

Twelve Deestriders took part in the RunThrough Warrington Running Festival, a free-to-enter event with 6,000 places that seeks to make accessible and promote the benefits of running. Soon-to-be-married Sarah Johnson took the opportunity to enjoy a mini hen party with her "DeeBriders".

Chip times

10K- Andy Billington- 44:10 (PB); Ally Morrison 1:09

Half Marathon- Linda Turley 1:54; Darren Low 2:07; Justin Evans 2:15; Debbie Parry 2:19; Sarah Johnson 2:19; Nikki Wilson 2:19; Amanda Scotter 2:20 (PB); Bernice Matthews 2:20 (PB); Claire Harper 2:27 (PB); Sue Bonney 2:36 (PB).

It was the debut half marathon of Sue, Bernice, Amanda and Claire with the latter two, couchies of 2023, coming all the way from couch to 21k in just eight months.

Meanwhile over at the Farndon 10K Rhian Lloyd was the club's sole representative, running an excellent 56:14 on a tough course.

Photo by and with kind permission of Steve Jeffery.

On Saturday, Allan Mckeown fulfilled an ambition he's had for a while, completing the difficult Peris Horseshoe race in Snowdonia in 4:46:48.