



HEANOR

Running Club

Newsletter – Winter 2006

Committee contact numbers:

Chairman – Rob Rainsford	079630 37991
Secretary – Lee Perkins	079715 01725
Treasurer – Pete Edwards	077860 05410
Memberships – Russ Wilkinson	01773 763416
Club Captain – Rob Rainsford	079630 37991

Heanor-25 years and still running

Next year (2007) sees Heanor Running Club celebrate 25 years in existence and we are planning a few events to enable all members to join in this momentous occasion.

From the very first meeting back in September 1982 Heanor Running Club has enjoyed a healthy membership non-more so than nowadays when we have around 100 fully paid up members

In the very beginning

Heanor Running Club was formed on the 28th September 1982. The 1st meeting of runners at the Market Hotel, Heanor was the idea of David Levens, he was also the co-organiser of the 1st Heanor ½ Marathon which had been held 16 days earlier and had attracted over 500 runners.

From the very beginning the club was very competitive and success soon followed, the 1st team victory came in 1983 at the Codnor 1/2 marathon with Andy May winning the race, Les Rumsey 3rd, Andy Nelson 4th and Terry Bull 5th. Andy May was the star runner for Heanor he dominated the local races at all distances, regularly running around 70 minutes for the ½ marathon distance during the 1980s.

During the running boom of the 80s the club was competing with the likes of Derby and County A.C. and Notts A.C. and had some top quality runners; Rob Webster, Andy May, Ashley Deeming, Steve Carlin, Dave Jordan, Pete Orme, Andy Nelson, Jon Wainwright and Hillary Johnson. Hillary Johnson was the Ladies winner of the Derby ½ marathon in 1988 and is still the most successful lady runner for Heanor Running Club to date. A superb distance runner was Pete Orme who went sub 2.30 marathon, and also won the Burton 10 miler. Steve Carlin won the Heanor ½ marathon in 69 minutes, Rob Webster and Dave Jordan were always front runner's in most events, both often winning local races. Ashley Deeming was at this time a promising young runner challenging for prizes.

Andy Nelson has on his CV victories in the Long Eaton 5 miler and the Ashbourne Hill race, Andy still runs for Heanor and is a very reliable runner and dedicated club member. Jon Wainwright was Heanor Running Clubs most successful runner, as I write this brief introduction to our 25 year history Jon has won more races than any other member, most recently winning 4 out of 5 league races to help Heanor reach the final of the 2001 cross country season.

There are some notable team results the pick of them being, National Mcvities Challenge 25x1

mile 1987, 3rd. Ripley ½ Marathon 1992, 1st. Belper 5 miler 1990,91,92 - 1st. Heanor ½ Marathon 1988, 1st. There are many other team victory's but records are incomplete and memories fade over the years, hopefully one day this will be rectified. On recent success, the Blackpool 10k in 2000 Heanor won the team event and saw Jon Wainwright getting the runners up position out of over 3000 runners. We also took the men's team trophy in the 2004 Long Eaton 5 mile road race and in the Merrill 10k road race

The saddest occasion in our existence was the untimely death of the then secretary Alex Shain whilst on a training run in Shipley Park in 1986.

In the 1990s some of Heanor Running Clubs star runners drifted away to pastures new (bigger clubs). But the grass is not always greener and Heanors remaining members were left to keep the club alive, in retrospect the club was probably a victim of its own success. So during the early to mid nineties results were not so good and morale was fairly low, there was even talk of an amalgamation with Ilkeston Running Club.

Although good results were few during this period Judith Wooley started a young athletes section within Heanor Running Club with about 15-20 children under 13. This idea was ahead of its time and managed to keep the club together in this difficult time.

In the mid 90s new enthusiasm came to the club, new members and a new committee led by Rob Rainsford as chairman, Stuart Wainwright as secretary brought with them new ideas and a club now more close knit than ever before.

