



1hr 30min pacer - Chris Bevan

Hi, I'm Chris. I'm 30, I run for Dronfield Running Club and am a musician by trade. I ran for a while at school, then took up cycling at uni and came back to running in 2017. I live on the edge of Chesterfield and mostly run off road on the local hills. Sheffield was my first half marathon and I'm really looking forward to pacing at this year's race!



1hr 30mins pacer - Stu Carrack

I've been running for just under 10 years and have absolutely loved my running journey. Previously a Steel City Strider, I am currently the General Secretary at the newly found Dronfield Running Club. Which I helped form with a group of like minded runners from the area during CV lockdown and continues to grow (www.dronfieldrc.co.uk).

I've been a pacer at a few other Run For All Sheffield half marathons and Sheffield 10k over the years and love helping people to achieve their PB goals. I know how much a PB means (from my first HM in 2:15 to my current PB in 1:15 and EVERY race in between) and how much work you'll have all put in before race day.

So after doing all the hard work, for anyone after sub 90, just follow me and enjoy the run, simple :-)

See you all on the start line!



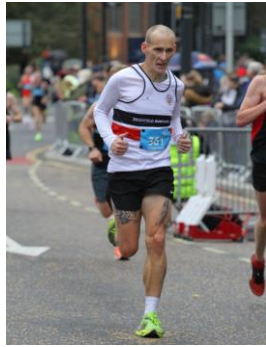
1hr 35min pacer - Sam Royle

I've been running vaguely seriously for 10 years, now with the Hillsborough & Rivelin Running Club. Am much happier grinding out longer distances, particularly off road, than anything involving a sprint!

I've raced 9 marathons (PB 2:51) and am currently training for the 10th.

1hr 35min pacer - Richard Hayes

I'm a V40 runner based in Sheffield. Been running 10 years since taking up the sport to lose weight going from 22st to 12st. Running has allowed me to do various running challenges for charities that allowed me to date to raise £1,330,721.17. Past few years I've battled Prostate Cancer & Heart attack & won, now with a green light from my doctors looking to rebuild my fitness and looking forward to my first HM since 2018 and helping others with their goals in my home city race.



1hr 40mins pacer - Matt Rimmer

I get out running as much as I can, I coach running and I work in a running shop (at myRaceKit North), so I guess you could say that I like running.

I've been a pacer for the Run For All Sheffield half and Sheffield 10k for the last 6 years. I love the pacing and supporting others to push themselves for a PB or goal time. If you are after 1 hour 40 mins stick with me, I'll be slowing a bit on the hill on the way out and then crusing all the way back to get you in for sub 1:40.

See you at the start, then the back of you as you leave me for your sprint finish.



1hr 40mins pacer – James Pryke

My name is James Pryke, I work as a lecturer in sports science and as a triathlon coach. In addition to coaching triathlon I have been racing in triathlon events since 2006, mainly half ironman and ironman distance races. However since becoming a dad in 2014 the ironman distance has had to take a bit of a back seat. Training for a 2.4 mile swim, 112 mile bike, and 26.2 mile run takes up a lot of time!

When the pandemic hit in 2020 and the swimming pools closed, I started spending a little more time focussing on running only and for the first time in my life, I joined a running club (Dronfield running club). This was a great decision, Dronfield running club is run by a great group of people, it has runners of a wide range of ability levels, everyone is supported and encouraged, and I really enjoy the group training runs each Wednesday.

In terms of running events my preferred distance is half marathon, and last year I raced in the Sheffield half marathon, Leeds half marathon and the Manchester half marathon. Usually I would definitely want to be racing in Sheffield, this is actually my favourite half marathon! However this year I have my first full marathon race (Manchester) just one week later so I thought a hilly half marathon just one week before may leave my legs still feeling a little heavy! My goal for the Manchester marathon is to get as close to 3hrs as possible, hopefully the legs will hold up for the full 26.2 miles!



