

It's not been a slow news week for Deestridders!

Bank Holiday Monday's Cilcain race incorporated the North Wales mountain running championships and we had a number of medallists/champions 🏆 🏆 🏆

We had participants in the Blackpool night run mid week and then on Friday Angela Deeley ran a stunning Pb of 19:38 for Wales at the Mid Cheshire 5k which included the masters international.

Sarah Monteith celebrated her 50th birthday at Ellesmere Port parkrun and Max Dowell was the runaway 'winner' at Wepre. Meanwhile Andy Wainwright and three pals were busy cycling from Swansea to Wrexham to raise funds for Just4Children to help improve the quality of life of a young friend.

On Sunday some of us took part in the training runs organised by Active Leisure for the upcoming Chester (Metric) Marathon. It's only 5 weeks away so we're in the deep waters of training and this was 20 tough miles! Nice to do a different route (although some was very familiar to our members 😊) with company.

Speaking of deep waters, Martin, Paul Lewtey and Mike Norris completed the Bala tri today- Martin's first one since a serious cycling accident last year.

Next week- see you at our final Off Road race on Friday 6 September, 7pm start from Care & Repair