

A weekend of two halves weather wise. Saturday was pretty nice 🌤️, then Sunday was vile! 🌧️ 🧑 but that didn't stop the Deestriders from getting out and about. 🏃 🍀

Nige Parr completed the 60k Pen Llyn Winter Ultra on Saturday, starting and finishing in Pwllheli. The weather held out on the scenic course and although his time of 7:47:50 wasn't what he was hoping for due to difficult conditions underfoot, which resulted in a couple of falls, he still finished in the top 25% of the field and enjoyed the day.

Debbie Parry ran 29:26 at her home parkrun Millennium Country in Bedfordshire whilst Darren Low ran his quickest ever 5k at the Birkenhead event (23:21)

On Sunday, Allan Mckeown and Matt Davies (below right) took part in the Clwydian Hills Fell Race on Sunday in wet and muddy conditions. Despite losing their way in the fog they finished in a creditable 2 hours 21.

Meanwhile, Andy Billington (pictured left) ran a three minute PB of 1:37:29 at the undulating Alton Towers half marathon.