

## Mud and Mayhem Duathlon and 10k Forest Trail Races Ste Helens, Thetford Forest - 2016

**As the mist cleared the forest at St Helens in Thetford over 300 athletes arrived on a gloriously sunny morning to take part in the Duathlon Cross and 10k Trail races.**



Now in its 8<sup>th</sup> year the event has maintained its popularity with its unique blend of multi-sport and trail running, including a special class for those people who like to run with their dogs.

The 2016 events started with the Duathlon and first back after the first 5k run was Robert Chenery in a very nippy 18:15, a couple of minutes back were Niall O'Brien and

Dave Copeland with Michael Hill a few seconds after that. Fay Cripps was also well up with Kate Sealy not far behind leading the female contingent.

Niall was quick out of transition and did enough on the bike to just hold his lead. Gareth Walker recorded the best of the bike splits and came into T2 second neck and neck with Paul Floogate who had a very consistent ride; Dave Copeland was still in touch in 4<sup>th</sup>. Tim Skinner and Fay Cripps were the only riders other than Gareth to record sub 42 splits on the Bike.

On the last run in Niall and Paul consolidated their 1, 2 with Paul closing just slightly at the end. Dave Copeland recorded

the best second run split of the day moving through into 3<sup>rd</sup> place. Fay Cripps continued to

dominate in the ladies finishing in a very impressive 6<sup>th</sup> overall. Kate Sealy finished shortly after hubby Ben in 16<sup>th</sup> for second lady with Kirsty Prior not far behind in 19<sup>th</sup> and third lady. The relay was won by Jonathan Hawes and Robert Chenery who was the only runner to complete both the 5k trail run in under 20 minutes.



While all this was going on the 10k Trail race was in progress using the same 5k loop as the Duathlon but run twice. The trail is surprisingly undulating with a leg sapping sandy base; so a real test.

First in was Neil Pollard in an impressive 38:22 with Neil Sadler and Anthony Shelton not far back finishing in 39:27 and 39:51 respectively. First lady in was Lynsey Chenery; it was becoming a good day for that family as just up ahead Dad Duncan was finishing in 10<sup>th</sup> overall and winning the 50+ age group and Robert in the winning Relay team. Second lady was Derrin Clark with Mari Boczar in 3<sup>rd</sup>.



## 10k Prize winners

The other age group winners were Jason Elrick in the 40+ who was also 8<sup>th</sup> overall and Clive Purbrook 60+. In the ladies Wanda Day won 40+, Belinda Schofield the 50+ and Barbara Johnson won the 60+ and the fastest of the age groupers.



The runners with their dogs always add a special element to the event and this year was no exception, the event was a sell out and its popularity seems now well established.

The overall winner of the event and first lady was Emma Baily in 41:48 just sneaking in ahead of Clarke Midgely who was just 5 seconds behind. Ursula Ransom was third over the line and second lady with Joanna Cole third lady. Scott White was second male with Kenneth Schelle in 3<sup>rd</sup>.

Once again a big thank you to Phil Sayers and his team from City College Norwich for providing the post-race massage service and the volunteers from Teach Africa for manning the tea tent and of course all the marshals around the course without whom the event would not happen.

To view the full results please [CLICK HERE](#)