

She made me do it by John Hawley

I noticed she had been running for a while. I was surprised it had lasted that long but never said anything. But this time it seemed serious. I just wondered who she was seeing. Mondays, Wednesdays and Saturdays she was always busy. So, I asked. What I did not expect was - come join me on Saturday, we could have a threesome! Yep, you guessed it! Me, her and parkrun.

Nostell Parkrun - my first ever parkrun! It was the biggest shock I have ever experienced! WTF! But to be fair she had warned me. I felt pain, sick and ouchy. Never again! But she insisted on every Saturday.

Barnsley 10k – I must have upset her because the next thing I know she's entered me into the Barnsley 10k. I thought she was trying to kill me. But apparently it was a birthday present.

Ackworth Road Runners - still not convinced about this running stuff we did a trial with ARR. We went from the Pavilion and I ended up with the 4 mile group with Chris Taylor. It was great. We joined.

Hull Veterans Cross Country - to be social I took one for the team. We went to Hull to run the cross country. 10k against pensioners, how hard could it be? I found out the hard way. Respect. Still came away with an unexpected silver and felt smug. The day after I did Thirsk 10 miles. Not a pub in sight.

Manvers Dusk til Dawn – arguably the best experience ever. Do not remember much because it was straight off the back of Munich. But the potatoes were nice and I did 16.9 miles. Longest run to date.

Leeds Country Way - ran this with Tim Owen and the back support was great. Cheers, Mel! Fantastic event and one I would do again.

Humber Coast Half – was not my favourite but I did a personal best thanks to Sarah Cooper.

Tadcaster 10 miles – I had joined up with Dawn Sketchley and came in at a respectable 90 minutes ish. Huge thanks for pacing me, Dawn.

Silverstone half marathon – at this point Loz had a wobble and wasn't confident in attending races. She'd dropped out of lots of races and wasn't the same. But I coaxed her into doing the Silverstone 10k (ie got her drunk and convinced her it was a good idea, like she used to do with me). She PB'd. I did it in 1hr 59m 33s. I was happy I had done it in under 2 hours.

Munich Silvester 10k - One of the most nerve racking experiences of my life. Another one she had booked and disappeared from. But I do not blame her! Munich Olympic Park was very imposing and vast. The buildings were so grand and tall. I can imagine what real athletes must have felt like! Looking around I found my place and BANG! The Bavarian Guards had set us off. We were running around the iconic tower, the Olympic lake and out of the park down the autobahn and back into the park for a stadium finish. It was my best ever time – 52:12! I did get funny looks though for running in shorts in minus 6 degrees. I did have my Ackworth Road Runners jumper on though!

After the confidence boost and achievements of 2019, 2020 was going to be my year! Ah....

So, she made me do it! I am glad. Not bad for two years of running.

John Hawley, May 2020