



Hello runners and welcome to my latest newsletter, covering a range of running related stuff! I hope you enjoy and if you have any suggestions for future newsletters or fancy being featured then let me know at [runningpartners@outlook.com](mailto:runningpartners@outlook.com) !

### Running Partners Podcast

Find in your favourite podcast app here ➡ <https://running-partners.captivate.fm/listen>

Stream here ➡ <https://running-partners.captivate.fm/>

In the last month Ali and I have covered a few different topics, if you haven't listened then please do and if you enjoy, **tell your friends to try us out!**

Recent episodes...

- Episode 81 – Recovery - all about how to properly recover after a big race and how to return to running
- Episode 80 – Lily Canter and Emma Wilkinson – an interview about the fantastic book they have written; Ultra Women; The Trailblazers Defying Sexism in Sport

There are loads of episodes to catch up on covering training, racing, nutrition, mental health, coaching, injuries, motivation, and much more

### Strava Group

Why not join our Strava group for coaching tips and offers and much more! Anyone can join, just click the link;

<https://www.strava.com/clubs/1414138/members>

### Upcoming Coaching Webinar – Free to join!

I will be doing a one hour coaching webinar on Thursday 5<sup>th</sup> June 6-7pm, if you would like to join email [runningpartners@outlook.com](mailto:runningpartners@outlook.com) and I will send you the teams link. It will be a chance to ask any running or race related questions you have!

### Athlete Updates - My group of athletes continues to grow and flourish !

Lots of PBs across all distances this year from 5k to ultras and some super impressive times and race performances , here are a few to feature from London and Manchester Marathons!

First up, in the heat of London, **Carla** ran 3:07 (447th female) – so close to sub-3! 🏃🕒 Even better, Carla placed 68th in her age group out of 3,500 runners! Absolutely awesome effort Carla 🙌🌟

🏁 **Rosie** also had a brilliant run in London, getting herself an 8 min PB of 3:33! 📊 She absolutely nailed the pacing with a 3-minute negative split – a marathon masterclass! Rosie finished 2133rd female and 240th in her age category.

💪 Overcoming a tough finish, **SJ** still pulled out a new PB of 4:33, even after battling ankle issues from mile 23, that almost caused her to abort. That took some serious grit and determination 🦊 9183rd female and 1136th in age group – brilliant effort.

🏃 Up in Manchester, **Fran** ran a fantastic PB of 3:38 despite picking up a calf injury at mile 15! 🌟 She still managed to push through and finish 418th female and 52nd in age group.



🎉 Massive **WELL DONE** to all of you!. Now enjoy some well-deserved recovery and celebrations – you've earned it! 🍷💪

## Races

It can be a bit quiet for races over the summer period but you can still find some out there across all distances, a few good websites to try and search are <https://www.sientries.co.uk/> and <https://findarace.com/> and for global reach <https://www.ahotu.com> A few of my favourites to look out for;

*I hope you have enjoyed the newsletter but if it isn't for you, simply reply 'Unsubscribe' and I will take you off the list! Happy running everyone !*