

That was the weekend that was... 14&15 October

It was the first fixture in the North Wales Cross Country League on Saturday at Treborth Track, Bangor in sunny muddy conditions.

Christine Cammillare 27:56

Amanda Scotter 38:44

Beverley Goodson 42:53

Alannah O'Brien 45:08

Antony Woodall 38:36

Allan Mckeown 40:21

Nick Bartley 40:23

Rayko Kolev 44:10

Paul Lewtey 45:58

Sixteen weeks after shattering his femur in a cycling accident in Cumbria at the Coast to Coast event in June, Martin Witty ran his first parkrun thereafter- Wepre, no less, with a very impressive time of 36:31. Partner Sue McIndoe was in support with 36:30. Other times from Wepre: Jacob Foy 22:02 (4th overall); Michelle Bowes 25:34 (3rd lady); Mark Harney 27:40; Marc Dixon 29:47; Jane Blackwell 39:07

Max Dowell added a Z to his parkrun collection whilst in Krakow, Poland, completing Zielony Jar in 20:10.

Sunday's Manchester Half Marathon saw a PB of 1:59:40 from Melissa Bailey. James Bruce ran 1:26 and Holly Kendrick an excellent 2:09.

In the Wirral 10k, Darren Low continues his quest for sub 50 with a strong 50:49 and Bernice Matthews came close to breaking the hour with 61:23.

Clockwise from left: Martin's Startin'- Back at Wepre with Sue

Fooling around in the mud at Bangor

Mel's done well- Bailey's Manchester PB