

Mud and Mayhem 10K Race Report 9th October, 2011



Swinley Forest, Bracknell

Competitors at the second Mud & Mayhem trail race in Swinley Forest were in for a treat as the race started in near perfect conditions. The course is a delightful mix of forest running and gravel trails initially skirting the banks of Rapley lake before heading South through some beautiful trails towards Bagshot.



On a day when there was a wide range of events in the race calendar locally more than 50 runners chose to hit the trails and were rewarded with some stunning scenery.

Chris Bradfield from local running club Datchet Dashers set a strong pace to win the race by almost 3 minutes in 34:55 beating the previous course record in the process with Mark Dunbar and Paddy Wilkinson in second and third respectively.

Fifth home was the ladies winner Sandra Bowers also in a course record time of 41:06 finishing ahead of Karen Miller and Claire Hopkins.

Unusually for races in the UK more than half the field were female runners possibly attracted to the chance of a glimpse of the royal owners of Bagshot Park who are regularly seen walking in the grounds on the other side of the lake, but more probably attracted by the draw of some great off road running with free refreshments both before and after the race.

The race was not exclusively for the 2 legged running enthusiast either as Mandy



Berry completed the course alongside her regular running partner Star. In Mandy's own words "me and my dog Star enjoyed our 10k run, and thank you for being so welcoming to Canicross runners."

Our thanks go out to Richer Sea Photography who worked tirelessly on all parts of the course to capture the day for your benefit. To Moti, Running and triathlon store, Reading for their prize sponsorship and the chance to test drive the new Salomon X Trail shoes and to all the marshals who generously give their time so that Go Beyond can offer you great races. We hope to see many of you again next year.