

## **Ben Pitman *Men's Vice Captain***

As Vice Captain for the Club I help support the Captain in informing our members of all the races and league events on offer and encouraging as many as possible to take part. This is done through the Club Captain emails, social media posts and presence at the events you find Lordshill members at.

Motivation and recognising the achievements of everybody who runs in a Lordshill vest is central to my role and maintaining the club's tagline as Southampton's friendliest running club.

I have been a member of the club for over 10 years and have sat on the Club Committee in previous years. This club means a lot to me - I even met my wife through the club - so I want everyone to have the best possible experience as members. I am also an Event Group Endurance Coach and have supported the coaching offerings the club has provided. If you need any tips or support in your own running, feel free to get in touch.

I've taken part in races from the Mile to Ultra-Marathon and even been abroad in search of a running event. I've been fortunate to win a few races, bringing home a range of 'diverse' prizes from tankards, to horse busts, wine bottle holders and a pair of Gibbets.

When I'm not running I work in an administrative role at Southampton University and when I'm not working I enjoy a holiday in the mountains and enjoying great food.

