

The Corby AC pair of Kate Armstrong and John Thomas won their respective veteran age groups when they competed on the road in different parts of the country.

Armstrong came out on top in the Veteran-45 section in the annual Folksworth 15 in Peterborough when she ran a time of 1.46.11 to finish ninth overall in the ladies section. Also competing for Corby were Claire Goodall (1.55.01), Nigel Taylor (1.55.21), Trudi Pike (1.56.28), Catherine Wright (2.02.20), Larry Wise (2.04.43) and Jane Stedman, who clocked 2.05.09.

Top finisher for Wellingborough & District AC was Tim Ellwood, who came home 47th male in 1.42.37 and he was followed by team mates Les Rolfe (1.53.32), Michael Farrow (1.56.43), Sarah Ellwood (2.01.12), Andrew Priest (2.05.42), Karen Tompkins (2.08.10), Kim Freeman (2.10.32) and Neil Mattinson (2.11.45).

Werrington's John Herbert won the men's race in 1.22.03 from Stamford's Mark Greenwood (1.23.36) while Milton Keynes' Jane Preen (1.35.22) narrowly defeated Stamford's Philippa Taylor (1.35.34) to take the women's race.

Thomas took part in the Brass Monkey half marathon in York and his time of 1.36.51 landed him the top prize in the veteran-65 section. Kym Wheeler and Norman Smith also ran in the colours of Corby AC with the former clocking 1.43.56 to finish sixth in the veteran-50 age section. Smith, in his first race back following a lengthy spell out injured, recorded a time of 2.01.55.

Holmfirth Harrier Matt Pierson broke the course record when he won easily from Chester le Street's Phil Coulson (1.12.36) in a time of 1.05.35 with York's Becky Perity taking the ladies race in 1.18.37 from Otley's Josie Hodgetts (1.19.44).

Elsewhere on the road Desborough's Lazloe Boden won the veteran-45 category in the Barrow six mile race. Competing for Harborough AC, he finished in a time of 34.01 which slotted him into 16th overall as the race was won in 31.29 by Barrow's Tim Hartley.