

Coventry Northbrook 10K 18 Apr 10

This was organised by a Coventry-based club, but thankfully the run was on the northwest outskirts through country roads and villages, thus missing the city centre entirely and thus the 'architecture' that the city is sadly so infamous for. What wasn't so thankful was the news from the race briefer telling us that the course was pretty much uphill for the first 6km; I must remember to check run routes beforehand! He joked that at 6Km we'll be so high we'll be able to see 'the whole of Warwickshire', but he then quickly withdrew that comment! The race was started by Coventry's own major and as for that first 6km; yes it was predominantly uphill with only the odd flat and downhill bit and warm weather to boot, partly thanks to a mid-morning start. So by the 5km split I was over 23 minutes, suggesting if things carried on as they were, I'll be lucky for a sub 47, and by 6km when I reached the 'top' I was around 28 minutes. That same morning Jayne suggesting I should do around 43 minutes. Not sure where she got that number from but it was clear that I wasn't even going to come close! But then a respite of a whole 1km downhill that allowed me up the pace, even when the route flatten out I was able to keep going at a good pace right to the finish. My time was 0:45:44 giving me a classic negative split, so in theory a 'perfect' race! My position was 90th of the 313 finishers; so clearly a few more club runners here.