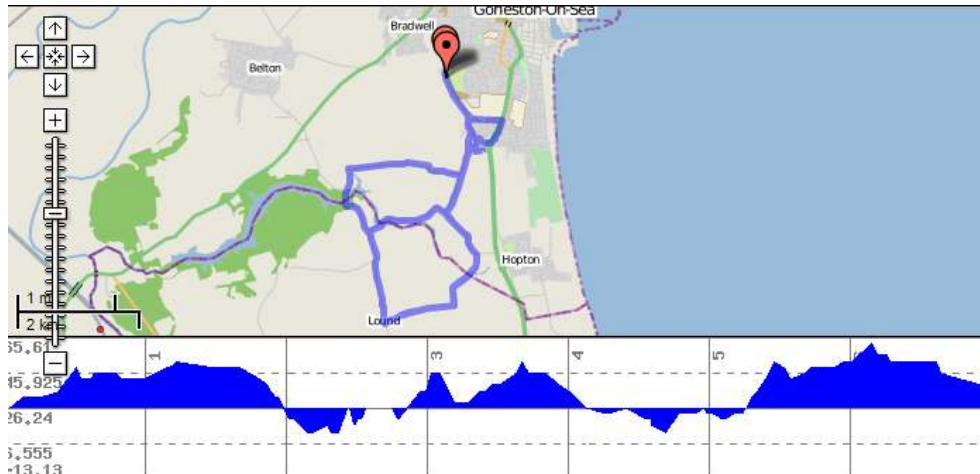


## The Great Yarmouth Half Marathon 15th August, 2010.

This isn't exactly what it says on the tin as it is run at Gorleston. Those people expecting nice views of the sea are going to be disappointed as it's all run inland!



The start was from Gorleston Football club and you ran through country lanes to complete the bottom loop of the figure of eight circuit going through the village of Lound. You then had to run around the outer loop before heading back into Gorleston. There are several inclines to tackle, nothing too severe but you know that they're there.

### Positive Points

- The course was very pleasant through the picturesque Norfolk countryside.
- The marshals were excellent (there had to be plenty with the number of turns the course took)
- Plenty of water & sponge stations
- The finish line was in the middle of the football pitch so you ran into the "stadium" which was quite novel.
- The facilities weren't bad; able to shower after the race, hot food available and the club bar was open!
- The goody bag (bottle of Adnam's beer & banana) & t-shirt were good, especially given the low entry cost.
- You get an afternoon out at the seaside

### Negative Points

- Very small entry (approx 300), probably means that you are going to get strung out and will be running on your own for a long time.
- Because it is a small race they can't afford to pay for road closures so you have to cope with traffic. To be honest it wasn't too bad.
- Country lanes = lots of potholes to avoid
- You need to be up early to get there. We left at 6:45 for a 10 am start
- Unless you car share, petrol costs increase your race expenditure.

### Marks & Summary.

6/10 Nice, small friendly race, enjoyable but maybe not worth the traveling time.  
Much prefer their 10K course in October

(Chris "Grumps" Stapleton)