

Girlstriders are taking parkrun by storm this weekend!

Congratulations to Jo Houghton-Davies on her first Wepre First Lady today- she gives a lot of credit to her wing-woman Michelle Bowes, who came first a few weeks ago and today was right behind her for second. What great sportsladyship! 🏃🏃🏆

Meanwhile over at Prestatyn our resident Hyroxxer, Donna Griffiths, was victorious in an impressive new PB of 23:09 🏃🏆

Two SheStriders escaped the awful weather over in Abersoch, recaying 9 miles of next month's She Ultra in pleasant conditions. Well done Sarah Monteith and Bernice Matthews! 🏃🏃