



COACH NAME

Sonja Foster

TYPE OF ACTIVITY

Running

LOCATION

Barrow in Furness

COACHING DETAILS

Coach at Parkside Panthers

"Enjoy what you are doing if you are enjoying it so will everyone else. Your enthusiasm and passion will show through if you are enjoying it."

#PassOnYourPassion

How long have you been coaching?

I have been coaching since 2004 so 13 years

How did you get into coaching?

I worked in the gym and was running the London marathon. 1 of my clients asked me to train them for the race for life. As this was such a great cause I put a couple of posters up and wrote a couch to 5k programme. I then coached 43 women to run the Race for life. This was the start of the Parkside Panthers, but back then we were called the Pink Musketeers



On a run with the Parkside Panthers

Be part of it!

(all for 1 and 1 for all) this was a women only group for a couple of years raising money for cancer. The group began to grow and a couple of my male friends joined to help me with the coaching and we opened it up to everyone. We put teams together to raise money for different causes like the Air Ambulance and Children in need and as we had a good mix of



Doing the Brathay 10 in 10

male and female runners now we changed the name to Parkside Panthers. Not long after this I went on a LIRF course with 2 of my friends and was asked to help to train people for the Walney fun run. With Graham and Stuart we took the runners through the 12wk couch to 5k up to the fun run.

Some of the runners wanted to carry on through to the next year so we carried on coaching, the following year some of the runners did the LIRF course and the Walney wind cheetah's was formed leaving me to focus on Parkside Panthers.

The Panthers have grown over the years with over 1000 members coming and going and people wanting to give something back so they themselves have done LIRF courses and now help out in the group. We now have 3 groups - beginners, inter, and advanced to provide something for everyone.

What do you enjoy most about coaching?

I enjoy helping people achieve what they think is impossible. It makes me feel good when I see how people get over that initial struggle with the support of the run leaders and their fellow runners and start to enjoy exercising, making new friends and enjoying themselves. I love talking to people and listening to peoples stories. Everyone is so different and they have a story to tell and if I can help give them confidence to be able to achieve what they think is

impossible I will be coaching forever. It's been great to see so many people start at jogging 1 min , walking 4, come through the course to go on and train to run 10k's, half marathons, marathons raising money for charity.



Winter warm up

Be part of it!

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

The only tips I can give to the new generation is enjoy what you are doing if you are enjoying it so will everyone else. Your enthusiasm and passion will show through if you are enjoying it.

Be part of it!