

The Mother of All Races- Osmotherley Phoenix Ultra- 3 July 2010

Congratulations to our resident ultra-man Steve Daniels for completing the above 33 mile moorland race in North Yorkshire in 6 hours 12 minutes, about an hour quicker than he did the course in last year. Undeterred by the above experience, Steve now plans to do the Lakeland 50 on July 24th. Good luck Steve!

Bittersweet Blackburn- Pennine Lancashire 5k- 11 July 2010

Jay Jennions competed for North Wales in her highest level race to date, an event which encompassed the English and Northern championships, and included several international teams. Faced with hilly and blustery conditions Jay rose to the challenge and worked with the high quality pack to manage a tremendous PB of 19.01, agonizingly close to sub 19, which was almost comedically denied by the presence of a mobility scooter on the otherwise traffic-free course which she had to overtake. Her next shot at the target comes next month at Capenhurst.