

The Clay Pipe , 6.79 miles, 700ft climb, 1hr37mins. Calories 1138.

Beautiful sunny day, shame it's freezing. Never mind, could be worse, could've been laying the trail yesterday in the rain. No Ginnies on the road, just Hashers who stall at the traffic lights. Me sounding the car horn don't help. Didn't recognize the car until it entered the car park though, oops. Ladies trail today, K9 is still resting, though he still holding grudges about

fishhook dissenting 😞.

Only a 6.5 miler today. With plenty of main runners, less Grocers offspring, it should be a good pace.

Left out the gate appears to be the correct route. There seems to be a lack of dust but we still choose left again at the first footpath as this can only be the way onto the heath. Hare is still following so it must be correct. 400yds and we find the first blob, so we carry on for another 400yds to find another blob. Hotspur works on the principle that no ones calling him back so he'll just keep going, even when he's called back. Luckily it was a false alarm, but he finally stops due to confusing dust and hieroglyph's. Neither Banger, nor I can decipher either so we back track and follow the others into the woods. Ram not up the front today as he seems to have been on the sauce again last night, even I can keep him in sight.

Up banks and down banks we weave through the woods, seemingly following extreme cycle tracks. Did the Ladies use bikes to lay the trail, hence why the blobs are so far apart?

Lots of dog walkers and cyclist about, just watch out for the dogs on long leads who want to trip you up.

Try to get some photos but due to the sun being out we are getting camera flare. Ages since we had that problem.

We continue lots of wobbling up and down wood tracks, especially by the likes of Banger, K9 and Hotspur, until we get to the trig point.

Photo opportunity time, have to do something to distract TP and a few others who are trying to debug "Come Lately" who is standing on the trig point. If it was Pole Dance (previously TA) I could understand, although this is almost certainly a politically incorrect thought process, need to go stand in

a cold puddle for a while.

Dust, is a little easier to find when we go wrong and back track. But what the heck, it a nice day and “oh poo” we are back to the on out and its is a) 1 mile straight back, and b) Hotspur, Banger, K9 and Ram have gone off at full tilt.

We do our best but we can't real them in, so have to make do with looking forward to the shandy bucket at the end.

Freezing cold in the car park whilst changing results in frozen fingers, water in the thermos which was too hot for a hair clean doesn't help either.

Early down downs in the pub (great idea), a good pint of Ringwood, secret Hare was Ratty and we are off to watch the rugby.

So, cold, dry, sunny, good turn out, firm under foot, straight on out and back, fun trails through the woods, dust laid by Hobbits in disguise, back

before 13:00 as run was sub 8 miles, and early down downs 😊

So what did you think?

On On 😊