

Our Power's Back On For Loch Ness- Burtonwood 5, 17 July 2010

Phil Taylor has endured an injury-hit few months with his heel, casting into doubt his appearance at the Loch Ness Marathon in October. Fortunately he appears to have turned the corner, now being able to train without a reaction and his performance at this 5 mile road race, 38.09, was within two minutes of his best. Well done Phil and all the best as you continue to prepare for the big one. Mike O'Brien, meanwhile, running for his other club Manchester YMCA Harriers, had a good race too with 35.05. Nice to see journeyman Mike, who lives near Manchester, not have to travel too far this time!

Jay Cruises Trentham With Michelin- Trentham 10, 18 July 2010

Jay Jennions, looking for a buildup race to the Fleetwood Half in August, made her 10 mile debut on this hilly two lap Staffordshire course. Although the weather was cool, it was blustery and there was a particularly challenging climb at miles 2 and 7. Jay teamed up in the final third with two runners from the Michelin club, and the three worked together to produce some of the fastest pacing of their race. Jay was fourth lady in a terrific 66.21.