

**Coniston 14**  
**Saturday 31 March 2012**  
**Report by Kay Farrow of Beverley AC**



There was a record turnout of more than 1800 runners at the Coniston 14 race in the Lake District last Saturday, 14 of them from Beverley Athletic Club.

After two years when the course had to be extended to almost 17 miles due to flooding damage to Bouthrey Bridge at Water Yeat the course changed back to its traditional 14-mile route this year. With stunning views of Coniston Water on a beautiful spring day, runners tackled the challenging course with relish.

Darren Rodmell was the first Beverley athlete to finish. Competing in Coniston for the third year in succession he finished in 52<sup>nd</sup> place overall and was 26<sup>th</sup> in his age group in a commendable time of 1:31:19.



The next Beverley runner to cross the line was Steve Parkinson who normally runs shorter distances and competes in triathlons. His fitness and stamina have improved since joining Beverley AC and he completed his first Coniston 14 in an impressive 1:45:11.

There were some notable performances by Beverley veterans who were up against strong competition from their peers: Frank Harrison 4<sup>th</sup> M70 in 2:28:40; Gordon Kitchen 11<sup>th</sup> M60 in 1:49:21; and Brian Richardson 12<sup>th</sup> M65 in 2:03:05.

**Photos:** Darren Rodmell (left), Beverley AC and friends (top)



The first Beverley lady to finish was Lucy Stamford. She completed the course in 1:46:49 and was 10<sup>th</sup> in the F35 age group.

Sarah Tock has run many times at Coniston, usually chatting to running partner Ivor Roberts all the way round the lake. He was unable to run with her this year but cheered all the Beverley runners at the finish.

The race was won by John Herbert of Nene Valley Harriers in 1:16:03. The first lady was Eleanor Fowler of Nuneaton Harriers in 1:28:26.

**Photo:** Sarah Tock approaches the finish

### **Beverley AC finishing times:**

Darren Rodmell 1:31:19; Steve Parkinson 1:45:11; Lucy Stamford 1:46:49; Gordon Kitchen 1:49:21; Francesca Giuntini 1:54:08; Brian Richardson 2:03:05; Alex Guymer 2:03:40; Andy Grainger 2:04:51; Denise Thompson 2:08:44; Dianne Coleman 2:09:55; Lindsey Brittain 2:20:20; Frank Harrison 2:28:52; Pete McNally 2:35:34; Sarah Tock 2:48:40.



**Andy Grainger, Pete McNally and Lindsey Brittain**