

North Tyneside 10k - 4th April 2010

Having been promised a weekend of downpours it was a pleasant surprise to wake up on Easter Sunday to clear skies and some sunshine.

An easy journey to the Parks Leisure Centre at North Shields to meet up with Lesley, Richard and David and plenty of time for a chat and a warm-up before assembling at the start just before 10.

It did seem a bit chilly while we waited for the klaxon but before long almost 1,700 runners were through the start and heading down the steep bank towards the Fish Quay at a blistering 6.28 minute mile pace (or so my Garmin says). Then on the flat alongside the mouth of the Tyne and a chance to admire the view before heading up the incline to Tynemouth Priory. Maybe those runs up the hill after the Fords in Stocksfield have done me some good because it didn't seem as tough a climb as last year!

After Tynemouth it's pretty much level along the sea front through Cullercoats and past Spanish City. Even so the sixth mile seemed like hard work and I was quite relieved to see the finish coming into view just before St Mary's Lighthouse.

Spurred on by a couple of real enthusiasts who flew past me with 200 yards to go I managed a bit of a sprint finish and ended up with a time of 52 mins 59, which was 20 seconds slower than last year's time – quite pleased with that for my first race of 2010. Quality goody bag, although I somehow got an XXL shirt and size 11–13 socks – I'll have to do some serious stretching!

Richard finished in 48 mins with David in 57 and Lesley in a new Pb of 64 mins.

Julian Bates



David, Lesley and Julian at the end of the race.