

# Trail running



Weekend highlights are usually Holla Trail runs on Saturday or Sunday morning. A group heads out for a beautiful morning of running. We are fortunate to surround by fantastic scenery and there is always lots of laughter along the way. There are so many routes to choose from, ranging from the Green route (+-14kms) while the more adventurous may choose to conquer some of the more difficult routes like the Red (24-27kms) or Mauve routes.

To find out more about Dolphin's Trail Running and which routes we are doing please speak to Gary Henwood-Fox 076 349 9510

We also go and run some of the most spectacular trial runs around the country.

**Here is a recent report from the Mont-Aux-Sources Challenge:**

This weekend 8 Dolphins bravely took part in the Old Mutual Sunday Tribune Mont-Aux-Sources Challenge. This prestigious 50km trail run takes place in the Royal Natal Park, and make no mistake it's a toughie. This year snow littered the ground as the intrepid runners made their way up the some of our country's most rugged and beautiful scenery. Shannon Clark was the first Dolphin home in 6:57, a personal best and placing 2<sup>nd</sup> in his age category, despite taking lots of photos. Trygve Wang closely followed him in a time of 7:27 and then our "tourist" group arrived safely home having thoroughly enjoy their experience. This is definitely one for the bucket list and definitely worth the blood, sweat and tears.

Shannon Clark told us *"This is such a special run; just when you think you have experienced the best it has to offer, you turn the next corner and it takes your breath away all over again. Standing in the snow, on top of the world, looking down on the clouds is mind blowing! My plan to race hard went slightly awry as the beauty got the better of me as I stopped for plenty "kodak" moments."* Denton Muil said *"Awesome race with an awesome group of people. Fresh air, mountain streams and indigenous forests combined with the view from the top just took my breath away. Hard to believe we were able to climb 2000m in a single day! Everyone is still buzzing with a sense of achievement. You have to try it just once if you get the chance!"*

