

## **CLEM DIXON**

I didn't start running until 2001 when I turned 40, joining the Club some 5 years later. I started coaching 3 years ago, reluctantly at first, but then I thought I have run all these marathons (72 at the last count, with a PB of 2:43), I must have learnt something that I can pass on. As well as coaching I still compete (on road, trail, country and fell), I manage the men's cross country team and I am on the Club's board of trustees with particular responsibility for endurance events.

I see the value of elitism in sport but it is not what I am about; there are no entry requirements for my group other than a desire to improve. I feel passionate about encouraging people to have the confidence to try things outside their comfort zones: parkrun is all well and good as a stepping stone but who says a marathon is too far or that running up and down mountains is too scary?