

Cornish Marathon Race Report

Running the Cornish marathon seemed like a good idea in May. However as November the 20th 2011 got closer, the idea of possible bad weather, and definite hilly terrain became less appealing.

On the other hand Sara (my running partner) and I had spent the last few months doing the training, so it had become something that we needed to see through to the end.

As it turned out, we were in luck. It was a mild dry day with hardly any wind (unless you were right at the top of Bolventor).

Parking was very well organised, but entering on the day was a bad idea. It cost five pounds extra, and goody bags, which were distributed before the race, were not available for on the day entrants. We were told that we might get one at the end if there were any left (as it happened Sara got one and I didn't).

Organisation before the race seemed very good at the millennium centre Pensilva. There were hot and cold drinks on sale and a left luggage area. Being a relatively small race (in terms of numbers) there were no big toilet queues, big bonus!

There was an area where runners could leave personal sports drinks and gels labelled, to be given out at specific drink stations, throughout the race. It would have been nice to have known about this great service beforehand.

There were four of us from BWRC, so it was great to meet up with Amanda Dymond and Nicola Hall.

Supporters at the start of the race were excellent. We ran twice around Pensilva then up a hill... then another hill..... and then another hill..... and then another hill etc.

Actually, the views across the moor were fantastic, I past several breeds of unusual looking cattle, which I found myself talking to on more than one occasion.

During the race I tried to run one mile at a time, with a longer term goal of reaching Jamaica Inn (about sixteen miles). Jamaica Inn was a long time coming, but I knew I was nearly there when Barbara from our club popped up shouting words of encouragement and taking photos.

Outside the Inn also from BWRC were Jenny M, Gill, Jenny S and Mark D. By this point, I felt starved of human company, so I took the opportunity to stop and complain to them that twenty-six miles was too far (sorry about that). After some more words of encouragement and a jelly baby I staggered on.

The next section was the Draynes Valley which was relatively flat, hooray!! My legs didn't want to work as fast as I wanted them too, so I abandoned my perhaps optimistic aim of getting a time close to four hours. I saw Andy from Personal Best, who had also given up his day to support us.

The Marshalls and supporters during this race were fantastic. Just as I felt I was unable to go on (again) there was a drink station.

It was lovely to see Chris and Rudy (my partner and son) at twenty three miles, where there was a downhill stretch. They drove on and positioned themselves at the top of the dreaded hill at twenty four/ twenty five miles. By this time I was trying to do a Paula Radcliffe (no not that!) I mean counting in my head to three hundred, although I could only make it to forty before I had to start again.

The last stretch into Pensilva was downhill... excellent!!

Sara was at the finish line, she had done an amazing time of 3: 59 I came in at 4:26. Nicola was not far behind me at 4:32 and Amanda, who was running her first marathon, came in under five hours.

Thank you to everyone for all the messages of support.

London will be easy now??

Sonya Gibbs ;)