

Hares today Milky Bar Kid and Cream Crackered. So why do we have Snorkel and Fish Finger hanging around at the front.

Health and safety warnings of sun cream and carry water. Got cream, no water, have to wait until I get back.

Mini waits whilst main goes down road, straight onto tar mac. Snorkel not wailing, nor Fish Finger, what's going on! Oh they are the secret main hares! If that's right, then FF shouldn't be leading the pack. Nobodies running, quote she, we is, we went wrong and is now chasing. Move over FF so we can get past so we can head off towards Cranborne. Obvious route into village, but we try the hidden path back into the fields which proves right. Ram and Banger catch up and disappear into the trees. Straight on is wrong, it takes BumHugger to go off piste onto the high ground to loop us around the woods.

More tar mac up hill, K9 and I have to chase the younglings here. This mean I get a whole lecture/history of the road being resurfaced earlier this year by K9. Book of the journey to be published in time for Christmas.

After hours of running we stop for a regroup. FF calls the younglings back before we go right down a private drive that seem to go on for ages, never do see the house. Catch another false to the right with K9, should've gone left. Don't follow Ram as he has missed seeing four bars by now.

For a change, we are keeping up, altitude training in Peru seems to be paying off. At least I'm not walking as much and the Polar app is giving positive feedback on my performance.

Sod that, where's Cum Lately, need a gulp of his water, itsss tooo hot.

Long straight to the tar mac of the main road. Right, left and straight on again to more woods.

FF calls another regroup to give Snorkle a chance to catch up. Must be for this reason as Grocer is left way behind.

Cool water on our left is calling us. We finally succumb as FF guards the bridge over the stream. Some of us feel that cool feet is enough. The younglings, Spotted Dick, Ram and finally K9 feel total immersion is the only cure.

Need to get back to get for a much needed drink. Take off with Ram to the

tar mac road and off into the woods. Ram believes that an arrow left and a bar right means we go 'right'!!! Ignore this advice and go left, being conventional. Follow the dust across a cornfield to see no one is following. Never mind we catch the mini stragglers and follow them in.

First couple of shandies don't touch the sides on the way down. This give me the strength to find the half litre of water in the car as a chaser.

Forget I had changed the route planner to meters, so think I only did 6.7miles as opposed to 7.7 dooh.

Into the brewery to find they have "Tony's Tipple". This has to be a must have. As was a beef burger, which turned into sausage bun as burgers not ready.

In the heat, second pint was a bit dodgy, so took a 4pinter home to be safe.

So, bloody hot, lots of tar mac 😊, straight ons, woods, dehydration, good beer, barbeque lady drinking us dry, FF front running, stream cooling and Snorkle smiling (weird) and no larger for Spotted Dick and Bend Over.

So what did you think?

On On 😊