MEMBER

SPOTLIGHTS

Stories, miles and memories from the PWR community

Member Spotlight: Anne Dunstan

PWR runs in the family for Anne Dunstan; there on that first night in 2006 when a quarter of the runners on that inaugural night were Dunstans. I've been especially keen to interview her since she's responsible for starting many members on their running journey as a group 1 and 2 leader – including me! On the run up to 20 years of PWR she tells us more about the club at its inception, changes she's seen, and how the club has stayed true to its values of inclusivity.

Please, tell us about the early days of PWR!

On October 24th 2006 I went with Richard and my son Ashley to the Memorial Gardens in Petts Wood for the first run of the newly formed Petts Wood Runners. My family group was 25% of the turnout. Fortunately, another "slower runner" was there and we managed to trot round together.

In the early days a register was taken of who turned up. Not an easy task in the dark with the Calgary Stampede Line Dancers threading their way through us. Eventually we moved to Willett Recreation Ground after the runners had been described as "intimidating" by the Stampeders! The new venue had the positive advantages of toilets and a bit of light. On occasion we used to shelter from the rain in the playgroup room until we got found out.

PWR is coming up to its 20th year anniversary. What are the biggest changes you have seen in in the club in that time?

Size: 12 and now over 600!

Location: Memorial Gardens to Willett Rec plus cabin

Social events used to be mainly at The Daylight and also at the wine bar in Petts Wood ("Bradleys" that later became the unfortunately named "Heathcliff and Krook")

Events: A massive increase of running and social events that members can enjoy. However back in the day we did mange some foreign trips and camping escapades including racing a train.

Demographic: More runners 60 plus

What does the club mean to you?

Running and PWR is part of the fabric of the Dunstan household.

It is also part of the fabric of our house – our garage is full of running race equipment!

I love running most when..

I am in the woods with a chatty group. I do like leading and choosing a route.

Favourite post run treat

Lying on the bed with coffee and a biscuit.

What are your proudest running achievements?

Continuing to run is the main one. But also completing my first Race for Life without stopping.

Winning an age-related category trophy and prize (socks) at the Myra Garrett 10k in front of my son and daughter in law who happened to be in the UK at the time. (Sub 60 minutes)

Being club Chairperson 2009 – 2013

Holding some club records through dint of my great age (although most of them have now gone)

Helping with the Petts Wood 10k, The Bromley Midsummer10k and the Chislehurst Half Marathon. All fabulous events.

And of course, leading groups.

What has been the toughest obstacle in your running journey?

I think I am going through this now with some health issues including a few broken bones and a dodgy hip. Fortunately, I do not feel the need to win a race and I like marshalling.

Who is your running hero?

That would be Richard for his massive contribution to the running community.

As a group 1 and 2 leader you have started many grateful members' running journeys – including mine. How does that feel?

It feels good but credit to all the leaders for looking after, supporting and retaining new members.

As a slower runner I have experienced the lovely, supportive nature and friendship in Group 1 and 2 and I know other groups are similarly encouraging and motivating.

For me, the best part of PWR is that this is a club that offers opportunities and encouragement to members of all abilities. To date the club has held onto this ethos.

Let Presh Howell know if you want to nominate someone with a great running story