

3M Gorseinon Road Runners

Coaching Staff

Alyson Heard LiRF, CiRF, Gait Analysis



I can not remember not enjoying running

- **My running journey** - aged 11 in the School Cross Country team moving on to represent County and Swansea Harriers.

I fell in love running again in 2011 joining 3m's in 2013 to prepare for Cardiff ½ -Marathon. It has been like a family for 11 years. I prefer training especially hills rather than events.

- **My most memorable run** would be my Sunday morning runs in the hills in Lesotho Africa (during my volunteer teacher placement) being joined by bare footed children watching the families wash their clothes in the river.
- **My highlight running event** would be completing the Cardiff Half alongside my daughter.
- **My favourite 3m event** would be my first Castles Weekend both the run and the camaraderie.
- **My coaching journey-** started 40 years ago as a PE teacher, I have been involved as in 3M's coach for 10 years a CiRF for 7 years
- **Why do coach?** -To pass on my enjoyment of running to others and help them improve, I also enjoy researching and planning training sessions. It has also allowed me to continue to be involved in the club although I have been unable to run for a number of years due to an injury.



Fay Sharpe LiRF, CiRF

The only sport I played in school was netball (I “mitched” athletics every week).

I only ever played Goal Shooter or Goal Attack, so I didn’t have to run around too much.

At age 17 I was selected for netball trials for West Glamorgan but declined as I had a better offer of a weekend away with friends in Blackpool (my netball teacher was so disappointed in me).

I started running in 1985 aged 25 to impress my then partner, now husband Ian who was already a marathon runner by then.

I joined 3Ms in 1992, and I have been helping to coach in club since about 1993.

I did my original ACC (Assistant Club Coach) award in 1994 and then replaced this with the newer LiRF (Leader in Running Fitness) qualification in 2010.

Although I continued coaching over the years, I didn't complete my CiRF (Coach in Running Fitness) until Feb 2025.

Whenever I find the coaching challenging I simply remind myself that back about 20 years ago I became a netball coach for primary school children through the medium of Welsh, (which is not my first language but I have an "A" level) whilst also studying for my French GCSE. French evening classes were on the same night as the school netball practice. Nothing about coaching adults to run using the English language can surely be as difficult as that was. I never knew what I was saying or even if it was all in the same language

Times achieved:-

1mile 6.58 (in my 30s)

5k 24.49 (in my 40s)

10k 47.36 (in my 30s)

HM 1.42 (in my late 20s)

Marathon 3:50 (in my 30s)

Half IM 6.49 (age 48)

Favourite race: Maentwrog to Harlech stage of Welsh Castles relay (with Christine Hurdidge) & Snowdon Marathon (3 times)

Scariest Sporting Moment: Running Golden Grove 10K in 1989, I was pregnant with Laura but hadn’t told anyone. It was boiling hot and they ran out of water before halfway. I was so scared I was going to harm my baby (was one woman in showers at finish fully clothed they were trying to cool down). Needn’t have worried though cos look at her now.



Beverley Jones LiRF, CiRF

I'm am a retired Physical Education teacher. During my career I successfully coached teams in athletics, tennis, netball, hockey, and cross country. After I joined 3Ms, I achieved the LiRF qualification and became one of a committed team of coaches. I run, swim and more recently cycle on a daily basis...and, as I'm retired, I can take part in races that are a little more far afield e.g. the Sydney Half Marathon ! Last year, I was pleased to be selected to run for Wales in the Masters Cross Country Home International in Glasgow.



Karen Dusgate LiRF, CiRF, Off Road, Trail & Fell running certificate

Being part of the club has been much more than just running, in fact for a significant amount of time, I haven't been able to run so have volunteered and supported - it's been lovely to give back!

I'm not a fast runner, but I love to run - my favourite runs being long, slow trail runs and cross country.

I love parkrun; I first became involved as a participant, then as a volunteer and loved it so much I was invited to be an RD and Co-Event Director at Swansea Bay.

