

Rat Race Dirty Weekend 2016!



This was going to be a tough one! 20 miles and 200 obstacles was the longest Obstacle Course Race Tracey and team had ever signed up for!.....but the after party promised to make the whole thing worth while!

How bad could it really be?!

Turns outit was pretty tough!

Tracey, along with four others decided to take on this epic course to raise money for a small charity based in Wigan called [Lucky Hens Rescue](#).

Run by Alison Thorpe and a team of volunteers, Lucky Hens is a not for profit organisation and animal sanctuary who, along with other things, rehome hens from the commercial egg production sector to suitable homes where the hens can live out their lives in a natural environment

They work with farmers in the local area to try to save as many hens as possible on a regular basis. They usually hold [rehoming days](#) every one to two months, where they will save and rehome as many hens as possible.

Lucky Hens keep any poorly hens that are rescued and nurse them back to health before finding them forever homes. And it's not just hens who the group have helped; horses, sheep, pigs, ducks, turkeys, quail and pigeons have all benefited from the dedication of this wonderful charity.

So Tracey and team wanted to do all they could to help them!

The team got a slightly later start time than they wanted which meant that a lot of the obstacles has queues! The worst one by far was the 50 metre cargo net that had to be crawled under! It was totally gridlocked! 45 minutes after getting under the cargo net they finally emerged!



Add to that the heat! It was one of the hottest days for weeks!.....25 degrees from 11 am! Unfortunately, the temperature was hotter than predicted meaning the water stations soon ran out of water!

That said, the course was so much fun the 'fab five' laughed all the way round and by the time they arrived at the finish line they had been out on course almost seven hours!

It was a tough day physically and mentally but the team raised just under £1000 for Lucky Hens Rescue making it all worthwhile!

