

## **Midlands 10k Championships 12<sup>th</sup> July 2015**

The Northbrook 10km incorporating the 2015 Midland 10km championships.

Starting on Browns Lane at the Jaguar sports and social club, the race took a right turn and was led out into the peaceful and undulating Warwickshire countryside.

The men's race soon took the expected shape with Scott Hazell (Coventry) taking the early lead. By 1km it was Martin Whitehouse (Notts AC) who made the next move by testing Matt Adcock (Hermitage) and Scott. The Coventry man dropped back 5-10m at this point and remained in this position for the rest of the race. The heavens briefly opened when the leaders passed through the 3km mark, and this along with the next big hill signalled Matt to take the lead and put questions to his competitors as he surged up the hills. Martin would respond on the downhills which then resulted in a ding dong battle. They were still together at 6.5km and Martin was now waiting for his turn. The former 3000 and 5000m champion made another break on a downhill section which proved to be decisive. A 50m lead was created and kept all the way until the finish.

The ladies race was not as close as the men's, but it did provide a great result for Zoe Chandler (Stratford Upon Avon AC) who took off 3 minutes and 32 seconds off her 10km pb to become the Midland Champion at the age of 20, despite losing her watch half way around. Rachel Buxton (Coventry Godiva) also excelled by taking almost 2 minutes off her previous best and picking up a silver medal. Amana Deavy (Northbrook AC) recorded her fastest time since 2012 to secure the bronze medal.

We would like to thank Northbrook AC for hosting the event and also congratulate them for making the event a success and enjoyable for everyone involved.

### Results

#### Men

1. Martin Whitehouse 32.43
2. Matt Adcock 32.51
3. Scott Hazell 33.05

#### Ladies

1. Zoe Chandler 36.30
2. Rachel Buxton 37.35
3. Amanda Deavy 38.47