

I would never have considered that I would join a running club or that I would fall in love with running it was something that just happened. Reflecting on this it was friends I spent time with that introduced me to running and at first running was nothing serious just me and friends having fun.

I then decided I wanted to improve my running, and this is when I joined HRC. Deciding I wanted to join was an easy decision but then actually enquiring and turning up to a training session was quite daunting. However, it was the best decision I made. The important things for me were having structured training sessions and being able to get advice from coach. Training nights are hard work but fun everyone encourages and supports each other and commit to the sessions planned. The training is structured and has variety and challenges you to achieve your best.

I love going to races with the HRC everyone is so supportive my favourite time to race is autumn / winter getting out and having fun competing in cross country. I loved this last season as conditions were great lots of mud 😊 for me it's the simplicity that comes with running cross country time almost becomes irrelevant and it's about finding that balance between the complexity of challenging your mind and letting your body run.

I enjoy the social side of the club and going on runs exploring new routes, which feeds my love for adventure and is a great way to explore and see new surroundings.

Running provides, me space and time out for myself. Being part of the HRC club provides me a community where I am accepted regardless of my ability and have made some great friends.

My advice to anyone reading this would be never stop asking questions or increasing knowledge people are always willing to help or point you in the direction of someone who can. You are your own person so listen to your body commit to training and rest. Most of all have fun and enjoy 😊