

Helm Hill Runners Update

As the sun shines and the summer racing season gets into full swing time to give a quick update on what's happening at Helm Hill Runners.....and its busy!

The Club continues to go from strength to strength and to demonstrate this here are three notable facts and achievements from the past few days.

Firstly.....on Saturday the 17th May the we had a remarkable 47 runners wearing the Club vest at various events around the county.....11 took part in the race at Fairfield, 5 completed the Old Counties Tops, 12 seniors raced to the top of Winder at the Sedbergh Gala and 19 juniors ran in the Helm Hill Championship race at the same event. Will we beat that number this season?.....if anyone finds a day when more club runners race make sure you E-mail the website and let us know!!

Secondly.....attendance at the Wednesday training sessions continue to grow. We now keep a record of all the juniors who regularly participate and so far this season 117 individuals have attended at least one training evening. Add this to the 40 or so seniors who regularly train and that's a great turnout. Thanks again to the coaches who make this possible.

Thirdly.....Helm Hill's performance at the Two Riggs last week race deserves a special mention as we had three runners in the top ten. Tom Addison 3rd, Mark Addison 6th and Chris Robinson 10th....this was a great achievement in itself, and it also meant that we won the team prize ahead of Keswick, Ambleside, Borrowdale and Howgill Harriers. Brilliant!

Other news

The social event on Friday the 30th at Staveley was a great success....we had a local physiotherapist, Nina Walkingshaw, instructing us on the benefits of warming up effectively.....with a practical demonstration of how to do it properly which had all of us stretching parts of the body we didn't know existed. Fortunately she also stressed the importance of being relaxed and stress free, which most of us were after excellent food and a few pints of Hawkshead. A big thanks to Dave White and Sue Richardson for organising. We are going to arrange for Nina to do a follow up session soon so that more Club Members can benefit from her expertise....details to follow shortly.

We had another well attended Committee meeting last week.....some of the of the main things discussed.

- Winter training sessions will move from the Lads Club to the Castle Street Centre (on Castle Street, Kendal) from October. More space, good parking, and a safer venue for kids. Details to follow nearer the time.
- New Club vests are in the final stages of design.....should be available in the next few weeks.

- Amanda is doing a great job in sorting out our membership process.....New Membership cards will be available soon
- The website continues to develop.....Andrew C and Niall T are looking at the possibility of setting up a Members Forum (similar to the FRA version) which will mean that it will be easier to organise impromptu training runs and recces, share transport to and from races and generally keep in touch with other Club Members
- Junior training sessions are working well although we still need to push for push for parental consent forms and encourage regular attendees to join the Club. Reminders to parents will go out shortly.
- Social events feature prominently.....keep watching the website for details

Also.....Richard S will be organising a race at Cautley again this year...on Thursday 19th of June . It looks a great route - full details on the websiteand..... Congratulations to Chris Speight and partner who welcomed Alexander McKenzie into the world in the last few days!!

The Senior Championship has started well and Russell's suggestion that its the first Helm Hill runner home who writes the race report means that I have been relieved of at least one job over the next few weeks

And finally.....did anyone spot a Helm Hill vest in the June edition of Runner's World? Next time you're in WH Smiths have a flick through and see if you can find it!

I think that's about it from me for now.....happy racing!

Tim