

### **Chester Half Marathon- 15 May 2011**

An excellent turnout for the club at this sold-out event in blustery conditions. Nick Chadwick led proceedings with a strong 1.38. Linda Martin was first lady home with an in-form 1.41. Phil Taylor, accompanied by Andy Edwards, ran well but ultimately couldn't quite get another PB this time with a determined 1.42. 61 year old Rose Rogers continues to show why she is one of the top vets around with a fantastic 1.44, and not far behind her was Kev Burns who had a brilliant run for 1.47. Lorna Royle was unlucky to just miss sub-1.50 but still had a good race. Lucy Reid showed she has sub-2 hour potential with an excellent 2.07 less than a month after London, and Val Blair had an outstanding run, averaging sub 10-minute miling for 2.10, one of her finest half marathons.

### **Llandudno 10- 22 May 2011**

High winds greeted the six Deestridders and 1200 others who tackled this twisting new course round central Llandudno. The horrendous weather, which delayed the start for 25 minutes, had little effect on Andy Edwards (except that he had hoped to break 60 minutes!)- who clocked a tremendous 61.03. Martin Witty came extremely close to his goal of sub 65 with an excellent 65.10.

Jay Jennions, representing North Wales in the Inter Counties championships, was faced with a runners' dilemma when her shoelace came undone (she stopped, and lost the girl she was working with). Jay came away with 68.02, some three minutes off her target time, but she was still a creditable 11<sup>th</sup> lady overall. Happily, both North Wales teams claimed the Inter Counties titles.

Rose Rogers (81.13) and Sid Bailey (85.47) were next in with good performances in the conditions. Val Blair had a tremendous run for 98.37.