

## **Surprises, Successes, Sacrifices- Capenhurst 5k, Wednesday 25 August 2010**

This ultra-flat, fast route was run by five Deestridders in near perfect conditions- cool, drizzly and windless. North Wales squad members Andy Edwards and Jay Jennions worked together almost flawlessly to 6-minute mile their way around the course. Andy could have gone even faster than the tremendous PB of 18.31 he eventually got (officially 18.35) but he knew how close Jay had come to breaking 19 minutes in recent times and therefore gallantly did not go on ahead until he knew she had it in the bag. Jay meanwhile is now running better than ever as even on her own she did not let up on the punishing pace as she would have done in the past, and completed a slightly long 3.15 miles in a stunning 18.54 (officially 18.56).

Martin Witty, by his own admission, hasn't trained much recently for family reasons, but obliterated his modest pre-race goal of sub-22 for an excellent 19.38, beating his time in Rhyl earlier this summer by three seconds. The club's women have a fantastic new asset in running newcomer (yet already a Race for Life star) Becki Hall, who produced a terrific PB of 23.49. The men's team looks well supported too by new boy Tony Eden, who anchored the club with a brilliant 22 minutes. Great to see the club looking so strong with the Border League just two months away!!