



I had not 'run' since school days when some friends dragged me out one evening in early 2008, after work, for half a lap of half of the Common, wearing a cotton t-shirt and some old trainers - it was not a pretty sight 😊 However, later that year I ran my first proper race – the Great South Run – despite massive doubts that I would be able to continuously run 10 miles... After a few more GSRs and some half marathons, which I struggled with, one of these same friends took me to my first parkrun in 2012, on Southampton Common.

By 2014 I decided that if I was ever going to improve I needed to join a running club and that summer I joined Lordshill Road Runners (it is amazing how many more running clubs there are now in Southampton and the surrounding area – a testament to the popularity of the sport). I would say I was 'patchy' in my training attendance until the beginning of 2017 when I decided to do my first marathon, the first time that ABP offered a full marathon in Southampton (despite telling various family, friends and even myself that I would never run this distance 😊).

That year I saw a marked improvement in my running, although like all runners I was to discover that form comes and goes in cycles, sometime punctuated by injuries. In 2018 I trained to be a run leader for the club and I have since enjoyed leading sessions for group's D and E.

I am still amazed at how much the club offers for our members, with ability group sessions, track sessions, strength and conditioning, marathon training, parkrun tourism, the Billy Bash etc., all thanks to our members offering their time and expertise for free. Since joining the committee, as vice-chair, I have had the opportunity to see what goes on behind the scenes and help with the, hopefully, smooth operation of the club.