

**Titchmarsh 10k**  
**2<sup>nd</sup> May 2010**



After a gap of eight years Troy Garrity again won the Titchmarsh 10km road race. On a cold and windy day, the 15<sup>th</sup> running of the race saw the Corby AC runner throw down the gauntlet and take up the running from the start of the out and back course. He eventually came home well ahead of the field in a time of 34.13 and in his wake Francis Hale (Norwich RR) was a clear second ahead of John Saw (Rugby & Northampton AC).

The Kettering Town Harriers pair of Terry Toseland, a former four time winner of the race, who was fifth and Phil West who, the week after recording a lifetime best for the marathon, was sixth, both had solid runs. The first lady to finish was Rebecca White (Saffron Striders) – a former member of Corby AC – who came home in 44.56. She was followed by Corby's Maggie Mulholland who pulled away from Kettering's Yvonne Mehmet

on the home route to clinch the runner-up spot while Deborah Varnfield (Wellingborough) and Barbara Fulton (KTH) ran well for fifth and sixth respectively.

**Male**

1 T Garrity (Corby AC) 34.13, 2 F Hale (Norwich RR) 35.36, 3 J Saw (Rugby & Northampton AC) 36.24, 5 T Toseland (Kettering Town Harriers) 37.00, 6 P West (KTH) 37.06, 9 S Speller (Harborough AC) 38.28, 18 K Mehmet (KTH) 40.18, 25 J Giammalva (KTH) 42.40, 34 M Farrow (Wellingborough & District AC) 44.11, 36 M Winstone (KTH) 44.18, 44 J Gudge (KTH) 47.07, 51 N Smith (C) 48.23, 53 S Adams (W&D) 48.39, 58 M Lee (Northants Police) 48.54, 61 S Kirby (W&D) 49.51, 82 R Garrity (C) 55.54, 85 G Bayes (W&D) 56.56.

**Female**

1 R White (Saffron Striders) 44.56, 2 M Mulholland (C) 46.22, 3 Y Mehmet (KTH) 46.55, 6 D Varnfield (W&D) 49.38, 7 B Fulton (KTH) 50.38, 27 J Cooke-Simmons (W&D) 56.56, 31 J Sim (W&D) 58.36.