

Yesterday, Claire Harper and Nige Parr undertook the Off Road, Trail and Fell element of the Leadership in Running Fitness qualification at Erddig. Well done guys.

UTS Running Club hosted the sixth and final Border League race of the season at a spring-like Hoylake. Results awaited!

But whatever happened to those Liver lads (right)? Andy (1:35:39) and Graham (1:44:40) were busy getting PBs at the Liverpool Half Marathon. Well done also to Bernice for completing the course in 2:32:37.