**Welwyn Garden City 10 - 5th September 2010**

Good weather and an excellently organised event welcomed Julie Dowse and Mark Stead as they pounded 10 miles of Welwyn Garden City pavements on Sunday 5th September. Both were very pleased with their individual efforts.

Mark Stead 1:39.28
Julie Dowse 1:49.41

**Bedford Harriers 10K – 5th September 2010**

The somewhat cooler temperatures provided perfect conditions for the Bedford Harriers 10K last Sunday 5th September. The course, which makes use of the Route 51 cycle path between Bedford and Willington, is flat despite the bridge over the Bedford southern bypass, and therefore has potential for some very fast times.

A small group of eight Biggleswade AC athletes turned out for this event, with many fellow runners choosing to rest their legs for the Swineshead 10 the following weekend.

Paul Davies led the team home in a fantastic time of 38:47 (a new personal best for him) closely followed by veteran runner John Haines, in 39:20 - John also won first prize in his age group (Vet 55).

Next to finish was Rob Hemming in a time of 40:29: A good solid run by Rob whose target race is the 10 mile the following weekend. Just over a minute behind Rob was Martin Earnshaw, who has been training hard with coach Zoe Luscombe, and is now reaping the rewards.

Wearing his pristine ‘antique’ club vest, Philip Housden sped home in a very respectable time of 45:30 followed a few minutes later by Steve Atkins.

Julia Mackay, slowly regaining her previous form, managed to finish just seconds outside her target time and just ahead of Hannah Street in her first race since becoming a mum for the second time just months earlier.


**Paul Maguire Memorial 5 - Stevenage - 29th August 2010**

109 runners took part in the Paul Maguire Memorial 5 mile race in Stevenage on 29th August. On an undulating, enjoyable course around the Fairland Valley Park, Biggleswade runner Craig Brown finished in 5th place, managing to improve his personal best time by over a minute to 30:07.

The runners had the task of avoiding running into the visitors, walking and cycling around the park during the race. Many a dog was hurdled as you had to run past the Sunday morning dog walkers, too. Which all added to the challenge of running a fast time. But it’s definitely a race that's worth a second go next year.

Result: Craig Brown 30:07 (5th)

**SEAA Intercounties - Hendon - 28th August 2010**

There was a strong contingent of Biggleswade AC junior athletes at the SEAA Intercounties, with Euan Dickson Earle collecting the Under 15 boys title in the 80 metre hurdles Euan won with in a personal best time of 11.36, which is a new club record and puts him in the top 2 in the UK at this event – a fantastic achievement!
Scott Parson reached the final of the 200 metres, 400 metres and 400 metre hurdles picking up vital points for Bedfordshire. Amy Lyons, returning to form, threw over 31 metres in the javelin, and later picked up the shot and threw close to a personal best distance. Katie Bland threw the hammer 34.15 metres and came 5th for the 19 counties in the South.

The talented Alex Ingham threw the javelin to a new club record of 38.52 metres and also picked up good points for Bedfordshire in the long jump, and the triple jump.

Overall Bedfordshire came 10th in the U20 age group and 13th in the U15 age group.