We still have our 10k Christmas Pudding Run, the 2004 run, held on the 15th November, was a very special event, beating the then record entry at 401. The members now enjoy regular coach trips to races, subsidised running kit, a more vibrant social scene, which now includes an annual trip abroad, and with all the new enthusiasm, race results have improved and morale couldn't be higher.

2004 saw the first club trip abroad, Prague was the choice and over 30 members made the trip. The ½ marathon was run around the historic capital over the cobblestones (calf killer) not surprisingly the Kenyons shaded it, but our own Glenda Alton was the 1st British woman and 1st in her age category V40.

For the past 5 years we have made an annual club trip to Tywyn in Wales for the 'Race The Train' weekend in mid August. We have enjoyed considerable success with Individuals breaking course records, Adam Grice for the 10k and Chris Rainsford for the under 15 and under 17 age category's and also as teams who regularly come home with an array of prizes packed in their cars.

2006 saw Heanor senior men claim the County Championship title at the Pride Park Relays over 2 miles per leg, with able support from the ladies team who were narrowly pipped into runners up spot in a tense finish.

Another first was the Derbyshire Cross Country County Championships when U17 Chris Rainsford stormed home to take the title in January 2006.

Adam Grice was also crowned Derbyshire Cross Country County Champion in the U20 age group, and followed this up with the 5k title on the track.

Adam had a fantastic year and was justifiably recognised by being selected for the England squad for the World Mountain running championship in Slovakia in October 2006.

The latest inclusion comes in 2005 with the Matthew Walkers 10k race now breaking all records with 625 entrants, sold out signs put up for the 2nd consecutive year and leaves the club exploring the idea of increasing the limit.

A measure of how much the club has grown is that we are now gearing up to host our 3rd North Midlands Cross Country League match on 14/10/06.

We also now regularly compete in the Northern Championships on road and Cross Country,

likewise on the National circuit. The last 2-3 years has certainly helped put Heanor Running Club on the map!

The latest inclusion in the history of our great club is that this year's (2006) pudding run had reached its limit over two weeks before race day, entries will stop around the 680 mark to hopefully ensure we get 600 finishers on the day. The Matthew Walker sponsorship of this race will also reach a milestone in 2007 with it being the 21st running of this ever popular race.

We introduced the Heanor 5 miler four years ago and while this race is still establishing itself, it is regularly attracting 170-190 runners. 2006 saw the 2.1 mile fun run included and this brought in 30 runners and looks as though it will be on again next year!

Planes, Trains and Automobiles

Part of the year long celebrations planned to commemorate the 25 years are listed below.

A night out at **Laser Quest** followed by a **meal** (optional) on Saturday 24th February, details and venue will be announced in January.

Prague revisited for the ½ marathon, at the moment there are 26 of us going Friday-Monday. The official trip is finalised but if anyone else wants to come along then speak to Pete/Rob who will give you the Hotel/flight details to check on availability.

A coach trip to **Blackpool** for the Beaverbrooks 10k on Sunday 13th May!

A camping weekend over the Spring Bank Holiday, in Scotland, to have a go at the **Kirkcudbright ½ Marathon**.

We are looking at the possibility of hiring a band to play at the cricket club after our **5 mile race** on 27th July, with marquee and barbeque and option to camp on site.

The usual trip to '**Race The Train**' in August, but book the site early as space is restricted.

Other ideas and outings will inevitably crop up over the months and we look forward to seeing as many of you as possible getting involved in what the club is doing.

Membership 2007

Oh dear it's time to dust off the old wallets and purse's because the annual subs were due on October 1st, don't forget if you fail to renew before the end of December you will get £5 added on to cover administration costs.

Club Kit

If you require any kit then see Rob on a club night or call 07963037991 to check availability.

Heanor RC vests are on sale at £12

Long sleeve training tops £15

All weather jackets £25

Ladies Crop Top £12

Christmas Walk

The Christmas walk will be on **Thursday 28th December**, times and route to be confirmed nearer the day. But will probably start around 10am and will be suitable for all, bring the kids and dogs.

