

Ironbridge Half-Marathon – 21 Mar 2010

After Exbury I was keen to try and regain some of my pre-skiing form. So I spent a few early mornings running in the week to address this. The result would be shown again at Telford, but this time over a longer distance. The race is so named as part of the course goes across the world's first cast iron bridge (built in 1779), south of Telford. Most of the course though goes along similar paths and walkways of the Ennstone 7 and Telford 10k, but also include a little on-road in the picturesque village of Coalbrookdale, where the Ironbridge resides. Most of the route was quite undulating (though Jase may have considered it flat!), including a steep climb up and over the Ironbridge itself (where crowd support was strong) and a steady uphill gradient on the return to Telford from mile 9 to mile 11. Weather was sunny and warm, in fact quite pleasant and apt for the first official day of spring. I started off steady, and generally kept to this pace until the return leg where I slowed as a result of the gradient. However, at mile 12 I found I could up my pace, and as a result I managed to reel in 4 runners who had overtaken me a mile earlier and even race to the finish line a 5th runner; we crossed the line together and credited with identical times (race was chip timed). My finishing time was 1:43:52, netting 214th of the 699 finishers. I was also the 30th of 98 in my age group.