

Dear All,

The first race in the 2010 ERR Trophy Series took place last Sunday on Epsom Downs.

Report

Freezing overnight temperatures ensured that the ground was rock hard by the start and the boggy conditions of the previous year were avoided. A couple of the braver members of ERR decided that running in only a club vest was appropriate, but for most runners long sleeves were the order of the day.

The course is defined by two long hills which gradually grind down your ability to put one foot in front of another and whilst climbing the first of these we were treated to a brief snow shower. The final twist is a short, sharp incline leading steeply to the finish and following a pause to catch our breaths, it was off to the warmth of a shower and a well deserved bacon sandwich.

Congratulations to Pete Boatright for the performance of the day, just scraping in under the 40 minute barrier.

Results

19 0:39:56 Peter Boatright
49 0:41:50 Mike Hilton
72 0:43:32 Graham Shaw
102 0:45:07 Richard Nicholson
103 0:45:12 Jon Samuel
105 0:45:21 Mike Bruce
106 0:45:23 Adam Hecquet
180 0:48:02 Layla Smith
187 0:48:12 Kelsey Offord
206 0:49:01 Stephen Ind
211 0:49:13 Martyn Davidson
248 0:51:08 Rhiannon Lloyd
287 0:52:21 Matt Osborne
299 0:52:58 Katherine Ind
302 0:53:01 Tony Crawte
316 0:53:31 Lynn Howard
362 0:54:45 Philip Sumner

After round 1 of 14, the Trophy Series men's and ladies' competitions are now being lead by Pete Boatright and Layla Smith, with Mike Bruce leading the way in the age-graded competition.

Future races

The next three races in the series are:

[Valentines 10k 14.02.10](#)

This is a new addition to the Trophy Series. I believe it is a bog standard 10k road course around Chessington and Epsom, although I don't have any firsthand

experience. [Latest info – if you enter by today it will cost £12, otherwise it will go up to £15.]

Bushy Park Trail Run 4.8 28.03.10

This is a low key, friendly run on trails in Bushy Park. We always get a good number of Elmbridge runners out and do well in the overall results. Don't forget to change your clocks!

Sutton Runners 10k 02.05.10 (Date to be confirmed)

This is a three lap affair through a small park and on residential streets. A good course to go for a PB.