



50th Round the Houses & 11th Jim Dingwall Memorial 10km Road Race with 2k Fun Run

One of Scotland's Oldest Road Races celebrated its 50th running in style last Sunday as Olympian's, members of Team Scotland from the 2014 Glasgow Commonwealth games, a world record holder over the 10km race distance and numerous current Scottish Internationalists and age group Champions lined up along side almost 1000 runners from all over Scotland and further a field for the annual "Round The Houses" and Jim Dingwall Memorial 10km road race in Grangemouth which once again incorporated the Scottish Students Road Race championships, and was preceded by a 2km fun run.

The stellar line up was particularly strong in the women's race where three athletes from the top 10 finishers in February's National Cross Country Championships, held at Calendar Park lined up alongside the current course record holder Hayley Haining, who recently won the Alloa Half marathon and Lasswade 10 mile races in what is thought to be a record field of almost 1000 finishers for the event established in 1967. With anticipation of a fast race and possible new women's course record it was, however, the men's race which produced the highlight of the day with what must be the closest finish in the events history and possibly of any 10km road race held at anytime in the UK with photographs required to confirm the finishing positions of the leading athletes as the first three, split by less than a second changed positions in the last 10 metres of the race.

Provost Pat Reid started the days' events at exactly 12 mid day sending one hundred and seventy participants of all ages on their way in the 2km fun run. The traffic free route, a result of road closures tremendously managed by the local police force, allows the many spectators to offer great encouragement to the participants throughout their run which follows the last two kilometres of the 10km race before finishing on the fantastic track from the 2014 Commonwealth Games which has been re-laid within Grangemouth Stadium. Each participant received a medal and refreshments to mark their achievement. David McNair, Kilbarchan AC was victorious with a winning time of 6min 20sec with Falkirk Victoria Harriers Cameron Taylor-Cameron 2nd in 6min 37sec with club mate Kane Elliott recording 6min 43sec to finish a close 3rd. A clean sweep for the young Vic's girls perhaps pre-empted the men's race as just two seconds separated the first three girls at the end of what was a close contest throughout. Phoebe Angus 7min 55sec just beating Flora Johnston 7min 56sec with Lauren Barclay a close third in 7min 57sec.

Promoters, Falkirk Victoria Harriers and Falkirk Community Trust, would like to thank major sponsors Behind The Wall, Network Rail, Direct Rail Services, Natural Power, LifeFit Wellness, Tesco, Run 4 It, Lucozade, McDonald's, Bookers, Tesco and ASDA for their continuing support, and also the local police who ensured the runners could complete both races safely.

With tremendous support from the local police force who superbly handled road closures and busy traffic junctions around Grangemouth throughout the 10km race Provost Pat Reid sent the massive field on their way at 12.30pm as the athletes followed the lead car supplied by Square Deal Motors Toyota down Inchyra Road and along Bo'ness Road towards the town centre. A large pack gathered at the front of the race including Triathlete Russell White Dromore AC (5th last year), Michael Christoforou Edinburgh Uni, Bryan Mackie Edinburgh AC (3rd last year), Conan McCaughey Central AC, Max McNeill Lothian AC, Stuart Gibson Ronhill Cambuslang, Patryk Gierjatowicz, Hunters Bog Trotters and Falkirk Vic's Scott Stirling representing Edinburgh University all well positioned. The lead changed hands several times as attacks were made in a bid to break up the leading pack. In the

end six athletes broke clear and a tremendous battle ensued throughout the last kilometre, resulting in the closest of finishes possible with three athletes sprinting all out for the finish line and the lead changing hands right on the line. In a move more akin with the sprint races held throughout the summer at Grangemouth Stadium photographs were consulted to confirm White had taken the narrowest of victories with Christoforou 2nd and Mackie 3rd all in the same time of 31min 4sec. McCaughey, who had been with the leading three as they entered stadium finished a close fourth in 31 min 6sec and just a few seconds further back another sprint was on for 5th and 6th places with Gibson, 31min 11secs finishing stronger than McNeill 31min 13secs.

Ron Hill Cambuslang once again produced the leading master athlete (Over 40), as Scottish Masters Cross Country Champion Kenneth Campbell finished in a magnificent 13th place overall in a time of 33min 9 secs remarkably the same position as last year's M40 winner. The tremendous racing and battles for prizes continued throughout the age groups with last year's M50 winner, Alan Derrick of Calderglen Harriers putting up a determined defence of his title finishing just a few strides behind Strathearn Harriers Wattie MacKay who won in 35min 49secs to Derricks 35min 54secs. Linlithgow AC's Angus Gallie won the Masters 60 title in 40min 27secs from club mate Colin Hutcheon 41min 44secs and Callum Symmons of Edinburgh University won the U20 title in 33min 42sec.

Falkirk Victoria Harriers, Scottish Cross Country International athlete, Scott Stirling representing Edinburgh University won the Scottish Student Sport 10k Championships Title finishing 9th overall (32min 25secs) and leading the Edinburgh University team to victory in the overall Team competition. Annabel Simpson, Glasgow University, comfortably won the Women's Scottish Student Sport Title with a time of 35min 47sec, also winning the under 20 age group in the main race.

With probably the highest quality woman's field for a 10km road race seen in Scotland for many years London 2012 Olympian Freya Ross won in 33min 53sec beating course record holder and 2014 Team Scotland marathoner, Hayley Haining of Kilbarchan AC 34 min 32sec with Fanni Gyurko Glasgow University a close 3rd (34min 46secs) and last year's winner Jennifer Wetton Central AC in 4th position (35min 29secs).

Commonwealth Games marathon runner Joasia Zakrzewski, Dumfries RC won the over 40 Masters race in a very respectable 35min 55sec narrowly beating Scottish Masters Cross Country champion Lesley Chisholm, Garscube Harriers 36min 7sec with Edinburgh AC'S Jenny McLean in 3rd position (36min 52secs).

The large contingent from Carnegie Harriers celebrated as Mary Western won the Master 50 category in a time of 39min 36sec.

Freya Ross led the Edinburgh AC to victory in the Women's race along with Rachael Dunn and Laura Dun and the Masters Title was won by a strong Gala Harriers team of Jennifer Forbes, Anya Campbell and Fiona Shepherd.

First FVH Male home winning the Dingwall Quaich was Barry Paterson in 15th position (33 min 16secs) and first FVH Woman home was Scottish Triathlon Junior Champion Julie Nimmo who finished in 3rd position in the U20 Category (38min 43 secs).

Hundreds of runners from all over Scotland including Dumfries, Ayr, Teviotdale and Gala in the south to Aberdeen and beyond in the north continued to take advantage of the good running conditions with many obtaining new Personal Best times and hundreds of pounds were raised for charity, in particular the races charity Strathcarron Hospice.

The organising and support the event had received was evident as fun and charity runners continuing to pour across the finish line and the Life Fit Physiotherapy team were on hand to provide a welcome post race massage to the weary athletes.

Falkirk Victoria Harriers would again like to thank everyone who contributed in making the event a great success with special thanks to parents, members and helpers from the club, management and staff of Grangemouth Sports Stadium and Coast Ambulance personnel, without their support the race would not be the outstanding success that it has grown to be. Also Provost Pat Reid for his continued support and staying to graciously present all of the prizes.