

## North Tyneside 10k - 24th April 2011

We might have several days of good weather in the Tyne Valley, but over at the Coast they had had a miserable week, so it was good to see the sun shining over at North Shields. With Easter being three weeks later than last year, it was pleasantly warm as we milled around in the car park of the sports centre. As usual, the organisation was good, and despite a few rather lengthy queues for the loo we all trooped up to the line in time for a 10 o'clock start.

I was a bit anxious, having been out of action on the running front since February, but my target was to reach the finish and not bother too much about my time. As it turned out, a race was just what the doctor ordered and by the time I'd reached the Fish Quay I had settled to a steady pace. The main challenge of the course is a steepish climb up to Tynemouth Priory, but I managed that without too much trouble and having reached the halfway mark it's reasonably flat for the rest of the way.

It had warmed up even more by the time we reached Spanish City and people were beginning to tire, me included, but once St Mary's Lighthouse was in sight I even managed a slight finishing spurt, to arrive in 59.36 (just behind the winner, who did it in 30.20). Not my fastest ever 10k by a long chalk, but very satisfying for my first competitive outing since last year's Great North Run.

A biggish field of almost 1,700 runners meant that I couldn't find fellow Strider Lesley Reed at the start, but we met up for a post mortem at the finish.

Julian Bates



Julian was too fast for the photographer!

### **Official Times**

Julian Bates 60.34

Lesley Reed 68.52