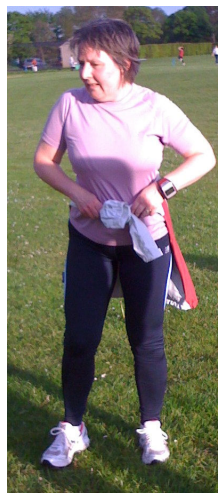


Frances Richards

Scottish Athletics Level 1 Coach

First ever run was in Nike/Woman's Own 5K in 1983 and still has the bag to show for completing.

Has run for fitness mainly ever since, longest distance run in a race is a Half Marathon, although has done training for a Marathon.



Likes

Running for fitness and enjoy coaching and seeing people who have been coached achieving their ambitions.

Favourite Distance

Half Marathon.

Other Interests

Walking (especially long distance paths) and Skiing.

Main goal for 2010

Seeing a full Stonehaven half Marathon

Personal Bests

Half Marathon 2 Hours and 32 seconds

Worst Mishap

Getting swine flu in 2009 just 16 miles (one day's walking) from completing the South West Coastal Path (630 mile continuous path around the coasts of Somerset, Devon, Cornwall and Dorset – walked over a number of holidays since 2000).