

### 3 October 2018 – The Monthly Mile South Shields

The name says it all really, one mile, once a month, in South Shields.

I had pencilled this run into my training plan to act as a indicator of where my speed / speed endurance were at after several months of more tempo based training and easy runs.

The mile takes place around Bents Park and, after registering at the Crown Inn Pub, it was time to start the warmup. Originally this was a planned 1mile easy followed by 3x150m strides and some drills and stretching. One mile soon became two after bumping into Tony Dunn & Kevin Freeman, Tony is a regular at the series whilst Kevin was attending for the first time.

Before we knew it the clock has passed 7, with my warm up slightly behind schedule I strided from the car to the start and quickly ran through my warm up routine.

7:15 came and we were off. I tend to find that a lot of people go out far too fast and fade after 400m due to the slight uphill start. Regrettably this impacted my race and I got boxed in around the second corner. Tony had suffered no such problems and was now comfortably 20m ahead.

After finally finding some free space I was able to start stretching the legs out and by 1k Tony was now about 10m ahead. After both safely navigating the tricky third corner it was time to take advantage of the slight downhill and set ourselves up for the final push to the finish.

After taking the last corner I set about trying to reel in Tony and I was gradually catching up. With 100m I still felt strong and lifted my pace once again alas however both Tony and I got caught up by two youths on their scooters who came shooting out the park, just missing Tony but causing me to break stride slightly.

So, 5:36 seconds (by my watch) after starting we had finished. Tony recording a new pb of 5:34. We were shortly joined by Mr Freeman who ran 7:31, some 20 seconds faster than he had hoped at the start.

All that was left was to cooldown and reflect on the race. On reflection I need to work on my positioning at the start to avoid getting boxed in, but overall my pace was very similar to my 1500m pb so the break in speedwork doesn't appear to have unduly affected me. But there is plenty to work on so it's time to knuckle down over the winter!

The race is well organised and open to everyone of all abilities. In fact I think many people would be quite surprised by their pace when you only have one mile to worry about and not 6.2, 13.1 or 26.2! As you might be aware from the committee minutes plans are afoot for a Blyth RC version. Two routes have been scouted and all that remains is to pick on and finalise the arrangements – watch this space!

#### Official Results

Tony Dunn – 5:34

Craig Harmon – 5:37

Kevin Freeman – 7:31