

Edinburgh Half Marathon - 22nd May 2011

Ian and I travelled up to Edinburgh on Saturday morning and arrived in beautiful sunshine. After booking into our accommodation we walked down to Holyrood Park where the exhibition and information area for the Edinburgh Marathon Festival was set up. There was lots of activity there as there were youngsters' races being held on the Saturday as part of the Festival.

Breakfast on race day was early as I had to be at the start by 7.45am, it was a cool but dry morning just ideal for running. The early part of the route goes from Carlton Hill at the end of Princes Street down through Holyrood Park and through the city along Leith Walk heading to the coast. There were very few spectators at that time in the morning – just the odd dog walker. After passing by Leith Links – a large parkland we joined the promenade which runs along the coast from Portobello to Musselburgh. The beaches looked very inviting as they were clean and had lovely golden sand but by now the clouds had gathered and the sun had gone. My pace was steady at eight and a half minute mile and I felt quite comfortable although still aware of the calf muscle that had been a problem for a week or two. Things went well until about ten miles when my stomach started to feel a bit funny and I ran the next mile and a bit with tightly clenched buttocks until I got to the last water station where there were toilets – thank goodness they were there otherwise it would have been the bushes for me! The remainder of the run was much slower due to the stomach cramps I experienced so my time was 1 hour 55 minutes which I was very pleased with considering.

The organisation at the end was a bit lacking in finesse as the baggage trucks were chaotic with some bags having been put out in lines in front of the trucks and others still on the truck so if your bag was not on the ground you were having to walk over them to get to the truck. After retrieving my bag the rain started so the mile walk to the coach park was not the most pleasant but after that it dried up so the half hour wait for a coach wasn't too bad and the coach was warm and comfortable and I was soon back in central Edinburgh and in the shower.

I would certainly say that I enjoyed the race except for the last three or so miles and will do it again in the future (but won't be putting baggage on a truck!)

Lyn Brown