

Helsby Running Club – AGM – 28 June 2020

Ladies Captain Report 2019/20

I am writing this report whilst John is out on the first Wednesday night club run since lockdown! Hurrah! A glimmer of normality has returned.....thank goodness! 😊

As difficult as lockdown has been for us all, one striking ray of positivity has been the camaraderie and unity radiating from the #greenarmy! Like a good friendship, once this is all over, we will pick up where we left off and come back even stronger!

I feel that 2019/20 has been a strong year for the ladies– we have some new faces (hello!), returning faces (hello, again) and the ‘same old’ but beautifully wonderful faces and together we continue to flourish and grow our supportive running community. It’s great to see so many ladies enjoying Monday and Wednesday night training and taking part in both the Borders and Cross-Country Leagues! Long may it continue!

This year, I have really enjoyed seeing the number of new faces from our Coach to 5k and Improvers group and I love to get to know you all a bit better and welcome you into our running family – please feel free to drop me a line, or say “hello” on Facebook!

Before I end, I would like to extend my thanks to Debbie, our wonderful Vice-Captain who does a cracking job promoting local races (the ones I forget about!) and leading by example, putting on her green vest and taking part in loads of races throughout the year. Once races return, it would be a brilliant sight to look at a sea of green vests at the start line with smiley faces ready to ‘do their thing’ and enjoy being part of our wonderful #greenarmy!