

## **Young Persons Representative (Introduction)**

I would like to introduce myself (Rob) and my wife (Rif) as we have jointly been given the role of “Young Person's Representatives” (YPR) at PWAC. (We actually accepted the YPR positions back in May but have been keeping it quiet so we didn't have to do any work, but we thought it was time to own up!!) This means we are now on the Committee, and as such are here to help. Our role is relevant to all the young club members (under circa 20), their parents/guardians and anyone else with an interest in the youth of the club.

The YPR post is primarily to give a voice to all issues and suggestions that are relevant and important to the young club members. Things you may want to contact us about may include: your thoughts on training, suggestions you think would improve the club, any other issues and how to become an Olympic Champion, how to download films and music (not sure we're great on the last one!).

If you want to contact us it would be useful to know what we look like. Those of you who run with the adult group will know I'm (Rob) the one who tries hard and is more rotund than is perhaps advisable for a marathon runner (short black hair, about six foot and very handsome!!)... You may also know us from when one or other drops off and/or picks up Aaron (aged 12) or our daughter Zara (10). Feel free to ask Aaron or Zara to point us out.

All are welcome to contact me before, after or during training. Alternatively we share the email address [rowland\\_robert@yahoo.co.uk](mailto:rowland_robert@yahoo.co.uk)

Rif doesn't often attend the club due to longstanding problem with knee injury. However, we are both more than happy to speak with you and hear your ideas and thoughts re the above. Although PWAC has been going for 25 years, the young people are the future of the club. As such it would be great to know what you think.

Finally, to quote a runner whose life was tragically cut short aged just 24: “A lot of people run a race to see who's the fastest. I run to see who has the most guts” Steve Prefontaine. Not sure of the relevance of the quote, except, if you haven't heard of Steve Prefontaine then you are probably the right age to be giving us your thoughts and ideas... (Rif and I look forward to hearing them).

Many thanks,

Rob Rowland