

**Milton Keynes 10k**  
**30<sup>th</sup> June 2009**

Rothwell-based Matt Almond (Coventry Godiva Harriers) won the final race in the East Midlands Grand Prix road race series, which was hosted by Milton Keynes AC. The 10km race saw Almond register his second win in the series when he came home in 32.16 to finish well ahead of Notts AC's Ashley Sabin (32.47) whose run clinched the overall title. The third place of Ryan McKinlay (Highgate Harriers) in a time of 33.22 took the overall runner-up spot ahead of Kettering-based Damian Carr (Coventry) who on the night ran 33.30 for fourth.

Another county runner who has recently joined Godiva ranks is Nigel Marley, who recorded 33.58 for sixth place. Corby AC's Danny Keating was 13<sup>th</sup> in 35.47 which also slotted him into second position in the veteran-40 section. Despite only coming home fifth veteran-60 on the night, Kettering Town Harrier Dave Hanwell had done enough in the earlier rounds to finish runner-up in the overall standings behind Daventry's Keith Moreman, who missed the final race while

Walgrave's Bob Emmerson not only took the veteran-75 prize on the night in 54.26 but also the series title. Mick Freeman (KTH) ran well to take the second veteran-65 in 55.32 behind Milton Keynes' Brian Daniels.

Nicki Nealon repeated her win of last year to retain her veteran-40 crown. She clocked 37.47 to finish ahead of Kirsty Gallagher (Wootton Road Runners), who recorded 38.06 to retain her veteran-35 title.

Also running well was the Rugby & Northampton AC pair of Alison Cooper (seventh in 40.57) and Angela Copson whose eighth place in 41.08 saw her repeat her over-60 success of last year in the overall standings.

Other good veteran results on the night came from the Harborough pair of Karen Brooks (second veteran-45) and Lin Farrow, who was third veteran-50. For the second time in a row Wellingborough School's Jess Dimmock came out top in the Under-20 category when she ran a time of 42.52.

**Male**

1 M Almond (Coventry Godiva Harriers) 32.16, 2 A Sabin (Notts AC) 32.47, 3 R McKinlay (Highgate Harriers) 33.22, 13 D Keating (Corby AC) 35.47, 14 J Goringe (Kettering Town Harriers) 35.57, 19 N Barnett (Wellingborough & District AC) 36.31, 21 W Clapp (Harborough AC) 36.34, 23 P West (KTH) 36.42, 24 R Lack (Wootton Road Runners) 36.49, 25 A Pacey (Silson Joggers) 36.57, 26 N Pacey (SJ) 36.57, 29 T Egan (Rugby & Northampton AC) 37.37, 30 B Summers (R&N) 37.50, 31 G Glennon (WRR) 37.54, 34 J Darcy (SJ) 38.01, 35 M Clarke (Daventry AC) 38.10, 37 D James (R&N) 38.27, 38 S Woodward (SJ) 38.32, 39 K Jellyman (Northampton Road Runners) 38.37, 40 D Doherty (W&D) 38.38, 41 J Tanton (Daventry Road Runners) 38.40, 43 V Carroll (R&N) 38.46, 44 B Lovell (W&D) 38.48, 47 R Fowler (WRR) 39.04, 49 J Saw (R&N) 39.06, 51 K Reboul (SJ) 39.11, 55 G Spellman (R&N) 39.23, 58 D Lazenby (WRR) 39.36, 60 C Lazenby (WRR) 39.41, 61 A Harrison (WRR) 39.45, 63 N Sewell (R&N) 39.49, 64 J Kemp (W&D) 39.53, 66 N Radoslav (NRR) 40.04, 72 R Bufton (H) 40.51, 78 A King (H) 41.32, 80 B Wake (W&D) 41.38, 83 N Willsher (R&N) 41.48, 84 A Taylor (SJ) 41.55, 86 M Fowler

