

That was the week that was!

7 Deestridders took part in the brutal 3.5 mile Hotfoot up Famau on Wednesday night.

Paul Lewtey 58:59

Jenny Lewtey-Jones 82:32

Claire Harper 87:44

Alannah O'Brien 87:51

Fiona Robinson 90:58

Christine Cammillare 90:59

Amanda Scotter 91:59

Linda Turley was first lady at Greenfield Valley parkrun in 24:47 on Saturday.

Alan Latham completed the Rat Race 70 mile Wall event in 13:04:40

Mike Norris finished the Alderford standard distance triathlon in 3:23

Colshaw Hall 10K (16 June)

Paul Lewtey 45:07

Mike Salusbury 47:21 PB

Steph Salusbury 49:17 PB

Justin Evans 54:38 PB