

## **British Masters Road 10K Championships Sunday 9<sup>th</sup> April**

Those that took the opportunity to compete in this National Masters event being held on our doorstep were well rewarded. The overall numbers were low which was probably due to the clash with the marathon season and middle of the school holidays rather than the fact it was a long way for northern teams to travel which the organisers had said!

Lucy Pitcairn-Knowles (44.10) had done her research on Power of 10 knowing if she ran to her potential she could secure the W50 title. She won by nearly a minute from her nearest rival.

Sasha Houghton (43.47) and Nina Ridge (45.07) joined Lucy as a team in the W35-44 age group to win the gold medal to go along with their Cross Country title in the same age group.

There were actually only 3 teams in the M45-54 age group, but Phil Coleman (39.34), Mark PK (40.55) and John Ridge (41.56) were delighted to all run solid times to take the team title.



The SCVAC championships were also included within this race. John Ridge was pleasantly surprised to win bronze in the M45 AG. Sasha Houghton took Silver in the W35 and of course Lucy Gold in the W50.

A special mention must go to Cain Bradley (47.34) who was the one TAC runner to miss out on a medal, however it was great to know that if one of us had needed to drop out he was there to complete the scoring. Of course the support from team manager Di Bradley was greatly appreciated.



Andy Howey (second Claim TAC) was 2<sup>nd</sup> in the M50 race in 38.01 and first SCVAC. Andy will be competing for TAC in the upcoming Vets league.



**James Winnifrith**

“Brighton Marathon went well, I was aiming for 3:05-3:10 having been around 3:14-3:15 for the past two years. I started strong, battling against the heat and then finally a strong headwind for the last 4 1/2 miles along the sea front to come in at 3:05:47. Happy with that PB (by over 8 minutes) and looking forward to London.”

<http://results.active.com/events/brighton-marathon-2017/men-overall/james-winnifrith>