(WRR) 41.58, 87 A Clawson (KTH) 41.59, 90 D Taylor (SJ) 42.06, 92 S Edge (H) 42.16, 93 G Hollowell (WRR) 42.17, 96 P Wood (WRR) 42.25, 98 R Ambrose (NRR) 42.37, 99 A Brookstein (H) 42.42, 101 M Smith (KTH) 42.49, 104 D Williams (R&N) 42.52, 105 A Hodson (R&N) 42.59, 107 L Boden (H) 43.05, 108 K Lowde (DRR) 43.14, 112 R Butler (WRR) 43.37, 114 M Carrea (WRR) 43.43, 115 M Goddard (WRR) 43.43, 116 S Atkinson (WRR) 43.45, 117 P Chandley (Team East Haddon) 43.46, 118 W Raybould (Human Energy) 43.47, 124 M Spencer (SJ) 44.00, 125 P Burrows (R&N) 44.01, 126 B Singleton (WRR) 44.12, 127 M Hamilton (W&D) 44.12, 128 M Topp (WRR) 44.17, 132 P Williams (W&D) 44.31, 133 T Keech (HE) 44.34, 138 M Kennedy (NRR) 44.43, 139 A Hoare (SJ) 44.49, 140 D Hanwell (KTH) 44.54, 141 T Ulyatt (W&D) 45.07, 142 C Mullaney (DRR) 45.09, 147 T Walsh (W&D) 45.23, 150 A Kirk (SJ) 45.27, 153 P Marlow (KTH) 45.41, 157 W Marsh (SJ) 45.50, 159 A Starcevic (WRR) 45.51, 162 D Patel (WRR) 45.53, 167 M Nicholls (SJ) 46.12, 170 M Farrow (W&D) 46.22, 172 S Borondy (WRR) 46.29, 174 S Young (WRR) 46.31, 176 C Harris (W&D) 46.36, 179 G Tee (WRR) 47.00, 184 P Farley (W&D) 47.14, 185 D Jarrett (SJ) 47.19, 186 T Ellwood (W&D) 47.29, 192 R Brown (H) 47.41, 193 B Malin (R&N) 47.41, 195 L Pannell (SJ) 48.11, 197 C Matts (R&N) 48.24, 198 I Rogers (WRR) 48.27, 200 D Coleman (W&D) 48.33, 205 V Murphy (R&N) 48.50, 210 S Shears (SJ) 49.16, 211 P Goringe (KTH) 49.22, 212 P Bamber (WRR) 49.23, 217 R Popiel (SJ) 49.49, 219 G Cortese (TEH) 49.54, 221 T McKiernan (W&D) 50.18, 223 T Sullivan (NRR) 50.20, 225 A Priest (W&D) 50.31, 226 R Taylor (SJ) 50.33, 229 M Dowdy (WRR) 50.56, 230 M Boyden (WRR) 51.04, 231 G Bayes (W&D) 51.10, 233 B Goadsby (DRR) 51.46, 234 A Griffiths (W&D) 51.58, 235 G Dent (WRR) 51.59, 240 A O'Connor (SJ) 52.18, 246 R Aston (DRR) 53.02, 247 C Bricher (NRR) 53.04, 257 R Moore (WRR) 54.38, 258 T Pomeroy (SJ) 54.50, 260 M McNulty (R&N) 54.59, 264 M Freeman (KTH) 55.32, 273 D Morley (SJ) 57.14, 275 T Hulett (SJ) 59.06, 280 P Breydin (NRR) 61.13.

#### Female

1 N Nealon (Huncote Harriers) 37.47, 2 K Gallagher (WRR) 38.06, 3 M Kirkham (CGH) 38.13, 7 A Cooper (R&N) 40.57, 8 A Copson (R&N) 41.08, 17 E O'Sullivan (W&D) 44.31, 20 H Cooke (SJ) 45.36, 22 S Ellwood (W&D) 46.55, 25 K Brooks (H) 47.38, 27 A Rose-Quirie (R&N) 48.00, 28 R Van der Putten (HE) 48.48, 29 L Carter (R&N) 48.56, 30 L Kemp (W&D) 49.04, 32 R Green (R&N) 49.29, 36 K Singleton (WRR) 50.59, 38 D Rogers (WRR) 51.11, 40 C Todd (SJ) 51.30, 41 B Parkinson (R&N) 51.41, 42 E Baross (WRR) 51.44, 43 T Harrison (WRR) 51.56, 44 V Davies (DRR) 51.56, 45 M Bignell (SJ) 52.08, 46 A Marlow (KTH) 52.36, 47 R Hughes (W&D) 52.56, 48 J Smith (NRR) 52.57, 49 H Watson (WRR) 53.03, 51 E Clawson (KTH) 53.24, 53 A Moxey (KTH) 53.35, 54 L Burton (W&D) 53.51, 55 L Hale (W&D) 54.12, 57 K Freeman (W&D) 54.21, 58 J Hanna (WRR) 55.14, 60 A Mason (W&D) 55.24, 64 S Warden (WRR) 56.28, 65 L Farrow (H) 56.55, 67 N King (SJ) 57.14, 68 S Hewitt (W&D) 57.24, 74 R Moffat (SJ) 59.58, 75 A Allen (W&D) 60.07, 79 N Leugs (R&N) 61.54, 86 L Elliott (R&N) 67.14, 90 L Hummel (DRR) 70.40, 92 P Francis (R&N) 71.11.