



Inspiring stories from AudioFuel customers

Since I've been an audiofuel customer, running has helped me deal with depression and post-traumatic stress disorder. Even when I feel low, tired and like I don't want to carry on, listening to audiofuel tracks helps to give me the motivation I need to get out and run. When I run, it helps improve my mood and this in turn helps me to live life to its fullest.

I lost 3 stone after running to audio fuel pyramid 200 and went on to complete a half marathon having only trained for 10 weeks ! My proudest moment was when I planned to go out for a 3 mile run, got lost and managed to run 5 miles! My first distance larger than 3 miles, and I kept at the same pace. I was so proud of myself!

I'm 62 and have been exercising routinely for decades. However I amped it up with the interval training and not only did I peel off a few pounds, but my energy is great! I love intervals and so does my dog. (I also out ran my 37 year old son, and it inspired him to amp it up too!)

Having come back from 8 months of injury and operations, all my running has been done to audiofuel, without it I don't think I would be back running 4 times per week. The speed session is slower but I can see improvement, the long runs painfully slow. To be honest no audiofuel no running, best medicine in the world

London Marathon 4hrs 31mins. Couldn't have trained for this without AudioFuel

*Well, Laura on NHS couch to 5 k and your music got me going. I was always last picked for the school teams hid in bushes for cross country running, can't catch a ball...or throw one..frightened of the hockey stick! .but I get it! it took 12 weeks and then I clicked how fantastic it is to feel like you are flying when you run! I love rhythmic music to keep my pace 150 - 165 per minute found it really hard to find a 5-10k training *(who would believe it!!) but found one that I am putting up with so that I can do one 10 k run a week and 2 x 5 k but now I can run for 40 minutes easily, 5 k might not be enough ! Not bad for a 55 year old who was a couch potato!!!*

I always hated interval training. Just hated it. But with audiofuel I am longing for the interval once a week. It just makes training so much more fun!

In 2012 I ran the 20th anniversary Disney Marathon at Walt Disney World Florida to raise money for my favorite charity - The Brooke Hospital which helps working equines and their owners in third world countries - and enjoyed it so much that this year I did the Goofy Challenge - half marathon followed by a full marathon the next day - for the same charity. I trained with AudioFuel and listened to it all the way round and it definitely kept me going after a tumble this year at mile 16. The highlight was crossing the finishing line with Donald Duck randomly walking across the track! So for 2014 I have entered the first ever and appropriately named Dopey Challenge - a 5k, followed by a 10k the next day then the half and full marathons. Hence why it would be fantastic to have some new AudioFuel l-o-n-g run music to train to. Fingers crossed!

Well I started running this time last year, did really well and was ready for race for Life 5K and 10k when I was unexpectedly diagnosed with breast cancer in April this year... I continued running right up to the day before the op, ran during the radiotherapy (albeit not very far) and have held onto my desire to get back running through it all... One Of the personal milestones I have is to run the Plymouth half marathon next April... 12 months on... Back training and looking forward to achieving it!

During my first 10k in my home town, I was last for the first 4.5 miles and loads of kids from my secondary school saw me running! I got loads of cheers especially down the last mile in our pedestrian area (I eventually finished 4th last!)

Proud moment: Last month 11 ladies from the Cowes Women's Running Group took part in the 12K Back to the Trenches mud run. For many of us it was our first event of this kind, and for a few of the ladies it was also the longest distance they had run. I'm so proud to be part of a team of fantastic ladies who work together to keep each & every member of the team going, & have such a fantastic time as well!

Simply completing a hell runner event earlier in the year.

Furthest I'd ever ran was 10k. This was 12 miles. Mud water obstacles. Very determined to finished. Lost my running buddy on the first obstacle. Kept going and completed it. Never again

Proud moment... after doing a few fun runs with son (badly) we decided to do the 6 mile sport relief in 2010. We run together, not this time... he lapped me a few times and came 8th out of everyone! He was 11! So proud to have a son who is that fit. He's still at it. I will never run with him again (as I cant keep up with him).

I ran my first race age 56; the Great Manchester 10k and couldn't have made it without audio fuel to support my training.and the race. Thanks audio fuel :-)

I have been training on hills (weekly 5k timed run) for a year and ran a flat race a few weeks back (just for fun whilst traveling. It was amazing how fast and fit I really felt running on a flat course and, without trying too hard as I was really there to relax, got within 5 seconds of my 5k PB.

Audiofuel interval training was the secret to me completing my first half marathon. I went from no running experience to running 13.2 miles non-stop in just 10 weeks.

I've had the most amazing year - I finally did an Ironman!!! (Austria)... And audio fuel helped get me there :). One of my best mates nickname is now AF (audio fuel) as I happened to refer to her as my 'on the road audio fuel' as we were going up box hill! Through you guys I've been able to do run sessions (and relax!) 'with Chrissie Wellington' which was (and still is) amazeballs ;) Added to all of this - my parents flew out from South Africa to surprise me at the Vienna airport to support me at IM Austria... Honestly close on the best week of my life!!! Now... Onto Ironman South Africa!!

Everyday is a new challenge. Love the energy the world gives on each run.

Training for my first long distance triathlon (Challenge Roth), I fell during a snowy run, resulting in wrist-surgery and a months long and hard recovery... Determined to get to the start-line I kept training hard; I ran my first running race of the season with my arm in a cast (people did look at me funny, not sure why...), but the hard part was spending long, long hours on the turbo trainer, while my friends were enjoying the long rides outdoors... To get my long rides in, the ultimate training was the 'chrissie - ride harder' series back to back; a 3hours20minutes hard interval set.

I have to say, the mental part is as important as the physical part, but not sure if I'll be doing that again soon...

But those hard sessions did eventually get me to the start-line (and 12 hours later to the finish line as well), so it's true what Chrissie screams in your ears during those hard sets; never, ever give up!

Nothing inspiring, just started running at 48, having worked out how to deal with asthma, to raise money for support for those with a little known disease and enjoying running with a smile four years on for no other reason than to keep active.

Motivation to run comes from within. You've just got to get in the mindset by setting yourself a challenge and working towards it. My challenge for 2014 is to complete the Outlaw Triathlon. It's just a 140.6 miles, eek!

Actually not a PB but I recently raced a HM with the sole focus to stay "on the beat" of the 2h Run Free. I managed until km 19, came close to my PB (2 mins) and had one of the most enjoyable runs I had in a very long time. It gave me a lot of inspiration!

Knocked 5mins off my half marathon PB - from 1:42 to 1:37

I took part in the Lottery Anniversary Run at the Olympic Park and Audio Fuel kept me going all the way despite the heat on the day! I'm in the 55-60 age group and finished in the top third of the runners so burst onto the track with a good field in front of 30-40K spectators and thanks to you finished in style with an admirable sprint finish. It was a truly awe inspiring moment.

Finishing my first super sprint tri in September , I may have been last but in my mind and the club I compete with I was a winner!

Finished Ironman every year and every year faster! Kona next.

2 hrs 34m 43 s Marathon and finished on such a high , money can't buy feeling !

Proudest time this year was going back to the long mynd on my mountain bike and conquering 3999ft of ascent in a day. I had previously entered the batch burner, my first ever event, with un diagnosed asthma and had to quit the event before I needed an ambulance. After getting the treatment I needed I went back to the long mynd and conquered the trails!!! So happy made me feel so strong. Big thanks to my boyfriend who stayed with me and didn't carry on the event - even though I wanted him too.

A proud moment for me was taking part in the Milton keynes 10k in March in freezing sleet and wind ti finish in 54:04 a PB and third in my age cat. In September 2012 after training hard for the Robin Hood half and on track for a sub 2hr I was injured in mile 2 when I was pushed off the pavement injuring my ankle. I carried on until the pain was too much at mile 9 when the St. Johns strapped me up. Again I carried on and the track that helped me through those last miles was Audiofuels Touch the Sky on repeat, needless to say I didn't get my sub 2 :-)

I'm 31 years old, 2 years ago I was 22 stone unhappy and a massive lazy slob. Then I found running, I don't know why I started, I just did, and haven't stopped since.

Starting off doing Couch 2 5K over 3 months. 9 months later I'd lost a few stone, completed a 10k and staring down the barrel of a half marathon. I used audiofuel in all my training sessions going into the half, finishing a respectable 2:02. It's been a really powerful tool in my running.

Now I'm two years on from that having lost 7 stone, completed loads of races up to half distance and am now a total race junkie. The last 12 months have been a roller-coaster I've racked up nearly 400 miles and preparing to start the long winter months with the London Marathon at the end of it.

The thing that motivates me the most is that I don't ever want to go back to being fat and miserable. Running has given me great freedom, reflection and the all important runners high. My greatest moment in running, hasn't been the races, the medals, the crowds and the endorphins, it's been that first day I laced up got off the couch and ran walked all of about half a mile.

I've adopted a parkrunner from my local event and after a couple of weeks running (intervals) we've knocked her pb down and dropped over 2 minutes off her 4k evening jog too :-D

I've just hit my 160th Sports Maker hour (not including our evening sessions but for acting as pacer last Saturday)

Have recently been ill for 3 months with Whooping Cough after achieving my first 10K run. Was therefore unable to run during those months. I returned to running in July which was very tough but it felt fantastic the first time I managed to complete a post recovery run without having to stop for a coughing fit or vomit in September. I then booked a Personal Training session to push my general fitness in the gym-she informed me I was fitter than a lot of the gym instructors (proud moment) all my hard work has paid off :)

Training for my first ever marathon! I'm the slowest runner I know so any help gratefully received.

I retired from playing rugby league in a local league due to recurrent shoulder injuries years ago when I was strong and fit. Years later through bad diet and lack of exercise I tipped the scales at seventeen stone, similar to my rugby days but totally unfit, fat, couldn't run for a bus and approaching forty. I decided shortly after my fortieth my lifestyle had to change and I needed to get my act together. Three years later I now weigh twelve and a half stone, completed numerous triathlons, 10k runs and just completed my first half marathon. I believe I am fitter now than in my twenties and have totally changed my lifestyle to embrace health and fitness.

Every now and again I have a run where I float. Nothing is an effort, every step is easy and I feel strong and free. Sometimes it's in a race, sometimes it's in a training run but that is why I run, for those moments.

My proudest moment was managing to get under 2 minutes 30 seconds in the 800m as a child - I remember trying for so long, and repeatedly being only a few seconds off, so breaking it felt amazing!

I always ran cross country at school and loved it. I represented my school and county and did well. Then I got married and had children and my running days seemed a life time ago. I was fast approaching my late thirties and decided to do something about this "shadow of my former fit self". I started with the couch to 5k programme and loved it. I got myself some saucony running shoes and I didn't look back. My sister got me some audiofuel for my birthday and I continue to be inspired. I am not running huge distances yet but my goal is to run with my son in his 10k at school and make him proud of his mum and encourage my children to enjoy running for fitness and pleasure.

Am now able to cycle 100 mile sportifs such as the northern angel, Newcastle cyclone and hell of the north achieving a decent time and not getting left behind

Did a 155km cycle a few weeks ago!

There are no PBs for me, because I run for fun and I'm not very competitive. At least, I run to prove to myself that I can do it, and it's so much fun and so rewarding that I know I'll keep doing it for a while still! There are only lots of good moments of listening to the right music as, step by step, I run along the path that goes from my city (in the north-east of Italy) all the way to Austria - I am

*planning a personal ultra-marathon, not too far in the future!
That's all, really: I run because it helps me think clearly at the beginning of a working day, get rid of the stress at the end, it is the signal that the weekend is here, and it gives me ideas for my writing. Oh, it makes me feel (and look) good too!*

Sadly i don't have any good stats to share. I need help getting back on track!