New Year Team race

The New Year Handicap mixed team race will go ahead on **Monday 1st January 2.30pm** start to a well known local hostelry, details to follow.

The Awards Night

The Annual awards night will go ahead on **Friday 8th December** at Heanor Conservative Club 7.30-1am. This year will see Hypnotist Mr Tony Rae entertain us with support from the disco, a buffet is also included in the very reasonable cost of £5 per adult and £3 for under 18s non members will pay £7. Tickets are now on sale from Pete/Rob and are going well.

The 2006 Stuart Manning 3 Mile Time Trial Trophy:

A big thank you to Debbie and Dean Watson for their generous donation of the prizes

Senior Champion	Chris Mountford
Junior Champion	Joe Rainsford

2006 CATEGORY WINNERS:

Senior Men Champion	Chris Rainsford
Senior Men R/Up	Stephen Ashmore
Male Vet Champion	Dave Jordan
Male Vet R/Up	Rob Rainsford
Senior Lady Champion	Jo Madeley
Senior Lady R/Up	Deb Haslam
Lady Vet Champion	Glenda Alton
Lady Vet R/Up	Kathryn Spendlove
Junior Champion	Joe Rainsford
Most Improved	tba
Runners Runner	tba

London Marathon draw for club places 22nd April 2007

Raffle draw

1st prize: Christmas hamper

Whats on the horizon!!!

December

Sat	2 nd	North Mids X/C at Berryhill Park	All
Fri	8th	Awards Night/Christmas party	All
Sun	10 th	Booths X/C League at Alfreton Park	O15
Sat	16 th	X/C Mini League at Shipley Park	11-15
Tue	26 th	Furnace 3 mile run, 11am	All
Thu	28 th	Christmas walk	All

January

Mon	1 st	New Year Winter pub run 2.30pm from Shipley Park	All
Sat	6 th	X/C County Championships at Ashfield School, Sutton	All
Sun	7 th	Prague Training run 1.30pm	O17
Sat	13 th	North Mids X/C at Wollaton Park	All
Sun	14 th	Prague Training run 1.30pm	O17
Sun	21 st	Booths X/C League at Nutbrook Cricket Club	O15
Sat	27 th	NoEAA X/C Championships (Manchester)	All

For Sale!

Mizuno-Wave Nirvana-size 9

A stability, cushioned training shoe, only been out 3 times (20 miles on the clock), good as new!

Cost £90 yours for only £20

Call Chris on 07984861965

Two bedroom/four man tent, ex club tent, has had minimum use, needs weatherproof spray hence bargain price of £10

Call Pete on 07786005410

Stop Press

The National X/C Final which has been held on that wonderful course in Bramcote Park for the last few years is coming to Shipley Park on April 1st (no joke). It was rumoured to be heading down south to Reading in 2007 but a call from the organiser to Rob asking if it would be possible to use one of our courses resulted in a few more calls being made and all being well the final will be held at Shipley Hall Cricket Club.

North of England Cross Country Championships

The Northern Championships will go ahead on **Saturday 27th January** at Heaton Park in Manchester. We usually send a good number of runners to these events for what is a chance to compete against some of the top runners in the region, all age category's are encouraged to go and enjoy the experience.

Please tell Rob if you want to go asap, certainly before the end of the year!

If sufficient numbers show interest then we will look at transport arrangements.

Dedication

If ever there was a prize for dedication to the club cause then it would have to go to Dave Guyer who got out of bed at 5am on a Sunday morning to drive up from London to run the Chaddesden Park X/C race, then straight after the run he had to go back down the motorway to work.

We need more people like Dave, superb attitude and commitment!

Well done to the ladies who carried the club with their efforts and ensured we only suffered limited damage to our league aspirations.

A big thanks to Lee who missed training during the week because of a knee problem just to make sure he could race, likewise Steve Ashmore, Pete and Heather who also ran in the North Mids X/C the day before.

Puts to shame, the people who can't get out of bed because of a hangover or just can't be bothered to show up. If you cant get to the race at least let the captain know beforehand, this result highlights the need for this, so lets get a maximum turnout for the next race on December 10th at Alfreton Park to make sure this was a one off.

