

## **Sandy 10 mile race and 3km fun run – 25<sup>th</sup> March 2012**

### **Will wins at the double**

Will Green of Serpentine Running Club repeated his victory of last year in the Sandy 10 mile road race and in doing so knocked a further 40 seconds off his best to finish in 52m 56s. Will and second placed runner and former winner of the Sandy 10 Phil Holland ran shoulder to shoulder to the 6 mile point just outside Everton, when Will gradually eased ahead to win by 40 seconds. In the ladies race Sally Onn of St Albans Striders stamped her authority on the race from early on and won in a superb time of 63m 45s.

The men's podium was completed by Peter Williams of Trent Park Running Club. The second placed lady was Sandy 10 regular Astrid McKeown of North Herts Road Runners, and Carla Fisher of Bedford Harriers came third. The fact that the first three men and ladies in the race were representing six different clubs from all over the south east region, gives a good indication of the prominence of the Sandy 10.

The race was started in cold and misty conditions by the Mayor of Sandy Susan Sutton accompanied by Diane Osborne and Nigel Aldiss, and the runners were quickly heading for the picturesque leafy roads around Everton and Gamlingay Heath. The cool windless conditions were ideal for the runners aiming for personal best times, but not so pleasant for the dozens of marshals from Biggleswade AC who were providing fantastic encouragement to the runners while also sporting a variety of funny hats to lift the runner's spirits. All finishers in the 10 mile event received a commemorative tee-shirt and Jordans cereal bar from the Mayor. The prize winners each received a trophy and the race winners received vouchers generously donated by Brooks Running. Biggleswade AC would like to thank all their sponsors including Brooks Running, Advance Performance, Jordans Cereals, Balancise and Primary Networks for their generous sponsorship.

The Roger Wadeley trophy, which is presented to the best age-graded performance in the race, was won by John Wheatley of Colchester Harriers with a magnificent rating of over 82.30%. In the men's veteran categories, Damien Coleman of Deal Tri won the Male Vet 40 award and the Male Vet 50 prize went to Dave Randall of Cheltenham & County Harriers who has been running the Sandy 10 for over ten years. In the Male Vet 60 category Kenny Blyth of Ware Joggers was first home and Bill Billington of Stopsley Strider picked up the Male Vet 70 award.

In the ladies veteran categories Natasha Pitman of North Herts Road Runners won the Female Vet 35 award and Paula Downing triumphed in the vet 45 category. Helen Heydecker of St Albans Striders picked up the Female Vet 55 award and St Neots Riverside Runner Barbara Reading won the ladies over 65 award.

In the team competitions Trent Park Running Club came away with the men's team awards, and ladies race winner Sally Onn led her club St Albans Striders to the ladies team prize. 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 3k Fun Run** was a great success with 45 finishers. Tom Hemingway was the first male home and Biggleswade AC's Hannah Ridley won the female race. The team prize was emphatically won by Biggleswade AC with Sam Smith, Connor Trudghill and Sam Barton finishing 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in the race.

First Male	Tom Hemingway	Riverside Runners
First Female	Hannah Ridley	Biggleswade AC
First Under 11 Girl	Hannah Shelton	Riverside Runners
First Under 11 Boy	Rowan Ford	Biggleswade AC
First Under 13 Girl	Emma Winstch	
First Under 13 Boy	Sam Barton	Biggleswade AC

Team 1st Biggleswade AC  
2nd Riverside Runners

Family 1st The Smiths  
2nd The Worralls

With over 80 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, the professionalism of race officials and the friendly encouragement of the course 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. The club accommodate runners and joggers of all standards, and you will be warmly welcomed at Sandy Sports Centre on Tuesdays and Thursdays starting at 7pm. Visit the club's website at [www.biggleswadeac.org.uk](http://www.biggleswadeac.org.uk)