

Luxembourg Half Marathon Saturday 15th May 2010

Out of all the half marathons I've run, this is one of the most "enjoyable". Whatever your preferred distance there's something for you: either a half marathon; a full marathon; or a full marathon run as a relay (c 10 kms). All beautifully informal with runners of all standards; run in the evening (so it's cool); good course with great support all the way round; free pasta party the night before; great set up and marshalling, drink and fruit stops, and first aid and in a great city. Oh.. and a brilliant goody bag

For myself the preparation on the day was the worst I've ever had for a half marathon. 4 hours on my feet for guided tours of some old war forts in the morning (this was my fault); and no proper food at lunchtime (again my fault !), but despite arriving late on the day, the set up was superb with running exhibitions, food and drink stalls, excellent luggage are etc etc.

The course is largely flat with the hills being more like occasional gradual ups (and downs) spread over a distance. The run(s) start 3 miles out of town, head into town (with a bit of running round some brilliantly supported city centre areas), through a couple of parks and then back again . All traffic is banned and as such other runners don't get in your way beyond the first mile. The ending is indoors, in an exhibition hall fully set up for the occasion with enormous clock, big video screen of all finishers, swirling lights, loud music. Etc. Loads of free drinks afterwards plus extremely good post race showers (if required). There are then free shuttle buses back into the city if required or there's a big party at the end.

Pluses

- Interesting city and run
- Superb set up
- Suitable for all with different runs as appropriate. All abilities welcomed
- Fun and friendly
- 6000 runners!
- Loads of support and live bands all the way round
- Good water stops (every 2.5km)
- Extremely well marshalled plus no traffic
- Showers afterwards
- Impressive goody bag
- Free shuttle buses with minimal queues
- Drinks and party time direct
- Ability for a PB if this is your thing ☺. Otherwise a brilliant atmosphere

Negatives

- Apart from getting to Luxembourg, I really can't think of any

Website

<http://www.ing-europe-marathon.lu/index.php?id=845>

I'd quite like to do this one again so if interested pls let me know

Paul (Marmite) Jephcott