

Launceston “Tough” Ten Mile

O M G what ever possessed me!!!! Never again, that is for sure ☺

‘Tough’ it certainly is a tough very, very, very hilly course, are there any more hills in good ol Lanson? I don’t think so!

After deciding that due to the 10 mile practice run on a slightly flat course the Sunday prior to this I would aim for a 2 hour time limit. That was the aim on waking in the morning and at the start of the race..... After mile 2 I decided give up on the time just get there..... Mile 3 where is that drink station? The sun is beating down and it is hilly, hot and oh did I mention hilly? Mile 4 will I just give in?..... No your nearly half way Hazel (yes I speak to myself whilst running). Mile 6 (oh I think I missed a mile marker, must have been a down hill section) more water and sponges a welcome sight I must say. Oh well plod on and on up the next hill and the next am I there yet?

I can hear it, yes, the finish I can hear them on the mic oh great nearly there..... Not quite **NOooo** not up there too ☹ oh well march on then round the corner and yehhhhhhhh cheers and claps and finish line Whoop Whoop I finished and yes I have survived.

Past the finish, to collect my goodies, Towel, Banana, Choc bar and Water. Then collapse onto the grass field and enjoy the rest.

Of course if you like the hills you will love this one and those who have never experienced it well you **must** try it, at least once.

Hazel Maclaren