

2014 Race Report

2014 Race Report

The Western Power Distribution Wilne 10k road race took place on Sunday 7th September 2014 in 14C clear, sunny and relatively calm conditions. For the third year in a row, the event hosted three main championships: the Midland Counties AA 10k Championships, the Midland Masters AC 10k Championships and the Derbyshire Athletics 10k Championships. For the first time, the event hosted the Inter-Area Match between Wales, North of England, Midlands and the Combined Services teams. The fourth edition of this race sold out in record time 2 weeks before the event and an additional 100 entries sold out shortly after, making a total of 1,100 entrants. There were 858 runners who finished the race with 11 runners dropping out.

The performance of the day came from Jessica Coulson who broke the women's course record by an amazing 1 minute and 18 seconds, making her the 5th fastest female in the country in 2014. Coulson attacked the race and committed early on running with the third elite men's group. Going through the 5k mark in 15:54, she was already a full 60 seconds ahead of the second female athlete. Despite winning by a comfortable margin, Ava Hutchinson, Rosie Edwards and Sian Edwards also went quicker than the previous women's course record. The men's race was a different story and saw a large group of athletes tactically bunched together going through 2km in 6:10 and 15:19 at the half-way stage. Alastair Watson narrowly out-sprinted the group to win the 1st to 5k bonus prize. Gradually the pace increased splitting up the lead group and Adrian Holliday came out the strongest runner to win in a time of 30:34.

Despite only 4 athletes breaking 31 minutes, this was the strongest field in the four year history of the Wilne 10k as 27 runners were under 33mins, and 61 runners under 35mins (20 more than in 2013). Eight women ran quicker than the elite mark of 36:30 and 19 women beat the 40 minute milestone. The representation from elite runners was very good considering the Great North Run, Swansea Bay 10k and the BMC 10,000m Track Festival at Trafford events took place on the same weekend.

The top three men in the Midlands 10k Championships were Adrian Holliday (Tipton Harriers) in 30:34, Alastair Watson (Notts AC) in 30:53 and Josh Norman (Owls) in 31:19. The top three women in the Midlands 10k Championships were Juliet Potter (Charnwood AC-TBC) in 35:32, Claire Martin (Telford AC) in 35:55 and Lisa Palmer (Heanor RC) in 36:17.

2014 Race Report

Martin Whitehouse of Notts AC (31:38) and Claire Martin of Telford AC (35:55) won the men's and women's Midland Masters titles respectively. The Derbyshire 10k Championship men's title went to Joe Rainsford of Heanor RC (31:46) and the women's title went to Louise Insley, also of Heanor RC (38:25).

The men's affiliated club title went to Notts AC with a cumulative time of 2:06:46 (Alastair Watson, Martin Whitehouse, Rob Keal & Stuart Spencer) and the women's title went to Heanor RC in a cumulative time of 1:56:09 (Lisa Palmer, Louise Insley & Jill Burke).

The Inter-Area match was won by Alastair Watson (30:53) representing the Midlands and Jessica Coulson (30:02) representing the North as the first man and woman respectively. The Welsh team (23 points) dominated the men's match by winning by 33 points from the Midlands (56 points), followed by the Combined Services with 77 points and the North with 86 points. The women's match was won by the North with 196 points from the Midlands with 218 points and the Combined Services in third with 451 points. The Welsh women unfortunately failed to complete a full team due to a withdrawal.

Overall the event was a huge success and many hundreds of pounds was again fundraised for the official charity, the Alzheimer's Society. Runners ran for many other charities including the best fancy dressed runner of the day, Michael Staines, running for the Hearing Dogs for Deaf People charity.