



## **Brentwood Multi Mile**

### **Weald Country Park**

**25<sup>th</sup> October 2009**

In pleasantly sharp contrasts to the first running of this event in 2008, this year dawned bright and breezy. The field had also increased considerably and the scene was set for some good racing.

The course was a one mile loop in the picturesque Weald country park which for flat Essex has some deceptively challenging hills. Two start areas were set up outside of the loop to create the addition .1 of a mile for the Half Marathon and .2 for the 10k and Marathon.

There were some pretty impressive performance on the day and times set that would not have looked out of place on the road let alone a tricky trail.

In the 10k 15 year old Andrew Law from Basildon AC retained his crown from last year in 40.19 but was pushed very hard all the way by Tiptree Road Runners' James Haskey-Jones who was a mere 11 seconds behind at the finish, Kenny Ives from also had a good run in third.

Sarah Jeffrey finished 7<sup>th</sup> and the Southend AC girl took home the first lady prize from Katie Miller with Emily Smith in third.

The Half Marathon was another competitive race but John Brame of RG Active made his intentions clear from the outset and carved out a pretty impressive lead in the end to win in 1.26.40 from Adam Spiers who was just under 4 minutes behind with Dominic Goodwin hot on his heels for third.

The natural theatre created by the trees at the lap point produced a great atmosphere for runners and spectators' alike with free tea and coffee being provided for the runners before and after their event and the supporters helping the mood. The now famous Go Beyond cake was also in evidence extending its fan base.

First lady home was Andrea Allocco from Tri London who was followed in by Sarah Dutton and Hazel Wilson.

This was not the sort of course where fast times were likely to be the order of the day and has never been one with good PB potential which made Adrian Jones' sub 3 hour 2.55.16 all the more remarkable and in the end made him a comfortable winner ahead of Kenneth Heney from London Heathside.



Third and first lady was Lisa Barry running in the 100 club colours whose experience clearly showed on the challenging course. She finished together with third place male, Richard Dennis from the Portobello Running Club.

Second place lady was Angie Hornett, also in the top ten and Amanda Robinson just behind in third.

A few runners were using the event as part of their three in three setting up the third leg in Dublin the following day

Three members of Eye Community Runners - Gary Masters, Steve Booth and Will Missions – were 3 such runners and their plan was:-.

Saturday 24 October: Snowdonia Marathon

Sunday 25 October: Brentwood multi-mile marathon (26 1-mile laps)

Monday 26 October: Dublin Marathon



After Snowdon they drove back down to Essex on the Saturday evening. Ran Brentwood and then set off on a quick dash to Stansted for a flight to Dublin.

They all finished in close company with Gary Leading setting the team pace with a 4.29.40 followed by Will and Steve who finished together.

There were certainly other runners doing the same challenge but not necessarily with the same events.

In just two years the event has grown and the organisers are looking at a slight change to the format and creating a weekend of running for 2010 with a 10k and Junior Race on Saturday and the half and full Marathons on Sunday over a longer loop, with a special Ultra prize for anyone brave enough to tackle the 10k and Marathon on consecutive days.