

THOMAS AND JAMES TAKE ENGLAND ATHLETICS ULTRA DISTANCE CHAMPIONSHIPS

The 2013 England Athletics ultra distance championships were incorporated into the Self Transcendence 24 hour race held at Tooting Bec track in South London at the weekend (Sept 21st /22nd)

In a 24 hour race, the idea is to see how much distance one can cover in the time. Runners run on an accurately measured loop, in this case a 400 metre track, and every lap is meticulously counted to give a final total.

Nick Thomas of Manchester Tri Club, claimed the men's title, covering 511 laps of the track to complete a distance of 204.487 km, 127 miles 109 yards. Second place went to Stephen Thompson (Birmingham AC) with 122 miles 1412 yds and Sale's Tim Rainey third with 110 miles 1063 yds

The men were somewhat upstaged by the leading English lady, Helen James of Barrow Runners. James recorded a distance of 128 miles 466 yds comfortably ahead of Vicky Luffrum, with 105 miles 428yds and Sophie Bendix (Bungay) with 82miles 1090 yds.

The race which annually attracts runners from all over the UK and beyond was very successful for two visiting Scots athletes. Marco Consani from Garscube Harriers in Glasgow won the race overall with a total distance of 154 miles 262 yards, while Fiona Cameron from Harmeny AC in Edinburgh recorded 134 miles 1072 yards.

Both athletes surpassing the GB 24 hour A selection standards of 235km (men) and 214km (wom) in the process

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