

Nicki attains Platinum Standard

After missing out on the Platinum Award last year by 3 seconds, Nicki has made sure this year by achieving the relevant standard in each of her first 3 races.

A 10 mile time of 59.38 at the Fred Hughes, St Albans was followed by a p.b. at the Watford Half Marathon of 1.18.53. Now on the 25th February, Nicki set her third fastest ever 10km time of 35.00 (32nd Overall) at the Bourton-On-The-Water Goldsmiths race.

In a very competitive field Nicki finished 6th Lady and 1st Vet in the fastest time she has run for 8 years. The race was won by European Junior Champion and World Cross Country Representative Emily Pidgeon in 33.37 (17th Overall). Second was Cath Dugdale, the eight times Welsh Cross Country Champion and Commonwealth Games 10,000m finalist (finishing 9th) in 34.32 (26th Overall). The course was very flat but had just over 2 miles into a strong headwind. Nicki was well clear of leading British vets Mel Ellis (36.13) and Zara Hyde-Peters (36.33)