

Comebacks (via the caravan park)- Border League Race 4- Abergele- 8 January 2012

Abergele's (mostly) flat 5 miler on the coast is one with real PB potential (if you can survive the steps up to the caravan park) and the fourth Border League fixture proved a great start to 2012 for the Deestridders, many of whom found themselves struggling with injuries as 2011 came to a close.

The race start saw some drama as a runner from Abergele was knocked flat in the melee to get going- best wishes to him and we understand he's not too badly hurt. Andy Edwards, fortunately not caught up in this, had an absolute stormer. Despite having had a foot problem throughout December, a change of shoes appears to have resolved matters and he clocked an enormous PB of 28.08 and 12th in an extremely high quality field.

The club is delighted to see two more of its fastest men, Martin Witty and Vince Edwards, beginning to return to form. Martin has had an Achilles problem for several months but far exceeded his expectations today with a fired-up 33.54. Vince has only recently returned to competitive action following a string of injuries but gave a very impressive performance with 34.57.

Mark Williams isn't quite over his own winter injury problems but came in an excellent 36.12 and holding the club place for London he looks well on course to fly the green and white flag down there. Hot on his heels was Pete Barraclough with a strong 36.17.

Phil Taylor has had a tough few months racing-wise himself but the power's well and truly back on as his 37.36 is not too far off his best. Right behind him was Fred Aird (37.41) who epitomises steely dedication as despite ongoing injury problems he always puts in a real effort for the club.

John Ingram (39.00) and Kev Burns (39.28) both had very good runs and Kev it must be said makes an amazing cup of tea at the end. Alan Jones, a terrific runner long plagued by injuries, bravely turned up to take one for the team and battled round in 48.27.

In the women's race, Jay Jennions' Achilles trouble finally appears to be no longer holding her back. She has not been back in proper training for more than a few weeks, but pulled out what was in the circumstances a tremendous 33.19 for 6th lady, her best league position this season. Second in for the women's team was Lindsey Bellis with a quality 45.48. At just 24 years of age there is much more to come from her as she trains towards the Chester Marathon in October. And it's "oh yes she did" count for the team for Val Blair, who celebrated her birthday at the weekend with a trip to the panto, and the next day put in a game performance for the club to anchor the ladies with 50.53.

That's the end of flat Border Leagues for a while now as up next are the fearsome twosome of Nercwys and Helsby (before our little finale) so it looks like some serious hill training is in order people!