

Wylam Fair Fun Run - 26th June 2010

Another day of the late June hot spell and the scene was set for a great turn out at Wylam Fair. Having limbered up in the morning laying a few dozen patio stones (a particular warm-up routine known well amongst middle-aged, mortgaged men) I arrived at the Fun Run registration at 2.30 for a 3pm start. Barely recovered from entering my first race in the "Vet" category, I joined other runners, including fellow Striders Claire and Lesley at the starting area, with Julian, Hilary, Leila and children forming a cheery "supporters" group

Once the kiddies had done their circuit of the cricket field, the girls were ushered to their start line, and I was left with around 15 other "Vets", which included 2 paramedics holding a stretchered patient. I learned later (to my relief) that this was their Fun Run too as they stopped at the first corner to deliver emergency CPR on a dummy!

The race route took us initially into the woods on the bank of the Tyne and then shortly out onto the disused railway track, past Stephenson's Cottage and finally looping back to the start via another brief stretch of riverside trail. It was 3 miles in total but felt much longer, partly because the pace I had chosen to run at, (principally to try and keep up with the Tynedale Harrier in front of me!) was quicker than I had intended, but also because of the warm weather. However, there was lots of support on the route from supporters, marshals and tea drinking paramedics (!) alike which always helps to keep you going!

Despite being cruelly overtaken on the last corner, I finished in around 20 minutes, a personal best for me. Of the real Fun Runners, my thoughts were with the 2 girls who did the whole race three legged and came in some 30 minutes later when the finish line had been replaced with a tug of war competition – I only hope they got their medals too!

Richard Jolly

