

**Leeds Abbey Dash
Sunday 21 November 2010
Report by Kay Farrow of Beverley AC**



Six members of Beverley Athletic Club joined a field of top club runners, celebrities and fundraisers to run the Abbey Dash 10k race in Leeds the weekend before last.

It was a family occasion for husband and wife team, Alan and Nicola Glover, who were joined by Nicola's father David Robinson.

David was the first of the trio to finish, crossing the line in 49.10 and in 16th position in the V60 category. He was followed six seconds later by daughter Nicola who set a new personal best in this event for the second year running, beating her previous best at this distance by over 30 seconds. "I was really surprised to do so well," said Nicola "as I haven't been racing much recently, but the rest obviously paid off."

Her husband, Alan, is gradually building up speed after a long layoff due to a knee injury. His target was to finish in 54 minutes and although he was 25 seconds outside this time he was pleased with his performance. Glover recorded his fastest time for a 10k at the Abbey Dash in 2007 and is aiming to return to this form.

Ian Husband and David Muschamp did very well in their respective age groups. Husband finished in 21st position in the M50 category and Muschamp was 14th in the M65 category.

Beverley's star runner, James Pearson, set a new personal best at this event last year but unfortunately an Achilles problem flared up this year and he was forced to reduce his speed to a jog to get to the finish. He has represented Beverley in many races since joining the club two years ago and has run consistently well. He will now take a break from running to ensure that his Achilles heals properly.

The Abbey Dash is one of the biggest races in Yorkshire and more than 6000 runners took part this year. The event is organised by Age Concern who will be relieved that it was held before the wintry weather arrived.

The race was won by Neilson Hall of Bedford and County in 29:17 and Susan Partridge of Leeds City was the first lady to finish, crossing the line in 33:22.

Beverley AC finishing times:

James Pearson 35.58; Ian Husband 39.55; David Robinson 49.10; David Mushamp 49.12; Nicola Glover 49.16; Alan Glover 54.25.

NB A number of running events have been cancelled due to the weather including Rudolph's Romp which was due to be held this Saturday at Brantingham.