



# Race Report

## PETER CHITTENDEN'S TWO YEAR RACE REPORT

Date: January 2012  
Location: Various

### AN INSPIRATION TO RUNNING NO MATTER YOUR AGE

By: Ian Bayley

#### 2010

Peter has been competing in races for over 25 years and in 2010, achieved one of his best ever years winning several trophies.

During the year, Peter set several personal best times for over 10 years at 5 mile, 10k, 10 mile and half marathon distances. One great week in June saw him achieve 1<sup>st</sup> place in the 70+ trophy at the Hoy Half Marathon, with a great time of 1.58.29. He then gained another 1st in the 70 + at the Hayling Billy 5 managing a time of 40.50. Peter finished the week off with another 1<sup>st</sup> in the 70+ at the Humps Hilly Half Marathon with an impressive time of 1.53.25.

Another tremendous achievement during that year was competing in and completing the International Himalaya 100 Mile Challenge over 5 days in October. During this event, Peter picked up the International Senior Male Trophy.

Throughout the course of the Year, Peter completed 38 races, picking up Ten 1<sup>st</sup> places in the 70+ and One 2nd place in the 70+ categories. An outstanding achievement for anyone, let alone a man in his 70's. Peter of course then planned to continue with this success in 2011.

#### 2011

The year started well running 53.49 in a 10k race in North Wales, picking up 1<sup>st</sup> place in the 70+ trophy, second time in 3 years at this race.

In late March, Peter received devastating news. (After several months of blood tests and hospital visits), he was diagnosed with Cancer of the Prostrate, which had spread to his bones. Peter was placed on a course of hormone tablets and onto a 12 weekly hormone injection programme, with 8 drip infusion drugs at 4 weekly intervals. Not deterred by the lack of energy, tiredness, aching bones, etc. Peter continued to race when possible but his times understandably were slower than in 2010. The hormone injections worked and Peter is slowly recovering and now on 6 monthly hospital check-ups.

As anyone that has suffered serious illness would know, it takes time to accept this and can be life's biggest challenges. Despite this set back, Peter still managed to complete 42 races in 2011, picking up Five 1<sup>st</sup> places, One 2nd and Two 3<sup>rd</sup> places in the 70+ trophies category.

Peter explained that his highlight was gaining the required standard to be accepted into the International Snowdon 10 Mile Mountain Race. This had been a goal for several years and although he ran slower than he would have liked, was pleased to still finish 3<sup>rd</sup> in the 70+ category with a podium award.



## **2012**

Peter tells me that his challenge is to attempt to get back nearer to his 2010 fitness level. Peter will attempt to retain his 70+ Hoy trophy for a hat trick of wins and also complete a run in Italy and compete in a 50 mile race running through the night.

Peter has provided all the content of this report in an attempt to offer anyone motivation to keep out there running despite what problems etc. that may be thrown at you.

Posted by Ian