Running has always been part of my life, albeit with a very long gap which was filled by watching running rather than doing it! However, the beauty of running is it's simplicity. All you need is a pair of shorts, a t-shirt, some socks and a pair of trainers and you are off. This makes it easy to get back into if you so desire.

Having run a lot between 8-14 years old all over the country for my local club and county, my running interest dwindled. A brief return in 2008 was seen to do the London marathon which saw my fitness and running mojo return, before an injury and young children saw a relapse back to my running laziness. Then in 2015 I found parkrun, and soon the challenge of beating my pb each week kickstarted a third return to running which has not stopped. I soon joined my local club where I lived at the time, before a move to Leicestershire saw me join Stilton Striders as a way to meet new, fellow like minded people.

People often ask why I run. I always answer with a question.....why do you not run?! Running is amazing for many reasons. It can be some quiet "you" time, it can be a way to chat about life with someone in a relaxed way, or it can be a way to run as part of a group and really push your running boundaries and see what hard work can achieve.

I always thought joining a club would be scary, but it really isn't! Stilton Striders caters for all abilities, and is an open and welcoming club, offering a range of training sessions, as well as races throughout the year, where you can represent the mighty blue and white Striders in a fun and relaxed environment.

Come along and give it a go. If you don't try you will never know how much fun you can have.