

Jo Potter - HRC Member

So, for someone who used to say... "I can't run for toffee!" to the same someone who has been in Heanor Running Club now for 10 years; wished that she had discovered the joys of being in a team much earlier.

It is "THE HRC" team that has encouraged, supported and trained me to run!

I remember my first evening, I drove to Heanor Leisure centre (as this is where Heanor met at the time) and very nearly drove straight home! They all looked so good... so fit....so fast!

Best decision I made was to park the car and give it a go!

I was welcomed and looked after. Mind you in those first months the concept of a recovery "RUN" was alien to me...recovery to me was STOP! PUFF AND PANT A LOT! TRY TO REGAIN COMPOSURE!

One of my first races was a X country at Wollaton Park. My Mum and Dad came to surprise me and cheer me on. They later confessed that they thought that I wouldn't survive -never mind make it to the finish line! I think I was second to last?

BUT... that just shows what this club has done for me from way back then to now!

(By the way my Mum is now an avid Heanor RC supporter and I can still imagine my Dad shouting... "Get on wi it... you can do it!")

Since then I have achieved many goals – PB's, different distances, awards, but best of all for me is being part of the HRC family.

I think the support we give to one another and the expertise of our coach can't be beaten. We have shared many races, wins, injuries (heel bump and tendinitis for me), disappointments, parties and away days. All the ups and downs of life!

Even Covid19 hasn't stopped us! Thanks, Boss, for the weekly training sessions, virtual races, quizzes, brain teasers and making sure we are all well!

Some of my fondest memories of being in HRC are... (you ready for this?) Valencia Half, Venice Half, Race the Train in Wales (Love this crazy weekend away with the crazy gang that goes.)

BLIMEY THERE ARE SO MANY...

ALL relays – great team events, Starlight Relays (More crazy people running around in the dark with headtorches!) X Country – love a bit of mud! Parliament Hill (when the tent blew away!) Dog Kennel Hill... errm! Missile Hill... maybe not! MFN Hill... you got to be joking!

Staying up till 6:30am (YES 6:30am) drinking "FIZZY POP" after our summer race at the cricket club. Pub runs, Breakfast runs, the iconic Mr Mellors' Sunday morning runs (I suddenly become the fastest sprinter in the club, if there are cows in the field!)

Are you bored yet?

Winning Runners Runner award – surprised, honoured and proud. Christmas meals with crazy mince-pie eating contests. The London marathon club place draw... which brings me onto one of my proudest moments when I was able to represent the Yellow and Blue in 2019.

From that girl that said "I can't run for toffee" to be able to achieve this and in a half decent time just shows what being in this team has done for me!

So, as I said at the beginning the best decision, I made was to NOT drive home but park the car and give the club a go. Just think of all those things I would have missed out on if I hadn't stayed!

I love being part of Heanor Running Club so to all the Lions and Lionesses out there I salute You!



By Jo Potter