

Cat Woods, Women's Vice Captain



I joined the club in 2019 and haven't looked back since! I love everything about being part of the club, from attending the training sessions, to the league races, to seeing your friends at Parkrun on a Saturday morning, and, of course, the many socials that come with being the friendliest running club in Southampton.

My role in the club involves sitting on the Captaincy Squad, so attending all of our main races (e.g. the HRRL League, RR10s, CC6s) and trying to encourage as many people as possible to attend. I also contribute to the committee meetings, in 2021 I co-organised our CC6, and in Feb 2022 I coordinated our trip to the National Cross Country event in London. This year I am going to get my EA Run Leading qualification so I can take groups out for the Monday night training sessions.

Outside of the club, I am a primary care health researcher for the University of Southampton. When I am not running, I am most likely reading or, *occasionally*, in the pub...