

Run Leader Profile

Name: Andrea Tilston

Nickname: Sunshine

Hometown: Chester

Profession: Medical Records Administrator

CRR Role: Group 5 Leader Newly Assigned

Joined CRR: January 2018

Started Running: January 2018 Couch to 5k

First Running Event: Couch to 5k Graduation

Favourite event and why: Port Sunlight 5k was my first REAL EVENT. From being nervous to excited. I loved the adrenaline, support, laughter and tears.

Favourite running moment: Going through the finish line at 5k race for life with my daughter Katy in memory of my Dad.

Favourite CRR moment: Eaton 10k. Hearing the cheers and seeing CRR made me feel confident to run faster to the finish line.

Why do you run? My twins started uni and I had empty nest syndrome. It's mentally and physically helped me. It's amazing what can be achieved with the support of this fab club.

2018 goals: TO BE THE BEST I CAN BE

Favourite food: Italian

Favourite place: Croatia

First thing you would buy with lottery winnings: A CRUISE SHIP IF I WON MILLIONS

Three interesting facts:

I have twins born on the same day as my Dad and he was a twin

I once went on holiday on a Cruise did a zumba class...cut a long story short...ended up coming out the pit of the stage doing Michael Jackson Thriller dressed as a zombie.....kids were shocked!!!! 😊

Made Ainsley Harriet a coffee in my gym