



Release: Immediate
Date: November 9, 2014

Weston runners Slog it out in the mud

Mud, mud and yet more mud set the scene for the Sodbury Slog on Sunday which saw a hardy group of Weston Athletic Club members travel to Chipping Sodbury to take on the 10 mile off-road race.

Rated as one of the best races in the country, it was certainly one of the wettest and muddiest, with mile after mile of thick mud, streams and deep ditches to negotiate. It's certainly not a race for runners to achieve their quickest times, and one or two trainers may have been casualties along the way.

Just before the race start, over a thousand runners gathered for the playing of the Last Post, followed by two minutes silence, and a moment to reflect. All runners were encouraged to wear a poppy.

The first Weston runner to survive the gruelling terrain and cross the line was Matt Wheeler in an impressive time of 1.13.56. Andy Chadburn was chasing him all the way and finished soon after in 1.15.10, followed by Barry Hall in 1.20.33. Paul Snelling was the first man in his age category to complete the race in 1.24.24.

For the club's women, Cheryl Valentine took the spoils, and finished in 1.27.38. Rachael Vincent took second club spot in 1.31.24, and second in her age category overall, and Mary Nutley finished third in 1.40.27.

Entry is now open for the club's annual Hangover 10k race which takes place on New Year's Day and follows a two lap route through Kewstoke and Sand Bay. For more information about this and all the club's activities visit www.westonac.co.uk.

ENDS