

## **PROFILE – CARMEN CROUCH**

I'm a 28 year-old runner from England, who moved to Winnipeg just over three years ago! I found a love for running during the pandemic, starting with the Coach to 5k program, and quickly became hooked. I could barely run for a minute and was so proud of myself for completing my first 5k in 36 minutes. Fast forward to summer 2024, I have achieved a sub 20 5k which was completely unthinkable a few years ago. I have had a few set-backs and injuries along my running journey but have never let that stop me!

Not only do I love to run for my own mental well-being, but also because of the people running has brought to my life. Moving to a new country can be hard, but running has introduced me to the most amazing community and friends!

I'm fortunate enough to share my love for running with my partner @tom\_wpgrunner. I also have a great group to train with (shout out to Alain, Garry, Wilton, Mel & Jono for all those early morning track sessions - you kept me going this year!!). Here's to next year when I (finally) take on a full!

2024 Times:

5k: 19:51

10k: 41:00

Half Marathon: 1:31:02