

National Junior Athletics League – 27th June 2010

Many great results were secured by Biggleswade AC's Under 20 athletes in Round Three of the Thames Division of the National Junior Athletics League held on Sunday 27th June. Several personal best and club records were secured from Amy Lyons, Daniel Steel, Scott Parsons and Jordan Smith. Superb results in the sprints saw Jordan improve on his PB for 100m from 11.6 secs to 11.1 secs as well as winning the men's sprint against some regional-level athletes. In the 200m, both Jordan and Scott improved on the previous club record with Jordan going the quickest 12.81 secs, although a new club record belonged to Scott in the 400m in a time of 51.37 secs. Daniel performed well in the triple jump winning the B event and secured 3rd place in the high jump with a clearance of 1.70 m – another personal best. Amy Lyons competed in all throw events, as well as competing on Saturday too! Well done to all.

Luton AC John O'Callaghan Memorial 5 miles – 25th June 2010

Four Biggleswade Athletic Club runners made the trip to Luton on Friday 25th June to compete in the first of a three race series, starting with the John O'Callaghan Memorial 5 mile on what a rather hot evening. Neither the heat nor the undulating course was enough to prevent all four runners securing places in the top 25 finishers. Richard Bevan ran a blinder to finish in a fantastic 6th place in 29:08. Craig Brown added to his recent form with 31:18 while Rob Hemming completed the course in 33 minutes exactly, despite having competed in the Colworth Challenge (26 miles over three consecutive days) just five days prior to this event! Club veteran, John Haines, also had a great run, finishing in a time of 33:04, possibly a club record but yet to be confirmed.

Greensand Ridge Relay – 26th June 2010

Once again Biggleswade AC rallied the troops to enter a team and for the first time two solo runners (Julie Sutton and Rob Morgan) in this stalwart event in the local race calendar. Covering 33.4 miles, the event is a 6-leg relay orienteering race along the undulating route of the scenic Greensand Ridge. Starting in Leighton Buzzard and finishing at Northill, in recent years, the event has opened up to solo runners wishing to run the entire route as well.

Usually attracting warm sunny weather, this year was no exception and in soaring temperatures and baking sun, Biggleswade AC's team comprising some of the more 'senior gentleman' of the club (self-named 'Biggleswade Old Gits' comprising of Richard Gray, Steve West, Ian Skerratt, Ray Dowse, John Haines and Andy Bruce) completed the course in 4hrs17mins40secs finishing in an impressive 6th place out of the 30 teams who entered.

The club's two solo runners in the event made an impression securing two of the top three places, with the real star of the day being Rob Morgan, who won the solo race (despite going the extra mile!) in an impressive time of 5hrs40mins14secs. Not too far behind and finishing in 3rd place overall was Julie Sutton, in 5hrs48mins42secs.