

Flintshire's Green Army has been out in force in searing temperatures.

Stuart Brown made an impressive Ironman debut at Tenby on 3 September, completing the Ironman Wales challenge in 15:08:07 whilst raising funds for the charity Mind.

Tuesday saw the first instalment of the Wirral Multi-Terrain Series take place at Royden Park. Results Allan McKeown 33:03; Christine Cammillare 37:25; Paul Lewtey 38:15, Fred Aird 39:49

Three Deestridders took part in Always Aim High's "Sandman" at Newborough Forest Anglesey on Saturday, completing the Adventure Championships, a three-eventer in which they finished the "Slateman" and "Snowman" earlier this year. This was Paul Lewtey (1.51) and Christine Cammillare's (2.03) first foray into the world of triathlon and they were accompanied by seasoned triathlete Mike Norris (2.03).

King John's Castle fell race- Allan McKeown (6th), Matt Davies (7th), Paul Aird (15th)

parkrun – 9 September- Birkenhead- Jay Jennions 23:09;

Delamere- Paul Lyth 23:47; Graham Bryan 34:43;

Prestatyn- Antony Woodall 20:44;

Ruthin- Fred Aird 23:29; Pat Gawley 24:27; Kevin Burns 26:06

Wepre- Nick Bartley 21:00; Craig Davies 22:14

Tomas Kuzmicius 26:18; Dafydd Morris 34:36; Claire Harper 38:01; Amanda Scotter 38:03

10 September

James Bruce swam 10K in Llyn Padarn's Brutal Swim event.

In the Sandstone Trail races, David Temple took part in the 10 miler and Matt Davies the 17.

Great North Run- Steph Salusbury in her half marathon debut ran an excellent 2.02 and husband Mike fought through niggles to finish not far behind in 2.05. Jonny Owen ran 1.54.

In the Cheshire Half Marathon Tracy Dymant clocked a fine PB of 2.09.

In the Caernarfon Half Marathon, incorporating the North Wales Championships, multiple medals were won. Drew Gray 1.25 (Silver MV40); Joey Davies 1.33; Grant McGowan 1.44; Jess McKinlay 1.47 (Silver LV35); Paul Lyth 1.49 (Silver MV50); Les Price 2.15 (Bronze MV40); Sarah Johnson 2.20 (Silver LV45); Shaun Terry 2.21; Beverley Goodson 2.30; Fiona Robinson 3.02 (Silver LV55)