

Worcestershire mid week road race series.
Race 1. Hagley
Wed 20th May 2009
Race report written by Tom Kenderdine of HA&CC

Well hello there again fellow runners!!

Sorry for my delay in my race report. I think I'm still coming to terms of being slaughtered once again by an outstanding run by the legendary Billy Nock!!

Well, by now you all probably have read the results that are displayed on our website!

A great turn out for the start of the series. I think in the region of 140 runners, with once again superb marshalling, and general support from our club folk.

A steady start on an overcast, but fairly warm evening. I hit the front just as we turned off road, this was so I could see any low branches hanging over the narrow path!!

I made a bit of a gap from the main field, but one lean figure was running in my shadow. Bill clung to me like we was attached with Velcro!!

The gully was muddy from previous rain, making underfoot hard work. You could take the higher path, but at a price of climbing higher. Legs feeling a bit heavy at reaching the brow of the incline, Bill not letting me get away!!

Through fast woodland tracks, attacking the next sharp hill, which was sandy. I was breathing heavier than what i wanted.
Bill drew level with me along the sandy track, heading to complete the first lap. Gradually, he began to pull away. This gap grew on the second lap. I looked behind to see the status of play behind me, but the gap was big, opposing no threat.

Bill had done the damage. It was plain sailing for the boy to the finish line, creating just under a minute lead.

3rd home was Mark Hadley, a splendid run giving Halesowen 1,2,3 positions!!

Well done to those who took part in what I would call a very demanding course, giving a mixture of different terrain!!

Parking wasn't too bad, people managed to find places to park.
Registration was swift, we need to put a couple of pencil sharpeners out!!

One last thing, I think we need to move the water station slightly more away from the finish line, as it got a bit congested as more runners came in!!!

Regards

Tommy k