

Meet Kathryn Hall – Running



1. Which sport or physical activity are you currently involved in?
Running is my main activity but I am also a football referee
2. How did you get involved in the sport/activity?
I have always loved sport and physical activity, as long ago as doing my exams at school, running around was a release for me, an escape. It was good for me and made me feel happy. It must be in my blood.
3. What do you enjoy most about being active?
I love being in the outdoors, I don't run with music, I like to take in my surroundings, be detached from the hustle and bustle of life. I love the way it makes me feel and I reckon a long run means you can eat more cake.
4. Who (or what) inspired you to get involved in sport/physical activity?
I remember seeing the London Marathon on the TV as a small child and just knowing one day I wanted to do that. I'm not sure that one single thing or person inspired me, I just had a natural love for sport from a young age.
5. What has been your biggest challenge in sport/physical activity and how did you overcome it?
In 2004, I ran the London marathon and after that, I lost my running mojo. I found it hard just to go out for a half hour run and lost my love of running. I think it's always good to have a goal to aim for, so after training hard for a big event, maybe planning in a fun obstacle race or even helping someone else with their running, can really help you focus the mind and help the motivation.
6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)
I run a beginners jogging group so I really enjoy helping others to start running and learn a lot from others about the running/life balance. I think being realistic about where and how you can be active, being super organised and being strong when it's raining or dark and the brain is telling you to stay in bed or on the sofa.
7. What are your personal goals regarding sport/physical activity in the future?
I am a little way off, and 15 years older than when I last ran regularly. Over the next few years, I'd like to do the next coaching qualification so I can help people in my groups with technique development. I'd like to start running ultra runs (over 26 miles). In my lifetime I'd like to attempt the grand union canal run and next year I quite fancy a Red Bull 400 race. Mainly I want to stay fit, healthy and keep enjoying my running

8. What has been your biggest achievement since becoming active?

Running the London Marathon was such a huge achievement and will be something I will never forget. Equally, starting the group that I run has been so amazing, I've got 4 fabulous helpers, without whom, the group wouldn't be possible, I've made amazing friends and I love seeing our runners at parkrun achieving their goals too.