

#MeetTheMembers – Vol 2



Name:

Scott Darney

Occupation:

I work for an insurance MGA

Where are you from and how did you end up in/near Witham?

Born in Chelmsford and have always lived in Witham

How long have you been Running, and how long with the club?

I have been running roughly 6 years and with the club about 5 years

Favourite hobby, besides running of course!

What is this life outside of running that you speak of?
Listening to music, going to gigs.

If you hosted your own chat show for one night, who would be your 3 guests and why?

Dalai Llama, Eliud Kipchoge & Adam Buxton

If you had 1 week to travel anywhere in the world, where would you go and why?

I've always wanted to go to New Zealand or Japan, but it would probably be New Zealand for the trails!

Superpowers... what would yours be?

The power of flight.

Pineapple on Pizza, yay or nay?

Not for me but each to their own.

When you need an extra push, what's your mantra?

In marathons when it gets hard I remind myself that "THIS is what I have trained for", meaning that the first 18, 20, 22 miles can fly by but when it starts to get into those harder final miles, that's when I remind myself of those cold, hard, miserable runs and the effort I put myself through to make sure that I was mentally and physically prepared for the pain.

What's the scariest thing you've done for fun?

Running behind my younger brother Sean after double beans on toast for breakfast.

Proudest achievement(s) - You're only allowed to pick a Top 3!

Marathon training cycle Spring 2019 both running and coaching. It was my first time writing more than one marathon plan and all whilst trying to follow my own plan. It was tough but a great learning curve and all athletes performed brilliantly. I was then pleased to still manage my first Sub 3hr marathon in Geneva.