

Nottingham 10K Pacer Team - Long Eaton Running club



Aaron Needham – 40mins pacer

Started running late 2018 with a 5k time of 36 mins, I now have 17:30 for 5k and 10k of 35 mins 45
I am looking forward to bringing you over the finish line to your best time ever



Wade Fodden - 45mins pacer

I've been running since 2018 and joined Long Eaton Running Club not long after completing my first run round the block! A few parkruns, 10km's, half marathons and cross-country racing later and I'm just as keen as when I first started. I finally chalked off the marathon in April and enjoyed every minute! Here's to the Nottingham 10k and hopefully pacing you to a new PB!



David Sewell – 55mins pacer

Hello I'm David I have Ran off and on for 40+ years. Started running seriously again 10 years ago, Joined LERC October 2018 and have completed all distances from one mile up to Full Marathon. "Forget the miles, remember the Glory".



Tom Halton – 1hr pacer

Hi, I'm Tom I only started running regularly July last year and joined LERC earlier in 2022 to help my development even more. I've experienced the elation of PBs in big races and that horrible feeling of a good time slipping away. I can't wait for the Notts 10k to help fellow runners smash that 1-hour goal. I promise to get you there with a big smile and boat load of encouragement from me.



Luke Woodwiss – 1hr pacer

I started running in 2019 and joined Long Eaton Running Club shortly after meeting a few members down the local Parkrun. Inspired by his team mates he has competed in races from a mile sprint to the half marathon distance (with a growing fondness of cross-country racing). "Nothing's better than seeing new runners starting their running journey, and going on to achieving goals they never thought possible"



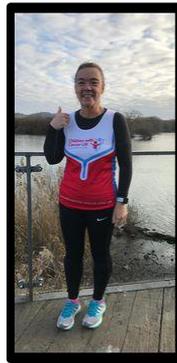
Kevin Roughton – 1hr 5mins pacer

Kevin Roughton Age 51 I Live in Long Eaton Why I runTo Keep Fit and lose weight Why I joined a running club...to provide extra motivation as running clubs have a fantastic social side which is very important to me during training. As I have also gained many friends, who are likeminded and like to run and talk about running times, races and Personal bests and of course the joint celebration of both personal and team achievements. Preferred race distance Half Marathon Favourite Race the Nottingham Robin hood half marathon I'll tell you what annoys me . . . Giving Up My Bad Habit Giving up Started running in 1999



Peter Edmonds – 1hr 5mins pacer

Peter Edmonds a member of Long Eaton Running Club and together with Kev Roughton your pacer for 1 hour and 5 minutes. I got into running around 5 years ago when I had seen a lot of happy smiling faces finish the Robin Hood Marathon. So after not running for around 40 years, I decided to enter the full marathon. The training was tough but I loved the experience and since then have fallen in love with running and the running community. Whatever your goal is, once you have laced up those running shoes you can just get out and run at whatever your level. I love the Nottingham 10k course, there are some serious uphill followed by some wonderful down hills. So, if your target is to run around 65 minutes run with Kev & I on Sun 22nd May & together we can achieve your goal.



Tracey Dennis – 1hr 10mins pacer

My name is Tracey Dennis aged 56 and have been running for 5 years. I started on the couch25k program in 2017 along with doing Slimming World. I then worked my way up then to 10k, and then to a half marathon and then in 2019 the London Marathon!! I am just an average runner who loves to see people reach their goals as I did!! My favourite saying is that if I can do it anyone can!!!



Sarah Morley – 1hr 15mins pacer

I completed the LERC C25k in 2016! I have done 231 park runs to date. I paced at the 2019 Nottingham 10k and loved every minute of it! My most recent achievement is the LLHM. I hope to give other people the chance of gaining their own pb goals!



Helen Boon – 1hr 15mins pacer

I started my running journey back in September 2015 when I joined a C25K group with Long Eaton Running Club. A group of us then continued to run together after the course finished and gradually progressed to 10km, then a half marathon. I finally completed my first (and only!) full marathon in April 2022 after 2 years of postponement due to Covid restrictions.