

Storm Kathleen hasn't stopped Deestridders' first instalment of 2024's parkrun Blitz, where members compete against each other in a league table throughout the year. The suggested course was Phoenix Park in Runcorn, however any parkrun done on this day by a club member counts.

We had 15 Striders at Phoenix which was a great little event with a tough hill we had to climb 3 times! Still, it wasn't Wepre.... And yet we can't stay away- we also had 15 there, our home parkrun, and marshals too! We also had runners at Birkenhead, Erddig and Greenfield- special mention to Paul Lyth for coming first at the latter in a parkrun PB of 21.10!

Today was the London Landmarks half marathon, which Ally Morrison completed in a strong 2.29.