

## **THORNTON CLEVELEYS RUNNING CLUB RUNNER PROFILE**

*Name:* **Bev Foster**

*Age:* **Do I have to tell? ..... 44.**

*Job & brief description:* **This and that, and a bit of the other.**

*When did you start running, and at what age were you? Did you join TCRC? Have you been a member of any other running clubs?* **I started running about ten years ago, used to do the Blackpool 10k fun run. Then Mel, my sister, joined North Fylde and persuaded me to come along. I did my first London Marathon in 2003. I had a bit of a break from running 2 years ago, and then found out that TCRC was up and running(!), so I decided to join.**

*Why did you decide to start running?* **I started running to keep fit, and carry on indulging in treats like wine and chocolate without my waist / bum getting too big..... ( stop laughing everyone!!)**

*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?* **I improved the most when I first started running.....certainly doing hill sessions and speed work has really helped me getting back to running again. I slipped a disc in my back 2 years ago, and did not run for about 8 months or so. I'm not a quick runner, but really enjoy going out with my friends and I get a real buzz when my times get better.**

**My best times are  
London Marathon 2008 5hrs 6 mins ;  
Liverpool Half Marathon 2005 2 hrs 8 mins ;  
Wesham 10k 2004 57 mins.**

*How much training do you currently do- mileage, quality, speed work, hill work etc What's the most mileage you have done in the past and did it make you a faster runner?* **I'm training for the Amsterdam Half Marathon in Oct 2011, so I am trying to stick to a plan and run 4 times a week. But usually its 3 times, which includes a long run, club run and speed/ hill session.**

**When I did my marathon training I was clocking up about 25 miles a week. The longer miles did not make me faster... just got tired legs!**

*Do you have any training tips?* **Every run is an achievement.....just think of all those people sat on their a\*\*\*\*s not running!!**

*What running ambitions do you have?* **To run for as long as I can, with my family and friends for great company..... and probably to do one more marathon.**

*Best race, worst race, reasons*

**London Marathon 2008 – felt so tired and was really hard to keep going, but what a fantastic feeling to run over the finishing line with Mel and be able to do it.**

**Worst race – wasn't really a race but about 5 years ago I'd just arrived in the Lakes for a weeks holiday with my family. Mel and I went out for a lovely trail run and as we were about 1 mile from finishing I fell over and gashed my knee open!!!! 5 stitches later and that was me out of running for the rest of the holiday!!!!**

*Favourite training run?* **From Scorton up and over Nicky Nook and back round, and early morning run with Simon along the beach in Skiathos.**

*Current/usual running shoes?* **Brooks**

*Are you a gadgeteer? (GPS/heart rate monitor?)* **Oh yes!!!... Garmin or stop watch... think its a bit of a habit.**

*Do you keep a diary?* **Another habit, and yes have done really since 2003.... its nice to look back and remember some great runs and experiences..... I think that when I get too old to run I'll be able to sit , drink wine and reminisce!**

*Other sporting interests (including past interests?)* **I used to do alot of scuba diving, then used to go to the gym quite abit. Now its just running.**

*Other non-sporting interests? ...annoying Simon!!!*

*Football team?....* **WHAT???? Football!!!!.... urgh.**

*And finally.....Anything else?* **The only trouble with running is that ice falls out of your glass!!!!**