1hr 45 mins pacer – Keith Jackson

Hi my name is Keith (Tud) I have been running regularly for about 10 yrs now. Since joining the Steel City Striders I have progressed from 5k to completing a couple of parkrun ultras. I love volunteering at various events and you will regularly find me encouraging the juniors at Graves Park on a Sunday morning. I have previously paced the Sheffield half and 10km a number of times and am very much looking to pacing some of you to shiny new PB'S again this year. See you on race day for the sub 1.45 express.



1hr 45mins pacer – Sergei Shkul

I started running in 2014 following a two week walking holiday, when I wanted to keep up improved level of fitness. Running sounded a bit like walking, just faster, so it made sense. Prior to that I have not owned a pair of running shoes in my life. Parkruns became a weekly part of my training and I very quickly joined Steel City Striders running club not wanting to always run on my own during mid week. Since then I've taken part in numerous running events and you can find me regularly either running or volunteering at local parkruns. I've run Sheffield Half several times - it's a great event, tough, but rewarding, and everyone agrees - it's a run of two halves. First five miles is uphill, so the pace will be slower to allow for elevation and to ensure there is enough energy left to maximise faster downhill section from halfway point. I remember just hanging on to the pacer on the way back during my first time in this event, who helped me to achieve my goal time. Really looking forward to seeing you at the start line and hope I can help you to meet your running goal.

1hr 50min pacer - Paul Johnson

I originally started running back in 2004 to help give up smoking and shed my mid-twenty's beer gut, but quickly discovered the running bug and entered my first 10k race around 2007.

My running entered a whole new level when I joined Steel City Striders running club in 2014 and was introduced to club training runs and other like-minded running addicts. I have since competed numerous 5k, 10k, Half Marathon and two Marathon events. My favourite event to date has to be London Marathon back in 2016 – that will take some beating.

I believe the single biggest mistake people make with a Half Marathon is starting out too fast, which is unrealistic to their regular training runs. I'm looking forward to helping other people hit their Sheffield Half goals by staying on pace.



1hr 50 min pacer - Muhammed Khan

My names Muhammed Khan and I have been running for the past 5 years. I am a proud member of the Hillsborough & Rivelin Running Club . Ironically, my first race was the Sheffield Half Marathon and I was hooked to the electrifying atmosphere and amazing support from the local people. Trust me you need this support when tackling those hills on route. I enjoy meeting different people at this event. Being a Pacer will give me the opportunity to support, help, motivate runners reach the finish line and achieve shiny new PB's. See you at the start line



1hr 55mins pacer - Richard Pegg

Hello. My name is Richard Pegg and I am pacing 1 hour 55 minutes at the Sheffield half Marathon. I have always enjoyed running at all levels. It is a great way to get fit as well as getting outside and away from the everyday problems that we have in our lives.

I have been a member of the Steel City Striders Running Club for 6 years. I joined initially to take advantage of reduced race entry but now really enjoy the fun, camaraderie and support of our running community.

I have run the current Sheffield Half Marathon 4 times now and know that to achieve your goal on this course you have to know the terrain and have a decent race plan. On the day you can turn up and I will try my hardest to get you round in the target time.



1hr 55mins - Chris Hodson

Hi all my name Chris, I'm at the tender age of 55 years old and live on the South side of the city in Homesfield. I've been running now for around nine years and love all aspects of the sport from on road to off road, short or long distances day or night. It's fantastic for meeting new people and great for making friends. I hope I can help you all on your special day to achieve your goal and wish you the best of luck. I hope me and Richard can balance out all the ups with the downs and make life as easy as possible for you.



2hr pacer - Ben Stittle

My name is Ben and I began running at the start of 2017 with the Sheffield Half being my first event. I took up running to primarily lose weight but to also help me with my mental health.

Since getting into running myself and feeling the benefits first hand I have managed to encourage many of my friends to take it up with a handful of those taking part in the half this year.

I love helping people achieve goals which is why I have paced many races for JT Run For All over the last few years. For me being a pacer in my home town half is more exciting than racing it for my own personal goals. Breaking 2 hours would be a massive achievement on a course like Sheffield's. I aim to get you up the hill with enough left in the tank to give it some on the way back down.

