

Dan slays 5000 'PB' after a winter of progress

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Dan Galpin was comfortably under 16 minutes for 5,000m.

(15109061)

ALL winter long and through the spring young Dan Galpin has been impressing sound judges with the quality of his running in both triathlon, track and cross-country.

Now he has set an impressive personal best over 5,000m on the track, as he secured the fastest time of the GIAAC 5000m Festival at Footes Lane.

Galpin removed a massive 42sec. chunk from his previous best with an impressive run that saw him dip below 16 minutes for the first time with a 15-53.21 clocking.

With the wind dropping during the evening the A event started in near perfect conditions and after an opening kilometre of 3-15 Galpin's steeplechase training partner Ed Mason, tasked with pacemaking duties, gradually increased the pace to 16 minute schedule.

Many onlookers were waiting for Matt Loveridge to stamp his authority on the race, but soon after the halfway mark the previously tightly bunched trio started to stretch as the consistent 76sec. laps took their toll.

Galpin stuck superbly to his task as Loveridge fell away and after Mason withdrew at 4,000m the 18-year-old increased the pace with a fast last kilometre to finish comfortably within his

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16 minute target.

Carl Holden edged inside his previous best for second in 16-24 and Lee Garland was third.

Jenny James emerged from a close battle with Kate Wilesmith to finish top woman in a PB of 19-12.25 with Wilesmith also breaking her previous best with 19-29.93. The B race was won by Ben Foote.

Jenny's husband Paul may have been lightly slower than his wife, but posted a satisfying 25-22 win in the C event.

Alex Rowe ran a massive personal best to lead the junior 3000m runners home in 9-29.33.

On the road, James Gower led from the start to win the May GIAAC/Lee Merrien Running Saumarez Park 5k but had to dig in to stage off James de Garis.

Gower had quickly built up a small lead from de Garis and Sammy Galpin and as the leaders began the last lap Gower's lead was five seconds.

Finally, de Garis shook off Galpin in the final 800m and closed to a single second of the winner who crossed the line in 17min. 22sec.