



**COACH NAME**

Vanessa Strickland

**TYPE OF ACTIVITY**

Running / Athletics

**LOCATION**

Carlisle

**COACHING DETAILS**

Carlisle junior parkrun Director  
Runmums Director and Lead  
Coach and Personal Trainer  
Cumbria Fire Service Personal  
Trainer

*"It's great to pass on what you love to others and see the next generation benefit from what you can give."*

# #PassOnYourPassion

**How long have you been coaching?**

I have been coaching for fifteen years!

**How did you get into coaching?**

I've worked for the Fire Service for over 20 years and one of my roles is the Service Physical Training Advisor. I love this part of my job assessing Fire Fighters fitness levels. I then went on to coach at Border Harrier's juniors having ran for them as a senior for years. I loved it so went on to do my Coaching Assistance Award then the Level 2 coaching award with England Athletics. I've always kept myself fit and love running and really wanted to pass this on. I've had a passion to set up my own female only running group for years, so I completed the run leader's course. I felt some women find



Some of the Carlisle Runmums

*Be part of it!*

running a bit daunting, lonely and even intimidating and I wanted to change all that. So I started a Runmums Facebook group a friendly a female only area for women to support and motivate each other. This followed with some local beginners' classes that took females from beginner to 10K in 12 weeks, building on overall fitness, stamina and endurance. The participants went on to form our regular running groups, designed for all running abilities.

### **What do you enjoy most about coaching?**

I enjoy the satisfaction of seeing people reaching their goals. The kids are just amazing and to see the results of their drive and passion is just fantastic and extremely rewarding. I love passing on all the experience I have gained through track events. I also set up Carlisle junior parkrun on Sunday mornings where we have had around 550 kids registered in less



Junior Parkrun

than a year. The kids love it and so do all the volunteers that turn up every week and help. They are just amazing. The kids are really passionate about running and love it every Sunday morning.

As for Runmums, the biggest reward is seeing the ladies achieve their first 5k or 10k having not ran at all when they first started. We now have a lovely friendly group of friends who have a passion for

running not only for the fitness levels, but also for the Health benefits that it has. Running is for the body, mind and soul.

### **Why are you passionate about Coaching?**

I just love to pass on my knowledge and experience to others. It's a great satisfaction.

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

It's great to pass on what you love to others and see the next generation benefit from what you can give. If it's something that you love to do, then contact your local running club and ask if they need some help. If it's then something you want to do, then go through England Athletics and start with your Coaching Assistant award. If you want to take it further then consider the Coaching Award.

*Be part of it!*