

**Humber Bridge 10k**  
**Sunday 31 May 2009**  
**Report by Kay Farrow of Beverley Athletic Club**

**Beverley Ladies Shine on the Humber Bridge!**



**Pam Atkins and Gemma Bell sprint to the finish**

Last Sunday in glorious sunshine 34 members of Beverley AC joined over 450 runners in the Humber Bridge 10K. Beverley's women were in fine form again, winning the ladies' team prize and achieving individual personal best times.

Julie Donald was the first Beverley lady over the line, finishing fourth overall in 44:12. Not far behind was Tina Wardropper in 45:13 which earned her first prize in the F45 category. Beverley's third lady, Claire Trayner, running her first race for the club, achieved a personal best of 46:18 and made up the trio who won first prize in the women's team competition.

First Beverley man to finish was Josh Rowe (pictured left) in 37.18 and in ninth position overall – an excellent achievement for the 17 year-old who trains with Beverley AC Juniors. He was followed across the line by Mark Dalton in 37.22 – a highly commendable time for the V45 athlete who helps to train the juniors. Other juniors running the 10k were Phil Burn (38.46), Jordan and Corey Arnott (42.54 and 46.10) and sixteen year old Andrew Harding (41.09) who was running his first race at this distance. Junior coach, Neil Sergeant finished in 46.46 and was delighted with how his protégés performed.



Despite the hot conditions two more Beverley ladies achieved personal best times – Deborah Brant in 53:16

and Gemma Bellett who crossed the line in 55:18 with club regular Pam Atkins.

The race was won by Stuart Carmichael in 33.44 and first lady was Elaine Storey (40:48) – both City of Hull AC.

**Beverley AC finishing times:**

Pete Fielding-Smith 38:01; Tony Hunter 39:37; Paul Clark 39:51; Rob Singh 41:43;  
Lucas Meagor 43:47; Kristian Davis 45:13; Mike Blamires 47:20; Steve Hadley 47:25;  
Tony Beck 48:17; Sam Allen 48:31; David Robinson 48.37; Wendy Eagle 51:39; Jed  
Holden 51:41; Miranda Robinson 51.58; Nicola Glover 52.06; Diane Coleman 52.07;  
Andrew Grainger 54:08; Peter McNally 57:15; Maria Britton 57:22; Kay Farrow 58:20;  
John Boardley 58.50; Jacqui Dickinson 58:58; Ivor Roberts 60:12