

## GOOLE VIKING STRIDERS

### ASKERN 10K

Two things stand out from last Wednesday's Askern 10k. Firstly it was contested by no fewer than 35 Viking Striders, which is a fabulous turn out for a comparatively small club. The second thing was the emergence of some very promising talents who have the ability to take the club to a new level.

The first of these is Charlie Stead. Charlie hasn't been with the senior Striders very long, but in less than a month has registered three 10k personal bests, improving by about a minute each time. If he carries on like that I estimate he will have broken the world record by October.

Hot on Charlie's heels were Ryan Hamilton, who was well under 40 minutes, and Ryan King, who was only just outside it, both of whom were running their first 10ks for the club. Add to that another PB from Pat Harness, Martin Booth on great form, and with Jonny McFaul and Lee Clarkson waiting to unleash their potential, and at last the club is buzzing again.

Of course it wasn't all about the leading lads. Sandy Midgley and Carren Taun-Jackson ran faster than they have for nearly 10 years. Andy Trotter and Philippa Oldridge came away with PBs, and Karen Harper wasn't far from hers. Credit is also due for good performances from Norman Miller in his first 10k for the Striders, and Mark Johns, fresh from his exploits at the Madrid Marathon.

And finally, good to see Mike Harvey and Mike Pollard coming back to form after their various injury problems.

Striders' times: Charlie Stead 37.47, Ryan Hamilton 38.34, Ryan King 40.22, Martin Booth 40.31, Patrick Harness 41.18, Julie Masterman 42.08, Jonny McFaul 43.10, Dave Hanney 43.51, Lee Clarkson 44.24, Mark Johns 45.13, Steve Whitlam 45.22, Norman Miller 45.53, Dave Locke 47.07, Mike Pollard 47.36, Mike Harvey 48.15, Nigel Warner 48.42, Andy Trotter 48.53, Richard Anness 49.28, Tim Harper 50.07, Sandy Midgley 51.37, Nige Kirkby 52.09, Nicole Masterman 52.24, Simon Greenwood 52.25, Carren Taun-Jackson and Dave Pullman both 53.07, Graham Walker 53.36, Karen Harper 53.39, Clare Thornton 55.06, Debbie Andrew 55.22, Philippa Oldridge 57.03, Jo Mouncey and Debbie Butcher both 58.30, John Kaye 58.38, Alison Hoggarth 59.32, Dot Pullman 61.40.