

## **Sandy 10 Mile and Fun Run**

Over 200 runners finished the Sandy 10 Road Race and over 60 completed the 2 mile Fun Run.

In the 10 mile race 8 competitors dipped under the 60 minute barrier, with the first three all finishing inside 57 minutes, with only 40 seconds separating them. James Lawler of Apsley Harriers defeated David Randall of Cheltenham Harriers and Chris Stout of Wellingborough AC in the Men's race.

In the lady's event, Ann Wood of Werrington Joggers beat off the challenge of Frances Cooke from March Braza and Deborah Rushman of North London.

There were 11 runners over the age of 60 competing in the race, with two athletes posting remarkable times:

George Sharpe aged 76 who was 177<sup>th</sup> in a time of 94mins 42 secs.

Bob Emerson aged 67 who was 38<sup>th</sup> in a time of 68mins 45 secs.

First Sandy Man home was London Marathon bound Gavin Elliot.

First Sandy Lady home was Christine Kemp.

Team prizes were shared by Bedford Harriers and Werrington Joggers.