

James Bruce took part in this month's Tatton Park 10K on Saturday. With eventual winner Jake Wilson pulling clear by nearly 2 minutes, Bruce found himself in a battle with the chasing group for the remaining podium places, narrowly getting pipped for second at the end by Jake Dearden, but still clocking a strong time of 35:48 for the bronze.

We had a good turnout at our home parkrun Wepre this weekend with Michelle Bowes clocking 25:21 for third lady.

Down the road at Coleg Cambria Vikki, Martin, Steph, Andrea and Jay did the practical element of their Leadership in Running Fitness course.

We're not too far from Chester and Deestriders is always well represented at the Active Leisure events. The sold-out Chester 10K was no exception. We had some fab marshals too on Stadium Way!