

Summer Coast Road (Marske) :- Wednesday 23rd June 2010

Warm and Tricky conditions welcomed the runners to the midpoint of the Marske series (Spring Coast road, Mermaid, Summer Coast road, Victorian and Autumn Coast road.) A very strong field was in attendance. **Russell Best** of New Marske was the winner, improving his time by 6 seconds and his place by 1 when he did the spring event. He finished in 15.03. Just behind was **Dominic Shaw** also of New Marske. He completed the 2 lap course in 15.24. **Mark Shaw** completed the New Marske 1-2-3 and finished in a time of 15.40. **Neil Wilkinson** of Morpeth was 4th (15.55) and then came the 1st Marsh House runner **Andy Chadfield**, who went home happy with a time of 16.18, and 5th place. **Andy Marr** was next for Marsh House, and came home in 18.42. Andy is returning from an injury so a good performance by him. Giving him a run for his money was **Gary Dack**, an excellent time from Gary finishing in 18.54. **John Gray** was 4th over the line for Marsh House, who managed to finish in 19.13. Not many Marsh House runners managed to beat their Spring Coast road time but one man who did, **Gary Lynch**, beat it by miles. He also managed to get under the magical 20 minutes by 4 seconds. **Peter Greenan** followed Lynch home in 20.23.

An amazing performance by **Claire Wilkinson** was enough to secure the Women's race, and the Top age grading statistic. She finished in 17.31. **Carolyn Summersgill** of Middlesbrough and Cleveland Harriers was the 2nd lady, finishing in 17.42. Just 4 seconds and 1 place behind her was the 3rd Lady, Chester le Street's **Maxine Czarnecko**. **Alison Carter** has been on a recent run of form and was once again the first Marsh House woman. She finished in 21.44. **Susan Walker** put in a good performance and finished in a time of 23.55, which co-indecently happened to be the same time as the Spring Event. **Sally Dack** has been on a recent run of form and was once again on form, and finished in 24.04.

Fiona Sharpe followed her in, in a time of 25.06, followed by **Linda Coull** (25.55)

Category Results for Marsh House runners

Male:

1st: Andy Chadfield

Male 40:

1st: Andy Marr

2nd: Gary Dack

3rd: John Gray

4th: Gary Lynch

5th: Peter Greenan

6th: Craig Lightfoot

Male 60:

1st: Richard Scott

2nd: John Mulligan

3rd: Gordon McGough

4th: Peter Braney

5th: Leslie Gordon

Female:

1st: Kelly McGough

Female 35:

1st: Alison Carter

2nd: Fiona Sharpe

3rd: Vicky Carter

Female 45:

1st: Susan Walker

2nd: Sally Dack

3rd: Linda Coull

4th: Rosanne Lightfoot

5th: Lynda Lawton

Female 55:

1st: Sandra Main

I'd just like to thank the marsh house runners on behalf of the club for running and well done!!!