

Marley “tiles” the field in record Sandy 10 - 2006

Nigel Marley from Kettering Town Harriers stormed to victory in last Sunday's Sandy 10 Mile Road race, recording a time of 57 min 29 secs, despite the strong blustery wind. He headed a record field of over 530 entries, with runners participating from all over the country. Steve Poole improved on last year's 3rd place to finish 2nd this year, just 24 seconds behind the winner. Simon Bell from Fairlands Valley Spartans was 3rd a further minute behind.

In the lady's race, local runner Paula Adams from Letchworth (NHRR) headed the field to win in a very good time of 65 min 09 sec. Fiona Bailey of Ramsey Road Runners followed less than one minute later, and Donna McEwen of Bedford Harriers was 3rd in 67 min 16 sec.

The first three in each race went home with a fine trophy and a voucher entitling them to a pair of New Balance running shoes, worth up to £100, generously donated by race sponsor Sweatshop Cambridge. All finishers received a Tee-Shirt, Cereal Bar supplied by Jordans Cereals, and a bottle of V8 Juice supplied by Campbells Soups. The goodies were handed out at the finish line by the Mayor and Mayoress of Sandy, David and Rosemary Gale. Many thanks to David and Rosemary for also starting the race and staying behind for the presentation ceremony.

In the veteran's categories, superb performances were posted by Craig Sabin (Hancote Harriers) who just failed to beat the hour in the Male 40+ category, but had enough in reserve to hold off the fast finishing Peter Sibbett (NHRR) and Kevin Willett (Bedford Harriers). Graham King (Bedford Harriers) also set a very fast time of 64 min 25 sec in the Male Vet 50+ category. The closest finish of the day was in the Male Vet 70+ category where Tom Horne of Barnet & District finished in 79 min 49 sec, just 5 seconds in front of another MV70, John Butcher from Ware Joggers. The competitive spirit never dies!

The team prizes went to North Herts Road Runners in the Men's event and Bedford Harriers in the Lady's event. Bedford also won the Erlensee Cup, presented to the club who entered most runners, and the Harriers won this easily with 64 runners. First Sandy man home was Mark Sylvester and first Sandy lady Penny Duffin.

Local MP Alistair Burt ran a controlled race to finish in a comfortable 84 min 30 sec. Alistair was very pleased with his run and commented that he is well on target for the London Marathon in 3 weeks time. He was not the only one using the race as part of their preparation for the London Marathon. Many of the runners were using the race as their last outing before the London Marathon on the 22nd April, and they found the course and event organisation to their liking.

In the Race HQ at Sandy Sports Centre, many of the runners made use of the superb service offered by a group of Sports Therapists from Luton University, who were able to provide a warm up massage before the event, and a relaxing massage for tired limbs after the race.

The 2 Mile Fun Run attracted over 50 runners of all ages, and first home was Toby Hone from Royston Crows, in 12 min 37 sec, who won the junior male trophy. The winner of the junior female trophy was Claire Smith from Ramsey Road Runners in 14min 51 sec. The senior male and female trophies went to James Berridge and Teri Campbell.

With over 40 course marshals, and officials working at the race HQ in Sandy Sports Centre, Biggleswade AC can be justifiably proud of another well organised and successful event. Dozens of thankyou's have already been received from runners who appreciated the slick organisation and friendly encouraging marshals.

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 Sports Centre 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