NAYLAND 10K FUN RUN

Nayland Village Hall was buzzing with activity on 2nd July for the start of the first Nayland 10k Fun Run organised by Luke Rumbelow with support from Nayland with Wissington Community Council.

Luke said he was delighted at the number of runners who took part: "We had a fantastic response - 600 runners took part across the three distances - our maximum number for our first event - next year we hope to accommodate more to meet the high demand. As well as more serious club runners, there were lots of families with children which gave the event a real family feel. We received great feedback from runners saying how much they enjoyed running through the local countryside as well as the challenge of the route which is 99 per cent off road. Now we know how the event went we plan on making the event bigger and better next year."

Blessed with great weather, runners of all ages enjoyed the scenic route which took them though picturesque village paths and alleyways before heading out into the Dedham Vale countryside.

Rachel Hitchcock, Chair of the Community Council, was delighted with this new event and said: "Nayland 10k was a super event that went really well and had such a buzz on the day. Thank you to Luke for coming up with such a great addition to the Nayland calendar. We are already looking forward to next year!"

Nayland 10k could not have taken place without the help and goodwill of volunteers who were crucial to the smooth running of the event. Luke and the team expressed huge thanks to everybody - individuals and societies - who supported the event and helped to make it such a success.

Luke said: "I'd like to thank all of the volunteers who helped out. It was a display of real community spirit and I'm grateful to everyone who gave up their time, energy and goodwill."

Funds generated are expected to be about £750 and will be split between Colchester Hospital Charity (CoHoC) Cancer Centre and the Community Council.

The date for the 2018 Nayland 10k is Sunday 1st July.