

## Sunderland 5K – Silksworth :- Wednesday 23<sup>rd</sup> July 2010

Mild conditions welcomed the runners to the Sunderland 5K event in Silksworth Sports Complex. This event was also part of the NECAA championships so a strong field was in attendance. Despite this, there was a poor turnout of 10 Marsh House Athletes. **Matthew Nicholson** of Morpeth Harriers won the race, in a very quick time of 15.12, and 8 seconds behind him was his Team-Mate, Last Years 3<sup>rd</sup> Place Man **Peter Newton**. **Stephen Hepples** of Newham & Essex Beagles was 3<sup>rd</sup>, finishing 8 seconds behind Newton in 15.28. **Andy Davies** was the first Marsh House man who came home in 17.31. Andy unfortunately was a bit lower down the order than he would have liked. **Andy Marr** was 2<sup>nd</sup> for Marsh House, he finished in 18.53. 30 seconds behind Marr was **Gary Dack**, earning 9 points towards his Over 40's Division 1 league charge. **Gary Carter** was 4<sup>th</sup> for Marsh House, who finished in a time of 20.12, a little disappointing for him, although things may have been a little bit better had he not run into a bin and broke his toe just as the race got underway!!!! Never mind, better luck next time!!! Michael Gosney followed Carter in a time of 22.04. **Richard Scott** (23.14), **John Mulligan** (25.49,) and **Leslie Gordon** (28.28) completed the field of Marsh House Men.

The women's race was won by **Hester Dix** of Blaydon, completing the 2 lap course in exactly 17 minutes. 13 seconds behind her was **Danielle Hodgkinson** of Wallsend Harriers. **Claire Simpson** of Chester-le-Street was the 3<sup>rd</sup> woman, and she finished in 17.32. Her team-mate **Maxine Czarnecka** was 4<sup>th</sup> in the women's race, she finished in 17.39. Incredibly only 2 Marsh House women were in attendance! You must make a bigger effort to do races Ladies! **Sally Dack** was the first of the Marsh House women who turned up and she finished in 24.21. **Vicky Carter** was the other Marsh House woman and she completed the race in 31.26

### Category Results for Marsh House Runners

#### Male:

1<sup>st</sup>: Andy Davies

2<sup>nd</sup>: Gary Carter

#### M40:

1<sup>st</sup>: Andy Marr

2<sup>nd</sup>: Gary Dack

3<sup>rd</sup>: Michael Gosney

No Male +50 Competitors

#### M60:

1<sup>st</sup>: Richard Scott

2<sup>nd</sup>: John Mulligan

3<sup>rd</sup>: Leslie Gordon

Female:  
1<sup>st</sup>: Vicky Carter

F40:  
1<sup>st</sup>: Sally Dack

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

**Coming Soon: New guess the runner feature  
for the Billingham Marsh House website**