

Masses Muddle in Mendip Meltdown

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Just under 300 foolhardy runners took on Weston Athletic Club's annual Mendip Muddle on Sunday. The 20k off-road race takes in some of the toughest climbs on the hill range, as well as some of the muddiest. And this year's race was no exception as the heavens opened and this mists came down.

It was a race full of accomplishment for WAC runners, with Chris Old staying on top form, beating off all competition to win the race in 1:23:18. Phil Richards was fastest WAC female finishing in 1:40:40, and second woman home overall. Guy Bradford and Andrew Kelsey were the next WAC men over the line, and Cheryl Valentine and Rachael Vincent were the second and third WAC women to finish.

And it was another impressive result for Nick Cooke who just gets better every race, lopping a colossal 32 minutes off last year's time.

Earlier in the week, WAC put in a sterling performance at Street 5k with Dominic Taylor-Jones, Guy Bradford and Kieron Summers all finishing in the top ten, including third place overall for Dom in 17:25. First WAC females back were Teresa King in 21:28 and Maddy Cook in 26:56.

And special mention must go to John Hinchliffe who ran in the Chicago Marathon on Sunday. He finished in 3:26:07, beating his previous best time set at London two years ago by one second.

Finally, Kira Thorpe returned to her old club to race the Worcestershire Beacon fell race on Saturday. Celebrating its 60th year, the seven mile race takes runners up, down and around the highest points of the Malvern Hills. She finished in 1:03:34 and second in her category.

ENDS

Note to editors: picture shows Mendip Muddle race winner Chris Old, no credit.



Picture shows Kira Thorpe at the Malvern Beacon Fell Race

