

CONWY HALF MARATHON - 21 NOV 10

Eight Deestridders made the trip west to compete in this scenic event, with a new start in the shadow of the magnificent castle. After a short road section, the course moved onto the cycle track toward Deganwy Beach and the West Shore. A short climb and descent took the runners past Llandudno pier before tackling the long tough climb around the Great Orme, rewarded with a fast descent back toward the West Shore before the run back along the outbound route to the finish.

Steve Thomas has found it difficult to train this year but was the first club member home in 9th position (3rd in age category) in 1.22.27, closely followed by Martin Witty, who put last year's bad race behind him finishing 25th with a new PB of 1.26.46. Phil Taylor was next home in 284th with a time of 1.46.05 and Tony Eden ran a strong race to finish 446th in 1.53.42. First female home was Lorna Royle, 475th overall (85th in the ladies race) in 1.54.56, narrowly beating Mike Norris, hot on her heels in 482nd position in 1.55.05. Husband and wife Leslie and John Ingram ran the race together in what was the furthest John had ever run before. Experienced distance runner Leslie paced her husband along the course with a breakneck final four miles before finally beating him across the line for 518th (103rd Lady) and 519th respectively in 1.57.05 and 1.57.07.

The race was well organised and marshalled and the organisers had listened to recommendations from last year and provided an extra water stop just after the end of the climb. If not yet sampled, the race should be pencilled into the diary for next year.