League positions after two races

Men	Pts	Score	Ladies	Pts	Score	Combined	Pts	Score
Belper	18	211	Heanor	19	489	Heanor	19	736
Ripley	18	230	Belper	18	467	Belper	18	678
Heanor	18	247	Kimberley	13	573	Ripley	17	806

Club Standards

The Heanor club standards are intended to be targets rather than a minimum ability level, the following list shows the times for varying distances and all age category's and the standard times for you the runner to try to achieve. Its up to you to let me know if you have attained the standard and produce official results from the race, before the end of October each year.

Club Standards

<i>Senior Men</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	4.22	4.46	5.12	5.41
10 K	31.15	34.08	37.14	40.43
10 Miles	52.10	57.00	62.10	68.00
1/2 Marathon	1hr 10min	76.17	1hr 25min	1hr 32min
Full Marathon	2hrs 30min	2hrs 45min	3hrs	3hrs 15min

<i>MV40</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	4.46	5.12	5.41	6.03
10 K	34.08	37.14	40.43	43.20
10 Miles	57.00	62.10	68.00	72.20
1/2 Marathon	76.30	85.00	92.00	1hr 38min
Full Marathon	2hrs 45min	3hrs	3hrs 15min	3hrs 30min

<i>MV50</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.12	5.41	6.03	6.30
10 K	37.14	40.43	43.20	46.40
10 Miles	62.10	68.00	72.20	77.53
1/2 Marathon	1hr 25min	1hr 32min	1hr 38min	1hr 45min
Full Marathon	3hrs	3hrs 15min	3hrs 30min	3hrs 45min

U-17	4.40	5.10	5.45	6.25
U-15	5.10	5.45	6.25	7.10
U-13	5.45	6.25	7.10	7.55
U-11	6.25	7.10	7.55	8.40

<i>Senior Ladies</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.12	5.41	6.03	6.30
10 K	37.14	40.43	43.20	46.40
10 Miles	62.10	68.00	72.20	77.53
1/2 Marathon	1hr 25min	1hr 32min	1hr 38min	1hr 45min
Full Marathon	3hrs	3hrs 15mn	3hrs 30min	3hrs 45min

<i>LV35</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.41	6.03	6.30	7.06
10 K	40.43	43.20	46.40	50.54
10 Miles	68.00	72.20	77.53	84.58
1/2 Marathon	1hr 32min	1hr 38min	1hr 45min	1hr 54min
Full Marathon	3hr 20min	3hr 30min	3hr 45min	4hr 05min

<i>LV45</i>	GOLD	SILVER	BRONZE	MERIT
1 Mile	6.03	6.30	7.06	7.35
10 K	43.20	46.40	50.54	54.05
10 Miles	72.20	77.53	1hr 25min	1hr 30min
1/2 Marathon	1hr 38min	1hr 45min	1hr 54min	2hr 01min
Full Marathon	3hr 30min	3hr 45min	4hr 05min	4hr 20min

U-17	5.10	5.45	6.25	7.10
U-15	5.45	6.25	7.10	7.55
U-13	6.25	7.10	7.55	8.40
U-11	7.10	7.55	8.40	9.25

Boys (1 Mile only)



A last minute discovery that going back to run the Berlin Half-Marathon would be too expensive followed by a number of phone calls and a little bit of surfing t'Internet brought me to the conclusion that a trip back to Prague was one of the few cheap and practical options remaining. This will be our 4th venture into Europe, and our 3rd trip to Prague, and whilst this might seem like we've "done" Prague by now, there is bound to be something new to see there, as well as proper Pilsner beer available for less than £1. At the last count there were 26 of us booked on the 2007 Heanor Running Club trip to somewhere, and, setting a new Heanor Running Club record, 17 potential half-marathon runners.

Maybe it's down to the flat (ish) course (see below) that could lead to a flood of pb's.



