

BRITISH WOMEN TAKE 1-2-3 AT 50KM TROPHY FINAL IN ASSEN, THE NETHERLANDS ON 23 AUGUST 2011

The IAU 50km Trophy Final was held in Assen, Netherlands on Saturday 20th August 2011. A field of around 150 athletes travelled from countries including Australia, Japan, America, South Africa and Russia to compete.

Winner Emma Gooderham qualified for the race having run a 50km race in Gloucester back in June, setting a new personal best of 3 hours and 32 minutes and crowning herself British Champion.



of 3hrs 43mins 08sec.

Emma led the British girls home in a new personal best time of 3hrs 17mins 30sec, (knocking 14 minutes off her previous time) winning the World Trophy final from English team colleague Susan Harrison who was 2nd in a time of 3hrs 25mins 05sec - followed by another British girl; English born athlete Joanna Zakrewski whose time was time of 3hrs 26mins 36sec. In 6th place was Lucy Colquhoun from Scotland in a time of 3hrs 35mins 33sec and in 9th place was Karen Rushton from England in a time

Emma Gooderham's performance was a new World age best performance over 40 which was held by Australia Jackie Fairweather in a time of 3hrs 19mins 2sec in Canberra in 2008.

Emma told us, "The course was 10 laps of a flat 5km loop, starting and finishing in a stadium, and going through beautiful woodlands of Assen. The competition was tough and although I went into the race ranked second, I knew I had a hard race and to finish in the top 5 would be a dream. My coach, Norman Wilson, advised me to go out hard from the start and try to maintain around 6 minutes and 20 seconds pace per mile for as long as possible. I did, and then just maintained this pace and didn't slow for the whole race, so much so, my last few miles were run at around 6.15 and each lap I edged a little bit further away from the field."



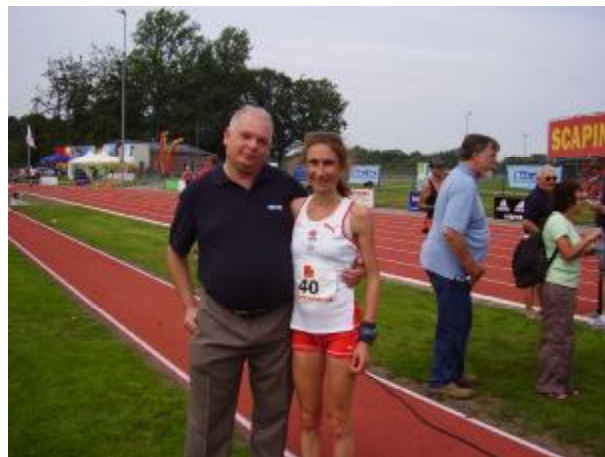
The Men's race was won by Eliot Kiplagat Biwott of Kenya in a time of 2hrs 54mins 52sec followed by Pieter Vermeesch of Belgium (2hrs 57mins 22sec) who is based in London. In 3rd Position was Kaito Iwayama (Japan) with 2hrs 59mins 11sec.

The English athletes had some excellent performances; Russell Maddams finished in 6th Position in a new PB 3hrs 05mins 23sec followed by Paul Fernandez (7th) also in a new PB of 3hrs 09mins 18sec with Julian Rendall in 8th place for England in a time of 3hrs 09mins 54sec.

This race is the stepping stone for all these athletes with the IAU 100km World Championship being held in Winschoten, Netherlands on 9th September and the forthcoming Commonwealth Championships which are being held in North Wales between 23rd-25th September 2011.

Self-funded Emma is now concentrating on these Commonwealth ultra- trail (53km) Championships in a months' time. She commented, "I'm lucky to have a very supportive athletics club (Malvern Joggers) and coach, but I'm seeking sponsorship to help me progress to even greater things. After my negative splits at the London marathon, and Boddington 50km, where in both races I got quicker, and taking a risk which paid off this time by upping it from the start, maybe I can push it a little harder still next time?"

Great Britain's Women's team are defending the World 100km Team title and Individual title won in Gibraltar last year. This was the last chance for athletes to prove race fitness before final selection of home countries for the forthcoming Commonwealth Trail Championships.



Norman Wilson