

BUPA Great South Run (10 miles) Southsea, Portsmouth. October 30 2011.

This a family catch up run for me as I have relatives in Portsmouth. This year my step-daughter and her boyfriend ran it with me and a couple of their friends joined us as well.

It is a fast flat race through Southsea passing HMS Victory and Mary Rose and other landmarks. Lots of crowd support and entertainment along the route as well. Also added extras such as run- through shower and jelly babies at mile 9. Plenty of water and Powerade along route.

Last 2 miles is along the sea front which was lovely both times I ran it. The sea was breaking over the wall this year which was nice and refreshing. However if the weather is bad and the wind against you it has the potential to be awful.

There is a big runners village set up at the start with lots of charity tents, massage, food and drink wagons as this is a massive event which attracts lots of spectators as well as around 20,000 runners. Some celebs there as well so lots of local TV coverage.

The runners start in three waves and line up in three different roads according to wave colour which means that everyone is across the start line fairly quickly after a mass warm up. Goody bag and medal at the end with more water and Powerade. I had a better run this time and finished in 1.41.54.

There is a big disadvantage to an otherwise great day and that is getting away from the race. Parking is available early on in the day on the common (£3 this year) and getting off the common and out of Southsea is a nightmare. This year it took us an hour to get off the common and another hour to get to our relatives house, normally ten minutes drive! Last year wasn't much better. Information sent out with the race numbers suggest using the main car parks but even then it will still take a long time to get away. Nevertheless this is a great run.

Next year 28 October 2012

Gill