

Lots of exciting stuff going on in DeestriderLand this week. Couch to 5k 2024 kicked off on Tuesday night and our enthusiastic bunch of Couchies have already smashed their first three sessions!

Four Striders took part in the Twin Piers 10K. The point to pointer was back after 4 years away and incorporated the North Wales championships. Race results to follow tomorrow.

Many of our intrepid SheStriders (who've entered the 50k Pen Llyn She Ultra on 20 April) took on 17k of Clwydian range today with a few other members. There was sleet, mud, sheep and lots of hills, banter and sweets!