

This week signals the start of a busy period for Mansfield Harriers as the summer season kicks in. Road race action starts on Wednesday evening with the first fixture in the Notts AAA Road Race League at Epperstone and is followed on Saturday by the National Road Relays at Birmingham's Sutton Park.

Chris Dale continued his strong winter form with a seventh place finish at the Derbyshire 10K, clocking an impressive time of 33:11. Luke Marshall is another athlete who has improved massively over the winter since moving to Birmingham University and produced a fourth place finish in the Notts Easter 10K, over the undulating ground of Wollaton Hall, recording a time of 36:22.

Trevor Hiscox was 42<sup>nd</sup> at Wollaton in 43:26 with sprinter Neal Baines switching to the longer distance and just making the top 100, finishing 96<sup>th</sup> in 48:02. Clair Coombes and Kate Raynor completed the Mansfield line up finishing 103<sup>rd</sup> and 113<sup>th</sup> in 48:39 and 49:12 respectively.

Club Chairman Steve Davies is aiming to run his 50th Marathon at London in just under two weeks. However a hamstring injury in recent weeks has put his plans in doubt. Davies used the Belvoir Half Marathon to test out his race fitness and despite clocking 1:22.36 and finishing as first VM50 he was concerned about his lack of endurance over the last mile and will now use this week to re-assess his London plans.

Javelin throwers Lee Peters and Lucy Banner made the trip to Hull for the Kingston upon Hull open meeting where Banner produced a new PB of 29.88m with Peters having a best throw of 53.99m.

Luke Cragg and Steve Lisgo both continue their preparations for the summer in the USA where Cragg ran a 1500m PB of 3:49.85 at the Sun Angel Track Classic last week. He then went on later in the same day to run a 5k track race at 10k pace, as preparation for his targeting a sub 29 minute 10k time this season, and ran consistently to clock 14:41.89.

Lisgo has had outings over 800 m and 1500m, recording 1:55.83 for the shorter distance at the Purdue Mike Poehlein Invitational and 3:54.37 at last weekends Miami Invitational for the 1500m.