

# Josh blasts to his first victory on the country

**GOING** into this winter's Frostbite League campaign, Nene Valley Harriers had supplied just one individual race winner in the 24 races they had competed in since joining the league in 2004.

But this winter has seen their young guns developing superbly and they have provided all four winners to date – all by promising teenagers.

Adam Binns (18) won the first two races and Chris Wright (16) then became the youngest ever winner in the league's history before Josh Reed (18) made it four out of four for the Harriers at Ramsey on Sunday.

It was Reed's first ever cross-country win and his maiden success against senior opposition as he used his track speed to reel in William Mackay of Riverside Runners.

Reed, who missed much of last year's track campaign due to injury, was over the moon to get the victory, which has left him full of confidence going into this weekend's Cambridgeshire Cross-Country Championships at Priory Park, St Neots.

He said: "I was delighted to get my

## ATHLETICS



By **BOB FRANK**

bob.frank@peterboroughtoday.co.uk

first cross-country win – and it was also a fast time. The course was about five-and-a-quarter miles so I was very pleased to run 27.26."

Reed won by 20 seconds, which was quite staggering considering he didn't hit the front until entering the field with about half-a-mile to go.

Reed added: "At one point he was about 20 seconds ahead but by four miles I felt he was coming back to me.

"When I got to within five seconds of him I felt I would win the race as I was feeling good."

Reed had finished third – behind Wright and Binns – in the previous race at Hinchingsbrooke and was looking to at least match that at Ramsey. He admitted: "I never say I'm going to win a race because I don't like to put pressure on myself, but I was looking for another top three position."

The teenager was recently named captain of Nene Valley, replacing Binns who is now at St Mary's College

in London, and he was delighted to be given the honour.

He said: "It's great to be named captain, I was really pleased to be asked. I'm looking forward to skippering the team and hopefully we'll have a good season."

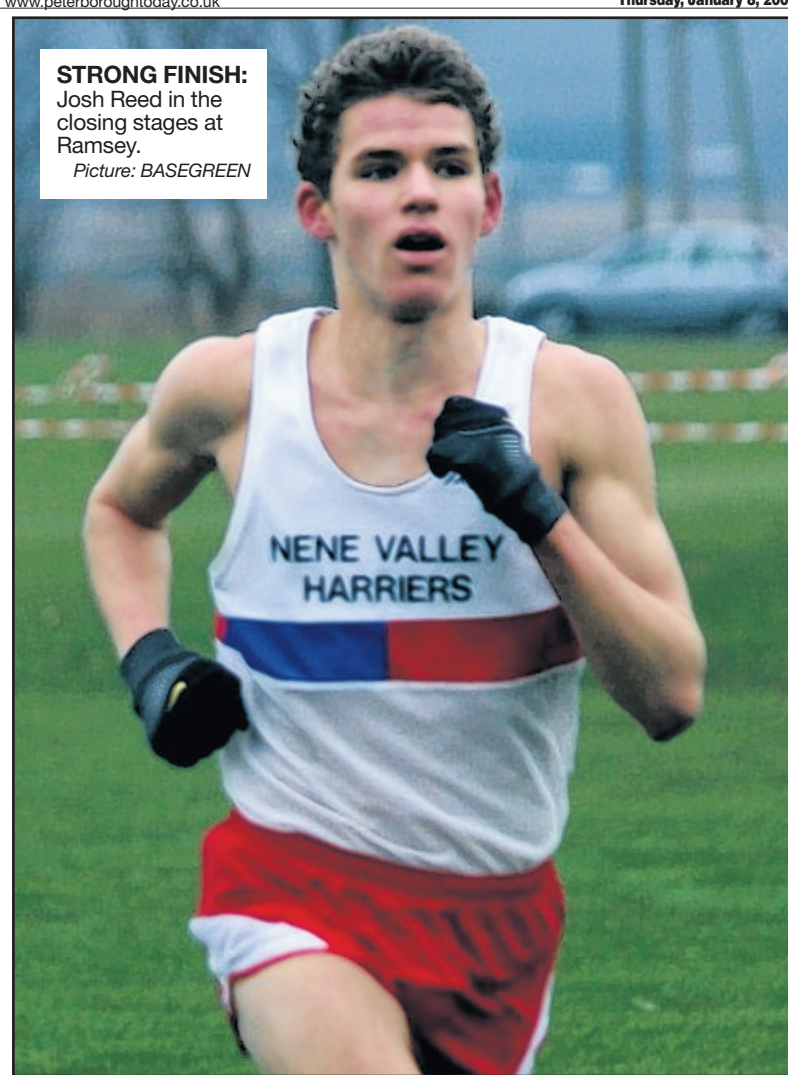
Binns took third and Cambs Road League champion Nick Grimer, Richard Pawlak – who produced his best run in the senior league, having won nine races in the colours of Yaxley Runners as a junior – and John Nash were also in the top eight.

But despite completing their seven scoring men in 19th place, they had to settle for finishing third behind reigning champions Riverside Runners and former winners Ely Runners.

Werrington Joggers pipped Hunts Athletic Club by eight points for fourth place with former Cambridgeshire 10-mile champion Paul Halford almost half-a-minute faster than on his two previous outings on the course when leading their challenge in 12th.

One of the star performers for Hunts was 17 year-old Alex Marshall who finished fifth woman.

Matt Grace had a fine run to finish



**STRONG FINISH:**

Josh Reed in the closing stages at Ramsey.

Picture: BASEGREEN



**THIRD PLACE:** Adam Binns.

## Binns tipping Nene Valley youngsters to get even better

**FORMER** Nene Valley Harriers captain Adam Binns has tipped the club's talented youngsters to get even better.

The 18 year-old believes that all three teenagers who have won Frostbite League races for the club this winter – Chris Wright, Josh Reed and himself – have bright

futures in the sport.

Binns finished third at Ramsey on Sunday despite stopping to vomit but he was delighted to see training partner Josh Reed record a first cross-country success.

Binns said: "Josh had the race of his life and I'm delighted for him because he has really helped me when

we've trained together.

"When I'm not at university I train regularly with Josh and he has put so much work in this year that he really deserves that victory.

"We were running together on Sunday and chasing William Mackay but I had to stop twice to throw up and then I was sick again at

the end of the race. I don't know what caused it.

"If you'd looked at Josh at cross-country last winter you'd never have picked him out as a likely race winner but he's come on so much.

"It's brilliant for the club that Josh, Chris and myself have all won races in the Frostbite League this winter

her impressive record of never having lost a senior Frostbite League race.

Werrington Jogger Sam Hunt recorded his third victory of the season in the junior race.

Hunts Athletic Club's James Downing has been runner-up on each of those occasions.

and the good thing is I believe all three of us can go a lot further in the sport."

Binns has opted to run the Cambridgeshire Cross-Country Championships at St Neots on Sunday rather than the Lincolnshire Championships at Louth. He qualifies for both, for Cambs by birth and Lincs by residence.