Xxx

I've recently come back to cycling after many years and bought a nice hybrid to get some fitness and go to and from work. I didn't have my own bike until I was 40 years old and purchased a heavy and too big MTB! I completed my first 50 miler this year and am looking towards completing a 100 next year. I think using the Powerblast training sessions CD through the winter helped me keep up my fitness and gave me a good base for a year of great cycling. I started to run 12 months ago using the couch to 5k pod casts. I'd never run ever before - in fact I spent my entire secondary school days living in fear of cross country.

Thanks to audio fuel and the 5k+ pod casts I kept on running. It keeps me calm, much happier and much more able to keep up with my sons, aged 7, 5 and 2.

I don't like the idea of running with other people and it can be hard to push yourself, so audio fuel is brilliant for keeping me going and pushing me on.

Thanks a million - great sessions to keep you fit, happy and motivated - no matter what age, fitness level or goal.

The point when I could actually relax in the warm down from intervals rather than struggle to finish!

No story sadly but a spare t shirt would be nice :) x

I started running in march this year after loosing 4 and s half stone. I thought running might help me keep off that weight. Not expecting to keep it up I've caught the bug and completed my first 5k and a 10k within the last month. I've just signed myself up for a half marathon in march to celebrate my "running birthday".

I ran the Royal Parks Half Marathon with my boyfriend Tom in 2011. We both ran for Cancer Research UK - I ran in memory of my Grandma who died from Thyroid cancer and Tom ran in memory of his father who died from Bowel cancer. We trained together and we made fantastic time on the day. I am now training for a marathon. Running has become a real passion for me and the pleasure of raising money is fantastic.

Just competed in my first half ironman. As I was hitting the last third of the run and starting to feel the effects of the long day, I definitely had Chrissie Wellington's voice in my head saying "Your limits may not be what you think they are," "You can do it."

I ran at school over thirty years ago and enjoyed it then but have always used the gym since. With the cost of living going up, he gym member ship for the first time ever at 47 had to go :(so I was told at

work by Fit for Business staff to try free running. I got a second hand ipod and got really into it and went to the running show, got two Audio fuel CDs and used those to train for my first 10k, the Marriotts Way in Aylsham. I was about 6th from last but set the goal the following year to get off the last page of the PDF and onto the next page up! I did it, by training across open farm land where I live, on crisp frosty mornings with all the birds and along the river with the holiday makers going past in their boats and waving. It's a great pastime, gets you fit, inhaling fresh air, meeting people and challenging yourself and there is always a new challenge.

I don't really have a particular proud moment, seems like they're continuous.. when I first started a couple years ago I was barely able to do 1 mile jogging (mainly walking) and now I'm able to do 2 miles straight and 3 with my son (he's 10) with short breaks.

I've been running for about 3 years off and on, and am back to running after another break. I've fought several injuries, but just keep coming back. Because I'm the kid who had a PE pass not to run in gym in high school. Because I have RA and I don't know how much longer my body will let me keep moving. Because running is my sanity and the only time when the only person who need something from me is ME.

I used to be an avid cyclist and did lots of long distance sportives but then my teenage daughter had major back surgery and I couldn't leave her unattended to go out and cycle for any length of time.

I decided I needed a stress buster and took up running. I could nip

out for a quick 20 minute run and be back before she needed me! I soon became hooked and after running for just over a year I completed a marathon in 4 hours 20 minutes! I have always thought running a marathon was way out of my league so I am exceptionally proud of this achievement.

I completed my first ever marathon (London 2013) raising Money for Children with Cancer UK shortly after we lost dad to cancer, I then completed the Plusnet Yorkshire marathon earlier this month raising money for CLIC Sargent and knocking nearly 20 minutes off my previous time :-). Mum came along to both races to cheer for all the runners.

Still working on my goal for this year which is to run 2013 miles over the course of the year including a marathon a month and Outlaw and Vitruvian Triathlons. So far I've completed both the Triathlons and 11 out of 13 marathons and have 376 miles to run

My year has been a little different with the birth of our second son and consequentially no training or racing for. 6 months. However I returned to competitive action the weekend before last in the Althorp Standard Duathlon and while not an earth shattering performance by my or any bodies standards it was great to be back out and I used the coaching points from Chrissie in Tri Harder, especially the end of Ride Harder to, remember all the training and just enjoy the moment :)

I've never run a marathon, but took part in the Original Mountain Marathon (OMM) in the Brecon Beacons last weekend. We did it because it was there. We carried tents, food, and sleeping bag for

three days out on the mountain. The terrain was horrendous, with no paths, and very poor underfoot. We fell down many times with our heavy rucksacks. It also rained almost constantly, and we had 70-80 mile per hour winds which pushed us over. We never got dry as we had to wade through numerous streams on foot. We managed 9 hours, and 20 miles before we ran out of light. I could have gone on. I have trained using audiofuel music for the last six months. It has really helped me and the training sessions over the top remind me to drink, refuel etc. Brilliant product which I have recommended to loads of friends. Lots of blisters, soaked wet through, exhausted, but happy :-)

My second marathon in Iceland did my PB!

My proudest moment was when I decided to take up triathlon but couldn't swim! Therefore, had to learn! This proved to be a major struggle as I had been in and out of hospital having surgery on both lungs, this year I completed three open water triathlons, short distances though! I then completed the great Scottish swim one mile event this summer, I've never been more proud of an achievement.

Catching the runners in the Lightning Thunder run to give us a lap lead going into the final hour meaning we had won the 12 hour challenge

Proudest moment this year finishing the Kintyre Half Marathon - I was alone and very slow so it was just about me. I had to use all of

my personal strength to carry on and was repeating various songs in my head to get through. I finished last but one but was so proud.

I hadn't run since my 20s but over the last 2 years I've gone from the NHS c25k programme to running 10k in 45 minutes

knocking 17 minutes off my half-ironman distance time ran a 1.52 half marathon, 7th lady and 1st V50 - well pleased

I joined parkrun to help lose some weight and used one of your products to help me. Before long I had made friends with people that encouraged me along. Before I knew it I had completed a sprint triathlon a 20 mile race and have now signed up to the outlaw half 70.3 next year. So that 50% off will come in very handy for the tri harder bundle. Cheers Sean.

This won't be your story - but my peak moment would be running in Dulwich Woods with my scruffy terrier, doing hill training, but really taking time to enjoy the sunlight dappling through the trees, the smell of the earth, the varying temperature and light running through more shaded or open areas. Bliss :)

Over the last two years running has helped to change me from a very obese couch potato to a lean and fit endurance runner. Losing my sister to cancer forced me to take another look at my life and really change my attitude! Having moved my way up from struggling through 5 km runs through to half marathons I am now preparing to take on an ultra marathon. Running through the countryside for hours at a time is the most liberating and uplifting

thing that I have experienced! When you are overweight and unfit then running seems like a bizarre and humiliating torture, but stick with it and it will repay your perseverance many times over.

Audio Fuel long run helped me train for London marathon 2012. It also helped me reach my time goal under 4 hrs. Came in on 3hrs 57 min and had a WONDERFUL experience! Thank you (give us more, please)!

I got a dnf at my first long distance triathlon and signed up for it again the day it opened and will complete it next year without fail.

I wish I had something inspiring to say, as I'd love to win all the sessions, but I'm just a normal person - I train hard so I can go hard on race day. After starting this year with knee surgery, then a bike accident, and then oral surgery, I was able to bounce back and ended up on the podium for my last 3 races (2 sprint triathlons and a duathlon). I'm looking forward to the 2014 season, especially the 1/2 Ironman distance in St. Andrews, Canada!

Three years ago a knee op allowed me to run without pain for the first time in years - the novelty hasn't worn off, and this year I completed my first ironman triathlon, reached a perfect score in my army fitness test, and ran my fifth marathon - in Snowdonia, with a big smile only face the whole way around (apart from the big hill at mile 22, that is!).

Running is an absolute joy and a privilege - I feel so lucky

Brighton marathon 4hrs 26 in April improved to 4hrs 3 mins in Frankfurt.

This year has been a disastrous running year but I've loved every second anyway. My coach is amazing Lizzie Yelling and she trained me hard for Boston, which jet lag made me suffer at! Nothing compared to the events of the day though #bostonstrong

I then trained for CHester and DNFEd...pulled out T mile 12. I'd again had a Antarctic block of training, but work had left me drained and exhausted...the life of a head teacher isn't all starting at 9 and finishing at 3 ;-)) did snowdonia marathon last weekend, my favorite, and despite being 20 mins outside my best time for the course, I went home happy. I'm doing. Track marathon on Sunday with AudioFuel to keep me going round the 105 laps :-))) I've had a good rest and am looking forward to revving up again now for Rotterdam in 14. May 2014 be a PB filed year!! Xxx

Proud moment completing a local event Taff Trail Wales UK 55 mile ride. Trained over mountain and lost 9lbs in 3 months, reducing blood pressure to normal from hereditary high. Music inspires me, OneGood Earphone, Short Bud and Brite Bud from Far End Gear help me to do it safely.

I did a 4 hour 10 minute marathon this year which was about a 20 minute improvement from last time. I once stayed in the top group of Janathon runners for a week and a half but then my body didn't keep up! I'm a middle aged, middle of the road runner that runs with his dog, I do the best I can. But all three of my sons are physically active and I do suspect (though they might not say it)

that my running and staying fit has rubbed off I to them, that I'm proud and very pleased of ;-)

In school I was one of those nerds who were absolutely hopeless in PE class. Today I can't imagine my week-end without a morning run, or an end of a hard day without an evening run. My shoes are always with me every time I go on vacations. And what I like the most about the run is the feeling of control over your heart by breathing and counting steps. Incomparable feeling!

This year I ran my first 10 km at Run Moscow by Nike. On the I start I knew, I decided that 7-8 km I'd run my best and at 9km I slow down until the last 100 m where your speed was tracked. At the point of 9 km there was a sign "So stupid to slow down NOW, right?" If you could just imagine what I felt that moment! Formication! I flew to the finish! 11 min less than I'd expected from myself.

My proudest moment was crossing the finish line at Ironman Regensberg 2011. I was last official finisher but I felt like I had won.

My proud moment so far was running my first half marathon, the st clair in Blenheim NZ. I hadn't done as much training as i should have and it was an all out slog. I did it, i tried to keep Chrissie Wellingtons words in my head 'never give in'.

This morning i am flying to akl to do the half. Ive managed to injure my-self so it's going to be touch and go as to whether i complete it, but if i do, this will be my best to date, regardless of time!

Ran my first half marathon - Run to the Beat - raising money for Leukaemia and Lymphoma Research in honour of my boyfriends grandad who died of NH Lymphoma this year. Beat my expectations in both how I did and how much I raised.

I have been running for 2 years now and my proudest moment was when I did a 10k cancer charity run in 46 minutes which means by using your audio fuel products I knocked 3 and a half minutes off my time from the year before:-) thanks:-)

I have only run 1 marathon and I got injured during that race. It took me 6.5 hours to finish, but I limped the last 10 miles and crossed the finish line. The runners who finished all accomplished something amazing, but at the back of the pack were other injured runners, disabled runners, and more. The stories and collective determination at the back of the race were astounding and humbling.

