

Martin Whitehouse Midland Road Running Team Managers report

The Notts 10 mile race on Friday the 12th June has been considered a great success by many people and has shown a marked improvement from the 2011 Midland Championships which was held at the same venue.

From the point of view as the Midlands team manager, the event provided much valued competition over a distance that is rarely covered. The race was won by Ben Livesey of the Combined Services in a time of 49:48, who just managed to edge Toby Spencer (Midlands/Coventry Godiva) into 2nd position with a time of 49:49.

Alastair Watson had to play 2nd fiddle for the day but still displayed a performance that was reminiscent of his Midland XC win back in January this year. His time of 50:32 secured him 4th position behind Ben Fish of Blackburn 50:18, and ahead of Debele Tasfaye of Leeds City 50:44.

Joe Rainsford (Heanor u23) took 77s off his previous best from last year whilst Mark Dalkins clocked 52:38. A time that he hasn't bettered since 2006. Paul Molyneux 52:08 managed to split the Midlands pair, and perhaps had he not long ran 2:21 for the marathon he would have been much further up the field.

Completing the top 10 was Ian Williams (Tipton/Wales) 53:00 and Ady Whitwam (Army/Tipton & Combined Services) 53:45.

Rob Keal (54.11) and Stu Spencer (55.20) made up the 6 Midlands runners. Their times suggested that they are still recovering from their success at London marathon where Stuart missed out on an England vest by 2 seconds and Rob took 2nd position in the v40 category clocking 2:25 in the process.

The North of England only had 3 finishers and so I suggested that we only used 3 scorers to calculate the results. Doing this made no difference on the results but it did allow the North of England to say that they had a full team.

Mark Dalkins was a late addition to the team as Ryan Holroyd withdrew the night before due to work commitments.

Team results are as follows

Mids 2, 4, 5=11

CS 1, 6, 9=16

North 3, 10, 12=25

Wales 8=incomplete

Ladies

Jenny Spink led the ladies home in a time of 57:32. Two minutes later saw 2nd place Nicola Squires of Hallamshire arrive in a time of 59:31. Backing up Jenny was Helen Sharpe in 3rd position 60.01 and Nicki Nealon 62:44.

Another Midlands runner to note was Emily Ault 61:56 of Barrow Runners.

The ladies team result is as follows

Mids 1, 3, 7=11

North 2, 5, 6=13

CS 10, 11, 12=33

Wales 4, 8= incomplete

[Full results](#)

Video footage of the race is here.

<https://www.youtube.com/watch?v=giuNH0b4N04>