

It's not spring yet, but we've been making the most of this slight break in winter- it'll be back in a few days
#AndAnotherThing 🧑‍🌾 ❄️

This weekend Deestridders were only too glad to show up in green to parkrun in support of charity partner Macmillan on World Cancer Day 2024. Here are some of the crew at our home parkrun Wepre yesterday with 'Mr Wepre' himself, the legendary Rob Mackey in the background.

On Sunday seven Girlstriders hit the Hawarden trails, mainly in pursuit of April's She Ultra. Led by 'SnackMaster C' Claire Harper, practicing fuelling was the order of the day and the girls happily shared their treats with each other to see what will work on the day. Who says long runs have to be boring?