

# The England Kilomathon

This was a 26.2 km (16.3 mile) race from Nottingham to Derby held on the 14<sup>th</sup> March, 2010. The majority of the race was on tarmac road although there was a short section on well made track through a park towards the end.

## **The Good .....**

- The race route was reasonably flat with just a few bridges and long slopes.
- A large number of runners (5,500'ish)
- Very good water stops both in number and drink availability (water/energy drinks/gels). Most of these also had portaloos available as well.
- Very good finish area
- Water & banana supplied
- Well stocked "goody bag"- t-shirt, medal + a lot of freebies.
- Bars, food & supplier stalls although I thought that the hot drink provision was lacking.
- Well organized baggage drop.
- Chip timing including a mat at the half-way point for a split time.
- Fast result service ('phone text message within 10 minutes of finishing).
- Well marshaled.
- Race number colour coded and printed with your name depending on the time you predicted.

## **The Bad.....**

- The meeting area was divided up into "pens" depending on predicted finishing time and you were then marched to the start line. Make sure that your entry is a reasonable prediction otherwise you find yourself having to weave through a large field.
- The large number of runners did mean that I had to vary pace & weave a lot, especially as I underestimated my time.
- Because the start and finish are in different areas, make sure that you organize transport and don't leave it to the last minute. Although shuttle buses were laid on they had to be pre-booked and were fully booked well before the race day.
- 9:00 am start time (8:00 to get into the pens) meant an early start from Peterborough.

## **The Ugly.....**

- The lack of facilities at the start i.e. catering/no hot drinks/no shelter.
- Although there were a lot of portaloos, with 5,500 people the queues were long.
- Had to queue for nearly an hour from getting into time pens to the start of the race. This was very cold even wrapped in poly bin liner and would have been horrendous if it had been raining.

## **Marks & Summary.**

8/10 Would recommend but make sure you plan ahead.

(Chris 'Grumps' Stapleton)