

CORSHAM ST GEORGES 10K

St George would have been very pleased with the number of people who turned up in his memory to run the Corsham St Georges 10K. The cars just kept turning into the Football Club in Lacock Road in a constant stream from 9 am right through to 10.30am.

The football area, including most of the pitch, soon filled up and the next door Rugby Club had kindly offered the use of their area too. They had also opened some of their facilities and provided a Hog Roast which was an excellent post run therapy for some.

There had been 530 people who had pre-registered and in line with normal convention we had advertised that 'on the day' entries were acceptable. So a queue to enter soon built up in the Race HQ and the Running Club volunteers who were manning that area were very busy. Karen Davies drew the short straw and was entering the information on the computers along with a guy from Full on Sport the chip timing people. Half an hour before the start we tried to close Registration but were met with a barrage of grumpy late entrants who seemed to think that it was perfectly okay to turn up just before the start to get a number. So we let them keep coming even though by this time we had exceeded the 800 race numbers that were available. Fortunately there were some blank numbers which we pressed into service and the final tally of entries was 830 – ie 300 on the day. Some of those pre registered didn't turn up and the number of actual runners was around 760. The provision of goody bags was based on an anticipated 700 but we pressed into service some left over mugs from last year (including some that had last year's date on apparently – oops!) and everyone went away with something.

For the first time we had introduced a chip timing system much to the relief of those that would have been using the manual system we have used in the past – this certainly took away a lot of the hassle, and was worth the £1 extra per entrant. We did have a fairly big administrative task in ensuring that everyone had a chip in advance which thanks to brilliant efforts at the chip distribution point seemed to work well.

The race started on time and at the slightly different start point due to the re-measurement of the course which showed that it had been 56 metres too long for the last 9 years. It was led from start to finish by the fabulous Simon Nott from Calne. He is only 16 and will be a major running star around this area and probably further afield too. He stormed through the finish line in 33 min and 29 sec jumping in the air with delight as he did so. He was a whole minute in front of Alec Woods from Team Bath who also had a brilliant run. There was a record that was broken too – Kathryn Morton broke the Female Supervet record previously held by Zina Marchant by 10 seconds in a time of 42 mins and 41 seconds. Most of us can only dream of times like this, so many congratulations to her – she was absolutely delighted.

The rest of the field trundled up Lacock Road and found the Wind Band performing at the War Memorial to encourage them on their way and to welcome them back at the end. This is a perfect location for musical encouragement as it is at the 1K mark and again at the 9K point.

There were many personal stories in the 760 runners, but one was singled out as being particularly encouraging. Jonathan Allsop who has Cerebral Palsy and therefore very limited movement down his left side, came along to give himself a challenge and also to show others who are restricted for various reasons that running can be a challenge that can be taken on by a wide range of people not just the superfit.

As ever there are lessons for us to learn from this 10K of which the 2 principal ones are that we have to sort out registration on the day to avoid the chaos and panic as the start time approaches. However we don't really want to go to an entirely pre registration event – and interesting fact is that of the first 10 runners home, 6 had only registered on the day! Secondly, the finish funnel must be smoother. It was a real log jam as the chip 'snipper-offers' struggled to keep up with the crowds streaming over the finish line. Additionally the Football Club may be prepared to open an entrance onto the football pitch which would be just fantastic, so we need to work together with them on that score.

But there were a mass of positives coming out of the race. A record number of entrants was really encouraging and it seems the Corsham 10K is firmly on the running map. This led to a record amount being raised for charity – principally Dorothy House...the final amount will be around £4500. Another superb aspect is to see the number of CRC members who are able to help out on the day with the myriad of tasks that have to be done to make it a successful event.

Sponsors for the goody bags were brilliant this year – in particular Coppins, Somerfield, Station Road Garage, Corsham Tyre Service, Barnett Brothers and My Loaf. When you use these companies try to say how good it was to see they were sponsoring the event – that way they may do it again next year! Karen Littlechild did a great job of organising this, and the Sea Scouts did a great job of distributing them at the end.

Here are a few interesting statistics

Number of female runners	-	323
Attached	-	64
Unattached	-	259
Number of male runners	-	433
Attached	-	115
Unattached	-	318
Number aged under 20yrs old	-	39
Number aged 20 to 29	-	117
Number aged 30 to 39	-	257
Number aged 40 to 49	-	250
Number aged 50 to 59	-	96
Number aged 60 to 69	-	34
Number aged 70 and over	-	2

RECORDS HELD TO DATE

MALE RECORD	32 MINS AND 6 SECS	2003	HEGGAI CHEPKWONY
FEMALE RECORD	36MINS AND 2 SECS	2007	AMY CHALK
MENS VET RECORD	33 MINSAND 49 SECS	2003	GARY EAGLE
LADIES VET RECORD	38 MINS AND 30 SECS	2002	LIZ HARTNEY
MENS SUPER VET RECORD	36 MINS AND 12 SECS	2009	BRIAN GARDENER
LADIES SUPER VET RECORD	42 MINS AND 41 SECS	2010	KATHRYN MORTON
JUNIOR BOYS	35 MINS AND 34 SECS	2009	SIMON NOTT
JUNIOR GIRLS	44 MINS AND 28 SECS	2009	HANNAH SIMMONS