

Eden Half Marathon 2011

Well what can I say ummmm oh yes I know that was hard!!!

As I drove over to the Eden Project with my daughter Kirah and her friend Megan, it was raining and I thought great! I know it's not nice to run in the heat like we did at Newquay 10k but I don't like the rain either. Anyway by the time we'd caught the bus down to the main reception, the rain had eased off. I had to leave Kirah and Megan as the supporters were not allowed in the "Runners Village". I'd bought a bin liner with me in case I had to stand around for ages but the traffic had been pretty terrible so although the race was delayed for 10 mins, thankfully there wasn't much waiting to do. The Marathoners set off at 10.10 am and then Jemma Simpson, British Championship 800m runner, came and did a warm up with us Half Marathoners and at 10.20 am we were off. Sonya Gibbs and Sara Crane shot off never to be seen again!!

If I can remember rightly it was a small uphill to start but then there was a long downhill into St Blazey. Jennie Massey was taking photos on the way down the hill so it was good to see her. Once in St Blazey we ran along by the canal towards Luxulyan which was quite congested and you ended up slowing right down to a walk. We ran through Luxulyan Valley under the Trefry Viaduct and then through Luxulyan village. I tried to make a mental note of where the hills were but by 6 miles my legs were pretty heavy so all I was thinking about was keeping going!!

I'm sure there was quite a long uphill at 7 miles but then a nice downhill. We ran through a lot of country lanes which were very muddy.

I had one group of runners in front of me who stopped at the 7 mile marker and took a photo (I think they may have done this at every one!!) and also a male runner ran past me with music playing and he was shadow boxing!?!?!?

As we neared 11 miles I kept looking out for the Biomes or some indication that we were nearly back to the Eden car parks. I couldn't see much and the view wasn't that spectacular because of the weather. At around 11 ½ miles we entered the car park entrance and just inside was Karen White – a sight for sore eyes but she gave me a real boost – it was all downhill from there so I made the most of it and speeded up a bit. Jenny Saunter was at about 12 ½ miles and again it was good to see her as she told me I was nearly there!! It was just a short downhill run into Eden itself and there was the finish line – yippee!! I was so pleased to see Kirah and Megan.

I finished in 2 hours, 9 mins and 22 secs. Sara was our first "Pink Lady" home in 1 hour 53 mins and 02 secs with Sonya just behind her in 1 hour 55 mins and 12 secs.

I have to say that although this was quite a hard, hilly and at times muddy race I did enjoy it and would probably do it again. I received a medal at the finish and then collected my goody bag which included a T-shirt, some running mags and an energy gel (I'd have preferred a bar of chocolate myself!!). You also got a pasty and a pint but as these two things are not my favourites the girls and I went off home.