

DUCKPONDS 7K PLYMSTOCK
14TH JULY 2012

It's my birthday and I thought I'd do a race I've never done before. Just a little one, 7k, that's all. OMG no-one told me it was multi-terrain! I don't do MT!!

Two laps of the playing field, then road for approx quarter of a mile then the rest was hilly trail and hilly fields, and fields and more fields!! The finish was a final lap of the playing field where I managed a sprint (just glad to see the end of it really ☺).

I had Jack, Dannah, my Mum and Hazel there to cheer me on which was great.

Les and Bruce also ran and did a good time.

Tracy McFadden