

Beverley AC
Activities 10 and 11 October 2009
Report by Kay Farrow of Beverley Athletic Club

Beverley AC members had a good choice of activities to keep them busy last weekend with a challenge event on the North Yorkshire Moors on Saturday and two 10k road races on Sunday. The fine autumn weather provided perfect conditions and there were some notable performances.

The Saltergate Circuit started early on Saturday morning in the hamlet of Stape in North Yorkshire. There was a choice of a 16 or 24 mile run / walk with competitors navigating their own way between checkpoints on the moors. Both routes are very demanding with some steep climbs and descents. Competitors need stamina, a good head for heights and map reading skills.

Saltergate veteran, Mike Atkins, finished the 24 mile course in eleventh position in an amazing time of 4 hours 48. David Williams and Brian Richardson followed an hour later, just ahead of Ivor Roberts. Pete McNally took a wrong turning towards the end of the course and finished in 7 hours 31.

Moira Armstrong chose the short course for her first attempt at the Circuit and was the first lady to finish. Accompanied by team mate Tim Simpson she completed the 16 mile course in an excellent time of 3 hours 16. After spraining her ankle and having to retire last year, Kay Farrow was pleased to finish the event this year. Fresh from a map reading course, she still managed to get lost, adding several miles to the route and keeping her out on the moors for just over six hours.

Beverley AC times:

24-mile route: Mike Atkins 4 hours 48; Brian Richardson and David Williams 5 hours 50; Ivor Roberts 6 hours; Pete McNally 7 hours 31.

16-mile route: Moira Armstrong and Tim Simpson 3 hours 16; Kay Farrow 6 hours 1 minute

On Sunday morning a group of 18 Beverley runners competed in the Howden 10k which was designated as a club handicap race for the first time. The flat course provided an excellent opportunity for good performances and 14 club members beat their handicap time.

James Pearson continued his excellent form, finishing in second place in a personal best time of 35.14. New member Andy Johnson also recorded a personal best (41.52) for the distance. Members were pleased to see Eddy Moore competing in his first race for over a year. He had a very good run and beat his handicap time by over a minute.

Tina Wardropper won first prize in the F40 category and was the first Beverley lady to finish. Sam Allen and Nicola Glover both recorded personal best times finishing in 47.46 and 50.57 respectively. After running and walking at least 20 miles in the Saltergate Circuit the day before, Kay Farrow surprised herself by running her fastest 10k for several years.



Beverley AC at Howden

Beverley AC times:

James Pearson 35.14; Pete Fielding-Smith 37.30; Kristian Davis 41.44; Andrew Johnson 41.52; Gary Balchin 44.19; Tina Wardropper 45.38; Neal Madden 46.27; Steve Hadley 46.46; Lucas Meagor 46.56; Sam Allen 47.76; David Robinson 47.50; Jed Holden 48.25; Eddy Moore 50.24; Nicola Glover 50.57; Andy Grainger 52.20; Amanda Ritchie 52.59; Frank Harrison 56.43; Kay Farrow 57.41

A small group from Beverley chose to travel to Scarborough to compete in the first McCain Yorkshire Coast Road Race. Almost a thousand runners joined former Olympic 400m hurdles champion Sally Gunnell and British 400m record-holder Iwan Thomas to complete the 10k course along the sea front.



Debs Brant continued her excellent form and recorded yet another personal best for this distance. Pam Atkins, celebrated her birthday in Scarborough with another strong performance, finishing in 54.46.

Beverley AC times:

Helen Storr 45.48; Debs Brant 46.51; Angela Collins 47.45; Wayne Wilde 48.21; Jackie Wright 48.35; Pam Atkins 54.46.