

## In Focus – Carol Bowman

### Now a serious contender

Many of us remember when Carol Bowman first came to Coker Park in 2005. She introduced herself to us, saying she “has not run since school days” and that she’d had little in the way of exercise in those 30-odd years. A very willing participant, we all recall that she seemed to run every race, regardless of time taken or effort required. At times, one race merged into the next as she went from finish line to the start of the next.

Carol’s running style in those first two seasons with the club, I am sure she will not mind me saying, was unconventional. With determination, hard work, and with guidance from within the club, she has blossomed into what I would now call “a serious contender”. It is wonderful to see how well she is now running, with a much improved style; I hear regular comments from trackside about how much better she flows around the track. Her reward of PBs in both the 100m and 800m at UWA on Tuesday is richly deserved.

Carol’s improvement and obvious enjoyment of athletics is an achievement in which the club can take great pride. MAWA exists to give all the chance to enjoy athletics, whatever their level of performance. Not everybody can improve as much as Carol has, but the club exists to give everybody “a fair go”. Well done, lass!



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