

# LADIES UPDATE

Despite a ridiculous number of ladies being injured – including Claire, Louise, Helen, Lucy, Bev, Chris, Karen and some of us on our way back from injury Moyra, Mandy, Jane & myself Tod ladies have had a reasonably good start to the year. We were 3<sup>rd</sup> ladies team in the Pennine Bridleway with Sarah May & Lauren Jeska producing the



fastest time on their leg, and Kerry Edwards who hadn't run for ages, pulled out a good time with **no training** & saved the day with Karen Gray on leg 4, well done to Mel B for captaining & doing a good job.



First English championship race was Noonstone where Lauren produced a fantastic result **4<sup>th</sup> lady**. Overall we finished a respectable **7<sup>th</sup> ladies team** with Sarah W & Rachel (aka Skinz) as 2<sup>nd</sup> & 3<sup>rd</sup> counters, Karen Gray, Mel B & Louise produced a very useful **5<sup>th</sup> place in the LV40** team and Moyra was **1<sup>st</sup> LV65 & 3<sup>rd</sup> LV60** –well done! Subsequently Lauren ran at Silent Valley in the British champs & was **2<sup>nd</sup> lady** – and she seems to improving every race –bring it on!

It was great to watch so many of our ladies out on the Hobble in March with Chris breezing along into 7<sup>th</sup> place – with her dodgy knee – *how does she do it?* Elise, Sue , Louise, Jules & Helen W also trotted round quite merrily with no problem, well done its a loong race!

Beep beep! The road runners seem to be growing in number this year with Mel B, Myra & Mel R competing in all of the GP races so far, with Sarah M, Rachel H , Mel S, Lucy & Elise joining in – good effort, those road races are hard & fast. Just heard today that Helen W and Carla finished the London marathon with impressive times of 4.17 & 4.44

respectively a superb effort from both of you, proving us girls can do distance.

So far in April we have had Pendle where Lauren comfortably won the ladies race – taking a few scalps on the way – watch out fast lads! Jane was 2<sup>nd</sup> LV50, nice work. Wardle skyline was another opportunity for Mandy & Kathy Bridger to get out & race with both of them joining in the Bunny runs too, yes they are horribly short & fast but they are such a good work out – well done. Coledale was also well attended with 6 ladies out which meant we got the team prize wahoo! We have lots of new runners coming out with us now, it would be great to see people turn up & race. If you have never raced before & would like to have a go, talk to any of the people mentioned above to find out more – it is a great way to improve & such good fun – have a go!



We've got Coniston , Ennerdale & Sedbergh 3 peaks coming up shortly if we can get out & race we should do well. Happy running.

Kath Brierley

