

# Thornton Cleveleys Running Club

## Runner Profile

**Name:** Brian Cumpsty  
**Age:** 45  
**Job** Self employed gardener

### **When did you start running, and at what age were you?**

Started running 1993 aged 27

**When Did you join TCRC?** I joined in September 2009 my wife Karen joined first in the July and pestered me to join her think she missed me.

### **Have you been a member of any other running clubs?**

Never been a member of any other running club don't think they would want me with all the singing and talking i do.

### **Why did you decide to start running?**

As a child I used to love watching Coe and Ovett racing and breaking each other's world records and from 1981 watching the London marathon. This is what got me into running.

### **Describe your form over the years/months – how fast did you improve, when and what were your best times, has injury played a part over the years, Have you stopped running for a time and why?**

My best times are 5k 18:45 2009  
5 Miles 30:31 my first race for TCRC Green Drive 5 2009 got slower since then  
10K 38:13 Kirkham 1998  
Half Marathon 124:44 Garstang 1998, I once did a training run half in just over 122  
Marathon 3:01:54 Blackpool 2009  
24 Hours 94.5 miles 2004 Hull  
55 Miles London to Brighton 2000 8:56:09  
10 Mile with 38lb Backpack  
Paras 10 1:33:24 in 2009  
Only real injury kept me from running few times over the years is shin splints.

## **How much training do you currently do? mileage, quality, speed work, hill work etc**

I try to do between 1000 to 1500 miles a year, too much and think I would risk injury, never bother doing hill or speed work unless you count trying to keep up with Andy Fairbairn at the moment, he's flying!

## **What's the most mileage you have done in the past and did it make you a faster runner?**

In any one week it would be 100 the week i did the 24Hour race and no, it didn't make me faster, not that week anyway.

## **Do you have any training tips?**

From experience I would say try and keep your weight down I'm currently about a stone over weight and its showing in my times also if I feel a niggle or joint pain coming on take a few days off to recover better than a few months.

## **What running ambitions do you have?**

To run 100 Marathons. I've currently done around 56. Also to do a sub 3 Hours for the Marathon sadly think that beyond me now and lastly to still be running at Mike Walsh's age probably with a Zimmer frame and half his speed.

## **Best race, worst race, reasons**

Favourite all time race sadly no longer run Potteries marathon loved atmosphere everyone came out on the streets of Stoke to support runners. Worst race loved every one I've ever done but if i had to say one there are two! Blackpool marathon a few years ago i was doing it at 9am then Freckleton Half Marathon at 2pm unfortunately it was delayed by 45 Minutes the temperature was around 90 degrees and i missed start time at Freckleton and had to have Marshall on bike to show me way at start ran all way without seeing another runner.

Secondly, my fault this time, running the Wharfedale half instead of full marathon, long story... I was sitting by my car when i heard a small ripple of applause around 10am, I carried on eating my Mars Bar and lined up for race at 10:30. Around 5 miles into race I got chatting to some of the runners they all said the same, "doing half" it was at this point I remembered the small ripple of applause and realised what i had done! Ran back down course trying to find a Marshall to put me on right route, couldn't find one and ran back onto the Half course and finished up doing 17 Miles in end won spot prize of dozen black sheep ale just a pity I don't drink!

## **Favourite training run?**

Got 2, along prom from home on a sunny night, and the 42 miles from end to end of Lancaster Canal from Preston to Tewitfield

## **Current/usual running shoes?**

When first started running, say 5 years, Nike Air Pegasus. Last 15 years or so Asics 20 and 21 Series. At moment Asics 2160's, perfect for me can't fault them.

## **Are you a gadgeteer? (GPS/heart rate monitor)?**

Yes Garmin forerunner 305 but had to have two replacements as died on me twice

## **Do you keep a diary?**

Yes still hoping someone will one day read them, every run iv'e done since January 1997 with distance times weather conditions and so much more you got to read them folks, get you to sleep at night!

## **Other sporting interests (including past interests)?**

Love most sports especially football darts and snooker. My sporting heroes are Snooker Steve Davis, Darts Phil Taylor, Athletics Coe, Cram, Ovett, Gebre Selassie, Radcliffe and locally Paul Muller and Mike Walsh. Finally, my inspirational running hero Jane Tomlinson who sadly lost her battle with cancer a few years ago.

## **Other non-sporting interests?**

My all time hero is Freddie Mercury I saw Queen twice on the Magic Tour 1986 was at last concert Knebworth 86 and tribute concert Wembley '92 seen most top rock groups over years but to me there's only one God and that's Freddie.

## **Football team?**

Enjoy watching without favourite but as a kid it was Spurs and Watford

## **And finally.....anything else?**

Yes it has taken me 3 hours to type this with one finger on computer I have a sore finger sore neck I could just about run a marathon in the time it took me to type it and why on earth the buttons aren't in alphabetical order is beyond me!

Just like to say what a great group of people we have got at our club great Committee members who do all behind scenes organisation, lastly like to thank the group I run with and for putting up with me and finally Karen and kids for living with me and switching on this bloody computer for me!

(Editor's note: It might have taken you 3 hours to type Brian, but it took me 4 to correct all the spelling mistakes!)