

Membership secretary – Caroline Beebe and Duncan East

Caroline. I've been running for nearly 10 years and joined the club in 2018. I prefer longer distance runs and races and did my first marathon in Amsterdam 2019 and will be doing 2<sup>nd</sup> and 3<sup>rd</sup> marathons in Edinburgh and London in 2022. I'm autistic so don't currently work but I volunteer for the Southampton City Museum's collections office.

Duncan. I started running age 41 to lose weight and get fitter to slow the long inexorable decline into middle age, which seems to be working so far. After joining the club in 2018 I've had PBs at 5K, 10K, half marathon and done my first marathon. I joined the committee in 2021 and started run leading this year. I work for Marwell Wildlife where I'm head of sustainability.

