



## News release

### The Gosport Half Marathon

Date: November 2005  
Location: Gosport

### My Second Half Marathon - without the hills!!

By: Debbie Haden

Well now that I had done a hilly half, I was more than happy to have a go at a flat half marathon. Off the form went for the Gosport Half.

Well I got there in good time with Dave on a cold morning (much more my sort of temperature) and I started warming up on the seafront. Everything in Gosport has a military theme, the loos looked like little prison cells, there were battleships in the sea (well they looked like battleships) and we had passed lots of barracks on the way down. Then I saw quite a few army runners.....er where were the normal runners??!!!

I got lined up, then bumped into a few familiar faces, Kerry, Gavin and Ian B which was nice and then plugged myself into HOON classics. Off we went and Ian B gave me a wave as he passed and we all headed down to the seafront. The first few miles were quite quick but this time I had decided to STICK to my pace. This Garmin Forerunner GPS gadget I had attached to my arm was telling me to slow down so I did, fab little machine. Well I got stuck into the first lap and I felt really good so I was quite pleased at mile 6. The course is quite interesting and passes along the sea front and then into Gosport and back down to the seafront to do another loop. My first thought when reading that this was a race with 2 loops of 6 and a little loop of 1 mile that it would be a bit boring but I have to say that it was nice knowing where we were going on the second loop and you could gauge the miles a bit better. Mind you seeing signs for "mile 10" when you are at mile 4 on the first loop was a bit gutting!

Well I was at that 10-mile point and I was feeling great – no stitch (as yet), no funny washing machine stomach and my legs were fine. So I steamed on, sticking to my 8.5 min miles and we entered the final stages around the houses. The finish is a nice sprint upto the school and a noticed that Mr Stitch didn't decide to join me at all WAHOOH, Did the whole thing without stopping. Loved every minute of it. Perhaps it was the hills in the New Forest Half a few months before that had given me some puppy power. Will definitely be doing this one again next year..... might bring my army tank (*top? Editor*) next time though.....

*Great running Debs - clearly a flat earth runner!! - Editor*

#### **Tone Zone Runners were:**

Paul Foster 1:31:32 Simon Gilbert 1:31:45 Gavin Dutton 1:34:47 Jeremy Grieshaber 1:39:00  
Ian Bailey 1:40:19 Debbie Haden 1:52:31 Kerry Dutton 2:07:56 Sarah Spurr 2:10:26