

Moulton 10km
24th August 2008

Sarah Haines continued her fine form of late on the road when she smashed the course record in the third running of the Moulton 10km.

The Harborough AC runner came home in a fast 37.40 to finish seven seconds clear of Huncote Harrier Nicki Nealon. Kirsty Whigham (Wootton Road Runners) ran well for third place in 38.07 while Maree Jesson of the host club – Northampton Road Runners – ran over two and a half minutes quicker than her runner-up spot of last year when she clocked 40.25 for fifth place.

Mark Draper, who recently won the Wellingborough 5, was equally impressive as he strode to a convincing victory in the men's race. The Windsor runner sliced eight seconds from the year old course record held by Salford's Pumiami Bangani when he covered the tough course in 32.09. Behind him Rugby & Northampton AC's Nigel Marley improved one place on 12 months ago when he won the battle of the locals. He ran 34.25 to finish four seconds clear of Wootton's veteran-40 Steve Poole with Stuart Nelson (R&N) close behind in fifth in 34.38.

Corby AC's Neal Humphreys just out-paced the much improved Wellingborough & District AC runner Neil Barnett (36.08) to take sixth in 36.03 and Danny Keating (Corby AC) showed better form than in recent races to clock 36.54 for 11th (third veteran-40) while Matt Howes (R&N) continued his comeback with 12th place in a time of 37.01.

Male

1 M Draper (Windsor) 32.09, 2 N Marley (Rugby & Northampton AC) 34.25, 3 S Poole (Wootton Road Runners) 34.29, 5 S Nelson (R&N) 34.38, 6 N Humphreys (Corby AC) 36.03, 7 N Barnett (Wellingborough & District AC) 36.08, 11 D Keating (C) 36.54, 12 M Howes (R&N) 37.01, 15 V Carroll (R&N) 37.26, 16 C Gallagher (WRR) 37.46, 17 D Rayfield (Northants Police) 38.20, 19 J Saw (R&N) 38.38, 22 R Glover (R&N) 39.41, 23 M Smith (Kettering Town Harriers) 40.33, 24 A Mould (R&N) 40.39, 25 J White (WRR) 41.26, 28 N Glover (R&N) 41.59, 29 A White (R&N) 42.14, 32 J Tanton (Daventry Road Runners) 42.40, 34 D Taylor (Silson Joggers) 42.53, 40 P Smart (Human Energy) 43.41, 43 P Bignell (HE) 43.59, 46 K Moreman (DRR) 44.07, 48 P Marlow (KTH) 45.00, 53 G Zaboky (Team East Haddon) 45.45, 62 R Popiel (SJ) 47.05, 65 J Love (R&N) 47.30, 66 M Farrow (W&D) 47.38, 75 N Martin (R&N) 48.40, 85 A Dixon-Kelly (NP) 50.37, 87 M Holland (NP) 50.56, 93 B Goadsby (DRR) 52.35, 101 R Blakeman (KTH) 53.54, 110 C Simmons (Northampton Road Runners) 56.46.

Female

1 S Haines (Harborough AC) 37.40, 2 N Nealon (Huncote Harriers) 37.47, 3 K Whigham (WRR) 38.07, 5 M Jesson (NRR) 40.25, 8 A Copson (R&N) 42.02, 11 A Cooper (R&N) 43.22, 14 H Cooke (SJ) 47.27, 17 C Gibbons (KTH) 47.49, 21 S Halliday (R&N) 49.30, 22 C Williams (R&N) 49.49, 25 D Galletta (KTH) 51.34, 27 J Love (R&N) 52.04, 31 B Parkinson (R&N) 53.16, 33 L Blakeman (KTH) 53.54, 35 J Tierney (KTH) 54.43, 37 A Marlow (KTH) 55.13,

39 J Bevan (W&D) 58.21, 40 S Miller (C) 58.27, 41 D Holloway (W&D) 59.38,
45 M Allen (W&D) 61.29, 49 L Pettett (KTH) 63.31, 51 T Ellingham (NRR)
63.53, 53 C Jones (W&D) 66.01, 54 G Simmons (NRR) 66.41, 57 L Partridge
(C) 69.59.