I'm also a British Cycling Ride Leader and Breeze Champion.

I'm passionate about how being active and being outside, especially with others, it is so important to our physical, mental and emotional well-being. I want to share that with others - there nothing better than a long muddy run on a cold day followed by coffee, chatting and lots of laughter.

I became a LiRF to support and give back to a club that has supported and encouraged me. I hope that in doing so I'm able to support and encourage all Club Members - of all abilities.



Paul Rees LiRF, CiRF, L3 PT, DNAFit Trainer, Gait Analysis, L1 British Cycling

Did football, cricket, athletics and rugby from age of 8. Concentrated on Athletics in my teens with Swansea Harriers, but went back to rugby at 19 and played at Swansea & Gowerton.

At Gowerton in mid 80s, I was asked to play for Llanelli v Cardiff.

Joined 3M in 1999, became a LiRF in 2010 and CiRF in 2015, qualified as a L3 PT & DNAFit Trainer also in 2015.

Did my L1 British Cycling qualification with Gower Riders, teaching kids and young adults cycle skills.

Started taking running seriously when as a 11 yr old came 3rd in 11-13

Hereford 3mile Road Race in 17:36

At 12 yrs old won 600m Welsh Indoor Championships (1974)

At 17 represented Wales at 1500m u20 and XC at u20 level.

Times achieved:-

800m	1:56	age 17
1500m	3:59	age 17
1mile	4:18	age 17
5k	15:20	age 17
10k	39:22	age 46
HM	1:31:04	age 46
Marathon	3:28:12	age 44
Half IM	5:05:27	age 44
Full IM	10:59:35	age 44

While representing Wales at 1500m u20, raced against Steve Cram. Shared a shower with Brendon Foster in the Fry's chocolate factory near Bristol. Nothing illegal took place, we had just finished running the British XC Champs.

Back in 1979 I was part of a training group within Swansea Harriers, and we were all at a training camp in Ogmore, and we trained alongside Steve Ovett and a few other internationals on Merthyr Mawr big Dipper, Following year he won Olympic Gold in Moscow.

Favourite race: Welsh Castle Relay and Builth to Drovers stage also Snowdon Marathon.

Scariest Sporting Moment: IM training swimming from Caswell to Langland with the Sandles, conditions changed quickly and got caught in a rip in very rough waters. Tried swimming back to Caswell but had to abandon and got smashed against the rocks, and stuck in a cove with an incoming tide. Eventually got rescued by RNLI.

Toughest Race: Austria IM 2004. My bike had been taken in T1 (found it in Elite area after 25mins). Ate too many gels on the bike and had the sh*ts on the run from mile 9. Next 17miles were pretty miserable, pebble dashing a bush every 3miles, In one bush I was next to a Dutchman, I pushed one out which sounded like a flock of pigeons taking off, I turned to him and said "He Who Dares Rodney"



Mark Jenkins LiRF

I joined 3Ms approximately 6 years ago, this was after attending Paul Pilot Rees circuit training and it being suggested to me. I joined and here I am. I was apprehensive, despite being reasonably fit but had spent my last 30 years playing football to a good standard but never ever thought of joining a running club. However despite injuries, knees, I'm so glad I joined.

I became a LiRF coach after taking a weekends training course to coach 4-9 year olds at a club called CHAMPS based at the University indoor centre. So glad I took this as it's allowed me to continue my coaching with 3Ms.

Sadly my gorgeous wife who I love with all my heart passed away 5 years ago so I'm now a single dad to my lovely 14 year old daughter Meaghan who attends every 3Ms training session and GP. The club have been my saving grace since losing Judith. So many wonderful people, it feels like a family and I've made so many good friends who have helped me through such a difficult time.

I'm the male Welfare Officer. The reason being I've always been a caring person and always enjoyed being there for others. My saying to my Judith, which I carry on, is I'm happy if you're happy.



