



Race Report

The 3 Race Heb Challenge 2009

Date: May-July, 2009
Location: Outer Hebridian Islands off Scotland

The Challenge

By: Peter Chittenden

This Challenge consists of Running and completing 3 Half Marathons out of a series of five. All the Races are based on the Outer Hebridian Islands off the West Coast of Scotland and held during May to July every year.

The 1st Race is in Stornoway on the Isle of Lewis, followed by Benbecula the Usit Isles Chain, Portree on Skye, then Isle of Barra and the last Race at Tarbert on Harris.

I decided to Run Stornoway, Skye and Harris as my 3 Races.

Stornoway, was very cold, wet and windy, the first 5 Miles was along the sea shore into a strong head wind with horizontal rain, at this point we turned 90% and out of the wind which was a great relief, the course was undulating for the 1st Half then we turned in the Castle Grounds and the Up-Hill sections kicked in over some rough tracks, we were treated to rain for the whole Race.

I finished in 2.12.41, the Race was Won in 1.16.17, the course was a out and back route. The course especially the second half in the castle was very stunning although difficult to appreciate during the race due to the conditions so I walked this part on the next day in better weather conditions.

Skye, was sunny with a cooling breeze, the first 8 Miles was very undulating with more ups than downs over a spectacular course, at this point we faced a 3 Mile Up Hill Climb, from around 11 Miles the course reverted to undulating At around 12 Miles it was gently downhill but with a final climb to the finish.

I finished in 2.05.20, the Race was Won in 1.19.18, the course was a out and back route. Harris, was another sunny day with a cooling wind but unfortunately it was a head wind for most of the race, we were bused out from the finish the full distance to the start. We started alongside one of stunning sandy beaches on Harris, the first 6 Miles was following the coastline very undulating with some short steep climbs and twists and turns, from 6 miles up to around 10 miles it was all Up Hill from then it reverted back to undulating untill just after the 12 Mile marker where it flattened out and downhill to the finish.

I would say the whole course is just spectacular. I finished in 2.05.59, the Race was Won in 1.19.51.

I completed the 3 Race Challenge in 6.24.00 in 50th out of 62 Challengers, the last in 7.52.42.



This was my 2nd Challenge the 1st in 2003,much slower this time back the I managed to be under 6hrs.,must be getting old. We All Challengers received a limited edition good quality printed t-shirt, as well as mementoes for each Race.

Picture shown on the Race Gallery page is Peter with Scottish friend waiting to board the buses at Harris.