

## Tynedale 10k - 7th July 2010

Arrived in Ovington in good time to, disconcertingly, see several runners sprinting the mile up from Ovingham middle school in preparation for the race. Missed the team photo but David kindly promised to try and Photoshop my head on some athletes' body for the website.

After admiring Linda's subtle Runners watch technology we assembled at the start. Weather was good although a little warm. Initial dash downhill from the start was crowded, the road being narrow, and several stop, starts and direction changes were needed to avoid collisions. Those runners aiming for a good time really did need to be right on the start line. By Ovingham Middle School things started to settle down.

The flat terrain Ovingham to Wylam lends itself to a fast pace and entering Wylam I was beginning to regret the run with Patrick and his son the night before! Having abandoned all hopes of catching Claire I thankfully accepted the water stage in Wylam. Drinking on the run is hard so in true professional style poured it over my head and down my shirt and found this quite refreshing!!

Back into it again I upped my pace and was encouraged to pass more runners struggling on Hagg Bank up from the bridge. Finish line was well spectated and the final water station was definitely used as a thirst quencher.

Some good results from the Striders and determination to finish from some despite the heat. A few personal bests I suspect.

Talking to some of the other club runners there were a few grumbles about a 10 k race staged in miles when their pacing and watches run in kilometres. But that's something for the organisers.

Last word has to go to Rachel's dad who showed us all how its done!

Deane Graham

### Official Results

Ian Welch 45.52  
Claire Collinson 46.03  
Kim Taylor 47.28  
Deane Graham 50.07  
David Reed 50.34  
Leila Jolly 52.45  
Linda Holmes 53.17  
Jill Robertson 54.57  
Lesley Richardson 56.48  
Elissa Spoors 57.54  
Julie Stoves Robson 59.06  
Lesley Reed 62.49  
Antonella Lupton 63.57  
Katharine Russell 64.30

