

Northumberland Coastal Run 18th July 2010

I picked up Lesley and Julian, at about 7.30, to make our way up the coast to Alnmouth. The drive up was uneventful, other than the constant lace tying of one of our party. Little did I know that this would only be the start!

We arrived at Alnmouth in good time for the bus trip to the start at Beadnell. It took a little while to get on the bus as Julian panicked that he'd left his bus ticket at home. He hadn't so after a quick toilet stop we got on the bus.

The most alarming part of the trip was Lesley rummaging around in her bag and being unable to find her "special powder"!!

The registration was relatively painless although Julian did take a while and a couple of attempts to pin his number on (he likes it to be straight!).

With about 45 minutes to wait for the start we tried our best to get out of the wind while Lesley and Julian decided what to carry. Lesley, her phone, which apparently was going to flap too much and Julian, his water bottle, which fitted nicely in his natty leather bum bag! The phone was ditched about 10 minutes before the start after Lesley had told Phil to expect her around 12 o'clock. This would have given her a time of about 1 ½ hours, that "special powder" is obviously good stuff!

After a brief warm up the race started on time and we made our way across Beadnell beach. After about half a mile there were runners wading through water up to thigh deep and I wondered why they hadn't gone further up the beach to shallower waters. However because of the higher tide than last year there weren't any shallower waters, so we all had to get through the stream. Much squelching later I reached the end of the beach and hit a bottle neck getting up the dunes. The next part of the race is on road and was sheltered slightly from the wind.

After an all too brief time you hit the second beach at Low Newton, the site of the first water station. As you get onto the beach Dunstanburgh Castle is straight ahead and another of the fantastic views you get on this race.

After this beach you take a rocky, potentially ankle turning, path to skirt round the Castle towards Craster and the approximate half way point. The route from here follows a coastal path for about three miles including a short but very steep path at around 9 miles. Not long after this the longest road section leads up to Alnmouth beach. The thought that you're on the final stretch is tempered by the fact that the end seems to get further away the more you run!

I crossed the line in 2.13.32 after 13.51 miles. Lesley was next about 5 minutes later with Julian following in another 10 minutes or so.

With photos taken by Phil we headed to the baggage bus to be covered in hundreds of little flies, which was nice! We struggled to get changed then myself and Julian headed back to the car, leaving Lesley and Phil to wear out their dog!

Everyone should do this run at least once, it's quite tough but the views are great!

David Reed