

## **Simon says “Tri Running” to win the Sandy 10 Mile Road Race**

Triathlete Simon Hall (FVS Tri) won the Sandy 10 mile road race in 56 min 10 secs in ideal running conditions last Sunday. In a keenly contested race, where seven runners broke the 60 minute barrier, Simon fought off the challenge from Alun Sainsbury (Dacorum & Tring) and Steve Poole (Unattached) to take first prize.

In the lady's race, International Ultra distance star Danielle Sanderson from Watford Harriers, who won the European 50k title last October, was triumphant for the second year in succession to come home in 11<sup>th</sup> place overall. Danielle's time was 61mins 16 secs, and she was closely followed by Beth Anderson (London Heathside) and Emma Calder-Bank (Serpentine RC).

Partially sighted Paralympic marathon runner Paul Pearce from North Herts Road Runners won the Male Vet 40 prize, finishing in 58 min 35 secs, but the performance of the day has to be Graham Patton's outstanding run of 60 min 49 secs at the age of 63, for 10<sup>th</sup> place overall.

The race attracted a record entry of 478 runners in this the 22<sup>nd</sup> running of the annual event, and it is now by far the most popular 10 mile race in the region, with runners from as far a field as Cork in Ireland taking part. Although the day started in bright warm sunshine, some welcome cloud cooled the runners during the race. Many of the runners were using the race as their last outing before the London Marathon on the 17<sup>th</sup> April, and they found the course and event organisation to their liking.

Many of the runners were raising money for their chosen charity, and these included the Bell Charity Fund, Leprosy Mission, Sandy Chamber of Trade -Christmas Lights Appeal, Sandy Skate Park, Cystic Fibrosis Trust, and the British Heart Foundation. Biggleswade AC will also be donating the surplus funds from the race (expected to be several hundred pounds) to the Children's Liver Disease Foundation and one other local charity.

Sandy Mayor Colin Osborne and wife Diane did a sterling job officiating at the start and finish, as well as Colin running the 2 mile Fun Run. A big thank you to Colin and Diane for their support, and to Jordans Cereals for supplying the Crunchy Bars and Sweatshop Cambridge for their generous sponsorship.

In the 2 Mile Fun Run, which attracted nearly 40 runners, Biggleswade AC's Alex Bellew just pipped fellow club runner Nick Gilbert, to win in 11 mins 13secs. Leading female was Kristina Prentice who finished in 14mins 21 secs.

With over 35 course marshals and many more officials working at the race HQ in Sandy Sports Centre, Biggleswade AC can be justifiably proud of another well organised and successful event. If you feel the urge to come along to the club, but feel that you are not “up to the required standard” don't hold back. We accommodate runners and joggers of all standards, and you will be warmly welcomed at Sandy Upper School on Tuesdays and Thursdays starting at 7pm. Contact Stuart Galloway on 01767 223942 for more information, or see our website at [www.biggleswadeac.org.uk](http://www.biggleswadeac.org.uk)