

Cotgrave Paws 10K 17 Apr 10

This was a small grassroots run organised by a local club at Cotgrave Country Park (just east of Nottingham) for the benefit of a local dog charity; hence the Paws reference. The run was entirely off-road on dirt tracks, but thanks to the recent spell of dry weather, was firm under foot. Most of the runners seem to be of the 'non-serious' type which offered a more relaxing atmosphere. Furthermore there was also a fun run for kids and so this very much set the scene for the event. In fact it all felt more like a village fete run, though there was no fete as such. The 10K route was mainly flat, but it was quite warm despite an early start and as regular readers know I do like my asphalt! So my finishing time was a rather so-so 0:45:31, despite starting off strong, but still, netted me 28th place of the 164 finishers. As well as receiving a t-shirt at the finish we were also given free homemade cakes! Yum, Yum!!