

Marazion 10K - Sunday 5th Feb 2012

With a real mix of weather leading up to the race, from -8 degrees on Friday to wet and wild on Saturday, I really didn't know what it would be like on the day and moreover what to wear? However I was up early, fuelled up with some porridge and was soon on my way to Marazion with the girls. It really is quite a drive down to Marazion, thanks to Pauline for driving, but well worth it when you get there, the view of St Michaels Mount was really beautiful so of course we had to have a photo.

We parked up and caught the mini-bus up to the Community Centre, Jenny thought it would be a good idea to walk up as part of her warm up, however we were happy to forego the warm up and took the mini-bus.

Once in the Community Centre the "pinkies" gathered, pinned on our race numbers and even collected our goody bags - rather nice navy hoody and cute soft toy and yes another photo opportunity with new hoodies on.

It was great to see Hazel back after injury and Sarah Watson for her first race.

Everyone gathered in the rather narrow country lane and at 11am exactly we were off with the customary beeping of watches being started and everyone tiptoeing forward not getting anywhere until the crowd thinned out a bit. It was a fast start downhill for those that could get through the masses and all we had to remember was to keep turning left, a right turn would send us off in the wrong direction, but as is usual in all races that I have entered there were plenty of marshalls along the route, with encouraging comments and smiley faces. The course was undulating so I tried to make the most of the downhills and keep to my marker for the uphills. I took on water at the 3.5 mile mark and prepared myself for the second half. I tried to keep with a pack of runners this time and this and Lesley's training sessions certainly helped me. Having run the race last year I kept an eye on my time and could remember parts of the course, needless to say when I approached the road with the flyover I knew the hilly final leg was coming. I ran down under the flyover and started the ascent, I really don't enjoy this type of finish but dug in deep and ran as best I could, I reached the 6 mile marker and had to mentally dig in deeper, if I could have

finished then I would have but I heard footsteps behind me and the competitive edge in me grabbed me and pushed me forward, the crowd was shouting to "Ian" to dig in as he was gaining on me but I wasn't having any of that and managed to cross the line just before him, we must have split a second between us. (I managed a pb of 56 mins compared to 58 last year so was very pleased). Tired and wobbly I made my way to the water station, had a drink and slice of orange and went back to the finish to cheer in my team mates. Everyone made it back in under 1hour 10 mins. A special mention to Sarah as this was her first race, she too dug in at the end and gained a place in the final 25m. Well Done to everyone that took part. Everyone ran their best and did the club proud.

It would be lovely to see more ladies join us in the future, so take a look at the race calendar and let Amanda know which races you would be interested in taking part in.