The best advice I can give to those training for this event is to try and enjoy every training run you do.

You will have good runs, you will have bad runs, you will have days where you want to keep going forever, and then others where you don't want to run at all but you get out and do it anyway. There is no such thing as a bad run. Every km/mile is a step in the right direction to good things



2hr pacer - Jordan Moat

Hi my name is Jordan Moat and running changed my life! I use to be overweight weighing roughly 21 stone and as a consequence my confidence and mental health suffered. In the end I decided to change my life starting with my eating habits. In just under 2 years I managed to drop 9 stone which for me was an amazing achievement.

Throughout this time I also started to think about my exercise routine. Luckily I worked with a fellow steel city strider called John walker who introduced me to the world of running. At this point I had never run in my life! I was never one for PE at school and never did any former exercise. However, through John's encouragement, I began to take up running beginning with a 5 mile race. Although it was tough, having others around me going through the same battle to also reach the finish line encouraged and inspired me to keep going!

Having now been running for 7 years, I have not only achieved my own personal goals and pushed beyond my own expectations, but have also helped others achieve their own goals too. Pacing for run4all has provided me with the opportunity to help people achieve their own running aspirations and dreams. Seeing the smiles on people's faces as they cross the finishline gives me a greater sense of pleasure than running for my own goals.

If I was to give those training for this event some helpful advice it would be to stay focused, keep pushing forward and remember why they are running today. Having been that person who could not run to someone who can now run, I hope to inspire others to get out there and do there best. Every running step forward is a step in the right direction to what I believe can help you become the best version of you!



2hr 5min pacer - Jemma Anderson

Hi my name's Jemma, I'm a member of the Steel City Striders and have been since moving to Sheffield 5 years ago. I've been a runner all of my life, enjoying all distances but with a keen interest in long distance running and supporting others in their running journey. Sheffield half was the first local race I ran as a newcomer to the city and I was overwhelmed with the support, making it a firm favourite in my racing calendar! It's an absolute honour to be pacing the Run For All Sheffield Half Marathon for the 2nd year and I look forward to the 2:05 club joining myself and Cara!



2hr 5min pacer - Cara Hanson

Hi, my name is Cara Hanson I have been a strider for nearly 5 years! I enjoy a mix of road running and trail running and last year I qualified as a run leader. I really love run leading and helping people and last year I paced the Sheffield half for the first time which was much more fun than racing it. This year I am pacing 2:05 along with my strider friend Jemma Anderson, follow us and we'll take you up 'the hill' nice and steadily and push on a bit coming back down, I am sure many of you will ditch us near the end to chase your PB's.



2hr 10min pacer - Helen Royles-Jones

I did my first 10k race in 2014 but didn't start running regularly until I took part in the Sheffield Half in 2018. I soon did a Parkrun and joined Steel City Striders and I was hooked! I'm now a run leader with the Striders Hillsborough group. My biggest running achievement is finishing the London Marathon last year.



2hr 10mins pacer - Neal Pates

Hi, I'm Neal. My Strava profile says "Parkrunner since Feb 2015; Steel City Strider since Nov 2015". That pretty much sums it up.

I actually joined Striders to boost my confidence to complete the 2016 Sheffield Half Marathon, including some training on the hills that, up till that point, I had been studiously avoiding. I've since done them all (the Sheff HMs that is, not the hills), and gradually managed to trim some time off my first 1:46:36 finish.

Stick with me, and I shall endeavour to ensure that you too can reach the lofty heights of 'middle-of-the-pack runner', and have fun on the way.
Most often used catchphrase; "It's all downhill from here!".



2hr 15min pacer - Zoe Dickinson

Hi! I came to running later in my life and now wouldn't be without it. I have been running the hills of Sheffield for a few years and particularly like helping people conquer the climb of the HM. Stick with me at the start, then push on once we head downhill and enjoy the views!



2hrs 15mins pacer - Catherine McKeown

Hello! I'm Catherine and I'm chuffed to bits to be pacing my favourite half marathon route.

