

The Guardian Challenge 06

Congratulations

Well done to the 12 brave, determined members who successfully completed the **Guardian Challenge 2006**.

This year's challenge was to take part in the Wyre Forest Half Marathon. The course consists of 13.1 miles of "Undulating" terrain. For those that don't run regularly this actually means running up and down hills.

Even though the weather was kinder than in the past (not the usual 35 °C), instead of baking heat, we endured treacherous muddy, uneven, downhill stretches. In other words (Morag's words) it was a great course, a true challenge worthy of our members.

Congratulations to the following:

| | |
|----------------|--------------------|
| Andy Phillips | 1 hour 38 minutes |
| Barry Cain | 1 hour 46 minutes |
| Chris Lowry | 1 hour 57 minutes |
| John Russell | 2 hours 28 minutes |
| Kevin Hughes | 1 hour 55 minutes |
| Lucy Nation | 2 hours 4 minutes |
| Luke Morgan | 2 hours 9 minutes |
| Michael Fowler | 1 hour 56 minutes |
| Morag Quirk | 2 hours 17 minutes |
| Paul Nation | 1 hour 59 minutes |
| Paul Sabin | 1 hour 28 minutes |
| Shane Holland | 1 hour 42 minutes |

The team wish to thank their sponsors for their generosity in supporting their participation in this event. We will let you know when we have totalled up the amount raised. All proceeds go the Guardian Trust.

Thanks are also due to Peter and Olwen Hornby, Mr Eccles Senior, Katie and Sophie Phillips for their support on the day.

A special congratulation to Paul Sabin who came in with the fastest time for the group. Unfortunately, Morag was again beaten by an exceptionally fast 81 year old man (and so was anyone with a time greater than 2 hours 1 minute).

Morag did not better her target time of 2 hours but is determined to try again next year when she intends to use the 82 year old as a pacemaker.

At this point Morag wishes to mention her bad knee which had severely curtailed her training schedule. She only managed to run at all because of the excellent herbal treatment provide by Keith Thomas www.chinesehealtharts.co.uk

The event was, as always, well organised, with friendly, encouraging marshals. Our thanks to event's organisers the Amazing Feet RC www.amazingfeet.co.uk

Guardian Challenge 2007

Next years' challenge will be made by John Russell. It will consist of 10 hours of Taiji and Jam Jong training. Members will be able to train for 5-10 hours for just £10. It will most likely take place on Sunday 24th June at a venue in the West Midlands.

Event Photographs



Above - Barry Cain



Above - Shane Holland



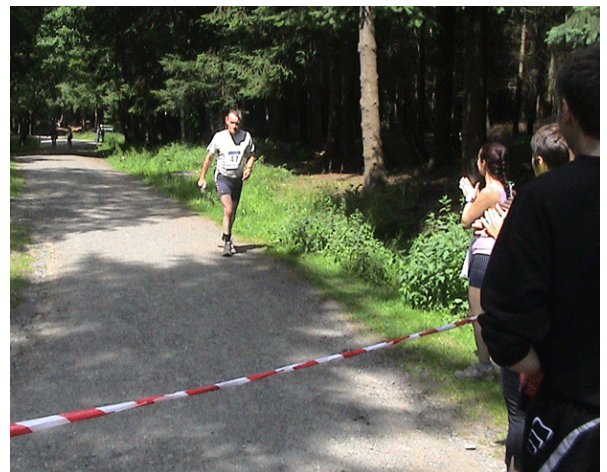
Above - Paul Nation



Above - Morag Quirk



Above - Paul Sabin



Above - John Russell