

Melmerby 10k and Fun Run
Sunday 27 May 2012
Report by Kay Farrow of Beverley AC



Beverley Athletic Club Juniors had a very successful trip to Melmerby in North Yorkshire last Sunday. They won first prize in the ladies' team competition in the 10k and dominated the prize list in the fun run.

Teenagers Nicole Dawson (16), Elizabeth Evans (15) and Kendall Arnott (17) formed the ladies' team. "It is brilliant that we won a team prize considering we were the youngest team in the whole race," said a delighted Kendall Arnott afterwards. Race organisers were not expecting such a young team to win and their prize of a bottle of wine each was not really appropriate.



Although still young and with limited experience of 10ks Arnott and Dawson had both run the course before and knew what to expect on the undulating route that follows narrow country roads around the village of Melmerby. It was very hot on Sunday and the high hedges along the course trapped the heat and resulted in stifling conditions for runners.

Many recorded much slower times due to the heat and were grateful for the wet sponges provided at the water stations. “The hot temperatures made the course harder than previous years,” commented Dawson, “however the encouragement and support on the course from locals was brilliant.”



Nicole Dawson, Elizabeth Evans and Kendall Arnott

The third and youngest member of the team, Elizabeth Evans, only recently became eligible to run 10k races, having turned 15 years old on 10 May. To be a member of a winning team at this age is a great achievement.



Harry Powell and Conor Spilsbury

Although the Juniors were all slowed down by the heat they enjoyed the race and gained valuable experience. Harry Powell and Conor Spilsbury completed their third 10k and as usual there was good representation by the Arnotts with three family members in the race.

Coach Neil Sergeant also ran the 10k. He was joined by Nicole Dawson's dad Mark who was the first Beverley runner to finish.



Beverley AC Juniors dominated the 2.25 mile fun run with representation and prizes in most age groups. Oliver Cockerill and Taylor Arnott finished third and fourth overall. They were also second and third in their age group. The first two girls to complete the fun run were Beverley's Lauryn Garwood and Dayna Arnott. They also finished first in their respective age categories.



Oliver Cockerill, Taylor Arnott, Lauryn Garwood, Dayna Arnott and Kelly Dawson

Fun run results for Beverley AC Juniors:

9 – 10 boys: Joseph Cockerill 3rd

11 – 13 boys: Oliver Cockerill 2nd, Taylor Arnott 3rd

11 – 13 girls: Lauryn Garwood 1st, Morgan Dennis 2nd, Laura Duncan 3rd

14- 15 boys: Edward Prew 2nd

14- 15 girls: Dayna Arnott 1st, Kelly Dawson 2nd

Jordan Peacock and Aidan Glover also completed the fun run.

10k finishing times:

Mark Dawson 39:24; Harry Powell 43:47; Conor Spilsbury 43:57; Nicole Dawson 45:13;
Curtis Arnott 45:22; Neil Sergeant 47:40; Kelvin Arnott 50:06; Elizabeth Evans 50:43; Kendall
Arnott 51:32.

There were 199 finishers in the 10k and the race was won by Michael Appleton of Ripon in 33:52. The first lady was Jenny Hutcheson of Harrogate in 40:05.



Photos by Alan Glover and Tony Hazell