This is my final BINGO update. I hope those that took part enjoyed the challenge.

Massive Congratulations to Adam Willis who won with a day to spare completing his bingo card on two outings. He saved his best to last by creating an amazing Strava picture of a Cheetah. He also hooked up with Heidi who he had never run with before, as well as posting something yellow and posting his Strava picture on our Members' whatsapp group.

Sandra completed the challenge too so very well done Sandra. Her final run was her favourite type of run, a trail run joined by Fran. Well done Sandra.

Amanda has been silently crossing off those squares too so well done Amanda.

Adam, your winning prize of beer will wing its way to you, although it's probably not an essential journey.

We all now have Andy's challenge to look forward to in February. I have a couple of trail runs to circulate too.

Happy Running, but more importantly stay safe.

Karen S x