

Nominee's Name:

Julie Barton

Organisation Name:

Inspiring healthy lifestyles

Your Nominee's place of work:

Inspiring healthy lifestyles

Please provide a narrative (600 words max) about your nominee in the space below:

"After running my first 10k, I owe a mention to Julie Barton, the reason I started running in the first place, Julie's Joggers are truly inspirational" the words of runner Julie Woodward. Unsung Hero Julie Barton, who in the face of tremendous loss, transformed a sad event in her life into a positive. Helping inspire and support thousands of people in Wigan to start running.

Ten years ago, Julie sadly lost her father to Motor Neurone Disease (MND). Julie experienced depression after losing a huge role model in her life. She turned to running to help with her depression and little did she know it would change her life and so many others.

Through her new-found love for running Julie landed a job at Inspiring healthy lifestyles, Wigan. Since 2002, Julie has been the running coordinator responsible for over 20 runs and 25 run leaders per week. Julie goes above and beyond her role helping grow a huge running network, dedicating time setting up new initiatives such as Couch to 5k and Half Marathon programmes, engaging over 600 people this year so far.

But Julie is so much more! Coupled with her infectious personality and dedication Julie has inspired so many people into running. Julie loves to help others get active and see their faces from that inaugural jog turning to a run or when they cross that 5k finish line. Four years ago, Julie set up Julie's Joggers with the aspiration to get women of all abilities running. She now has over 350 members of Julie's Joggers who have found Julie to be tremendous support and a crucial role model in their lives. Julie is passionate about creating individual ownership and many women now lead runs, tackle marathons and have transformed their lives through physical activity.

If that wasn't enough, Julie is also involved in many forums, committees and groups playing a crucial role in local running events such as the Wigan 10k, Wigan Half Marathon and Leigh 10k. Julie coordinates pace setters, trains with them and leads a facebook group that has over 750 members. Julie even pace sets herself, but you won't find her at the front you will find her near the back encouraging all participants to cross that line!

Julie has always done things in memory of her father, but last year on his 10th anniversary she decided to embark on a year of gruelling challenges to raise awareness of MND.

Motivated by her memories, Julie completed a series of walks, runs, cycles, treks & dog jogs. Little did she know she would touch so many people's hearts along the way. Many people joined her on her challenges, the local press follow her and she raised over £4500 for MND. She even captured the attention of the charity who have personally asked her to run the London Marathon in April 2018. This spurred her on and Julie raised even more money - organising a charity event where 260 people attended, raising a further £1800!

Julie has faced many challenges along the way; juggling running her own business, working, finding time to train, mentoring volunteers, helping train others and yet continue to motivate



the hundreds of people she meets each week. She finds helping others helps take her mind off any struggles she faces.

Julie is a fantastic role model, practicing what she preaches every day. It is impossible to say how many people Julie has inspired to be more physically active. What we do know is that she is a woman who truly loves to use fitness to help inspire others to transform their lives.

