

A massive thank you from all of us at Deestridders to everyone who took part in our first Off Road race tonight and to all our helpers- 'Mr Wepre' Rob Mackey, our legendary adjudicator who somehow manages to look official whether he has a clipboard or not, St John Ambulance for sterling support as always and everyone else involved! Sorry if I've missed anyone, I was about half a mile away from the centre of the action in a field somewhere! 🙏🌍 Keep to the right and under the bridge, guys!

All you runners did fab on a chilly night. We wouldn't have a series if you lot didn't keep showing up and we love it as much as you do. Thank you to all of you who got the memo and didn't try to park at Care & Repair. You'll be glad you didn't. With footy on tonight the parking was car-nage! 'Amanda Warden' & 'Car Park Kev' did a great and difficult job on the gate.

We're reliably informed by Dr Dave that although Ash Grove car park had filled up by 6.45, Charmleys Lane, which is adjacent to King George Street car park, still had space so why not try there next time if you're running late. It's only about 2 minutes walk further than Ash Grove and is closer to Wetherspoons for those looking for post race eats (KFC is also available in Queensferry- in the opposite direction near the big Asda!)

Big shout out to Claire Harper in her maiden voyage as captain of the Off Road ship. Indeed it was a huge success, her organisational skills never disappoint!

And well done to everyone at Deestridders for the various roles they play in organising this. Some of this year's Couchies helped out for the first time and it's wonderful seeing them getting so involved.

Vikki Foulkes kindly took photos/ videos which I understand are or will be available on the Deestridders ORGP page. Thanks Vikki.

It's not too late to join the rest of the series. Next race is Thursday 4 July at 7.30pm. See you there?