

The latest expedition for those doing the She Ultra and other long races was Delamere Forest today. The icy start 🧊 soon gave way to spring 🌞 🌞 There were snacks and banter aplenty. Thanks to Sarah Monteith for organising a fab 11 mile route that took the group up Old Pale for some stunning views back over the Cheshire Plain to Deeside and beyond, but not before they encountered a man in a yellow jacket who closely resembled a race marshal. Turns out there actually WAS a 5k and 10K race going on that morning 🏃 and the group did its best to make it clear they weren't taking part in it by running in the other direction whilst cheering on the competitors. The girls also found the little Gruffalo 🐼 who fortunately was friendly, and there was mud aplenty later on. Some of the ladies did 11 miles whilst others did more- especial kudos to Claire and Amanda for doing an entire marathon out there today 🏃 🏃 🌞 🏔️ Any of you do either of the races today? Give us a shout if you did #WellDoneGuys 🍪 🍪