

## **The Reluctant Runner** by Sarah Rose

As a kid and a teen I had taken part in school running activities but never was one of the fastest and was always quite reluctant to start a run.

Fast forward 25 years and I got talked into my first 10k (Leeds 10k 2012) it took me 01:13:07. I didn't have the right running gear I turned up in a pair of casual leggings and a vest! No watch, no special trainers!

That was it, I was done, until I got signed up for Sheffield Half Marathon (2014) by a 'friend': she thought I might enjoy it (ha).

I could say this was the start of it all, I knew I couldn't train for this by myself so I finally plucked up the courage to contact ARR and turned up for my first training session. I remember this as I met Stewart [Haigh] and he asked what my pace was... I didn't have a clue what he was on about so I told him I put the treadmill on at 7mph and just ran! He looked shocked and now I know why! I was a 12min mile at this point!

My first race in an ARR Vest was the Thirsk 10mile (someone asked me if I knew it was 10mile and not 10k?). I was out there forever and a few ARR members waited the 2 hours for me to get over the finish line. It took me a few years to go back to Thirsk!

10 marathons later, numerous 10ks and half marathons, loads of pb's and loads of very good friends made .... I'm still the very reluctant runner and you will hear me moan about every run, moan about every race and every distance ... but I still keep plodding along ... forever the reluctant runner.

PS for those wondering about Sheffield Half, it got cancelled on the day but we ran it anyway.... I even made an appearance on the news in my Ackworth Vest!

Sarah Rose, May 2020