

Arkendale 10k 2010

Arrived in plenty of time, nice and bright though very breezy. Had myself a cup of coffee whilst I waited for my running buddy Swittle to arrive.

Set off on time and got into a nice steady pace more or less straight away, Swittle confirmed the first mile time as 10mins 3 sec of which mostly downhill but I knew it was too fast for my little legs, so slowed down with the help of a hill.

Along a very muddy track parallel with the A1 and then through some beautiful countryside. Just after 4k, the route then went off road, would like to say a field, but swamp is a better description, then had to negotiate a flock of sheep at the gate to the next field, one of which probably had the same thoughts as me.....do I run through this mud bath to get past it or wait until one of us moves. The sheep went one side and I went the other. Up the next field to be greeted by happy smiley marshals....."Nearly there, just around the corner!"

Back onto the road, for the last part of the run, uphill from here, locals and faster runners out cheering and supporting. I did hear someone shout "Come on Fetchie Lady!" as I rounded the corner for the last 200m....it did make me smile.

Into the field to finish and sprinted past Swittle to beat him, would like to think the best runner won, but I do know he let me.....what a gent!

Looked at the official timer and saw 1.07.?? I knew I had a PB. Now confirmed at 1.07.01. We were presented with a lovely mug at the end to mark the occasion. BBQ, cake stall, drinks etc all waiting for the runners and supporters. Chatted with a couple from Pudsey Pacers, and I commented that the course was hilly not undulating, and told "you kidding, there not hills, welcome to Yorkshire".

Marshalling, organisation, course were all brilliant, fabulous and most welcoming.

Will I do it again? Most definitely

Lesley Reed