I had 2 heart surgeries and had cardiomyopathy after they had to resuscitate me after my second surgery. I had to take my time to recover and in time my cardiologist let me start training again. From barely being able to walk , to training for a triathlon. I participated in an Olympic triathlon in June but I passed out after the bike. So no run! Back to slower, less intense training and August, I finished an Olympic triathlon. I had to walk up the hills but I finished with the biggest smile and tears of joy. The joy to run and the love of living is so incredible. Everyday is a gift for me and those who love and support me.

Getting in the Guinness Book of Records as the son in the fastest marathon run by a parent a child at the London Marathon. I was particularly proud of my dad who, a couple of months short of his 65th birthday, ran the marathon in 2 hours 59 minutes and 54 seconds. He had been wearing a pacemaker for about 15 years. From the speed that he is running I think it must be a Kenyan pacemaker.

Bike Racing is my thing. And in winter it's Cyclocross. My week consists of: AudioFuel with Joe Friel Bike Cruze muscular endurance intervals on Tuesday night. Phew, recover on Wednesday. Then Thursday it's AudioFuel Powerblast 8 x 1 minute sprints: Real Tough Session. Recover! Then on Sunday I race - through mud and grunge on the bike. Last week I was 11th out of 50 regional riders in the Amsterdam (Holland) regional Cyclocross. Mainly because I could chase past the competition thanks to Audiofuel! Hey, I didn't win, but (also hey) I'm frigging 50 next week and I'll still whup y'all on two wheels! Well, nearly all of ya...

My proudest moment was completing my first half marathon at age 40 in less than 2 hours

Running London marathon after twenty years of saying,, I can do that.

1/2 marathon 1 hr 49 mins . Running 5 1/2 marathons in 3 yrs after being brought up and told that running is bad for you :)

Completed my first half ironman distance race 70.3 - Challenge Henley-on-Thames in September.

I was due to attempt distance in 2012 but a torn tendon in arm and septic cactus cut kept me out of the water, no running & off my bike. This year I smashed my expected time by 30minutes, got 7th in age group and smiled from start to finish. Shame I can't add a picture here to prove it.

The river swim was freezing - took 2.5 hours to warm feet up

Bike ride was hilly - Howe hill at about 10% was hated by the pros too.

Nice run along river bank and through Henley town.

Seems its also the last race in Henley as Challenge moving the race to Weymouth.

A pb of 6 hrs 48 mins for Brighton marathon - improvement on year before

9 months after having a cesarean for my first daughter I ran the Fleet half marathon in 1hr 53mins to raise money to support neonatal services in memory for my cousin's premature daughter who died 7 months old. I cried most of the way round as I'm so grateful my little girl is healthy and well but also the support of the crowd was over whelming. I could barely walk to the end of the street 3 months after the operation but Audiofuel help me get back into shape and achieve this.

I'm expecting my second baby in Feb and I will be running something in the Sept and I'm going to smash this time!!

Recently i ran the half marathon (Amsterdam, 20 oktober) in 1 hour and 45 minutes and 39 seconds . I was really proud of this personal best time. I improved my time with 12 minutes! And that record stood for 5 years. I'm 50 years now . So although i'm getting older i'm really getting faster and i did this by using audio fuel pyramid 180 once a week. I did pyramid 180 not once but twice in a row during one training session and it really helped me to improve my speed.

Chatting with Chrissy Wellington at the swim start of Port Macquarie Ironman, Australia

Had 5 months out of running with injury - but with the help of a physio had 8 weeks to get fit for the Great South Run 2013. Just aimed to finish - but managed 1:18 despite the gale force winds & being too close to 60 years old. Now starting training for Blenheim Triathlon next year hence my session suggestions above.

Five days ago I did the Great South Run. 10 Miles through Portsmouth in the hours before the great storm! The headwind on the last two miles along the seafront was unbelievable and even slowed down the winner Edna Kiplagat by 1 minute per mile. I wanted to finish under 2 hours and managed to get in with 1:59:27! Probably my slowest ever 10 miler, but given the weather conditions the one I am most proud of.

Audiofuel got me from being a three mile runner to my first half marathon in 10 weeks. Thanks!

audiofuel has been part of my run since i started running again just over 3 years ago. my running shoes and my ipod are always in my suitcase when i travel - running on johannesburg' urban trails, cape town's seafront and chapman's peak, toronto's waterfront, san francisco's waterfront and redwood forests and many others and just last weekend a 74km trail run in South Africa's Golden Gate Highlands.

actually: i really want to say thank you! don't think i would have come this far without your music: and i absolutely love the fact that even on my normal runs at home, i can conjure up images from my favorite runs - they are deeply embedded! thank you! great work from audiofuel!

Crossing the line at the London Marathon - my first ever race and the culmination of a committed training plan to raise 10k for charity.

Proud to be back racing six months after my second child helped by the encouragement of my first aged three. Once again breastfeeding forms critical part of warm up regime!

I never thought I could run, was always a bookish child, used to get picked last for school sports and was regularly embarrassed by

school PE teachers - you know all the usual things.

Then in my late 30s I decided it was time to get properly fit, with the encouragement of a personal trainer took up running and ran a half marathon.

When I started training for the half, I still didn't believe I could really do it, it was only the encouragement and confidence of my trainer that made me carry on.

Running my half marathon was one of the best experiences in my life. The feeling of passing people towards the end of the race (!) and crossing the finish line were moments that will stay with me forever.

First ever marathon aged 26 having never done any sport, not even PE lessons at school! Did London in 3:47. Loved it. Now 45 and doing plenty of running and a bit of tri

I recently joined a three month PB challenge and beat my 10K PB by seven minutes!

I used the Audiofuel pyramid training once a week with hill training and a long run at the weekend.

Not a remarkable achievement by a lot of standards but I have been fighting anorexia nervosa for fifteen years and running has helped me overcome this terrible illness that nearly took my life.

Completing my first 5K but having to walk it rather than run it due to a fractured pelvis.

I started running to loose weight but got bitten by the bug and now I run for fitness and to improve my times. I'm not complaining about the missing 4 stone though!

250m covered this year - thrilled!

For me it was completing my first ultra - The Wall in 2012. Never run more than a marathon - it is a 69 mile run along Hadrian's Wall - from Carlisle to Newcastle. Was told that such races are 1/3 physical, 1/3 mental and 1/3 spiritual. How true was that - running this distance over such wild and wonderful terrain was amazing, exhausting and took me to new places. I finished in 14 hours 52 minutes - 72nd out of nearly 250+ runners and 4th in my age category.

I have taken part in the Great Eastern Half marathon in 2013 - not my first race of that kind. The weather was terrible - wind, rain - but I really got into the zone and just felt amazing almost like gliding along the roads and finish with a strong 1:54 - my first half under 2 hours !

I have been way off my peak for the last 4 years since my daughter was born and am slowly trying to get back in shape. Last winter on the snowiest day of the year I managed a 10km run off road along the river and round the lakes near my house in less time than I would normally have done it in "good" conditions. I am hoping for

some more snowy runs this winter but would love to be much fitter and find that running to music definitely motivates me to try harder.

The highlight of the year was cycling up the Col de Madeleine on the day after it opened for the summer. A real challenge in filthy weather and made the time spent on the turbo trainer all worthwhile.

On my bday i did my longest run to date. Lovely sunny day but ended up with my nipples sore :-)

IronMan Switzerland= was bloody hot 45c!!, i have never swam so far without a wet-suit=banned!!= got lost on swim= some hot females swim in that warm water = 2hrs 10mins====15hrs 55min!!!!==pew, was that close!!!! BUT! i done it (200 didn't) Yippee!! only 60 odd days to go before its 2014 and history!! well done Sean and all at Audio Fuel you have helped me massively through my ironman years= thats it!!!= not bad for a 55 year old!!!

Ran two half marathons within a week of each other in Oxford, and managed to knock off over 10 minutes in my second half marathon in the downpour rain!

One year ago I gave up smoking. I decided to take up triathlon and to date have completed every triathlon distance to Iron distance. My dogged determination has helped me finish every event I have entered. To date I have completed eight triathlons since I made the momentous decision to turn my life around through exercise. I am definitely a swim/biker but really want to improve my running as this would help my times tumble. #AnythingIsPossible

I ran my first half in October. The Blenheim half. I spent the very hot summer training for this and two weeks before I injured my ankle. I couldn't run or even walk and thought that all my hard work was for nothing. I'd entered two half marathons before, the first time I tore the ligaments in my ankle doing a charity walk for school and couldn't then compete. The second half was also doomed when I popped my calf during a Body Combat class. I thought I was never going to realise my dream of finishing a half marathon. However, I went along to the race, thinking I'd just have a go. I finished in 2.20 (I wanted to finish in around 2.30). I'd smashed my own target and was so proud of myself that I had to hold back the tears on the finishing line. I have several audiofuel training packs and after around an hour and a half of listening to random music on my ipod, I put on one of my Audiofuel training music. It was so familiar, I didn't need to think anymore and just followed my feet to the beat. Brilliant. Still very proud of my achievement and have today signed up for another half!!

Thanks anyway but I just run for fitness, stress release and fun. Not out to win any races.

I started training for triathlon at the young age of 49, I could only swim about 200m breaststroke, I used to cycle a little but never did any running. I'm now 52 and have competed in 4 iron distance races with a PB of 13hours and 20 min. My goal for next year is to be sub 13hours. I have used audio fuel bike training during the winter months for the last year

This January I decided to do a huge fundraiser to raise money for the local Hospice who cared for my mum in the last week of her life. I decided to do something really hard and therefore took up running. I was very unfit and very overweight. My pledge was to do 13 x 5 km parkruns, 3 x 10km races, a half marathon, climb Ben Nevis and lose 2 stone in weight. I am almost there! On target to complete it by the end of they earned hopefully have raised £1000 for charity. Thanks Audiofuel, I couldn't have done it without you!

Running in the Olympic Stadium this year was a proud moment. Used your long run low intensity programme to get me round the course before chariots of fire kicked in in the stadium tunnel as we ran out onto the track, goosebumps

After being told I wouldn't be able to run a half marathon due to a genetic disorder. I finally achieved 15 miles, far more than that. The time wasn't pretty, but the smile was bigger than the "man in the moon's". Achieved with the help of audio fuel. Thanks guys.....

Getting down from 26+ minutes on a 5k down to 23:17 at the weekly ParkRun this year

I started running because my sister who died last year ran 10k & half marathons. I ran in her memory the British 10k & raised £2k for the lullaby trust.

I still remember her when I run bug now run to be healthier & lose weight. I've also started running & volunteered @ parkrun. I want to get faster & thinner !

After having plantar fasciitis and not being able to run for 6 months, getting back on the treadmill and building the running up

After moving to Devon this year I started to do Parkrun Locally I have knocked 5 minutes off my time and my 11 year old runs it with me most weeks

I finished a trail 1/2 marathon 3rd in my age group this summer (55-59) despite lousy knees and a bum hip. I just turned 60 and finished another 1/2 marathon earning 3rd in my age group (60-65). I bike (road and gravel grinder) and run (well, it's a slow run). I plan on keeping at it as long as I can.

Finishing 2nd in my last ITT - not usually happy to loose but when the Guy who beat me had just got bronze in the Worlds and his time beat all the Pro's that day made me know all the effort and training was worthwhile.

