

MORNING AFTER – CHARITY FUN RUN/WALK a great success with 300 taking part and raising over £700 for local charities.

A frosty cold New Year's morning in Church Stretton witnessed 300 runners, walkers and dogs taking part in the 10th *Morning After* charity event of over five miles for runners and three miles for walkers. The majority of entrants were from Shropshire. As in the past, the route contoured the lower slopes of the Longmynd. The recent freezing weather made some of the paths, tracks and open country side a little icy and in a few places, 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 local Church Stretton runner, Terry Davies who first thought up the event ten years ago.

The fastest runner and new comer to the event was Ed Charlton-Weedy from Shrewsbury [South West Road Runners] in a time of 32.04. Ed was followed home by Paul Jones from Oswestry AC in 33.02. In third place, from Leighton Buzzard, was 20 year old runner, Ben Corfield in 33.05.

The first lady, Alison Lavendor from Oswestry in 35.18 improving on last years time of 36.27 and pushing last year's winner, Shrewsbury AC runner and County Champion, **Anna Bartlett 36.47** into second place.

The First Veteran Woman again this year was Val Swingler (Shropshire Shufflers – 40.02 (39.37) followed by Jane Rowlands from Ludlow Runners (40.19). The first, Veteran man was Ed Davies, (Mercia) 33.30 and Andrew Davies (Mercia) (33.10) from Church Stretton was the first local man to finish. The first junior boy was Joe Donnelly(37.16) from Pontesbury (Mercia) and the first girl was 17 year old Suzanne Turvey from Croft Ambrey (38.19).

The first man walker was Peter Cooke from Church Stretton and the first lady walker was Diane Spencer from Welshpool. The first walker with a dog(s) was Ludlow runner Vaughan Griffiths who took his dog "Ben" around the 5 mile course. The family trophy went to the Church Stretton Coles and Cooke families who walked together.

The organisers wish to thank the sponsors and the hardy walkers and runners for their regular support which raised a total of £700+ which will be divided between the *County Air Ambulance, the Gateway Club, Lingen Davies Appeal and Church Stretton Town 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 **Friday 1st January 2010 – 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)**