

Sandy 10 mile race and 3km fun run – 30<sup>th</sup> March 2008

### **Third time lucky as Steve Poole wins the 25<sup>th</sup> Anniversary Sandy 10**

It was third time lucky for Steve Poole as he strode to victory in the 25<sup>th</sup> Anniversary Sandy 10 race last Sunday. Steve was third in 2005 and second in 2006, but in near perfect conditions the Wootton Road Runner judged his effort superbly to win in a time of 56mins 11secs. Biggleswade resident and former Biggleswade AC member Simon Fawcett was just over a minute behind in second place, and Sandy 10 regular Dave Randall from Cheltenham & County Harriers was third in 58mins 23secs.

In the Ladies race, Bedford Harrier Donna McEwan romped to an emphatic victory in a time of 62mins and 30secs proving that her London Marathon preparations are well on track. Paula Adams, who used to live in Potton and a previous winner of the race, showed that she is well on the way back to full fitness by finishing second in 67mins 49secs. And St Neots Riverside Runner Tracey Patmore completed the podium in third place just 25 seconds later.

A record entry list of 552 runners included the Mayor of Sandy Colin Osborne. Colin also helped start the race and present the prizes after the race along with his wife Diane and Deputy Mayor Geoff White. All finishers in the 10 mile event received a special bottle of 25<sup>th</sup> Anniversary Ale, commemorative tee-shirt, Jordans Cereal Bar, Asda Juice and an ASDA bag for life. All the prize winners received a fine trophy and sports vouchers generously donated by sports goods manufacturer Brooks Running. Biggleswade AC would like to thank all the sponsors including Brooks Running, Jordans Cereals, ADSA Biggleswade, Liebherr, Potton Ltd, Primary Networks and Sandy Sports Centre for their generous sponsorship.

Biggleswade AC were delighted that Paul Tomlin, who organised the first Sandy 10 race in 1983, was present to help start the race and present the awards. Paul was at the helm of the Sandy 10 races from 1983 to 1996, and we are indebted to his tireless work in staging many memorable races. A display table of the History of the Sandy 10, put together by Susan Sutton, brought back many fond memories for runners who had run the event during the 1980s and 90s. Since 1998, Biggleswade AC have organised the race and we are proud to be involved in the long history of the event.

Alistair Burt MP, a member of Biggleswade AC, finished in a very creditable 83m 44s, which means that he is well on track to post a good time in the London Marathon in two weeks time. We would also like to thank Alistair for providing a bottle of House of Commons Champagne which was awarded to Steve Gibbons who finished the race in “25<sup>th</sup>” place. Alistair 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 Marathon on the 13th April, and they found the course and the superb organisation to their liking.

In the veteran's categories, Simon Bell of Fairlands Valley Spartans won the Vet 40 award from Robert Watson of Haverhill RC. The Vet 50 prize was won by David Holt of Bedford Harriers, and this helped local club Bedford Harriers to scoop the Men's Team award. The men's Vet 60 prize was won by Graham Stacey in an exceptional

67mins 27secs, and another Bedford Harrier Bill Billington proved that you are never too old by winning the men's Vet 70 award.

In the ladies veteran categories, runners from Fairlands Valley Spartans in Stevenage and Hunts AC shared the awards. Annette Bell of FVS came home in front of Julia McIntosh of Hunts AC in the lady vet 35 category, and another Hunts AC runner Jackie Wren won the lady vet 45 category by just 1 second from Chris King of FVS. Anne Furbank from St Neots Riverside club dominated the lady vet 55 category by winning in a superb time of 72mins 02secs.

The ladies team prize was won by Bedford Harriers, and the Bedford club also retained the Erlensee Cup, presented to the club who enter most runners, with 48 runners, although this year they were hard pressed by the 42 runners from St Neots Riverside Runners.

Sandy Sports Centre awarded one month's free membership of their Gym or workout classes to the first local male and female runners with an address within the SG19 postcode. The winners were Richard Wilson of Sandy and Emma Weisblatt of Beeston.

In the Race HQ at Sandy Sports Centre volunteers from Keech Cottage Children's Hospice presented a display of the wonderful work performed by this charitable organisation. Biggleswade AC will soon be announcing a substantial donation to this worthy cause from the surplus funds from this year's event. Also in the Race HQ 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 relaxing massage for tired limbs after the race.

The 3km Fun Run attracted over 50 runners of all ages, and every finisher was awarded a souvenir medal, chocolate bar and bottle of water. The race proved to be fast and furious with the winner Ollie McGlashan (10m 59s) just holding off a fast finishing Tom Stead in the male race. The ladies race was won by Carla Humphrey (12m 20s) with Katie Scholey in second place. There were superb runs from two Junior Biggleswade AC members in their first season with the Club. Adam Murphy from Beeston finished in overall third place and at just ten years old, Nathan Gower completed the course in under fifteen minutes. The Baillie family are regular supporters of the annual Fun Run and this year a record five members of the family entered. Led home by Oliver, all finished within three minutes of each other. There was a spirited run by Beth Harvey as she sustained an injury during the first kilometre but carried on to finish the race and Suzie De Quincey ran well to follow up her good performance in the Sport Relief Mile. Members of Biggleswade Youth Club joined in the spirit of the day with Leader Denise Grayston and Samuel Sparrow being cheered by all as they crossed the Finish Line.

With over 60 course marshals and officials on duty, Biggleswade AC can be justifiably proud of another well organised and successful event. Dozens of messages of thanks have already been received from runners who appreciated the slick organisation and the friendly encouragement of the course marshals, superbly organised by chief marshal Gavin Elliott. A selection of bright and bizarre "funny hats" were worn by all the marshals to celebrate the 25<sup>th</sup> anniversary. And at the end

of the day, race director Nigel Bush said that this was without doubt the best Sandy 10 in the eleven years that Biggleswade AC have been organising the race. The support, professionalism and commitment of all the club members was outstanding.

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 Gav Elliott (01767 640422 ) or Nigel Bush (01767 682251) for more information, or see our website at [www.biggleswadeac.org.uk](http://www.biggleswadeac.org.uk)