



Ayla Huseyinoglu

SU Women's Officer and Women's
Run Leader

What was your motivation for getting involved?

As a student, I was always really involved in music and singing. I chaired and vice-chaired A Cappella Society, but alongside this, I was always really keen on running. Living in student areas though, such as Fallowfield and Withington, and being so busy with my studies and my singing commitments, I often got home late at night and didn't feel safe going out running because of the stories I'd hear online and from friends about crime after dark in these areas. I started going to the gym because I loved keeping fit but really missed going running. I did go occasionally, and I took part in the purple wave at the Manchester 10k twice during my studies, but I did miss running regularly. I studied Politics and Modern History at University and something that always fascinated me in my course was gender and how gender impacts everyone. It made me frustrated that as a woman, I didn't feel like I could safely run on my own. This is partly why I decided to run as Women's Officer. I wanted to provide an opportunity for women to feel safer whilst exercising, and this is why I put women's runs as one of my manifesto priorities! I think it's so important for women to feel safe while exercising; we should feel like we can do this fun thing to take care of ourselves without fearing for our safety or receiving judgement from others.

What advice would you give to other women who are unsure about getting active?

If women are unsure about getting advice or getting involved in exercise, I'd say, come along to our beginners' run! Or talk to me, or our advice service at the Students' Union who are always happy to help!

To find out more information please email womens.su@manchester.ac.uk