

## **The Grumpy Runner** by Ian Stancliffe aka Plug

Am I the only one at club who:

- Doesn't enjoy running
- Has no energy on Tuesday and Thursdays
- Hates Sheard Hill
- Does not own a Garmin
- Never possessed an ARR vest
- Still not tackled a park run
- Never entered a GP

Does anyone else run to:

- Keep their beer belly down
- To get a free shower twice a week
- To get thirsty so two pints of beer are warranted

I joined ARR in 1991 and have had the odd break for football and golf; average at both so returned to running. I find it is easier to hide average when running.

ARR actually introduced me to Ackworth the town, being a Normy boy it seemed a long way away, but more importantly it introduced me to the:

- Angel
- Ackworth Club briefly
- Rustics
- Masons
- Cricket Club

At AA meetings, and no not AAA meetings, I start by saying "I'm an alcoholic, I joined ARR"

My running memories are not times, course details, price of entry but the characters I've got to know over the years. Running attracts a diverse bunch of people all with different goals, depth of pockets, tales to tell and in particular running styles.

All inspire me because they are individually driven, enthusiastic and embrace ARR.

For the record my pb at ARR was getting a pint out of Ady!

Not 500 words I know but a tip to finish; always hold a bit back so you can pb over and over again.

Ian Stancliffe, May 2020