

HADDINGTON FIVE MILE RACE (Report of 6 June 2005)

The course record was missed by five seconds when county based Kenyan runner John Murithi crossed the finishing line of the Asics Haddington Five Mile Road Race at the weekend. The nineteen year old clocked 23 min 55 sec for the route from Neilson Park round the Lennoxlove estate and back placing him well ahead of unattached Dave Ross (25:44) and former HELP member Ken Chapman (26:15) now running for Salford Harriers in the Midlands. 106 runners completed the course and the ladies were led home by Central AC's Toni McIntosh (30:10) in 21st place overall and ahead of Megan Clark (32:04) from Hunters Bog Trotters and Susana Gonzalez Sanchez (32:30 from Ferranti AC).

The prize for first junior was passed over by the overall winner and was presented to local HELP runner Colin Menzies (27:23) in 8th place, one ahead of club mate Paddy Jumelle (27:43), immediately followed by first supervet , Brian Kirkwood (27:50) from Lasswade AC and local unattached runner Mark Pilkington (28:03). Veteran prizes were collected by Phyllis Mitchell (34:39) and David Blackie (26:55) whose club, City of Edinburgh won the team competition.

Local runners usually miss the race to lend a hand in the organising on the day but Dunbar's Stuart Hay (31:39) was delighted to be awarded the Dougie McGuinness Cup for being the first county veteran home. Team mates Frank Weissgerber (33:55) and Anne Hay (35:30) completed their club contribution. Other HELP athletes competing were Ian Halley (30:43), Neil Turner (34:49), Andy Ross (38:29) and Lisa Menzies (39:15) and Jean Jumelle (39:18), who came in together.

Musselburgh AC always support the Haddington races and were well represented again. Steve Pattison (32:07) and Tony Segall (34:04) led the club home followed by Gordon Eadie (35:10), Mary Ennis (40:22) and Audrey Grigg (49:45).

The three county clubs have organised a summer series of mid week fun races to be competed for on a handicap basis. Runners and enthusiasts who are interested in taking part should enquire with members from one of the clubs.