

Run Leader Profile

Name: Kate Tilston

Nickname: Tilst/Tilly

Hometown: Buckley

Profession: Team Manager and PA in a nationwide Wealth Investment Company (financial advisors basically!)

CRR Role: Group 3 Run leader

Joined CRR: January 2018

Started Running: Always been pretty active but started running more seriously about 2 years ago

First Running Event: Chester half marathon

Favourite event and why: Chester metric - the support from CRR is what made the day special to me , with my mum marshalling on the course too and completing the 16.3 miles along side my sister was just the support I needed to get through my aim of sub 3 hrs [#familylove](#)

Favourite running moment: Eaton 10k home straight when I had finished my 10k I ran back to get my mum to get her through her last few minutes. Makes me feel proud we can do these things together no matter what pace we are both at 👯

Favourite CRR moment : every single Wednesday evening , everyone makes you feel so welcome - I enjoy meeting and helping anyone I can along my CRR journey and also their CRR journey

Why do you run? To keep fit and to try and better myself and improve my race times. Also to de stress after work and meet new friends 😊

2018/2019 goals: to smash my half marathon pb at Chester this year and possibly just possibly complete the Chester full marathon in September 😊

Favourite food: Pizzzaaaaaaa I run for pizzaaaa 🍕 and halloumi fries ... can't forget them!!!

Favourite place: I love everywhere I have been to abroad, but you can't beat the Lake District 🏔️🏔️

First thing you would buy with lottery winnings: A horse 🐎

Three interesting facts:

I play netball for Deeside and I am team captain in a competitive league each week and have played for Deeside since I was 12 years young 🏐

I used to have my own horse and competed competitively in showjumping and showing 🐎🏆

I once won an art attack competition and got a year's supply of art and craft things 😂