**TNT - Sunday 8th January 2023**

So, on Saturday morning we discovered that the TNT race was 10 miles not 10 KM!!

Sunday morning came and we all arrived at Temple Newsam safely after being expertly driven there by Mr Gary Penfold.  We came appropriately dressed in old running gear as advised by Ewelina the night before, obtained our running numbers and met the rest of MRC for jovial chatter and a few photos.

When the time arrived to start, we set off looking forward to a lot of mud, puddles and constant talking about rubbish for a good few hours.  Well, the mud was very muddy, the puddles were very big and the conversation was most excellent! It took a few miles in to realise that Dean had not read the memo and not worn any trail shoes! he was sliding around a lot and had to walk in certain areas, as it was near on impossible to run let alone stay upright.

I have no idea where the best part of 2 hours went; before we knew it we were getting a drink from Samantha in a cup, which we hate with a passion, and heading toward the last few miles.

We were constantly catching up, over taking and being overtaken fellow MRCer’s Kirsty, Helen and Joanne to name a few which is always lovely and nice to have somebody else to talk to!!

Eventually we saw Carl who cheered us on at the end and told us not long to go, just the run around the field to the finish line.  Loads of MRC runners had already completed it so there was a lot of cheering and shouting to encourage us to finish and at 1 hour and 49 minutes we crossed the finish line.  It's not a PB course (unless you are super speedy) but lots of fun.

We were filthy, hungry but happy with a very enjoyable morning with great friends and a lot of mud. We picked up our long sleeve t-shirt, bottle of water and chocolate bar, which went down a treat.

Just a few pointers if you are thinking of booking on next year.  Put your trail shoes on, wear old socks and always remember to pick up your coat!!!! (that one is for Liz!)

Wrote by 2 idiots that go by the name of Delan.

