

Luke Cragg returned from University in the USA last weekend and went straight into action at the Bolsover 11K. Still jet lagged after no sleep on his flight home followed by a 16 hour sleep prior to the race, Cragg showed that his US training regime is paying off as he took third place in a time of 36:18.

Cragg will be part of a Mansfield Team looking to retain the Senior Men's County Cross Country title that they seized earlier this year, for the first time in over 40 years, from Notts AC. The 2010 Championships take place, in conjunction with the Derbyshire Championships, on January 9th at Derby's Markeaton Park.

Rob Smith continued his return to racing at Bolsover, finishing 19th in 41:35. Trevor Hiscox and Eva Williams both dipped under the 50 minute mark, Hiscox finishing 76th in 47:09 and Williams 121st in 49:00.

Clare Coombes and Wanda Curley finished a second either side of 51 minutes, Coombs taking 165th in 50:59 and Curley 167th in 51:01. Lorraine Garvey completed the Mansfield line up finishing 439th in 59:34.

Elsewhere on the roads Colin Fell and Maddy Collinge both tackled the Keyworth Turkey Trot Half-Marathon, Fell finishing 278th in 1:41.21 and Collinge 465th in 1:50.29.

Track Athletes got another chance to test their form indoors at the Sheffield Open, where personal bests came in abundance.

Sam Cordin produced the fastest time of the day over 300m, clocking a new PB of 35.18, Stef Wilcockson also producing a PB of 37.91 over this distance.

Over 60m, Neal Baines produced a new PB of 7.11, recording the third fastest time of the day. Sam Cordin clocked 7.25 with brother Jonathan also showing his speed with a PB of 7.44.

David Baines clocked 7.52, Steff Wilcockson 7.63 and youngster Elsie Glover 9.40 – all three of these being new personal best times. Glover went on to also run 150m in a time of 22.14.

Stuart King was the only distance athlete in action, taking the honours over 3000m where he produced a new PB time of 8:42.20, reducing his previous best by over 6 seconds.

Beth Mortiboy recorded a PB of 4.31m in the long jump, also recording 21.89 over 1.50m with Chris Ashmore jumping to 5.01m in the Long Jump and 1.35m in the High Jump.