

## The Valley 10K- 03/07/2010

My excuse is I did the Valley 10K multi-terrain race at Durrington the day before. The first 1km was around the village of Durrington (of Woodhenge fame) near Amesbury before following a steady climb on roads to 5km where the course went off-road on Salisbury Plain for 2kms including a steep but short hill and then a nice steady downhill section back on roads to the finish back in Durrington. The race was organised by the same guy who did the original Salisbury fire station races. My time was 0:47:12, netting me 27<sup>th</sup> of 84 finishers and 6<sup>th</sup> in my age group. I was also only about 3 minutes ahead of the oldest runner taking part; 75 year old John Goulding, the only runner from Andover Athletics there, who joined me afterwards in having a right old moan about the lack of representation of our respective clubs at this event. So consider yourselves told! :-)