

Ferriby 10
Sunday 31 January 2010
Report by Kay Farrow of Beverley Athletic Club



Last Sunday's Ferriby 10 was designated as Beverley AC's first handicap race of 2010 and 29 athletes from the club joined the 500-strong field to tackle the challenging 10-mile course which starts and finishes at Skidby Mill.

With temperatures just above zero runners soon warmed up as they climbed the hills out of Skidby and then Little Weighton.

Beverley's leading male runner, James Pearson, continued his excellent form and marked his debut in the Ferriby 10 by setting a new personal best time at this distance. He beat his previous best by

almost a minute as he crossed the line in 6th position overall only seven seconds ahead of club mate Rob Snaith. Snaith also achieved a new personal best time and could now pose a serious challenge to Pearson as Beverley's fastest man.

Beverley's leading lady, Julie Donald (right), finished in 8th position overall, 4 minutes ahead of her nearest Beverley rival, Lucy Stamford.

The Ferriby 10 is a race of two halves. After the long climbs in Skidby and Little Weighton on the way out, the second half is mainly downhill with a final steep climb back up to the finish.



Despite the tough first half several Beverley runners achieved new personal best times. Olly Johnston, Andy Johnson and Rob Reid all knocked valuable seconds off their previous best times and are in contention for the handicap prize.

Amanda Ritchie has taken a more relaxed approach to her running recently but was in a hurry to finish the Ferriby 10 and crossed the line over a minute faster than she did in the flat 10-mile race at Thirsk at the end of November. If she can regain her previous good form she will add much needed strength to the ladies' team.

The race was won by Carl Ryde of Doncaster AC in 54:42 and the first lady to finish was Jenny Blizzard of Rotherham Harriers in 59:40.

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Beverley AC finishing times: James Pearson 56.28; Rob Snaith 56.35; Pete Fielding-Smith 61:37; Mark Dalton 63:44; Olly Johnston 63.57; Steve Jackson 64:22 ; Andy Johnson 66.24; Paul Burnley 66:37 ; Andy Tate 68:28; Pete Watkinson 68.36; Darren Rodmell 69:13;Julie Donald 71.00; Lucy Stamford 75:48; Rob Reid 76.17; Tim Simpson 76:27; Lucas Meagor 76:36 ; Steve Hadley 78:57; Andrew Foster 78:59; Miranda Hunt 83:27 ; Amanda Ritchie 84:20 ; Jackie Wright 85:20; Dianne Coleman 85:32; Andrew Grainger 87:17; Simon Gower 88:36; Pam Atkins 89:15; Neil Plumber 92:37; Jacqui Dickinson 99:21; Wendy Baxter 106:27; Pete McNally 106:49