

## **Bolton 10k - Sunday 21<sup>st</sup> April 2013 race report**

Attention may have been on the London marathon for most this Sunday, but on a sunny spring Manchester morning nine Alehousians made the short journey to Bolton's Leverhulme park for the Bolton 10k.

Assumptions were that it would be relatively flat, as Bolton isn't far from Manc which we know is as flat as a pancake! We were warned by a Boltonian on the train to "save your legs for the big hill at 7k." He had done it 10 years on the bounce so we took his word for it.

The race consisted of two laps in and around the park, starting and finishing on the leisure centre track. The first half of the lap was a steep downhill trail path which came out at a sharp bend by the River Croal, onto the road and straight back up into the park. A further mixture of track, trail and sunny skies gave this the makings to be an interesting race.

For some it was good to get out go again after a few heavy Friday's. Whilst others were just pleased to be running risk free averse from eggs, glove and punch free, and not having to wonder what was on their face!

There were some excellent results with IOM egg-race champion Simon Omaha running a time of 36:10 and finishing 5<sup>th</sup> overall. Hot on his heels in 6<sup>th</sup> place was Sam Begg finishing in 36:14. Well done to Sarah "one-shot" Barker finishing in 42:20 the 5<sup>th</sup> female overall and finishing 1<sup>st</sup> in the open age category! The men's team finished 2<sup>nd</sup> overall and received some excellent runners-up trophies which we will treasure on a mantle piece forever and always.

You could tell it wasn't a University organised race as the Powerleague clubhouse wouldn't serve us because it was 11.45am and their licence didn't kick-in until half 12! Despite this we collected our prizes and hit the road pleased with a day's work.

Results are available via: <http://www.chiptiming.co.uk/pdf/Bolton10K.pdf> well done to all involved.