I started running to feel fit and strong while finding some "me time" in this hectic world we all live in.
Bonus is I am now part of an eclectic running community.

I have taken part in loads of events on and off road of varying distances from Parkrun to Marathon. All have given me a huge sense of achievement, the feeling you get from completing the distance is priceless.

I like to mix things up a little when training, as well as building up distance, including short fast sessions in your plan will make you stronger and give you the power you need to finish in style.

Following a pacer is a great way to take your mind off the challenge ahead and running as a pack is a great motivator. If you want to get up that hill and feel fresh enough to fly at the top, stick with me.

Interesting fact about me...I don't know my left from my right, but I do know the Sheffield Half Marathon route like the back of my hand!

Good luck everyone.



2hr 20min pacer - Scott Blanks

I've been running for Totley AC for the last 8 years competing in various races both local & regionally across different distances from 5k to Ultra's. I paced for the Run for All Sheffield half last year and absolutely loved it, it was great to support other achieve their goals and cross that line at the end. I'll be pacing for 2h 20m so if you fancy sneaking in just under then find me in the starting pens and we'll get you over that line. We'll be taking it steady up some of the hills and then going for it on the way back to get sub 2:20. I look forward to meeting you on the day and running with you



2hr 20min pacer - Andrew Long

I've been running since 2015 and have run on and off with Steel City Striders since 2016. Its safe to say I've got a love hate relationship with the Sheffield Half Marathon but its such a fantastic day I really wanted to be involved this time round.

I loved pacing the Sheffield 10k back in 2017 so its a real pleasure to be able to get out and help some of you go for a good time or a PB. We'll be steady up the hill (and trying to take in the view as we go) then a bit faster on the way back taking in the crowds on the way back in to town.

I won't be offended if you leave me near the end when you see the finish line, but its my aim to get you round on time if you stick with me!



2hr 25mins pacer - Saleem Rafiq

This is my first time pacing the Sheffield half. I have, however, had my fair share of frustrations and dashed dreams on the hills of Sheffield and I hope to assist you in achieving your target time.

I'll be pacing, cajoling, and encouraging you every step of the way right until I send you off for your spring finish. See you at the start line!



2hr 25min pacer - Garry Harding

I'm a V40 runner from Manchester. I've always enjoyed running, over the last few years I've pushed myself harder and challenged myself to go further. I'm happy running any distance right up to ultra-marathon and this year I'm going to be doing a 50 mile Grand Slam (five 50 mile races) I'm also a keen cyclist and enjoy Triathlons. I enjoy helping others and recently did some buddy running and crewed for a good friend at GUCR (145 mile canal race from Birmingham to London) I'm looking forward to pacing people to their goals at Sheffield Half Marathon.



2hr 30mins pacer - Chris smith

I've been running with the Steel City Striders for about 4 years, and leading group runs for 2 (LiRF) I've also been a pacer for the Run For All Sheffield half and Sheffield 10k for the last 4 years. In 2021 pacing both on the same day. I love the pacing and supporting others to push themselves for a PB or goal time. If you are after 2 hour 30 mins stick with me, I'll be slowing a bit on the hill on the way out and then cruising all the way back to get you in for sub 2:30

Find me at the start, or before. And stick with me and I will get you to the finish sub 2:30. But ya gotta get to that finish line before me.



2h 30mins Pacer - Zaheer Mahmood

My name is Zaheer. I started my running journey around 7 years ago by using the NHS couch to 5k app. I then heard about something called a parkrun. Before I knew it I could run 5k without stopping.

Sheffield HM was my first Half Marathon back in 2017. Since then I have run numerous half marathons and even the London Marathon.

Just before lockdown a few of us set up Millhouses parkrun in the South West suburbs of Sheffield, where I am one of the Event Directors. On any given Saturday morning, if I am not at Millhouses parkrun, then I am more than likely touring at some other parkrun in the country.

I love helping other runners achieve their goals. Follow me if you want to achieve that time of 2h30m. We will go slow and steady up that hill then speed up on the flat bits while enjoying the amazing views of the Steel City at the top!