

Grantham Cup 10k Trail Run



2010 is the inaugural year of the Grantham Cup Trail run taking place on Sunday 18th, International Competition Day. With clackson sounding at 9:15am, through the morning mist, the red inflatable England Athletics race gantry will rise up on the east of the cross country course. Over a hundred of athletes from all over the region will warm up ready to tackle a challenging course round the grounds before heading up towards the tower, running through the woods and finally lapping round the cross country jumps.

Lead runners are expected to be approaching the finishing line before ten o'clock having run around six and a half miles and climbed almost 200m. The course is a loop so the start and finish are in the same place.

If you want to cheer on your local team we are expecting a good performance from the home team Grantham A.C. in the red vests with the black and yellow trim, Stamford Striders to be out in force wearing their traditional blue / yellow and Steaford Town Runners in the green and red to be as competitive as always.



If you are tempted to give it a go yourself next year then the best place to start is with is by visiting <http://www.granthamac.com/road/beginners.htm> for all the help you need.