



COACH NAME

Emma Graham

TYPE OF ACTIVITY

Running

LOCATION

St Bees

COACHING DETAILS

Run leader at St Bees Triers

"The best tip I can offer someone about coaching is to not be frightened".

#PassOnYourPassion

How long have you been coaching?

Five Years

How did you get into coaching?

I went on one of the Leadership in Running Fitness courses advertised by Active Cumbria and run by England Athletics. I've been a member of St Bees Triers since we formed the club 9 years ago. I was able to take the Run Leader qualification about 5 years, along with two other Triers, and we



Training on the beach

Be part of it!

set up a 10 week beginner's course - the idea being that those who finished the course would then join the main club. I realised towards the end of the course, that some runners couldn't handle the move and continued the session for another 10 weeks and have been taking this extra session every week since then. My club supported me when I asked about gaining a coaching qualification and I passed my CiRF about 2 years ago. Since then, I've never looked back. Thursday nights are the best night of the week because I get to watch people put their utmost into training.



Running up the cliffs at St Bees

What do you enjoy most about coaching?

I love nothing more than seeing the progression from that person who turns up so very nervous on the first night to the runner who crosses the line of their first 5k, 10k and so on. I get to help people believe that they are a runner - pure and simple. It doesn't matter if they're fast or slow, young or old, everyone can be a runner!

Do you have any tips that would help the next generation of female coaches?

The best tip I can offer someone about coaching is to not be frightened. Yes, that first time you're responsible for a group is nerve-wracking, but have confidence in your own ability - the reason you coach is because you love the sport and you can "pass on your passion".



Training under the cliffs

Be part of it!