

## **Great Yorkshire Run - Sheffield, 6th September.**

Andy Sly and Martin Stanton travelled to South Yorkshire for the third running of this 10km event, hoping for a confidence boost prior to the forthcoming Great North Run for which they both hold entries. With 5,231 finishers this is probably the largest 10 km race in the local area, and both runners acquitted themselves well. The weather was favourable for running with dry, cool conditions though there was a stiff breeze in the more exposed areas of the race. The race began with a sharp downhill stretch, which was evened out by two steep hills in the final mile which competitors could have done without after previously covering five miles. Andy just missed out on a personal best time in recording 36 minutes 2 seconds, this time earned him 47th position overall, and was good enough for him to win his age group category award. Martin finished in 49:10, placing him 1,098th a very creditable run leaving well over 4,000 runners in his wake. Both athletes will take on the GNR in two weeks time with increased belief following their efforts