

This was my third Indian Queens Half Marathon but my first as a member of Bodmins Womens Running Club and I was proud to be seen in pink.

For those of you that are training towards their first half marathon I would highly recommend this one. The route is undulating and predominantly rural, I find the atmosphere is very friendly and the Marshalling is excellent.

For me, this years half marathon started with pre-race nerves and spending the vast majority of my time in the queue for the toilet with a last minute dash to the starting line.

650 runners took part so as you can imagine it was a little cramped to start but the ladies in pink stood out from the crowd hopefully being noticed by the representative of Runner World Magazine.

I always give myself a personal goal before the start of a race and this one was no different I wanted to achieve a time of two hours. Heavy showers were forecast, not too hot and I felt I would have a good chance of achieving my goal.

It was 10 o'clock the start horn signalled it was time to set off, a gentle downhill slope to start before turning left. I managed to stay upright having weaved around many runners to find a space in which to run.

The road section did not last too long, I ventured onto the trail where like many others I spent a lot of time avoiding the mud and puddles. I found the going very tough through the Goss Moor, it was very hot with no sign of the showers that had earlier been forecast. I felt drained and could not wait to be on tarmac again. I did have a cheer at the Brass Band and the Wildlife made me quicken my pace.

The gradual incline toward Ruthvoes Kennels was not as bad as I had remembered and the run down the other side was pure bliss. I approached the eight mile marker with a spring in my step and I thought I might still make my goal of two hours.

The route back through the Goss Moor was not as hot, a breeze had the desired cooling effect and I was still optimistic as I approached the eleven mile marker at 11.45 that my two hour time was achievable. Then it happened, my little legs became two lead blocks, with each step they became heavier. The gentle incline to the end felt a lot steeper and I seemed to be going in slow motion as runner after runner overtook me, where did they come from?

My finishing time was 2.07.

I felt the club did really well, congratulations to all the ladies that took part, especially if this was your first half marathon. I look forward to seeing you all at Truro on the 18 September and you never know I might achieve my goal.

WELL DONE.

