

Friday night saw the latest instalment of the 6k Dash In The Dark at Llandegla Forest. Christine Cammillare won the LV40 category in 34:50.

Other times Gary Martin 38:10; Michelle Bowes 41:35; Jo Houghton-Davies 41:42; Debbie Parry 46:36; Jenny Lewtey-Jones 48:00; Paul Lewtey 49:19

Kev Burns completed his 100th parkrun in a steady, pre-race 29:36 at Ellesmere Port on a weekend where not all events went ahead due to the freezing conditions. Indeed, it was uncertain as to whether the third Border League race at Wrexham Industrial Estate would take place, with adverse weather forecast overnight. Thankfully, and in no small part due to a supreme effort by Wrexham AAC and their helpers, the race did proceed.

Max Dowell 35:06

Tony Woodall 36:50

Drew Gray 36:54

Grant McGowan 40:57

Paul Lewtey 43:12

Darren Low 45:49

Kev Burns 53:42

Christine Cammillare 43:45

Jay Jennions 44:40

Bridget Aldridge 49:09

Sue Williams 51:43

Alannah O'Brien 61:28

One person who didn't have to worry about the weather was James Bruce, however he did have the challenge of the Valencia marathon. Despite hitting the wall at 21 miles, he managed a stunning PB of 2:47:06.