

PRESS RELEASE

The final race of the North Wales Cross Country league, which was also the regional championships took place on Saturday on a flat Wrexham course. In the men's race Paul Lewtey ran 40.01 and Mark Dunn did 43.21.

Eight Girlstriders took part in the women's race, led by Christine Cammillare who continued her fine run of form, completing the course in 26.05 and winning a regional bronze in the V35 race. She was backed up by Michelle Bowes (28.36), Lindsey McElmeel (33.15), Abigail Cammillare (33.39), Sarah Brown (33.41), Sue McIndoe (36.32), Jane Blackwell (37.47) and Beverley Goodson (41.57).

Sunday saw the North Wales half marathon championships at Anglesey. Drew Gray became V40 champion in a stunning 81.59, with Dafydd Morris also claiming his first regional title (V65) with 1.55.14. Dave Toft also took part, running 1.47.03.

Meanwhile, Jan Hyndman-Jones made her club debut in the 10k, clocking a fantastic PB of 52.54.

Photos- Deestridders at the North Wales cross country champs on Saturday.

Drew Gray winning the regional V40 half marathon title in Anglesey on Sunday