

Plymouth Striders Running Club – Sean’s Story

My name is Sean, I joined the Striders in May 2014 after reading about the club in the Parish Signpost Magazine. I thought that the club had just started up at the Woolwell centre but later found out that they had been going for several years but had moved their base to the centre. I had not run for a long time due to injury but thought I would give it a go and see what the club was like.

My first month would see me struggle to jog at 10 minute mile pace but I was never alone, the club has a policy that no one is left alone or left to struggle at the back! I find that the Striders is a small friendly club, and as such you very quickly get to know the other members and feel part of the team from day one. The best part of being a member of a club is that it becomes a routine, you automatically prepare for your run on club nights, quite unlike going out for a run by yourself, it is too easy not to bother, especially if the weather isn’t too nice. You also pick up knowledge and ideas to help with your training from the other like-minded runners of the club. After 6 months with the club I found that I was able to keep up with the main group easier and where I used to die on the hills, they didn’t seem so impossible.

I chatted on the runs and spoke to some of the other runners that were always willing to give advice, when I mentioned my injury that had always been a burden and had caused me to give up running, I was given a few ideas, stretches, ice treatment and roller exercises. I am pleased to say “touch wood”, that a combination of these have worked and enabled me to enter three events this year so far. I ran the January Jaunt 10k and then the same race but called the mad march here in the months the name suggest and managed to knock 5 minutes of the January race coming in at 8 minute mile pace. I was delighted with this time as well as being a little surprised. More recently I ran the Plymouth Half Marathon which I managed to maintain an 8 and a half minute mile pace that again is a personal best so obviously I am very pleased with that. I went to all the races as a member of Plymouth Striders and felt proud to wear their colours and to be part of the team.

I would suggest to anybody that is thinking of taking up running for whatever reason or that would like to get back into running to join a club as it makes it so much easier and more fun. For me Plymouth Striders has done that. It is local to me (Woolwell) and has given me the confidence and assistance to get back on those roads and trails and hopefully achieve some more personal best in local races.