

Quadracracng – Wadennhoe – Race 4 – Competitor Profiles

SIMON GREENWOOD



I managed to catch up with a Wadennhoe first timer just before the start of the event, looking very young in this photo he was keen to get started, and confident of a top three finish !!!!!!! A slightly tongue in cheek comment Simon likes to push himself hard and enjoys the mud. He believes that whilst competing if he doesn't get muddy he wouldn't have done the event justice. I am sure he will get his change today to ensure that is the case. You don't come to Wadennhoe to go home with clean kit !!



Simon got into trail running last year, and took part in his first triathlon in September. He is a personal trainer who concentrates on explosive power exercises which should come in handy whilst trying to escape the trappings of the mud and dealing with the gradient on the course. His future plans are to do more of these types of events, more where obstacles are put in front of them, and graduate up to do some of the tough man events. He puts this attendance at Wadennhoe firmly on his mates shoulders who found out about the event on the web, and wants to get the bug to do more in the future.



An enthusiastic approach is good to see, and having seen him come past 12 times, I can confirm that his smile never faded, although those youthful looks got masked in the mud, and as for the top three finish, maybe next time !! As for the mud – he still loves it.