

Flintshire's Finest- Flintshire 10k- Sunday 3 October 2010

Whilst Nick and Phil battled the monster in Scotland, other Deestridders took part in this much closer to home event, well organised yet again by Neil and company, with an impressive turnout of club members both to help and run. Thanks to everyone else who helped and watched as well, making this event once again a great success. For once, however, the weather was far from glorious, raining for much of the event with some puddles on the two and a bit lap, up and down course.

Not that that stopped anyone. Jay Jennions and Martin Witty ran together for an electric 18.15 first lap. Jay, a very strong supporting player in the regional team, is beginning to edge towards the next level as she came home second lady in a fine PB of 38.50. Martin hasn't been back in proper training long and fell away slightly on the second lap but a bold performance rewarded him with his first sub-40 with a stunning 39.26 and 2nd V40.

Next in for the club was Alan Jones, whose injuries usually keep him away from the hills, with a very strong 45.15. Becki Hall and Lorna Royle had a close battle for PBs of 47.49 (talented newcomer Becki taking a massive 20 minutes off her previous 10k time) and 48.06 respectively and the always fast Lorna has opened her account in the V40 category with an excellent second place. John Ingram continues to improve with an excellent 48.47. Val Blair, who has been unable to train as much as usual recently, was just outside the hour with a strong 1.01.01, but was rewarded with a much deserved 3rd V50.