

HAWKER AND GOODERHAM IN RELENTLESS FORM AT THE COMMONWEALTH 24 HOUR AND TRAIL CHAMPIONSHIP RACES IN NORTH WALES

The 2nd running of the Commonwealth Championships Mountain Ultra Running Ultra running took place in North Wales 23rd-25th September 2011 - report by Norman Wilson

As the apparently incongruous disciplines of Ultra and Mountain Running came together for a second time, this event further established itself on the athletics calendar. Building on the inaugural event in Cumbria two autumns ago in 2009, North Wales would be hosting three separate championship events in different locations.

Lizzy Hawker



The 24 Hour race kicked off the Championships with English runner Lizzy Hawker producing a World record display in the first event, the 24 Hour race in Llandudno. The English athlete completed 247,0762kms (more than 153 miles) and furthermore accomplishing what is rarely ever achieved at this level - she beat all the men.

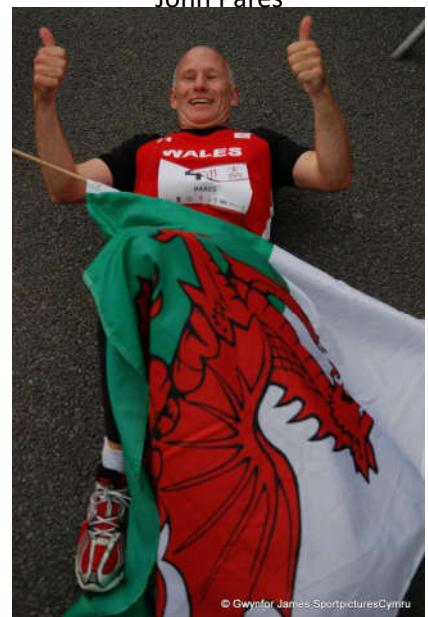
Less than a month after winning the gruelling The North Face Ultra-Trail du Mont-Blanc in France, Lizzy Hawker smashed the world best 24-hour performance by a woman on the road by 3.4192kms. By the end they were calling her Superwoman and who could disagree? Lizzy led the England to team gold medals followed by team colleagues Marrie Doke 206.409kms and Karen Hathaway 189.530kms

The crowds watched in amazement as the diminutive English athlete smashed the 18 year old world record by a full three kilometres as she ended 24 hour of pain and glory on Gloddaeth Avenue by covering 247.7kms.

What's more, she was making her debut in the endurance event and came ahead of all the men! However, it was still a proud day for Welshman John Pares who covered more than 150 miles with his 244kms. John stopped for a massage at midnight 12 hours into the race. Lizzy then passed John and he had to decide whether or not to try to beat her and blow my chances of the gold medal or just concentrate on his own race.

In the end John focused on winning the title for Wales. Pat Robbins of England won the Bronze medal completing 231.1635kms, followed by Chris Carver 220.718kms and Richard Quennell 216.452kms. These athletes led the England team to gold medals.

John Pares



On the Saturday the second Championship event took place in Llanberis - a further 30 miles along the north Wales coast. England's Lizzie Adams won the Women's 8km mountain race. Conditions for the race saw rain and mist veil Moel Eilio in the shadow of Snowdon. James McMullan (England) was clearly inspired by Adams and Hawker's success as he battled from fourth to first in the Commonwealth mountain race to hold off the strong Scottish challenge to win the Men's 12km race. England took both the Men's and Women's team titles.

On the Sunday the Commonwealth Trail Championship was held further up the coast in Newborough Forest, Anglesey over a course of 53.73KMS. There were some world class athletes entered from Kenya and Zambia and also Huw Lobb of England and Richie Gardiner of Wales. Richie had been disappointed to miss out on competing in the marathon at last year's Commonwealth Games but now stepped up superbly to ultra distance by taking the gold on the very tough trail course.

Not panicking when the Kenyan and Zambian athletes went off quickly from the start, Richie Gardiner and Emma Gooderham ran a controlled first 10k. After 21kms Tum from Kenya held a 11sec lead over Chintalia from Zambia and Emma Gooderham of England was leading Scotland's Angela Mudge who had finished second in the World Trail Championship in 2009. Gardiner however was more than six minutes off the pace in fourth. But as the first three dropped out at various stages, Gardiner's more consistent pace saw him into the lead in the late stages of the race over a tough course which included stretchers across a beach and sand dunes, as well as a mixture of gravel trail and grass with a tough climb on each lap.

Emma Gooderham



Emma Gooderham won the Women's title as she confirmed her position as one of the World's best short ultra runners. Having won the IAU 50KM World Trophy Final in August in a World age best performance and she added the Commonwealth title to her CV with a time of 3hrs-53mins-50sec beating a world class athletes in the Trails including Scotland's Angela Mudge by more than 11 minutes. Australia's Kirstin Bull was third. Helen Taranowski and Kate Bailey supported Gooderham as England took the team title.

In the Men's' Team race Paul Fernandez finished 7th, Julian Rendall 9th, Russell Maddams 10th ensuring that England won the Silver team medals.

N.B. The website www.cmudc2011.org has reports and photos from all the Championship races.

Kind Regards

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Below is a link for further photos of the Commonwealth Trail Championship which you can use :

[google.com/101179749195971530754/CMUDC55kFinish2011#](https://www.google.com/101179749195971530754/CMUDC55kFinish2011#)

Trophy with her coach Norman Wilson obviously Emma received her Commonwealth Gold medal later the same day the race was held at Newborough Forest, Anglesey on Sunday 25th September 2011. I was appointed as the event manager for the 2nd Commonwealth Championships held in North Wales between 23rd-25th September 2011, so this is the first opportunity to send you details of these Championships please can you put the report and photos on the ERRA website plus the full result of all the Championship races Men/Women 24 Hour /Mountain Up and down/ and Trail including team result for each Championship race.