

The highest temperature recorded in Newquay this year was 26.4 c. No prizes for guessing which day this was!! Sunday October 2nd the day of the Newquay 10k was sweltering but 11 of us pink ladies braved the heat and lined up alongside over 520 other mad souls at Newquay Leisure Centre. It was such a wonderful atmosphere and everybody was in such good spirits that you could not fail to feel proud standing shoulder to shoulder with your fellow team mates.

The course itself was pleasant enough taking us down through the town where there was plenty of public support, past the zoo (not much support there) and alongside the scenic River Gannel Estuary where at this time of the morning there was a very refreshing breeze. The course then took you out to Crantock and then back again along the same route. However, as we started the brief climb up the hill at Trevemper Mill, all thoughts of sightseeing and petting the zoo animals vanished. There was little respite from the heat in the sheltered lanes and it's always off putting to see the faster runners already making their way back on their return journeys. However, once I'd had the chance to refuel at the drinks station and I knew I was on my way back I started to relax again and enjoy all the shouts of encouragement from the marshalls and very good spirited drivers who were stuck in their hot cars whilst waiting for us runners to limp by.

The reward at the end of the course was a further climb to the finish line and a very respectable goody bag with chocolate and crisps and a very smart t-shirt. Chocolate makes it all worthwhile!! Although I did spot several bottles of red wine inside the leisure centre but regret I was not offered any of these.

Even though 514 runners did finish the race there were casualties to the heat and a few of our own pinkies were below par. A special well done to Sara who ran her first race with the club. I think I overheard her saying that it wasn't too bad and that she quite enjoyed it. As a teacher she should know better!!

Next year I will only run races in August as you can guarantee the weather!!