

Jason Chu, PhD Student

Why have you decided to join the Purple Wave?

It was a no brainer. I've found that running in a group has a bigger drive than running solo. And the idea of doing that with 2000+ others in a coordinated Purple effort. Easy decision.

What did you have to overcome when deciding to run with us?

Just whether or not I was free that weekend!

Are you raising money for an interesting or important cause?

Not on this occasion! Though, I do plan on raising money with my friend Kathryn when I head up north for the Isle of Skye half marathon in June.

How will it feel to run with hundreds of students and staff from the University?

I have no doubt there will be an air of motivated frenzy

What do you want to achieve?

A sub-46 minute 10km



How important is running and physical activity to you and why?

Running has been a part of my life for the past 8 years or so. Of course, there are the major health benefits of exercise and keeping fit which are important. However, personally, I'm one of those folk who just like running, whether that's with family, friends, the Run Wild MCR group, or strangers in the park. I've always loved running with others. You get such an encouraging buzz from other runners.

Also, there's the competitive edge that comes out, even when you're running solo. Always aiming to run faster and further. And when it comes to running, the only opponent you have to beat is yourself.