

Sandy 10 mile road race – Sunday 12th April, 2015

Where there's a Will

It was near-perfect running conditions for the 32nd Sandy 10 mile road race last Sunday, hosted by Biggleswade AC. Unfortunately, just minutes before the race was due to start the wind speed increased dramatically, creating a very strong headwind as the 470 runners approached the midway marker.

Once again, the volunteer marshals wore silly hats, a tradition which started on the 25th anniversary of the race and has now 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 two weeks later.

Making a welcome return, after missing this event last year through injury, Serpentine Runner, Will Green, led from the start, gradually extending his lead over the trailing pack, to finish in 54m 34s, almost three minutes ahead of Paul Adams (St Albans Striders) in second place, and Adam Mills (Bedford Harriers), who finished a further thirty seconds behind him in a time of 57m 45s.

It was a double for Bedford Harriers in the ladies race, with Gill Fullen a clear winner, finishing in 62m 57s, with last year's ladies winner, Kirstie Meeten, in second place in a time of 65m 27s, and St Albans Striders, Wendy Walsh, finishing third with a time of 67m 01s.

The 'Roger Wadeley Trophy', for the Best Age Graded Performance, was won by Gill Fullen of Bedford Harriers.

The male veteran category prize winners were keenly contested with Grant Ramsey (Fairlands Valley Spartans) winning the MV40, Tony Barnes (Bedford Harriers) the MV50, Barry Osborne (Fairlands Valley Spartans) the MV60 and Ian Milburn (Fenland Running Club) the MV70 category.

The ladies veteran awards were also hotly challenged, with Nicola Bowerman (Amphill & Flitwick Flyers) winning the LV35, Paula Adams (North Herts Road Runners) the LV 45, Deirdre Heydecker (St Albans Striders) the LV55 and Barbara Reading (Riverside Runners) the LV65 category.

In the team competitions, defending champions, Amphill & Flitwick Flyers once again took the men's team prize, and St Albans Striders the women's. Unsurprisingly, Bedford Harriers retained the Erlensee Cup for the most runners (89 in total) entered in the race.

The two local winners – that is the fastest male and fastest female living within the SG18 and SG19 post code areas – were Ashley Howes from Northill and Fiona Montilla from Everton.

The club were honoured to have the Mayor of Sandy, Will Jackson, to present the awards, and race organiser, Jan Blake, in this her first year as Race Director, was absolutely delighted with the day having received many positive comments from runners who had enjoyed the event.

Biggleswade AC would like to extend a huge thank you to its sponsors: Advance Performance (Cambridge), Marshalls (Sandy) and Tesco (Sandy), and also a big thank you to the cadets from Bedfordshire Police, the crew from St John's Ambulance, and the ladies from Sue Ryder St John's for helping make this year's event, our most successful race to date.