

LIVERPOOL HALF MARATHON

9.30 START

DATE; 18TH March 2012 (Mothers' Day)

Back in my native home town with the tranquil music of police sirens in the background, I entered the stream of 1000's to undertake a half marathon which starts and finishes in the same place.

Sunny with a slight breeze, the popularity of this race has grown. Off goes the gun and some 8 minutes later I the cross the line.

Leaving the Echo Arena, out of the docks up into Toxteth through Princes Park and Sefton Park, I weaved through the runners and it wasn't until I hit mile 9 that the runners spread out.

Fortunately, this year, there was no head wind for the last 4 miles along the Mersey banks to the finish line.

Thanks to Les Maclaren and the weather being kind on the day, I managed a PB of 1:55:16.

This run is a great excuse to have a weekend away in great city!

Goody bag: White technical T-shirt, Medal, water and banana.

Tracy McFadden