

Rat Race Dirty Weekend.....2018.....part 2!

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Tracey beats Rat Race for animal cause



● Tracey Hunt who completed a gruelling 20 mile obstacle course twice to fundraise for homeless pet Tracey Hunt/Rat Race Dirty Weekend

BY DAVID NORBURY
david.norbury@trinitymirror.com
@ChesterChron

ACHESTER woman who hates running tackled what is claimed to be the biggest and best obstacle racing weekend in the world in her mission to fundraise for an animal shelter.

Tracey Hunt, 37, completed the Rat Race Dirty Weekend to help the National Animal Welfare Trust (NAWT).

The trust is a rescue and re-homing charity providing refuge and care to unwanted and abandoned pets across the UK. It cares for and rehomes up to 1,800 animals a year, looking after those which find themselves homeless through no fault of their own.

This sees them brought back to good health, trained and finally found a loving forever home. They include everything from cats and dogs to goats and alpacas.

After months of training, battling illness and injury, Tracey, who says 'those of you who know me know that I hate running so this will push me to the limits', completed the gruelling 40 mile challenge in 12 hours.

She said: "I took on the 'dirty double' challenge, the original course is 40 miles and 400 obstacles. It was really, really hard.

"I paced my run so I could have the chance to eat in between laps but this didn't go to plan.

"I completed the second lap in just under 12 hours fuelled by water, gels and vegan snacks they had on course. It was so cold during the second lap as it started raining and I didn't have time to stop to put dry clothes on.

"Approaching the finish line was an incredible relief."

Tracey added: "I found out about NAWT when I was looking for an animal charity to fundraise for. I have two rescue cats and I'm currently fostering two more.

"I love the work they do to help homeless and abandoned pets and I wanted to help, even in just a small way."

Alex Spurgeon at the trust said: "We're all so proud and grateful. Tracey took on such a tough challenge, we all take our hats off to her. It's a staggering amount of time and effort to invest into a cause, and we're delighted she chose NAWT."

● To donate to Tracey visit: www.justgiving.com/fundraising/tracey-liz-hunt-noakes. So far her efforts were approaching £400 at the time



After completing the 2016 Dirty Weekend, Tracey thought it would be a good idea to do it again.....twice.....in one day!

That's 40 miles and 400 obstacles!

This time Tracey decided to do this in support of two charities, [North Clwyd Animal Rescue](#) and [The National Animal Welfare Trust](#). Two amazing charities that do fantastic work!

Doing the course once was tough enough but twice would be a massive challenge!

Tracey had two team mates that would run the first lap with her before she set out for the second lap on her own! The plan was to complete the first lap in 4 ½ hours which would give Tracey 45 minutes in the transition tent to eat, change clothes and shoes, stretch and then head out again!.....but it didn't go to plan at all!

The course was much tougher than the year before and a shoe malfunction (!) and also an injury to one of Traceys teammates meant she was on her own from mile two!



She made it back to transition with only 5 minutes to spare before the cut off! She had the choice of changing top half clothes or bottom half clothes! The thought of dry shoes won so a quick change of shoes, a mouthful of flapjack and off out for lap two!

Lap two passed in a blur, but around miles 30 Tracey caught up to a small group (two double lap runners and two single lap runners) with whom she ran....or rather hobbled....the last 10 miles!

Completing the course in just under 12 hours she managed to raise over £1000 for the charities!

All that was left now was the difficult task of getting changed and walking up the stairs with the other 10 women who managed to complete the course to get her medal in front of 4000 people!

