

## Yateley 10K

Wed 02 June 2010

This was the first in a series of this popular Wednesday evening event (I'm also doing the 3rd one in August). It's not hard to see why it's popular: a tried and tested course, supportive marshals, chip timing and well organised by a respected running club; Sandhurst Joggers. The race seems popular for runners of all abilities; from the serious, regular club runners to the not-so serious 'occasional runners'. The course, which is along fairly quiet roads (though not completely traffic free) around Yateley, has a bit of everything; bit undulating for first few kilometres before settling down on some nice flats, and then bit of a uphill drag around 9km, just to stop you having any chance of a PB! Or is that just me?

This race always seems to occur either in glorious warm sunshine or under heavy rain; rarely anything in-between. On this occasion it was the turn for the sun to shine. At the start I have a slow start thanks to immediately getting a stitch, which then took me a few kilometres to get rid of. However once that was sorted and with the early undulating part of the course also out of the way, I managed to settle down in to a half-decent pace, even closing in on the odd runner or two in front of me as I progress around the course, though there were quite a few other runners passing me as well, especially in the early stages!

A welcoming water station at 5km allowed me to keep somewhat refreshed along with a water sponge station shortly after 7km. By 9km it was then the big push up the hill and then with 400m to go, the final push to the finish. It was during this last 400m that I managed to close in on a runner in front of me, but sadly for me, he wasn't giving up without a fight. In fact along with a third runner who had closed in on me from behind, there was bit of a 3-way battle in the final 100m. However the other two seem to have turbo buttons installed on their persons, and in the closing metres activated them and just simply flew towards the finish like fresh 100m sprinters. Never mind there's always next time I guess. Shortly after I bumped in Mr Marvin and we have a quick chat about our current aspirations for the remainder of the season.

The race web site has some useful stats available at your fingertips: my time was 46:16 (gun time was 46:34), netting me 190th (178th by gun time) and 48th of 154 in my age group (M40-44). The winner trotted home (if that's the right phase!) in 34:29 (34:41). 694 finished (from 704 who started) and of which 484 (489) were men and 210 (215) were ladies.