

Windermere Marathon
Sunday 16 May 2010
Report by Kay Farrow of Beverley Athletic Club

The fourth annual Brathay Windermere Marathon took place last Sunday and 9 brave athletes from Beverley AC tackled the challenging 26.2 mile course around Lake Windermere.



Andrew Brant, Amanda Ritchie, Debs Brant, Lucas Meagor, Kay Farrow, Graham Wright, Trevor Turnbull and Darren Rodmell

Unlike city marathons which are relatively flat and where thousands of spectators provide encouragement, Windermere offers beautiful scenery, a testing hilly course and few spectators.

All nine Beverley athletes are experienced runners but they found the course the toughest they had ever run. Despite serious hills at 3 and 7½ miles they all enjoyed the first half of the race and were happy with their pace. However the series of climbs between 14 and 16 miles was punishing and everyone had to dig deep into their mental and physical reserves to carry on running. They all felt a great sense of satisfaction and relief at completing such an arduous course but despite the steep hills there were some excellent performances.

Beverley AC finished third in the team competition with the first four runners from each club counting. Darren Rodmell, Andy Johnson, Lucas Meagor and Debs Brant formed the team and were proud to see their efforts and their club recognised.

Darren Rodmell led the Beverley team across the finishing line and recorded a new personal best time. Running in his fourth marathon, he finished in 24th position. A determined athlete, Rodmell had been disappointed with his performance in the

Lochaber Marathon a month ago when he had suffered badly with cramp. He decided to run at Windermere to give himself another opportunity to do himself justice in a marathon. He certainly did that – he had a fantastic run, enjoyed the hills, maintained a steady pace and did not suffer from cramp.

Debs Brant chose Windermere for her first marathon and after driving round the course the day before the race she was rather daunted by the prospect. She need not have worried as she finished comfortably in 4.07. She was thrilled with her finishing time and very proud to have been the fourth counter for the Beverley team.

Running in his sixth marathon, Graham Wright recorded a new personal best time, beating his previous best by 10 minutes. Renowned for taking any race in his stride, Wright's relaxed attitude to marathons ensures that he enjoys the event no matter what his finishing time.

Andy Johnson and Andrew Brant were both recovering from other marathons they had run in the last month and did not expect to break any records at Windermere. Although they found the course tough their finishing times compared well with the other events which were run over relatively flat courses.

It was Lucas Meagor's 19th marathon and he just missed out on his target of sub-four hours but was pleased with his performance over the hilly course.

Amanda Ritchie was a late entry to the race. She had joined club mates in their training for the London Marathon and decided on arrival in Windermere on Saturday that she would run the race on Sunday. She was delighted to finish 5 minutes faster than her last marathon several years ago.

Trevor Turnbull's calf muscles seized up at 25 miles but he carried on to the finish despite the discomfort.

Kay Farrow was determined not to be late for her post-race massage and sprinted down the finishing strait to arrive on time for her appointment. She had estimated her finishing time exactly.

Conditions for the runners and supporters were perfect – mild, sunny and dry with a slight breeze. Beverley runners were supported by club mates Steve Hadley, Jacqui Dickinson, Marie Turnbull and Diane Wright who provided jelly babies and lots of encouragement around the course.

There were 852 finishers and the race was won by James Buis of Heaton Harriers in 2.33.18. The first lady to finish was Robyn Oldham of York Knavesmire Harriers in 3.11.41.

The achievements of all runners on Sunday was put in perspective by the ultra athletes who completed the 10 in 10 challenge – 10 Windermere marathons on 10 consecutive days, finishing with the main race on Sunday. Incredible!

Beverley AC finishing times:

Darren Rodmell 3.12.35; Andy Johnson 3.33.43; Lucas Meagor 4.02.52; Debs Brant 4.07.06; Andrew Brant 4.07.07; Trevor Turnbull 4.18.54; Graham Wright 4.29.14; Amanda Ritchie 4.27.20; Kay Farrow 4.48.28.