RUNNING

COMMENTARY

Stories, miles and memories from the PWR community

Member Spotlight: Wendy Tung
Club Record Holder, Marathon Marvel & Morrisons Convert

Welcome to the first edition of our new member spotlight feature, where we dive into the stories, quirks and motivations behind the runners who make our club special.
First up is our W65 marathon record holder Wendy Tung. From a running epiphany via a supermarket noticeboard to analysing race pace with military precision, Wendy shares her love of trails, age grading and a memorable marathon pacing experience involving multiple pit stops for beer…

How did you get into running?
In Jan 2013, I saw a poster for the PWR beginners' course in Morrison's. I was feeling very unfit at the time, having recently changed to a desk bound job. So I grasped the opportunity and I'm so glad I did! The course was run by Mike Reeves at that time, and I'm forever grateful to him for getting me started on my running and for his support through the years.

What does the club mean to you?
PWR is a big part of my life and I regard PWR as a big extended family. I've got to know so many lovely people and made some great friendships.

Favourite post run treat?
An ice cold beer. I find it's the most refreshing when you're hot and thirsty, and the bitter taste is so welcome after the sweetness of the gels and energy sweets.

Music, podcast or silence?
Silence. I like to be totally aware of my surroundings and immersed in the environment I'm running through.

What song would pep you up at mile 25?
Has to be Elton John's "I'm still standing".

I love running most when …
… I'm out in the countryside on a trail run through beautiful countryside with stunning views.

Running helps me …
… totally! I just feel so much better in myself, in every way. I've had a couple of gaps in my running, and when I returned to it each time I appreciated the difference. As well as obviously feeling fitter, I notice I am more alert and positive.

What's your proudest running achievement?
As I've got older my times are getting slower, which can be disheartening. So I look at age comparisons. 1st in my age group at Tunbridge Wells Half, 4th at Edinburgh marathon and 70% age grade at parkrun.

Have you got any funny running stories?
At Manchester marathon I started the run together with quite a group, running with a pair of pacers, a man and a woman. A few miles in, the man stopped for beer with friends at the side of the road, but the woman and the rest of us continued. The man caught us up. But then when we got to halfway, he stopped for another beer with some other friends and this time the woman stopped for a beer too. The others in the group stopped to wait for them, but I continued running. A few miles before the end, the two pacers came sprinting along passing me at a terrific pace, having left the other runners behind. I saw from the results afterwards that the pacers finished at the correct time, but their pacing through the run had not been brilliant!

What keeps you coming back to running when life gets busy?
I have to thank my husband Ka for this. He is the one who gets me out of the door and persuades me I can do it when I'm thinking of staying in.

What goes through your head during the toughest miles of a race?
Numbers! I do mental calculations about my pace, working out what my finishing time is likely to be with different eventualities with different paces.

Favourite running shoe
Adidas Adizero EVO SL. They are so light and cushioned and have a very pronounced rocker which feels completely natural to me. When I put them on I feel the shoes tip me forward and I'm off!

What would be your dream event to get a place at?
Well I've been fortunate to get a place at this year's PWR 10K through the raffle, so other than this it has to be London marathon.

Thank you to Wendy for being brave enough to be our first member profile! Please let Presh Howell or Eleanor Pinkerton know if you have a great story to tell, or would like to nominate a fellow member. We'd love to hear from you.