

With the second cross-country fixture at Eirias Park, Colwyn Bay, cancelled due to Storm Babet, thankfully many other races still managed to go ahead this weekend.

Andy Billington ran a course best of 43:53 at the Tatton 10k on Saturday, winning the V45 category.

Sunday's Cheshire 10k saw Max Dowell run a stunning PB of 38:30. Tony Woodall managed a strong 39:57 and Mike Norris ran his best time as a V60 of 62:21.

Over at Abergele, Paul Lyth ran a fantastic PB of 21:22 in the 5K RunWales event, winning the V50 category. He was pushed all the way by Graham Bryan with an excellent 21:34 (PB). Les Price did well too with 26:53.

The 10K, run afterwards, saw Drew Gray win the V40 prize with a good time of 38:44. Graham Bryan did the double with a creditable 50:51, David Goodwin ran 51:13 with Price & Lyth running together to break the hour in 59:13. Louise Goodwin was the sole Girlstrider and she produced a determined 70:52.

Below are some of our green guys Paul, Les, Drew & Graham at a sunny Abergele 🌞