



# Race Report

## Chichester Challenge 42k

Date: Sunday 19 July 2009  
Location: Chichester

## The Tone Zone Mystery Tour

By: Jade Lovell-Knight

Me (Jade), Miyako and Dave did the Chichester Challenge 42K on Sunday – however, it ended up being the Tone Zone Mystery Tour 44.1k!!!

It all started out with us sat in Miyako's car at 8am, in the pouring rain, watching the walkers set off. There were not that many walkers, and even fewer runners we had been told. Only 150 over the 3 distances!

After some coaching to get Miyako out of the car, at 8.30 we all set off (after having our pics taken for the Observer – donning our Tone Zone vests you'll be pleased to hear!). It was a lovely route – good mix and it was great as on Wednesday night we had covered some of the route so I recognised it and knew what to expect! I couldn't see Miyako but I had Dave in the view far in the distance, up until about 10 miles where I seemed to be the only runner in the whole world! No one behind me, no one in front of me, and worst of all, NO YELLOW ARROWS!!! Later I found out that someone had nicked them!!! I wasn't too worried initially as it was reasonably obvious which way I should be running. I got to a few forks in the path where it was pretty much 50/50 of getting it right. I got it right up until about half way – where I was running down a long stretch of down hill....it was setting in that this may not be quite the right direction as I was coming nearer a road at the bottom. Then, I saw Dave walking up towards me looking confused. He confirmed my suspicions that we had in fact gone wrong. Thankfully we had both done it at the same place!! So, disheartened we both started walking back up the hill that was so fun to run down....and then....a smiling person came trundling towards us at high speed....Miyako!!! She too had gone wrong!! (Although she was still smiling.....) So we all walked back up the hill and together managed to get back on track. When we found more yellow signs it was like a miracle – but even more so when we then found TWO MORE TONE ZONES who had ALSO got lost and found their way back to the track. What are the odds? 5 Tone Zones doing a 42k run at different paces, all lost in the same place!?!?

Anyhow – we all managed to find our back and ended up doing different distances. I did 44.1K – bit more than planned! Took me 5.01 – got to marathon distance in 4.47 which would have beaten my south downs time so that is good. Also good preparation for this coming Sunday as me and Dave are both doing the Downland Challenge Ultra Marathon – 30 miles – 48k. So only another 4k to add to that, which feels much better!

Great run/mystery tour. Highly recommended – just be prepared to not know where you are going or how long it will take you!!