

Martin's On Fire- Chester Spring 5- 6 April 2011

Three Deestridders took part in West Cheshire's annual evening event on country lanes just outside Upton. Unfortunately, due to the finish in the field being altered, many measured the course at well over 5.1 miles. Nevertheless, Martin Witty gave his best performance to date as he led the club home with a stunning 31.18. Jay Jennions is still having some issues with her foot but this did not stop her from coming fifth in 32.10 (finally an official PB by 1 second!), which included an outstanding first 5k in approximately 18.30. This gives both massive confidence for the imminent London Marathon, where both are hoping to run times in the low 3s. Val Blair, meanwhile, had a very good race herself. Her recent heat training in Portugal paid off on this warm evening as she came fourth LV55 in 45.44.

Llanelli Marathon- 10 April 2011

Andy Edwards and his dad Vince made the long journey south for the Llanelli Marathon, in which Andy, who has made incredible progress over the longer distances, looked set to break 3 hours. Unfortunately, conditions turned out to be warmer than expected. However this did not deter the 19-year old from heroically pushing on at planned marathon pace and as he got to 24 miles in 2.44 he looked set to reach his goal. Then, sadly, he collapsed with heat exhaustion and was unable to continue. We are pleased to say Andy recovered quickly and is already looking ahead to the Chester Marathon in October where he might even go one better and break 2.45... after all he will have hopefully got some heat training in, which he has not really had after an extremely cold winter!! Well done Andy, you have done yourself and the club proud.