

Thornton Cleveleys Running Club  
Runner Profile

*Name:*

*Age:*

*Job & brief description:*

*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?*

*Why did you decide to start 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?*

*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?  
Do you have any training tips?*

*What running ambitions do you have?*

*Best race, worst race, reasons*

*Favourite training run?*

*Current/usual running shoes?*

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

*Do you keep a diary?*

*Other sporting interests (including past interests?)*

*Other non-sporting interests?*

*Football team?*

*And finally.....Anything else?*

*Please return to:*