Or could it be down to the generous goodies on offer (Adidas t-shirt, proper bag, medal etc). Either way it promises to be another good weekend (especially if previous trips are anything to go by).

For those who've booked, here's what you need to know.

Firstly, thanks for paying the deposit at such short notice. It's one of the good things about booking as a group; you get to pay for the trip in instalments, rather than in one big lump. I won't need any more money off you until February when we host the latest Booth's XC at Shipley Hall CC. The money has to be in by that date at the latest, as I need to pay the outstanding balance within a few days of this. Don't worry about the amount just yet; you'll receive an individual bill in plenty of time if you need to save up.

We're booked into the Hotel Ariston (which according to the web: "The newly renovated Hotel Ariston is situated right in the very centre of Prague") for 2 or 3 nights (you should know which!) at £23 per person per night including breakfast. I'm also going to book a coach to take us from the airport to the hotel. This should work out at no more than £6 per person and will get added to your February bill (and I'm sure that those who went to Berlin will agree this will be money well spent!).

So what now?

Well, you need to keep an eye on either BMI Baby or Easy Jet's websites to book your flight home. These could go on sale anytime between now and Christmas, so keep 'em peeled. There'll be a number of flight choices on offer, it's just going to be down to which price or time suits you best.

You also need to enter the race at www.pim.cz (click the Union Jack, it makes the website make more sense – you'll also find course maps and other useful stuff on here). If you enter before the end of the year, you can get it on 3 for 2 as well, which saves you in the region of 12 euros, or 9 pints! I've got a list of who's running if you need to join with two others.

Other than that, you just need to get some training in. Rob's organising some Sunday training runs (races permitting), which should finish in a pub somewhere (if past experience is anything to go by).

If you need to know more about the race, Prague or what's happening, see Rob or me and we'll pass on what knowledge we've got.

Likewise if you've not booked and still fancy it, I'll let you know how you can get yourself there, and hopefully in the same hotel.

Treatment Table

The treatment table has still not cleared up from the last newsletter, thankfully most of the injured in the previous issue have recovered but only to be replaced by the majority of the men's team.

Chris is having treatment for a tendon problem, Ben is still struggling with a troublesome ankle ache, Dave is slowly making a comeback, Lee is soldiering on with his dodgy knee, whilst Jon has had to have an operation on his knee, Tony is returning after smashing his cheekbone, Kieran is also recuperating, Yvonne is recovering from a back problem and Kerry is taking tentative steps back to fitness.

You could say that we are stretched a little, but strength in depth is now evident proving that everyone has a part to play.

New Members

It's customary for us to announce new members joining the club, but this section has been absent for a while. So believe it or not the following are our most recent unannounced members, which we would like to welcome into our sadistic running fold:

Reg Number		Reg Number	
HEA00144	Sheridan Island	HEA00157	Samantha Liddle
HEA00145	Nigel Scollin	HEA00159	Stewart York
HEA00146	Joanna Madeley	HEA00161	Christine Mountford
HEA00148	Darren Ridout	HEA00162	Debbie Roe
HEA00149	Yvonne Crawley	HEA00163	James Tilford
HEA00150	Alistair Hobday	HEA00165	Jodie Wainwright
HEA00151	Alan Smith	HEA00166	Rosie Wainwright
HEA00152	Stephen Skelton	HEA00167	Milly Wainwright
HEA00153	Elizabeth Davies	HEA00168	Jack Wainwright
HEA00154	John Thornhill	HEA00169	Adam Fairfield
HEA00156	Sharon Bassett	HEA00170	Gary Hallam

Proposal to increase subscriptions

At the last General meeting on 16th March 2006, it was proposed that due at this AGM we should propose to raise the annual subscriptions. Reasons being that there have been increases in the North of England AA fees, and it forecast that NoEAA would only be managing the clubs membership fees for one more year. Following that the new governing body, England Athletics will be taking over. At this time Heanor RC club could receive a price increase by at least 500 percent.

