

## Helsby Running Club – AGM – 28 June 2020

### Helsby Running Club Men's Captain Report 2019-2020 by Colin Thompson

Another year done and how time flies! I'd just like to thank everyone who has turned up to each race to support the club, volunteered or marshalled, it really is appreciated. I think the men's team is in a good position moving forwards and with some new members injecting some energy into the squad we will hopefully be able to compete with some of the bigger clubs when championship season starts again and keep Helsby RC on the map.

Corona virus has had a big impact on the running community this year and with most races being cancelled from March onward it was fantastic to see some great innovation from the Green Army, whether it was a virtual challenge or a personal running goal (I'm thinking Paul Cunningham and his epic mileage!) we all pulled together and supported each other over a stressful and unpredictable period.

Our first training night since lock down happened last Wednesday (10<sup>th</sup> June) and it was great to see old and new faces at the club and I really think it's made us all appreciate just how lucky we are to have our health and to be able to run with some fantastic people. Hopefully we are over the worst of the epidemic and as things start getting back to normal, we will see numbers at the club continue to flourish.

#### Road

The Helsby road championship had a good turn out at each race, I think the new seven race format worked well this year and didn't seem as diluted as previous years. Hopefully a few of our newer members will have a go at some of our club champ races once the new season is able to start.

Unfortunately, some of the regular roadies (myself included) have been absent at quite a few races this year due to injuries, that's one thing that has stood out, everyone seems to be injured! I think Nike Vaporflys (cheating shoes) have a lot to answer for 😊 Phil kindly arranged a talk by Emma from Powerful Posture (pilates for runners) and she had some great advice and workouts to keep those niggles away. Hopefully it's something we can all try and do a bit more of whether it's more stretching, cross training, pilates or yoga. I think the older we get the more important this becomes.

I try not to single out any individual who has done well as I think we all do our best to break those personal goals, but I think Colin Bishop deserves a mention for his amazing time at the 4 Villages Half Marathon this year (also an age group record) which meant he was selected to represent England at the masters. A brilliant achievement Col and long may it continue!

#### Cross Country

The North West Sunday League XC this season saw us finish 13th out of 27 teams, this is definitely something we can improve on although we really do need the runners to turn up to be able to compete with the Merseyside contingent, we certainly have the talent to do well in this league. I think it's possibly another race series (along with the Borders League)

which has suffered due to our injury woes, I'm hoping we will all be fighting fit and ready to go when the season starts again.

### **Felsby**

The fells are still as popular as ever with the Felsby gang and we still get a good turn out at each race. Hopefully this will continue and some of our newer members who may have never tried a fell race will give one a go, we have plenty of experienced Felsby members to offer a helping hand with equipment or give advice. My favourite aspect of fell races is they always seem to start and finish at a pub! Bonus!

The British fell relays was another success with some strong running from everyone involved, last October saw the event take place in the stunning Peak District National Park. Thanks once again to Phil for his team selection and continued organisation.

Thank you to CBH for organising the Wobbler again which was another success which saw our very own Chris Larkin stomp home with a superb win after a closely fought battle with a Chester Tri runner. Hopefully the Wobbler will be able to go ahead this year so watch this space.

### **Tattenhall Tough Team**

Unfortunately this event has been cancelled this year due to the epidemic which is the correct decision but it's well worth a go next year as it's an excellent and well organised event and always gets a good turn out from HRC. The race is for teams of 3 with the team achieving the time of the last finisher across the line so teamwork is really put to the test. The course is 9 miles and a mixture of road and trail but with a sting in its tail, the infamous railway climb! Don't worry though, the Grim Reaper is at the top to give you a helping hand! 😊

### **Alderford Relay**

A bit of disappointing turn out last year with only one team being entered, it's shame as it's always been a popular one in the racing calendar in previous years, maybe we just didn't advertise it enough? I'm unsure whether this will get the green light to go ahead this year but next time it would be nice to get a few more Helsby teams out. It's a nice little event with teams of 3 - each leg (2 miles long) circumnavigating the beautiful Alderford Lake in Whitchurch.

### **Ultra Running**

Some of the hardier runners have been running these epic races all season which is great to see, I'm always in awe when I see how far some of our members are able to run in one go. It really does take some grit and determination to complete these races.

We entered some relay teams into the Warrington Way 40 mile ultra last year which saw a great turn out from the club. This is another event which has gained in popularity so it's well worth entering as a relay as a 10 mile leg isn't quite as daunting as the full 40 miles!

### **Multi-terrain**

We have the MT club series which is an array of MT races over the summer which will hopefully encourage a few of our newer members to try their hand at some off road stuff. The Wirral MT races in September are a personal favourite of mine and I recommend anyone to try them, not too challenging and they run through some beautiful Wirral coastline and a bargain at £1 a race!

### **Race Reports**

Thank you to everyone who continue to contribute to the blog by writing race reports each week. I know they can be a bit time consuming in our busy lives but even just a few words written about a particular race is very helpful in compiling the blog each week and makes our job so much easier. Generally, if we weren't there we won't know about it.

### **Blog**

A huge thank you to the blog team. Sometimes the forgotten heroes who get the racing news, results and pictures to your inbox each week. They are Gaz O'Connor, Jim Jones, Karen Horsley, Susan Woodward-Moor (and me). The bloggers have been on furlough these last few months but once races start happening again then we'll be back!

Well I think that's all this year folks, thank you to everyone for all your hard work and commitment over the past year and in these challenging times currently, I myself am looking forward to another successful year of running. Keep running and stay safe.

Cheers  
Colin T