

Bedford 6 – 18th May 2010

Nine Biggleswade AC runners took part in the Bedford 6 mile race on Tuesday 18th May in near perfect conditions - warm, but with a gentle cooling breeze. Dan Croft put in an excellent performance to lead the club home in a great time of 38.04. The following men's team of Simon Haswell, Mark Sylvester, Nick Everest and Lindsey Morgan all put in strong performances.

Tracey Patmore led the ladies team home in a superb time of 38.11; coming 6th lady and winning the LV40 category. This was Tracey's second impressive run in Biggleswade AC colours, having been 3rd lady and, again, 1st LV40 in the recent Eye 10k race. Fiona Hunter (9th) and Isobel Everest (12th) were 3rd and 4th in the LV35 category. Debbie Bryant was also 4th in her age category. The ladies were narrowly beaten into second place for the team prize by their cross-country rivals, Wootton Road Runners.

Bedford 6 results:

Dan Croft 38:04; Tracey Patmore 38:11; Fiona Hunter 40:09; Isobel Everest 40:19; Simon Haswell 40:47; MJ Sylvester 41:44; Nick Everest 43:29; Deb Bryant 43:32; Lindsey Morgan 46:35.

Wheathampstead 10K – 23rd May 2010

Despite the soaring heat Julie Dowse and Elaine Stead were not put off tackling the undulating course of the Wheathampstead 10K along with over 600 other competitors. Early on Julie and Elaine decided that a time was not going to be important, just the need to complete the course, which they did. Another Biggleswade AC athlete, Richard Gray, however, was not put off by the heat and ran an excellent race. On this occasion all three truly deserved their finishers medals.

Wheathampstead 10K results:

Richard Gray 39.44; Julie Dowse 1.09.25; Elaine Stead 1.09.25

Southern Women's Athletics League – 22nd May 2010

The second Southern Women's League match on Saturday 22nd May took the Biggleswade AC Ladies Track and Field Team to Tower Hamlets in London on one of the hottest days of the year so far. Personal bests from Stacey Robinson (35.25m) and Beth Harvey (20.81m) in the hammer and Sonia Edwards (6.84m) in the shot helped the team to finish in 7th place overall. As in the spirit of team events there were some top performances from Faye Young, who was willing to give most events a go, Evie Muggeridge one of the club's U15 athletes equalled her 100m personal best time, and Katie Miles in her first competition wearing a Biggleswade AC vest. Sterling performances also from Ami Lyons, Rachel Baust, Helen Davey and Angela King helped gather more valuable points for the club. Well done team!

Edinburgh Half Marathon – 23rd May 2010

Further afield on Sunday, but still in blisteringly hot conditions one of the new stars of the club, Tracey Patmore, came 10th in the Scottish Half Marathon in Edinburgh in a new club best time of 1.27.08. Tracey also won the V40 category.

Scottish half marathon result:

Tracey Patmore 1:27:08