



Kerry Sutton

THE LOCAL RUNNING COACH AND SPORTS LOVER TALKS ULTRAMARATHONS, ACHIEVABLE GOALS AND EMINEM

Q. Describe yourself in three words

A. Driven, positive, energetic.

Q. Where does your love of sport come from?

A. Ultimately, it stems back to my family. My parents and siblings have always been involved with sport and I've been in team sports for as long as I can remember.

Q. Why running?

A. Running is so versatile. It can be done anywhere, at anytime and in any weather. I certainly didn't fall in love with running immediately – I've had to work at the relationship, but recently it's really started to pay dividends, and I love the wonderful sense of freedom that being on the trails gives me. I love its simplicity: no equipment, no rules.

Q. How did you get into ultramarathons?

A. I watched a documentary following James Cracknell's attempt at the Marathon Des Sables – the most well known of all the five-day ultras. Despite only ever racing short distances, I wanted to throw myself into the deep end and see if I could do it.

Q. Can you share any hairy experiences from the jungle or the desert?

A. There was a very frightening moment when I feared for my safety and that was after a day of running alone, the night was drawing in, I was deep in the Peruvian jungle. The most incredible thunderstorm struck overhead. I was running through a river and the water levels began rising very quickly. I had no way out . . . That was pretty hairy!

Q. Most memorable moment since you started?

A. It has to be standing on the start line of the Marathon Des Sables. Having only had six months to train from running no further than 10km to facing a race of 250km, which is considered to be one of the toughest races on earth, was an emotional moment.

Q. What advice would you give to someone who's out of practice on the keeping fit front?

A. Set a quantifiable, measurable target. Importantly, you must find a target that is driven by passion. Take

the first step and the rest will follow.

Q. What are your top tips for New Year's resolutions people can keep?

A. My top five tips would be: set a goal, find someone to train with, devise a training programme, reward yourself at each milestone you reach and enjoy the journey.

Q. Where's home in Bath and what are the pleasures of living there?

A. Bradford on Avon. Whilst living in Sydney I longed for seasons, lush green fields, architecture that tells a story and people who can do the same. Bath has it all. I am very much a rolling stone but having come to Bath, for the first time in my life, I can say 'I'm here to stay'.

Q. Share a favourite spot in Bath

A. There is a particular spot on the Cotswold Way where I can't help but smile. To get there I've just made it up a large hill; I'm standing in a huge open space; the vista stretches for miles and I can't help but feel it's good to be alive.

Q. How do you relax?

A. On the rare occasion that I do relax, it's with my trademark extra large, weak latte amongst the company of good friends.

Q. Where do you like to drink/eat out in Bath?

A. I don't have a favourite place, but I've had many wonderful nights out – for me it's more about who you're with than where you are.

Q. Most over-played track on your iPod?

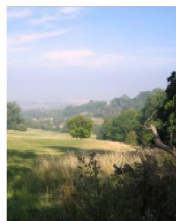
A. Eminem – 'Till I Collapse. It keeps me going when I'm hurting.

Q. Surprise us

A. I've lived for more than one year in 21 houses and I went to seven different schools!

Q. What's the next challenge?

A. I'm currently training to run a non-stop 100-mile ultramarathon along the Thames Path, aiming for sub-20 hours. Later in the year I'm also heading off to Madagascar for another self-supported five-day ultra. I can't wait! **BL**



Top: The beautiful Cotswold Way
Middle: Eminem keeps Kerry going
Bottom: In action in the Peruvian jungle

Kerry Sutton Perpetual Motion coaches runners of all abilities, from groups to one-to-one sessions; kerrysutton.co.uk