

This iconic shot was taken at the Ruthin 5k in 2019 and I can only apologise that I can't find the name of the photographer at this time but I would credit them if I could!

That night, Hurricane Helen (no.195) got a PB.

We are a club for a wide range of abilities, we leave no one behind and we will always try to make you feel welcome and included, but the most important thing to take away here is the rest of us went back out to her that night to run the last bit in because this was her achievement and we wanted to celebrate it with her. She always gives 100% and is an inspiration to all.

You can do this. You don't have to be fast or run far. Just get out there and give it a go and you could surprise yourself. And you don't have to do it on your own. PM us if you want to come along to any of our sessions on a trial basis.