy and Gooch, provided countless entertainment into the early hours of the morning. Unfortunately on Sunday it was pouring down with rain, so not everyone went for a run. Nevertheless, it was a fantastic weekend and thanks go to Tony for organising the weekend.