

### **Helena Tipping 10k- 9 January 2011**

The twentieth running of this popular event was originally scheduled for December 2010, however it was reorganised due to severe weather conditions rendering the course dangerous. This proved to be a very sensible decision, as even the relatively mild start to 2011 did not leave the vulnerable course unscathed- despite dry sunny conditions several degrees above zero there remained several icy areas, especially on the lanes in the first four miles. The exposed final two miles of the course were pretty windy, however less so than the 2009 event. Times were never going to be amazing, however the three Deestridders who took part had reason to be pleased with their morning's work.

Jay Jennions came third in 39.59, sprinting home hot on the heels of fellow North Wales squad member Jenny Brierley. Airbus's very own Phil Taylor managed to stay on his feet this time after going flying in the 2008 event and did very well with 47.34, less than two minutes off his best. Lorna Royle, meanwhile, has her mojo back after Christmas. A sub-48er on her day Lorna, who hoped to break 55 minutes, had a great tempo training session with 53.22.