

Well, it's almost officially winter, and the temperatures have dropped 🌨️ but the club's enthusiasm for racing hasn't! Here's what some of our green guys and Girlstriders have been up to over the weekend.

Christine Cammillare (pictured) took part in both days of the two-day canicross 5k at the Rhug estate with Ben the collie. In the middle of that she skipped over the border to take part in the latest round of the North Wales Cross Country league at Baschurch, Shrewsbury, where her fellow team members, the double act of Amanda and Claire, made sure no one could tell who was who by swapping tops. (Ladies, you're supposed to do that with an opposing team!)

#### Results

Christine Cammillare 24:11

Amanda Scotter 31:00

Claire Harper 32:17

Not to be outdone, the lads decided to model Deestridders' range of tops, though no one told Allan he had the pre-covid edition. Oh, and they ran great too.

Tony Woodall 30:44

Allan McKeown 32:36

Rayko Kolev 34:10

Sunday was even colder and saw several club members think 'why do we do this' at a bitterly cold Wilmslow Festive 10k. They were well rewarded however with a stunning haul of personal bests. Darren really didn't want to abandon his cosy hotel to run but finally made it back under 50 minutes, young Max bettered his target of 38 minutes no doubt with phone in hand, Billo turned that 43 into one lower and Steph 'Eilish' Salusbury who now leads the fast 5s group obliterated her previous Pb by 4 minutes.

#### Chip times

Max Dowell 37:24 (PB)

Tony Woodall 39:09

Andy Billington 42:21 (PB)

Darren Low 49:30

Steph Salusbury 50:26 (PB)

Karen Waugh 1:34:23

Well done all and we're looking forward to seeing our friends from other clubs at the Wrexham borders next week.