



The Helly Hansen Winter Challenge Series Hayley

Team 166, otherwise known as 'The 3 Mud 'n' Tears' (oooo I hear you say!), managed to finish 8th all female team out of 45, and 160th team overall out of 315.

It was a long 4hr endurance race consisting of the following elements:

- 5k run
- 12k bike
- 2k kayak (around in circles!!)
- 12k bike
- 5k run

Finishing with a plank walking device where all 3 left feet were on one plank and the same for the right feet and you had to walk, in a coordinated fashion for 100m without collapsing in a heap!

And then a heavy wet scramble net through sand.

And then an A Frame wall to leap at, slip down several times, work out a tactic and then plunge over the top to the finish line.



Well done Hayley!