

## Cornerstone East Carlton 5

6/9/2009

Gordon Lee smashed his own course record when he easily won the fifth running of the Cornerstone East Carlton 5 mile road race.

The Harborough based runner romped home a clear victor with his time of 25.53 slicing 29 seconds from the record he set when winning the inaugural race in 2005. In his wake Danny Keating of the host club Corby AC ran almost a minute faster than last year to take the runner-up spot ahead of Wellingborough & District AC's Neil Barnett (29.20) who pushed him into third place 12 months ago.

Also running well was Kettering Town Harrier Terry Toseland (sixth in 29.46), Neal Humphreys of Corby AC, who ran 30.00 for seventh and Wellingborough School's Guy Marshman, who repeated his Junior Man success of last year when running just over two minutes faster to take eighth place.

Harborough AC's Shane Edge took top place in the veteran-50 section in 33.15 while other locals to top their veteran category were Wellingborough's Tony Hale (over-55), Corby's John Thomas (over-65) and Wellingborough's Alan Mills (over-70).

Kettering-based Nicole Roberts dominated the women's race with her winning time also a new course record. She came home in 30.40 to smash Karen Harewood's five-year-old record of 33.47 and finished well clear of Silson Jogger Heather Cooke (35.55) with veteran-50 Elaine O'Sullivan (Wellingborough) improving from seventh in 38.52 last year to take third in 35.55. Corby's Trudi Pike repeated her fourth place of 12 months ago to finish top veteran-35 in 36.10 while other veteran successes came from Kettering's Yvonne Mehmet (over-40) and Wellingborough's Lucia Hale (over-55).

### Male

1 G Lee (Leicester Coritanian) 25.53, 2 D Keating (Corby AC) 28.19, 3 N Barnett (Wellingborough & District AC) 29.20, 6 T Toseland (Kettering Town Harriers) 29.46, 7 N Humphreys (C) 30.00, 8 G Marshman (Wellingborough School) 30.20, 9 V Carroll (Rugby & Northampton AC) 30.44, 10 M Armstrong (R&N) 30.50, 13 B Malia (Northampton Road Runners) 31.31, 14 J Kemp (W&D) 31.38, 15 M Fellows (WS) 32.08, 16 K Mehmet (KTH) 32.45, 17 L Couson (KTH) 33.01, 18 R Glover (R&N) 33.03, 19 S Edge (Harborough AC) 33.15, 20 R Bone (WS) 33.33, 21 P Williams (W&D) 33.41, 22 P Holby (WS) 34.03, 23 N Glover (R&N) 34.06, 24 C McConnell (WS) 34.35, 25 A Hoare (Silson Joggers) 34.41, 27 R Bland (C) 35.03, 28 A Kirk (SJ) 35.05, 29 C Lambert (WS) 35.21, 30 J Thomas (C) 35.22, 31 G Giannalva (KTH) 35.35, 32 S Leisten (WS) 35.54, 33 C Harris (W&D) 36.01, 34 P Young (KTH) 36.18, 35 C Curtis (C) 36.33, 36 M Nicholls (SJ) 36.35, 37 P Farley (W&D) 36.55, 38 T Hale (W&D) 37.00, 39 M Bland (C) 37.35, 40 A Sneddon (C) 37.42, 41 W Merry (WS) 38.12, 42 G King (C) 38.30, 43 B Keers (SJ) 39.01, 44 P Sawdal (W&D) 39.15, 45 S Hubbard (W&D) 39.30, 48 N McHugh (W&D) 42.15, 51 A Mills (W&D) 45.59, 53 D Harley (C) 52.54.

### Female

1 N Roberts (Winchester) 30.40, 2 H Cooke (SJ) 35.41, 3 E O'Sullivan (W&D) 35.55, 4 T Pike (C) 36.10, 5 Y Mehmet (KTH) 37.43, 6 L Kemp (W&D) 39.59,

7 E Rocke (C) 40.33, 8 A Moxey (KTH) 41.02, 9 L Burton (W&D) 41.26, 10 N Wain (W&D) 41.51, 11 A Marlow (KTH) 42.49, 12 L Hale (W&D) 43.18, 13 R Old (C) 43.45, 14 K Tomkins (W&D) 43.58, 15 J Tierney (KTH) 44.58, 16 D Holloway (W&D) 45.45, 18 J Bevan (W&D) 46.54, 19 A Allen (W&D) 48.15, 20 J Farrer (C) 48.45, 23 D Harley (C) 51.11, 24 V Jessop (W&D) 52.16, 26 S Curtis (C) 53.41.