

## Quadracracracing – Wadenhoe – Race 4 – Competitor Profiles

### TOM WILDMAN



Wadenhoe's most popular competitor Tom Wildman, returned again to give the mud another thrashing. Looking trim (having taken at least 5 inches off his beard since event 2) and despite his 76 years (puts shame to many of us who moan at being too old to do stuff despite being half his age doesn't it!!!), Tom was very much looking forward to the final event of this year's series having taken part in all again this year. Tom has managed to take part in at least 3 of these events a year since 2000 (excluding 3 years due to ops on his knees), an amazing feat not only due to his age, but also due to the time this very dedicated husband puts into caring for his wife.

Tom always looks forward to the finish at Wadenhoe, adores the mud, and the enthusiastic encouragement he gets from others on the course. He takes part in Wadenhoe each time, as he considers this fun!!! He also prefers this kind of event as he finds the soft conditions (we call that sticky mud where we come from !!) kinder on his joints. He also finds that whilst taking part, Wadenhoe manages to relieve the pressures of his everyday life, as he is able to totally switch off and refresh himself – that mud does have miracle qualities, so they say.



When not taking part in Wadenhoe, Tom manages to fit into his busy life approximately 3.5 hours on the turbo, and the odd ½ hour running. When he can, he also finds time to swim and also helps out with nurturing life in a local tree nursery.

We very much thank Tom for his continued support, and hope to see him return for many more years taking part in this extremely strenuous event.