

## National 100K Championships and Ultra Six Hour and Twelve Hour Races.

International representatives were amongst the sixteen runners who competed in the Ultra Distance races organised by Boston and District A.C. at Witham Way Country Park last Sunday. The Athletic Club has organised both Six and Twelve Hour events in previous years but this was the first time that BADAC had staged a National Championship. Competitors travelled from Sussex, Kent, Yorkshire, Norfolk, London and the midlands to take part in the challenge of the ultra distance event and club officials were congratulated on providing an excellent course and a good venue for the races. A team of fourteen officials were on duty from seven in the morning to seven thirty in the evening ensuring that the completion of each one mile lap was accurately recorded..

Winner of 100K Championship was fifty three year old Robin Gardner from Banbury who completed his 100 Kilometres in 9 hours 10 mins 56 secs to convincingly win the national title. Second man home was England international Richard Quennell from Rugby who finished thirteenth in last year's World 24 Hour Championships and used Sunday's race to prepare for the Commonwealth Ultra and Mountain Running Champs. at Llandudno on September 24th. Richard recorded 9 hours 19 mins 53 secs to claim the National Championships Silver Medal. The Bronze award went to Geoff Oliver from Billesden, Leicestershire who at seventy eight was the oldest competitor in the race clocking 11 hours 42 mins 49 secs.

In the Twelve Hour event it was Welsh Ultra Distance Champion Jen Salter based in Derbyshire who finished first. Last June Jen set a new world record for running across Ireland when she completed seventy miles a day to record the fastest time ever for the 345 miles total distance. Thirty seven year old Jen maintained a regular pace throughout relentlessly chalking up the mile laps to finish the twelve hours with a distance of 75 miles 814 yards. Tim Butler from Lincoln and District Runners added an extra dimension to his twelve hour effort by juggling his way round the course. Remarkably Tim three ball juggled his way into the record books by completing 56 miles 1068 yards pausing only very,very occasionally to retrieve a rarely dropped juggling ball. England representative Marie Doke preparing for the Commonwealth 24 hour Championship later this month concerned about a slight leg strain retired after completing 100 K. Kevin Doyle from Rotherham won the Six Hour contest. In fine warm weather Senior Man Kevin completed 47 miles 548 yards between 7-30 am and 1-30 pm. Second finisher and winner of the Veteran Mens Trophy was the host Club's Dennis Rainbow who ran 45 miles 619 yards an excellent performance by the "Gold Top". Third position was claimed by Veteran Woman Beverly Sutton from Sheffield who recorded 39 miles 489 yards ahead of Kimberworth Striders Chew Cotton who completed 39 miles 174 yards in the six allotted hours. Kimberworth Striders Club mate Patrick Rooney achieved 38 miles 1038 yards ahead of former Boston resident Helen James (nee Maplethorpe) now living and working in Loughborough who covered 37 miles 453 yards. Boston and District A.C. representative Tony Tomlin completed 31 miles 1052 yards in the six hours finishing in tenth position well ahead of former Boston resident Jim Currie who chalked up 28 miles 334 yards