

PERSONAL PROFILE

<p>Name (Age category): Tom Addison (Under18)</p>
<p>Coaching Role or Club Office: Junior Co-ordinator</p>
<p>Lives: Kendal</p>
<p>School: Currently at 6th in Kirkbie Kendal School</p>
<p>Family: Live with my mum Heather and dad Mike, sister Holly and two brothers Jos and Rory who are both keen runners.</p>
<p>Running/Coaching Interests & Ambitions: I have been running since I was about 8 or 9 years old. I started competing in the winter league and have been running competitively ever since. I would like to carry on running into the senior ranks and compete in the classic races such as the Ben Nevis Race, 3 Peaks and Wasdale. I would also like to compete in many more international races such as the Worlds.</p>
<p>Running & Other Achievements: I have represented England at fell running in Ireland and in Italy, which were both great experiences. I ran for Great Britain in the European Mountain Running Championships in France coming 15th. I have had a few English Championship race wins including Pendle, Wrekin and Lothersdale.</p>
<p>Other Interests or Information: I play the electric guitar, and used to play in a heavy metal band called Unreliable Sin (rubbish name I know).</p>