As the constitution governs, any agreed increases would not take effect until September 2007, this will allow at the club to gradually increase prices and ease what would be a sudden burden on the members if suddenly next year we have to propose a rise of say £15.00 per member.

Below are our proposals:

	Currently	Proposed
Full Member	£13.00	£15.00
Family	£20.00	£22.00
Associate	£5.00	£5.00 (no change)
16-18 year olds	£8.00	£8.00 (no change)
11-15 year olds	£5.00	£5.00 (no change)
Second claim	£6.00	£10.00

Annual General Meeting 2006

Tuesday 28th September 2006 9.00pm held at Heanor Miners Welfare

Present: Lee Perkins, Rob Rainsford, Peter Edwards, Andy Nelson, Kathryn Spendlove, Mark Spendlove, Chris Rainsford, Ryan Blake, Sam North, Eric Singleton, Jayne Lynas, Kerry Belfield, Russ Wilkinson, Jenny Orme, David Jordan, Jon Wainwright, Alistair Hobday, Yvonne Crawley, Darren Ridout.

1. Apologies for Absence

Brian Manning, Pat Manning, Katie Bell, Sam Liddle, Glenda Alton, Debbie Haslam, Michelle Taylor, Chris Mountford, Luke James, Dean Watson, Gary Antcliffe.

2. Minutes of AGM 2005

These were distributed and accepted by those present as a true record. This motion was proposed by Eric Singleton and seconded by Ryan Blake.

3. Chairman's Report

Rob Rainsford presented his report for the 2005/06 period.

4. Secretary's Report

Lee Perkins presented his report for the 2005/06 period.

5. Treasurer's Report

Peter Edwards provided a Summary of account for 2005-2006. The closing balance being £1405.96 in the HSBC Current Account, and £1990.24 in the Derbyshire Building Society Account. It was confirmed that Pat Manning and Jenny Orme had audited the accounts.

6. Election of Officers

The following Officers were elected, and voted for in block. This was proposed by Andy Nelson and seconded by Jon Wainwright.

Chairman:	Rob Rainsford
Vice Chairman:	Jayne Lynas
Secretary:	Lee Perkins
Treasurer:	Peter Edwards
Subs. Secretary:	Russell Wilkinson
Auditors:	Jenny Orme Pat Manning
Team Captain:	Rob Rainsford

Kerry Belfield and Kathryn Spendlove volunteered to oversee the auditing of accounts to gain experience for future years.

7. Any Other Business

Lee Perkins raised the issue of England Athletics taking over the Amateur Athletic Association as our governing body and the expectation of affiliation fees rising. A proposal for a subscription rise from September 2007 was proposed by Jon Wainwright and seconded by Sam North. A full explanation and breakdown of increases is attached.

Meeting Closed 9.25pm

Chairmans Report 2006

The last 12 months have been a very hectic and successful period in the progression of Heanor RC. We saw the pud run sell out for the 2nd consecutive year, 5 mile race was another success, the very successful awards night at the Conservative club (which we hope to repeat this December).

The club also saw its first County X/C champions in Adam and Chris, Adam also triumphed in the County Track & Field Championships over 3k and picked up a medal in Blackburn in the Northern X/C championship, as well as gaining selection to the England squad for the world mountain running finals on October 7th.

We have also had a complete domination on the local league scene in both X/C and summer road races, individuals are regularly winning races around the area and its now somewhat surprising if a Heanor runner is not in the top 10 in the larger races.

Only last Saturday we sent a men's and ladies team up to Hartlepool to run the 6 & 4 stage relays, showing real enthusiasm to run against the regions best and proving that we are not out of our depth at this level. Well done everyone.

The trip to Berlin was another plus, with a strong contingent travelling and some very good performances on a flat course in bright sunshine, added to a good Hotel, good beer and friendly locals it's a trip we are repeating in April 07.

The highlight of the year for myself was the men's team victory at the Pride Park relays in the County Championships over the bigger local club's, to cap off a great night the Ladies team came in as runners up.

