

**Deepdale Dash
4 November 2012
Report by Kay Farrow of Beverley AC**

The third Deepdale Dash 10k took place at Barton-on-Humber on Sunday and a small group of runners from Beverley Athletic Club travelled across the bridge to take part.

It was a very cold morning but runners soon warmed up on the hilly course which follows quiet country roads starting and finishing at Baysgarth School.

Andy Johnson was the first Beverley runner to finish. After 64 races last year this was only his second race in 2012. Injuries have prevented him from running this year and he was delighted to be back. He crossed the line in a commendable 41:48, not his fastest time for a 10k but a great start.



Sam Allen

Despite taking part in the cross-country relays the day before Sam Allen had an excellent run and was the tenth lady to finish. It was her first 10k this year and she said: "It was a hard course but I enjoyed the route and was very pleased with my finish time. "

There were notable performances from Pam Gale who was the first FV55 to finish and Naomi Stephenson who finished three minutes faster than her last 10k race in Walkington.

Tom Baxter ran his first race in a Beverley vest to finish just under an hour in 58:44.



Tom Baxter

There were 293 finishers and the race was won by Pumlani Bagani in 33:15 and the first lady was Jenny Blizzard in 37:48.

Beverley AC finishing times:

Andy Johnson 41:48; Sam Allen 44:29; Pam Gale 46:42; Naomi Stephenson 53:40; Tom Baxter 58:44.