

Thornton Cleveleys Running club began life exactly one year ago with the emphasis on fitness and fun.

Bob Fairclough, Gwen James, Julie and myself being the instigators, we were soon followed by Kirsty, Debbie, Simon, Bev, Christine and Steve.

Numbers have continued to rise and as we approach our second year membership will be over the 50 mark which is way beyond the numbers we envisaged.

Unfortunately in August we tragically lost Bob in a motorcycle accident and he has been sorely missed by all who knew him, especially his partner Gwen. He may have gone but he will never be forgotten.

In July we have the first running of the Fairclough 5 around the lanes where Bob spent many a happy hour running over the years.

This is a 5 mile race starting at Stanah and finishing at the Wyreside country park.

If you are considering doing the race please fill in

an entry form and hand it with the appropriate fee to Julie, me or a committee member. If you're not running PLEASE volunteer to help marshal the course and water station. The race will hopefully provide us with much needed club funds.

In the very near future we will be having our Presentation evening and will be presenting "The Fairclough trophy" so as i said Bob will not be forgotten.

In January we entered our first relay. With a team in the challenging Pennine Bridleway. This is a fairly tough off road event in conditions on the day that can be testing but great fun, ask Georgina or Steve.

We now have runners competing in events from fun runs to marathons, Fell races to Triathlons. We have started training sessions on Thursdays for those looking to Hill work and/or Speed work.

We have introduced club competition over various distances for both male and females of differing age groups and in the near future we will

be organising a monthly handicap run over a set distance which will enable you to measure your current fitness by. Details will follow shortly.

On the social side we have had a successful Christmas social night, A treasure hunt that was enjoyed by everyone who took part although some were more competitive than others (Annie)

We've had nights out in various locations around the area. Julie had a great idea for having the occasional takeaway after a Tuesday run and so far we have had Fish and Chips after the illumination run and an Indian takeaway. What next?

We have a training weekend planned for the last weekend in October at Lakeside Carnforth. These weekends are a great success and ideal for building team spirit and camaraderie. The social side isn't bad either. For details see Christine, Julie or me.

Recently Simon has set up an excellent Web site where you can browse for information about the

club, or use the message board to pass on tips and general chit chat.

I would like to finish by thanking Steve Abbott and Thornton Cleveleys football club for inviting us to use the facilities here and we look forward to seeing as many of our members as possible turning out on Tuesday and Thursdays for a run and hopefully staying behind for a social chat or a laugh.

I am very proud to be part of a club that enjoys running whether it's to keep fit, to race or to socialise but ultimately to have FUN.