

## Rock 'N' Roll Liverpool Marathon 2019

For anyone thinking of Running the Liverpool Marathon next year as a personal achievement or in my case 50<sup>th</sup> Birthday milestone then these few words maybe of interest.

Liverpool marathon was logistically easy to get to the start, I was fortunate enough to have Sharon as my personal chauffeur and half way mark cheerleader to urge me on. Parking was incredibly easy and it was a simple matter of locking the car near the Royal Liver building in one of the many parking areas and strolling over the road to the Liverpool Echo Arena for baggage drop and a nosy round.

Liverpool marathon is my 5<sup>th</sup> Marathon, and is not flat at all. I was aware I had some climbing ahead of me over 1,400 ft of ascent, compared to my other Marathons, Manchester 177 ft, London 586ft, Dublin 392ft and Berlin a paltry 122 ft.

The Marathon route is exciting, first you head out up to Walton Hill to include a run around Everton Football club across Stanley Park and then breeze by Liverpool Football club before returning back to the Cavern quarter at 10 miles. I was feeling great, Beatles music was blaring out of everywhere and 'twist and shout' was exactly how I was feeling, 'little did I know my legs would be like a pair of yellow submarines after another 10 miles!'

Albert Dock at 11 miles and now a rolling Princes Road then running figures of eights around Princess Park, Sefton Park and Greenbank Park. Sharon had been a star, she supported me through 13 miles, 17 and 20 mile markers, darting round and cheering lots of us hedonistic runners onwards.

At 23 miles, I finally turned onto the coastal path the Atlantic way, and headed back to the Albert Dock and the finish line, unfortunately the headwind was terrible. My finish time was 3.43 and I was delighted with this on such a challenging route.

To round up, the food and drink support was fabulous with many stations, but crowd support was poor with many areas where nobody was around. There were also a few sharp 90 degree turns and curb stone hopping which isn't really helpful when pacing in a long event.

Liverpool marathon is only a small race with less than 4,000 participants, the start pens were well sign posted and never before have I been so relaxed before an event, in fact still sitting in a comfortable chair within the Arena with toilets to choose from with 20 minutes to go before the start!

Yes, I would recommend the race, but I would not repeat this race again. Box ticked.