

Mud & Mayhem Duathlon Cross and 10k Trail Run Race Report 15th March 2015 St. Helens, Thetford Forest.



After a recent spell mild weather the courses for the 2015 Mud and Mayhem event were in pristine condition. This, coupled with cool and dry weather on the day, made for perfect racing conditions.

As usual the opening run set off along the northern bank of the little Ouse before heading over the river to tackle the forest trails. With a storming first run in the duathlon Lester Allen, Mike

Chapman and Dave Copland led the field and hit transition within seconds of each other. However, the bike section threw up some changes at the front of the field. With the fastest bike split of the day Copland took to the second run with a

solid lead over Lester Allen and Steve Giles. Allen was obviously feeling strong and attacked the run hard to eventually catch and pass Copland while Giles held onto 3rd place. Final results 1st overall Lester Allen in 01:18:23, 2nd overall and first V50



Dave Copland in 01:18:50, 3rd overall and first V40 Steve Giles in 01:22:28. The V60 category was won by Mike Pinnock in 01:57:20.

Duathlon: 3rd Steve Giles, 1st Lester Allen, 2nd Dave Copland

In the ladies race matters were far more clear cut with Roz Giles leading from start to finish. Roz finished in 01:37:48 with Lucy Ransome taking 2nd in 01:58:12 and Vikki Edmonds 3rd in 01:59:49.



Duathlon: 3rd Vikki Edmonds, 1st Roz Giles, 2nd Lucy Ransome



In the 10K trail run the field were fairly spread out. Pete Murphy took the win in 34:59 with Phil Martin in 2nd with a time of 37:56 and Robin Webb completing the podium in 38:24. Rowena Leary led the ladies race home in 45:18 followed by Harriet Weller-Poley in 48:04 and Charlotte Smith in 48:07. The age category winners were as follows: Male V40 – Lee Sadler 40:05, Male V50 – Stephen Whiting 41:41, Female V40 – Rebecca Wolf 55:21, Female

V50 – Belinda Schofield 54:42.

We were once again joined by some canicross athletes for the 10K trail run which is always a pleasure. Scott White was the first canicross runner home with a time of 43:41. Sanne Baden finished as first female and 2nd overall in the caricross race with a time of 50:07.



Behind the leaders everyone enjoyed their day out in Thetford Forest with many racers commenting on the great venue, excellent organisation, enthusiastic marshals & all round good value. As always there were plenty of smiling faces in the finish area where competitors were greeted with a very welcome hot drink, Go Beyond fruit cake, jelly babies and their commemorative tops.

Finally a big thank you to Streetlife Cycles our event sponsors, Extreme Sports Therapy who were on hand to treat tired and weary limbs after the event, Adrian Howes for the event photography, Audrey and her team from Thetford AC for their support and to all the enthusiastic marshals who give up their weekends so that Go Beyond can put on great races.

For further photographs go to www.adrianhowesphotography.co.uk

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