Going from being 3 stone heavier when I had my son to completing my first half marathon in 2 hours on the nose! Very happy girl!!

Proud moment: I just fit into a size 3/4 jean, which hasn't happened since I was in 8th grade...a LONG LONG time ago. :)

I had a low spell in my life 18 months ago, and honestly, AF has been a big part of getting back to a place I want to be, both

physically and mentally - it helped me to train with a consistency and intensity I would never have managed on my own! I started running/ biking to work, I have discovered swimming, and am amazed I am enjoying it all so much. This year I am proud to have completed 5 triathlons.

I'm 63. personal bests are memories. I still want to run 10K in under an hour (I know, most runners could knock that off in 40 minutes, but a natural runner I am not. I now run 10 K in about 80 minutes. My triathlon friends tell me they could walk it in that time, but it is my unashamed target.

This year I started with a midlife crisis and signed up for various events but it turned into fundraising activities as a dear friend has been diagnosed with cancer and she was my motivation when things got tough. This year I did my first triathlon(sprint distance) and my first marathon, I joined a running club and I'll be doing Hell down South in January 2014

My daughter at 3 yrs old decided she didn't want to sit in the jogger anymore,so ran the park run with me in 55 mins.

I've recently reached my 60th run this year!! Didn't realize I had done so many runs - made me want to go out and do my 61st so thats exactly what I did.

At 57 a late start for running. Trained for London marathon in April 2013 an loved every minute of it but best half marathon to date has been Sydney Blackmore in September this year. First run

ever where I was comfortable enough to enjoy the scenery and encourage runners around me. Running for me isn't about how fast? It's about why not!

I took part in (& completed!) the Great Birmingham Run in just under 4 hours. I'm 5 stone overweight but I wanted to do something to not only prove that I can but raise some money for the charity that took care of my mom in her final days. It was so amazing to finish, & I'm already planning for next year.

I won an entry into the London Marathon a couple of years ago with my gym at work. In the August I could barely run 200m but through determination and training I completed the Marathon in the April. Not a fast time but I was proud to finish. The event itself was one of the most emotional roller-coasters you can go through with the apprehension at the start, the pain, the emotion of everyone cheering you on even though you were at the back of the field and the exhilaration of finishing. And the most important bit, I raised £2000 for the British Heart Foundation.

Crossing the line at challenge Henley with my son, to complete my first ironman.

My proudest moment was finishing my 1st marathon in May in front of my 3 sons and wife. I've run faster, finished higher but that is my running highlight.

5:15 for London marathon - 3rd attempt. There's a 4:30 in there somewhere. Help me find it.

After a bad fall in work at the start of the year and no training for four months it was very hard to get back on my bike again. I have a very supportive partner who helped out a lot and now I'm back to full fitness and love nothing better than getting out on my bike. :-)

Deciding to run to offer support for Jamie McDonald a crazy Brit who is running across Canada without a support team to raise money for Great Ormond Street and Sick Kids in Canada. He is dressed as Flash so I decided to dress up as Batman and run around central London last Sunday. I stopped off outside Downing Street, ran through St James Park, Hyde Park and Kensington Gardens. But the best bit was on the way back as all the tourists had gathered for changing the guards at Buckingham Palace so the roads were empty and I had a huge crowd cheering me as I ran back to Trafalgar Square. My thought was if Jamie can run marathon after marathon then I could make a fool of myself in London. Check him out on Facebook.

Breaking 44min for 10km. Chuffed!. I started 3 yrs ago with a 64min 10k.

20mins in 3yrs!

Having spinal surgery a few years ago, which in turn triggered Psoriatic Arthritis has meant that I've put on a lot of weight and I am now starting to be at a point where I can start exercising properly again, and whilst it's going to be little and slow to begin with I'm aiming to build it up. The fact that I have arthritis at 35 and I get swollen limbs isn't going to stop me. I'm aiming to lose

weight, get my fitness to a better level and reduce my resting heart rate and with Audiofuels help, I'm hoping to make it!

From zero running background, I picked up running four years ago to honor two family members who are wheelchair-bound. I've run 2 marathons this year, including Chicago Oct 13th! Slow or fast, have legs, can run!

my proud moment would be:

i was training for the great south run a couple of years ago and 2 of my children like to come out on their bicycles to keep me company. over the weeks they progressed to running with me instead of using their bicycles. at the school cross country event they both tanked highly, a great improvement of previous events. i was a very proud parent knowing that my training using audio fuel had inspired my children and they had had their own successes from your products.

Running my first marathon in memory of my Dad

I promised him I would run a marathon and I did !!

I know he would have been so proud of me as I was of him

It was a fantastic moment when i crossed the line in 3 hours 59 mins 59 secs !!!

under 4 hours.... just :)

When myself and my 2 best friends ran our first ever 10k, which included a 2.5k uphill section, I ran up and down the hill because

we'd all agreed to stick together and my friends were struggling, but when it came to the last 1k I sprinted to the end. Never knew I had it in me.. ! But my bestie Susie has never been allowed to forget it by our friends and has constantly been reminded of that race in Henley. A year later she's training for an 50 mile Ultra Race and I'm still running 10k's.. my friend Susie Jackson is a superwoman and super competitive, and I am so proud of her :-) But I still remember that run, how great it felt to be unexpectedly fit :-)

I did my first half marathon in September this year in 2 hours 39.

I did my second half marathon 6 weeks later in 2 hours 18 (a 21 minute pb!)

During the gap, I also managed to reduce my parkrun time from 32 minutes to under 30 minutes.

I started from running 7-8 km..somehow I've found AudioFuel and listened the 2 hour mid intensity long run..I've never forget the start of the second hour, the first music is "to be free"..that's a mind blowing moment for me, cause the first time I listened to it it was raining and very cold, and was the first time I ran for more than an hour..for me, that's the moment when I stopped being scared of running more and more with AudioFuel..now, 3 years later, I've ran 4 marathon and all of them with AudioFuel..thank you very much.

After eight years of competing with no wins, our team unexpectedly won the bronze in an adventure race. We laughed about it but when

I got home, my 6-year old son thought it was the greatest. He put on the medal and said it was cool. My head nearly popped off.

I ran a PB 10K this year, hitting the time of 45 minutes just as I passed my wife and two girls in the crowd. Unfortunately I was in the first half of a half marathon! The next 11K was excruciating.

I started from running 7-8 km..somehow I've found AudioFuel and listened the 2 hour mid intensity long run..I've never forget the start of the second hour, the first music is "to be free"..that's a mind blowing moment for me, cause the first time I listened to it it was raining and very cold, and was the first time I ran for more than an hour..for me, that's the moment when I stopped being scared of running more and more with AudioFuel..now, 3 years later, I've ran 4 marathon and all of them with AudioFuel..thank you very much.

In the month of August I completed my first Ironman, an incredible experience that to be honest I had not imagined it five years ago. Now I just want to stay in good physical and mental condition to face my next challenge.

I started from running 7-8 km..somehow I've found AudioFuel and listened the 2 hour mid intensity long run..I've never forget the start of the second hour, the first music is "to be free"..that's a mind blowing moment for me, cause the first time I listened to it it was raining and very cold, and was the first time I ran for more than an hour..for me, that's the moment when I stopped being scared of running more and more with AudioFuel..now, 3 years later, I've

ran 4 marathons and all of them with AudioFuel..thank you very much.

Seeing my wife, daughter, two brothers and two of their kids all on the finishers rostrum at Tatton Tri 2011. All because I lost a bit of weight training for the first Keswick Tri which inspired me - and became contagious!

Lost 2.5 stones and run 3 times a week in last 5 months, not run for many years so very pleased, AudioFuel was a massive help. Thanks

My proudest moment was running my first ever marathon at the first Virgin London Marathon in 2010. I'd had a good year running well in the local Dorset League. I wanted to be my fittest ever in my 50th year and 2010 was meant to be my lead up year but I won a place in the London marathon. I had a time in mind, I didn't tell any one and I came in just 37 secs over my wished for time at 3:30:37. Which was pretty good for my first ever marathon at age 49. My sister, who had never watched me run, cried.

Today was a great day, after being banned from running while pregnant I had my first run this morning since April! It felt like coming home to a welcome embrace - not far or fast but it was great to be back!

Last week I ran the end section of the Venice Marathon. I didn't run the race as a few weeks earlier I ran an

UltraMarathon (Royal Parks).

I watched a friend run the final section - they have run many marathons and consider themselves a Marathon runner.

I know Audiofuel transformed me from someone intimidated by a 5k race (and before that, even a 2k unstructured jaunt), into an UltraRunner with the confidence to sign up for a Middle distance triathlon -- And to be running part of a foreign marathon.

When I crossed the finish line and looked out across the bay, even though it had been my friend running the full race I realised how different I was. That my identity had shifted so dramatically in 4 years.

My state of wellbeing is different, my relationships are different and my internal model of my Self is different. And I just had to move outside of my comfort zone, out of my comfortable seat and start moving - and now I find comfort in motion.

I am an UltraRunner. I am a Triathlete.

I am proud of myself.

finishing my first tri

This year saw my 1st attempt at an Ultra Marathon. Having completed all race distances up to a Marathon I wondered if I could finish actually an "Ultra". Then came my chance, Bideford Bay 50K

coastal path .. it had a cut off of 12 hours - I thought "12 hours? even I should be able to cover 32 miles in that time" so I signed up and started running up a few more hills in training. A little training was on a similar coast path it was then I estimated it could take me up to 10 hours! What had I let myself in for!? The day came round and off to Bideford, kitted up with hydration pack torch and whistle. We all set off in a pack down to the coast path and the first hill was steeper and higher than I had expected, then the second and third, I soon found myself chatting with the sweeper! 1st checkpoint at 6 miles already tired but carried on. At about 8 miles we came across another struggling runner and so I carried on alone. At the 2nd checkpoint I was told that the pack was about 9 minutes ahead, not bad I thought, but I never actually saw the pack again. I struggled with various pains, cramps and negative thoughts, punctuated with very cheerful checkpoints to take on water and fuel. I reached the final checkpoint, less than 5 miles to the finish to be told that the guy following had just dropped out and I was officially in last place.... did I want to continue? too right I did! Run Walk or even crawl, of course I wanted to finish this! off I went towards the finish, I could hardly run more than 200m each time before the cramp cut me down, I walked through and then again. The organiser, Adrian, came out about a mile from the finish to run in with me and keep me going right to the end and I crossed the finish line with a heroes welcome. Time 9h55m. OK it was 2 hours behind the pack and 5 hours behind the winner but I finished - in under 10 hours. That was the best feeling I have had in the 3 years I've been running!

Well I loose weight running (6 kg and become a healthy guy than a fat kid) so i was able to the next level (I was running about 20 min and it was my top, now i have runned 33 km and feel like a sunny day walk).

I hear of audiofuel when i was looking for music to my

***mp3 back then (2009) and I pushed my self forward to the next step, hearing "Touch the sky 170 BPS" its my fav. song so when people on the neighbor see a pretty fast dude through the rain, sun, fog or even at 4AM before college, they figured that I was hearing AudioFuel "Touch the sky" as my power song. Greetings from mexico city.
#JoinInRunningRevolution***

Achieving my PB in Berlin Marathon 2012

Only tried the samplers. The product is expensive by Indian standards.

