

London Marathon- 17 April 2011

Three Deestridders headed south of the river to take part in this iconic event, where approximately 35,000 competed in increasingly warm conditions which saw many runners suffer.

In the championship race, Jay Jennions saw months of training pay off as everything came together on the day for a tremendous 3.09, a massive PB of 9 minutes, despite suffering in the final third from spasming calves which landed her in the treatment tent after the race.

Martin Witty, who had a good for age start thanks to a 3.14 in Blackpool last year, had hoped to come close to 3.05 and would have done had not his race been wrecked by stomach trouble, but he still clocked a PB for an excellent 3.11, a time which automatically qualifies him for London for the next two years.

An outstanding run also from Lucy Reid, who had the club place. Lucy had wanted to come close to four hours but had the double disadvantage of starting in the masses and finishing in overwhelming heat in the middle of the day. However she still managed to smash the five hour barrier with a fantastic 4.45.

Thanks to Becki Hall for coming all the way down to support despite being extremely busy preparing for her cycling trip of a lifetime!

Border League Race 7- Wrexham- 27 April 2011

The grand finale to the 2010-11 Border League series took place on Wrexham's fast and flat 4 mile course in perfect sunny conditions. Martin Witty showed no sign of post-marathon exhaustion as he stormed home first for the club in 24.23, claiming 7th V40 overall. Jay Jennions, who came away with 2nd SL, used the event as a tempo run after London and ran with Phil Taylor for the first 2 ½ miles before pushing forward for 26.33. The first two miles were very fast for the club's Power (13.13) who finished in an excellent 28.14, not far behind the always reliable Mike O'Brien (27.32) and Peter Rooney, who had an outstanding run with 27.55. Fred Aird, long troubled by injury but always determined, was next in with 28.24 with Linda Martin hot on his heels for a strong 28.39 and 3rd LV45 in the league. The men's contingent was completed by solid runs from Kev Burns (31.09) and David Temple (31.44).

Becki Hall, off on her travels to Canada at the weekend, kindly took time out from her hectic preparation schedule to complete the women's scorecard with 31.57, an impressive time considering sleep has been pretty lacking for her in recent times (Good luck to Becki, Matt and Theo out there)! The club's other London runner, Lucy Reid, gave a great account of herself with 34.27 and Val Blair anchored the ladies with 35.42 and despite now being 55 claimed a fantastic 6th LV50!! Lorna Royle was unable to race tonight but her consistent performances for the club saw her rewarded with 3rd LV40 overall. It looks like the women won the Improvers Trophy, but they came third in the league and therefore just missed promotion to Division 1- oh well there is always next year! Well done everybody and thanks to all the clubs

and organisers- time to look for different challenges to keep us all out of trouble over the summer!