

Runner Profile:

Name: Malcolm Sherwood

Age:58

Job and brief description: Taxi Driver

When did you start running, and at what age were you? When did you join T C R C ? Have you been a member of any other running clubs?

I started running when i reached 40. I joined North Fylde which eventually amalgamated with Blackpool Wyre & Fylde. , Julie, Gwen Bob and myself started TCRC in June 2009.

What made you start running?

I stopped smoking and decided to get fit, joined a local gym and started “jogging” on the prom

Describe your form over the years – how fast did you improve, when (and what) were your best times, has injury played a part over the years, have you had periods of stagnation and how long did they last? Have you stopped running for a time and why?

I improved fairly quickly. Did the fun run in 45 mins . Best time for 10k is 40 mins, 10 mile 69 mins; half marathon is 1 hour 29. And the marathon (Manchester) 3 hours 15 mins.

I have been fairly lucky with injuries although i have had key hole surgery on both knees .I do find it hard to motivate myself sometimes to get out running but Julie is very persuasive.

How much training do you currently do – mileage, quality, speedwork, ect. What’s the most mileage you have done in the past and did that make you a faster runner? Do you have any training tips?

I run as i feel at present, I like to get up in the hills and away from Blackpool, preferably with a pub at the finish.

In the past i have done up to 60 mile in a week. When running a marathon people seem to neglect speed work for some reason. Big mistake.

What running ambitions do you have?

2012 London marathon, Hope to keep running as long as possible

Best races? Worst races? Reasons

Best Race Manchester marathon 1998 Got under 3 hours 30 for first time.

Worst Race Shakespeare marathon Went off to quick on a 2 lap course, others were finishing and i had another lap to do.

Hardest Race Without doubt Ben Nevis 1999 10 mile 4400 ft

Favourite training run?

Off road, out of town in good company (Julie)

Current/usual running shoes?

Asics 2011Gt

Are you a gadgeteer (GPS/Heart monitors/walkman?)

I have a Polar heart rate monitor, Garmin GPS, I pod, But i usually forget to wear any of them.

Do you keep a diary? If so how many miles did you run last year?

No i used to do. I start the year of with good intentions. I would recommend that runners should keep a diary.

What mileage, speed work ,hills etc you are doing. You can look back at what works or does not work for you.

Other sporting interests (including past interests)

Football (Liverpool) but i refuse to pay the ridiculous prices that clubs now charge.

I used to love Golf but not good for your health. Blood pressure and temper.

Other non-sporting interests?

I used to enjoy renovating houses but taking life a bit easier now.

Football team? There is only one LIVERPOOL

And finally..... (Anything else?) ENJOY your life

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