

## **Morpeth 10k - 3rd August 2010**

The Morpeth 10k this year incorporated the North Eastern Counties AA Championships. This ensured a good turnout and a high quality field with the winning men and ladies times being 32.13 and 35.55 respectively.

The course consists of two laps around quiet pleasant roads but can hardly be described as 'fast'. This is due to the long, steady climb which has to be negotiated twice during the race. While this can in no way be described as a 'hill', it does seem to take it's toll on the legs second time round especially as I seemed to be running with no-one around me all the way up – no bodies to reduce the effect of the wind!

There were 307 runners and three of those were Stocksfield Striders – Andrew Moore and David Reed were the others representing the club and we were all happy with our times on the night.

I recorded a time of 53:19 and was very happy with this although felt I could have gone a bit faster if I had really pushed it. I was using this race as part of my build up for the GNR. I was first in the L55 category and qualified for a prize but I have to point out that the competition in this particular age category was a bit light (i.e. I was the only one) but it's my first ever prize!

Andrew recorded the best time for the club running at just below 8 minute mile pace to record 48:33 seconds. Andrew was pleased with his run coming 20<sup>th</sup> in his age category.

Third for the club and coming close behind me was David who finished in a time of 53:45. David was however suffering with a sore leg which affected his time.

Overall it was a very enjoyable way to spend a summer's evening and a great event as a build up for the autumn races.

Lyn Brown