Alan Pritchard LiRF, CiRF

I was asked by my previous running Club (Lichfield) to attend first of all a Leader in Running fitness course in 2012, and in 2017 a Coach in running fitness course,

I've also attended a moving skills and other running related workshops.

From 2012 to 2019 I lead sessions most weeks and also ran several beginners and improvers running courses for LRC. I'm very pleased to be able to say that many of these beginners have developed their own love of running and several have gone on to complete marathons themselves.

Towards the end of 2019 I moved to Swansea, joined 3MRR, also gained a baker's cyst and was diagnosed with arthritis in my knees. I am assured that running does not cause arthritis and doesn't make it worse. I can confirm however, that in my case, arthritis makes running painful.

I still enjoy planning and leading sessions and thoroughly enjoy the company of runners.

I keep old fashioned hard copies of my training logs, which I first started keeping in 2002.

From 2002 till 2020 when Covid and arthritis dramatically affected things I have records for the following trail and road events.

- approx 75x 5k's (club time-trials and parkruns)
- 13 x 5m races
- 63 x 10k
- 15 x 7.5-9m races
- 16 x 10m
- 26 x half marathons
- 2x 20m
- 16 x marathons
- 8 triathlons including 3 half Ironman distance

My favourite event is probably Beachy Head Marathon, with Snowdon Trail marathon a close second.

I'm a strong believer in having training plans that include adequate rest and adaptive time, a good mix of speeds and distances but also strength and conditioning work/cross training.



Mike Prasad LiRF

I joined 3Ms in 2015, after losing over 6 stone in weight from January 2014 through a mixture of diet and exercise. This led me to start running, with my first race being the 2014 Swansea 10k, and then joined 3Ms a few months later. I love running and you will find me at most club sessions and parkrun on a Saturday morning. Really enjoy travelling for running events including Disneyland Paris, Berlin, Iceland and New York.

PBs (but not recent):

- 1 mile - 6:24
- 5k – 21:20
- 10k – 42:39
- ½ Marathon – 1:41:49
- Marathon – 4:01:44

Favourite race: Torfaen 10k

Worst race: 2023 Swansea Half Marathon due to heat, 2018 Port Talbot Half Marathon – didn't prepare for the terrain

Most unusual race: 2019 Midnight Sun Half Marathon, Iceland. Starting 10pm at night and still finishing in broad daylight



Caroline Morgan LiRF

Running is my adrenaline fuelled happy place! And who doesn't like a hormone driven power surge! It came to me later in life, starting at the age of 38 so I know what it is like to be new to a sport. For over 15 years now, I've done a lot of races including the London Marathon as well as the halves in Swansea, Reading and Cardiff. In addition, I've done lots of other events and particularly enjoy the Nos Galan on New Year's Eve which is the only race I do with my husband. I'm also heavily involved in Swansea Bay Park Run as volunteer, runner and part of the run directors' team. I'm also partial to a bit of Park Run tourism and have done events in Llanelli, Bath, London, Poland, Ireland and a Scottish Island where I actually won it for my age.

I have been a member of 3Ms since 2018.

Since joining the club, I have met some amazing friends and had some fantastic adventures!

I gained my LiRF coaching qualification whilst helping at CHAMPS, an athletics club for children aged between 4-9 years of age and have been a coach at 3Ms since 2022.

As a coach, I simply want everyone to have as much fun and pleasure out of running as I get!



Ian Bamford LiRF

I started running in school at about 11 years old.

Did my first race at 12 years old the Brisco 10k which continued for the next couple of years.

Stopped running for the next 15ish years as I played football but occasionally ran Swansea Bay 10k.

But I then started training to run the Cardiff half in 2008! It was tough, I remember thinking how the hell can someone run twice this distance!

Ironically 2 years later I was on the start line of the London marathon with my brother & friend Rob. We were raising money for Leukaemia care, as Rob's daughter who was diagnosed with leukaemia the previous year. Thankfully she's made a full recovery. ❤️

It was such an amazing experience but so emotional.

I didn't run a single step for 3 months after.

