

**Prinsensminne (Halmstad, Sweden) took place  
on Saturday 13 augusti 2016.**



**Short race = Short update... Although a second sub90 on training-race deserves a little more than that ☹**

**Prinsensminne (Halmstad, Sweden) took place on Saturday 13 augusti 2016. Eleventh race of the year and third half-marathon. Planned as training-race, to check the form.**

**1:29:00 – PB on this route (as this is the first time I run it...). Second sub90 on training-race this year. The race was completed with a 5<sup>th</sup> place among women, 3<sup>rd</sup> in my age category and 42 of all runners! A nice way to finish the first week back at work ☹**

**The objectives set were far from complicated: take it as a tempo-long run and if reaching sub90, that's all good. The course being along the coast line makes it very sensitive to the winds...meaning not easy route.**

**In brief, the race started easy with rain and strong headwind, a nice and stable first half, a full-with-beautiful-views second half, a lot of cliffs and sand and gravel and forest running and a sub90 at the end. Having a personal cheering-squad on site was the cherry on the cake :-)**

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**Quick reminder as the last 10K race end of August did not turn out as expected (good training, but rubbish-and-failed attempt to sub40 – still unsure what happened). Decided to go for another race and Prinsens Minne in Halmstad was the only one I found in close future. Had two weeks to finish the preparation after the missed 10K. Went well. First week at work preceded the race. No stress, but a bit more than just running to think about. Lots of training in crazy winds at home was a good thing...as the race is know for its winds. Picked up a rental car the day before and that was it.**

Race day started a bit early (for a Saturday). Just had to get myself ready, eat light breakfast and prepare the cheering-squad a bit sleepy still. Weather forecast for the race was interesting (!): 16-18°C, possibility of rain and winds of 30km/h... Rain was on the road down to Halmstad. Picked up the BIB on the start field around 9am and then it was 2 hours to wait before warmup. 11am was the start of the 10K race and I really wondered why I did not sign up for this one instead. Out in light rain with my plastic rain-poncho, dropped my bag, got a hug from a couple of runners I knew and headed towards the first km of the route for warming up. Yap...I apparently looked very frozen ut! 5Km later I was back to the start, had noted the rain and the strong headwind we would have to start with (i.e. probably tailwind on the way back to the finish line :-)). Drizzle stopped a little for turning into rain. Right before the start. My cheering squad came for a final hug right before the start. I mean 4 minutes (!) before the start! Took my place in the fast runners-wave. Had noted already at least 4 women who would probably be ahead of me. Top 10 would do. Countdown. Moving sloooowly to the start...

**BAM!** Real nice and cosy (!) start here! No pushing, no yelling. Took a couple of seconds walking to the start mat. And that was it. Just had to run 21.1km. Dropped my rain poncho to the cheering squad and hang along Jesper E who probably would be running closer to 85/87minutes. My plan was to get to km2 at a stable 4:10-tempo and then remain at this pace until km5-6 (where a slope should be arriving). And that worked as expected. Was passed by 2 gals right after km1 and I had them in sight all the time after that. Passed km2 in 8:15, so it felt nice. And then the asphalt disappeared and we turned to sand and gravel for a couple of km. No flat part neither. But I felt confident enough after having done ONE (!) run on cliffs during summer. But ok, the sand was a bit bothering. Headwind was nothing I could do about and I had trained anyway the past two weeks with that at home. So reaching km6 was done in no time.

Well,...yes, it took time, but as planned in a 4:10/11-tempo. Turned left and expected to see THE slope of the race... ok, there was a slope, not stiff, but enough to feel heavy, but I could take it on the top of the toes. Still expecting THE slope. Turning right and...still no slope...turning left after and...still no slope...and then appeared the km7-mark. What? THE Slope was this little thing we just passed? Felt very happy about it. Still having the two gals ahead of me. Not many guys passing me by then. We reached a straight bike path and that was described in the PM as "the fastest km of the race". I thought quickly about what to do there. Accelerate and risk to be short on strength for the second half OR hold the pace and see how it goes. Taking no risk means no fun, right? :-) So I pushed a bit and from the average pace of 4:12 which I had passing km7-8, I added two fast km at 4:05 & 4:09 & 4:05 again, passing the two gals at the same time and feeling very strong. This was soon the turning point and I had passed the halfway in a little more than 44 minutes. Liiiittle slow, but ok. And shortly after we left the bike path and the asphalt for a breathtaking view over the sea. Wow! That was a real pity to be in the middle of a race, because for such beautiful views you just have to stop, look and enjoy for a while! Got down the cliffs on light feet, passing two guys at the same time. Felt a bit cocky as I was not too sure that I could keep the pace for the uphill on the cliff afterwards. Surely dropped a bit the pace on the way up, but what way up! Light and almost jumping on the cliffs. Felt very strong and definitely was not bothering the guys behind me. Continued without stopping and passing a few guys along the way. Received lots of cheerings and encouragements from guys I passed as I was the first woman to pass them. OK, one was looking a bit odd at me when I passed by. He told me after the finish line that when he heard me so heavily breathing he did not think I would make it. at all. And was surprised I reached the finish line 2 minutes before him. (To my defence... the heavy breathing was strongly related to the uphill and the cliffs we had just passed :-P ). Attached photo shows I was feeling fine at km13...). And we were at km15, which was exactly at the same place as km6 (we had done a circle back). Only 6km to go. And here she came. The gal in blue singlet. Passing me right after km15 where we were going back to the sandy and cliffy part. Really tricky to keep up the pace.

By then I was at a good 1:27:xx finish time, but the terrain of the race is not my favorite and despite of having light tailwind by then, it did not help much when we finally run in the woods. Turning left, and right, and left...like running in the stomach of a snake. On sand. Passing a gal that was apparently not feeling too good but who started running again right after I pass her... Nooooooo! Just 1km to go and I really really really did not want her to pass me again. 500m to go – sign which gave me extra strengths. Shortly after seeing the cheering squad in place with screaming and smiles. :-) Final stretch on gravel. Left turn and final meters on wet grass. Seeing the clock ticking 1:28:55...56...57... and passing the finish mat. Stopping my watch. 1:29:01. Hoped very much I had pressed slightly too early at start...

Official time: 1:29:00. And a nice 5<sup>h</sup> place in a very windy, slightly hilly, sandy, gravel(y) race.

Walking round, round and round after the finish line. Finding the cheering squad telling me my time and place. Hugs with my runner buddies. Off with the chip attached on the shoelace (could not do it myself, so a nice guy helped taking it off while I sat on a chair under drizzling rain). Banana, orange juice and water. Happily heading to the showers to change. And that was it! The drive back home was calm with a stop at Max restaurant for a hamburger with extra bacon, French fries and coke :-) and the rest of the journey back home was done under crazy heavy rain pouring from the skies...SOOOO happy to be finished with the race now and skipping this weatehr! Evening dedicated to rest and cozy movie-watching. Legs felt fine. Heels felt fine. Body felt nice. Sub90 has been done! Once again!

>> Thanks a lot for the support during training to reach this race. Small words, large smiles, sms or so are a huge part of the mental preparation, which is not to be underestimated. Great training-race and as usual, the warriors would take no rest... Work during the day, train during the evening and a race ahead next weekend. For fun :-)  
60 days to go to the next *real* adventure.... everything else is a warmup!

Have a wonderful week!

//Kind regards from a chilly-in-the-morning-sunny-and-warm-in-the-afternoon place on Earth (aka Gothenburg!)

Karima

>justrunningaround<