

CORNWALL AIR AMBULANCE RUNWAY RUNAROUND 25.3.12

I don't really get involved in many organised runs but this one caught my interest and it was raising money for a good cause.

I only finally decided I was actually going to take part on the morning of the run itself, but I had my porridge and dashed off down the A30 as the closing time for registration was 9.45. I arrived with 10 minutes to spare and rushed off towards the crowd lined up outside one of the hangars. I met Heidi on the way, she was looking for some of her team mates from Fifteen Restaurant. I also saw Sarah and her family across the field. There was a huge queue for those that had pre-registered and were waiting to pick up their numbers, I was able to go straight to the "register on the day" table and get my number with no bother. The start had to be delayed by half an hour to allow time to get everyone checked in, but hopefully they will get this sorted if they hold the run again next year.

Anyway, finally we were all ready to go, I lined up with Jennie and Sharon and we joined in the warm up then we were off. At first we thought this would be a very flat run as runways are flat aren't they? No, there was a definite incline and we were running into the wind for a lot of the time which was hard work! There were some cheerful supporters and marshalls dotted along the route giving us words of encouragement, and it was reassuring to pass the km markers as we went along. A few people were in fancy dress, with one young couple in pyjamas and dressing gown but this looked rather hot and uncomfortable.

The route took us through the new hanger for the Cornwall Air Ambulance and there was a DJ set up in the corner encouraging us along with his music. Things got more exciting when we turned off the runway and along a new access road which was definitely on a hill but thanks to all the hill runs we do in training we were able to take it in our stride! There was an amazing lady in a wheelchair and a fireman running in full kit with breathing apparatus on his back, worthy praise to them.

We were rewarded with a water station around the 6km mark then we were refreshed for the rest of the run which continued back along the runway and there was lots of support as we approached the finish. Sarah finished in 1 hour, Sharon and I in 1.03, Jennie 1.05 and Heidi I think was about 1.04. We then had goodie bags, pasties and a pint of beer. There

were free leg massages from Truro College which I took up and helped loosen up my calf muscles!

This was a nice relaxed event (once the hurdle of registration was completed) and great for all the family as there was also a 4km run. I would certainly take part again and hopefully the Cornwall Air Ambulance will have done well from it.

Sue