

## Helensburgh

The second incarnation of the Babcock Helensburgh 10k saw a record entry of 667, about 250 more than last year and rapidly returning the thousand or so runners that turned out at the race's predecessor the Polaroid 10k Series, which ran for thirty three years in succession. Shettleston Harriers have dominated this event for the past five years, producing four winners and only one none Shettleston athlete, Olympian Derek Hawkins has managed to get his name on the Andrew Henderson Memorial Trophy, in 2015.

Craig Ruddy and his Inverclyde team mates had other ideas though. Ruddy, a past West District Cross Country Champion and a Scottish International at a variety of distances meant business and was straight to the head of affairs with Shettleston's American star, Mike Deason tracking him closely. Central's Murray Maclarty and Bellahouston Harrier Gregor Yates were never far away but Ruddy maintained the unrelenting pressure to ease away in the last 3 kilometres to come home untroubled for a comfortable victory in 32.06. Deason was twenty five seconds back but held on well to out stay Maclarty who was a further eighteen seconds behind who in turn just held off Gregor Yates by three seconds.

Inverclyde with Peter Tucker fifth and Jon Hammerman eighth backing up winner Ruddy, comfortably took the team honours. Shettleston took second with Deason second, past winner Tewolde Mengisteab eleventh and Brian Scally nineteenth. Greenock Glenpark were third with Chris Mooney sixth, Andrew White twelfth and Paul Monaghan twenty second.

Katie White of Garscube was equally dominant in the women's race, missing Jenny Wetton's course record by a mere six seconds and the £50 bonus at the same time. Fanni Gyurko of Hungary and Central AC ran an impressive 36.03 for second whilst a resurgent Elspeth Curran from Kilbarchan completed the top three in 36.37.

Dumbarton swept the board in the women's team race with Lindsey Currie 5th, Nikki Lyons 7th and Charlene Kelly 9th. Garscube were second on 27 points and Scottish Prisons Service led by over forty winner, Jill Knowles third.

Pamela McCrossan of Clydesdale Harriers maintained her age group domination in the over fifty category with a 41.08 win and likewise Ann Boal in the over sixty section in 53.13.

Andrew White of Greenock Glenpark enjoyed a narrow three second victory in the men's over forty just shading Justin Carter of Cambuslang. Shettleston's Brian Scally was in a class of his own taking the over fifty race in 34.58 by more than two minutes. In the over sixty category, Dumbarton's John Harrison stayed ahead of official course measurer, Les Hill from Dumfries for a well-earned victory in 41.11.

Lewis Raeburn of Shettleston took the under twenty prize in 35.47.

Helensburgh's Jason Bell was first local man in 17th overall in a promising 34.45. Backed up well by Barry Queen in 35.46 in 29th place, Chris Moses 36.09 in 35th and Stuart Scott in 38th in 36.14.

Alan Blair of Team Clyde impressed in 15th in 34.38 and his female counterpart Nichola Copeland was 46th lady in 45.44.

513 runners finished travelling from as far afield as Aberdeen and Penarth in South Wales. Scottish Native Record Holder, Lachie Stewart whose 28.11 has remained the best run by a Scot in Scotland since his win in the 1970 Commonwealth Games, in Edinburgh presented the awards alongside Helensburgh AAC President, Laura Johnstone.

The series now moves on to Dumbarton on Thursday 17th May at 7.30pm from Dumbarton Academy. Entries online are closed but cash entries will be taken on the night. The series winds up with the Babcock Shettleston 10k on Glasgow Green on Sunday 27th May at 10am.

# Dumbarton

Last night's race was the second in the three race Babcock 10k series, following Helensburgh last week and to be followed by the Babcock Shettleston 10k on Glasgow Green on Sunday 27th May at 10 am. An almost balmy and breathless summer's evening met the 630 entrants that lined up on the grassy area near Dumbarton Academy. As the record field surged away from the start Craig Ruddy, last week's winner from Inverclyde and then twice winner of the Helensburgh 10k, Paul Sorrie from Shettleston Harriers took turns at the helm as the early kilometres clicked by at close to 3 minutes per kilometre.

Moving into the final 3 kilometres there was a new name announced on the pa system at the finish area, that of Stephen Trainer from Greenock Glenpark Harriers being closely pursued by last week's runner up, American, Mike Deason from Shettleston. Craig Ruddy wasn't far behind in third. In the final charge for the line, Trainer held on well to come home in 31.43 and eleven seconds in front of now twice runner up Deason who in turn had an eighteen second margin over Craig Ruddy in third.

Inverclyde's Peter Tucker just held off talented Shettleston junior, Jamie Burns for fourth but this week it was Shettleston who prevailed over Inverclyde in the men's three to score team race. Past winner and course record holder with 29.40 Tewolde Mengisteab was Shettleston's third counter in sixth place prevailing over Inverclyde's third man, Jon Hammerman in eleventh. Greenock Glenpark ably led by winner, Stephen Trainer were third on twenty two points for the second week in a row.

Garscube's Katie White made it two out of two in the women's race, having broken the course record in Helensburgh last week by 23 seconds to claim her £50 prize money bonus, this week she was 14 seconds outside Jennifer Wetton's record. Elspeth Curran from Kilbarchan made much of the early running but White's strength and consistency prevailed in the closing stages. Only 31 men finished ahead of White. Host club's Lindsey Currie took third overall despite now being in the over forty category and led her team home, for the second week in a row to win the team race with Vigil Garcia in eighth and Melissa Wylie ninth overall and first over fifty. Garscube Harriers were thirteen points behind and Bellahouston Harriers third on sixty one points.

