



■ Above, Levi Roots limbering up with Tessa Sanderson. Below, and they're off!



■ Long jumper Chris Tomlinson at the start of the run, above and below left



■ Recorder and Sainsbury's staff attended the event



■ There was lots of fun if you had two legs...or four



# They come from all over the world to be part of Tessa's 'People's Run'

## Thousands compete in 'brilliant' 10km event

by Matt Nicholls

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Pictures by Paul Bennett

Records were broken as thousands of runners turned out for the Newham Classic 10k on Sunday.

Competitors from 53 countries did battle over a course that took in the Olympic Park and Stratford High Street.

Olympic javelin champion and event organiser Tessa Sanderson saw runners away from the start line in West Ham Park.

She was joined by long jumper Chris Tomlinson and reggae musician and celebrity chef Levi Roots for the annual run — supported by the Recorder — which is now in its third year.

Entrants came from all over the world — including the USA, Kenya, Ethiopia and Singapore — and more than 60 UK athletics clubs took part in the event, dubbed the People's Run.

Among the high profile entrants at this year's event was Fauja Singh, who turned 100 on April 1.

He was joined by family members, his coach and medical aid. He ran the course in one hour, 24 minutes.

### Record

The oldest female participant, Eileen Noble, 76, from Bexley Athletics Club, completed the course in one hour and nine minutes.

Kenyan Simon Kasimili set a new men's course record with a time of 30 minutes and nine seconds,

while Ruby Koech, also from Kenya, took the women's record in 34 minutes and nine seconds.

Also taking part was Plaistow-born comedian Andi Osho — famous for her appearances on TV's *Mock The Week* — who was competing for the third year in a row.

The Recorder team was also there on the day, along with staff from Sainsbury's in East Ham, giving away goodie bags to runners.

Tessa said: "The race was a great success. But it could not be the success it is without the support from local people and the Recorder. It has been brilliant."

■ For more pictures from the day, see our online gallery at [www.newhamrecorder.co.uk](http://www.newhamrecorder.co.uk)



■ The run was bathed in sunshine



■ Tessa welcoming finishers



■ Hands up if you love running!



■ Some runners took part in fancy dress



■ Fauja Singh and his back-up team tackling the course

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■ Tessa gives a runner a cuddle