

16 SheStriders took on Pen Llyn on Saturday- and conquered the first ever She Ultra, a women-only 50k from Pwllheli to Abersoch with 3,300 feet of elevation. Special thanks is due to the club members and family members who supported by driving and appearing on the course to cheer the runners.

We had 3 representatives at London on Sunday, congrats to Joey who ran a PB of 3.02, Graham who did the club place proud on his debut with 3.45 and well done to Les for a sub 5 (4.47).

Mike Norris meanwhile Stormed the Castle, completing the duathlon of that name in 2.14 and Liz Turner took part in the Connemarathon in Ireland.