

Vicky's Story



Vicky originally saw the Wisbech Beginners run group advertised on Facebook. She had already lost over a stone in weight by dieting and using Slimming world and decided this would be the next step. She attended her first session back in May and has been going ever since. She found the sessions really friendly and thought it was great that everyone was different shapes and sizes.

Once she built her fitness and stamina up she started running with Three Counties Running Club at their Trackless session and then went on to join the club. She has now lost a total of 3 stone and ran several races with Three Counties including park runs and a 5mile Spud Run with March Athletics. She managed to knock 5mins of her PB at a park run in Kings Lynn in just one month after her first one.

Vicky now runs 6 miles with the club on Wednesdays and Fridays and still attends Trackless on Mondays and Active Fenlands Tuesday Morning session. She has built her fitness level up from nothing and she is still losing weight and getting fitter every day.

She loves the sense of achievement you get from running and says it has helped with symptoms of her condition fibromyalgia. Vicky said 'beginner sessions are great as it changes your mind set and you're never left alone'. She would recommend both Active Fenland beginners sessions and Three Counties Running Club to anyone.

Her targets this year are to complete a half marathon and get to her goal weight. Nothing seems to be slowing her down!