

They're off at last in the Telford 10km



Under starter's orders - the elite athletes' race gets under way in Telford Town Park with Kenyan eventual winner Jean Ndayisenga (No 187) in the leading bunch. Pictures: ANDY CUNNINGHAM

Re-arranged race still sees record entry

Competition was red-hot as runners got into their stride to ensure the re-arranged Telford 10km proved another big success with a record number of 516 finishers.

The icy weather forced the original race to be postponed before Christmas but runners from all over the country warmed to the challenge at the second time of asking, despite some being unable to make the new date.

In an exciting finish, Kenyan Jean Ndayisenga, of Birchfield Harriers, was first home in 29 minutes 47 seconds in a high class field.

Just reward

With the event being staged in January for the second year running, the mens race proved a thriller with Ndayisenga coming home just two seconds clear of Neil Gamester, of Shaftesbury Harriers, who also finished runner-up two years ago.

The leading county athlete was Paul Ward, from Telford Athletic Club, who crossed the line in eighth place with a time of 31mins 56secs while Wayne Dashper, another Telford runner, was in 15th spot.

Clare Elms, from Dulwich Runners, was the first lady home when crossing the line in 25min 17secs to finish in 32nd spot overall. Clare had been among a group of runners who travelled up from London that morning, leaving at 6am.

Helena Bramwell, of Shropshire Shufflers, made her mark as first local lady home, finishing 113th overall.

The route took runners on a two-lap circuit of Telford Town Park, with the success of the race just reward for organisers who worked hard to re-arrange the event.

"The race always gets a good number of runners, it's a fast course and it's a great event," said an event spokesman.



First local runner home - Telford Athletic Club's Paul Ward (No 155) finished eighth in the 10km race



And the second race is off - the line of non-elite athletes trails way back into the distance with Shropshire Shufflers Elliott Davies (No 472) near the front

Race thrills for 10K runners



The race at Telford Town Park gets under way

Hundreds take part in fast course excitement

By Alex James

More than 500 runners took part in the annual Telford 10km race held in the town over the weekend.

The event, organised by Telford Athletic Club, was originally scheduled for late December but the winter weather meant, for the second year running, the race was staged in January.

A Telford AC club spokeswoman said yesterday's event was a huge success.

She said: "It's been running for a good number of years and I would think it would come back."

"It always does get a good number of people coming along and it's a great event."

"It's a fast course and that's why there was an elite race as well because they were overtaking some of the other runners and it was slowing down their times."

And in a high-quality field, which saw an

earlier start time for those aiming to complete the course in under 40 minutes, two athletes managed to break the magic 30 minute barrier.

In an exciting finish Jean Ndayisenga, from Birchfield Harriers, took the honours in 29 minutes 47 seconds, finishing two seconds clear of Neil Gamester, from Shaftesbury Barnet Harriers.

The leading county athlete was Paul Ward, from Telford Athletic Club, who crossed the line in eighth place with a finishing time of 31min 56sec.

Clare Elms, from Dulwich Runners, was the first female home crossing the line in 35min 17secs to finish in 32nd spot.

The race route took runners on a two-lap circuit of Telford Town Park.