

Race report - Fradley 10k, 8th March



It was bright and dry on the 8th March as a carful of Harriers hurtled down the A38 (driven by yours truly) to get to the start-line of Fradley 10k. It's my own 10k personal best, and personally I was hoping to grab a new PB for 2026 after all the hard work of speed training over winter.

Pulling over 1000 PB-seekers from across the region, Fradley 10k is well-known for being fast and flat. For £27 (early bird), we got two laps around the village, taking us through both rural and residential streets. If you're put off by the large number of participants, don't be - it's busy at the start as any race is, but the wide tarmac roads help spread us all out early on.

Support was lovely without being overwhelming. Families cheered us on with handmade signs by the kids, and other runners were in great spirits. Even local businesses get in on the fun: the Fradley 10k is famously sponsored by Florette, and Aumovio and Richard Winterton Auctioneers have lended their car-parks to the event for a few years now. Massage therapists ES Sports Care were also on hand this year to ease the tension in runners' post-10k legs, and the local Scout troop not only ran the bag drop but ensured everyone was well-fed both before and after!

The route was well-marshalled, with a water-station halfway (all marshals had black bin-liners and were diligently keeping on top of the bottles). No gels or sweets are on offer, so pack your

own. If you're lucky, a generous Fradley resident might wave a tray of jelly-babies as you speed past, but I think they'd all run out by the time I reached them!

As for my own performance, it was a good solid tempo run all the way around. Weather stayed cool and consistent. In 2025 I hadn't had a fuelling plan, but this time as part of my testing for upcoming half-marathons I necked a SIS gel at 5k which helped me carry that impetus 'til the end. I'm not one to make predictions but I'd told the gang I'd be happy with 1 hour 13... imagine my shock when I crossed the line in 1 hour 10 minutes! The Brocton speed sessions are really starting to pay off.

Everyone else also had a fantastic race: Paul Bate (48:31), Jenna Slater (49:36), Sarah Dawson (51:55), Dave Westhead (55:57), Charlotte Birch (56:01), Jess Luke (57:47), Yvonne Cooper (57:47) and Ruth Broadhurst (1:05:59). Charlotte and Ruth also got PBs, a brilliant way to honour International Women's Day!



We headed home tired but very accomplished, with an excellent swag bag to keep our energy levels up: wholemeal wraps, salad, cheese snacks and chocolate all wrapped up in an insulated drawstring coolbag. And, of course, the all-important bling.

If you're a PB chaser or even just looking for a well-organised local race, consider Fradley 10K for your race plan - we had a great morning!