

CHRISTINE BOND

Events coach – Middle-Long Distance.

Level 3

I joined the club in February 1982, age 18, had no idea what events to do so did them all! It turned out that 400m hurdles and high jump were my best events, but unfortunately I kept getting injured.

In 1983, Greenwich Council wanted to promote women in running and we set up a Thursday running sisters' group which is still going onto today under GLL (31 years).

I got my coaching licence level 3 and found my group rewarding to work with, we inspired each other. My group range in abilities, distances and ages, some in their late 20's through to our marathon runners in there 70's. Friendships have been built over many years and I am proud to say I still have some of my original group now in their 80's! Our group is a fun group, we enjoy the social side of running more than the competitive side. I am able to both coach and compete with my group, giving time to others helps me put something back inside myself!