***I think I already have most of your albums that are available on iTunes. I almost died a few years ago from a late-diagnosed medical condition (Dead thyroid), and I have a second chance now that I'm healthy again. I credit P-90X, Insanity, and Audiofuel for getting my life back on track. My wife and four kids seem appreciative, too.
Thanks.***

Finishing kona ironman

Currently in training for London marathon running for charity bliss would love to get near 4 hours ran my first marsthon in May and got to 4.45

11 park runs and I have achieved 9 PBs, this is at a very hilly course.

My pb was 1:49 half marathon at Silverstone. I have never got near it again pace wise and although not fast in the grand scheme of things, it's something I'm really proud of.

Cycled LEJOG last year. 970 miles in 9 days at 18mph average

A proud moment was when I achieved my goal in the royal parks half marathon and my partner did too! I raised money for a great charity too!!

My mum loved to hear my stories of doing triathlon racing. She loved to hear me challenge myself as well as working hard. My mum always there to listen and couldn't wait to hear my result. I completed IM Melbourne this yr told mum all about it she was wrapped as it was my bucket list. My dream. I went away for six weeks and come home. Spent hours talking to mum about my holiday and my future racing plans. She was wrapped. Suddenly two weeks later my mum passed. I arrived just in time to hold her and tell her i loved her and to say thanks , then she passed in my arms. This year I race with a heavy heart in two weeks my first half ironman since mums passing then onto ironman Melbourne again. It's taken a good few months to get back into training but mum would hate me to quite something I love as she is no longer here. So now I race for me and hope my mum is there to watch and I will tell her about it always when I'm done. My mum always there and suddenly no more. Love you mum.

Thanks for taking the time to read my story Audio fuel

Doubled my training mileage over the last year with the help of audio fuel. The thought of running to the music helped me get out and do it.

It took my AudioFuel music with me on holiday to California this year. It was a terrific accompaniment to some amazing runs near the Golden Gate Bridge, through the desert in Death Valley and the forests of Yosemite National Park. Audio Fuel is an integral part of my running and continues to keep me going and enjoy some amazing running experiences.

The Great West Run 2013 was my first half marathon, my time was 2h 00m 45s which was about 15 mins quicker than my estimated time - I am immensely proud of myself!

I ran my first race this year. 10k had only run 6 before the race as I generally only run for pleasure and not training. Did it in 1 hour 23. Which I am told is slow but don't care as I am proud of it as I finished!

Whilst I would adore winning these things (No 1 Audiofuel fan as I am!), I doubt I can ever be inspirational enough!

What's made me happy this year is that despite endless injury (broken foot and absolutely awful shin splint issues), I've savored every single run I've been able to make. And that's not been many. Audiofuel has got me out there when I've felt like I was too unfit and too crap to be a proper runner and that's lead to me to have one of the best runs in my life - running through Glen Nevis, scrambling

over obstacles, leaping over wee stepping stones and just having a ball. Audiofuel got me out there when I was recovering from the broken foot and keeps me sane when, as now, I can't run because of the shin splints...but I can cross train and I am eating the miles up on the bike :)

Can't wait until you bring out more stuff. Thanks for being part of my active life :)

Nothing inspirational recently, just jogging along with a friend in my ear, that's the great help in motivation.

Ran the Great South Run on Oct 27th. Completed in 1hr35.41. This was my first major event and first organised race over 10k. Have been training for since entering in April and lost 3 stone to do so. Used the Audiofuel 'Feeling Free' track to keep me going an hour of it. Helped me keep the pace.

This year I found out my wife is expecting twins so I expect to be a occupied for the first part of next year. This has inspired me to run a pb at 3,5 and 10k as well as a half marathon pb. My best season ever. I used chrissi Wellington's audio fuel session ever week and it pushed me hard but got me pumped for race day.

I have had a problem with stress fractures so took to volunteering at parkrun every Saturday, and the gym - equipment pilates to maintain strength and Spinning for cardio training. When I got back to running I took a massive 1 minute off my previous 5k personal best at my first run and 1.5% off my runbritain handicap! It's not just running that keeps you fit!

Proudest moment was turning into the final stretch of the Brighton Marathon this year and hearing the crowds. A blister had just burst through my trainer, I was sore and felt sick but nothing would have stopped me. 05:42:02.

Thanks for the message from Chrissie Wellington that morning by the way! magic.

Used audio fuel long run mix to train for first London marathon at 51 years old. Kept me sane and mobile - even when thought it was the worst run ever !!! Thank you

Last year I was a non swimmer who'd rarely been on a bike. This year I completed an Iron Man.

Finishing my first marathon when I was so inexperienced I didn't eat, developed a gastro issue at mile 14. ended up with cramp in both major gluteus, hamstrings and Calves at 21 and 22 miles. Managed to stretch and rehydrate to complete mile 26 in under 8 minutes.

Just that i go and Enjoy not in beginning but persistence brings me outside and then despite Rain and wind and storm i keep going and love it also because of the rhythm of music, audiofuel.

This year for the first time I helped a pace group at my local Chester marathon. Oh the responsibility . But what an honour to have 50+ runners around me and my pacer buddy. Proud to have given something back to the sport.

Every year I run our local Mountain Race. .a 16k run called The Warriors Run in Co. SLIGO, Ireland. . This year I decided to use the run harder program from Chrissie and having it good and loud for the actual run...I used this for most of the race but towards the end I changed to the interval training program. .. can't remember if it was the pyramid training one .. but it really gave me a fantastic push. .I finished the race faster than anytime before and nine minutes faster than my last year's time. ..I don't think I could have done this without audio fuel programs

i am proud of all my achievements and happy to keep on going without recognition, there are for more deserving out there thanks anyway

I have done the great south run now 3 years running and have used your music throughout my training and the actual 3 runs themselves.

2011 my time was 1.56

2012 my time was 1.53

and this year it was 1.48 despite that wind!!

I am out injured (flat on my bAck as I type) :(very painful, I captain a British athletics affiliated team and would live something to get me back into training when my physio allows.

My PB was completing Bristol 10k - I have never ever run this distance before in my life. I have gone from being a non runner to a

10k competitor in just 1 year - now looking towards a half marathon. Not bad for an OAP!

Running the London marathon in 2008. My target was 3.40 and I came in at 3.32.58. Even after hitting the dreaded wall at 22 miles. I had to dig deep to keep the legs running.

Audio fuel inspires my daughter and I each year to participate in the run for life. She lives in London and i am in wales. we meet for a girly fun weekend somewhere different each year and every time we are getting faster. Audio fuel challenges us both and brings us together for a great cause and lots of fun.

Have been injured this year and had to pull out of two races so not felt very positive whilst I recover and rehab. :(Sorry no story to tell Hoping next year is better for me

Running is for me a taste of freedom from work, trouble, etc.

I've had ME for 30 years - that's ME not the vague 'chronic fatigue' symptom. I really wanted to lose some weight and sensed that I had some capacity to do a little more. Brisk walking was painful and difficult to sustain, but I was intrigued to try the NHS C25K and it worked. Audiofuel kept me moving forward after graduating. I love running, I run yes because it is good for me but also just because I can for the joy of it and the outdoors - even though I haven't been able to generalise across into my life generally yet and I still have to spend most of my life in

bed. So when I run, I feel like laughing at the sheer happy absurdity of it.

My proudest moment is sticking to a recovery plan after nearly breaking my ankle bone, rice and regular stretching, first short runs on grass, now backing to road running stronger than ever and loving every minute, feeling lucky I have the gift of running again

Started running with nhs couch to 5k in feb 2013 with a 10k race as my annual goal. Once programme was completed I carried on with your mid intensity long run for a few weeks, when I tested myself for distance I did 7 miles so carried on with training for 2 more weeks and tested myself again and did 9 miles.

So I signed myself up to the crossbay challenge (half marathon) and completed it in 1hr 55 mins . Not bad for 4months training.

My story is short and simple. I' the only colombian University. President (like Vice- Chancellor in UK) that has run three Bogota's Half Marathon, and I'm a Very satisfied user of your products. Wish you the best.

I returned to my workouts despite all the agitation of my day to day because I'm planning my first child ... I want to be a mummy runner, healthy and audio fuel has been my partner in this great coach and my goal.

June was probably my favorite month for PB's. Each week in June I improved my parkrun PB. But following that my son (aged 9) started running with me too, so July onwards was pretty good too

I completed the 45 mile Selby Bike Ride in 2013 almost 20 minutes quicker than in 2012. Slower than other riders, but a big improvement for me!

At 66 I have got myself back to running using AudioFuel to get me moving. I have now joined a local beginners club and I am not the slowest in the group. Thanks AudioFuel

I started running a year after quitting smoking. I had, inevitably, put on a little weight and also needed something to get me away from my computer during my lunch break. I started the NHS C25K training podcasts and found that I loved it! At 41, I had found something that I could do for me, was good for me and didn't cost me a fortune. The sense of achievement has been great. I used the C25K graduate podcasts and that put me onto AudioFuel and BPM. I wanted to be able to run 5k in under 30 minutes and today I ran it in 25.32! I do 180 Pyramid Intervals once a week, a couple of short runs and try to fit a long run in, preferably in the forest where I live.

I wish I had an inspiring story to tell! Ah well, maybe when I've tried out your new product, I'll be so enthused that I'll run lots and be able to come back here with an amazing story to share in 6 months' time, eh?!

Crossing the 5k finishing line of the Bournemouth Marathon Festival a month ago with a final push and a smile on my face in a reasonable time was great. My first proper race and I did well in

my age group (over 50 female) -and guess who I had in my headphones!

Having the time as a coach to share a first timers final brick session before he completed Ironman UK 2013 in 12hrs 30min, after he only took up the sport in 2011 and had only focused on Ironman for 12 months and of course being out and around the course for 12.5hrs supporting him.

This September, I finished my third Logan, UT to Jackson, WY (LOTOJA) race with a PB after a crash mid-season in which I broke my arm and required reconstructive surgery. While I was in a cast, I was unable to train outdoors on my road bike for six weeks in the heart of the LOTOJA training season.

At 206 miles, LOTOJA is the longest USAC sanctioned road race in America. It climbs 3 mountain passes and crosses three states and has a challenging time limit to achieve an officially qualified finish.

I attribute my ability to recover and make up lost training to excellent winter maintenance/base and early spring build training, as well as the ability to mitigate training losses during my time in a cast, to indoor spin bike and roller training that included the frequent use of CW Ride Harder 1 and 3 sessions.

Running almost back to back marathons: Berlin and then Chicago two weeks later, I could have done with some more inspirational music to get me round Chicago after my legs died at km30.

Completing London marathon last year30 mins longer than time I'd aimed for BUT had been on crutches still 2 weeks before, after work injury. Nearly gave up at 20 miles but carried on with another struggler (kept each other going!) then ran last 2 miles faster than first 2 to finish in 5::00:30....wasn't going to be beaten by Ed Balls MP!

This proud moment isn't about me, its about my sister, Hannah. We competed recently in tough mudder which she trained really hard for. She went traveling a couple of weeks before and injured her hip. She though nothing of it but was still really bothering her on the day. There was 7 members on the team altogether. We completed it in no recored time but she later found out that she had fractured her hip. To this day I have no idea how she managed to run 10-11 miles and over obstacles too! She was the one encouraging me half the time! Hannah now on crutches for 6 weeks and can't get to hardly any of her lectures. She's doing medicine. She's really missing the gym and running and also being stuck in every-night. This package will really help her get back into training after the 6 weeks. Hannah is so hyperactive she's doing her head not being able to release her excess energy! She's really inspired me to keep going and push through the barrier.

