

Sandy 10 mile race and 3km fun run – 11th April 2010

“Flying Dutchman” cruises to victory in record breaking Sandy 10

“Flying **Dutchman**” Phil **Holland** from the Ampthill and Flitwick Flyers club clinched a superb victory in 53mins 16secs, the 3rd fastest time on the new course in the 27th running of the Sandy 10 mile road race. This was a massive improvement on Phil’s 5th place in the Sandy 10 just two years ago. With over 524 finishers in the main race, this was by far the biggest field in the history of the Sandy 10. Will Green of Serpentine Running Club was 5 minutes behind the winner in 2nd place, and Will just got the better of Stephen Herring from Milton Keynes in 3rd place by 17 seconds.

In the Ladies race, St Neots Riverside Runner Tracey Patmore, who was second in the Oakley 20 two weeks before, went one better this time by winning in a superb time of 65mins 04secs. Elizabeth McKie of St Albans Striders came home in 2nd place in 66mins 55secs, followed just 12 seconds later by Louise Peters of Stopsley Striders. 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.

With a record entry list of over 650 runners, the race was started by the Mayor of Sandy Geoff White and Deputy Mayor Susan Sutton, and the runners were quickly heading for the picturesque leafy roads around Everton and Gamlingay Heath. The strong breeze made conditions quite testing, but with the wind on their backs when they turned for home the runners sped to the finish at the Sports Centre. All finishers in the 10 mile event received a long sleeved tee-shirt and Jordans cereal bar. The prize winners received a fine trophy and the race winners also received vouchers generously donated by Brooks Running and Advance Performance of Cambridge. Biggleswade AC would like to thank all the sponsors including Brooks Running, Jordans Cereals, Balancise of Bedford and Primary Networks for their generous sponsorship.

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 Nicholas Porter from Beeston and a repeat of last year’s local winner Katy Smith from Gamlingay. A Balancise therapist also provided much needed leg massages to the runners as they returned from their morning’s hard run.

Regular BBC Look East viewers may have spotted Look East reporter Mike Cartwright who was running the race for the first time.

In the men’s veteran categories, Jeff Mason of Wootton Road Runners won the Vet 40 award from Sandy 10 regular Dave Randall from Cheltenham. The Vet 50 prize was won by Kevin Shelton-Smith of Colworth Stiders in 59mins 37secs, over 3 minutes ahead of Keith McClennan of Luton AC. The men’s Vet 60 category was keenly contested by no fewer than 27 runners, and the prize went to William Quinn of Dunstable RR in 69mins 4secs. There were also an amazing ten runners contesting the men’s over 70 category, and Mick Clarke of Northampton RR came out on top in 79mins 13secs.

In the ladies veteran categories, runners from several different clubs picked up the prizes, with Fiona Tideswell of Shelton Striders winning the Lady Vet 35 class from Carla Fisher from Bedford Harriers. The lady vet 45 trophies were won by Gill Fullen of Beds Harriers and Julia McKintosh of Hunts AC. Carla's and Gill's runs helped Beds Harriers ladies win the ladies team prize. In the lady vet 55 category ex-Biggleswade club runner Jan Forrester, now with Matlock AC, won the trophy followed by Margaret Dewinter from Dunstable RR. And finally the ever smiling Breda Haughton of Stopsley Striders retained the lady over 65 trophy she won last year.

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 4th, 16th 25th and 57th, just 4 points ahead of the Leighton Buzzard AC. Bedford Harriers retained the Erlensee Cup which is awarded to the club that enters the most runners in the 10 mile and 3km Fun Run.

The 100th placed runner in the main race was presented with a Virgin London Marathon jacket, kindly donated by Alistair Burt MP who helped with Car Park and Finish Funnel duties throughout the morning. Blind runner Louise Simpson from Wakefield Yorkshire finished the run in a brilliant time of 1h 40m ably guided by Biggleswade AC runner Steve Rotchell. Biggleswade AC will soon be announcing substantial donations from the race proceeds to St John's Hospice Moggerhanger and Keech Cottage Children's Hospice.

The 3km Fun Run attracted a record entry of 68 runners, some in fancy dress, and all finishers received a cereal bar and medal. The male prize winners were Mark Pattinson in first place in 11m 19s and Tom Hemingway second in 11m 33s. The female prize winners were Kayli Walford in first place in 13m 13s, just 3 seconds in front of Anna Bright.

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 Tim Huxtable. 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 13 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 Damien Pitts or Nigel Bush for more information, or visit our website at www.biggleswadeac.org.uk