

Happy Easter to all. We hope you've had a good weekend.

We're a club that always tries to make the best of what's around!

The below might look like an elaborate celebration but it was 2020 and we were on lockdown of varying degrees. 🇬🇧🗨️

Deestridders did a remote virtual lockdown relay, sometimes in fancy dress, running as far as we could in 19 minutes (often downhill 😊) We couldn't be together but it almost felt like we were.

We're serious(ish) about running and definitely serious about inclusion and fun. We provide a range of days, terrains and ability groups. So if you're looking to run off that Easter chocolate and can run at least 5k (Slow? Don't let that put you off. Need to stop a bit? All groups do)

We offer a free 3-4 week trial period. PM us through the page for more info- next run is tomorrow evening (Tuesday 19th) from Ash Grove, Shotton 😊