We have set our standards now and other clubs will be looking to knock us back, we have got to sustain our performances in the big races to prove we are not a flash in the pan!

Injury's have decimated the Ladies squad, we have not been able to have a full squad available for selection all year, even so the Ladies have won their respective leagues and have made a huge difference to the club as a whole, and when all fit will be looking to push on in the relay and other team races.

Injury's also affected the men's team and we are still not back to full strength at the moment.

Our 2nd claim members have had a positive effect on the club, turning out quite regularly, with one already making the change to come over 1st claim, I am hopeful the others will follow suit very soon! The feedback I'm getting tells me that they are really enjoying themselves at Heanor, and I can only thank all the members for making them welcome.

When I took on the chairman's job 10 years ago I said at the time if I started to get 'stick' I'd walk away, well I did become a target around the turn of the year but I never dreamt it would get as personal as it did.

Behind the scenes the past 10 months have been a personal nightmare, being the target of a smear campaign via an anonymous letter, this made me consider my future in the club and at one point in July I offered my resignation, after which, certain happenings and events made me realise that my gut feelings/suspicions were correct and it was then after a long talk with Lee that I decided the persons behind the campaign were not going to have the satisfaction of destabilising the club!

Thankfully these people have now left the club.

On a happier note I would like to take this opportunity to thank my fellow incumbents on the committee namely Lee, Pete and Jayne for their support in all matters 'Heanor Running Club' a lot of work happens behind the scenes which some of you probably don't realise, without these people Heanor Running Club would not be the success it is today.

I can't sign off without mentioning the hard work put in by Gary, Russ and Eric, they are always on hand to offer help and advice.

To all the members who have helped in numerous events over the last year- Thank You!

Secretaries Report 2006

I've recently been struggling with what to say this year, not because there is nothing to say, but just because I knew what was in Rob's report. To summarise the clubs performance I would say that the last 12 months have been a year of consolidation. Other clubs now expect us to be strong and in some case expect us as a team or an individual to win. A prime example of this was the Booth Decorators Road Race League where as a club we won five out of five races.

Individually, it's good to see Adam and Chris both improving to such standards. It was a great moment for the club when Chris took the U17 County XC Champion title, and then Adam topping the XC country season off with the Junior North of England champion title. 2006 was Adam's year and I hope 2007 will be the year for Chris to really flourish.

Membership numbers haven't seen the rapid increase of previous years, though we have seen a marginal increase. Some losses have been disappointing, some not so, but I think this year we have gained some valuable members.

I want to thank Rob for all his hard work throughout this year. He does a lot which is above his duties as Chairman and Team Captain, many perhaps not realising how much he does, especially around Pudding run and 5 Mile race times. Unfortunately this year has been exceptionally hard for him due to one mindless accusation / comment effecting not only his work at the club but also his personal life. Now we have seen the back of the problem I hope that he can now look forward to a brighter 2007.

Thanks to Pete for keeping another accurate account of the clubs finances, and also for organising the excellent club trip to Berlin. Whilst touching on finances thanks to Russ for his persistent badgering for subs, although he needs to try harder with me as I was still one of the last to pay!

With a repeat success with all the races we host, we do need to recognise the continuing effort of those reliable people such as Russ, Gary, Eric and Andy who attend to set up the courses well before many have even dreamt about waking up. I would specifically like to thank Jayne Lynas again on behalf of the club for her donation of prizes for this years Five Mile race.

Each year whilst writing these report they always seem to end up like 'thank you' speeches, but I do have to reiterate Rob's previous words that we really must thank each and everyone who help the events we organise, because without the helpers we have no event and this is the clubs bread and butter. So everyone give each other a pat on the back, all its members make the club, not individuals.

In the Next Issue

The Spring newsletter is planned to come out in early April, any contributions from you about races you have been to or about life in general will be welcomed and considered for inclusion.

Any articles will need to be given in by the end of March.

We hope you all have a very merry Christmas and a happy New Year and you get all that you wish for!

Keep on Running!!!!!!