

Great North Run - 19th September 2010

After today, I am never running again. Never. No, not ever. My legs ache, my feet are sore, I've only just dried out and I've probably had too much beer in an effort to re-hydrate (i.e. get rid of the taste of the cherry powerade).

I made it to South Shields to find that the baggage bus driver had gone round a roundabout too fast on the way down to Shields (his words) and everyone's bag had ended up on the floor, so they had just tossed them back on the seats anywhere. It took me half an hour to find my bag by which time it was absolutely hoying it down. We then stood in the queue for the wrong bus for half an hour in the pissing rain before the bloke behind us put us right.

But hey, I ran 13 point something miles, a great achievement for someone of my advanced years, the bus we did catch back to Newcastle went through the tunnel rather than via Heworth as advertised, and it's great to be home in the warm.

The run? The hardest ever of the five I've done, fine for the first eight miles but struggled after that, really humid until we reached the sea, by which time the breeze was welcome but too late. Never seen so many people being attended to by the medics at the side of the road. Felt so sorry for the bloke who had collapsed with 200 metres to go. Could so easily have been me.

Well done to all the other Striders who made it, and to Lesley Reed who cheered me on when I most needed it. But that's it. No more running, ever. See you on Tuesday. It's not a time trial is it?

Julian

Hello Striders

Thought i would let you have my race report:

It needs to be renamed The North Run. It was okay until just after the Tyne Bridge. If ever there was a bypass that a race should bypass, the Felling bypass is it. And my tip to Julian, not that he will ever be doing the NR again - drink the blue Powerade if you must, the pink Powerade is given out purely to squirt the squirts of Felling with.

Lesley Richardson

Results

Claire Collinson 1.49.51
Lyn Brown 1.56.53
Sally Hails 2.10.10
Lesley Richardson 2.12.25
Julian Bates 2.14.54
Jill Robertson 2.15.16
Antonella Lupton 2.26.58