

## Sedgefield Neptune Relays :- (21<sup>st</sup> April 2010)

A nice spring evening welcomed the runners to the Sedgefield Neptune relays, where each team would have 4 men/women running 4 x 1.75 mile legs, and such to the strength of the Marsh House Harriers, they sent out 2 teams to Sedgefield. There was a tiny bit of confusion as the pre-planned 'A' team were put down as the 'B' team and vice versa!

The winners of the relays were **Newton Aycliffe 'A' team** who came home in an overall time of 36.30, their fastest leg overall (ran by **James Askew** in 8.37) was also the 2<sup>nd</sup> fastest leg of the night, and all other **Newton Aycliffe 'A' team** men were under the magical 10 minutes. In 2<sup>nd</sup> place were **Sunderland Harriers** with an overall time of 36.49 and also, one of their runners **Brian Rushworth** ran the fastest leg of the night, an 8.22.

In 3<sup>rd</sup> place was our very own 'B' team led by **Gary Grounds** who was the 3<sup>rd</sup> fastest overall, he delivered a time of 8.48, and got the 'B' team up to 2<sup>nd</sup> place.

Gary handed over to **Phil Teece**, who unfortunately lost 2<sup>nd</sup> place to **William Crossen** of **Newton Aycliffe 'B'**, but still delivered a good time of 9.51.

Fit again **Andy Chadfield** was on the 3<sup>rd</sup> leg and he nabbed the 2<sup>nd</sup> place back from **Newton Aycliffe 'B'** as they slipped down the order. Andy managed to see off the **Brian Rushworth** onslaught and handed over the running duties to **Andy Davies**, who just slipped down to 3<sup>rd</sup> in the early stages, but delivered a great time of 9.18 and even better kept the **Marsh House 'B'** Team in the top 3! Well Done Team!!!!

Only **Crook** and the **Aycliffe 'B'** were between the **Marsh House 'B'** and 'A' teams as the 'A' team came home in a fantastic 6<sup>th</sup> place. **John Bulmer** started the 'A' team off with a leg of 11.12, a good effort which gave the team a sound platform to build on.

**Paul Hughes** was next and he powered past a few people to put the **Marsh House 'A'** team into a strong position. His time was 10.10.

In professional athletics the 3<sup>rd</sup> leg is usually filled by a weaker runner, but not in this case. **Martin Hibbert** stormed past a number of competitors and delivered the fastest **Marsh House 'A'** team time of the night, a 9.55.

This put **Gary Carter** into a fantastic 6<sup>th</sup> place with no one in sight behind or in front of him. He came home with a time of 10.16, keeping the 6<sup>th</sup> place and sending everyone concerned happy with the results.

The first Junior Boys team was **Sedgefield**, first workplace **NLP**, the first women were the **Durham City Harriers** and the first Junior girls were also from **Sedgefield Harriers**.

**I'd just like to thank**  
**Our Marsh House**  
**runners on behalf of the**  
**club for competing, and**  
**well done!!!!!!**