

## Rochdale 10K 2009

THE ROCHDALE 10K, sponsored by JD, is fast developing a reputation as being one of the wettest races in the UK. In an eerie repeat of last year's stormy conditions, this year's event saw heavy rain for much of the evening.

Also in a repeat from last year, the overall winner was Ian Grime from Newham and Essex Beagles. He averaged 5 min 12 sec per mile on the undulating course to clock 32 min 21 seconds, which was slightly faster than last year.

Matt Proctor from Rochdale Harriers was not far behind in 32 min 48 seconds, beating his brother's winning time from 2007. Matt's performance was all the more impressive because only 45 minutes before the 10K start, he competed on the track at a British Miler's Club 3km event, running an extremely fast, personal best time of 8 min 29 sec.

In third place was veteran Colin Rigby from Horwich (34:04).

The ladies race was won comfortably by veteran Alison Sedman from Belle Vue racers in 40 min 50 sec. Laura Bannister of Burnley was next (42:27).

Middleton's Ginny Willey battled Rochdale's African runner Josefa Terim for third place over most of the course. In the end Terim took bronze in 44 min 56 sec, beating Willey by just 8 seconds.

Other notable performances included Barbara Saunders who was third in the female veteran 35 category, clocking 51 min 38 sec. Joanne Walsh won the 3<sup>rd</sup> female veteran 40 prize with her time of 54 min 41 sec. While Christine Deasey was delighted to take third place in the female veterans 45 category, posting 52 min 40 sec.

Jon Lane and Chris Hill had excellent runs, both achieving personal bests of 39 min 40 sec and 40 min 06 sec respectively.

One of the most improved runners was Rochdale's Linda Evans. She sliced over three minutes off last years time to take position of third under 35 lady, clocking 46 min 49 seconds.

Scott Greenwood just missed out on the prizes by finishing as 4<sup>th</sup> junior in an excellent time of 44 min 37 sec.

The overall times and finishing positions for members of Rochdale Harriers were as follows:

2 Matt Proctor 32:48; 24 Ian Aitchison 38:54; 32 Jon Lane 39:40; 37 Chris Hill 40:06; 56 Kevin Fox 41:41; 70 Chris Law 42:50; 78 Ray Dalby 43:27; 87 Scott Greenwood 44:37; 93 Josefa Terim 44:56; 110 Mark Catherall 46:20; 114 Linda Evans 46:49; 138 Nigel Millington 49:50; 154 Barbara Saunders 51:38; 164 Christine Deasey 52:40; 182 Joanne Walsh 54:41; 187 Louise Taylor 55:17; 188 Jill Nagle 55:18; and 211 Helen Wyton 60:19.

John Mayall, Rochdale Harriers & A.C.

