

## **Why do I Run?** By Chris Crowther

I often ask myself this question but to try and find out the reason, I have to go back to the beginning. Back in February 2013 I was convinced to come and try parkrun. Back then my local parkrun was Huddersfield so I rocked up to see what it was all about. I completed my 1st parkrun in 36.46 mainly running and walking. As I was going round and having to stop and walk quite a few times I kept asking myself why am I doing this?

Well something happened that day with my competitive streak and also my desire to actually be good at something and claim it as my own. I came back to parkrun a couple of weeks later to try again but it didn't go very well and I was slow! My determination to go faster was still there, though my times were constantly around 39 and 38 minutes then suddenly there was a freak time on the 6th April 2013. I did parkrun in a time of 34.38 I still believe that was wrong even now! I'm like, how the hell did I do that?

But the downside is, if running demons exist, I'm damn sure they live with me at times as the next week I ran parkrun in just over 39 minutes and I was so annoyed. Back then I had no sports watch so didn't know my time til I finished. That was my last parkrun until February of the next year.

In the process of all this I moved to Wakefield, Walton for a year then Havercroft to be with my now wife Gemma. I was trying to keep fit and get back to running though not very successfully until I came to Nostell parkrun; a parkrun now local to me and with just the right atmosphere. I had found that desire again. My 1st run there was terrible, a time of 43.32. You can imagine how I felt about that, but I had help now. First of all Gary ran with me and then Tracy which was appreciated massively.

Despite all the help, I still wasn't happy with my times. Then came Slimming World. As I started to lose weight the times started to come down too as my Nostell pb is 31.10 and Huddersfield pb is 30.55.

I still have goals and those running demons are always there especially at the moment. 5 weeks of no running at the start of lockdown has set me back quite a lot but I'm getting there slowly, I think, so hopefully I can still pass a few of you on my traditional parkrun sprint finish.

Chris Crowther, May 2020