

Our aim is to give all striders, regardless of ability, options which allow them to push themselves and improve within a safe and friendly environment and on the whole I think we have achieved this. Throughout the year there has been a 10K group, organised by Fiona, HM group, organised by myself, track, throw and jump sessions led by Katy with the focus being the NEMAAs, off road technique and specific XC sessions led by Geoff and of course, until we lost the track due to ongoing building work, Allan with his suitable for all track sessions. In addition to this our coaches have continued to support individual members to accomplish their goals, be it completing their first race or smashing that PB which they've been eyeing up for a while. Also each week we have tried to have groups of every pace required heading out from MC on a Wednesday and sessions suitable for all on a Monday. Individuals have been called upon to lead week in week out all year and I'd like to thank them all for their continued efforts.

While in general we have managed to provide you all with options each week we can only offer what our leaders are capable of leading on any given night, sometimes we have lots of options and other times we are stretched. We have continued this year to train more leaders; Geoff completed his Fell & Mountain CiRF, Fiona and Phil their CiRFs and Jill, Karen and Jonathan their LiRFs but unfortunately have also lost some leaders as well. If we are to continue to provide options to keep you all happy, particularly you faster runners who are sometimes neglected as I for one am simply not quick enough to push you, we need your support. If anyone is interested in leading or helping out with any run or session please get in touch. We have a separate run leader email group to allow us to organise runs on a week to week basis, please let myself or Dougie know if you would be added to that list. Remember you do not need any qualifications to lead, the majority of us started without any, and we can ensure that you receive the support needed while gaining experience. We will however continue to assess our coaching requirements as a club and will as necessary train more leaders and coaches, anyone interested in receiving more formal training please let yourself be known.

Obviously for the past few months you can't fail to have noticed the work being carried out at MC and with it the lack of a track to train on. This has unfortunately added to our challenges but hopefully we will have it back in use within the next month at which point the popular track sessions will be able to resume. Please be patient in the meantime while we try and provide you all with challenging sessions without this useful facility, continue to push each other and strive to improve, Allan and his whistle will be back soon.

Looking forward, following the success of the summer groups targeting the 10K and HM, we intend on starting a 5K improvers group in the near future and there should be a repeat of the structured training plans targeting races on the GP once these are confirmed.

Finally, I would like to thank again all our coaches and leaders, without you we simply would not be the friendly welcoming running club which we are.