

Rotherham 10k Sunday 17th May

Pete Humphries

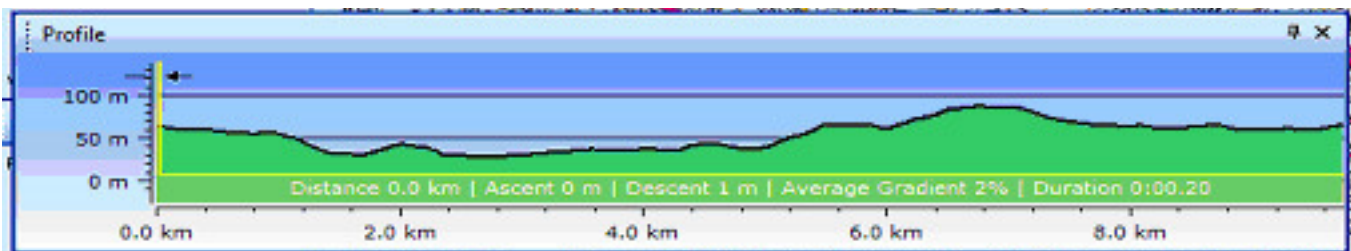
The 10k race on May 17th is both a good challenge for runners and an opportunity to support charities: in particular AgeUK Rotherham, who have been badly hit by effects of the coronavirus pandemic.

You might be a regular runner who just likes to race, you might have run this 10k before (or another) and are keen to do a better time, you might be a newcomer who has been building up to it. It's even possible you have only recently started running- maybe first for fitness and health and then wanting to do an event!

And always there are many, many people for whom running 10 k is a huge task to be taken on as a suitable stage on which to make some finance for a good cause. Amongst the many people intending to take part, two aspects seem to have presented some difficulty.

First the question of what running to do. The answer here is that you more or less have a free hand. Serious runners (and this includes a lot of beginners) will want to run 10k on the day. If not on the day, sometime before (or even after) is OK if need be. If you have any physical or other problem making a 10k run a problem, you can split your 10k into sections and run them at different times.

If you just want a 10k length, you probably can use a watch or mobile and even record a trace. But I know a good number who will want to make some sort of effort to reproduce the ups and downs. The diagram shows the actual course profile and indicates the rise and fall of the route. You can see that Rotherham 10k is not an easy course, with uphill of around 2 kilometres between 5k and 7k, a rise of around 50 metres. That's approximately like town centre to the General Hospital or Stag roundabout. The rest of the route mainly undulates gently.



There is no charge for entry to the virtual 10k, but second, especially if you are raising donations privately say, how do you register, or prove you ran?

If you log into Facebook, or on to the Rotherham10 website at <https://www.rotherham10k.com/virtual.php> and use the 'donate' button it will take you to an Age/UK page where you can make a donation of your own choosing which registers your interest, and on completion of the event you get a certificate. There is of course no timing system so your honesty will be key- but you can keep a run trace possibly as evidence if you need to.

If you want a 10k medal, you need to donate £10 at that point, and you can choose to decline a medal if you wish. If your situation currently is not financially very good, you can get free certification of doing the run by going to Facebook where there as a link.

If this marks the start of a running career for you, any of the four Rotherham MBC clubs would be happy to receive you: Rotherham Harriers, Kimberworth Striders, Maltby Running Club and Rawmarsh Runners.