

May the 4th be with you!

Deestriders were out in force for Round 2 of our parkrun blitz today. Most competed at the suggested course Wepre, which is of course our home run. We also had members at Birkenhead, Ellesmere Port, Heaton and Pwllheli.

Meanwhile Donna Griffiths stormed the London Olympia women's open Hyrox event, completing the course in 77.01, an impressive PB of over 2 minutes.