

Border League 5- Nercwys- 13 March 2011

On a sunny, blustery day the League's athletes were faced with another tough, hilly course up above Mold. There are two possible finishes, one in front of the school and one halfway up the Flintshire 10k descent and unfortunately for the runners, the much more difficult latter route was chosen, the bonus however being that this made the course exactly five miles.

With many from the men's team unavailable, it was Mike O'Brien who spearheaded their charge home in a quality 36.21 and Peter Rooney was not far behind in an excellent 37.22. Next in was Kev Burns in a very good 40.04 and Mike Norris anchored the men's effort in a courageous 43.44.

Jay Jennions led the club home in a strong 32.08 for fourth lady. Linda Martin ran well for 37.56 and a good performance from Lorna Royle followed in 40.45. Leslie Ingram was the next in with a determined 42.11. The women came top of Division 2 in this race and are now only 19 points off promotion at the end of the season.

The sixth race is just two weeks away on 27 March 2011 at Deeside. The last race from there involved a run up the truly fearsome Kelsterton Lane, so some extra hill training might be in order!