

To quote the lovely Christine from our club 'A few Deestridders did some running here and there,' She went on to say that we weren't exactly rubbish either. So on Sunday we had:

Lake Vyrnwy Half- Drew Gray 1.23; Antony Woodall 1.28; Paul Lewtey 1.43

Llyn Alwen 11.5k trail- Rhian Lloyd 1.07

Canicross Christine Cammillare 58.10

Abigail Cammillare 1.19

Guilden Sutton 10K- Justin Evans 55.54

Holly Kendrick made her triathlon debut in the North West Sprint

Altrincham 10K- Jay Jennions 45.28; Sarah Johnson 56.38 PB

Beaumaris Coast to Castle 10K- Bernice Matthews 1.04

And going back to Saturday, Darren Low ran his 100th parkrun milestone at Chester!

At other events we had: Prestatyn- Tony Woodall 20.12; Craig Davies 20.18

Ruthin- David Temple 23.50

Wepre- Nick Bartley 21.30; Tomas Kuzmicius 24.18; Debbie Parry 32.09; Sarah Johnson 32.47; Amanda Scotter 41.41; with Claire Harper hitting her half century of parkruns in 42.28.