850 miles run so far this year, aiming for a Pb at the Gosport Half Marathon in 2 weeks

I did my first triathlon event this year aged 57. I've been running half marathons for 20 years, and have taken each of my children to do the Great North Run as they became old enough. last year my younger daughter, a swimmer, asked the family to do the Great London swim with her. My running buddy is a cyclist, and has

taken me riding and so the idea of a triathlon was born. It was a novice, all women affair, and I raised money for Help for Heroes. Just finishing was amazing, being 1st in my age group, the icing on the cake!

Completing Bristol half marathon this year in just over 2 hrs 6 months after having treatment for cancer . Four months of no running I really thought I'd bitten off more than I could chewbut I did it !

The Dublin marathon October 2011 was pb 3:37 and couldn't believe it as did London in 2010 and took out on me so upset as my first marathon ill on day and stress as knew couldn't pulled out had all that money for charity didn't want let people down did London in 4:18 sad but please follow year that time!short and sweet run now trying beat 20:43 for 5k

My proud moment was last December at the age of 60 winning the Masters Southern Cross Country Championship for my age group and receiving a gold medal. It motivated me to up my training again and I have run some of my best times for years this year.

First marathon in Paris Audiofuel helped me in training and cross the finish line in 4.07. Cheers!

2012 was a top year for me - aged 49 I ran a marathon PB (2:26:11), a 10k PB (37.15) and a half PB (1:20) - and after this year's odd disappointment - what has changed? Last year I used the

Yelling 185 session as my Tuesday speed training (on the treadmill). This year I was struggling with my 10ks and got back on to the Yelling 185 again and BOOM! a new 10k PB of 37m 11!

In 2012 I scored PBs at every distance from 5k to 100 miles, including a sub 3hr marathon aged 50. Other runners have even started to take a bit of advice and motivation from me, which I never thought could happen. If I can do it, anyone can. Be inspired!

My running story is quite dull, however I would remind all of us that can run and enjoy it, we'll most of the time that it is a real gift. I really enjoyed taking part in the Vachery Lake, Xtrerra, Open Water swim championships - beautiful setting and not every day you get tangled up in water lilies...!

Crossing the line at the London Marathon - my first ever race and the culmination of a committed training plan to raise 10k for charity.

Completed my first standard distance triathlon in 2013 and lining up races for next year. Ready to hit the bike and run hard, with Chrissie Wellington cheering me on.

It's been a proud moment for me just to get back out and running regularly and regaining some fitness after giving birth to my beautiful baby daughter earlier this year!

Proud moment seeing my two year old daughter this year wanting to run the whole way around the running track at club la santa in Lanzarote then jump on the top step of their podium

This year's biggest achievement, second marathon and a drop in time of 35 minutes (4hr 25m), I could still ride the motorbike home after and didn't even have a John Wayne walk the next day. Audiofuel is great for marathon training as it is easy to maintain a steady stride rate and hence pace even when you are tired after a few hours. Thanks.

Finishing the 2010 Norseman, being the last to earn the black T-shirt!

" A little secret". I don't like run. Each day. I most show me to myself. I can run. I can run. I put my earphones and start to run.

I ran the Sydney Marathon this year, it was my first proper marathon at the age of 50 - with the help of Audiofuel!

I used audio fuel to train intensively for the Marathon des Sables in the Sahara Desert, 6 marathons in 6 days. Preparation was severely disrupted 6 months prior to the event due to a broken foot... The hours put in once the foot was out of a cast and swelling / stiffness gone was all thanks to Audiofuel. Race completed! Thanks

Highlight of my year - pacing a friend to her first sub-5 hour marathon on her 50th birthday. A happy day.

Recently diagnosed with psoriasis. It was a complete shock to me as I am and always have been a healthy girl on the inside and outside. I am 20 years old and at university so it hit me hard as I was now different. Yet running is my escape and I decided to put my love of running to good use so am now running 5 half marathons in aid of great ormand street children's hospital and that drive is keeping me going. Changed my diet and my lifestyle yet running has and will always remain. Recently completed my first leg of the challenge 2 weeks ago despite antibiotics and a severe lack of energy. Wasn't a personal best but I'm determined to beat the 1:40 mark next time and I know I will :)

I'm training for my 4th London Marathon, in support of Cancer Research UK... I do 90% of my training on a treadmill as I've got dodgy knees, so without music I'd keel over!! The interval training is great and my original Non-Stop Grid Mix is on all my playlists! So next year I'm running the marathon in a giant shoe, the Cancer Research UK Mascot, affectionately known as "Shoe Barker". To train, I have been running with a backpack, and I just did my first half marathon, complete with backpack, in 1 hr 50. Happy days!

Best result so far is Middle Distance Triathlon (half ironman) in under 6 hours. Next goal is Ironman. Wasn't allowed to finish Ironman Switzerland this year due to slow bike in 95 degrees. Will finish my first Ironman distance in 2014 in Nottingham and meet my goal of completing an Ironman Triathlon before I turn 50!

It started with a drunken new year's eve party where a few mates and I agreed to have a go at a 5k. When I did that (walking part of the way) I was handed a flyer for a mini triathlon two months later. This got me into doing events and two years later, with the help of

Audiofuel for runs, turbo sessions and swims I completed five events in the season before my 50th Birthday collecting money for CRUK in memory of my Dad who we had recently lost to cancer. My '5 before fifty' were The etape caledonia, the great North swim, Liverpool and London Triathlon and the mersey marathon. I would never have got through the sweaty turbo sessions aor the long runs without the boost from the music and the encouraging coaches voices.

I used the long runs when I was running around Camp Bastion in Afghanistan training for the Amsterdam marathon when I got back. It was so hot and dusty good music was essential. I managed to finish in under 4 hours which was my goal, I think 6 months of no alcohol probably helped!

Audiofuel always gets me to work harder than I otherwise would. I have been training for triathlons but have just left the army so fitting in the training is as easy possible, it makes me maximise my short sessions and makes getting out of bed in the morning easier!

I ran my first marathon in May and was accepted to run in the London marathon this year!

This might seem like a weird proud moment, but... on Thursday 26th Sept, I had a lecture cancelled, so I thought I'd go for a run to freshen the mind up.

I'm about 3km into my 5km run, it's about 2:30pm, it's hot and humid (I live in far-north Queensland, Australia), and I'm doing the pyramid 200 run, which for me is a real tough run as I'm trying to jog the recovery intervals instead of walking. So I'm in a world of hurt running along the path along the river, a very popular running

and walking path, and I'm running past this really big stick on the edge of the path, when I feel it touch my leg and I look down and it's a 3-4m long python that's just bitten my leg, and it's head is recoiling and I do a Johnny Depp Pirates of the Caribbean run as I scream and run a bit further down the path. I turn around to make sure it's not chasing me down trying to kill me (it's not) and manage to take a photo or two on my iPhone that didn't turn out a blur because I'm shaking so hard.

So what I'm most proud about is that I still go for my runs around the river. Granted, I don't run as close to the edge of the path anymore much to many a cyclists annoyance (but if they ring their bell I'll move over). And I do get an additional cardio workout when my heart races when I see a stick on the side of the path before I realise it is just a stick (although one other time it wasn't a stick, it was just a small snake... but still a snake!!!)

*I don't look forward to my runs as much, and with the real hot and humid weather, it would be easy to come up with a legitimate excuse not to run. But I just select an AudioFuel run in Nike Running, take a few deep breaths, and keep a watchful eye out for any moving sticks. And the fact I haven't given up on running despite being bitten by a snake while on a run, is what I'm most proud of. Because I've only been running for a couple of years, and not even a gigantic Amethystine python *Morelia kinghorni* is going to stop me!*

I remember the first time I used a Audio-Fuel interval training run and then analyzing the results using my GPS and was blow away with the peaks and troughs in my speed, distance travel/time and heart rate. I found it amazing that I willingly let a voice in my ears, accompanied with the pounding & hypnotizing beat, "bully" me in

to running harder than I ever had before! Nothing else I can think of would do that, except perhaps the feeling of being in mortal danger!

In June 2010 I crossed the Iron Man finish line in Nice with my wife Valerie, who learned a few months ago that she suffered from a multiple sclerosis. We decided to be back in 2011, we did. And did it again in 2012. And again in 2013. We don't know yet if we will be on that finish line again in 2014, but learned to go as long as we could. These were our proud moments.

I enjoyed running for many years, just to keep fit & look after myself. Managed a few half marathons but always wondered if I had the legs to cope with a full one. So I was lucky enough to get into the London Marathon 2011. Training was hard but I had Audiofuel which helped me greatly, Keeps the rhythm & motivation going & I did it. Now 3 London Marathons under my belt (2011, 2012 @ 2013) it's time for a new city. Thank you Audiofuel.

Utilising the Tri Harder Bike interval session I was able to reduce my IM time by an astonishing 1hr 30mins from my previous IM race. I put this down to training harder on the turbo trainer using the Chrissie Wellington Audio Fuel Bike Harder

After years of lazy 10k running, running for more than 2 hours for the first time was AMAZING; and it really pushed me on to the next level for the next few years to do more but better, including triathlons. I could not have reached that level without Audiofuel.

I ran my first marathon at the age of 45 in 5 hours 46 minutes. I ran my second a year later with audio fuel in 5 hours 10 minutes thanks to the pacing that audiofuel provided that kept me going. Currently training for marathon four in my fiftieth year!

A proud moment. I completed in the Bungay Great East 10k last year. The weather was horrendous and runners were soaked to the skin just walking to the start line. I changed my goal from under 1hr finish to just get round as the rain got harder. I set off and within the first mile we were going uphill. The road leveled out, but was a country road which was open to the traffic. My lowest point came on the way back when I ran through a puddle and the water came halfway up my shin. In the queue for the soup at the finish a couple of ladies said to me that I had pulled them along and kept them going. They wanted to give up, but stayed with me. I also gave them both a PB. I finished in 1hour 09 secs.

Completing 20 miles in a training session prior to my 1st london marathon. 1st audio fuel session, definetly pulled me through! Training turned in to exhilirstion and fun!

I run for fun (no matter how much i moan about it) and i ran a half marathon last year with my wheelchair basketball club, i started off as a very unfit,extremly large lady and this year i ran my 3rd half to raise funds for the club, 26 of us, 10 runners and 16 wheelchair users raised over £3000 for the club. The half marathon that we do takes place at the beginning of our season and we use the off season to do the majority of our training. This year i had a fall 7 weeks out and ended up in a leg cast for 3 weeks. this did not prevent me from completing the half marathon even though i had a 'wall' moment at mile 9, i was on pace for a sub 2:30 and i completed the run at 3:14

slow, tired and in a lot of pain. I could not let my club down and although i was last again the pride i felt in all of my fellow 'runners' from the club was and still is immense. im looking forward to doing it again next year.

44 years ago I part held the world 5 a side football world record - 46.25 hours

I started off the year planning to do 5 events in 3 months for charity: Paris half marathon, London marathon, my first sprint triathlon, Tough Mudder and a mile open water swim. I completed them all and got the bug... so carried on doing events and as well as a number of 10k's I have now completed 3 sprint triathlons (2 in the same weekend) and 2 marathons (improving my time by an hour in the process) this year. I've loved training and achieving things I never thought possible. It;s been a truly amazing year.

