



SO YOU THINK YOU ARE FIT?

Mud Runner Oblivion: Eastnor Castle Estate – Sunday 9th May 2010

Places are filling up fast for **Oblivion** on Sunday 9th May, the stable mate to the now legendary 'Mud Runner'. This challenging 10km cross country run on a new course on the Eastnor Castle Estate also includes 10 inhumane obstacles to test your stamina, endurance and fitness. Entries have flooded in from across the whole of England with individuals and teams entering from as far afield as Kent, Durham and Cornwall.

A surprise entrant has been a man dressed in an animal costume as a dog. This sub 3hr marathon runner is challenging all entrants to see if they can beat him around this tough multi terrain course. For many runners at large events like the London Marathon beating the first runner in fancy dress is a matter of pride. The organisers of Oblivion think they have one of the fastest fancy dress runners in the country and are challenging entrants to see if they can beat the dog!

'The dog' aka Ben Edwards is also a physiology lecturer from Liverpool, and has completed over 20 marathons, trekked to the North Pole and completed the arduous Marathon Des Sables (150 mile footrace across the Sahara Desert) so is a tough seasoned competitor and thinks he is more than up for the challenge.

D3 Events are well underway in preparing the new course for Oblivion, as with mud runner it will be on the Eastnor Estate Land Rover test tracks and includes the usual mix of hills, mud and scramble. The 10 obstacles which appear every kilometre are currently being designed and installed on the estate such as 'The Splash' and 'The Discovery Crawl', as course designer Simon Day of D3 events explained "*running a 10km course takes stamina and determination, however, breaking your stride to climb up, over, under, round or through one our obstacles will break your rhythm and really test your resolve*".

The course has been designed as a testing challenge that is accessible to all runners with many choosing to take part in fancy dress and raise money for charity. The sense of achievement whether you cross the line in 1hr or 3 hrs is the same – we look forward to you taking part.

For entries and more information please visit www.oblivion.mudrunner.co.uk

More....

ENDS

EDITORS NOTES

- Race entry fee is £25.00 per person or £70.00 for a team of 3 and includes a goody bag and t-shirt
- Competitors must be 17 years or over on race day to take part
- To enter Mud Runner Oblivion log on to www.oblivion.mudrunner.co.uk
- Race numbers and racing devices issued 2 weeks prior to the race
- Race starts at 11.00am
- Race clock at start and finish line
- Prizes to the first 5 men and first 5 women across the line and will be awarded prizes on the day
- There will also be awards for the first male 'veteran' in the over 40; over 50 and over 60 age groups and first female 'veteran' in the Over 40; over 50 and over 60 age groups.
- Team prize for the fastest team of 3 – time will be taken for the last member to cross the finish

Media Enquiries:

Images are available

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