

**Stanwick 10k**  
**13<sup>th</sup> April 2009**

Rothwell's Matt Almond made his first appearance in the annual Stanwick 10km road race a memorable occasion when he smashed the course record with a stunning front running performance.

The 27-year-old Coventry Godiva Harrier was soon out on his own and held an 80m lead passing the 3km mark along the Rushden by-pass. He gradually increased his advantage, especially over the final 2km when a strong finish brought him home in a time of 31.20.

After the race, Almond said: "I felt good today but it was hard work. It's a great event and I look forward to coming back."

A great race for the minor places in the second half unravelled when Wootton's Mike Aldridge broke up a group of four to take the runner-up spot in 32.04. Nigel Marley (Rugby & Northampton AC), who three days earlier had run his fastest time over the distance at Salford with 32.08, took third in 32.22 while his club colleague Stuart Nelson was next home in 32.49 followed by Kettering Town Harrier Damien Carr, who was fifth in 33.19.



Former winner Chris Curtis (sixth in 34.09) steered Corby AC to the team trophy aided by the much improved Danny Keating, whose excellent run of 34.35 for seventh secured the top veteran-40 prize. Stanwick's Ben Sharman, competing for Birchfield Harriers, ran well for eighth in 34.39 while Mike Turner, who lives in Copenhagen and was home visiting his parents in Desborough, clocked 34.54 for ninth.

Wellingborough & District AC's James Lambert was the first Under-20 past the post when he clocked 37.39 for 17<sup>th</sup> overall and Corby AC's John Thomas turned in a pleasing run to take the runner-up spot in the Veteran-60 section with his time of 43.40.

Maree Jesson showed top form to finish first in the ladies race. The 37-year-old Orlingbury runner

matched strides with Bedford & County's Emily Relton at the 3km point before pulling away to record her second fastest time ever when she reached the finish line in 39.21. Relton then held off the challenge of R&N's Alison Cooper (third in 40.01) to finish second in 39.52.

Corby AC's Kate Armstrong secured top honours in the Veteran-45 section with her time of 42.05 bringing her home in fifth place while Elaine O'Sullivan (W&D) also performed well to finish runner-up in the same age group with her 43.49 clocking giving her eighth place overall.

**Male**

1 M Almond (Coventry Godiva Harriers) 31.20, 2 M Aldridge (Wootton Road Runners) 32.04, 3 N Marley (Rugby & Northampton AC) 32.22, 4 S Nelson (R&N) 32.49, 5 D Carr (Kettering Town Harriers) 33.18, 6 C Curtis (Corby AC) 34.09, 7 D Keating (C) 34.35, 13 N Humphreys (C) 36.04, 14 I Carlton (KTH) 36.18, 17 J Lambert (Wellingborough & District AC) 37.39, 18 J Saw (R&N) 37.40, 25 A Blaize (Northampton Road Runners) 38.57, 31 D Doherty (W&D)

39.57, 32 S Tootell (NRR) 39.59, 41 S Blakeman (KTH) 41.54, 49 M Smith (KTH) 42.42, 56 J Thomas (C) 43.40, 57 C Harris (W&D) 43.40, 59 P Farley (W&D) 43.52, 66 M Farrow (W&D) 44.26, 67 B Singleton (WRR) 44.31, 69 T Hale (W&D) 44.50, 74 G Travers (W&D) 45.11, 76 P Young (KTH) 45.28, 92 G Giammalva (KTH) 46.23, 94 P Marlow (KTH) 46.27, 100 M Gummer (C) 47.02, 147 J Horsley (R&N) 51.13, 149 R Britten (KTH) 51.32, 151 B Collins (W&D) 52.05, 159 R Blakeman (KTH) 52.34, 168 C Bricher (NRR) 53.31, 173 S Craker (C) 54.50, 176 D Oram (Harborough AC) 55.22, 179 A Mills (W&D) 55.37, 206 P Quinn (WRR) 65.46.

#### Female

1 M Jesson (NRR) 39.21, 3 E Relton (Bedford & County) 39.52, 3 A Cooper (R&N) 40.01, 5 K Armstrong (C) 42.05, 8 E O'Sullivan (W&D) 43.49, 12 T Latinovics (C) 47.07, 16 A Marlow (KTH) 48.33, 20 K Singleton (WRR) 49.58, 23 J Tierney (KTH) 51.23, 24 L Blakeman (KTH) 51.41, 25 J Partridge (R&N) 52.24, 26 S Ellwood (W&D) 52.39, 27 J Jelley (W&D) 52.39, 38 T Craker (C) 54.50, 42 D Holloway (W&D) 56.32, 45 K Tomkins (W&D) 57.07, 47 A Allen (W&D) 57.45, 58 J Bevan (W&D) 60.13, 71 V Cross (R&N) 65.06.