

One of the tasks set to club captains is compiling the weekly roundup and to be honest it's not a duty that has been amongst my favourites. However it does allow a bi-weekly insight into a plethora of activities within the club, from comedy of errors when people have turned up at orienteering events and been unable to read the maps, not due to an inability to do so but because they forgot their glasses to the truly astounding feats that some of the striders achieve, Mike Hughes' BGR commands attention there.

Reporting progress made by people over the year is always a treat as Parkrun and race times are bettered repeatedly. David Browbank and Chris Shearsmith take a bow alongside that Scott Watsons recent improvement has been breath taking. Though the two outstanding names for me are Jason Harding, taking a podium place at the UK masters last month then a top 10 finish at the DT40 his debut marathon a week later, having only returned to running properly in the last year and Jonathan Hamill who last weekend ran Amsterdam Half marathon in a PB again making huge leaps and bounds. Both of these Men have applied themselves to their running and are an example to us all of what hard work and dedication can achieve. Putting together the reports also allows for the tracking of those who have fallen from their peak due to injury and it's been good to see Graeme Walton, Conrad and Tom on the road to wellville (though I didn't think this as Tom left me for dust during the Calderdale relays, an event where we seem as a club to have been getting better and better over the last few years, for this praise must go to Paul who has "requested" entrants participate)

The Cathedral relays alongside X-C results in January seemed to signal Elvet were now becoming a force with our mens A team narrowly missing out on a top 10 place.

While Swaledale Marathon is now surely a category A race for the club, it's in the GP for next year, with the Ladies defending the title. Penny and Elaine taking prizes too, Tasmin running a storming debut and Mandy running as well as ever. The Men didn't quite match that though Michael and Steven were top 15 finishers and would surely have done better had some idiot not giving them faulty advice on the route and Jack Lee having only agreed to run the week before made that his first run over twenty miles. A double top surely next year for the Striders!

London wasn't too bad either with two of our Men smashing 170 mins well done Stephen Jackson and Michael Littlewood. Gareth's stellar year saw top 10's galore, podium finishes and titles from the Kirkley and Titus trot 10k. Richard Hockin and Mike Bennet also continue to pick up the odd prize in their

age category and serves as a reminder to us all that the shoes should never be hung up and the future looks bright too with Lewis Littlewoods victory at Kielder. Whilst my computers auto spell has Dave Robson down as a dictionary addition due to the multitude of events he ran.

The implementation of groups seems to be working well and hopefully alongside the regular Handicaps, thanks there to Sue and Phil, is helping people to improve as structure is added to their training. With that in mind if you do have a LIRF or feel confident enough to lead a run please throw your hat in the ring it helps those organising on a weekly basis no end. Please also bear in mind that alongside the lirfs and coaches, committee members are all volunteers too and their workload can be significantly reduced if thought is given to what is and isn't typed over the pages of social media and e-mail.

The club runs also have been at times a mix of chaos and panic with the odd bit of running thrown in. Thanks to those who were bad elves for the chrimbo treasure hunt and Mike Elliot who scared one of them witless whilst faking a heart attack to slow them down, to those who led the mini group sessions on the fields of Maiden Castle and to those who tried to fathom out the gibberish for the group of three handicap around the woods well ,well done(I'm still waiting for Tim Skeltons promised chart on this, rumor has it he's off to Bletchley park to use the enigma machine)

So a year that has seen many knuckle down and improve, a few striders at the head of parkruns ,track championships and races and teams achieve success too, hopefully though overall we remembered to enjoy running as an aspirational activity because that after all is what it's all about.