



COACH NAME

Hilary Hennah

TYPE OF ACTIVITY

Fell Running

LOCATION

Barrow in Furness

COACHING DETAILS

Run Leader 'Whatever the Weather'

"You don't have to be Joss Naylor or Ricky Lightfoot, be in a club, have all the fitness, gear, knowledge and maps."

#PassOnYourPassion

How did you get into coaching?

I run with Parkside Panthers, based in Barrow, but my real passion is introducing my tarmac tramping friends to the fells!

I began running regularly in 2012 as I turned 40 and joined the Panthers - they are great. I decided that my target was the Fairfield Horseshoe fell race 6 months later as I'd always wondered if i could...

My goal was to not be last and achieve it in less than 3 hrs.

A good friend took me running up the lakes each week in preparation for this.



Easdale

Be part of it!

I was also lucky to spend 6 months going out with Ambleside AC on weekly Tuesday night training runs, running with them took me to places and on routes that I would never have tried on my own. As my own confidence has grown I have become aware that others would LOVE the experience of trail and fell running but like me, without initial company and encouragement, may not feel they can give it a go.



'Whatever the Weather'

What do you enjoy most about coaching?

It is not formal coaching- all I am trying to do is help others find out that they CAN do it. A few tips on how to tackle off road running, what to wear, sharing and showing routes that they can try again and the odd bit of advice if asked is really it. Recently I 'encouraged' 2 friends round Brathay Marathon, seeing them finish after 5 plus hours was awesome, there was tears, puking and limping but they achieved and it was fantastic to be with them on the

run. Coaching makes it sound like I'm an expert, I'm not. I'd say I am an enabler, an encourager- showing people that they can do it too. Anyone can do that.

Why are you passionate about Coaching?

I feel that all I am doing is what others did for me, helping them step into a new kind of running. You don't have to be Joss Naylor or Ricky Lightfoot, be in a club, have all the fitness, gear, knowledge and maps. You just turn up and someone runs with you.

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

Don't wonder if you are good enough or wait until you feel you have been doing it long enough.... if you wait until you're an expert, you'll never have a go and when you finally do get round to it people may be intimidated by what they perceive as your expertness!!!



On the Fells

Be part of it!