



Donna Irwin of St Albans Striders at the Welwyn Half Marathon.

Picture: MIKE MARTIN

St Albans Striders enjoy good results at Welwyn Half Marathon and further afield

Athletics

NEIL METCALFE
sport@hertsad.co.uk

St Albans Striders were competing in a number of half marathons across the country and the continent this weekend.

Just up the road in Welwyn Garden City, 28 Striders pounded the pavements of the half-marathon course.

Rob Spencer flew round to finish fifth overall in one hour 17 minutes and behind him came Stephen Hosty in 1:21:55 and Richard Harry in 1:23:09.

Andrew Mckillop ran a new personal best of 1:24:08 as did Donna Irwin who finally broke the 1:50 barrier in style, getting 1:48:32.

The club's first lady over the finish line was Charlotte Teare in 1:30:31, which was good enough to finish as second female in the race overall.

Nicky Laitner was third in the FV40 age category with 1:41:10.

In Reading Blake K Vivian and Oliver Poulain ran together and both made the top 100 finishers, coming in just under one hour 15 minutes.

They were followed by Wendy Walsh, who was sixth in her age category, and James Harrison,



Steve Elkan, right, of St Albans Striders at the Welwyn Half Marathon. Below inset, Richard Evans.

Pictures: MIKE MARTIN/ TONY BARR

Nicola Carter, Kate Lobina, Phoebe Steer and Noran McGovern.

Taking a break from his usual full-length marathon race schedule, Ian Hirth finished 47th in the Hampton Court Palace Half in 1:29 while across the Channel in Marseille, Jenny Maddocks and Errol Maginley both completed the half marathon in times of 1:31 and 1:37 respectively.

Richard Vaughan spent seven hours and 18 minutes completing the Sussex Ultramarathon, a tough and hilly 34-mile course along coastal trails and other footpaths as part of his training for a

longer event in April.

Danielle Glassey ran the Richmond 10K in 57:53 while Anna Buckingham finished 12th lady at the muddy and challenging Ashridge Boundary on Saturday.

Judy Willitts was the second lady at Luton's special 100th parkrun which attracted a record-breaking attendance.

John Knight and Gary Warren both ended up with number one finish tokens at the 5km parkrun events they ran at Cassiobury in Watford, and Aldenham respectively.

St Albans Striders is a friendly club for all types of runners which meets by the Westminster Lodge Athletics Track building at 7pm on Tuesdays and Thursdays.

More info can be found at www.stalbanstriders.com

sportbites

Swimming

At the Herts Secondary Schools Inter-District Swimming Championships, the St Albans District 34-strong team produced an outstanding display to win a close-fought competition by two points from Dacorum.

Reese Housden, from Harpenden's Sir John Lawes School, smashed the intermediate boys' 50m freestyle record by over one second. He also led the intermediate boys' medley relay team comprising of

Charlie King, Joe Richardson and Daniel Martin to victory with another record.

Joe Pannese, of Aldwickbury School in Harpenden, was also outstanding, breaking the record in the 50m freestyle in the junior boys.

St Albans District swimmers won eight individual events, including Celyn Walmsley, Oscar Brice, Isabel Harber, Niamh Kelly, and Sophie Payne, and six of the relays to win the junior girls' and intermediate boys' trophies.

Fencing



Harry Mogie became St Albans' first British Sabre champion on Saturday winning the U10

British Youth Sabre Championships in Stratford Upon Avon.

The Paul Davis Fencing Academy student stormed to the finals with key victories in the quarter-finals and semi-finals before winning the final 10-3.

Harry won the event off the

back of a successful 2016 being ranked number one in the U9 category. He will be joining his brother Oscar in Poland this coming weekend in representing England in the U13 European Championships.

The Mogie brothers were joined by their younger brother George who was part of the PDFA team that won silver at the National Championships on the same weekend.

Further success saw Josie Reid from PDFA win bronze in the girls' event at the U10 Girls British Youth Sabre Championships.

Motorsport



Alex Jones

Radlett-based racing driver Alex Jones will return to the cockpit of a Formula Vee this season with Bears Motorsport.

The 24 year-old will be embarking on his fifth season in the 750MC Formula Vee Championship and will look to build on last season's promising performances.

The 2017 season marks the 50th Anniversary of Formula Vee in the UK, and to celebrate, Cadwell Park will host a Vee Festival featuring

non-championship races on July 29-30.

"I can't wait to get back in the car this season", said Jones. "The winter break sometimes feels like it's taking forever, but I've kept myself busy by training and keeping focused so I can give it everything when I get back in the car."

"Unfortunately, due to personal commitments, it looks likely I'll miss the opening races at Oulton Park, but my aim is to be out at Brands in May so I'm really looking forward to that."