

Mud and Mayhem  
Race Report 10K & 2K  
22nd May, 2011  
Delapre Abbey, Northampton



Competitors at the first Mud & Mayhem trail race at Delapre were blessed with perfect weather and a beautifully picturesque circuit past the front of Delapre Abbey, through the historic gardens and around the lake. The field was an equal split of male and female runners making a refreshing change from the usual trend for male dominated races.



The course was thankfully flat but the smiling faces in the finish area where competitors were greeted with free refreshments, the now legendary Go Beyond fruit cake, jelly babies and event T shirts were as welcome as always.

Mike Stockton from Milton Keynes was first home in an impressive 34:46 followed nearly 3 minutes later by Paul Brain in second and Jonathon Gale in third. All three men completed the 10K successfully in under 40 minutes, the only three who managed this particular feat on the day.

The ladies race was a more closely fought affair with the leading three ladies finishing within 90 seconds of each other. Jo Mainard held on to win, finishing an impressive 9<sup>th</sup> overall in 43:06 ahead of Helen Gamble and Tara Adams.



The day was rounded off with a children's 2K race over a shortened version of the same course. This turned into a private family battle with Alex Williams sprinting away from his brother James in the final few metres to claim an impressive victory in 8 minutes 15.

The two were locked side by side as the course wound its way in front of the Abbey, through the ornamental gardens and away towards the lake. At the turnaround they had built a solid lead over Aimee Trafford who was having a strong race herself to head the girl's race and hold third overall. Only as the finishing line appeared in sight and Alex scented victory could the two be separated and then only by the merest of margins. Congratulations to all finishers in both races.



Finally thanks to Ashley Rowley who was on hand from Northampton Sports Therapy 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.



Feedback on the event was positive and many racers have already expressed an interest in the next Go Beyond race in Irchester Country Park on 19<sup>th</sup> June. Midsummer Madness promises to be an altogether different kind of race with one competitor from last year stating.

***"today's event was great - I couldn't stop laughing on the first loop as I had never come across an event like it!"***