

**Leeds Abbey Dash**  
**Sunday 22 November 2009**  
**Report by Kay Farrow of Beverley AC**



Four members of Beverley Athletic Club were among six thousand runners at the Abbey Dash 10k road race in Leeds last Sunday. Competing against a field of top class runners, celebrities and fundraisers, all four Beverley runners had cause for celebration at the end of the race.

Nicola Glover who has improved steadily during the year finished in 49.40, breaking 50 minutes for the first time and beating her previous personal best time by nearly a minute. Her performance placed her in the top two hundred out of 1200 runners in her age category. Nicola was thrilled with her performance and commented: "The flat course in Leeds was perfect for a fast race but I didn't expect to do so well."

James Pearson continued his excellent form by finishing in 47<sup>th</sup> place overall and setting a new personal best time for this distance. James has had an amazing first season with the club and is expected to be rewarded with a number of prizes at the annual presentation evening in the New Year.

Ian Husband and David Robinson both performed very well in their age groups. Ian was 10<sup>th</sup> out of over 250 runners in the V50 category and David was 15<sup>th</sup> out of 71 in the V60 group.

The race was won by Jonny Mellor of Liverpool Harriers in 29.14. The first lady to finish was Rebecca Robinson of Kendal AC in 33.16.

**Beverley AC finishing times:**

James Pearson 34.14; Ian Husband 39.24; David Robinson 48.11; Nicola Glover 49.40.

**Photograph:**

Nicola Glover