

6.66 miles, 1,121ft climb, 1hr28mins. Calories 1140.

Good start to the day, house feels cold (no heating) switch lights on (no lights). Hmmmmm. Short story a water leak from shower somewhere exiting out through a light clusters causes RCDs to blow. Remove light and put bucket under ceiling hole that' s dripping water!!! At least now have light and cooking features. This is temporarily fixed so we now are allowed to go running.

Lychett close so plenty of time to still get there.

K9 trail again (combined with the important mini hare of Pierced Nipple), with so many runs laid recently, K9' s misses must just kick him out at sun rises every morning with the task of finding another trail. I wonder if she still feeds him about midnight?

Lots of returning faces (Lemon, Wurzle, Mouse and TP for example), all coughing and moaning they were still ill so will only do the mini. Do we welcome them back or put our facemasks on.

The hares draw lots of symbols for the newbies, including fishhooks again, to enlighten them of what' s what.

We try running up the road, in principle this is correct but we have to backtrack to follow tar mac off to the left, and so we start the 'straight ons' .

Eventually we find a path off left through a very narrow wood.

Straight on, cross road, straight on, fish hook. As we are, at this point, all close together its just simply run around Matalan for the views.

Up and down hills until Ram looses the trail, well he says he does so we go right checking, wrong it was straight on. Ram, still suffering from a hang over, has clouded vision.

Onto the road again, the route looks like it goes to the Cock and Bottle.

Ram disappears straight on, I try right across field and down. Proves correct. Know this bit so off to church and turn right. More tar mac and "straight on" .

Back onto narrow footpath and "straight on" and on and on and it is now another fish hook is spied, nope just a delusion. K9 must have dropped the bag.

Mini viewed off to the right on the tar mac back to Lychett.

The Main however goes "straight on" , off to the horse fields, via the bordered path and then sharp right through the hedge.

Some issues later with the fields with electric fences and horses, but we find the hidden route out to the left. Through the old age home, we escape with all intact and not one put to bed with Ovaltine and biscuits.

More straight on to the road, and then a tar mac straight on in to the pub.

So, tar mac, straight ons, fish hooks, muddy gates, quick pace and coffee in the pub

So what did you think?

On On