

**National Road Relays
Sutton Park, Birmingham
Saturday 9 April 2011
Report by Kay Farrow**



**Back: Sophie Woolner, Kate Ladell, Justine Anderson
Front: Rachel Woolner, Jayne Dale, Nicola Glover**

A team of six ladies from Beverley Athletic Club travelled to Sutton Park near Birmingham last weekend to take part in the National 6 Stage Road Relay Championships.

After qualifying at the Northern Championships at Catterick Garrison last month Beverley was the only club from East Yorkshire to field a team in the Nationals. Competing against some of the best road runners in the country, they finished in a commendable 44th place out of 66 teams.

The 3 mile route followed roads and paths within Sutton Park, one of the largest urban parks in Europe. The undulating course started with a downhill section but there was a steady uphill to the finish to test everyone's stamina.

The Beverley team included mother and daughter Rachel and Sophie Woolner. Sophie replaced Amanda Ritchie who was not available due to a previous running commitment in the Coniston 14+ in the Lake District.

Rachel Woolner ran a steady first leg and was not daunted by the elite runners at the front of the pack. She finished in 23:32 and was followed by her 18 year old daughter in her first senior race for Beverley. Sophie Woolner struggled in the unseasonal heat but put in a superb sprint at the finish to hand over to Justine Anderson. Anderson consolidated the team position with a strong performance and crossed the line in 22:47.

Jayne Dale out on the course



Nicola Glover ran a good fourth leg feeling more confident after the experience of the qualifying event in Catterick. Jayne Dale ran a superb fourth leg and overtook several other teams. She finished in 22:40 and handed over to team captain Kate Ladell. Although there were no other ladies in sight Ladell's supporters from Beverley shouted to her that her pace was fast enough to catch the lady from Bournville Harriers who was five minutes ahead of her. Ladell rose

to the challenge magnificently and caught up with her only metres from the finishing line. Ladell recorded the fastest time for Beverley, 22:28, and the team finished 2 seconds ahead of Bournville. Ladell commented afterwards that it was "a true race for places and a fantastic team effort."

The ladies have thoroughly enjoyed taking part in the road relays and are already looking forward to next year when they hope that the club will also be able to field a men's team. They appreciated the support from club mates Roger Tomlin and Stuart Little who travelled down to Birmingham to cheer them on at various points around the course.

Organised by the English Road Running Association, the event was won by Aldershot, Farnham & District AC in 1.41.21. Tipton Harriers won the men's event.

Beverley AC team finishing time: 2 hours 22 minutes 11 seconds.

Individual times:

Rachel Woolner 23:32; Sophie Woolner 26.58; Justine Anderson 22:47; Nicola Glover 23:46; Jayne Dale 22.40; Kate Ladell 22:28.



Energy food



The team and supporters