

Rudding Park 10k – Annette Walburn

The Famous Five, Lena, Ted, Sue, John and myself, took part in this race on Tuesday evening. The race is run in the grounds of Rudding Park Hotel round the edge of the golf course, on tracks through woodland with a field section along the river.

With the rain we had on Tuesday there were sections that were a little sticky in places, a few ups and downs the last bit to the finish it quite a drag running back up the track to the hotel.



There is a goodie bag which is amazing - it's got to be one of the best - plus a great medal.

Then we had hog roast plus ice cream, and a glass of fizz or a cold beer which went down very well. All in all, a fabulous evening.

The race is so well organised with lots of marshals on route, all very encouraging. This race raises a lot of money for local charities, different charities every year.

This is the second year I have done the race, and I'm looking forward to the next one; it's well worth doing, although it sells out extremely quickly ... but that's not surprising.

