

Telford race proves a hit with runners

By Paul Sanderson

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TELFORD International star Chris Davies saw his course record remain intact as a record field flocked to Shropshire for this year's Telford 10K showdown.

Davies, who competed for Wales in the 5,000 metres at the Commonwealth Games in Melbourne in 2006, presented the medals after 860 runners took part in the race at Telford Town Park.

The event, organised by Telford Athletic Club, was won by John Beattie, from Newham and Essex Beagles, in a time of 29 minutes and 55 seconds.

Club secretary Paul Sanderson said: "We get a high number of runners coming from all the country because of the fast and competitive nature of the course."

"There wasn't much between the top few runners again this year where as in other races the winner can be clear by a more than a minute."

"Chris Davies, of Telford AC, still holds the course record after clocking 28 minutes and 52 seconds in 2003. That was one of the fastest in the country at the time and was probably international standard."

"The race keeps attracting more runners each year and the 860 was an improvement on the 806 who took part last year."

Competing

Former Shrewsbury School pupil Oliver Mott, who now lives in Bristol, was the highest placed Shropshire runner, finishing in 19th.

The first runner home competing for a Shropshire club was Jon Bowie, of Mercia Fell Runners, who came 26th.

Telford's Claire Martin, a three-time Telford 10K women's title winner, finished seventh in the ladies event. She was the county's top performing female and the first over-40 finisher, in 35.29.

Kim Fawke-Williams, who lives in Telford and runs for Birmingham club Centurians, clocked 35.43 to finish eighth.

The first Telford AC man home was Jamie Davies, 112th in 36.07.

Dean Elythe was the first Telford Harrier to finish, placing 142nd in 36.56.

Paul Parkinson led the Newport and District Running club home in 149th, in 37.10.

The first Wrekin College Tri Club finisher was Jason Harland, 156th in 37.27.

Matthew Ketteringham led a large number of Law-



Winner John Beattie, left, from Loughborough and Newham RC, runner-up Steve Mitchell, centre, from Cardiff and Bristol RC, and third man Kevin Seaward from Belfast and Cardiff RC

ley Running Club members home, finishing 162nd in 37.31.

Kelvin Berton was the first Wrekin Road Runner home, in 38.23.

Tracie Trueman, from Lawley Running Club, was the second over-45 lady to finish in 42.45.

Wrekin College Tri Club's Mel Humphreys was the first over-50 lady, in 43.20.

Sara Rex was the first lady from Telford Harriers

and the fourth over-45 finisher, in 45.46.

The 31st Telford 10k run saw elite and fun runners pound the paths of Telford Town Park.

At the business end of the field, second place behind winner Beattie was Steve Mitchell, from Bristol & West. Cardiff AC runner Kevin Seaward was third.

Rebecca Robinson, from Kendal AAC, was the fastest lady to complete the course.



Dale Owen, left, from Telford, and Danny Richards, also from Telford



Telford 10k runners, pictured from the left are, Helen Winters, Milka Rickotts, Emma Hodges and Jen Higson, all from Telford Harriers



Tat Balmer and Sarah Davison, both from Shrewsbury. Pics: Jonathan Hipkles