

## Scunthorpe 10k, Yorkshire Wolds Half-Marathon, Harrogate Town Centre 10k July 2012

### Report by Kay Farrow of Beverley Athletic Club

After a hectic schedule of races in recent weeks many members of Beverley Athletic Club are enjoying a break from competition for the summer so the club's representation in last weekend's events was limited. Despite the summer holidays there was still a good choice of races on offer and Beverley athletes were in action at three different events.



On Friday evening Julie Donald (left) took part in the Scunthorpe 10k and won third prize in the ladies' competition, finishing in 44:10, her fastest time for a 10k this year. She was one second faster than the last time she ran this race in 2010 despite a revised course which proved more challenging after the recent prolonged spell of wet weather. The race began with a lap of the field at Brumby Hall where heavy conditions underfoot made for a tough start. Athletes then had to tackle the slippery paths in the scenic section of the course through Central Park. The last mile uphill to the finish was the final test of stamina. Julie has run the Scunthorpe 10k several times and approved of the new course this year. She said: "It was nice to run a different route and the park really was scenic!"

There were 158 finishers and the race was won by Pumlani Bangani of Salford Harriers in 33:41. The first lady was Jo Hall of City of Hull in 43:25.

On Saturday morning Steve Hadley (below right) and John Williamson travelled to Bishop Wilton to tackle the tough Yorkshire Wolds Half-Marathon. The race is held in conjunction with the annual Bishop Wilton Show and Craft Fair which unfortunately had to be cancelled this year as the show field was too wet after the severe wet weather of recent weeks. However conditions were good for the half-marathon which follows a scenic and hilly course on rural roads in the Yorkshire Wolds. Williamson finished in a commendable 120:17 and Hadley followed in 126:06.



There were 213 finishers and the race was won by Phill Taylor of Bridlington Road Runners in 75:13. The first lady was Lucy Thompson of Stainland Lions in 95:50.



On Sunday morning a small group travelled to North Yorkshire for the Harrogate Town Centre 10k. James Pearson was the first Beverley athlete to complete the undulating course. He finished in 35:25 and in 12<sup>th</sup> place overall. Father and son Mark and Ethan Dalton followed in 38:53 and 41:31 respectively. Fifteen year-old Ethan has run several 10ks and continues to gain experience on different courses. The rivalry between father and son is a good motivator for them both. They are pictured (left) on New Year's Day 2012 approaching the finishing line.

Cat Williamson was the only Beverley lady to run in Harrogate. Since joining Beverley AC in 2009 to train for the Great North Run she has gained confidence and experience and is now taking part in races more often. She finished in a commendable 67:47.

The race started and finished in Crescent Gardens and although the two-lap course included some uphill drags there was a fast decent to the finish line.

There were 501 finishers and new course records were set by the first man and the first lady. The race was won by Matthew Hynes of NYMAC in 30:45 and the first lady was Charlene Thomas of Wakefield in 34:48.

**Beverley AC finishing times:**

James Pearson 35:25; Mark Dalton 38:53; Ethan Dalton 41:31; Steve Parkinson 43:06; Andy Grainger 49:17; Cat Williamson 67:47