



Hi, I'm Paddy, the Men's Captain. My main role is to encourage participation in local league events such as the HRRL and to make us as competitive as possible.

I started running on holiday in 2016 to keep a marathon training friend company. I've since surpassed all their PBs and they've never forgiven me. Highlights include an Amsterdam marathon PB and running London twice. The long term goal is to get a sub 2:45 in Berlin this year.