



# Race Report

## Twin Piers 10k

Date: 24<sup>th</sup> January 2009  
Location: North Wales

### Back on form and first home.....

By: Peter Chittenden

I am just back from a visit to North Wales where I ran in a local Club 10k Race. Managed to fend off other O/70 Runners to be first home and pick up O/70 trophy.

Saturday 24th January 2009, Twin Piers 10k Road Race, North Wales.

Llandudno Pier to Conyn Bay Pier, mainly along sea front with one hill climb over the Little Orme at around 1.5 Miles. Weather was sunny but very cold with breeze coming in from the sea. Good sized field with 368 finishers.

Had a good run, passed another O/70 runner who beat me back in a race in North Wales in November 2008, so still feeling good pushed on, and finished in 51.13, in 201st position and picking up 1st Male Vet O/70 Trophy.

I feel I am getting back to my times as at April 2008, before my 15 week layoff due to an Achillies Problem, so all is looking good to defend the two O/70 trophies I won last year in Malta.

### Race Results

Winner Male in 33.01 M/U20  
2nd in 33.11 Sen/M  
3rd in 33.19 MV/35  
28th 1st Female in 38.03 FV/40  
154th 1st Male MV/65 in 46.51  
201st 1st Male MV/70 Peter C in 51.13  
214th 2nd Male MV/70 in 52.07  
223rd 3rd Male M/V70 in 52.31  
368th last finisher F/40 in 1.46.01