

PERSONAL PROFILE – Rob Blyth

<p>Name (Age category): Rob Blyth Vet 40</p>
<p>Coaching Role or Club Office: Take the ‘littlies’ training – About Reception to Year 7 depending on ability, or in age from about 5-6 to about 11. The emphasis is on fun & we mix up surprisingly hard training with running games.</p>
<p>Lives: Kendal</p>
<p>Works: Teaches Economics & Business at Dallam School, Milnthorpe.</p>
<p>Family: Wife, Cat; Children – Freya, Cameron, Josie, Lilla. Youngest two keen on running, oldest two not!</p>
<p>Running/Coaching Interests & Ambitions:</p> <p>I organise a running club at Dallam as well as the ‘littlies’ with Martin Hurne at Helm. My aim is really for people of all abilities to have fun and enjoy what I get so much out of – the friends, the being outside, the personal challenge.</p>
<p>Running & Other Achievements:</p> <p>I have run since I was 20 but only started racing about 14 years ago. My first race was the Mountain Trail & it was a bit of a shock. I ‘blew up’ after the first 4 controls and really didn’t know what had hit me as I saw stars & felt sick. A couple of mars bars later (not my preferred race food now – that’s jelly babies & Kendal mint cake) and I struggled on to finish. Since then I have done every Mountain Trail & it is still one of the main points of my year.</p> <p>I tend to concentrate on the longer races, the Lakeland classics, 3 Peaks, and mountain marathons. Not a lot of success but I guess a 9th in KIMM elite is OK & I did once win the Scafell Class in the Saunders with Rick Stuart.</p> <p>I come at running from ‘a long day out in the fells’ perspective & so have done my BG solo & try to do something big each year (this year’s madness was to do Wasdale & Langdale race routes as one long run. Another favourite has been all the passes on bike & the 4 3000’ mountains as a run in one go – (anyone fancy it?).</p> <p>I have previously run for Pennine (I lived down there) & Kendal.</p>
<p>Other Interests or Information:</p> <p>I get on the bike now & again. Often to be found at 6am on Sunday morning cycling out to go & run somewhere. I try to balance things with family commitments!</p>