

PRESS RELEASE- Chester Ultra 4 March 2023

To celebrate their 50th birthdays this year, Deestridders Jan Hyndman-Jones and Linda Turley took on the 50 mile Chester Ultra. Starting and finishing in Ellesmere Port and following the Shropshire Union Canal south the route then joins the Sandstone Trail back up to Frodsham before returning west over Frodsham and Helsby hills.

It was the duo's first ultra event and they were accompanied by fellow Girlstrider Andrea Wadcock-Parr in her seventh outing. Andrea took the pair on long training runs and she and her husband, the club's head coach Nige Parr, imparted their invaluable experience of the course and distance. Nige wrote each an individual training plan for the girls to follow and gave good strong advice. The 'Fab 50s' would like to thank Nige for his brilliant coaching skills and patience, without which they say they wouldn't have completed this fantastic experience.

It was a tough day of laughter, countless stiles to clamber over and potatoes consumed at checkpoints. The three friends completed the course in an impressive 12 hours 57 minutes.