

Today Deeside Athletic Stadium played host to the 40th Anniversary games of the Deestridders- the Ruby Races.

Organised brilliantly by club secretary Nige Parr, over 30 members, divided into three teams (red, white and green for our club colours) took part in around 15 events on a beautiful hot sunny day. ☀️

The races ranged from the serious- 100m up to 1500m- to the super serious- including the 'Olympic race events' of beanbag, sack, hopping, three-legged, wheelbarrow...

It was an amazing and epic morning/ lunchtime fuelled by ice lollies, good-natured banter, determination and athletes uncovering hidden talents they never knew they had.

Well done all!