

# Run, remember, rejoice



Reversing convention, this is the British 10km that takes place in London – not the London 10km that takes place in Britain. As race director Mike O'Reilly points out "It is a more than a race in London. It is a national event, and one with international appeal. People come from all over to take part."

In the last edition people came from all continents: Brazil, Cayman Islands, almost all countries of Europe, Singapore, Japan, Australia. "They don't travel here just for the race," said O'Reilly, but they do see it as a significant event and plan to be here at the time it takes place to better experience all that London has to offer."

That experience involves running a course entirely within the heart of the city. The London Marathon cuts a similar track through the British capital over its last 3km, but the British 10km, throughout its entire length, uses the urban grandeur of the surroundings as a sporting arena – almost like a stadium writ large.

The starting straight – all 800m of it – is from Hyde Park Corner alongside Green Park and up towards the Ritz Hotel. Runners

approaching the start line walk westward, take a U turn and then start the run flanked by outsize Union Jacks draped from mobile cranes along both sides of the road. As back markers of the 13,000-strong field approach the start, they are already applauding the front runners as they click off the first kilometre.

Before there is any hint of the grand architectural backdrop that follows, the stage is set. Patriotic, often martial, music creates a celebratory atmosphere, with a good dose of pomp. After passing The Ritz runners swoop down to Pall Mall – establishment London's clubland – and past St James's Palace, home of the heir to the British throne. By now the race at the front is taking shape, as the leaders pass through Trafalgar Square, just before 2km,

Perhaps inspired by Portugal's World Cup quarter-final win over England the previous afternoon, Helder Ornellas took up the early running in the sixth edition of this race. It was the the hottest day of the year so far, 26°C at the race start. After a restrained opening kilometre of 3.04, the second kilometre was slightly quicker. Ornellas led a group of seven as





they started their outward journey along the Embankment, and passed through 3km in 9 minutes exactly.

Patrick Makau, who had won the Vidovdan 10km in Bosnia only four days before in temperatures as high as 37°C, then ran the fourth kilometre in 2.50. He took John Nyasinjya with him and the two Africans ran together after making the first of several U-turns at 4.5km.

The pair of them steadily moved away from Ornellas, running

together back along the Embankment with the London Eye to their left and Big Ben in front of them, until they turned together to cross Westminster Bridge. At the second turn, on the far side of the Bridge just after 8km, Makau led by a few metres. His lead did not really grow until he was about 600m from home. This is just before runners turn into Whitehall, the political heart of Britain. After the final U turn on the course, with little over 200m to go, the finish straight encompasses some of the most resonant of London's



**MEN:**

1	Patrick <b>MAKAU</b>	<b>KEN</b>	<b>29:52</b>
2	John NYASINJYA	BUR	30:09
3	Helder ORNELLAS	POR	30:48
4	Taylor MURPHY	CAN	30:55
5	Huw LOBB	GBR	30:56
6	Toby LAMBERT	GBR	31:16
7	Antonio SOUSA	POR	31:21
8	Darren FOWLIE	GBR	32:52
9	Matthew BLUNDEN	GBR	33:09
10	Graham BROOK	GBR	33:13

**WOMEN:**

1	Cathy <b>MUTWA</b>	<b>KEN</b>	<b>34:19</b>
2	Victoria WEBSTER	GBR	35:57
3	Sarah STRADLING	GBR	37:07
4	Jessica PYGALL	GBR	37:36
5	Jodie FORBES	GBR	38:29
6	Dee NUSTEDT	GBR	39:18
7	Becky MCNICHOLAS	GBR	39:19
8	Elaine PHIPPS	GBR	39:27
9	Rebecca GALBRAITH	GBR	39:40

**WOMEN'S 5KM RACE**

1	Jody <b>WHYMAN</b>	<b>GBR</b>	<b>20:46</b>
2	Lily ANGUS	GBR	22:23
3	Margaret GREENE	GBR	22:31

The race is held over the same territory that will most likely be trod in the **2012 Olympics** as a multi-lap marathon course.

landmarks. Runners make the final turn on the north side of Parliament Square, with Big Ben, the Houses of Parliament and Winston Churchill's statue as the backdrop. They then run back past the Cenotaph, commemorating the war dead, and past the gates of Downing Street, where the British Prime Minister resides. To all this Patrick Makau was oblivious, intent only upon getting under 30 minutes for the distance, which he managed to do with relative ease.

The finish lies alongside the new memorial to women in war, and at the finish funnels disgorge runners right in front of Horse Guards, one of London's most-photographed tourist sights. In the women's race Cathy Mutwa had a runaway win, and perhaps had more time to appreciate the sights. She made a point of commenting on the great reception that the back markers gave her as she returned along the Embankment, and after each of the race's four U-turns.

The race is held over the same territory that will most likely be trod in the 2012 Olympics as a multi-lap marathon course. There may be some room for improvement when only 100 runners have to be accommodated instead of 13,000 of them, but running the British 10km

London is as close to the ultimate running experience that is on regular offer in London.

As such there is always a feeling of celebration in the air, and there is often an appropriate occasion to celebrate. In 2002, it was Queen Elizabeth's Golden Jubilee; in 2005 it was the 60th anniversary of VE Day.

Two other happenings in the following week, one much anticipated and the other not, gave the 2005 race an added historical resonance. Three days later London won its bid to host the 2012 Olympic Games, and the populace rejoiced. Only a day after that the transport system in the British capital was hit by multiple bomb attacks.

One year on, the 2006 race was very much an occasion for remembrance. It offered an opportunity no less powerful than those held annually at the Cenotaph. At the same time it also offered yet another opportunity to rejoice, and to celebrate the resilience of civic spirit, in London and elsewhere. Running can be a powerful means of expression, and events like this one provide a suitable public stage upon which emotions can be shared.

**RACE CONTACT DETAILS**

**BRITISH 10K LONDON RUN, JULY**  
 Michael O'Reilly, Union Jack Sports Ltd, 18b Charles Street, London W1J 5DU  
 Tel: 44 207 667 6894 Fax: 44 207 667 6895  
 Email: mori10k@yahoo.co.uk Inet: www.thebritish10klondon.co.uk

Full race contact listings start on page 68