Which at that point then I joined 3m's. ❤️

My most memorable run:- was running New York Marathon in 2016. Such an iconic race but a high 5 from a Jack Russell at mile 11 was awesome, I just couldn't stop laughing.

My highlight running event:-

The London Marathon, since running it in 2010 I've been fortunate enough to run it every year since. This year will be my 17th London raising funds for charity to help make a difference.

My favourite 3m's #GP:- is the 10miler. It's a tough distance and you need to trust your training to have a good race my best time is 69min 45sec.

My coaching journey:- I've been coaching for several years now and really enjoy putting the session together and encouraging people to do their best.

Why I coach?:- helping and encouraging people to do their best in the club sessions is just like a drug! I've been in that position myself many times.

Helping others achieve their goals is a great feeling.

Plus that our club has fantastic members which just makes it easier. ❤️ ❤️

'He who dares'



Lee Morris LiRF, CiRF

Running cross country since 10 years old, played rugby and football from age 8 to 24.

Favourite Run

Amazon jungle Ultramarathon, Great wall of China Marathon, Ring of Fire 135 mile, Reading half marathon

Least Favourite Run

London Marathon

Worst Running experience

Edinburgh Marathon 2006. This was the first long distance run back post cancer I thought that I was ready but the first 9 miles told me that I was most definitely not. I do not remember finishing or have any memory from after the 9 mile point. So I am told I crossed the finish line and collapsed.

Favourite distance

50 mile

Least favourite distance

5k or under

PB

I cannot get anywhere near them these days but 5k 16 minutes, 10k 36 minutes, Half Marathon 1.16

Running dislikes

Racing

Running watches

Mile Markers

Why I run

Running has saved my life without it I would be dead

Running Goals

To use my love of running to raise essential funds to help anyone with a cancer diagnosis and their families during such a difficult time for them. To date 18 years of fund-raising split between Testicular cancer / Prostate cancer, The Breast Cancer Unit Singleton Hospital, Maggie's Singleton Hospital, Children with Leukemia and the last 9 years Primary Bone cancer

Why I first joined 3M running club

Recommended by a friend, went along and met in the gym in Penyrheol leisure centre. I was made to feel so welcome, The club has supported, encouraged me and improved my running and I will be forever grateful.

my 8th ultra marathon in 8 consecutive days on the same course and during the race brief the organiser told everyone to follow me if they get lost.

Thanking a tree for their support thinking it was a person at a checkpoint at the 115 mile mark during Ring of Fire ultra

Most Awkward running Memory

During the Swiss Alps Marathon a runner I had been running with for a few miles shit himself (he blamed it on the altitude). Fair play to him he did not stop but the smell was horrendous. It took me nearly 3 miles to get some distance between us because every time I passed him he kept catching me up.

What it means to me to be part of 3Ms Running Club

The pleasure I get from running with a group of like-minded people put a smile on my face, All I want to see is that they enjoy running for our club and they are able to achieve their personal goals.

Chris Snary LiRF

The journey hasn't been an easy one — far from it. Bowed legs, stubborn shin splints, and years of stop-start running could have been enough to make anyone hang up their shoes. But running became my anchor. It's where I quiet the chaos, steady my mind, and step into a space that belongs entirely to me.

I'm now studying for a degree in Sports and Fitness, and I joined the 3M coaching team in summer 2025. I'm an analytical runner through and through — I love the numbers, the patterns, and the small clues that show progress long before the big breakthroughs arrive. I'm also someone who genuinely enjoys using technology to drive results, whether that's through metrics, form analysis, or performance tracking. I have a real interest in motivation and the mental side of running too, often setting myself challenges that demand resilience as much as physical fitness. Within 3M, I see myself as someone who runs for both mental health and performance — with just enough competitive edge to keep pushing for more.

My long-term goal is to help runners come back stronger from injury, prevent setbacks, and train with purpose through smart, metric-driven coaching.

