



## News release

### Duck Pond Waddle

Date: Sunday 2nd December 2007  
Location: Worthing

By: Alan

The weather was appalling from the moment I opened my eyes, I said to myself 'yes' it must be cancelled, but I set off anyway. On arriving there were as many mad runners as us, including at least another dozen Tone Zone Runners.

It must have been one of the toughest of races I have done for many a year, the rain and wind appalling, mud up to your knees and wind that blew you backwards, but really quite fun. Not to be missed next year. Followed by a hot shower when finished, followed by a brandy and a meal . Great. The marshalls were excellent and we were made very welcome at the Worthing Tennis Club. Hope to see you all there next year.

Alan