

### **Soup-er Heavy Rain- Border League Race 3- Tattenhall- 11 December 2011**

The third Border League fixture took place at Tattenhall for the first time in 4 years, it having been frozen off in 2009. Whilst temperatures were well above zero this time, competitors were nevertheless reminded winter is here by heavy rain, which made the hilly course, just under 10k, extra hard going with a subsequent effect on most times.

Andy Edwards was supposed to have spent the last three weeks in Kenya altitude training, but unfortunately was unable to go due to recent security issues. He has put his time off work to good use however, training in the Lake District with his dad Vince, and this extra work has clearly paid off as he had a tremendous run, leading the club home in 35.45 for a top 20 placing.

Jay Jennions was the only woman from the club to race with others unavailable or unwell. Still struggling with injury, she nevertheless managed a pleasing 8th place for 42.33 and is currently 3<sup>rd</sup> SL in the standings. Just behind her was Vince Edwards, who has been on the shelf for a long time with injury and yet can never be counted out. Vince was soon in front of Jay who later caught up on the tough climb in the third mile, the pair worked together before Vince slightly fell away at 5k, however determined as ever Edwards snr hung on close behind to finish in 42.46, a great returning performance.

Relative newcomer to the club Mark Williams, who has quickly established himself as a strong support act in the men's team, was next in with a good time of 45.18 as he too returns from a foot problem. The presence of the ever-dependable Mike O'Brien, who lives near Manchester, is always appreciated and he produced 46.46 today. With Leslie Ingram looking after their children, husband John ran and this turned out to be the right decision in the interests of the club as the men had a full team of seven, saving them from penalty points. John produced a creditable 51.31 in the horrendous conditions. Kev Burns, whose provision of hot drinks at events are becoming a club treasure, was not far behind in a determined 52.14 and Mike Norris was the all-important seventh man for the team in 55.41.

And apologies for the awful headline but I cannot write this report without a special mention for the soup supplied by Tattenhallers after the race- it went down extremely well and was just what dozens of drenched people needed to warm up!