

Flintshire 10k- Sunday 9th October 2011

This year's event proved even more popular than ever, almost filling up with over 400 finishers. The weather was mild as usual- hot even, and with an approximately 20mph headwind from the west which made the two long climbs particularly difficult.

Andy Edwards continued his unstoppable rise up the regional ranks with an astonishing 34.51, a PB of over two minutes since his last performance over the distance at Merthyr in August. He was also delighted to be third, his highest ever placing, following a battle with friend and regional teammate Dean Longley of Prestatyn, who also scored a massive PB in coming second.

Unfortunately Jay Jennions was unable to repeat last year's success on this course. Struggling with an Achilles injury, she nevertheless covered the first 5k in 20.33 and appeared to be set to place highly, but as the pain increased she had to call it a day with one lap to go.

Three members who joined Deestridders this year made an impressive impact on this race. Mark Williams came very close to his PB with an excellent 42.59 and looks to be a strong addition to the men's team. Anouska Youds (in her 10k debut) and Lindsey Bellis both smashed the hour in terrific times of 54.09 and 58.04 respectively and are sure to get even faster in time.

Club stalwart Val Blair completed the contingent in a strong 1.02.31 in tough conditions.