



Running News

March 2011



Trafford 10K

The first race in the 2011 Road Race Championship was this super speedy 10km event. The first male senior Salford runner home was Andi Jones who collected the full 50 points on offer. He was followed by Joe Bailey (49) then Ben Riddell (48) and Paul Savage(47).

Newcomer Dan McGrath(46) was next breaking the 34 minute barrier, after that we had Charlie Foster(45) although I

am not sure whether he made it to the start on time!! Albert Castile collected a handy 45 points on debut, Well Done!

The Senior Women were led home by Tessa Walker (50) followed by Anna Weaver (49) and the flying Mexican Tania Hernandez (48).

The Vets 40 category was won by Dave Lockett (50) possibly carrying a tray of sausage rolls! Next was Sean Cordell tak-

ing 49 points and looking to make a challenge this year. The Vet 50 category was won by Ronnie Warrender (50) taking a healthy lead.

The ultra-competitive Vet 60 category was won by Stan Curran (50) followed by Vinny Murphy (49), Tommy Daniels (48), Roland Bowness (47) and Dennis Moran (46). Finally the Vet 70 category was won by Sid Sacks possibly while taking photos at the same time!

LEADERBOARD AFTER RACE 1

Andi Jones	1st SM
Tess Walker	1st SW
Dave Lockett	1st V40
Ron Warrender	1st V50
Stan Curran	1st V60
Sid Sacks	1st V70

Next events

- ♦ *Race 2 – Radcliffe 10K, Sunday 3rd of April.*
- ♦ *Race 3 – Brenda Robinson 5K, Littleborough. Wednesday 6th of April.*

Good Luck!

Training Times

Tuesday

6:30pm
Sportscity
Track

Thursday

7:00pm
Bluebell Pub

Saturday

9:45am
Heaton Park
Golf Car Park