

ATHLETICS ROUND UP

FOR W/E 14TH & 15TH JUNE 2008.

LOCAL SUPPORT FOR TRAPRAIN LAW RACE.

Sixty four runners lined up for this years Traprain Law hill race covering 6.5 miles and climbing the 200 metres escarpment via the river Tyne and in the steps of Roman Legions of a bye gone age. Al Hart of HBT was the comfortable winner in 39m21s but a full minute outside Gregor Booth's 1996 record. Phil Mowbray was 2nd home and ensured that they secured the team award.

However, both local Clubs had a strong turn out with Colin Menzies (HELP) finishing 6th in 43m49s just 14 secs ahead of veteran Stuart Hay (DRC) who was 2nd Vet to finish. Stuart Symington (DRC) V50 was 9th in 44m50s.

The ladies race was equally close fought by locals with Fionn Nairn (HELP) F40 following her success at Haddington nip and tuck with Rhonna Anderson (DRC) Fionn just managing to get ahead in the final run in clocking 50m 17s just 18 secs ahead of Rhonna.

Dunbar RC took the runners up team prize, with Stuart Hay, Stuart Symington and Richard Taylor; and Jamie Addie (DRC) picked up the first local East Linton award. Other finishers from HELP and DRC were: 31st Paddy McDonald (HELP) 52m13s; 36th John Smith (HELP) 54m23s; 38th Brian Carr (HELP) 55m13s; 42nd Ruth Watson (HELP) 56m12s; 46th Anne Hay (DRC) 58m00s; 53rd Neil Jones (DRC) 63m37s; 56th Clarissa Berry (DRC) 64m26s; 59th Val Herring (DRC) 66m44s; 61st Sheila Morrison (DRC) 67m30s; 63rd Vicky Hannan (DRC) 73m44s,

On Sunday 15th The traditional Edinburgh Seven Hills took place covering 14 miles rounds Edinburgh starting and finishing on Carlton Hill. Bill Watson (HELP) finished 25th in 2hrs 02m52s; and George Armstrong (HELP) completed the race in 2hrs 43m14s.

Earlier in the week Alistair Hennesy (EAC) from Musselburgh finished 27th in the Polaroid Loch Leven 10k race in 34m43s.

At the Cosrtorphine 5 mile Race on 11th June Fundo Mhura (HELP) was 9th in 28m25s and Paddy Jumelle (CAC) now back from his boxing clocked 28m51s for 11th place. George Gillhooley (DRC) was 14th in 29m19s and three HELP members John Graham was 23rd in 31m15s; Fred McCain 57th in 34m20s; and Emily Majendie 82nd in 40m42s.

In the Dechmont Law 10k event on 11th June DRC's Sheila Morrison was 115th in 53m18s and Therea Leslie 127th in 55m45s.

Pacemaker
16.6,2008