

Friday night was the first Dash in the Dark event at Llandegla Forest. Allan Mckeown 31:40 Paul Lewtey 35:46 Christine Cammillare 36:33 Fred Aird 38:12 Debbie Parry 45:40

On Saturday Jess McKinlay came first lady in a time of 23:45 at Park Sonsbeek parkrun in Arnhem, Netherlands.

Gary Martin (1:56:53), Debbie Parry (2:56:56) and Sarah Monteith (2:57:00) completed a very muddy Delamere half marathon on Sunday whilst Michelle Bowes took on the sandy Newborough half marathon running 1:55:14.

The second Border League fixture, approximately 5.5 miles, took place on Sunday in a rainy Birkenhead Park.

Max Dowell 33:58; Nick Bartley 34:18; Antony Woodall 35:34; Allan Mckeown 36:45; Andy Billington 38:52; Paul Lewtey 39:10; Rayko Kolev 39:21; Grant McGowan 39:28; Stuart Brown 41:18; Marc Dixon 41:29; Darren Low 43:39; Michael Norris 54:38

Christine Cammillare 41:23 Jay Jennions 42:43; Donna Griffiths 45:22; Bridget Aldridge 47:05; Sue Williams 51:57; Beverley Goodson 57:29; Alannah O'Brien 63:00; Fiona Robinson 63:14