

Eastern Veteran Athletic Club – Milton Keynes – 4th August 2010

The final fixture in the Eastern Veterans Athletic Club took place on a rather damp evening on Wednesday 4th August in Milton Keynes. Despite the soggy conditions, Biggleswade AC runners put in some great performances. Helen Middleton finished the Mile Walk event in brilliant time of 8.40 (1st in age group and 2nd overall) with Arthur Thompson finishing 3rd in 8.43.

With her impressive performance Helen won the trophy for Lady Athlete of the meeting! In the men's 3K race, with a large combined age group field, Dan Croft had a good run finishing in a personal best time of 10.29.2 coming 5th in age group and setting a new club record.

John Haines followed in 10.46.8 with yet another club record for the age group. Paul Davies crossed the line in 10.55.3 setting a personal best time in his debut track race.

Stevenage 5K series – 5th August 2010

Three Biggleswade AC runners took part in the first of the new summer mid-week Stevenage 5K race series on the evening of Thursday 5th August. On a tough course, with many inclines, it was a good test of fitness for the 160 runners.

Craig Brown finished in 17th place with a time of 17:32, and not too far behind was Paul Davies, who ran a fantastic PB in a time of 18:45 (35th place) and after competing on the track in Milton Keynes just the night before. Colin Harries wasn't feeling his best but did well to finish in a time of 30:09.

In the next race of the series on August 19th, he is sure to take minutes off that time and be back to his best.