

## RUNAROUND PROFILE

– where you find out more about a club member than you might want to know!



### Christa Whatmough offers her candid views on self and the world around running (Photo by Steve Bateson)



**What did you want to be when you were growing up?**

I still haven't decided yet.

**Where did you grow up?**

Radcliffe

**Is your career panning out as you wanted?**

No, I'm bored to tears of working in an office and would like a more outdoorsy job.

**Stiff drink or herbal tea?**

Stiff drink.

**What got you interested in running/athletics in the first place?**

I was always conscious of my body image, even though I have never been overweight. I tried all sorts of things to get fit but never stuck at anything. When I moved to Horwich I had no

car and it was just over a mile from the train station to home so I figured that if I started to run home I would a) get home quicker and b) lose some weight and get fit. That's how I started and once I could run the short distance home, I started getting off the train at different stops like Lostock or Westhoughton to increase the distance. I did road running for years until Brenda Hesketh showed me the delights of the fells and I have never looked back.

**What is your worst habit/trait?**

Biting my nails.

**What irritates you in others?**

Everything! I'm very intolerant!

**Some stats?**

My race PBs are quite old now and as I don't do road running anymore they're unlikely to change any time soon. 5k is 23:19 and 10k is 49:21.

**How do you fit training in to your daily schedule?**

It's a struggle to be honest – I have no idea how people with kids manage it.

**Training tips?**

Yes please, any tips would be most welcome!

Sorry, being silly. My only tip would be don't beat yourself up - a bad training run is better than no run!

**Other interests?**

Rock music!

**What has been your proudest moment?**

In running it would be coming third in the Vernon's 5k race series a few years back. It's the only time I have won something that wasn't just for being the only person who turned up. My little trophy has pride of place in my living room.

**Best advice you've ever been given?**

At Clougha Pike fell race a few years back, an older chap from Horwich (sorry, I have forgotten his name) came up behind me whilst I was struggling up a hill and said 'just keep chipping away at it'. It's something which has stuck with me and pops into my head whenever I'm struggling up a hill.

**What is your ultimate running/athletics challenge?**

I don't think I have one anymore. I'm just in it for the enjoyment and exercise now.

**What was your most embarrassing and/or scary moment?**

Most scary moment in running was going along Spitlers Edge before it was all flagged. I was on my own and it was winter with a thin layer of snow on the ground. My leg went into a peat bog all the way up to the top of my thigh. Thankfully my other foot landed on solid ground and, after a bit of a struggle, I was able to pull myself out. It really put the wind up me though because I was on my own and it was freezing and I hadn't passed another soul all morning and I just kept thinking about what would have happened if my other leg had gone in and there was nobody to pull me out. Would I still be around to tell the tale?

**What makes you most unhappy?**

Cruelty to animals.

**When are you happiest?**

When I'm out running/walking up on the fells with my dog, Ruby. She's my best friend and the best training partner ever.

**Favourite Book/Reading?**

I love a good thriller but the best books I've ever read would be the James Herriot series.

**Most rewarding running/athletics challenge?**

Winning the Fielden Cup.

**Which four people would you invite to your dream dinner-party?**

Eddie Vedder (lead singer of Pearl Jam), Rhod Gilbert, Greg Davies, Adam Thistlethwaite (lead guitarist in rock band Massive Wagons)

**If you could change one thing in the world what would it be?**

Only one thing? I'd change an awful lot.

**If you could edit your past, what would you change?**

I'd have taken up sports much earlier – I was very lazy when I was young.

**If you could turn back the clock, what would you change?**

I'd have bought a house when I was much younger and the prices were really low – I'd be mortgage free by now.

**What's your favourite music?**

Rock music, particularly Massive Wagons (great upcoming Lancashire band) and Pearl Jam.

**What would you want to achieve/do in running/athletics?**

Just keep running and hope that my bad feet don't finally take me out of the game completely.

**What is your favourite race/athletics event?**

If I'm honest, I never really enjoyed racing. I only ever enjoyed the part where I crossed the finish line. I do, however, love volunteering at races, particularly doing the timekeeping for all the club's races.

**Any ideas about how Horwich RMI Harriers could improve?**

We have a bit of a reputation for being an unsociable bunch so maybe we need to prove people wrong.

**What are your hopes for the club?**

To keep going from strength to strength. I'm always really proud when I read the club articles in the Bolton News and see what top class athletes we have. Long may it continue!