

This weekend ended on a sad note for running with the tragic passing of Kelvin Kiptum and his coach. But we did manage to get a few events in.

Saturday saw a Girlstriders 123 at Wepre parkrun. Donna Griffiths moved into an early lead with Michelle Bowes and Jay Jennions chasing before Bowes caught Griffiths on the final steep descent.

Tomas Kuzmicius 24:37

Michelle Bowes 26:05

Donna Griffiths 26:20

Jay Jennions 26:50

Jo Houghton-Davies 30:01

Martin Witty 30:57

Dafydd Morris 32:07

Jane Blackwell 38:13

Sue Bonney 39:10

Debbie Parry 39:12

Beverley Goodson 40:11

Cross-country captain Goodson then travelled over to Oswestry for the final, muddy round of this season's North Wales Cross Country League.

Christine Cammillare 25:01

Claire Harper 32:26

Amanda Scotter 32:27

Beverley Goodson 37:41

Antony Woodall 39:11

Paul Lewtey 46:41

On Sunday, Andy Billington represented Deestridders in Barcelona at the half marathon event, running a PB of 1:36:28.