

**Jim Dingwall Elloughton 10k**  
**Sunday 9 August 2009**  
**Report by Kay Farrow of Beverley Athletic Club**

Beverley AC was well represented in the Jim Dingwall Elloughton 10K last Sunday and although the competition was tough, club members recorded some excellent team and individual results.

Claire Traynor, Jackie Wright and Angela Collins won third prize in the ladies' team competition while James Pearson, James McGivern and Pete Fielding-Smith came fourth in the men's team competition.

Pam Atkins was the most successful individual Beverley runner, winning first prize in the L60 category. Her finishing time of 55.29 was five minutes ahead of her nearest rival in this age group!

Organised by Kingston-upon-Hull Athletic Club as a high quality race, the Elloughton 10k attracts some of the best runners in the region. The race follows a fast flat rural course consisting of a small loop then a large loop in and around Elloughton. Temperatures in previous years have been very high so the race starts early at 9.30 to minimise the effects of the heat and the sun.

Jim McGivern who can be adversely affected by the heat finished well in 37.10 and was third in the M45 category.

After a fantastic performance in the recent 24 hour race, Pete Watkinson enjoyed the faster pace and shorter distance at Elloughton and came second in the M55 category.

Debs Brant was a sprinter in her youth and is now relishing the challenge of longer distances. She recorded a personal best time for a 10k and finished third in her age category.

Team prize winners Claire Traynor and Angela Collins came third and second in their respective age categories.

The race is named after Jim Dingwall who died in 2005 after a long battle with cancer. Kingston-upon-Hull Athletic Club makes a donation from the entry fees to Dove House Hospice and Yorkshire Cancer Research in memory of Jim.

**Beverley AC finishing times:**

James Pearson 36:41; James McGivern 37:10; Pete Fielding-Smith 37:27; Jonathon Sage 39:44; Pete Watkinson 42:37; Claire Trayner 45:44; Rob Reid 46:37; Neal Madden 47:21; Steve Hadley 47:51; Jackie Wright 47:56; Angela Collins 48:50; Jörg Hardege 53:19; Tony Hunter 53:57; Deborah Brant 49:08; Miranda Robinson 50:42; Dianne Coleman 51:07; Amanda Ritchie 52:52; Pam Atkins 55:29; Jacqui Dickinson 58:38.

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