

On Wednesday, Maria Evanson made her club debut at the Tatton Park Chase the Sun 10k which she completed in an excellent PB of 50:41.

Meanwhile, over at Llanferres, 4 members did the Druid fell race. Matt Davies 43:52; Paul Lewtey 52:10; Fred Aird 69:41; Amanda Scotter 69:42.

Thursday was the second instalment of Deestriders' Off Road Grand Prix series, won by James Yarwood (Wrexham AAC) and Keeley Smith (West Cheshire AC)

Sunday was the Chester Race for Life, in support of Cancer Research UK. Vikki Foulkes, Elaine Thomson and Sue Bonney, who not long ago won her own battle with cancer, took part.

Cheshire 10 K

Darren Low 50:20

Corinne Wardle 62:33 PB

It was a successful haul for Deestriders at the North Wales Trail championships, held at the Fairy Freckled Cow trail race at Alwen Reservoir.

Matt Davies 48:56 (2nd V50) 🏆

Angela Deeley 49:02 (3rd lady, 1st V55) 🏆 🏆

Andy Wainwright 62:05 (3rd V40) 🏆

Amanda Scotter 67:29 (2nd V40) 🏆

Claire Harper 71:54 (3rd V45) 🏆

David Temple 75:15

Beverley Goodson 77:37

Jane Blackwell 78:20

Sue McIndoe 83:52

Fiona Robinson 83:58