

MEET THE EXPERTS

THE WOMEN'S RUNNING EXPERT PANEL HAS A WEALTH OF KNOWLEDGE AND EXPERIENCE TO HELP YOU GET THE MOST FROM YOUR RUNNING



JEFF ARCHER is director of The Tonic, a fitness and wellbeing consultancy that teaches people to live healthily. He's a regular participant in half marathons and the odd marathon, and is the author of two books, *Teach Yourself Fitness* and *Teach Yourself Life Coach*. For more details, visit www.the-tonic.com.



CHRISTINE BAILEY is a qualified nutritionist. She's also a professional chef, food and health consultant, and journalist. Christine advises runners, cyclists and sports clubs on nutrition and performance, and is the author of *The Intelligent Way To Lose Weight*. Visit www.advance-nutrition.co.uk to find out more.



FIONA BUGLER is a writer, editor, and social media guru on all things running. A qualified coach and personal trainer, Fiona likes to practise what she preaches and regularly races, continuing to chase PBs. She's run five sub 3:15 marathons in her forties and her goal is to keep getting faster. Tweet her @TheRunningEd.



GEORGINA BURNETT is a keen long-distance runner, accredited life coach, NLP practitioner and qualified personal trainer. Georgina coaches the mental and physical side of fitness, giving you the motivation to get out for that early run! Tweet her @healthymistress or visit www.footprintcoaching.org.uk.



LISA JACKSON is a clinical hypnotherapist, and author of *Running Made Easy* and *Adore Yourself Slim*. A fitness-phobe until 30, she has since run 50 marathons and is a wannabe member of the 100 Marathon Club. Visit www.quiet-medicine.co.uk and www.adoreyourselfslim.com.



ANNE-MARIE LATEGAN has a BSc Hons in Human Movement Science & Rehabilitation. She specialises in functional training, body sculpting, and sports and orthopaedic rehabilitation. She loves long-distance running and has completed several ultra marathons, including a 120K race.



JULIET MCGRATTAN is a GP and keen runner, so she is the perfect person to answer your health-related running questions. She has been running for six years and has taken part in many races, including the Helly Hansen Beauty and the Beast in the WR team, the Cross Bay Half Marathon and Virgin Money London Marathon.



STUART MAILER initially trained as a sports therapist and gained his BSc (Hons) in Physiotherapy in 2005. He has an HN.Dip in Sports Therapy and a PG.Dip in Sports & Exercise Medicine. He is based at Kensington Physiotherapy & Sports Medicine. For more details visit www.kenphysio.com.



JO SCOTT-DALGLEISH is a nutritionist who works with runners, cyclists and triathletes to develop a personal nutrition plan that improves performance and maintains good health. Jo is a full member of the British Association for Applied Nutrition and Nutritional Therapy (BANT). Visit sportsnutritionist.co.uk.



HAZEL SILLVER is a keen off-road runner and a freelance fitness journalist. She has written about health and exercise for publications such as *The Guardian* and *The Daily Telegraph* and regularly writes for our *Trail Zone* section. Hazel is lucky enough to live at the foot of the South Downs – trail running paradise!



LIZ YELLING Liz is a two-time Olympic marathon runner and Commonwealth Games marathon medallist, with a marathon best of 2:28. She has also won the National Cross Country Championships four times. Liz, a mum of three, coaches runners of all levels. Visit www.yellingperformance.com.



BEN WALSH is a personal trainer, an NSCA Certified Strength and Conditioning Specialist and a CST Coach. He has completed a BSc (Hons) in Food Science, as well as a diploma in Nutritional Therapy. He has also competed in triathlons. For more info, visit www.cstsouthlondon.co.uk.



Spotlight on... Fiona Bugler

Editor-At-Large Fiona Bugler is a keen runner and is currently training for the Amsterdam Marathon in October...

What made you start running?

I was a typical London 'classes' girl – averaging three gym classes a week for most of my twenties. I had trained as a fitness instructor when I had my son in 1997, and as I needed to fit in exercise around the children, running seemed the perfect solution. I'd also always harboured an ambition to run a marathon and at 34, I knew I had to pack in my social smoking once for all. In December 2001 I started running, and I ran 4:09 for my first marathon. Ten years later I ran 3:09, and I've run five sub 3:15 marathons since I hit 41.

How often do you run?

I run between four and seven times a week, depending on where I am in training – I usually run 60 to 70 miles per week during my marathon training schedule.

What is your favourite distance and why?

Half marathon. When I've achieved a PB in a half it's always felt better. It's a pace that's fast but sustainable. I also like running 20 miles, then the marathon.

What is your next race?

My next big race is the Amsterdam Marathon in less than 15 weeks. I'll also be doing the *Women's Running* 10K races. I'd love to run another sub-40 and the fast, flat courses offer me that opportunity.

