

Hope everyone had a good day yesterday, however you spent it! This week just gone the club's been enjoying itself as we headed towards the festive period.

Tuesday 19th December was Deestridders' annual Neil Dunn Christmas Handicap at the Deeside Industrial Estate. Neil was our legendary coach who sadly passed away in 2019 and one of the many things he did was organise this annual event, which has taken a number of formats over the years. Paul 'Fred' Aird has kindly picked up the reins of arranging this- the current rules are that everyone runs without a timepiece and the person who completes the 5K course closest to their predicted time wins.

It was a great turnout of maybe 30 runners. Fancy dress is encouraged and standout costumes included the glamorous Spice Girls (Michelle Bowes as Sporty, Jo Houghton-Davies as Baby, Jen Lew Jones Jenny Lewtey-Jones as Scary, Lisa Cooper as Ginger and Angela Deeley as Posh). Wham! (prolific C25K23 graduates Claire Harper and Amanda Scotter, completely unrecognisable in their most ingenious double act for the club yet) and fair play for the sheer determination of these two- an inflatable Olaf (Stuart Brown) and Christmas tree (Sarah Brown) in very windy conditions.