|  |  |
| --- | --- |
| Marathon | Windermere |
| Date | Sunday 17th May 2015 |
| Organiser | Breathy Trust |
| Number entered | 900 plus |
| Number completed | 704 |
| Weather | Overcast, slight wind |
| Cost | £38 |

I first ran this event in 2007, and the memory of the course still lives with me, its unrelenting undulating course is not my favourite and I did wonder what I was doing at the start line again in this its ninth year of running!

Yes, the money raised from this flagship marathon event helps the Breathy trust to continue to work with many of the most vulnerable and disadvantage young people in the UK. I am sure the trust helps them develop the skills, confidence and motivation to make positive choices in their lives, but could they not re-look at the course, especially the end!!!!

I arrived in plenty of time, parked the car (£5) and walked up to race registration a casual affair given the advertised 900 plus runners and at 10.10am joined the runners on the front lawn for the final instructions, before being led down to the start line by a local drumming band. 10.30am a loud bang and off we ran once around Lake Windermere in an anti-clockwise direction. The conditions were good, overcast (always the treat of rain) and surprisingly not that windy for the Lake District. .

The course takes you through some of the Lake District’s most stunning scenery as we passed through the picturesque villages of Hawkshead, towards Newby Bridge (the southern end of Windermere) and the return via Storrs, the tourist havens of Bowness-on-Windermere and Ambleside & return (up that hill) to Brathay Hall.

It is perhaps one of the most marshalled of marathons, evolving hundreds, from the team running the car park, registration, start & finish, to those on the course at water stations and helping direct us and traffic, especially as around 15miles of the run is on closed roads. They and their organisations (Free Masons, lions clubs etc.) help make this a bucket list MUST do marathon (but unlikely PB)

I was passed on the course by two other NEMC runners – Susanne Hunter who finished in a time of 3:43 and Keith Robson 4:04, good times on this course. Up to the 20mile marker I was pleased with my run, however, the last six were slow and I crossed the line in 4:29 disappointed but successfully completed my 5th marathon of the year out of my target of 12 (one per month).

As a relative new member, it was pleasing that many runners on the course (recognising the club logo on my vest) had heard of NEMC and a few had run in our events, all had very positive experiences and planned to run in them again.

Mike Trant

31 May 2015