

Blyth Valley 10k - 3rd April 2011

With the days running up to Sunday being a mixture of near gale force winds and rain, it was a great relief that Sunday dawned still and blue. On arrival in Blyth, Lyn, Ian and I were easily directed to the start by some very good marshalling.

There were some 600 runners funnelled into a road on the water front and we set off at what seemed like a blistering pace - or at least faster than the Striders set off when heading up the hill to Prudhoe.

The run heads out along a solid path a little in from the sea - it was a relief that there was no sand to be seen, other than on the beach. The path was mildly undulating but nothing compared to our Tyne Valley hills. There were sufficient people walking their dogs on the beach and others in the sea on jet skis to provide a distraction - particularly when, all too soon, the front runners could be seen on their way back.

The return journey was along the main road and was not overly exciting. There was a steady stream of traffic, except where it was held up trying to get to the beach car parks but unable to do so until there was a gap in the runners. Most drivers were patient although one (white) van driver almost went into oncoming traffic.

By this time, the sky had clouded over but the rain held off other than a few tiny spots. The pace seemed to stay quite fast all the way to the end with Lyn and I staying within about 20 meters of each other almost all the way. I thought the end was going to be further away than it actually was - I'm never good at estimating how far, around the last corner, the end is likely to be.

Happily in Blyth, it wasn't too far, so it was possible to put on that final spurt and shave the odd second off the finishing time. I think my final time (50.28 according to me, 50.37 officially) is probably my PB for a 10k so although the run was a bit tedious, there was one saving grace.

Linda Holmes

Official Results

Linda 50.37

Lyn 51.08