

18 May 2008: Anglo-Celtic Plate Home Countries International and UKA 100km Road Race Championships (Cardiff)

Julian Rendall of Tonbridge AC, competed for England in the Anglo-Celtic Home Countries 100KM International at Blackweir, Bute Park, Cardiff. The race also incorporated the UK Athletics 100KM Road Race Championships.

In total the race comprised of thirty-one laps around the picturesque Bute Park, adjacent the Millennium Stadium. As the race got underway Colin Deasy moved to the fore with a chasing pack which included the England athletes of Matt Giles, Julian Rendall and Dominic Croft.

At the halfway point the lead had changed hands on several occasions, however in the latter stages Giles, Croft and Rendall opened up a gap and pulled away from the chasing athletes. Dominic Croft won the race in a time of 7.21 followed by Giles in 7.28. For Rendall this was a step up in distance and he was pleased to finish third in a time of 7.33. These excellent performances ensured England retained the Anglo-Celtic Home Countries Plate.

