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Kate and Holly have perfect partnership at Championships

IF a dog is man's best friend, then Kate Goodhead may well have found her ideal training partner.

Holly is the super-fit Dalmatian with whom Bristol and West AC athlete Goodhead has just finished runner-up at the World Cani-X Championships in Wales.

The pair teamed up for the event, which sees owners run with dogs over a 5k cross-country course on successive days. Said Goodhead: 'It was nice to do something different, having raced in mountains and done the usual cross-country and road stuff, and Holly loved it.'

'It was a brilliant event and we will definitely be trying it again in the future.'

● EXETER-based Sonya Ellis has been nominated in the 'Performance-Development Coach of the Year' section for the prestigious 2013 Sports Coach UK Coaching Awards.

Ellis – who was runner-up for the 2012 'Sports Coach UK Community Coach of the Year' honour – is founder of the South West Athletics Academy, where she coaches combined events as well as having a large group of athletes covering a number of events at Exeter Harriers and Exeter University.

She has been involved in athletics for more than 30 years and now mentors other coaches to help them to develop. Recently she has also taken on the organisation of the South West Cross-Country and Inter-County Track and Field Championships.

Ellis is one of just six athletics related nominations for the UK awards ceremony, which will be held in the Montcalm Hotel at Marble Arch in London on Tuesday, December 3.

● A REMINDER that entries for the popular Castle Drogo multi-terrain race, held around the stunning grounds of the National Trust property south of Exeter on Sunday, November 17, are now open.

The event – which is supported by Ironbridge Runner, the National Trust and the Mill on the Exe – always attracts a big turn-out, and for further details please visit the website at: www.swrt.co.uk

● CORNWALL AC international Emma Stepto



ATHLETICS

by Kevin Fahey

finished as the top woman in last Sunday's Plymouth 10k – just two weeks after smashing her marathon personal best (PB) with a time of two hours, 35 minutes, 02 seconds in Amsterdam.

Meanwhile, runner-up Alison McEwing was also racing again, only two weeks after posting a PB time in the Abingdon Marathon.

In Plymouth, the 25-year-old Erme Valley Harrier, who is coached by Paul Batten, was only three seconds outside the PB of 37:47 that she ran in the First Chance event at the start of the year.

That is the sort of form (she also ran a PB of 82:42 in the Bridgwater Half) that suggests McEwing can make further significant improvements in 2014.

● WEST junior international David King has been named in the British Athletics' Futures Programme for 2013-14.

The City of Plymouth sprint hurdler, who is now based at the University of Bath and coached by James Hillier, is one of 28 athletes identified as showing the potential to achieve future success at IAAF World Championships or Olympic Games.

King, a former Devonport High School for Boys student, qualified for the European Junior Championships this summer but had to pull out of the heats due to a hamstring tear.



WORKING TOGETHER: Bristol and West AC athlete Kate Goodhead and her dog, Holly

