

HELP Women Well Placed at Glasgow 10K

Maggie Shea and Julie Oswald were a duo rather than part of a HELP Women's Team, as had been hoped, when they took part in the Resolution Asset Management Women's 10k last Sunday (18th May). However, the pair were undaunted when they joined nearly twelve thousand other excited and "glowing" women in the biggest women-only road race in Britain.

Weather conditions were perfect - light breezes with a little bit of sunshine - and the crowds lining the route gave their usual brilliant (and very loud!) support to all runners.

Maggie completed the race in 63 minutes 54 seconds (4,461st place) - well over halfway up the list of finishers. Julie gained a new personal best for the distance in a time of 42 minutes 52 seconds (69th place).

If you're a woman who is a member of HELP, or you are thinking of joining, and you would be interested in training with other women members, or entering a race as a team, contact Julie Oswald at juliejoswald@yahoo.co.uk or 01875 341969.