Having travelled the distance the night before and staying over at a nearby camp-site to ensure getting to the event on time (an hour before).

I used the local track as part of my  warm-up and also ran the reverse of the route to get an idea of the course.

The weather was warm, humid and very little breeze.

The usual faces were spotted in the crowds as always a friendly face is appreciated.

A smaller presence of running clubs from Belfast, Bangor and close neighbours.

The pre-race event was well setup and pack collection was quick and easy.

The race briefing was given followed by a welcome from the local council and the race was under way.

We made our way round the track and out into the town past the shopping centre and many passers by cheering to the crowds.

Up the road into the grounds of Castle Coole.

Good surface, some hills and in spots some shade to hide from the warm sun.

The route was very well marshalled and sign posted.

There was water stations at miles 2,4 and the finish.

First half was good going, times as expected, then the return back into the town and "THE HILL".

It was a zig-zag up, up and still up. I managed to claw a few positions, but by the top of the hill, calf muscles were screaming, no shade and the sun was beating down.

Downhill and the PA system at the end could be heard, by now the leaders were out of sight, but as I looked over to my right I could see the route as it went round a football pitch towards the bridge back to the forum.

Round the pitch and another set of zig-zags across the bridge, round the back of the forum.

The heat had zapped all my energy, there was little to no kick left, the finish was in sight.

I crossed the line, my medal was placed around my neck was handed a bottle of water and offered a Mars Bar and a banana.

The banana went down well, however the Mars bar was melted, due to the high heat, my car external temp was reading 22 degrees.

Overall great event, challenging, well organised and good fun.

I'll try this event again next year and improve in this years time.