



Race Report

MALTA 2009

Date: March & April 2009
Location: Dingli & Pembroke, Malta

Tone Zone Runner on Tour in Malta 2009

By: Peter Chittenden

Race One:

19th March, Dingli 10 Mile Race on roads and rough tracks, undulating course, with up-hill section from 4 to 7 miles, and small climbs at the start of both 8 and 9 Miles, last few Miles running along Dingli Cliffs the highest point on the Island.

Great Run well organised by Local Club, St. Patrick's AC, who looked after us on race day evening being picked up and returned to our Hotel and invited to lunch by a family of club runners.

I had a good run and battle with a local St. Patrick's runner in the same age group. Managed to pull away at the start of the 4 Mile up-hill section, to finish in 1.27.13, faster than my 2008 time, picking up the 1st Male O/70 Trophy, making it a Hat Trick of Wins at Dingli.

The race was won by a German Male Runner in 54.55, who only entered on race morning and recorded one of the fastest times for the current course.

Race Two:

5th April, Pembroke 10k Race on roads, undulating course, with several up-hill sections and twists and turns, a tough course for a city centre road race.

Another good Run well organised by Local Sports Club, Pembroke Athleta, Athletic Section, as well as the 10k Race there was a 5k Race and several children and junior races in varying age groups over the course of the morning.

I had another good run but despite an 8.30am start the conditions were very hot and sunny and another good battle with my local St. Patrick's O/70 rival, finishing in 52.23, slightly slower than my 2008 time, picking up the 1st Male O/65 Trophy, making it a second successive Win at Pembroke.

Would I run them again? you bet, both races are well organised by friendly and welcoming clubs and runners, good value for the entrance fee of 10 and 12 Euros with good medal and running gift at Dingli and good Memento and goody bag, with T-shirt, drinks, sport bars, etc. which would put some of entrance fees for UK Races to shame!!

Go to the Gallery to see pictures of Peter's escapades!!