

Racing and partying were on the agenda this weekend.

Christine Cammillare (27:32) and Lana O'Brien (40:28) took part in the fourth race of the North Wales Cross Country League at a very muddy and blustery Dolgellau on Saturday.

Sallyann Oneil ran an excellent 1.48 at the very well organised Essar Four Villages Half Marathon whilst the 68 year old 'Dr Dave' Dafydd Morris ran a very good 2.07 despite not long returning from injury.

The club also held its annual awards night at Highfield Hall, Northop on Saturday. Thank you to them for hosting us with a wonderful street food buffet and our fab singer Ellie Davies (with great support from Mike Salusbury!) Well done to all who organised a lovely evening, including our chair Heather's popular 'green raffle' which raised an awesome £245 for charity and many awards were won- just to mention a few...

Runner of the Year- Drew Gray

Winner of the Neil Dunn Handicap 2024- Sue McIndoe

Deestrider of the Year- Nige Parr

