



Race Report

ARUNDEL 10K

Date: 28th August 2011
Location: Arundel, West Sussex

By: Ian Bailey

An early start on a lovely morning in Arundel saw a good TZ turnout. There was a good mix of TZ runners competing in this race, some for the first time but also many usual faces.

The course took its normal route starting in the town with a good crowd watching on. The first 5 k is pretty well up hill weaving through the Historic Castle grounds and then up the long road of the gallops. At the top of the hill, its 2 quick k's down only for a sharp incline for 1 k (which is a killer) before finishing the final section through the castle and to the town again.

Great runs from Stephen McLoughlin and the ever improving Simon Gill produced two TZ runners in the top five places. Marius Vitkauskas took an early lead but fell back, finishing 12th overall.

Finally, it should be noted for the great support provided from TZ again cheering on the runners. Alan and Pat Argent, Victoria Weiss, Michelle Etheridge and anyone else that came along. Thank you to all supporters.