

So 20th March 2022 saw an early start for the Grand Prix runners to head off to Ouston Airfield for the Runnation superfast half marathon, Race 3 of the Grand Prix.

Arriving around 08:45, what a pleasure it was to have some of our BRC family on duty, helping stage the event. The friendly faces of Dave Bradley welcoming us at the carpark entrance, Ralph Dickinson ushering us into the car parking spaces and Rob Hall welcoming us at the registration desk made the event feel like it was almost a home fixture. Once again the efforts of the few go such along way to ensuring that the many enjoy their day as much as they can, thanks to all the event organisers and marshalls.

So could the cool spring morning put a spring into the legs of the BRC contingent in attendance? Well 16 athletes took part in the half marathon accompanied by 2 in the 10k and 2 in the 5k. Not part of the Grand Prix race on the day but special mention to two newish club members who were donning Blyth colours for the very first time in a race, Emma Bennett in the 10k race and Amy Tyler, who collected her Blyth vest from Ralph pre-race, in the 5k. Well done also to Katie Donaldson who PB'd in the 10K and Richard Daly who ran in the 5K.

So to the Grand Prix half marathon race, the pre-race regimes completed, group photo taken, encouragement, support and banter exchanged, all headed off to the start line, roughly on time give or take a minute or two, and after a swift briefing, the hooter went and the green and white army set off to challenge themselves and each other on the slightly windy but allegedly fast half marathon course.

I say allegedly fast half marathon course as the name 'super fast' may have been a sales pitch, but the BRC contingent took the race title as it read and on mass put in some great performances. Official times and splits are below with an added column to identify the PB achievers (sorry if I missed any).

Pos	Race No	Name	Time	Net Time	Category	Gender	Gen Pos	Club	Dist	Pace	Lap 1	Lap 2	Lap 3	Finish	Personal Best
10	544	Michael Charlton	01:26:55	01:05:25	Senior Men	Male	10	Blyth Running Club	21.1	4:07 min/km	00:21:29	00:43:00	01:04:44	01:26:55	PB
12	655	Gary Weir	01:28:41	01:28:37	45-49	Male	12	Blyth Running Club	21.1	4:12 min/km	00:21:36	00:43:32	01:06:07	01:28:41	PB
23	556	Steve Dobby	01:34:36	01:34:32	45-49	Male	20	Blyth Running Club	21.1	4:29 min/km	00:23:37	00:47:37	01:11:36	01:34:36	PB
26	626	David Shields	01:36:02	01:35:58	50-54	Male	23	Blyth Running Club	21.1	4:33 min/km	00:23:29	00:47:18	01:11:39	01:36:02	PB
29	642	Craig Tonkin	01:36:51	01:36:47	Senior Men	Male	26	BBC Running Club	21.1	4:35 min/km	00:23:37	00:47:37	01:11:39	01:36:51	PB
31	609	Darren Noble	01:37:44	01:37:39	50-54	Male	28	Blyth Running Club	21.1	4:37 min/km	00:24:51	00:48:55	01:13:13	01:37:44	
38	561	Martin Fairbairn	01:40:33	01:40:29	40-44	Male	33	Blyth Running Club	21.1	4:45 min/km	00:25:27	00:50:47	01:15:47	01:40:33	PB
41	559	Carly Ellis	01:41:12	01:41:08	35-39	Female	7	Blyth Running Club	21.1	4:47 min/km	00:25:43	00:51:17	01:16:40	01:41:12	PB
53	638	Alan Stewart	01:44:49	01:44:44	50-54	Male	44	Blyth Running Club	21.1	4:58 min/km	00:25:43	00:51:17	01:17:41	01:44:49	
58	511	Richard Bickerton	01:46:12	01:19:51	40-44	Male	48	Blyth Running Club	21.1	5:02 min/km	00:26:20	00:53:16	01:20:18	01:46:12	
61	654	Kandis Watson	01:47:49	01:47:45	35-39	Female	12	Blyth Running Club	21.1	5:06 min/km	00:25:43	00:52:11	01:20:14	01:47:49	PB
75	602	Michael McKenna	01:51:30	01:51:24	40-44	Male	60	Blyth Running Club	21.1	5:17 min/km	00:27:21	00:54:48	01:22:56	01:51:30	PB
79	639	Janice Stewart	01:53:40	01:53:31	45-49	Female	17	Blyth Running Club	21.1	5:23 min/km	00:27:42	00:55:15	01:24:07	01:53:40	
86	615	andrew patchett	01:56:47	01:56:37	45-49	Male	66	Blyth Running Club	21.1	5:32 min/km	00:28:04	00:56:59	01:27:18	01:56:47	
88	439	Lee Anderson	01:57:45	01:57:38	55-59	Male	67	Blyth Running Club	21.1	5:34 min/km	00:27:06	00:54:42	01:24:21	01:57:45	
96	563	Ron Forster	02:09:19	02:09:12	60+	Male	71	Blyth Running Club	21.1	6:07 min/km	00:30:24	01:02:39	01:35:38	02:09:19	PB

What an amazing group performance with 10 of the 16 competitors achieving new PB's, phenomenal. The 'PB fest' is not however the biggest memory which sticks in my mind from what was a truly brilliant day out with the BRC family. This is my first year as a GP working party member and and I was proud to have the opportunity to witness and record the support and encouragement that is evident within the BRC family and GP competitors for each and every one of its members irrespective of competition division or individual performance.

It was quite a special day, so many highs, not too many lows, and always a hug, a fist pump, a pat on the back or whatever was thought necessary to make each and every one of the family feel great about what they had achieved on the day. There has obviously been some great winter work done within BRC, and a big thanks to the BRC coaches for providing that opportunity, and it is showing in great results early in the season. Stay fit and well everyone and long may it continue.

Race 4 looms large towards the end of April so check your diaries, help out if you can't run, and make race 4 as good, if not better, than the first 3.

#TeamBlyth