

It was round 4 of Deestrider's parkrun blitz on Saturday with over 30 club members taking part in the club competition, where runners are ranked based on age graded score (there's a Wepre uplift given the system doesn't take into account that it's, well, Wepre!)

Any parkrun as a Deestrider counts, and several were chosen, including Wepre, but most headed to focus event Greenfield Valley. It might not be Wepre in terms of technical difficulty but don't be fooled... it's got a return leg even more brutal than 'Angina' and only the prospect of breakfast with Fred afterwards got many back up that hill!!

Thank you to Greenfield's volunteers and to all the other parkruns we did for hosting us this weekend 