**Mark Tyler**

How did I get into running? Well in 2017, I was recommended by a friend to try the Melton Parkrun. My immediate thought was, as a senior individual, I will be the oldest person there and I'm just not sure it will suitable for me! So I first went along just to see what the event was all about, and then I could decide after that. To my immediate relief and pleasant surprise, there was a vast age range of runners taking part. There were young school children (aged 10+) right up to my senior age group. This was a welcome relief and gave me the inclination to give it a try. So I found some redundant sports kit from the bottom of my wardrobe, registered online for a barcode, and as they say, the rest is history! I still try to attend this wonderful event every Saturday whenever I can.

In 2020, I decided I wanted to improve my running times rather than just maintain a steady pace, so I joined the Stilton Striders. This was a really positive and great motivational step for me. I was immediately made to feel very welcome at the club and became friends with all the regular Wednesday runners. I really like the option of being able to run a choice of distances with like-minded people.

Running has without a doubt improved my overall physical and mental wellbeing. It has given me a regular and consistent exercise regime that should be considered by everyone, wherever possible. Running is for all, so why not give it a try and just keep going for as long as you can, enjoy!

