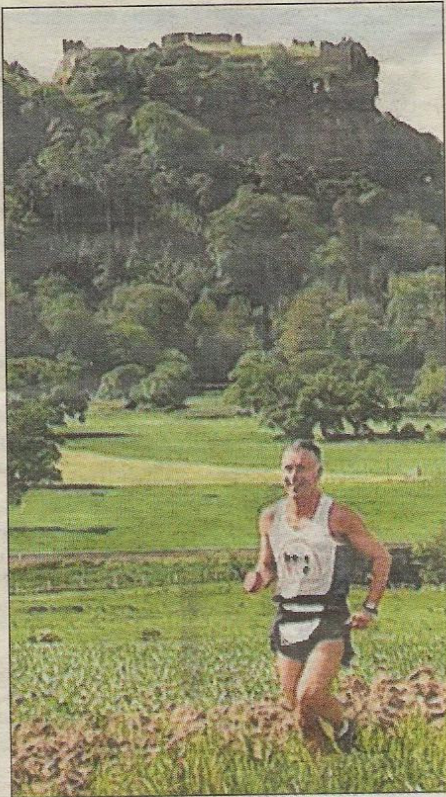


Ace Searle rises to the Challenge

Running



TRAILBLAZER: Mickle Trafford's Mike Searle leads the way in the Sandstone Trail race.

A MICKLE Trafford personal trainer netted a hard-earned second place in Saturday's 34-mile Sandstone Trail Challenge.

Mike Searle started the arduous cross-country event from the Horse & Jockey pub near Whitchurch at 7.45am and finished at Frodsham Fire Station just after noon.

Mike, who runs body4life Personal Training, is a three-times winner of the race, which this year attracted more than 230 entrants.

He said: 'It is a very tough event and I am very happy with the result. It was my 11th successive Challenge and I improved on my previous time'.

After his enormous effort, Mike has been taking a well-earned rest.

'My legs are quite sore after all that pounding,' he said. 'For a few days my training will just be the work I do with my personal training clients at Forest Hills Leisure Club in Frodsham. I'm also going to have a couple of leg massages which will speed up my recovery.'

Mike also paid tribute to all the support he had received in his preparation for the event, including Forest Hills leisure manager Glenn Terretta and Sportsfeet UK in Chester.

Mike said: 'Preparing for a huge event like this requires a lot of training, but without support it is very difficult.'

'I am very grateful to everyone who has helped me along the way en route to achieving my goal.'