

## Edwinstowe 10km Trail Run - Sunday 6th December

Four club members took this opportunity to accrue further all-rounder points as this season comes to end, with all the runners gaining 250 points regardless of time or position. The conditions in Sherwood Forest were generally wet and muddy, verging on cross-country in places, though it was the general feeling that this was a very enjoyable event and was very well organised, with the trails providing a scenic backdrop to the race.

With the underfoot conditions in mind this wasn't a day for fast times, indeed Andy Sly recorded his slowest 10km for well over 2 years but his 38 minutes 54 seconds was still good enough to earn him 7th place overall and 2nd position in the veterans category. It was good to see Helen Crossley put in an appearance and her time of 55:03 had her 34 seconds ahead of Paul Geldeart, their positions 199th and 206th respectively, both doing well to finish in the top half of a competitive field. Ken Neal continues to slowly return to form and he completed the testing course in 65:50, taking 364th position, this placed over 70 runners in his wake.