My proud moment is completing the London Marathon 2012 - I could not have achieved this without the support of audio fuel. As someone who had not really run before after 7-8 months of training with audio fuel, I was able to achieve one of my life long ambitions. I am still running today and never go anywhere without my audio fuel on my shuffle, I am lost without it!! I now feel much fitter and healthier and have to thank audio fuel for this :)

I've had an up and down year. Audiofuel have been instrumental to the back end of it. After a great early year marathon, smashed PB by 12 minutes (3:14 now), we had a new baby. Not easy to get out running when you've two small children. I'd booked myself into the

first Yorkshire Marathon and just as I started to push up the mileage I crocked my Achilles and calf. Ran on it, got worse. Stopped running on it, got worse. Had physio got a bit better. Slowly I've been building it up since then. I'm about 10 weeks on from then, I couldn't do the marathon as I'd lost all my major mileage weeks but last week I went out and did the Yelling intervals session. My first proper session in nearly 3 months. It felt so good. I know where I am with Audiofuel, its a great benchmark. Thanks.

AudioFuel inspired me to PBs in 5k, 10k, half-marathon. Then I broke down with various injuries, through my own mechanical problems. AudioFuel was then my inspiration, my confidence builder, the voice of reason and the reassurance I needed to build myself back to fitness and the mind-blowing joy we all love so much as runners. The PBs may be beaten one day, they may not, but running again is the best gift of all. Thank you AudioFuel.

After a hard day at work nothing better than donning the runners, grabbing the dog, sticking I'm the earphones in (audio fuel of course!) and loosing yourself for a hour or so in a run. See ya later stress

Park Run PB: 39:32 (dressed as a pirate running the course in reverse) and my My first 10K 1:31:27 (in July 2013) slow and last, but someone has to be!

Just proud to have lost 4 stone and gone from a couch potato to a fairly fit 50+.

Achieved a 10k PB of 1:00:35 in the Great Yorkshire Run in September, my first 10k since the birth of my daughter last November.

5 years ago I was about 19 stone....a heart attack waiting to happen.

Lost weight...started running...5k..10k...half marathon...marathon...then into triathlon.

I've done 3 ironmans now...my proudest moment was IM lanzarote...my slowest time (14.40) but a great iconic race, loved it.

Im never going to be quick, im a back of pack athlete...but I enjoy it, and love my race photos cos im smiling on every one!!!

That point in time when you realise you can now swim unlimited laps, limited only by tedium. Can Audio fuel remove that barrier too?

Proudest moment was when I completed the London to Brighton 100k Challenge this year in 28 hours 28 minutes. This was a walking event which I trained hard for and it was tough. So many people did not finish but I plodded on despite blisters. Lost two big toenails etc but it was worth it. I actually cried – it was that painful. Next year I will do a similar event and need Audifuel to help whip me into shape. My running career started in 2001 with 5k, graduated to 10k and half marathons. My friends told me I could do a marathon but I told them they were certifiable. I am now among the mad as I have also completed three full marathons with a PB of 5 hours 15 minutes in 2011. I guess I'm hooked and need something to keep me going. I like training to music as it keeps me motivated.

I wish!

*since running with audiofuel have never gone back,
even against some race organisers who dont like mp3.
Running down the home straight at the silverstone half marathon
with audiofuel in my ear... mint!*

*First marathon in Edinburgh this year, based 90% on audiofuel
tracks- obsessed!*

*My favourite moment was when I got an email from my running
tracking app telling me I had completed a 1,000 miles. Even more
so as I had just started using AudioFuel and managed to hit a half
marathon PB at the same time*

*my PB is not a race but a long ride I performed with 5 friends,
300miles in 3 days for a personal challenge between London and
Paris. the long ride sessions I practise with your CDs helped me as I
was the fittest and won our 'king of the hills' award. I was the only
one who even went back down hill to support a struggling friend.*

*Have tried many of times to pick up running, with the help op the
AudioFuel 5km training. I never got any further than week 3.... total
lack of discipline. But just a few weeks ago, I pushed myself through
the invisible barrier, and now I am going all the way! On to 10km!*

Running for 3 minutes without stopping!! I used the NHS C25K podcasts to get to running 5k but previous to that could only run for 1min 40seconds before I had to stop. reaching 3 minutes was my first milestone which left me grinning from ear to ear. the next was completing C25K then a 10k plan & finally running my first & only half marathon for a charity called "send a cow" & having my family there to support me. injury has meant having 3 months off but am now back out there & hoping to be able to sign up for another half marathon next year. happy running

This year I completed the Great South Run for the first time. I did this in 2 hours and 38 seconds - the weather really didn't help. I can't tell you how proud I am of myself. Audiofuel has motivated me and helped me get up and get moving over the last couple of years and I wouldn't have achieved it without you. Thank you.

This year i realised that with all the Tech we have and rely upon, we really only need one thing.

This year in my Second Great North Run things went a bit disasterious or so i thought.

The typical bad start- not allowed into the correct zone so you have to start further down the field. Loads of traffic. run too quickly at teh start(5 min miles according to my watch) then it rains and half way thought you think of calling it a day as your obviously in some dreamworld as you think your running fast but your watch is saying you doing 10min/mile. Disaster.

So you turn off and enjoy your run. Hi-5ing kids at the side and taking the whole atmosphere in.

But with 3 miles to go my "get quicker for then end " music has'nt come on yet so i must be doing ok.

1 mile to go and my get close the end music is just starting , when i'm trying to go faster on a "rubbish" 10min/mile run.

At the end you do the Mo-bot and wonder what happened.

Turns out that the tech i used lied to me and I ran the fastest race i've done. A PB by 16mins. Who needs Tech!! "Just Audio-fuel"

I used Tri-Harder in training for IM Wales, was inspired by my daughter and Chrissie Wellington. Had I not had Chrissie in my ear when I was sat on the turbo trainer I would never have pushed out those hours of training, If I closed my eyes, I could imagine her on a bike next to me.

Oh, and by the way, 15:53 for my IM a PB, obviously, and a successful day on a tough course with tough weather conditions.

Thanks.

Black T shirt at Norseman! Simply epic experience.

I recently completed the great south run in 1:06:19, have been using af for a month of hard training and bested my estimated time by using your products so thanks!!

Well for me in the past 12 months its been having the opportunity to run against horses a the Man V Horse Marathon, and beating a few!

Proud moment? Passing some 'proper' time trialists (wearing aero gear) whilst participating in the Hever Olympic Tri. I could hear Chrissie Wellington saying 'your limits may not be where you think they are'.

I used Audio Full hour long sessions to help me train for my first marathon - the 2013 London Marathon. My aim was to finish (in one pice) and in a respectable time - ideally under five and a half hours. Thanks to using Audio Fuel for pretty much all my long runs, I was delighted to finish in under five hours and ready to do another one.

first half marathon (Dublin) 2hrs 10mins.

I took up running two years ago as part of my mid-life crisis - well being overweight and not losing weight through my preferred form of exercise: cycling. Being a lazy being I set myself up so that I always run with people so I have no excuse to get out. However, these last few weeks as I train for my second half marathon, I have taken great pleasure in running by myself (albeit with AudioFuel and other music) and look forward to my next run by myself. I now know that I have created a good habit that will be hard to break as I yearn for my next run.

Proud moment, crossing the finish line for the London Marathon 2012, and I am back next year to beat my time (Hence the

requirement for the Marathon Training) I ran the whole course with AudioFuel :)

35 years old non runner - within 6 months of my own training designed purely on reading stuff of the net I completed my first full marathon in 3 h 23 min - within these 6 months I lost 12 kg and managed not to injure myself - pure and simple ;)

Getting fit enough to do a charity 10km in under 55 minutes.

running parkrun with my 11 year old nephew and him banging out a sub 30m 5k - his first trip over that distance. He was comfy. I was holding him back!

Very pleased that I managed to run a 5k in 23 mins for my age 66 years have not managed to repeat it though!

Completing my first half over 3 years ago. Proved to myself that I can do it.

This year I managed to complete 2 10k runs and knocked 10mins off my pb (still a bit of a tortoise at 71 mins but I felt really had achieved something)

My running blog for my first half marathon (May 2012) which was done for an ex-batt commercial chicken rehoming charity tells the story of my hardest race to date.

I ran a 5k in October and was very proud of myself completing it in 27 minutes as have shyed away from running after being too embarrassed to really compete as my friends used to sing the baywatch theme tune when I ran. Then an email went round work looking for someone to run the marathon for a charity I had previously raised money for by racing a rickshaw across India and in my slightly naive, over confident mind though well thats only 8 5ks in a row, I can do that. Turns out, it was harder than I thought but so rewarding and AudioFuel really kept me going throughout the whole race and I finished in a respectable 4hrs20minutes.

Pushing that little bit harder with Chrissie Wellington screaming down my ear!! :) I had been doing a lot of biking and just easy running when I decided to go out to see where I was. The Run Faster 1 session on my mp3 player and I ran a new 5km PB by 10 sec, from 21.44 to 21.34!! Tom Lowe must really have some good headphones!!

I was 19stone 5 years ago, lost weight, started running. 5k, 10k, half then full marathon. Then I moved into tri. Ive now done 3 Ironman distances.

My highlight was IM Lanzarote last year, an Iconic race and an unforgettable experience. My time wasn't great, but I have a finishers medal, and v proud of it!

After serious back Surgery, that kept me off of running for several months, I used Audiofuel to help me refocus my running rhythm -

my proud moment was when I actually made it through a complete track.

I have suffered from depression over the years. Somehow my Adrenaline Junkie 2 motivates me to get back out there and stride away instead of curling up into a ball. At the end of the sessions I feel energised and believe in myself. I know it is because AD2 is a tight, finely produced piece and that is not easy to achieve, so well done Audiofuel.

The Interval 180 and 200 have been instrumental in my training and running of a half marathon. There is no better feeling than running across the Sydney Harbour Bridge alongside thousands and thousands of other people all with their own hurdles and demons in life. I wish more people in Australia knew about Audiofuel to help them get over that line.

I started seriously running about 3 years ago when I wanted to get into better shape and loose a few pounds. I always ran on a treadmill and my sister-in-law finally convinced me to go outside and run. Once I did, and it was with the Easy Run music, I was so hooked. I have absolutely fallen in love with running and decided to train and run my first 1/2 marathon in the fall of 2011. I was hoping to finish it in about 3 hours, and to my amazement, I ended up coming in at 2:30. I don't think I could have finished the race without my favorite AudioFuel music to keep me motivated enough to keep running. Thank you for the great sessions!!

My proudest achievement - a non-runner hearing the London Marathon on the radio and saying 'I'm going to do that' then keeping my word, training and achieving it in under 4 hours!

Ran the Basingstoke Half in oct 2013, on two weeks training!

Getting over a glutes muscle injury, sun shining; birds singing, so thought I would jog round and enjoy it. Cracking run, smiled all the way, up and down the big hills, talked to lots of random strangers. 2.02, so very respectable time.

Could walk the next day too, so even better!

I've never sweated so much!!

The Chrissie Wellington Ride Faster 3 trainer session took me to places I've never been before. There was still a pool of sweat under the bike 24 hours after I'd finished! Use of this session has helped me to increase my average biking race-pace to over 22 mph.

Completing the London Marathon in 2012!

