

### **Merseyside 10k triumphs for Strider girls- 4<sup>th</sup> July 2010**

2010 is just halfway through and Emma Cadwallader is already an early contender for most improved club member of the year. Taking part in the Birkenhead Park Cancer Research 10k Race for Life, she blasted through the first half in under 24 minutes, a time beyond so many on its own. The second half proved tougher to maintain the speed as the twisting course was surging with charity walkers, but Emma still finished in 57 minutes. A sub-50 cannot be too far away, well done.

Jay Jennions, meanwhile, appeared in the Penny Lane 10k. Her time of 40.40 and fourth lady would be a fair showing on any course, however this previously fast route has slowed considerably, being partly off road with sharp bends and steps, not to mention the strong winds from the promenade and therefore what could have been a personal best time suffered with everyone else's. Jay finished within three minutes of the great Jenny Clague and was close behind Ellesmere Port's formidable Nicky Bird, showing she may not be far off taking the next step up. Indeed, Jay is on regional duty for North Wales at the Blackburn 5k next week.

### **Tattenhall Tough Team- 18<sup>th</sup> June 2010**

Just putting together teams for this fun event was a challenge enough for the Deestridders. Leslie Ingram and her tae kwon do friend Leanne Barlow teamed up with Birgit Schalou from Chester Tri, whilst Jay Jennions and Andy Edwards formed a coalition with Jo Marsden of Tattenhall. Jay then suffered a migraine and almost didn't make it to the start, whilst Andy was still recovering from the Chester Marathon less than three weeks previously.

The course, just over 8.5 miles long, began on the road with a beguiling downhill that one knew would only lead to far worse. Indeed, a long climb in the midsummer sun followed, and it was a relief to get into the woods where having a bit of walk time was welcome. Not that there was much choice- a steep downhill trail left Jay wishing she hadn't worn flats and then came the railway at 4.5 miles. Virtually everyone found themselves walking up this 1 in 1 climb to be greeted by Death (ie guy dressed up, but one might feel it was the real thing) at the top. The course then exited the woods, went through long grass (watch out for the electric fence, which is probably turned off) and then back onto the road and home. The Tatt-Ers Coalition managed a terrific 69.37 for second mixed team- there was never going to be any catching Marilyn Kitching's group and unfortunately they weren't all vets!! Leslie's team, meanwhile, were third lady team home in a very good 95.10.