

SWLSTG running club celebrates 5 years



Springfield Runners got together after their run on Tuesday 13 September to celebrate the fifth anniversary of the running club. Although members have changed over this time, there is still a “hard-core” of members who joined at the inception and still turnout regularly to run for an hour on a Tuesday evening.

Over the past few years members have flown the flag for SWLSTG by wearing the Trust T-shirt and participating in running events to promote the Trust and to try stamp out the stigma around mental illness. Runners have run in 5km races on the Springfield site; participated in a 21 mile run in the West of our catchment area; run 10Km or Half marathon races in the Richmond running festival over the past few years. Not everyone is a competitive runner and everyone is included, no matter how slow! We have a policy of “runbacks” so that we are never far away from the slowest runners but the faster runners get to run further. Runs take place at conversational pace and so it is a chance to catch up with colleagues from throughout the Trust.

Some of our regular runners commented:

Jenny said: “I took up running on medical advice last autumn. When I started I could not run from one lamppost to the next. With the other runners’ help and encouragement I have now done a 5K and a 10K run! I get very out of breath, but am never left behind. The better runners run more and come back for me. It is a very encouraging group and although I struggle I turn up every week and feel so much better for it.”

John said: “Running makes me feel happy and relaxed. And, although I have tried, I struggle to run alone. What sustains my running is the other people in the Trust running club”.

Farzeen said : “I feel I am doing something great for me having joined the running club in May ’15 and having never ever run before. The club members one to all inspire me to no end and my only regret is why did I sit there all this time wondering if I can spare the time to join the club”.

Not only is it a great place to build up your skills and strength as a runner, you will also be part of a wonderful network of peers who support you not only on the road but in the workplace as well.