

Yes, we know you don't 'win' a parkrun, but don't we like to say so, so congratulations to Max Dowell who won the Skatas parkrun in Gothenburg, Sweden in 19:53 on Saturday! 🇸🇪

Well done too to Andy Wainwright, who joined Deestridders this year- he ran an excellent PB of 53:27 at Sunday's Northwich 10K.

Don't forget it's the second Off Road this Thursday (4 July) night, 7.30pm start from Care & Repair !! Bring your number from last time if you still have it, and if you have yet to enter any of the remaining races of the series you can do so on the night. 🏠

Please DON'T try to park there if you are not a marshal/ official- our gatekeepers Car Park Kev and Amanda Warden will turn you back! 🚫 You'll be glad you didn't if it's like it was last time... Free parking is available nearby at Ash Grove and Charmleys Lane car parks and you can leave a small bag in our lovely gazebo at your risk.

Looking forward to seeing you there!!