

## A Day In The Life Of...

### Kirstie McCaffrey, #TeamAN ASICS Greater Manchester Marathon runner 2018



#### Why did you choose to take on the 2018 ASICS Greater Manchester Marathon?

I set myself a challenge 5 years ago to complete a full marathon before I was 30 and the Manchester Marathon fell at the right time (Plus I heard it was the UK's Flattest - which made it more appealing!)

#### Is there a special reason you chose to take on this challenge with Anthony Nolan?

I chose to run for Anthony Nolan because I lost my friend Danny to Leukaemia almost 10 years to the day of the Manchester Marathon, so this cause meant a lot to me.

#### How did you find the support from the Events Team?

The support was absolutely incredible from the Events Team! Both leading up to the race and on Race Day they couldn't have been any better! Such amazing, Lovely people!

#### What is your pre-race day ritual?

My favourite part of racing is the Carb loading beforehand so my pre-race day ritual is lots and lots of pasta and an early night (and getting my friend to French plait my hair)

### What was the atmosphere like?

The atmosphere was amazing!

Everyone was so supportive all the way around the course! lots of families out of their houses cheering and playing music! The crowd really got me to the finish, especially when I started to struggle at mile 25.

### What was your highlight?

My Highlight was seeing my family and the Anthony Nolan team at miles 9 and 16 - it gave me something to focus on and look forward to!

### If you were speaking to a new runner, who had never run a marathon before, what would your top tips be?

Pace yourself on race day - don't get carried away with the crowd

Enjoy the Carbs!!!

Be positive and tell yourself you CAN do it! Even on bad days.

