

MORNING AFTER – CHARITY FUN RUN/WALK a great success with 302 taking part and raising over £1,100 for local charities.

A very sunny but freezing New Year's morning in Church Stretton witnessed 302 runners, walkers and dogs taking part in the 11th *Morning After* charity event of over five miles for runners and three miles for walkers. The majority of entrants were from Shropshire. One young man from Leighton Buzzard visiting his grandparents in Church Stretton for the New Year celebrations decided to have a go. As in the past, the route contoured the lower slopes of the Longmynd.

Most walkers were well wrapped up from the cold, icy conditions and many runners dispelled the shorts to wear leg covering and several vests – all except one, Gary Jones from Mr Speedo's in Shrewsbury wore only swimming trunks and a Christmas hat !! Why – well for the charity *Help for Heros*. He raised £300 for the charity.

The recent freezing weather made some of the paths, tracks and open country side a little icy and in a few places, the packed snow became very slippery. All participants returned safely, for soup and trophy presentation at the Church Stretton Social Club. The worse mishaps being a few grazes and damaged prides as a few runners slipped on the steep hills.

The presentation of trophies and awards was made by organisers Chris Richards and Phil Harris.

The fastest runner and new comer to the event was Welsh international Richard Roberts from the Eryr Club in a time of 30.38. Richard was followed home by last last year's second place, Paul Jones from Oswestry Runners in **33.04**. In third place again, from Leighton Buzzard, was 21 year old runner, Ben Corfield in **33.04**.

The first lady, last years winner, was Alison Lavendor from Oswestry in 37.17 closely followed by Shrewsbury AC runner and County Champion, **Anna Bartlett in 36.37**. The First Veteran Woman again this year was Val Swingler (Shropshire Shufflers) in **38.22** followed by Kim Brazenell **44.50**. The first, Veteran man was Ed Davies, (Mercia) who ran with his dog Hari **35.51** and second was (Mercia) Chris Smallman **36.37**. Colin Lancaster (Telford AC) **36.29** from Church Stretton was the first local man to finish. The first junior boy was Freddie Fielding (Telford AC) **41.01** and the first girl was Emma Clarke from Felhampton in **44.44**.

The first man walker was Kenny Williams from Church Stretton and the first lady walker was Susan Ottlely. The family trophy went to the Church Stretton Coles family.

The organisers wish to thank local sponsors and trade support in particular Princess Stretton Hills Water for the refreshing water at the end of the event and the marshals around the course, new comer to the team Val Jones for making and serving the soup and the hardy walkers and runners for their regular support which raised a total of £1,100 + which will be divided between the *County Air Ambulance, the Gateway Club (Mencap), Lingen Davies Appeal, the Longmynd Cub Scouts and the Church Stretton Football Club*.

The fun event has now become firmly established as one of the regulars in the fun running/walking calendar so we look forward to repeating the event again next year on **Saturday 1st January 2011 – so start that New Year's resolution and begin training now!!**

For further information please contact organisers Phil Harris on **01694 771674 (Mobile 0777 568 8484)** Chris Richards on **0785 499 794** or John Corfield on **01694 722473 (Mobile – 0777 346 9919)**