

## South Shields 10 mile

August 5<sup>th</sup> 2018



So, another Sunday, another BRC grand prix race, this time starting from the NE landmark Souter Lighthouse just outside south shields. It was another glorious morning, but thankfully not as hot as the Durham coastal ! I had also remembered to put Suntan lotion on, see I do learn, eventually.

As per most weekend Grand Prix races it was a relatively early start, with Anne Craddock very kindly doing the driving duties for Michael Ashby and myself. We got through to the start in good time and bumped into Anita as soon as we got there and she very kindly directed us over to pick up our numbers.

We wandered around the number pick up area for a bit and started to see our other BRC buddies as they arrived to pick up their numbers. As the results show below we had a decent turnout of 20 runners, and out of the 460 finishers we were the club with the most attendees which I thought was pretty cool.

After an obligatory toilet visit Graham and I went for a little warm up to get the legs ready for the off at 9am.

Unlike the last race where I was the only league 2 entrant I think most of them turned up today ! Rob, Rich, Leanne and Tony. Having not raced for a few weeks and having had a week off from a little injury I was unsure how I would perform, but what was in my favour was that this was a trail race, my kind of terrain, and thankfully a lot less hilly than my last race !.

It wasn't too long until we were lining up at the start line, we just had time for a quick team photo and after a little delay we were off !

I got a pretty decent start, probably a little to fast, as per usual, and we did a little mile loop near to the lighthouse then it was off up the coast towards south shields, the route was pretty flat at this point with a few little undulations. At the 2.5mile point we jinked to the right and passed the water station for the first of 3 times, as we were about to complete 2 x 2.5 mile laps.



The lap consisted of a number of inclines and declines, with a tough little hill about  $\frac{3}{4}$  of the way round. By the end of the first lap I was starting to feel a little tired but resisted the temptation to look back to see if Rich, rob, Leanne or tony were about to pass me !. the second lap came and went, a little slower up the cheeky incline but I pushed on, nice to see Rachel and Lynn as I went around the course.

I was also surprised to catch Scott on the second lap, but the poor fella was having stomach problems, so had slowed down.

After the second lap I tried to push on, knowing that if I slowed down the guys would surely catch and pass me.

Thankfully the run back to the lighthouse was relatively short, with Scott catching me up and he ran with me for the next mile or so which really help me keep my pace up.

The last mile was the same loop as the start, which had a couple of climbs, the second one about 400m from the finish was particularly taxing on tired legs but thankfully there was no league 2 buddies bearing down on me so I just dug in and got it finished.

I was so chuffed to have got round in one piece and in a half decent time (73 mins) , the cherry on the cake was being first back in league 2, its been a while coming !

I then jogged across to get a bottle of water and my pretty decent medal, shame there was no snack, the only negative of the whole day as the organization, marshals and course were spot on.

I then nipped across to cheer on the rest of the gang as they started their last mile.

There were some great performances , Graham wood was first back for Blyth in 18<sup>th</sup> overall, out of over 460 runners. Sandra was first F50 and Anne was second F60, very well done !

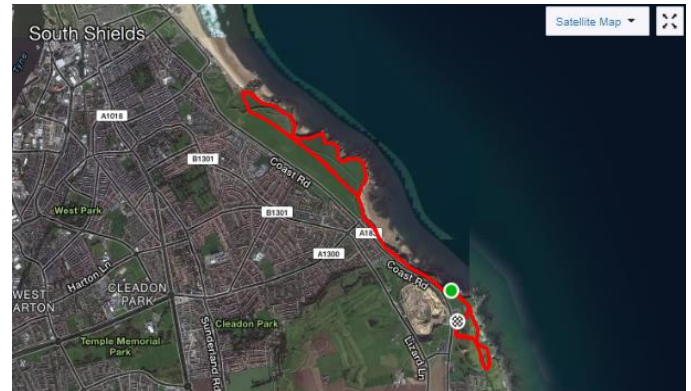
The good news was everyone finished safely with no injuries.

So, all in all a pretty good race, well done once again to all !

See you soon,

Thanks for reading

Steve D



Position	no.	name	Club	Time	Age group
18	548	Graham Wood	Blyth Running Club	68.06	M40
43	127	Steve Dobby	Blyth Running Club	73.37	M40
44	388	Scott Povey	Blyth Running Club	73.47	M-SNR
50	451	Robert Sharratt	Blyth Running Club	74.29	M-SNR
51	452	Richard Shillinglaw	Blyth Running Club	74.30	M-SNR
55	212	Leanne Herron	Blyth Running Club	75.42	F-SNR
61	130	Shaun Dodd	Blyth Running Club	76.42	M40
70	141	Tony Dunn	Blyth Running Club	79.04	M50
90	524	Sandra Watson	Blyth Running Club	82.10	F50
119	15	Michael Ashby	Blyth Running Club	84.58	M50
137	36	Paul Blackett	Blyth Running Club	86.29	M40
182	305	Claire Mason	Blyth Running Club	91.30	F50
188	286	Davina Lonsdale	Blyth Running Club	91.57	F50
207	255	Rachel Joseph	Blyth Running Club	94.15	F40
213	110	Anne Craddock	Blyth Running Club	94.34	F60
224	302	Neil Marshall	Blyth Running Club	96.52	M-SNR
230	47	Anita Brabazon	Blyth Running Club	97.18	F-SNR
296	156	Lesley Falkous	Blyth Running Club	1.44.43	F40
351	474	Joanne Stobbart	Blyth Running Club	1.52.04	F50
391	341	Lynn Munro	Blyth Running Club	1.57.23	F60