

Notfast 10km – 10th July

Just two club members attended the County Championship 10km event held in Newark . Andy Sly was the first of these, limping heavily over the line with a bad heel injury which saw him slip from a comfortable 4th position at half way, back to 10th at the finish, Andy's disappointment was complete when he was denied a Championship over 40's medal due to a technicality. Derek Marsh also suffered disappointment although producing his quickest 10km for some time he still missed out on a sub-hour, finishing on exactly 60 minutes, still a fine effort and but for a second he would have been having a double celebration on his wedding anniversary.

Northumberland Coastal Run

Three senior club members , Derek Marsh, Keith Revill and Godfrey Tallents again completed the testing run from Beadnell to Alnmouth(13.2 miles this year ,as the tide was fully out). At the outset the weather was fine and got better during the race, but heavy rain greeted the trio as they approached Alnmouth, this being the general pattern for the whole weekend. 1189 runners entered the event, but only 807 were finishers. Derek completed in 2hrs. 39m 39s, Keith 2hrs. 46m 27s, Godfrey 3hrs. 4m 39s. An excellent event which used to see a good turnout of club members in the past, maybe some more members may be interested in running this race in coming years