

It was a busy weekend for Deestriders with a good turnout at the Moel Famau 24, in which teams or soloists run as many 7.51km laps of the mountain as possible in 24 hours. Christine Cammillare, Fiona Robinson, Jan Hyndman-Jones, Ruth Appleton, Bev Goodson and Sue McIndoe competed as a team and Allan McKeown went solo. It was an enjoyable but challenging event with 511 metres of elevation per loop and the added complexity of night running. Pics below!

Darren Low clocked a strong 50:28 at the Birchwood 10K in Warrington whilst Jay Jennions took the LV40 title at the North Wales regional 10K championships in Caernarfon with a time of 45:58.