

Name: Melanie Foster

Age: 44

Job & brief description: I am a Teacher at Boundary Primary School, Grange Park, I teach 10 boys in a Behaviour Unit!! (Very challenging.)

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

I started running in about 2001 when I was 34.

Have you been a member of any other running clubs? I was a member of North Fylde then Blackpool, Wyre and Fylde AC.

Why did you decide to start running? To keep fit.

Describe your form over the years/months – how fast did you improve. I improved steadily.

when and what were your best times. My best 10k was Ribble Valley 30/12/07 in 54min 54 sec. London Marathon 2008 5hrs 6 minutes.

has injury played a part over the years. I have had a small stress fracture in my left ankle and I am currently suffering with either a shin splint or a stress fracture (awaiting x-ray results).

Have you stopped running for a time and why? No.

How much training do you currently do- none due to my injury!!!

What's the most mileage you have done in the past and did it make you a faster runner? No, an increase in mileage does not make me faster, I also need to do hill and speed sessions to do that.

Do you have any training tips? Enjoy it.....

What running ambitions do you have? I wanted to do a marathon under 5 hours but now I.m not sure I want to do another...

Best race I really enjoyed the London Marathon 2008 because I ran it with Bev (my sister) after she had had breast cancer, also the Garbon Trail Race 2007.

worst race. Virgin London Marathon 2011

Favourite training run? Garstang to Nicky Nook and back to Garstang.

Current/usual running shoes? New Balance 760

Are you a gadgeteer? (GPS/heart rate monitor?) Since the marathon I don't bother because I just want to enjoy my running now, not bothered about times!

Do you keep a diary? On and off!

Other sporting interests (including past interests?) I used to be a keen scuba diver but then I had children....not enough time or money!!! Last dive was April 24th 2011 with the Sharks at 'The Blue Planet Aquarium', it was fantastic...

Other non-sporting interests? I love going to the Lakes (which is not enough), camping, I enjoy travelling and spending time with my family.

Football team? You having a laugh!!!! I don't follow football, overpaid and over rated!!!

And finally..... Carpe Diem.