

There were age group prizes for Deestridders at Saturday's 11 mile Penmaenmawr Fell Race. Allan Mckeown came 3rd MV45 in 1:34:27 and Christine Cammillare won the FV40 category in 1:57:40.

Meanwhile, Tony Woodall (pictured below) represented North Wales at the Welsh Inter-Regional cross-country championships at Newtown. Running in the 45-54 age group he gave an excellent performance completing the muddy 6 mile course in 41:37.

Sunday saw Andy Billington run 43:58 at the Tatton 10K.

Deestridders were well represented at the weekend at the wet and windy RunWales Conwy Half Marathon on Sunday. Many arrived at the event by minibus, kindly arranged and driven by club member Justin Evans despite Evans being unable to compete himself due to an ankle injury.

Chip times:

James Bruce 1:22:04

Joey Davies 1:29:24

Alan Latham 1:38:24

Paul Lyth 1:45:10

Graham Bryan 1:46:33

Trevor Tommy 1:46:36

Jess McKinlay 1:46:40

Paul Lewtey 1:50:32

Grant McGowan 1:50:38

Gary Martin 1:52:16

Ryan Johnson- Wilcock 1:54

Donna Griffiths 1:54:44

Linda Turley 2:00:35

Darren Low 2:04:05

Les Price 2:05:01

Jan Hyndman-Jones 2:05:41

Mark Derbyshire 2:06:59

Sue Williams 2:10:57

Lindsey McElmeel 2:10:12

John Owen 2:17:07

Nikki Wilson 2:19:53

Sarah Monteith 2:24:25

Claire Harper 2:24:26

Sue McIndoe 2:29:04

Jane Blackwell 2:34:08

Martin Witty 2:38:24 (less than five months after breaking his femur in a cycling accident)

Fiona Robinson 2:44:02

Shaun Terry 2:54:40