

Tynedale 10k - 6th July 2011

My weekly PT sessions ended the week before this race. The overall results from the 12 weeks were great, lost a fair bit of weight and have definitely gained a lot of fitness.

The Tynedale 10k was the first opportunity to find out how much I've improved. I've never really enjoyed this race as the weather isn't normally kind but this year it was better.

I got there reasonably early and met up with Linda and we walked over to the school and met Kim and Jill

After a brief chat we headed up the hill to the start to be met with Katharine, Claire and Elissa who'd got dropped off at the start swiftly followed by Andrew, Philip and Maria who'd blagged a lift in the lead car!

The race set off at its usual frantic pace down the hill, even more so this year with a prize for the first male and female to complete the first mile. No such concerns for me as I tried to settle into a reasonable early pace.

I was surprised to see that the first two miles were both well under 8 minutes and had a feeling I'd come to regret this later on. Although I did slow down over the next three miles it was by no more than about 20 seconds a mile and the last miles was my second fastest of the race.

I finished in 48.57 (my time) which is a course pb and maybe I'm beginning to enjoy this one a bit more!

David Reed

Photos -

<http://www.flickr.com/photos/sstriders/sets/72157627028735649/>

Results

Paul Watson 46.24

Ian Welch 46.25

Andrew Moore 46.34

Kim Taylor 48.03

David Reed 49.12

Julie Stoves Robson cunningly disguised as Julian's friend Adrain 50.38!

Linda Holmes 51.18

Lyn Brown 52.20

Elissa Spoons 53.08

Julian Bates 54.20

Phillip Hindmarsh 54.33

Jill Robertson 54.55

Claire Adamson 56.54

Katharine Russell 63.04