

Athletes make big strides in the Great South run while they weather Storm Brian

Athletics

With the season's club championships coming to a close, a large contingent of St Albans Striders weathered Storm Brian to maximise their possible points by taking part in the Great South Run in Portsmouth.

Having been gifted an elite start by the organisers, Blake K Vivian lead the club's runners by completing the 10-mile course in 57 minutes and 51 seconds. Not to be outdone however, coming back from injury Rob Spencer from the club pipped Blake at the post insofar as electronic chip time was concerned with 57:50.

Gareth Beavis and Mike Martin battled it out the whole length of the race to be the third placed Strider, coming in at 1:01:14 and 1:01:18 respectively.

The first woman from the club to finish was Jenny Maddocks in 1:11:45, followed by Donna Irwin with a new Personal Best of 1:18:41.

A number of Striders who took part also achieved new PBs for the 10 mile distance, such as Tim Searle 1:04:04, Ian Hirsh 1:07:49, Jonathan White 1:10:19, David Holcroft 1:11:59, Rose McGuinness 1:20:06, Duncan Melsom 1:28:20, Suzi Wegenek 1:30:12, Magdalena Petrus 1:37:33 and Joanne Tang 1:40:11.

Elsewhere Andrew Mckillop finished the Autumn 100 mile race alongside the River Thames over the weekend in 21 hours, 31 minutes and 43 seconds.

This means Mckillop has completed all four British 'Grand Slam' 100 mile races this year in under 24 hours.

On this occasion he was accompanied by Laura Hicks of Harpenden Arrows for much of the race, who finished 5th female in 22:17:05.

The autumn marathon season continued with Jenni Johnson achieving a new PB by 28 minutes with a time of 4:00:43 at the Abingdon Marathon in



Gareth Beavis.

Oxfordshire. Jack Brooks completed the Toronto Waterfront Marathon in 4:31:50 in hot and sunny weather.

Closer to home Doug Hobson ran a big half marathon PB in Stevenage, with a time of 1:25:43. Stacey Harris and Judy Willits were the top two VW45 runners in 1:32:41 and 1:40:15.

Entries for the local Fred Hughes 10 mile race 2018 are now open.

The event will take place on Sunday 21st January 2018 and sign-up information can be found at www.stalbansstriders.com/racing/fred-hughes-10



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Hockey

St Albans ladies hockey club first team slipped to a 6-3 defeat away to Hampstead & Westminster Ladies at the Paddington Recreation Ground at the weekend.

They will be looking for an upturn in fortunes when they have two home games in two weeks at their Oaklands College pitches. First up they will entertain Barnes Ladies firsts on Saturday.

They will then host Sevenoaks Ladies firsts on Saturday, November 4.

However, the fourth team gained a great result winning 4-2 away to Shefford & Sandy while St Albans sixths beat the sevens 4-3 on Saturday.

The club runs six women's teams and 11 men's teams. If you're interested in



St Albans Hockey women's team

joining the club or just want to learn more visit their website www.stalbanshc.co.uk and follow them on Twitter @StAlbansHC.

Club training is every Wednesday from 7.30pm with an open clubhouse from 9pm.

Hockey



St Albans men.

Picture: CHRISHOBSONPHOTOS

St Albans men's first team put in another strong performance to outsmart Cambridge University 6-2 on Saturday afternoon.

The Tangerines had the bulk of the possession in the early stages and went 1-0 up when Tariq Marcano dispatched the ball after it dropped to him in the circle.

Two goals then followed in quick succession to make it 3-0. Charlie Beedle drilled the ball home to score on his debut before Ben Apperly dived in at the back post to finish off a

fine team move.

However the students were given a lifeline back when a mistimed shot found its way into keeper Iain Fraser's net to make it 3-1 at half time.

Cambridge made it 3-2 after a short corner before St Albans made it 4-2 following Marcano's second strike.

Charlie Bowskill made it five before Steve McManus added a sixth.

Head coach Andy Bowskill said: "We dominated with an impressive display of goal scoring as Beedle and McManus stood out."

