# Advantages of a multiple lap race

When we organised the first 20 miler in Locke Park in 2014, we did so to provide an event that would be the only 20 mile race North East, as a race in its own right but also as a prep race for a spring marathon.

It must have been at least a half decent idea as it has been copied a few times elsewhere.

A multi lap race might not be everyone's preference, and for some it may a mental challenge as much as a physical one – that could also be said about the marathon.

But there are advantages of a 20 x 1 mile race:

- Learning about your pace, so because each lap is exactly the same, you can practice running at an even pace and/or negative splits. Both accepted as a better strategy compared to setting off at say your 10k pace and hoping that you can hang on – most people don't and end up walking or even pulling out.
- If you do have to pull out, at least you are at most only 400m away from the start/finish area.
- You pass a water station every mile (drinking on the move is another skill to be practiced).
- You pass a toilet every mile.
- If have family/friends with you, they can cheer you on at least once a lap, or they can spot you at different points each lap.
- If it is a windy day (which does happen in Redcar) at least after a maximum of 400m into a head wind you will turn out of it.


Since 2014 the lap has changed – it used to go on and off the island in the middle of lake, it might have been scenic, but it did involve extra twists, turns and ramps. We put some of the proceeds of the race to physically changing the tarmac to take out an almost 360-degree hairpin bend and make into two comparatively smooth 90 degree turns – this also required having a totally new path laid to maintain the accuracy of the 1 mile loop.

This is essentially a 20 mile race with a 10 mile option - The default entry is for 20 Miles. You can only change your entry to 10 miles on the day - you decide any time up to 9.9 miles, but if you pull out after 10 miles you will considered as DNF.

Click Here for a map of the course, and click on the  icon you can follow the animated route