**Bar Humbug 11th December**

On a bright and freezing morning in December a strong contingent from MRC turned up at the John Charles Centre for the Bah Humbug 10k (ish).

I'd pondered what to wear, whether to follow Graham Kitchen's advice (be bold, start cold) or to wrap up. Concerns about my outfit immediately disappeared when walking into the bar and seeing some exciting sights in the MRC corner, including a full-on Christmas tree, rather too much leg from Keelan aka Santa, and a fine set of seasonal PJs and turkey hat.

After a group photo and warm up of sorts we lined up on the track for the start. The race gives you a few hundred metres of flat before hitting you with a set of steep and muddy steps. Over the next 10k or so we got a full tour of Middleton Park, visiting the woods, fields, pond, and cycle track, meaning we had to run up and down many of its undulations and long slopes.

It's a tough old run, even more so with the air cold enough to hurt your throat when I was really puffing, but the support was great all the way round, particularly from a load of marshals and spectators from MRC.

About 3/4 of the way round one of the marshals shouted that it was "All downhill now". Well, that was fairly true until the little kicker in the last km, a tough 400 metres of climbing up a steep road, before then trying to persuade my legs to support me back down the same steps we'd done at the beginning. We then had a short stretch to get back onto the stadium track for the big finish, with half a lap trying to find a sprint in front of the cheering crowd.

Verdict? It was a tough but lovely race, thanks to the Lakers and everyone who made it happen and contributed to a great atmosphere. Maybe next year I'll wear fancy dress...

 