

## Jelly Tea 10 mile race report

With 6 races already completed in the 2022 BRC Grand Prix, the second half of the season started with a trip to the beautiful Tyne Valley for the Jelly Tea 10 mile road race hosted by Tynedale Harriers, a race which also incorporated the NEMAA 10mile road race championships.

A relatively short drive and negotiation of the narrowest bridge in the world (arguably) saw us greeted by smiling marshalls on the south side of the Tyne directing us to the carparks.

A short walk on this warm morning with a little cloud cover and we were at registration collecting numbers and activating our OCD to apply the numbers to the green and white vests, dead straight and centred (or maybe that was just me!!)

Numbers applied, off to the school we went for last minute warm ups and stretches before the race began at 10:00. Interesting chats ensued with swapping of expected race pace a plenty between the grand prix entrants. This might have been mind games for a competitive edge but it was all taken in good heart with a smile and a laugh or two putting all at ease ahead of the race.

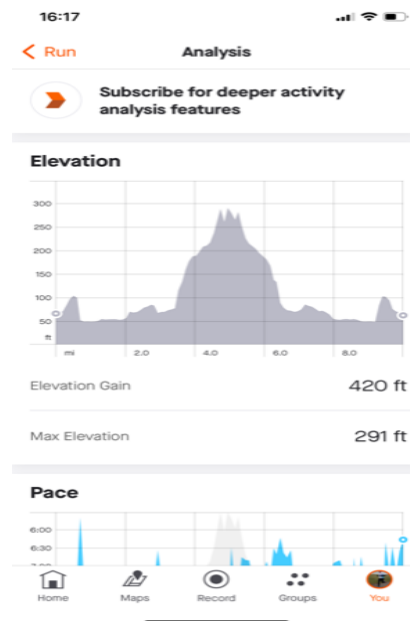


A near false start from the enthusiastic organisers was soon corrected and with race briefings given we were off on what some had suggested was a reportedly flat course!!!!!!

The course was an out and back, which personally I like due to the 'high five' opportunities with BRC members and also because as you run the first half you have an insight into what is coming in the second half.

A sharp downhill after half a mile was assigned to the memory bank (we will have to run up that thing in 9 miles time!!) as we ran the first three miles against the moderate westerly breeze (should get some help on the way back unless the wind changes) and then we were faced with the 'climb'.

Need to have a word with those that suggested it was flat!! but as we climb, again the head was saying that what goes up must come down so keep the effort going as soon there will be a chance to recover. (race profile below!!)



With the turn made alongside Mr Younger, we matched strides for the next 3.5 miles and yes, the downhill was mint and yes, the wind hadn't changed direction so some assistance was given.

Nearing the finish, that sharp rise at 9.5 mile was an absolute killer and really took the last of the reserves before the last half mile striding out, trying to look good for the photos and across the finish line.

Great efforts from everybody on the day and results for BRC were brilliant with 6 of the 13 BRC members finishing in the top ten for their age category.

20:16 racetecresults.com

31	Henry Madden #117 Male SEN	1:05:33 (1:05:24)	22 (29)
58	Nicholas Pearson #162 Male V40	1:10:25 (1:10:16)	6 (51)
84	Steve Dobby #57 Male V45	1:13:26 (1:13:18)	10 (69)
92	Simon Clough #43 Male V45	1:14:32 (1:14:21)	11 (73)
93	Richard Bickerton #24 Male V40	1:14:41 (1:14:19)	14 (74)
94	John Younger #245 Male V40	1:14:53 (1:14:40)	15 (75)
100	David Shields #186 Male V50	1:15:33 (1:15:19)	5 (80)
114	Mark Rudkin #180 Male V40	1:17:54 (1:17:30)	16 (90)
139	Sandra Watson #228 Female V50	1:21:54 (1:21:28)	6 (35)
155	Nikki Courtney #46 Female V45	1:24:41 (1:24:29)	3 (43)
166	MICHAEL Ashby #7 Male V55	1:26:53 (1:26:26)	17 (116)
176	Janice Stewart #203 Female V45	1:28:12 (1:28:01)	4 (55)
217	Christopher Claassen #41 Male V50	1:40:02 (1:39:30)	14 (139)

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So that's it, all done. Plenty reviews and discussions post race, once the breath had been recovered, and off to the village hall for sarnies, cups of tea and a pot of Jelly. There's a reason its called the Jelly Tea.....



Race 7 complete, next one is 2 laps of MMM course on Sunday 4<sup>th</sup> September and still all to play for in the divisions, it's beginning to get a little exciting!

**Footnote:**

I did mention that the race also incorporated the NEMAA 10m road race championships and with such a good showing within age grade results, there was a possibility of some medals. Monday 22<sup>nd</sup> saw Janice Stewart and myself presented with silver medals for our efforts, Nice mind

