

The Elvet Striders Ladies have certainly exceeded themselves this year and dare say have “chicked” the men in podium finishes and trophies!

Beginning with some podium finishes the ladies have clocked up over 15 1<sup>st</sup> to 3<sup>rd</sup> place positions in races throughout the year, mostly claimed by Penny Browell, Elaine Bisson and Tamsin Imber. Our Ladies were 3<sup>rd</sup> team place in the Brampton to Carlisle road race and an incredible 1<sup>st</sup> team place at the Swaledale Marathon (which Jon has in more detail). We also had some of our Ladies attain some outstanding achievements which I would like to mention.

- Sue Jennings became the only Strider to complete the gruelling Hardmoors Ultra Grandslam
- Elaine Bisson came 2<sup>nd</sup> overall in the Dales Trail Series
- Kath Dodd ran for 24hrs around Maiden Castle track with many supporting her through the night to raise awareness for the rising sun mental health charity

Podium finishes aside, we have had more Striders both male and female than ever take on new challenges which is just as big an achievement as those finishing in top positions.

- Record numbers took part in their very first 10km at Sunderland, many of which have now completed a half marathon.
- Over 27 Striders ran their 1<sup>st</sup> Half Marathon with 19 of those choosing the Great North Run.
- Over 10 people have ran their first Marathon including those who ran at Paris, London, Edinburgh, Loch Ness and York.
- Possibly 4 Striders have run their first Ultra Distance this year.

I would like to thank Rebecca Talbot and Kay Cairns for putting themselves forward and being very ethanistic in taking on the role as Mental Health Ambassadors. They have begun to provide walks on some training nights, with plenty more as the role develops.

Also a huge thanks to all the run leaders that volunteer each week included the track captains and coaches hard, without you all we simply wouldn't have a running club and you are greatly appreciated.

I hope you all give the new captains the same support as Jon and I have had over the last year, and remember we are all volunteers giving up our spare time to make the club the best it can be, and no pressure to the new captains but Jon and I haven't missed a weekly report this last year! Good luck captains and thanks everyone for letting me being your captain this last year.

Fiona Jones

Ladies Captain Report 2016