

Running mates

Because we run better together

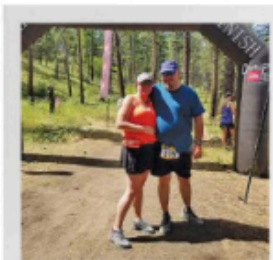
This month, you share what it's like training with your partner, environmental concerns with our sport, and explain the benefits of a mum and daughter run. Great work, WR Tribe!

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Do you run with your partner and how does it affect your relationship – and your fitness?

1 Jenn Evans

"My husband and I have run all but my first race together. We're each others cheerleaders and training partners. It's been an amazing bonding experience for us."



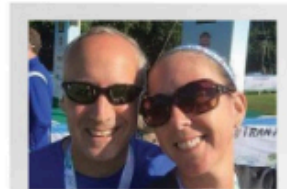
2 Denise Smith

"My husband prefers flat roads; I prefer hilly trails. He measures his runs in kilometres and I measure in miles. We run at totally different speeds too. But we do train together at the same club."



3 Karen Murphy

"When we first started dating, I said no way, I was much slower, and always ran alone. As time went on, I started to let him run with me. He always told me it wasn't about the speed, it was about being together. Six years later, we've run three marathons, and nine half marathons together. I still haven't gotten any faster!"



*Zero waste vs buy more than one

I loved the tips on how to reduce waste as a runner. However, I was disappointed to be told in the 'essential accessories' section that I should buy more than one running belt due to the range of colours to match my outfits. Surely this goes against everything mentioned in your article? @Stephanie Zihms



WR: You're absolutely right. Of course we love 'stuff' but we should always err on the side of considered consumerism. To that end, we have introduced an Eco Champion award in our kit review section, which highlights products and companies that we feel have a positive impact on the planet. Let's all try to buy more wisely.

#WRTRIBE CLUB OF THE MONTH

Beginners2runners

"Imagine a running club where teenagers and veterans are running together along with some slim and overweight runners and some fast and steady ones," says Naz Mossey. "We run as a group, looping back to keep everybody together, giving high fives to each other. You can also go there to have some 'me time', to beat depression, to recover from divorce, to make friends, to be healthy. We all have different reasons with no judgements for anyone. It is a safe place. It is a happy place. It is so inclusive. If it wasn't for the friendly, supportive people at beginners2runners, in Paddock Wood, Kent, I don't think I would have become a runner."

Beginners2runners.co.uk has over 20 groups in the Kent area

TELL US WHY YOUR CLUB SHOULD BE CLUB OF THE MONTH!
EMAIL [WOMENSRUNNING@ANTHEM-PUBLISHING.COM](mailto:womensrunning@anthem-publishing.com)



NEXT ISSUE
HOW DO YOU FIT RUNNING
AROUND WORK?

WIN!

This month, our favourite comment wins a pair of these beauties: the Saucony Ride ISO 2. Congratulations Stephanie!

SPOTLIGHT ON

Kate Griffiths

"I ran the local 'Mini Sting' race (right) with my seven-year-old daughter Rosie. We loved it. We run together every couple of weeks and enjoy doing parkruns together. I love that I can run with her: it keeps us fit, we chat, and I'm setting her a good example and showing running is fun. We won the fancy dress prize in this race. Rosie won some chocolates and I won free entry into next year's 'Sting in the Tail 10K', which I ran this year after we did the fun run together. I have been a member of Caistor Running Club in Lincolnshire for 18 months, which hosts the race. I've done a 5K, 7K, 14 10Ks, five half marathons and a marathon and lost three stone. I've been running just over five years."



FOOD SWAP

Pizza dough base for portobello mushrooms

For a super-healthy, salt and gluten-free pizza-base alternative, serve your favourite toppings on giant, juicy portobello mushrooms (around 22 calories per 100g) instead of dough crust (around 250 calories per 100g). Splash some olive oil with a little crushed garlic in the bottom of your mushroom, then add onion and tomato sauce and toppings such as herbs, peppers, lean ham, sweet corn and a sprinkle of cheese.



We hang out with Victoria West

Businesswoman Victoria, 36, runs at 7am every morning to help manage stress and plan the day ahead

Why do you run?

About six years ago a friend suggested a morning run. I found it hard to start with, but I felt so much stronger, fitter and calmer within a couple of weeks. Now I find my running time therapeutic and a kind of meditation. Running helps me deal with the stress of work. It helps me concentrate and plan for the day ahead running my IT business, Serious Software.

How do you train?

I run every week day at 7am, covering around 4.5 to 5K. This takes 20-25 minutes depending on how I feel. On Saturday I go to the gym and Sunday is my day off for relaxing.

What are you focusing on right now?

My priority is to keep fit and make sure I keep running so that I have focus and I can stay calm during the day. It's become an integral part of running my business and I want that to continue.

