



Mad Leo gets dirty in Maldon for third time!

College tutor Leo Cole had a very muddy Christmas and New Year for the third year running!

Leo, Subject Sector Leader for Business & Administration, took part in the Mad Maldon Mud Race on December 27th – running, crawling, squelching, wading and partly swimming through the mud and slime of Promenade Park, Maldon, to raise a fantastic £300.50 for charity.

And the keen runner managed to secure a top 10 place again from a starting field of 250 people.

Leo said: “Unfortunately I didn’t manage to improve on my position of 5th last year, coming in 9th. My only excuse is that I did a hard cross country race the day before which tired my legs a bit...

“I wore gloves this year as a precaution based on getting frost nip last year. Also I ‘cheated’ by wearing a wet suit. I found I really needed it because the water/river section had a higher tide which made it wider to cross and much deeper than last year!

“Some competitors – many of them in fancy dress - even resorted to swimming. As for the mud, well it was as deep, cold and smelly as usual. Most resorted to crawling through it and running was definitely not an option!”

And what did Leo have to look forward to as he approached the finish line? A cold outside shower to wash away the mud. Well, it is called the *Mad Maldon Mud Race!*

However, the event was a great success with a fantastic atmosphere from the large spectator crowd. Former BBC Sports Personality of the Year Fatima Whitbread started the race and Ray Clarke, from BBC Essex, provided commentary.

Last year a massive £30,000 was raised for charity and this year the proceeds will be going to the Essex Air Ambulance, Little Havens Children’s Hospice, Army Benevolent Fund and 21st Century Youth.

The Mad Maldon Mud Race is an annual event which has been held for the past eight years and is sponsored by the Lions and Rotary Clubs of Maldon. You can find out more about it at: www.maldonmudrace.com