

Saturday saw the Par Duathlon- The Hare take place in and around Par Track. A smooth mostly closed circuit consisting of a 5km run/20km cycle/2.5km run. Taking part in his first duathlon Carl Williams finished in a time of 1:24:50

Sunday was a day of long races with half and full marathons taking place in Brighton, London, Madeley and Paris

#### Madeley Half Marathon

Des Evans travelled to Madeley, his dads birthplace and eight miles from where he himself was born, on the Staffordshire/Shropshire border. In not so favourable conditions and suffering from Plantar Fasciatis he finished in a time of 2:32:50 coming 2<sup>nd</sup> in his age group.

#### London Landmarks Half Marathon

Several Runners travelled to London to participate in the London Landmarks Half Marathon with over 17,000 other runners. This is a fabulous route taking in all the city's finest landmarks including Nelson's Column, Somerset House, St.Pauls Cathedral, Bank of England, The Monument, Westminster Bridge before finishing outside number ten Downing Street. It has great crowd support and lots of street entertainment to cheer the runners on their way. Today's weather was mostly kind to the runners with no rain in fact it was sunny however they did have to contend with a blustery strong wind at times.

First home for NRR was Grace Barratt in 1:40:47

Nikki and Al Edwards finished together in a time of 1:59:35

Helen Cowling 2:04:53

John Lillis running in his third LLHM came home in 2:42:53

#### Brighton Marathon

With two NRR Brightons Marathon started at Preston Park before taking the runners towards Withdean before going south through the city past some of Brightons most iconic landmarks including the pavillion. After running through the neighbourhood of Kempton the route follows the coast past the piers and the i360 through Hove before finishing on the seafront.

Rich Kell 3:17:23

Steve Babb

## Paris Marathon

Tabitha Whates travelled to Paris, one of the biggest, to compete in her first marathon. The course takes the runners across Paris taking in The Champs Elysee, the Bois de Vincennes and Boulogne, with spectacular views and landmarks, including Notre Dame and the Eiffel Tower, along the route. Tabithas's time on the Paris Marathon official results page was 3:45:40