

About the authors

Marcia Blake



Marcia is currently researching obesity and medically-managed eating disorders at the University of Wolverhampton. Marcia is a former amateur football player and loves long hikes and running at the University of Wolverhampton.

She worked as a Sports Science Laboratory Technician at the University of Wolverhampton, while pursuing a Master's degree. She worked as a Research Assistant within the NHS and has experience working with a range of special and at risk populations, including Cardiac patients.

Dr Tracey J. Devonport

Tracey is a Reader in Sport and Exercise Psychology at the University of Wolverhampton. She is a Chartered Scientist Accredited with the British Association of Sport and Exercise Sciences (BASES) for scientific support (Psychology), is registered as a Sport and Exercise Psychologist with the Health Professions Council and is also a Chartered Psychologist with the British Psychological Society.

Having worked as a Sport Science support officer on a World Class Performance Programme, she has remained keen to apply and test theory in practice. She has authored more than 40 peer refereed journal articles and produced two books. She is a habitual recreational runner, who completed her first marathon in 2013.



Christopher L. Fullerton



Christopher is studying for a PhD in Sport and Exercise Psychology at the University of Wolverhampton. His research is focused on self-control including examination of the effects of self-control on pacing, and the development of interventions to help runners develop self-control.

He is a competitive runner who has qualified for the Championship start line for the London Marathon and competed nationally at cross country. Christopher has trained with a number of Olympic athletes including Mo Farah and spent 3 months training in Kenya.

Prof Andy Lane



Andy is a Professor of Sport Psychology at the University of Wolverhampton. He is accredited from the British Association of Sport and Exercise Sciences (BASES) for scientific support and research and Chartered Psychologist with the British Psychological Society. He has authored more than 150 peer refereed journal articles and edited two books. He has recently led a project supported by the BBC featuring former Olympian multi-winning medallist Michael Johnson on developing psychological skills and how these can be useful in a number of aspects of daily life.

Dr Wendy Nicholls

Wendy Nicholls is a Senior Lecturer in Psychology at the University of Wolverhampton. She is a registered coaching psychologist specialising in applied research exploring the influences of our social lives on physical and mental health.

Wendy is an ultra-runner and has completed distances up to 100 miles in single stage events and participated in multi-day mountain marathons in the UK.

Wendy has developed mindfulness based-interventions for weight management, and has applied mindfulness-based techniques to her own endurance running. Wendy trains adults and children in navigation skills and is a race organiser with Beyond Marathon which organises several ultramarathon races per year to raise funds for Macmillan cancer care.



Dr Christopher N. Sellars



Chris is a Principal Lecturer in Sport and Exercise Psychology at the University of Wolverhampton. He is accredited by the British Association of Sport and Exercise Sciences (BASES) for scientific support (Psychology). He is a Chartered Psychologist with the British Psychological Society.

He has been running (initially competitively but for the last 25 years recreationally) for 35 years. He was a National Cross Country Championship medal-winning junior and English Schools top-ten finisher, and was also selected to run Steeplechase for England U20. In 1997 he began experiencing the difficulties of running with chronic, albeit mild, scoliosis but, having been forced to stop running for a year whilst undergoing tests, resumed regular running a year later and has continued with a compromised regime ever since.

http://www.amazon.co.uk/runners-guide-sport-psychology-nutrition/dp/1505575753/ref=sr_1_1?ie=UTF8&qid=1438029104&sr=8-1&keywords=a+runners+guide+andrew+lane