

Abergele 5- 7 November 2010

Jay Jennions was the only Deestrider to take part in the North Wales 5 mile championships, run in sunny and perfect conditions on a slightly re-routed but equally tough course as ever. Unfortunately Jay was decimated by stomach trouble, which meant she did not give a performance quite of her usual level. Dropped from the chasing pack at just 2 miles and having to go it alone for much of what followed, she still managed fourth lady (North Wales bronze) in a courageous 32.24.

Get Cape, Wear Cape, Fly- Border League 2, Capenhurst- 14 November 2010

Conditions could not have been better for the second race in the Border League series- roughly two laps (5.4 miles) of Ellesmere Port's flying 5k route in cold but dry and windless weather. The girls fielded an almost unprecedented seven runners and for once it was the lads who only just scraped their team of seven together. More than 300 runners took part in an extremely competitive field.

Martin Witty gave his best performance to date as he led the Deestridders home with an astonishing 33.37. Jay Jennions started further back in the pack than she ought but surged forward, managing fifth lady with an on-form 33.46. Andy Edwards has been suffering from a stomach problem which has meant he hasn't been able to eat much recently. This affected his run today but still a great tempo training session in 35.10, with Nick Chadwick hot on his heels in an extremely pleasing time of 35.35. Phil Taylor is currently displaying top form as he was next in in 39.08, a pace which gives him a real shot at finally breaking 45 minutes at Helena Tipping in December. Talented veteran Linda Martin made her long-awaited comeback after a lengthy spell out with Achilles surgery, being second lady home for the Deestridders with 41.19. Kev Burns had another good run with 42.12. The evenly-matched Becki Hall and Lorna Royle look set to raise the bar between them as they were next in with excellent times of 42.30 and 42.33 respectively. Not far behind was Mike Norris with a quality 43.41 and the popular veteran Mac McColl with 44 minutes exactly. Leslie Ingram, another returning from injury, gave a strong performance with 44.55. Anchoring the club were the always dependable Jane Evans and Val Blair in very respectable times of 51.29 and 51.46 (paces which would have taken both under the hour in a 10k). The ladies remain top of the Improvers trophy table.