



#### COACH NAME

Jo Falconer

#### TYPE OF ACTIVITY

Running & Walking

#### LOCATION

Penrith

#### COACHING DETAILS

Run / Walk Leader at Fellside  
Ladies in the Eden valley

"Support people in their personal fitness goals, whatever they may be. Make your club easy to get to. Talk. Conversation pace is brilliant!"

## #PassOnYourPassion

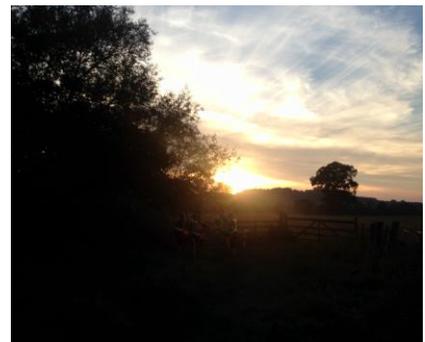
#### How long have you been coaching?

I started coaching in 2011 after undertaking a Leadership in Running Fitness (LIRF) course to help me encourage more people to run in a rural area.

#### How did you get into coaching?

After the LIRF course I started Fellside Ladies in June 2012 (we are 5 years old this year!).

We are predominantly a running and walking group but are



I love the views we see on a run or walk

Be part of it!

also a social group who share activities and support one another in our endeavours. We have actively fundraised for Cancer Research UK and Children in Need undertaking a 25,000 mile challenge in 2013 and an epic 50,000 mile challenge in 2014.

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

I enjoy supporting people to achieve their personal goals. Providing an accessible social network in a rural area



Fellside Ladies Group

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

My early school sports experiences weren't inspiring and were endured rather than enjoyed. I didn't love team sports and there didn't seem to be anything other than competitive team sports available.

I think the seed was sown from walking the Keswick to Barrow regularly from starting senior school.

I loved the social, community and challenging aspect of the walk. I am passionate about walking and

running as they can be done competitively, non-competitively, on your own or with others. Perfect!

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

Support people in their personal fitness goals, whatever they may be. Make your club easy to get to. Talk. Conversation pace is brilliant! Offer a social side to the club too. We get to the pub to eat pie, crochet blankets to raffle, get together to cycle, meet at Parkrun and we are working towards getting improved sports facilities in our area.

*Be part of it!*