

## **62nd Brampton to Carlisle 10 mile Road Race**

Runners will line up on Sunday 17th November at 11:30am for the 62nd Brampton to Carlisle 10 mile road race, the oldest 10 mile road race in the UK. Each running of the event has been organised by Border Harriers, over a flat course finishing at the Sands Centre in Carlisle.

The race has an illustrious history having been won by some of Britain's top road runners. The first five races, from 1951 to 1955, run over a distance of just over eight and a half miles, were all won by Elswick Harriers' Bill Boak. Bill, now 87 years young, was from Carlisle and still lives in the city just a couple of miles from the finish. Morpeth's Jim Alder won the race in 1963, 1964 & 1965 while Alan Murray (Edinburgh Univ) also had a hat trick of titles in 1965, 1969 & 1970. Five male athletes have taken the title twice - Gerry North (Blackpool & Fylde) 1959 & 1960, Nick Sloane (Blackpool & Fylde) 1973 and 1975, John Calvert (Blackburn) 1977 & 1978, Steve Cram (Jarrow and Hebburn) 1984 & 1987 and Border's own Mike Scott 2001 & 2005.

Another household name, Ron Hill, representing Bolton Utd Harriers, led the field home in a brisk 46mins 40secs in 1974, while the following year Nick Sloane set the current course record of 45mins 50secs.

Hayley Haining from Dumfries (Kilbarchan AAC) is the only three times winner of the ladies race, in 2004, 2005 and 2007 (when her 54mins 31sec run saw her finish eight overall). Longwood Harriers' Sue Gaskell won in 1982 & 1984, Border's Lorna Irving in 1983 & 1986, Lynne Harding (Houghton) 1994 & 1996, Glasgow Univ's Sandra Branney in 1997 & 1998 and City of Glasgow's Lynne Macdonald in 2000 & 2001. Angie Pain, bronze medallist in the 1990 Commonwealth Marathon, holds the ladies' course record of 51mins 51secs which she set in 1989.

This year's race incorporates the Northern Athletics Championships for which individual and team medals will be awarded. There are comprehensive individual, veteran and team cash prizes to be competed for by all competitors.

£100 is on offer if the winner of the race can beat 49mins and of the ladies' race 55mins. Five men in the last twenty two years have run sub 49mins – Yared Hagos (Wallsend Harriers) the most recent, 47:51 in 2011, Michael Openshaw (Birchfield Harriers) 2002, 48:35, Malcolm Price (Salford Harriers) 1999, 48:30, Sunderland's Brian Rushworth 47:37 in 1993 and Carl Thackeray representing Hallamshire Harriers who clocked 46:29 in 1991. Hayley Haining dipped below the 55mins mark in both 2005 and 2007 when recording 54:50 and 54:31 respectively.