

Sutton Park Gates Run 2024 – Organisers comments

Thanks to everyone for turning out on such a sweltering evening. The going was firm, soft in places, to use horse racing parlance. It always seems to be either boiling hot or torrential rain. Next year we'll go for something more pleasant.

Well done 1st man Matt Harrison and 1st lady Olivia Harris, 2nd overall. There were a couple of people who "beat their age", Mic Lee (3rd) and Kevin Spare. Also well done to everyone who got round under the hour.

Commiserations to the runner who collapsed because of the heat. Especial thanks to Mandy who abandoned her run to look after him, well done, Mandy, you're a star! He seemed to make a good recovery and was fine afterwards, I hope there's no long-term effects.

Congratulations to Robert Vickers who did it the following day in a time of 1 hour 40 minutes 48 seconds using MapRun.

Next year the run will be on the 25th June, put the date in your diary now. If you want to have another go, or practice for next year, you can do the run virtually, using MapRun a free app you can download onto your smartphone.