

Christine Cammillare and Ben the collie came second in Cammillare's age category on both Saturday and Sunday at the Delamere canicross event.

Saturday was the sold out Parbold Hill race in Lancashire, 11km multi-terrain miles of mostly mud.

Paul Lewtey 1:05:26

Cammillare 1:06:17

Jay Jennions 1:16:17

Debbie Parry 1:27:50

Claire Harper 1:37:20

Amanda Scotter 1:39:37

Fred Aird 1:43:43

On Sunday, Jess McKinlay was third lady at the Ruthin 10K in 48:59.

Wrexham Village Bakery Half Marathon

Stewart McElmeel 1:33:37

Mike Salusbury 1:45:55 (PB)

Steph Salusbury 1:56:10 (PB)

Rhian Lloyd 2:04:30

Sarah Monteith 2:17:11