

Plymouth Striders – Zoe's Story

I joined The Striders in October 2009, and on my first run I ran 200 metres before having to walk with a stitch. With the help of some wonderful people, whom I thought barking mad at the time but now such great friends, in a few weeks I was comfortably running a 3 mile run without walking. By Christmas I had achieved an 8 mile run, and in February 2010 I entered my first ever race – I started small – a 10 MILE race, and completed it!

This then spurred me on to enter the half marathon in Plymouth and have since completed 3 half marathons, 2 Hoe 10 races, a handful of shorter distances and 2 Midnight Walk for Women (13 miles).

I joined the club to get out of my house as a break from my 3year old and 1 year old, but gained a whole new group of friends who encourage and support me. I would run twice a week and ate better food, I lost 2 stone in weight in a year, and went from a size 16-18 to comfortable size 12.