

# Catrin Wye



My decision to start running was because it is the last leg of a Triathlon. I had cancer in 2011, and after treatment I needed to improve my health, so I started doing triathlons with intraining. As I hadn't run any great distance since primary school (40+ years ago), this was going to be challenging, and I am not built like a whippet.

I was hesitant at first. Turning up to training with 'real' runners was worrying, especially thinking that I wasn't fast enough (my first run was 800m). The coaches were so welcoming and helpful. Those 'real' runners were all so encouraging and supportive. Suddenly these people were cheering me on in a race. The camaraderie is amazing. I think the only person that is harsh on me, is me.

What I have learnt is that there is a lot more to running than I thought, and it takes time to get faster. I also found that it is important to have comfortable and well fitted gear.

So what changed in me? I put on the singlet and I belonged. I enjoy running and I happily run at my own pace. I get to meet some amazing athletes and many wonderful people. I have run a couple of 10k races now and completed an Olympic distance triathlon. However, a very poignant moment was running trails and coming up behind a group of walkers. The back walker, called 'Runner back'.

Wow!... That was me!

I have kept up my running. It is fun and keeps me fit to enjoy a much more active life... and most importantly, for the coffee, chat and friends.