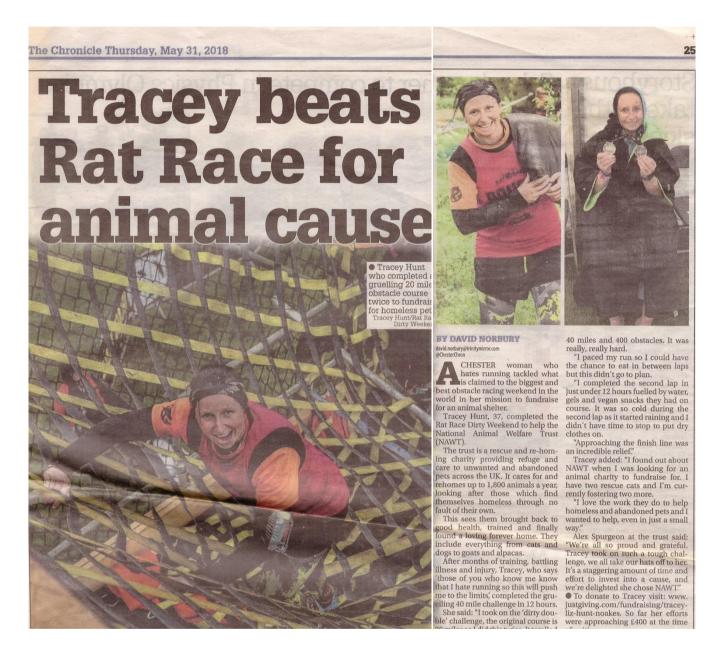
Rat Race Dirty Weekend......2018.....part 2!



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, <u>North Clwyd Animal Rescue</u> and <u>The National Animal Welfare Trust</u>. 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!



