

## Northumberland Coastal Run - 17th July 2011

Heavy rain greeted our journey start at Striders Base but had stopped by the time we arrived at the race registration tent at Beadnell Harbour

Registration was very quick and efficient- David got a second chip tie with no quibbles - and Alnwick Harriers had laid on a generous wall of Portaloos for the needy.

Phil made good use of the concessions tent with pre-race Snickers and coffee – used to be called Marathon bars with runners in the TV ads so maybe that contributed to his good time.

Lots of runners at this event milling around the beach but all the Striders managed to meet up for a team photo.

Warm ups and admiration of distant views of Dunstanborough Castle were cut short by the start signal and a massive scramble to find the best line along the Beadnell beach ensued.

The previous heavy rain had swollen the Long Nanny River which empties onto the beach and has to be crossed. You have to get used to wet trainers on this run! The wet trainers made crossing the sea weed covered rocks at Low Newton / Embleton to leave the beach very treacherous and a few runners fell.

Most of the off road stretches required concentration to avoid injury in the wet and slippery conditions especially the route around Dunstanborough Castle but plenty of race marshals to keep everyone on track

About the 9 mile mark the sun came out and the temperature rose leading up to the long climb up to the steps to the start of Alnmouth beach. The 'approx. 2 miles to go' marker here is cruel – Alnmouth Beach is very deceptive and the finish line flags remained in the distance for what seemed like ages.

The best was kept to the end though with the last ¼ mile of quicksand stopping any thoughts of a sprint finish!

A brilliant race with plenty of enjoyable terrain changes to run. Despite the difficult conditions all the Striders finished the race and the early finishers managed a final team photo before the thunderstorm deluge.

Deane

Official Results

Phillip Hindmarsh 1.47.31

Deane Graham 1.49.15

David Reed 1.59.44

Claire Collinson 2.05.40

Lyn Brown 2.06.07

Lesley Richardson 2.11.13

Lesley Reed 2.57.29