



Inspiring runs at the Salisbury 10



Awe-inspiring: Salisbury Cathedral took over 100 years to build (1220-1330 approx.)

FOR over 750 years pilgrims have flocked to Salisbury to seek inspiration in the city's magnificent 11th century cathedral. And, on 8th March, 555 runners from the surrounding counties also made the pilgrimage to the historic Wiltshire city in search of some inspiration of their own.

The Salisbury 10 was the ninth race of the Hampshire Road Race League - one of three new fixtures to be added for 2009, in addition to the Bramley 20, in February, and the Netley 10k, in May.

The race started outside the fire station, with the route following the meandering River Avon, and passing through a number of small, rural villages along the Woodford valley, before eventually returning to finish on the athletics track opposite Salisbury leisure centre.

Apart from a keen breeze that greeted runners on certain sections of the twisty and slightly undulating course, the weather for the 10-miler was near perfect, with a clear blue sky and warm, early spring sunshine making for pleasant running conditions.

The race organisers, City of Salisbury ARC, must have been very pleased with themselves because about an hour after the last runner had crossed the line, the sky turned a granite grey colour, the temperature plummeted, and the heavens opened, releasing a torrential hail-storm.

Winchester & District AC proved once again their indomitable force in distance running with Toby Lambert winning the race by a significant margin of over two minutes, in a time of 51 minutes, 10 seconds. In the ladies' race, Emma Patel was also in fine form, taking victory in a time of 62 minutes, 56 seconds (41st overall).

Winchester also took team honours in both the men's and ladies' categories, with City of Salisbury ARC finishing in second place in both categories. Stubbington Green Runners & AC finished third in the men's event, and Eastleigh RC took third spot in the ladies' race.

For Stubbington, 17 runners made the 45 minute journey to the city of Salisbury - four ladies and 13 men.

Annie Tomlinson was the first Stubby lady home in 76 minutes, 27 seconds, having also run 10 miles the day before as part of her build up to the London marathon later this month.

Race report and results continued on page four