

The Lanzarote Trip

*Our ambassadorial delegation of Harriers recently descended upon Lanzarote for some warm weather running and relaxing (San Miguel seems to get a lot of mentions). **Glyn Fletcher** recounts what we suspect is a slightly sanitised version of what went on tour – really, why all this talk of running, it just gets in the way of all the interesting stuff – and the good time had by all. So good there is already talk of “next year”. Maybe they need a better mix tape for the van next time (Rick Astley? Come on, we have a reputation to protect).*

Friday 20th November

The rendezvous point was carousel 3 at Arrecife airport Lanzarote. They flew in from, Manchester-Birmingham & Gatwick, Maldwyn's international athletes descending on Club La Santa, for the international running festival, along with some of the Dollies from Welshpool.

The transfer from the airport to the hotel at Taguise was short, once the bus had dropped us off at the hotel, former chairman **Paul Beeson's** first comments were, in the words of (Mrs Brown's Boys) “feckin' hell Fletcher”, please see photo below. (**Joke**) the hotel was lovely.



With the rooms not ready yet, it was off for a walk and pint of San Miguel. We didn't take long to find our rooms after, and we all dumped off our suitcases, and headed down to the restaurant for our evening meal. We must have made a lasting impression on the restaurant staff, as the next morning when we went down for breakfast we had a reserved table, the head chef, Geoff the chef, real name Paulo, must have thought “I'll keep an eye on this daggie lot”. There was a Wild West show that first evening, but as we'd all had an early flight it was early bedtime for the first day.

Saturday

The ever-efficient former chairman had only organized a 9-seated Mercedes Benz mini bus as transport. The first training run on the Saturday morning was

a Volcano run, a nice gentle 6 miles were negotiated, then a wash and change for the half hour trip to La Santa to register for the races. Only **Steve Orrells & Ifan Jones** decided to do all 4 races, and Paul and myself also volunteered to help marshal on the first race which was the 10K road race, (you'll do anything for a free t-shirt) With all this done it was back for a relaxing afternoon at the hotel.

This being a Saturday, Steve, Ifan and Phantom Harrier **Pete Hogarth**, needed their football fix, so it was off up the road to the nearest bar to watch Liverpool play and sink a few pints of San Miguel.

Sunday

It was breakfast for 8 am, and load up the Mercedes for the half hour trip to La Santa. With our new marshal t-shirts and flags, myself and **Mrs Michelle Beeson** stood and guided everyone the correct way for the 10K road run. **Caroline Orrells** and Dolly Mixture **Sandra Banfield** did very well, Ifan/Steve/**Jan Shanahan**, **Dave Manuel**/Pete and **Dianne Jones** also looked brilliant in completing the course. With the first race done we were back in the van and heading back to hotel to the sound of Rick Astley (Together Forever) blasting out of the van.

The evenings entertainment at the hotel, saw "Galey the Parrot" ask Paul to dance, with the reply coming again from Mrs Brown's Boys quote, "Feck off", unduly Galy the parrot asked Senor Fletcher to dance, which he did without hesitation. (Dave M has video evidence) after another early night was called upon.

(Editorial note: there seems to be a disturbing pattern to Glyn being filmed "dancing" on Harriers nights out – see footage of the Christmas Do 2014)

Monday

Monday saw the 13k ridge run, with Steve/Ifan/Paul & Glyn along with Faith and Julia from the Dollies competing. Everybody had a good run even with the strong head wind, but Paul was disappointed it wasn't steep enough. Back to the hotel for lunch time, and more European football at night time.

Tuesday

Tuesday saw the short drive to Porto De Carmen for the 5K beach run, two laps on the soft sand wasn't everyone's idea of fun, but

Caroline/Michelle/Ifan/Steve/Pete & Jan completed a windy beach run. Coffee and cake at a café was inline next, then the short drive back to Taguise. More coffee and football was to follow back at the hotel. The hotel's entertainment for the evening was a Michael Buble impressionist, all the way from Pontypridd, singing a mixture of Dean Martin & Frank Sinatra songs.

Wednesday

Wednesdays run saw the half marathon so we had to be up early to catch the bus from La Santa which took you out to the village where it started, as you then run back into La Santa complex to the finish where we were presented with our medals for competing. Only Steve, Ifan Paul and Glyn competed in the half marathon.

At Wednesday's nights meal saw a presentation prize of a t-shirt given to Paul for doing all the driving.

Thursday

A relaxing day was had on Thursday with just a few venturing out to do a small Volcano run. **Steve Atherton** lead a group of Dollies up the Volcano, which was quite windy on the summit, all came back in one piece. With some sunbathing being done by the ladies, along with a Sangria demonstration (*and no doubt demolition – Ed*).

Friday morning soon come around, and it was time to leave, everyone really enjoyed themselves, and I think most will be returning next year to compete again, hopefully with more in tow.

There is a half hours video to watch on Club La Santa running festival 2015 on which you will see all Maldwyn Harrier runners along with a few Dollies.



L/R Glyn; Steve; Ifan; Dave; Pete; Paul



Waiting for Santa – Paul, Steve, Ifan and Glyn



Galey the Parrot – Paul wasn't up for that at all. Glyn on the other hand...