

## **Town Moor Memorial 10k - 8th November 2009**

After the soaking at the Gibside race last weekend waking up to more rain for this race made having a lie-in a tempting prospect! However being a hardy soul (!) I got ready and drove down to the race anyway.

Once there, and waiting for the start, the rain cleared up and just over 500 runners held a minutes silence for Remembrance Sunday.

I've run around the Moor on many a lunchtime so knew what to expect. The route is 2 laps of the Moor and Exhibition Park and is as flat as you're likely to get in a race. The start is just through a gate on the moor. The route takes you round the lake in the park then back onto the moor and on to the long path that cuts straight across to Grandstand Road, then along the track running alongside the Great North Road. This takes you back into the park for another run round the lake then past the bandstand and tennis courts and you're ready to do it all again!

I'm assuming there was heavy rain over night Saturday in Newcastle because there were some large puddles and running water to contend with both on the Moor and round the tennis courts. Obviously with the race being two laps we had the pleasure of running through these twice! So that's two pairs of trainers in two weekends needing a newspaper stuffing. At least last weekend's didn't have splashes from substances left by the resident cows/bulls of the moor!

Despite the soggy feet I really enjoyed this and managed to post my best 10k time for a few years (49.34), must be all that running up the hills round Stocksfield!

Mark Rhodes also ran and disappeared into the distance, coming in at 46.23.

As well as the senior 10k there was a 3k and 5k race for younger runners. So worth a visit next year if you've got some budding Paula Radcliffe's in the family!

David Reed