

Exbury Gardens 10K – 14 Mar 2010

Since the Ennstone 7, I've been unable to do any real exercise, as a result of three weeks skiing (including après skiing) and a week at work away from Andover. So I had a sense that this was not going to be pretty, or certainly not as pretty as the gardens where the race was held. Weather was similar to Ennstone in being sunny but with a chilly wind. Most of the race was actually outside the gardens on quiet undulating country roads with the odd off-road bit. The most notably off-road was the shingle beach at the half way point, which I wasn't a fan of. Though I started off well, even clocking the first 1km in under 4 minutes, I soon slowed on the off road bits and on returning to the Gardens for the finish, struggled across the line in a poor 0:48:43, but placed 87th of the 332 finishers. The fact that I was placed reasonably high was a reflection of the fact that most of the runners weren't club runners. So if you fancy a friendly unintimidating and varied run, then this is a good choice. Plus you get a nice laser-etched glass block (similar to the ones handed out at our triathlon couple of years ago), making a change from a medal.