

Member Profile

Name:	Siobhan Griffiths	
Age:	39	
Marital Status:	Married to Brad	
Profession and/or place of work:	Nurse	
Qualifications & Experience:	No formal training but I have learnt a lot from club members and I have read a lot of books about how to train for events..	
Events/Disciplines:	½ marathon & Marathons are my favorite events	
Motivation to do it:	To keep fit so I can have an active lifestyle with my family	
Own training or Coach:	Coach - Kim Steveson	
Favorite training route:	Redwoods!!	
Training, work, family, How do fit it all in? :	Make it part of the routine. My husband trains too so there is a lot of tag in our house in the evenings	
Favourite Pastime:	running, reading, beach	
What bits are wearing down. How many ACC visits:	now that would be telling!! Quite a few ACC visits lately seem's to happen as you get close to 40.	
How do you handle injuries:	Rest...I do that too well! Seek expert help quickly.	
Secret recovery recipes:	RICE	
Pre-Event Meal:	Being Irish it has to include a good feed of spuds the night before. Roast Potatoes are a favorite. Breakfast is the same as every other day	
Event gear you use:	Lycra shorts to prevent chafing. Lake City singlet & racing flats.	
Best sporting achievement:	Winning a 10km race in my home town last trip home to Ireland.	
Most embarrassing or disastrous moment:	I have been known to turn up for training without my running shoes!!	
Event you'd really like to do:	New York marathon	
Athlete you admire/why:	Sonia O'Sullivan – a good Irish runner	
Best advice to newbies:	Get a routine training routine established. Train with a group then you're more likely to do it.	
Time with Lake City:	6 yrs	
Volunteer work for the Club:	Member of Exec. Help out at events particularly during harrier season	
Suggestions for the club:		