

Hello my name is Carolyn Sinclair.

I have over the years had a number of attempts at running on my own but at times found the motivation difficult and never really enjoyed it. Last year I decided that I would join the Running Club's beginner's course and I am so pleased I did. The course helped give me the confidence to have a go and for the first time ever I have enjoyed my running.

The course attracted people of all ages, shapes and sizes but the coaches had time for them all and with gentle persuasion and encouragement all who took on the 3 mile run at the end past and were awarded a certificate which meant a lot. We were told at the start that this was a running club not an athletic one as they all ran for fun and enjoyment of each other's company, and that they certainly do.

I have now joined in with the regular Wednesday groups and I really enjoy it when the run leaders are able to allow extra for those that can run further and no one gets left behind as we have a looping back system.

So Make a New Year's resolution and join the beginners group on January 9<sup>th</sup>.