

RUNAROUND PROFILE

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



For Dan McKenna running is no land of confusion



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

Policeman, loved Juliet Bravo when young and wanted to join

Where did you grow up?

Farnworth, Osnabruck in Germany, Hampshire

Is your career panning out as you wanted?

Not as my answer to Q1, colour blindness dashed this (apparently this hinders doing traffic)

Stiff drink or herbal tea?

Stiff drink

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

Always watched the Olympics with my mum, frequented Crystal Palace watching athletics many

times with Rach. Late coming to actually running (last two years) myself, as favoured cycling

What is your worst habit/trait?

Apparently my temper especially when I am hangry

Some stats?

Pretty slow but improved over two years, 5K - 27:15, 10K - 59:54

How do you fit training in to your daily schedule?

With great difficulty, having an athlete son at the club who also plays football and does martial arts means Dad's taxis is very busy.

Training tips?

For me the turning point was running without anything going through my head, so not stressing about work, thinking about times, just running and listening to music

Other interests?

Already mentioned cycling which I am a big fan of, also love going camping with the family

Tell us something about yourself that may surprise us?

I got to brown belt in Judo at 14 (we then moved back to the UK hence stopping)

What has been your proudest moment?

The day my boy was born

Best advice you've ever been given?

Always invest in comfy shoes and a comfy mattress as you spend most of your time in one or the other

What was your most embarrassing and/or scary moment?

Had a recent scary one, was out running a regular 5k route when everything went wobbly and dizzy, having stopped to see if it passed I figured I couldn't walk straight let alone run. Rach was at home recovering from a prolapsed disc at the time so couldn't drive, we organised a taxi home. Turns out I was suffering from Labyrinthitis virus and it floored me for a week (never taken a week off work before)

When are you happiest?

Without a doubt this is when camping, love being outdoors and sleeping with all that fresh air.

What do you like about Horwich?

The club - it has brought me together with so many great people, athletes, coaches, parents and volunteers. The town - I so don't know the town that well, but it has a heck of a nice backdrop of the pike

Favourite Book/Reading?

Big fan of Sebastian Faulks and loved 'Birdsong'

Most rewarding running/athletics challenge?

Any really, just getting out and doing something

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

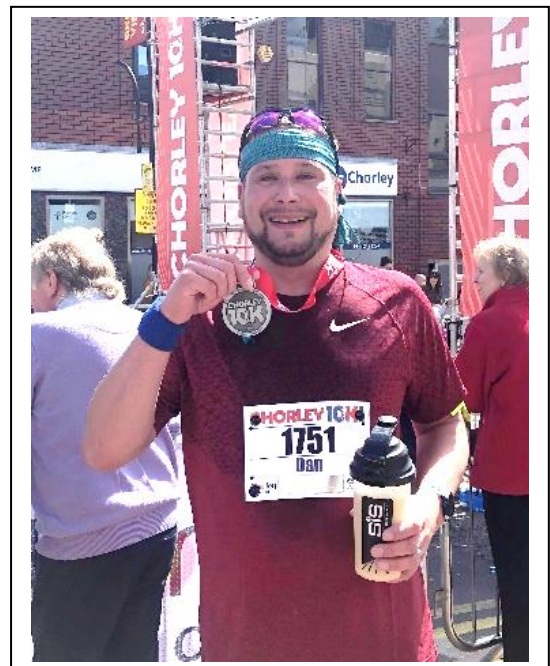
Try not to live with regrets, just keep moving forward as best I can

Who or what has been your biggest sporting influence/inspiration?

I am going to say Aidan (my boy) as he has got me into running, which has helped with both fitness and weight.

What's your favourite music?

Was brought up listening to Genesis and I didn't rebel against this and genuinely love their music



Favourite film/TV?

The Sting

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

Running wise, hit the next goal a couple of coaches have laid down, club wise get more involved with coaching

Any ideas about how Horwich RMI Harriers could improve?

I don't know how but a bridge between the juniors and seniors to bring them closer, especially events like the Christmas Party and Awards Evening

What are your hopes for the club?

To carry on growing and seeing great results