

Friday was the latest instalment of Dash in the Dark at Llandegla Forest.

Debbie Parry 47:15

Fred Aird 47:43

Claire Harper 51:00

Jane Blackwell 56:51

Amanda Scotter 56:57

Fiona Robinson 57:04

On Saturday, Max Dowell was first home in the Greenfield Valley parkrun in a time of 19:20, a margin of more than 2 minutes over his closest challenger. (Rumour has it that his ubiquitous phone set a new course record for fastest mobile 🤖)