

“I wondered whether I might need to call an ambulance, she pushed herself so hard. I have never witnessed anyone turn so pink and huff and puff so much”

2011 took some time, but then Sally suggested Edwina did some of the popular Lakeland Trails series of races. These stunning races take place all around the Lake District from April to November and are among the few which permit Nordic walkers to race alongside runners.

In 2012 Edwina did three of the series and in 2014 she did five, finishing with the ‘Dirty Double’ weekend in November - the 15k Hevellyn race on Saturday and the 10k Ullswater trail race on Sunday. She’s proud that sometimes she finishes more quickly than some of the runners!

This year, a group of her fellow Nordic walkers will be entering, and someone else who will be joining Edwina on a trail race is Professor Tim Board, her orthopaedic surgeon.

When she had to have her first hip replacement renewed in 2012, he confiscated her Nordic poles for 8 weeks. As soon as possible she was back out walking her favourite routes, with a new hip which she says ‘will see me out.’

Sally says: ‘Her consultant was amazed at the difference in her bone density, muscle mass and fat loss - facts and figures which finally proved to Edwina that all her hard work and determination had paid off.’ Edwina also rarely uses her inhaler anymore, sometimes not even sure where it is. ‘It’s not a case of having grown out of it,’ she comments. ‘I’ve changed my lifestyle.’ 🍷



Stick with it

So why is Nordic walking better for you than a straightforward stroll?

The use of poles means the upper body muscles are used as well as the legs and the poles help to propel the walker along - this means you work harder than usual yet the support given by the poles makes it feel easier.

A pair of Nordic poles will cost £60-£120 and you’ll need a pair of walking shoes, but little other initial outlay is required although some technique training sessions are needed.

Another key benefit is getting outdoors. Research published in

2010 by Havard Medical school highlighted the benefits - your vitamin D levels rise, you’ll be happier, your concentration will improve and you may heal faster. Edwina has experienced these benefits, but also loves getting out into the glorious northern countryside.

‘There’s nothing better than being on Home Park Fell on a summer’s evening, with glorious views as the sky reddens in the glow of sunset, feeling good about yourself - physical and mentally.’ For more information go to www.nordicwalking.co.uk and for Lakeland Trails races www.lakelandtrails.org

