

Sandy 10 mile race and 3km fun run – 29<sup>th</sup> March 2009

## **Adam storms to victory in record breaking Sandy 10**

Adam Mills from the Bedford Harriers club clinched a superb victory with a time of 55mins 30secs in the 26<sup>th</sup> running of the Sandy 10 mile road race. With over 500 finishers in the main race, this was by far the biggest field in the history of the Sandy 10 and with 16 men beating the magic 1 hour barrier, the quality in depth is a testament to Adam's win. Grant Ramsey from Barnet & District AC was 52 seconds behind the winner in 2<sup>nd</sup> place, and Grant just got the better of Peter Williams from Trent Park RC in 3<sup>rd</sup> place by a mere 5 seconds.

In the Ladies race, St Albans Strider Heather Blamire-Brown scooped the ladies prize in a time of 67mins 57secs, just 21 seconds in front of Bridget Davey from Blackheath & Bromley Harriers. Fiona Tideswell of Saffron Striders finished third in 69mins 32secs. The fact that the first three men and ladies in the race were representing clubs from all over the south east region, gives a good indication of the prominence of the Sandy 10.

A record entry list of over 600 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 long sleeved tee-shirt and Jordans cereal bar. All the prize winners received a fine trophy and sports vouchers generously donated by UK sports goods manufacturer Brooks Running. Biggleswade AC would like to thank all the sponsors including Andy Mitchelson and Brooks Running ( [www.brooksrunning.co.uk](http://www.brooksrunning.co.uk) ), Jordans Cereals, Balancise ( [www.balancise.co.uk](http://www.balancise.co.uk) ), Primary Networks and Sandy Sports Centre for their generous sponsorship.

Alistair Burt MP, a member of Biggleswade AC, finished in a very creditable 88m 44s, which means that he is well on track to post a good time in the London Marathon in four weeks time. Another club member and coach Graham Bufton, who runs Balancise Sports Therapy in Bedford, generously donated two vouchers for free sports therapy treatment. These were awarded to the first two LOCAL runners (SG19 postcode) in the race and were won by Richard Allison from Potton and Katy Smith from Gamlingay. Balancise therapists also provided much needed leg massages to the runners as they returned from their morning's hard run.

Regular TV viewers in the crowded spectator area at the finish spotted TV celebrity Jaye Griffiths running the Sandy 10 for the first time. Jaye, who lives in north east Hertfordshire, is more famous for her acting exploits in TV programmes like The Bill, Casualty and Doctors (see picture).

In the men's veteran categories, Stuart Still from Luton AC won the Vet 40 award from Stephen Herring of Marshal Milton Keynes AC. The Vet 50 prize was won by local runner Phil Redden from St Neots Riverside Runners in 62mins 17secs, over a minute ahead of Shane Hunt from Hunts AC. The men's Vet 60 category was keenly contested by no fewer than 32 runners, and the prize went to the evergreen Fred Watt of Leighton Buzzard AC from Glyn Smith of C&C. There were also an amazing seven runners in the men's over 70 category, and last year's winner Bill Billington

was beaten into 2<sup>nd</sup> place by a superb run from Anthony Cotton of BRJ Road Runners in 78mins 20secs.

In the ladies veteran categories, runners from several different clubs picked up the prizes, with Julia McIntosh of Hunts AC just out sprinting Andrea Mann of Garden City Runners to the lady vet 35 prize. The lady vet 45 trophies were won by Veronica Singleton of Beds Harriers and Clare Kerr of Ware Joggers, and Veronica's run helped Beds Harriers ladies win the ladies team prize. In the lady vet 55 category Pauline Bambury, another Beds Harrier, won the trophy from Margaret DeWinter from Dunstable RR. And finally the ever smiling Breda Haughton of Stopsley Striders won the lady over 65 prize.

Although they did not feature in the individual prize list, Dunstable Road Runners won the men's team trophy with their leading four men placing 13<sup>th</sup>, 21<sup>st</sup> 40<sup>th</sup> and 45<sup>th</sup>, just 16 points ahead of the Beds Harriers men's team. But Beds Harriers did have the consolation of retaining the Erlensee Cup which is awarded to the club that enters the most runners in the 10 mile and 3km Fun Run.

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. And they were joined by representatives of SADS UK which is another charity supported by the Sandy 10 this year. Biggleswade AC will soon be announcing substantial donations from the race proceeds to Keech Cottage, SADS UK and East Beds McMillan Cancer Care.

**[3km Fun Run results and report to come from Anne Lincoln]**

With over 70 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 keep up the spirits of the runners. And at the end of the day, race director Nigel Bush said that this was without doubt the best Sandy 10 in the twelve years that Biggleswade AC have been organising the race, and even outshone the 25<sup>th</sup> anniversary race last year. 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 or Nigel Bush for more information, or visit our website at [www.biggleswadeac.org.uk](http://www.biggleswadeac.org.uk)