

The 11 week 2023 Deestridders Running Club Couch to 5k programme saw a new intake of 'Couchies' who either hadn't run before or were looking to get back into it, take on a walk/ run plan with three sessions a week, two with the club and one independently. The hard work culminated in 'The 5k'- graduation on 25 March at Chester parkrun for four of our students. Congratulations to James Parry, Amanda Scotter, Claire Harper and Laura Makin. Laura completed her 5k in support of epilepsy charity ESUK.