

Mud and Mayhem 10K Race Report 20th March, 2011 St Helens, Thetford Forest



Competitors at the Mud & Mayhem trail race were in for a treat. In stark contrast with 2010 when blizzard conditions greeted the start of the race the weather was perfect with clear skies and sufficient cloud cover to keep the temperatures down.



The course is a delightful mix of forest running with plenty of opportunity for overtaking, a tough climb in the middle and a beautiful wooden crossing of the Little Ouse at the end of each lap.

Almost 150 runners signed up for the first Mud & Mayhem trail race in Thetford Forest and the initial feedback suggests this will become a regular in the spring race calendar. The run set off along the northern bank of the river before heading into the forest trails on the other side.



Mazeyar Firouzi set a strong pace to win the race by almost 4 minutes in 33:08 a PB for 10K and an exceptional time given the uneven terrain. For Mazeyar just about everything seemed to go right on the day.

" I really enjoyed the race. I was very impressed with the marshal's and just generally the organisation of the whole event. Basically it was perfect."

Behind him several runners were fighting it out for the remaining places with a total of 9 runners under the magic 40 minute barrier Jan Gazyk and Dave Soloman claimed second and third place respectively.



In the ladies race Ursula White finished 15th overall to claim the women's trophy ahead of Maxine Burgess and Hannah Stone.

Special mention should also be made to our oldest runner, Raymond Keevil completed the course in a highly respectable time of 48 minutes, beating over half the field in the

process. In Raymonds own words "not bad at 67" !!

Finally thanks to Phil Sayers and his team from Extreme Sports Therapy who were on hand to treat tired and weary limbs after the event, official race photographers from Corby Photography who worked tirelessly attempting to be on all parts of the course at all times capturing the race for everyone's benefit and to all the enthusiastic marshals who give up their weekends so that Go Beyond can put on great races.

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 event T shirts.



Feedback on the event was very positive and many racers have already signed up to race the next 10K trail race on 22nd May in Delapre Abbey, Northampton where there is also the opportunity to test your swimming with an Olympic distance off road Triathlon as part of the Scott X-Tri series.



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http://gobeyondultra.co.uk/mud_and_mayhem_off_road_triathlon