

1st Newcastle parkrun

This was the Newcastle 5K parkrun 1st Event, history in the making. It is held on Exhibition Park and The Town Moor every Saturday morning and hey it's FREE.

To be honest I wasn't too sure I would actually go due to over-coming recent injuries etc and how my general fitness is, but I am so pleased I did.

The weather was what is probably best described as British....in other words it was wet, cold and dark. The course is nice and flat and tarmac, so no muddy fields to run through, although I did go on the wrong route and had to cut across part of the field which was water logged due to the snow but that is optional. The course is very open, so any breeze will feel like a gale.

The turnout was a really good, 43 runners in total but for such a miserable Saturday morning and the 1st event it was impressive.

We seemed to stand around for a while waiting for the marshalls to give to go, but it was nice to chat with other runners and get a feel of what was to come. The marshalls went through all the health and safety bits and bobs and the course route.

This is a timed 5k, so some of the runners went off at a raring pace and I did feel a little out of my depth, but not for long. The Marshalls are there not only to keep you on track but to encourage. and they did just that. They were brilliant. Just proves this is not just for the top runners but all abilities.

I'm sure as Spring roles on and word gets out this will be very popular. I for one will be going when I can.

Brilliant. Love It!

Lesley Reed