

Helsby Running Club – AGM – 28 June 2020

Joe's report

The year up until the advent of the Coronavirus has generally followed the pattern of previous years with some club events fairly well attended and others not so

Unfortunately the lads have been downgraded to division 2 although next year if they can achieve best improved they could be re-instated.

The Ladies section have managed to stay mid league but if the turnout each race could have been a bit stronger we think we could have won it. Nearly all clubs are about the same though in their strength of turnouts. Wirral Ladies are typical; a strong long established club but sometimes haven't been able to field a good team. Their present team is dominated by mother and daughters.

What has been obvious in our own teams is the predominance of the older veterans O'50s and O'60s with few younger members in the leading groups.

A complete variation of training has been carried out during the year with visiting coaches etc. and varied Wednesday night runs. A lot of the older faces seem to be absent on a Wednesday night therefore it is difficult to quantify the value of the training throughout the year.

It is recognised by "old school" runners that present day runners don't want to put themselves through gruelling training regimes as they did. The days when we had about 6 sub 33 minute 10K runners in the club are just history and this applies throughout the Borders League of I think 17 clubs.

As a matter of fact when Mario and I ran the first young Frodsham Harriers Club a complete mix of abilities, they quickly became one of the best in the area winning trophies as far away as Yorkshire and the Lakes. Interestingly although they had no track then yet they could make the transition to track with no problem at all. One 12 year old running a 2:24 800m on a cinder track at Wavertree, Liverpool.

Brief coverage of the year

Only one team entered the Dearnford relays, only 2 teams entered the Chirk relays, both great venues too. Sunday XC League, not very good, our Ladies have won this in the past. Numbers turning out for the Fell Races and Championships varied Tal-Y-Fan – 4 runners (the two ladies O'50 and O'60). The good part was that several runners were awarded age related medals and prizes during the year.

Finally, I think most members still like to do what they fancy and why not if they so wish. So, good running to all when we get back to normal

Joe