

DERBY 10 MILE 2021 RACE REPORT

Derby 10 Mile fastest course in UK behind Great South Run

Course record broken 4 times including by UK's ranked 5th male and female runners

The 5th Derby 10 Mile took place on Remembrance Sunday, 14th November, 2021. An unseasonably warm and sunny morning was welcomed by runners as they embarked on the iconic Derby Arena, venue host for this year's race.

The race started just after 11am as a two minute silence was held in acknowledgment of Remembrance Day.

There was a good turnout on race morning and an impressive field of elite runners took part which saw the existing course records broken 4 times.

The first runner over the line this year and impressively breaking the existing course record held by Ben Connor in 2019 of 49.42, was **Ross Millington** of Stockport Harriers & AC in 48.37. Ross competed in the 5,000m and 10,000m at the 2016 Olympic Games in Rio de Janeiro. In second place, and also breaking the course record, was **Frank Baddick** of Newham & Essex Beagles AC in 49.40. **Jonathan Jones** of Bedford & County AC was third in 50.38.

The first female to cross the line and breaking the female course record held by Tamara Armoush in 2018 of 58:12, was **Jip Vastenburger** of Stockport Harriers & AC in 56.17. In second place, and also breaking the female course record was **Leila Armoush** of Leeds City Athletics Club in 57.32. In third place was **Georgina Weston** of Rotherham Harriers and AC in 59.48.

Ross Millington and Jip Vastenburger's 10 mile results place them as 5th male and female, respectively, highest ranked runners in the UK. This makes the Derby 10 Mile the fastest course in the country, behind the results of the international-standard event, the Great South Run.

The event also hosted the Midland Counties Athletics Association Road Race 10 Mile Championships and Keith Brackstone, Chair of the Midland Counties Cross-Country Association, attended to present the winners' medals. The medal for first male was awarded to **Frank Baddick** of Newham & Essex Beagles AC with his finish time of 49.40 and the medal for first female was awarded to **Georgina Weston** of Rotherham Harriers and AC with a finish time of 59.48.

In the Race Village, runners had the chance to visit the Derby Runner stall, have their medal engraved and receive complimentary pre and post race sports massage by the team at Andra Health. Our official race charity Annabel's Angels manned the water station on the course.

The Derby 10 Mile event was only possible with thanks to all the race sponsors and amazing volunteers.

The 6th Derby 10 Mile will take place on 20th November 2022.