



Pramila Monro

Name: Pramila Monro

Born: Yes

Date Joined: I think I joined the Wednesday Harriers in Aug 2011

Personal Bests:

5K: 28:17

10K: 41:26

Half marathon: 2:11:06

Marathon : 4:58

First Club Race:

ESSEX CROSS COUNTRY LEAGUE

Gloucester Park, Basildon

7 Km Basildon Race

38.53 min

Favourite Race: Don't think I have a favourite race. I enjoyed the southend half marathon race as it was a flat course and most of the run was by the sea which was lovely.

Notable Performances:

Hampton Court Palace Half Marathon. It was freeeezing cold...brrr. Can still feel it. It had snowed heavily the night before and there was still lots of snow around. All other races around that date were cancelled. I got my half marathon PB.

Typical Weeks Training: When I am running, my typical training in a week would be

Tuesday -Track session

Wed -5-6 mile run



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Sunday -8-9 mile Forest Run

Favourite Sessions: Sunday Forest Runs

How would you improve the sport:

I would actively encourage people of all ages to join running or any other sports clubs -it's good for everyone all round and also get more involved with schools to encourage/generate interest in sports including running amongst children.

Favourite Athlete or Sportsman: Jessica Ennis, Steffi Graf,

What other sports do you follow: some Tennis, some football

Best Country Visited: Croatia

Favourite Food & Drink: Aubergine Schezuan with Veg fried rice, Favourite drink is Masala Chai (Spicy Tea)

Favourite TV Shows: The fall, David Attenborough programs,

Last Film Seen : Knives Out

Last Book Read: Can't stand up for sitting down -Jo Brand

Favourite Band Singer: Adele, Alicia Keys, Ed sheeran, rock bands like guns and roses, scorpions,

Last Theatre Attended: I watched the Cinderella panto at Kenneth More Theatre

Any Pets: None

What are your aims for next season: To get back into running half marathons

Tell us a Joke: Can't think of one



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