

## Northampton Run 09

4/10/09

Kettering's Damian Carr followed up his victory in the Cransley 10km with another convincing success when he won the 5km at the Northampton Run 09. Competing for Coventry Godiva Harriers, he covered the distance in 16.10 to finish well ahead of Rugby & Northampton AC's Chris Lamb (17.16) while Keswick's Tony Letts (17.48) got the better of Vince Carroll (R&N) by 12 seconds to take third place with the same two runners filling the top two places in the veteran section.



Jo Pulsford (R&N) was also an easy winner when she took the ladies section in 20.12 from Corby AC's Maggie Mulholland (21.45). However, consolation for the Corby runner was her success in the veteran event. Also running well for Corby was sixth placed Julie Smith (24.45).

Mathew Almond won his second local road race in a week when he dominated the 10km event. The Rothwell runner, competing for Coventry Godiva Harriers, was untroubled when he came home in 31.38 to finish ahead of Wellingborough-based Stuart Nelson (R&N) who clocked 33.11. The battle for third went to Wootton Road Runners Phil Melling who got the better of Wellingborough & District AC's Neil Barnett by 15 seconds when finishing in 34.14.

Milton Keynes' Jane Preen came out top in the ladies race when she defeated Wootton's Kirsty Gallagher (37.25) to win in 36.53. Also performing well was Wellingborough School's

Jess Dimmock (fourth in 40.39) and Kettering Town Harrier Rebecca Hall who ran 41.35 for fifth.

### Male 5km

1 D Carr (Coventry Godiva Harriers) 16.10, 2 C Lamb (Rugby & Northampton AC) 17.16, 3 T Letts (Keswick) 17.48, 4 V Carroll (R&N) 18.00, 7 R Glover (R&N) 19.15, 17 D O'Leary (R&N) 22.10, 91 C Rigler (Wootton Road Runners) 29.43, 104 T Burgess (Wellingborough & District AC) 31.02, 120 J Burditt (R&N) 33.45.

### Female 5km

1 J Pulsford (R&N) 20.12, 2 M Mulholland (Corby AC) 21.45, 6 J Smith (C) 24.45, 9 J Love (R&N) 25.44, 80 D Glover (R&N) 32.37, 85 T Watts (WRR) 32.44, 107 A Burditt (R&N) 33.45.

### Male 10km

1 M Almond (CGH) 31.38, 2 S Nelson (R&N) 33.11, 3 P Melling (WRR) 34.14, 4 N Barnett (W&D) 34.29, 10 C Gallagher (WRR) 36.41, 11 M Armstrong (R&N) 37.04, 12 D Rayfield (Northants Police) 37.16, 16 G Spellman (R&N) 37.57, 17 M Howes (R&N) 38.02, 18 C Tomkins (W&D) 38.13, 20 J Saw (R&N) 38.27, 22 A Green (Team East Haddon) 39.09, 25 M Garrett (Northampton Road Runners) 39.24, 26 D Weston (Daventry Road Runners) 39.25, 28 K Mehmet (Kettering Town Harriers) 39.39, 38 I Randell (WRR) 40.39, 41 N Glover (R&N) 41.13, 59 A White (R&N) 42.58, 60 M Fowler (WRR) 43.01, 62 J Thomas (C) 43.14, 64 M Kennedy (NRR) 43.35, 78 S Young (WRR) 44.29, 79 N Bellamy (W&D) 44.32, 97 R Ward (WRR) 44.54, 98 S De Freyne (WRR) 44.55, 116 J Kouzaris (WRR) 45.32, 127 G Wells (WRR) 45.50, 150 L Rolfe (W&D) 46.31, 158 B Keers (Silson Joggers) 46.43, 176 N Martin (R&N) 47.18, 183 S Borondy (WRR) 47.33, 208 M Heap (WRR) 48.21, 212 T Sullivan (NRR) 48.27, 217 R Britten (KTH) 48.37, 240 N Mattinson (W&D) 49.20,

#### Female 10km

1 J Preen (Milton Keynes) 36.53, 2 K Gallagher (WRR) 37.25, 3 A Ward (Tri Living) 39.20, 4 J Dimmock (Wellingborough School) 40.39, 5 R Hall (KTH) 41.35, 6 M Larsen (WRR) 43.32, 9 R Shaw (R&N) 44.38, 11 K Perner (WRR) 44.56, 12 P Randell (WRR) 45.08, 14 Y Mehmet (KTH) 46.11, 18 C Williams (R&N) 47.03, 28 A Moxey (KTH) 48.42, 30 K Singleton (WRR) 48.56, 31 J Willson (DRR) 48.59, 38 S Van Nierop (Harborough AC) 49.35, 39 A Marlow (KTH) 49.51, 42 L Burton (W&D) 49.56,