

Edinburgh Marathon
Sunday 23 May 2010
Report by Kay Farrow of Beverley Athletic Club

For the second year in succession temperatures soared for the Edinburgh Marathon last Sunday. Although considered the fastest marathon course in the UK the 25 degree heat took its toll on many runners and tested their stamina and will-power to the limit. More than a hundred runners were treated for heat related problems. Spectators along the route handed out extra water and some residents used garden hoses to cool runners down.

Two members of Beverley Athletic Club completed the 26.2 mile course and both had to adjust their pace in the latter part of the race to combat the heat.

Andy Grainger, competing in Edinburgh for the second time, finished in 4.33.59, 2½ minutes faster than previously. He reckoned that he would have been at least ten minutes faster if the weather had not been so hot. He commented afterwards: "It was the hardest race I've ever run and I deliberately eased off in the last three miles as I was suffering in the heat."



It was the third Edinburgh Marathon for Paul Evans (left), who was using the race as part of his training for the Iron Man Triathlon in Austria in July. He also completed the London Marathon in April. Although he did not run as fast as in London, he set a new personal best for the course in Edinburgh, finishing in 4.13.21. Evans started well but realised that he could not maintain his pace in the heat and slowed down in the second half of the race. He was pleased with his performance and is now looking forward to the Iron Man event which includes a 2.4 mile swim and a 112 mile bike ride before running another marathon!

9459 runners completed the Edinburgh Marathon and the race was won by Steve Littler of Wesham Runner's Club in 2.26.31. Sarah Gee from Reading was the first lady to cross the line, finishing in 2.38.16.