

Congratulations to the first cohort of graduates from Deestriders Couch to 5k 2022. On the warmest day of the year so far they completed Chester parkrun. (Yes, we know our home parkrun is Wepre- but that would just have been mean!! 🌞🏃)

There'll be another 5k graduation session next week for those participants who couldn't make it today.

So proud of our ex-Couchies, all of whom have made massive progress since the course began in January, and who are now ready to begin the next step of the journey as Developers if they want to continue with us. We don't insist anyone joins as a result of completing C25k with us but we're delighted that there's been an amazingly positive response from this year's group.