

Southwell 10K Race 28.12.08

The day was cold & bracing without the wind which made the conditions ideal for this 10K flat race. It was an out & back course, perfect for anyone looking for a PB.

The race was quite crowded which made the start a little slow. Club members who took part included Paul Whittingham, Geoff Brown, Francesca Meakin, Lisa Knights and John Knights. There were 3 associate members. Nigel Paylor who ran for the Notts police, Sally Paylor and Darron Harker. Both Nigel and Darron achieved PB's.

Unfortunately, one member was unable to compete as she could not find the correct venue !!!!! & put all the blame on poor old Tom Tom!!!

Thanks to Alison Whittingham who came out to support us on her racing bike.



By Geoff Brown (with a little help from his secretary!)

PS: Well done to Sally Paylor for completing the course. Even though she was injured at 4 miles she managed to hobble gallantly to the finish.