

What a busy week we've had!!

Jay Jennions completed the Milton Keynes Half Marathon on Bank Holiday Monday in 1:41:51.

Dinas Bran Hill Race (8/5/24) Paul Lewtey 49:16

Fred Aird 51:18; Claire Harper/ Amanda Scotter 65:05

Deestriders were well represented at the Oswestry Olympians Chirk Castle Relay, featuring in four teams. The Green Machines (Donna Griffiths, Lisa Cooper, Michelle Bowes) were third in the women's division

There was a great show of support for Paul 'Fred' Aird as he ran his 250th parkrun at Erddig in 26:39. Other times Mark Williams 24:28; Linda Turley 24:53; Lisa Cooper 26:09; Jenny Lewtey-Jones 29:49; Martin Witty 30:43; Jane Blackwell 34:22; Alannah O'Brien 34:42; Christine Cammillare 34:42; Paul Lewtey 35:09; Fiona Robinson 35:15; Sue Bonney 35:39; Claire Harper 36:06; Sarah Brown 36:10; Bonnie Knox 37:36; Sue McIndoe 37:36

Further afield, Kevin Burns ran the Jesmond Dene route in 28:20

Back home, Wepre times on the parkrun's 8th birthday were Craig Davies 22:20; Donna Griffiths 25:46; Mark Harney 27:54; Ann-marie Fauset 33:12; Ally Morrison 33:44; Bernice Matthews 38:15

Max Dowell ran a PB of 10:31 in the North Wales regional track championships on Saturday, claiming the senior men's silver medal.

Sunday- Alderley Edge 10K Paul Lewtey 46:49

Linda Turley 49:10 PB; Steph Salusbury 50:42

Mike Norris completed the Western Park standard distance triathlon in 3 hours 23 minutes.

Snowdonia Half Marathon- Joey Davies 1:43:06

Graham Bryan 1:55:53

Grant McGowan 1:57:55

Paul Lyth 2:00:35

Marc Dixon 2:12:35

Les Price 2:24:19

Excalibur Half Marathon- Christine Cammillare (Canicross w.Ben the collie) 2:38:23

Jo Houghton-Davies 2:53:41

Marathon- Sallyann Oneil 6:08:49

Nige Parr 6:35:43

Below left- Marc, Grant, Joey, Graham and Paul at Snowdonia Half

Below right- Steph, Paul and Linda at Alderley Edge 10K