

Rotherham Harriers scoop personal bests and a brace of British Masters National medals at Rhyl 10mile road race.

4 Harriers made the trip to North Wales at the weekend for the British masters 10 mile road race championships in Rhyl. The race was an out and back course up the promenade from Rhyl to Prestatyn with the first 5 miles into a cold blustery headwind, apparently the best race conditions for years ! First home was Ian Whyman in 16th overall in a new PB of 58:22mins taking a silver BMAF medal for 2nd Vet45 male, next in was Steve Marshall in 21st place in a new PB of 58:52mins. Simon Holt was the next Harrier home in a fantastic new PB of 63:40. This gave Ian, Steve and Simon the BMAF team Gold medal for the Vet45 age category. Emma Holt also braced the chilly weather and completed the course in a superb 1hr45. Well done the Harriers !

Pictured are the Gold medal winning team of Simon Holt, Steve Marshall and Ian Whyman.