Half marathons have always been my distance. Life, time, and injury concerns kept me from going longer, but they never stopped me from chasing improvement. Joining 3M changed everything. I wanted structure, variety, and a community that pushed me to be better — and that's exactly what I found.

Since joining the club, I've not only managed my old injuries, I've risen above them. I've taken my half marathon time from 2:00:23 in my first club race down to 1:38:55 — proof that consistency beats setbacks every single time. I've reshaped my form too, moving from a heel striker with a cadence of 159 to a midfoot striker averaging 176. Every step has been earned.

My philosophy is simple: never give up, and always believe in yourself. Progress isn't linear. Some days you fly, some days you fight, and some days you simply show up — but every one of those days counts. With patience, resilience, and belief, you can go further than you ever imagined.



Linda Rees LiRF

How I become a Coach. Best known for calling everyone “Flower” I joined 3M Gorseinon Road Runners in 1995 and first became part of the coaching team in around 2000/1 after completing my then Level One coaching. I nearly didn’t complete the training as, whilst on a comfort break halfway through the course, I accidentally got locked in the ladies. Every avenue of my escape plan was exhausted as I considered climbing out of a tiny window, I had one last go at the very old and rusty bolt that risked scuppering my coaching career before it had begun, became free. In 2010, following Welsh Athletics changing the format of their coaching structure, I completed the LiRF course and didn’t visit the ladies just in case.

Why become a Coach. I love giving back to the hobby that gave me so much and to see others achieve their goals and get so much enjoyment out of running. Just makes me smile.

Running Experience. I was a Sprinter in school never running further than 400Metres..... think it was metres then but could well have been yards so to find myself running my first Marathon, Edinburgh, within a year of joining the club was quite something else. Which just goes to show what the support of running buddies and coaches can do. Since joining the club, I have completed 7 Marathons, countless half Marathons and loads of off road and “wacky” races. Involving crossing flooded streams (I have a water phobia), climbing up vertical rope ladders (I don’t like heights) and competed in both the West Glam and Gwent Cross Country leagues.

Memorable Moments I was the overall winner of the West Glam XC League on two consecutive occasions, and my age group category on several occasions thereafter. I have also represented West Wales in XC. I came 2nd in the Tata Steel /Margam XC and I have actually won a 5k – Botanical Gardens, and a 10K – St. Davids. Felt like Paula Radcliffe when I broke the finish line tape. Running the “Glory leg” (Final Stage) of the Castles Relay and bringing our Club Home. What a proud and emotional feeling that was. My most memorable moment was completing the London Marathon in 2009, with Paul, just one year after completing my treatment for Breast Cancer in 2008. Paul dressed as a cow and missing his front tooth. What a finishing photo that was. It was truly such a special moment crossing the finishing line with Paul. For me. running hasn’t been all about times as I have had many fab runs for all sorts of other reasons but here’s some of my running stats.

5k –	21.02	Carmarthen
10K –	42.10	Alberto Calver
10M –	1hr 11m	Pontypridd Reverse 10
½ Marathon –	1h 34m	Cardiff Half
Marathon –	3hr 47m	London.

Personal stuff I am married to Paul, who also coaches, have two amazing stepchildren and now a grandson, who are my world. I also love cats, dancing, wine and cheese and holidays in France. I have always cross trained and love my Circuit training but still can't swim. When I joined the club, I didn't have any family (no parents, brothers or sisters) the club became my family and although running plays a massive part it's also the friendships, support, comradery and sharing of experience that make our club so, so special.



Megan Chick LiRF

Running journey: I went for my first run in the first Covid lockdown and got hooked on the high. I run mainly for my mental health, and the community I've found makes this 100% times better

Most memorable run: London Marathon 2025, running for Beat for eating disorder awareness a week after being discharged from treatment myself

Highlight running event: Man v Horse, an iconic event that always makes me realise I'm stronger than I think

My favourite 3Ms GP: Parc le Breos, I love hills!

My coaching journey: I did my LiRF in Jan 2026 to be able to encourage others to find the joy I get from running and realise their own potential