



The Great Flat Lode 31st October 2011

This was the first race with this particular route, organised by Redruth Rotary Club. The five ish mile distance and the newness of the race appealed to me. I had convinced myself and others however that it was to be a flat one as the title suggested. There were a couple of surprises then but nothing too hilly went on too painfully long and to be fair, the inclines were either on the way to the Great Flat Lode trail, or were connection routes between sections of what once were once mining trails. There were long stretches of flat, too! Imagine those poor ponies dragging truckloads of tin along those trails! Although I often run in the area I am lead by local people who know it well so the course map meant little to me. It was good to just relax (?) and see where we were lead.

I was to be the only Bodmin WRC runner and I wore my pink vest with pride and on everyone's behalf. (Where were you, anyway?!) Some of us from my other running group ('Girls on Tour') in Redruth thought we'd get into the swing of it and dress up in Halloween outfits. Having gone crashing into a table in the cricket club, I decided to abandon my mask before the start. A black and pink wig and a cloke remained in situ, however. I was grateful that it wasn't too windy as I had visions of losing both on route! Other fellow runners from 'Girls on Tour' wore various items such as horns, wings, bats, spiders and witches hats. We succeeded in making fellow runners and marshals smile and had fun, too.

There wasn't a huge turnout for the race but it was good to see some beginners, non-serious athletes and charity runners and the opportunity to just to have fun. Think some good funds were raised for good causes, too. It was an over- cast, not too chilly day October day. Thank-fully the rain and wind held off and conditions were just right for running. The first part of the race was along quiet roads in fact, none of the race met with any busy roads. This was most appealing. Even when we joined the official trail, much was tarmac or old mining residue, firm sand like surface. Most of the course was a smoother run than I am used to on some of our pavements and country roads, in fact. There was a muddy section as we approached and passed through a farm and on one very small section (a few yards) the terrain was stony and very uneven. Apart from that, the route was safe and enjoyable. There was the right number of marshals and good support on the finish line which was after a long flat road, a downhill, then onto the cricket field. A medal and drink were presented with a welcoming smile and the sun came out as we stood around doing the usual race debrief. This race will definitely be on my race plan for 2012. Will you join me?



Jennie