

Middletown Hill
2.8km/1.7miles 440m/1450ft
Wednesday 2nd August

What a fantastic race to watch. The weather forecast had been ominous, with thunder and lightning promised, luckily it didn't materialise until after the finish.

80 runners lined up in the start field, and the leaders smashed it off from the start. A small group of 3 runners (Jack Agnew, Adam Bentham, Dom Jones) got a gap on the rest of the field before they got to the Welsh Dragon flying on the summit of Middletown Hill the first time. On the first descent Andy Watkins made contact with the lead runners and moved up into third.

When the lead runners came back into view silhouetted against the sky on the final climb to the Dragon, two runners had a clear lead, Jack Agnew closely followed by Adam Bentham. The next runner into view was Dom Jones in third place, but with Andy Watkins and Sara Willhoit chasing not far behind.

And to the final descent. Though very close at the top Jack Agnew was able to get a decent gap on the descent and open it up enough to take the win from Adam Bentham. The Battle for third was close as Andy Watkins closed down Dom Jones overtaking him as the runners headed back into the gorse, last years overall winner Sara Willhoit ran a great race coming in 5th place and first female.

With it being such a short race there were some amazing sprint finishes down the finish field, one runner took a great tumble, landed back on his feet, and kept his place by 2 seconds. Another did take a dive over the line.

As the final runner crossed the line, the clag that had threatened wrapped itself round the top of the hill ending a great evenings racing.

Male

1	Jack Agnew	24.03
2	Adam Bentham	24.16
3	Andy Watkins	24.41
4	Dom Jones	24.50
5	James Stuart	25.18

Female

1	Sara Willhoit	24.54
2	Mackenzie McCourt (U17G)	28.05
3	Nicola Richards	29.41
4	Monika Oparka – Hickinbottom	31.07
5	Charlotte White	31.21