

SANDY TEN 2013 race report

Will's hat trick

What a glorious day for the 30th anniversary running of the **Sandy 10**, hosted by Biggleswade AC and sponsored by Advanced Performance, Brooks Running and Balancise. The sun shone and there was a light breeze, making it perfect conditions for the 487 runners who took part. The marshals had silly hats, a tradition which started on the 25th anniversary race and has become the trademark of this popular event.

The race is a local favourite and also a key fixture for athletes who want to sharpen up their pace before taking part in the London Marathon later in the month. In a competitive finish, Will Green won the race for the third year running in a superb time of 54:41, despite recent knee surgery. Andrew Inskip was pipped into second place by only 1sec and Craig Palmer was hot on their heels another 14sec behind.

In the ladies race local athlete Gill Fullen, a champion international triathlete in her age group and winner of the 2011 race, won convincingly again this year in 1:01:06, Martha Hall was second (1:03:14) and Rachel Cave 3rd (1:04:53). Race sponsors Balancise had a very strong squad of runners in the race and took the ladies team prize. The race attracted runners from far as far afield as Sunderland and Yorkshire. Indeed the winner of the MV50 category, Dave Randall, has travelled regularly from Cheltenham to take part, and won his category on several occasions.

The club were honoured to have the mayoress of Sandy, Susan Sutton, Deputy Mayor Colin Osborne and his wife Diane helping with the start and presentations. Race organiser Nigel Bush was absolutely delighted with the day and received many positive comments from runners who had enjoyed the event.

Alongside the 10 mile race the club hosted a well supported **3km fun run** which attracted younger athletes. The boys and girls races were both won by Biggleswade AC junior runners, David Lee and Hannah Ridley. Both of these highly talented youngsters are now beating most of the club's senior athletes over some distances, and have exciting athletics futures ahead of them.

The Sandy 10 race is organised by [Biggleswade Athletic Club](#)

The 2013 Sandy 10 - the **30th running of the SANDY 10** - was a very special occasion.
We thank our sponsors Advance Performance, Brooks Running and Balancise for their generous support.