

Here's what we've been up to this weekend just gone!!

Christine Cammillare and Paul Lewtey took part in the 7.2 mile Carlem Ceiriog Canter fell race on Saturday, which took in 1390 feet of elevation. Christine's time was 1.10 and Paul ran 1.13.

On Sunday, Girlstriders Jo Houghton-Davies and Michelle Bowes took on the famous monster in the scenic Loch Ness marathon. Michelle ran a stunning 4.08 in her marathon debut whilst Jo battled through an injured knee to complete the course in a brave 4.39.

Over at the Knutsford 10k, Andy Billington continued to chip away at his PB, which now stands at a fine 43:38.

The first Borders League fixture was hosted by Eryri Harriers on the regular 10k course, run clockwise to address the hills in the first half. This was the first league race for several members. Deestridders times:-

James Bruce 36:48; Drew Gray 39:11; Nick Bartley 39:48; Max Dowell 40:11; Antony Woodall 40:49; Paul Lewtey 46:41; Rayko Kolev (debut) 47:29; Stuart Brown 49:03; Darren Low 54:18; Kevin Burns 56:28  
Christine Cammillare 47:33; Sue Williams (debut) 59:12; Beverley Goodson 65:49; Fiona Robinson 71:58;  
Alannah O'Brien (debut) 75:27