



**Julie Brealy** braves the heat and scores a PB at the Asics 10k in London

**THE RACE:** Asics 10k

**THE PLACE:** London, July 11th

"It was a blistering 29 degrees when I joined over 25,000 runners to take part in the 10th Asics British 10k, a fantastic city route taking in some of London's most historic landmarks.

"Waiting for the start at Hyde Park corner, there was a real sense of occasion, which was increased by a band of HM lifeguards who performed the national anthem. Then, as I geared up for the set-off, the king's troop Royal Artillery fired a canon on Piccadilly to start the race!

"The Asics 10k has a fast start with mixed abilities taking part, so there was no predicted finish time grouping. This meant that the club runners had to weave around the first time 10k runners, but that wasn't a problem. En route, the crowds of supporters cheered us on, but even more welcoming were the numerous water stations on such a hot day!

"My race highlight was the approach to Westminster Bridge and running towards the iconic Big Ben. Seeing that 8k sign come into sight was a real turning point, because when I glanced at my watch, I could see that I was on course for a PB! After that, lots of turns and pavement jumping took the route past the west entrance to Westminster Abbey and on to the new 400m sprint finish at Whitehall, which gave us runners the urge to push for a fast finish time.

"So, with a new 10k PB of 48 minutes – and on a very hot day – this was a really exciting capital race for me, and is now a top choice in my running calendar!"