Improved my speed with audio fuel interval training, but got too busy n did not stick with it, plus got a boring cos had to run 5days a week for d training

I heard of AF, downloaded the "the first hour" and got up and started to run on a regular basis. Now I have no problem running that one hour and I still get carried away by that music mix. Can't wait for a new one for "the second hour"

poor year with achilles problem followed by fractured foot but just ran the Dr Yelling intervals felt good. first decent run since coming back.

I don,'t run as I am physically disabled so no pub.

I am a member of an athletic club and train as often as possible with the club. When I train alone, I nearly always use Audiofuel. It makes it very easy to maintain my pace and cadence. For several years, I have been using Audiofuel's 40 min, 44 min, 60 min and 2 hour sessions. I have recently bought Chrissie Wellington's and Joe Friel's run sessions. Thanks to the club and Audiofuel, I have this year got personal bests in 10 mile, half marathon and marathon races.

Audiofuel's pyramid 180 has helped me get my asthma under control, along with switching to better medication. Even with the new medication, when I first started using pyramid 180 I couldn't even run the whole of the five minute warm up without needing a break and my inhaler, now not only can I run the whole track, sprints and all, but my asthma nurse has lowered my dose, my hayfever is better, and I have dropped a dress size too!

I am not a fast runner or good at long distances but running keeps me healthy, keeps me focused and I surprise myself on what I can do when listening to AudioFuel. Clear evidence that listening to good paced music helps you run faster or longer

I started running three years ago. By the end of the year I made five hundred miles, and then my wife left me. Last year, after the thousand, I lost a good job. But you know what, I've never been so free, never felt so many roads before me. This year I've got a place at London Marathon and am aiming for a thousand and a half. :)

I got fed up of the weather in Spring 2012 and after buying the Run and Ride faster audios found that indoor training was not so bad after all. With a busy job and young family it helped me save time and complete my first Ironman (IM Wales) in under 12 hours and I did much less training than many people would lead you to believe is necessary to complete.

My proudest moment was when I ran the Race for Life after having numerous surgeries, chemo and radiotherapy. I subsequently bought my first AudioFuel tracks and I cannot describe how much it helped me keep running and faster. My personal trainer was very impressed on the difference it was making to my running.

Never thought I was 'a runner'. Now at 52, I can manage 5k. Had a few injuries along the way - but this small achievement means a lot to me.

*Aged fifty after four attempts breaking 2 hours for a 1/2 marathon!
At the Graet North Run.*

I enjoy my running because I use my fitness to raise money for kids with cancer / and other money raising events

There have been two proud moments for me this year. The first finishing the London Marathon aged 50. My 4th marathon, but this one has always been the goal.

The second moment, was taking part in the 'Back to the Stadium' 5 mile run in July, obviously much shorter than the London Marathon, but to finish the run in the stadium where some of our sporting greats had competed the year before was a great experience.

Getting back on my road bike & training for the prudential 100 in Aug 2014 after nursing my husband through 2 serious illnesses, coping with the terminal illness & very recent loss of my Mother in Law to ovarian cancer, bearing the sudden unexpected death of my older sister, and coping with the news that my Brother in Law has just been diagnosed with prostate cancer.....All these events have made me set about finding a way to raise money to fight cancer and try to regain a level of fitness I have been deprived of by caring for my loved ones.!

I was proud and amazed to actually run 5k having taken up running for the first time in January 2013

I ran 2 marathons in 8 days - concurrent Sundays, raising over £1,500 for the charity 'Headway' who support people with acquired brain injuries.

I'm the fat guy so unthrilled by running - who's now the slightly less fat guy who goes running regularly because of the prospect of good music, an encouraging voice in the ear, and the thrill of real progress experienced! It's so motivating to have an inspiring soundtrack and a structured approach that pushes and pulls me through. it makes running challenging and attractive in the right sense, rather than the dismal prospect of yet again listening to your own efforts and agonies along the way. Audiofuel is hope, frankly, the extra power needed to get me back out there, rather than stuck in here. Thanks guys! Feet to the beat, one two three four...

I started to run about 2 years ago because I have a condition in my legs, called lypoedema, which makes them painfully swollen. Running helps with my circulation and my legs are much better now. But it's never easy to motivate myself to go out nearly every day and that's where Audiofuel is a great help for me. Your music guys just gives my mojo back all the time I feel low, and has helped me to run faster and longer. I owe you the biggest thanks for keeping me on the road :)

My proud moment is all my mates kissing and hugging me at mile 21 of the marathon. After that it's a bit if a blur till I got to the end. My first marathon. Poss my last!

Completing the London Marathon in 4:49

I'm 67 years old and only started running two years ago to keep off weight I'd lost and to improve my fitness. I started with the NHS C25K programme and then discovered Audiofuel. It's been amazing,

I'm now running regularly three or four times a week at 165 to 170 bpm for up to an hour. Six weeks ago I took part in my first ever race and achieved my goal of doing 10k in under an hour, I was 13th out of 51 in the female over-60 class.

It was my 30th birthday this year and on my bucket list was to tick off the ever elusive marathon. I signed up to run Edinburgh in May and dragged myself out during the winter months for some long training runs. Long runs have never been for me, I much prefer sprint and interval sessions so the prospect of a 20 mile training run was somewhat daunting. I needed all the motivation I could get and downloaded the audiofuel run faster sessions - a great training aid and I can't honestly say I wouldn't have furthered or enjoyed my distance runs without it. My aim was to complete Edinburgh sub-4hrs. I crossed the finish line in 3h39, which for my first marathon I couldn't be happier with. London is my target next year.

Can't think of anything worthy enough!

I have just broken 32 minutes for 3 miles and whilst I know that's not much to most it's the first step on my journey to next years london marathon.

PB at Manchester Marathon 2013 of 4:45:35, celebrating 6 years post diagnosis of a rare (1 in a million) abdominal Cancer which has seen 2 major surgeries, 2 chemotherapy courses and though it is incurable my fitness keeps the Cancer at bay - looking to run London 2014 in an even faster time.

I used to find 5k monumental to run and never thought I could run further. Through hard work and sheer determination to push myself harder I decided to run my first half marathon this year. I used AudioFuel over the winter to build up my long runs and found it great to keep me going at a steady pace rather than my normal song playlist. I have completed 5 half marathons this year showing that anything is possible.

Now the evenings are dark again, it's back into the gym where Chrissie and tri harder will keep me company (and make me work harder!) until the summer evenings!

Thank you AudioFuel!

im getting fitter as Im getting older, so I don't feel older!

Getting a shiney new PB at this years Manchester Marathon with 3:45:35 while celebrating my 6th anniversary of being diagnosed with an exceptionally rare (1 in a million) form of abdominal Cancer. Despite 2 major surgeries, 2 courses of chemotherapy and reconstructive surgery of my abdominal wall which has been only partially successful I still run to keep myself as fit as possible.

Next stop London 2014 where the target is to improve my PB even more...

I bought my 1st pair of running shoes about 18 months ago, and can now run 12 miles in 2 hrs, if you'd told me that 2 years ago I wouldn't have believed you!

I was overweight and unfit. I started walking with Walk in the Park because I needed something to keep my pace up. I then started C25k (nhs podcasts with Laura). Then when I could run for 20 minutes I graduated to Easybeats, Rollercoaster, Shoot the Breeze and

Pyramid 180. All this at age 65ish. I eventually managed to do a few Parkruns, coming last each time, but loving it. Sadly, at 69, age and arthritis has caught up with me and injury compels me to walk. I try to get out for 30 mins each day, but I need new music to keep me up to speed.

My favorite was my 2012 Vineman race. It was the first time I used Audio Fuel to boost my motivation as it was the first time I trained without a coach or team, completely on my own. To my surprise did great! From the previous year I decreased all my times the swim by 5 minutes the bike by 30 and the run by 5! I still have more work to do for a full IM distance!

Maybe next year

Just finishing a 5K makes me proud!! Every year a group of us gets together to run/walk and each year we attempt to gather more friends to join the fun. On our first trip, my sister came in third in her age group without actively competing. Needless to say we enjoy staying fit and active in our 60's!!!

Proudest moment: a sub 24min 5k PB after doing Run Harder training sessions with Chrissie Wellington goading me on!

Upon my 50th birthday I promised myself I would enter a triathlon event. I just didn't want to compete.....I wanted to be competitive. In the 2012-2013 Australian season I completed 3 Sprint Triathlons and qualified 4th in Australia in the 50 -54 age group for the World Championships in London. Unfortunately I was unable to go on to

compete due to the personal cost of the trip to Great Britain. I love my Chrissy Wellington sessions and they certainly helped me achieve my goal.

Hi I recently completed the NY marathon in a time of 3 hrs 31 mins and 15 secs . About Four years ago I went from being able to run daily to being so tired I couldn't walk up the stairs this continued for a number of months gradually getting worse until I had to have time off work etc. I have since managed to increase my fitness back to were it is now . I also managed to break my toe seven weeks before the NY marathon and therefore had to cross train to ensure that my fitness level remained

I ran the city 5k in London earlier this year with an Audiofuel track and to my huge delight managed to finish under 30mins!

Proud moment is achieving a qualifying time for the Boston marathon and entering for next year and actually getting in despite all the increased interest in people wanting to run it.

I will then have run all 5 of the original major marathons, even though they have now added Tokyo!

Can't wait for next April, bring it on.

Really pleased to finish VLM 2012 in comfortable 4 hrs 5 mins as a 63 year old. Now training for a sub 4 at Brighton and good for age place for VLM 2015.

Since starting the interval training, I now complete a 5k run in much better time than without the tracks. The music and audio

*coaching really help to motivate my run.
Thanks Audio fuel, you have THE BEST music tracks.*

*Just getting the hang of running through couch to 5k podcasts.
Audio fuel really help me to keep motivated, but I love the Chrissie
Wellington bike interval trains too.*

*proudest moment was finishing my first parkrun after completing
nhs couch to 5k plan. Have since done two sprint triathlons and a
half marathon. My next goal is to get under 20 mins for 5k.*

*Coming down off the highest peak in Snowdon Marathon 2012, I
was on for a great time. I so loved the downhill, rocky path -
running it as fast as I could go, made me feel like a child- a distant
memory since I'm approaching 60! My quads and calves were
cramping- just as House of Pain came on my playlist - very apt! Yet
I powered through to make it up the High Street, knocking 13
minutes off the year before - elated!
This year, I've been plagued by poor health and medical problems,
but how I hope to do this iconic race again..
Until I get fit once more, these memories and short runs will keep
me going..*

*I'm slow and a lazy trainer but the Brownlee tri at Fountains Abbey
was awesome. Running thro the Abbey. Amazing!*

*12 months free of injury and back in training - looking to compete in
my first triathlon in 2014!*

I ran the Bupa London 10k for the first time in May with a friend who's developed diabetes. Did it in just under an hour and raised lots of money for Diabetes! Felt fantastic and signed straight up for 2014!

Since I've been unable to do my other sport due to injury, I've taken to running as my main sport. In 2013 I've joined a running club and am enjoying the track sessions as something different.

For 2014, I'm going to tackle a half-marathon (having only completed 10K previously) to give me a kick to get out on the longer runs more often.

I'm going to make 2014 my best running year yet.

I ran a marathon for the first time this year. My training didn't go according to plan due to injury but I still completed it even though I had to walk some of it. Completing the marathon doesn't make me proud because I know I can do better. What I am proud of is the fact that I haven't given up and plan to do another one to prove to everyone I am right.