

Lethbridge 10K

Wed 16th June 2010

I've done this midweek 10k race on the outskirts of Swindon, on and off for a number of years now. The course seems to change slightly each year. The reason is that the organisers have tried to get most of the race on quiet paths and country roads, but the progress of housing development in the area has meant that each year, parts of those quiet tracks and roads disappear. This year was no different, but the race still a good all-rounder all the same.

The evening weather was sunny but cooler than it has been of late. The start was along a path and the route goes slightly downhill before moving on to roads, paths, roads... You get the picture. Before returning to the start and then continuing past to finish on a roundabout near the offices of Intel and the Marriot Hotel in old town Swindon.

The start was delayed as there was an old couple walking their dog and consequently blocking the path where over 200 runners were about to descend! The start was quite narrow so the organisers put out expected finishing time markers to help runners decide where to line up.

Once the delays were over a klaxon started the race and we were off. I started quite strongly and the legs felt quick fresh considering what they had been through at the weekend. In fact by 3km, the watch showed I had clocked less than 12 and half minutes. However, the good form wasn't too long and the legs began to tire. Consequently my pace dropped to barely under 5 min/km.

The start was on a slight downhill, which meant the return was slightly uphill and this didn't help. However a female runner who had recently passed me wasn't getting away from me so I managed to up the pace slightly and edged past her before the finish. It would appear I wasn't alone as looking at the results; two other guys passed her just before the finish line as well. So much for 'ladies before gentlemen'!

My finishing time was 46:23, netting me 64th of the 270 finishes. I was also the 57th male. The winner at the tender age of 57 years was home in 34:53. So hope for us all yet!