

## Yvonne Hung



### **What activity are you involved in?**

I am a run leader for the University's Staff and student running groups.

### **What was the motivation for you getting involved?**

I was getting into running and wanted someone to run with to keep me company and motivate me to get out in the winter months. There were groups available on South Campus but none on the North Campus. After speaking to Sport Manchester I set up an informal group that ran from Sackville Street Building, which grew into an established weekly session.

### **What do you like about it?**

Volunteering as a run leader has opened out a whole new world for me. After getting my Leadership in Running Fitness qualification and from the experience of setting up runs at the University, I had the confidence to start my own running club in Didsbury, Manchester. This has grown into a club with over 300 members supported by 40+ volunteers. I now manage active sessions for people with learning disabilities, am a qualified guide runner and am training to be a running coach and a sports masseur. 4 years ago I hated running, now I couldn't imagine life without it. The effect it has on my physical and mental wellbeing is enormous and I have made many friends through running.

### **What advice would you give other women who are unsure as to getting involved/active?**

Many people tell me that they cannot run, but what I find is that these people set out at a sprint which of course they cannot maintain because they are not Mo Farah. Slow it down and you will find that you can run for longer than you think. There are couch-2-5k groups that can support you in building up your running ability, or come and join one of our running sessions.