

## DUNBAR BOUNDARY RACE

Last Saturday 275 runners braved a strong blustery wind to take part in the annual Dunbar 10k Boundary Race sponsored by Belhaven Brewery. From a start at the Hallhill Healthy Living Centre the route by Windbush, the swimming pool, coastal path, West Barns and through the Lochend Estate and back to the start took winner Stephen Conner from Forfar, 35min 42sec. Unattached athlete Steven Young came in 22secs later followed by Steven Laurie from Lothian Running Club a further 19secs adrift. Prizes were awarded for age categories and Livingston's George Gilhooley (36:58) picked up first veteran place with Portobello's Jim Scott (40:31) taking the super veteran trophy. Portobello also took the team prize with Gerry Scullion in 6<sup>th</sup> place and brothers Willie and Scott Jarvie also in the top twenty.

The ladies competition was convincingly won by Michelle Hetherington (38:50) from Helensburgh who was beaten by only 17 males. The unattached Susan Lyle (42:55) followed by Gillian Cockrell (43:38) took the other placings while Jacqui Bogan (43:36) and Karen Cameron (44:32) won their age categories. Hill running club Carnethy scored best in the team race with Maggie Keegan, Karen Meikle and Phillipa Headley lifting the trophy.

Local runners from HELP had good runs with Rupert Warren (4<sup>th</sup> place), Gavin Lightwood (14<sup>th</sup>), Tom Harley (25<sup>th</sup>) and Alan Proudfoot (9<sup>th</sup>) having the best results of the day. Dunbar Running Club needed their members to help with the organisation so didn't have the strongest squad on the day but Grant Noble (9<sup>th</sup>), Ian Rowland (10<sup>th</sup>) and Richard Taylor (23<sup>rd</sup>) which brought them home one point ahead of their local rivals.

Race Director Stuart Hay praised the efforts of all the runners and made particular mention of Dunbar's Andrew Nisbet who was running his first race over the distance and the first in a Dunbar club vest.

The previous week a contingent of HELP athletes travelled to Rome to take part in the city marathon. A spring foreign tour has become a tradition in the club and this year's outing was a repeat of two years ago for many of the ten representatives. Finlay Smith (3hr 12min) led the county runners in with a personal best for the distance followed by Jimmy Baird (3:16) and Alan Proudfoot (3:18). On a day which was much hotter than local conditions and on difficult underfoot cobbled streets best times were never going to be achieved. Veterans Brian Carr (3:29), Joe Forte (3:32) and Frank McPartland (3:54) all expressed satisfaction at just completing the course. The ladies were represented by Judith Donaldson (4:06), who recorded a personal best by just a few seconds, and sisters Norma Forte and Linda Duffy (4:28) who ran the whole route together. Foppe Jellema (4:34) completed the local representation and still well ahead many of the 20,000 participants.