RUNNING

COMMENTARY

Stories, miles and memories from the PWR community

Member Spotlight: Lucy Tang

Everyone's favourite pink shorted Run Director goes from actively drawing her curtains to hide from 'all those runners' on a Tuesday night, to conquering an ultra

When Lucy Tang first laced up her trainers 15 years ago it wasn't dreams of a marathon or ultra that got her out the door. It was something far simpler: 30 uninterrupted minutes to herself. A decade and a half later, the reluctant beginner becomes one of PWRs most recognisable and inspiring figures whose humility is matched only by her determination.

How did you get into running?

15 years ago I was very unfit and overweight with two young children, husband was working 6/7 days a week and not enough time to make it to a gym. My sister suggested I try running which was a ridiculous idea as I had come mostly last at every sports day and hated it! BUT the idea of leaving the house for 30 minutes by myself was too enticing so I dug my trainers out, kept joggers on all day and as soon as my husband came in the door I would go out. A 30-minute walk then became a shuffle then a jog and then a run.

How did you find out about PWR?

I had known about the club for years. When the children were younger I could not commit. Deep down I also did not think I was a good enough to be part of a running club. I live close to Willet Rec, before joining the club I would make my husband draw the curtains on a Tuesday night so "all those runners" wouldn't see me with a glass of wine midweek! PWR

volunteers at Hoblingwell parkrun (Sally Callaghan to name but one) convinced me to give it a try…

What does the club mean to you?
The club has given me the opportunity to be me, not someone's mum, wife, daughter or sister (which I also love but just need a break). I am so grateful for all the friends that I have made. Every member has given me encouragement, support and belief in myself, I'm not sure how I ran for so many years alone.

Tell us about the best race you've run
Brighton 2026. Due to injury I nearly didn't make it so I was happy to get to the start (thank you Mike), finish times went out the window and I had the best day. Meeting Louis Strover at mile 19 and coming over the finishing line together was pure running joy, never to be forgotten.

You've just done your first ultra in really tough conditions. How was it?
Ridiculously hard but with Rebecca Sampson by my side for the second half we found strength together and finished it together. I might have muttered to a few people at the end never again and even compared it to childbirth but like that, the second one has got to be easier, right????

What goes through your head during the toughest miles of a race?
I breathe out, remember all those that have achieved it before me (so can I), those that would like to be where I am (I've made it) and then (try to) smile.

What song would pep you up at mile 25?
Titanium - The Running Masters, Could Have Been Me - Halsey, Fit but You Know it - The Streets, to name a few.

How does running help you?
…I think it probably helps the people around me more as they get a better me once I've run.

Music, podcast or silence?
Silence mostly as I usually leave behind a noisy house and then end up chatting anyway.

Favourite running shoe
My pink Sauconys with hole in (they have stopped making them so I can't replace them).

What's the best thing about being Run Director at Hoblingwell junior parkrun?
One of the best and most unexpected things is watching children start running at Hoblingwell and then seeing them as young adults running for their own clubs, county and country. And of course, all the happy faces (most of the time).

What races have you signed up for next?
Brighton 2027, here I come (again).

Thank you to Lucy. Let Presh Howell know if you want to nominate someone with a great story.