

Happy Easter to all. We hope you're enjoying the weekend.

Deestriders has seen a tremendous influx of our recent graduates at our club runs. Most have gone into the 5k groups led by Vikki and Debbie. It's fair to say our Couchies are deservedly on cloud 9 from what they've achieved and we hope they'll choose to continue their adventures with us!!

What a gorgeous weekend it's been weather wise. Rhian and Sue Bonney took part in the Alyn Waters 10K on Saturday with Rhian almost making the top 10 of female finishers. We've had parkrunners at Greenfield, Wepre and Llangollen. Speaking of Llangollen, SheStriders Amanda, Claire and Jo went for a long training run in the stunning area afterwards. The She Ultra is only 3 weeks away now and we can't wait! Oh and Claire had already nabbed a parkrun PB of 30:59!!

A group of 'DeeRiders' also enjoyed a leisurely cycle out to Neston in the sunshine.