

# Javi Fuentes Hemoso

7A



## Inspired to run!

During the most recent lockdown, Javi and I (Javi's mum) completed the "Coach to 5k". It was a difficult time for our family for various reasons, so Javi came up with the idea as a way to do something nice together, stay active and improve our mental health. We have been running together ever since and most recently we have been taking part in a series of 8k races organised by City Runs, beating our personal best

in the latest run, completing it in just 50 minutes despite the weather. We are aiming to run a 10k in the new year and will hopefully will run the London Marathon together when the time comes!



Colyton Grammar School

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