




A total of 14 Deestridders and family members took part in this morning's litter pick along the Deeside cycle path and into the industrial estate, taking in the route that the club uses in the final week of its Couch to 5k programme as well as half the group splitting off to sweep the third side of the smaller 'triangle'.

Organised by Vikki Foulkes (at the front of the group photo) the Green Army collected an astonishing pile of rubbish (below) including a rusty bike wheel  , wellies, a long sleeved top- and however did that piece of newspaper from 1991 survive?!  

This event is part of our 40th anniversary celebrations, Deestridders RC having been established in 1982. We're about more than just running and racing- we like to get out there and help too, having earlier this year collected running 'gear for Gambia' and essentials for Ukrainian refugees. It was great to take part in this local and enjoyable activity and the thank yous from numerous passing cyclists were much appreciated! Well done to all involved.