

The 1st FOD parkrun trial took place on Saturday 20th February. The course is opposite the Lakers school, RFDC and Five Acres LC complex. The area is known as the Coverham Enclosure. It has an inner and outer lap with some parts being the same for both laps.

The course proved more difficult to mark than expected. Although some of it was muddy it is very stony just below the surface. After marking it out some of the signs were removed. 3 lads on bikes are the chief suspects although not confirmed. I walked round again on Sunday and found another sign thrown in the undergrowth.

6 runners set off I suspect that only one of them did the course as the original markings meant it to be done.

Everyone was quite happy even though they were quite mud splattered at the end.

Martin Steel returned in 23.44

Fred van Arkle 24.00

Matt Jones 24.45

Lauren Wallis 27.40

Becky Russell 27.48

Josie Russell was the unfortunate one to come across the moved signs and was the first to get back. She arrived from completely the wrong direction. As usual with Josie the smile wasn't far from her face. We have a cunning plan for next week.

We are meeting same time same place next week. Looking forward to seeing a few more faces.

The other heroes this week were Frank Russell, Denise and Peter Rees and Simon Wallis & Dave & Lindsay Lucas who all helped out.

It was a useful trial. Matt has run a couple of parkruns in the past. He was satisfied the course will be passed as suitable by parkrun.

Anyone who joins us during the trial period will get a card at the finish with their position on. The card will need to be returned to the club container across the road. There will be a pencil to fill in your name and time if you have it that we can keep a check on in case there is an error or fault with our watch.

It would be useful to have the following details before you run sent to:
forestdave@btinternet.com

Name age club (once parkrun is official this will be athletic and running clubs for now it can any sports club)

Anyone not a member of the FODAC wishing to join us in the next few weeks before parkrun becomes official please print off sign and bring the following with you.

I understand the FOD parkrun trial is a run not a race. I consider myself medically fit to take part in the 5km run.
I under take the run at my risk.

Signed _____

Parents signature if
U18 _____