

## Sandy 10 mile road race – Sunday 30th March 2014

### **Double delight for Bedford Harriers duo**

What a glorious day for the 31<sup>st</sup> running of the **Sandy 10**, hosted by Biggleswade AC and sponsored by Advanced Performance and Brooks Running. The overcast skies and windless conditions made it a perfect day for the 480 runners who took part. The marshals wore silly hats, a tradition which started on the 25<sup>th</sup> anniversary race and has become the trademark of this popular event. The race is a local favourite and also a key fixture for athletes who want to sharpen up their pace before taking part in the London Marathon two weeks later.

With defending champion and three times winner Will Green absent this year through injury, the men's race was an open affair. A group of five men broke clear in the first two miles and were still together at the 8 mile mark, but then Steven Horton from Bedford Harriers stretched ahead to win the race in 55m 43s, closely followed by Charlie Bruce of Trent Park just 17 seconds behind. Craig Palmer of Ampthill & Flitwick Flyers completed the podium places in 56m 29s.

In a double for Beds Harriers Kirstie Meetan was a clear winner in the ladies race in 63m 12s, with Claire Somerton of Cambridge & Coleridge second in 64m 15s and Rosie Keane of Luton AC third.

The male veteran category prize winners were keenly contested with Mark Vaughan winning the MV40, Kevin Willett the MV50 and Chris Lamont the MV60. Terry Fone of Eye Community Runners had storming run to win the over 70 category in 73m 17s. The ladies veteran awards were almost a clean sweep for Beds Harriers with clubmates Marianne Williamson the FV35 winner, Sally Cartwright picking up the FV45 award and Nora Haggart winning the FV55 trophy. Ware Jogger Margaret Waddingham won the FV65 award.

In the team competition Ampthill & Flitwick Flyers just pipped Trent Park RC for the men's team trophy, and Beds Harriers unsurprisingly won the ladies team prize. Beds Harriers also retained the Erlensee Cup for the most runners entered in the race.

The club were honoured to have the mayoress of Sandy, Susan Sutton and Deputy Mayor Will Jackson helping with the start and presentations. Race organiser Nigel Bush was absolutely delighted with the day and received many positive comments from runners who had enjoyed the event.

### **Sandy 3K Fun Run 2014 Press Report**

As the fog cleared and the sun began to shine, 31 competitors lined up for the start of the 2014 Sandy 3K Fun Run. As they headed out of the school grounds there was already a battle between David Lee and Liam Ward. A battle won by David Lee who won in a time of 9.26 , almost a full minute ahead of Mr Ward who finished in 2<sup>nd</sup>. The competitors were greeted by the Mayor of Sandy and two volunteers from Sue Rider (our chosen charity this year) who presented them with their goody bags and medals. To cheers and whoop whoops from the

spectators the competitors streamed back round the field and onto the track, all finishing within a great 18.52minutes.

The morning was finished off with a small presentation. The following recipricants all received a small plaque as a momento for their gallant efforts

U11b : Daniel Hemming

U11g : Sophie Worrall

U13b : Evan Hosking

U13g : Hannah Shelton

U15b : William Forster

U15g : Maisie Pritchard

1st Male Home : David Lee

1<sup>st</sup> Girl home : Maisie Prtichard

The first team home were William Forster, Evan Hosking and Maisie Pritchard who were all from Bedford & County.

I would like to make a large thank you for all the assistance from the Marshalls who without the event would be impossible to do. Thank you