



#### COACH NAME

Sarah Jane Edwards

#### TYPE OF ACTIVITY

Running

#### LOCATION

Whitehaven

#### COACHING DETAILS

Run Leader Cumberland Athletic  
Club

*"Learn to love  
hills – you can't  
avoid them in  
Cumbria!"*

## #PassOnYourPassion

### How long have you been coaching?

I signed up for the Learn to Run course with Cumberland AC in January 2012 & was not prepared for how it would change my life!

### How did you get into coaching?

I completed the course with Susan Denham-Smith & Craig Kershaw in March '12 and went on to run races ranging from 10k to half marathon that year, inspired by Susan, Craig, the Club & London 2012. I have since gone on to complete



After a Race

*Be part of it!*

marathons too, of which I am very proud. The following year I volunteered on the learn to Run course with Cumberland AC, & have every year since, completing my Leadership in Running Fitness (LIRF) course in 2015 to lead my own groups. I also run daytime groups through the Workers Educational Association in Workington & have been involved with 7 Learn to Run groups so far.



Running for COSC

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

I believe that you can be taught to do anything if someone is willing to show you how. I am very grateful to the coaches who taught me & passing on the skills is my way of giving something back. It helped me cope with 'empty nest syndrome' when my youngest went off to Uni & general stresses of work & life.

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

It is a great feeling when I get beaten in a race by someone who has come through the programme with me! I'm so proud of all of them.

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

1. Lead by example & run for fun!
2. Learn to love hills - you can't avoid them in Cumbria!
3. Believe & achieve.



With some of Cumberland Athletics

*Be part of it!*