In the age group awards, outstanding sixteen year old Lewis Raeburn from Shettleston took the under twenty award as clubmate Jamie Burns was fifth overall. Louis O'Hare from Cumbernauld was twelfth overall and first over forty in 34.22 whilst Brian Scally from Shettleston took the over fifty award for the second week in a row in 34.46. Paul O'Brien took the over sixty category in 40.16. Whilst his female counterpart, Ann Boal won the ladies in 53.08 for the second successive week.

There were over 430 finishers. Almost 1900 runners have entered the Babcock Series to date this year. Commonwealth Champion, Lachie Stewart presented the awards alongside Nikki Lyons the Dumbarton Ladies Captain and Charlene Kelly, Committee Member both of whom were organising this week rather than racing but they will be back in action at the Edinburgh Marathon which is on the same day as the Babcock Shettleston 10k on the flat, fast, traffic free course on Glasgow Green on Sunday 27th May. Entries remain open online at [entrycentral.com](http://entrycentral.com) until Wednesday 23rd May at midnight. Entries will be taken on the day between 8.30 and 9.30am at £20 cash only.

Jason Bell was first Helensburgh man for the second week in 23rd in 34.55 and Peter Currie first Dumbarton man in 30th in 35.32.

Team Clyde were led home by Stephen Fotherby in 43rd in 36.33 and Nichola Copeland for the second week in a row led the ladies in 46.04 and 213th overall.

# Shettleston

Corstophine's 29 year old Calum McKenzie 'gate crashed' Shettleston's party on the Green in the Babcock Shettleston 10k on Sunday 27th May, when he ran away from a field 'loaded' with internationals to triumph.

His time was a modest 31 mins 38 secs in the warm conditions, when temperatures nudged 20 degrees centigrade by the 10 am start but his victory was emphatic as he surged away in the last 3 km's from last year's champion and series record holder, Weynay Ghebresilassie, from host club Shettleston Harriers. Ghebresilassie represented his native Eritrea in the London 2012 Olympics in the steeplechase at the age of eighteen. Weynay's record of 30 mins 11 secs was never under threat but McKenzie, who is studying at Aberdeen University, produced a very mature performance to consolidate his rise to the top level. Improving steadily through schools and junior ranks, he was eighth in last Winter's Scottish National Cross-Country Championships.

Stephen Trainer of Greenock Glenpark Harriers, the winner of the Babcock Dumbarton 10k last week was just edged out by Ghebresilassie for second in 32.08 to 32.10. These two took gold and silver respectively in the West District Championships which were incorporated in the event.

The ever consistent, American runner, Mike Deason representing Shettleston picked up the Babcock 10k Series title and a bonus of £125 with 4th, following his second places in Helensburgh and Dumbarton. He also picked up the West District bronze medal.

Craig Ruddy held on well for 5th after his win in Helensburgh and third in Dumbarton. He lost out to Deason by a single point for the series prize. Paul Sorrie closed out the Shettleston team in sixth place to easily take the team title in two out of three races, with only 12 points. Greenock Glenpark were second on 34 points with Stephen Trainer backed up by Chris Mooney in 13th and Andrew White in 18th. Inverclyde were third.

White was also first over forty in 34.39. Brian Scally of Shettleston made it three in a row in the over fifties in 35.59. Cambuslang's Brian Hughes prevailed in an impressive 37.52 to lead the over sixties home, as course measurer Les Hill was second for the third race in a row. Martin Lynas of East Kilbride took the under twenty award in a promising 34.20 to make the top twenty overall.

Katie White of Garscube continued her unbroken run of victories after setting a course record in Helensburgh and holding off a resurgent Elspeth Curran from Kilbarchan in Dumbarton. This time the gap between them was only around five seconds with 3 km's to go but once again White's strength and resilience paid dividends as she held on for a well-earned victory by fourteen seconds in 36.20 to Curran's 36.34. They also took gold and silver in the West District Championships.

Clare Moffett of Falkirk Victoria completed the top three in 37 mins precisely. Ruth Joss of Shettleston took the West District bronze medal.

Claire Thompson, seventh overall for Victoria Park City of Glasgow in 39.57 took the over forty honours. Pam McCrossan from Clydesdale Harriers took her third over fifty title in 42.27 whilst Motherwell's Phyllis Hands was leading over sixty in 49.53. Morna Holmes, Glasgow University was first under twenty in 45.49.

Katie White led Garscube to the women's team title with 31 points, Mary Senior and Laura Gray backing up well. Shettleston were second on 88 points with Ruth Joss, Amy Maclellan and Cara McCafferty. Bellahouston Road Runners prevailed over Bellahouston Harriers, with Romy Beard Laura Henderson and Mandy Morgan, by dint of their third counter beating her Harriers counterpart, Gillian Glass.

Sponsors Babcock were well represented by Team Clyde runners out in force. Simon Foster, Managing Director Babcock Clyde said 'This year's Babcock 10k series has involved more than a hundred runners from the naval base joining up to run for Team Clyde. That's a significant increase from last year and a very positive result for us. The added benefit is that in the Year of Engineering we will use our association with the race to launch a number of STEM activities for young people in the local communities where the races have taken place. It's rewarding to see that our commitment to health and wellbeing can work hand in hand with our other major priority of promoting careers in engineering to young people in our area. I'd like to pass on my congratulations to everyone who challenged themselves at one or more of the races.'

Almost 1900 runners entered for this year's Babcock 10k Series, a 50% increase on last year and almost 1500 runners finished.