

Asics Alsager 5- 6 February 2011

North Wales regional team manager Paul Brooks took a carload of athletes to this top-level south Cheshire event, a flat course with a reputation for being extremely fast. Unfortunately the weather rather put paid to that with winds reaching 25mph, but three of the runners did really well to manage PBs- Josh Dixon of Abergele was first in with 26.08 and Wrexham's Daniel Weston was next with 27.34.

The club's very own Andy Edwards, in his 5 mile debut, finished in a tremendous 30.30 and Jay Jennions' 32.12 was just one second outside her official PB.