

Beverley Runners take to The Lakes at The Coniston14

Report by Andrew Grainger

11 Beverley AC runners recently ventured up to The Lake District for the Annual Club trip to the Coniston 14 lakeside road race.

There cannot be many races on the calendar that offer a more beautiful run, as the route sets out of Coniston with a steady rise and follows a few undulations around Coniston Water in a 14 mile route that seems to fly by as you notice where you are running. The race is usually staged in March but was snowed off this year and postponed till 13th October when the weather cooperated to provide surprisingly good conditions. It is a rare event, in that all the proceeds of the race are given to local charities and is staffed by 100 local volunteers, who run a fabulously organised event.

Once again, Beverley AC put a good sized team out and some great efforts were recorded. 1st Beverley runner home was Darren Rodmel I, who came 32nd overall in 1:33:04. Diane Coleman came 5th in the F50 category in 1:59:00, slashing a highly impressive 10 minutes off her time for this event last year. Tina Wardropper was 7th also in the F50 category in 2:01:14 and Lucy Stamford 11th in the F35 group in 1:58:09, in a good day for the ladies. Steve Parkinson was 24th in the M50s in 1:48:57 and Mark Oglesby continues to progress his running in his fight to recover from hip replacement surgery and completed the circuit in 2:30:56. Club stalwart Brian Richardson, came 12th in the M65 group in 2:15:54. Frank Harrison continues to defy anno domini and came in 3rd in the F70 group.

As ever, the day's events were toasted by a pint or 2 of real ale in the Black Bull Inn and tea and cake by the Lake once all Beverley Runners were home and hosed.

Beverley AC times:

Darren Rodmell 1:33:04, Steve Parkinson 1:48:57, Lucy Stamford 1:58:18, Diane Coleman 1:59:00, Tina Wardropper 2:01:05, Brian Richardson 2:14.41, Mark Oglesby 2:30:56, Jacqui Dickinson 2:38:26, Sarah Tock 2:43:46, Frank Harrison 2:44:34.

The weekend was rounded off with a Sunday morning walk to Tarn Hows lead by Pete McNally

