🏃🏻‍♀️🏃🏻‍♀️🚶‍♀️🏃🏻‍♂️ **2019 & Beyond** 🏃🏻‍♀️🤸🏻‍♀️🏃🏻‍♂️

**B**rough Park Couch to 5K is looking forward to the New Year after having had a great 2018; surpassing the other years for high attendances and all-round, enthusiasm.

Hopefully, there will be many sticking to their resolutions and, despite what weather prevails, getting off that couch and out the door to join the merry band at our event.

**W**e have been more than happy to observe those that were on a decline in health, or in need of a change and an opportunity to meet others and make new friends; all taking up our unique-challenge, on their way to achieving a fuller, happier and more active lifestyle.

**M**ore members than ever have moved onwards and upwards; onwards to take part in other local, events in addition to longer distances elsewhere; upwards by tackling hills other than those within Brough Park.

**I**n addition we have had an influx of more and more family groups taking part; not just youngsters being introduced to participate alongside of parents for the first time but, much older ones coming along, regularly, as part of their family group; with more and more of those going on to receive trophies for attending 25 attendances and upwards.

**T**he events have expanded along with an increased membership; more participating in our Killer 10K’s; a winter training session; we held a fun run alongside of the Leek Half Marathon; two off-site excursions to take part in The Stafford Relays, where 10 teams we entered with a couple in combination with SMAC, and the Meir Park, Congleton, Marathon relay.

In addition to increased numbers dressing up to take part in our own scare-fest at Halloween; where the band stand was decorated by willing volunteers, and the recent attendance of Santa among a mass of related costume-wearing participants.

**O**ur 3rd Birthday was celebrated with the inclusion of a 10K, followed by cakes baked by Deb Knowles. It was also one of the 10K’s entered by Claire Williamson in her goal to 5 x 10K in her 50th year - in fact she commenced and finished that challenge with a BPRC 10K and daughter, Daisy took up her own challenge by being sponsored to raise funds for Sport Relief.

**T**hree of our teenage members elected to volunteer at our ‘community event’ as part of their Duke of Edinburgh Award; getting a feel of the many tasks that make up the weekly events.

Hopefully, they will take things on-board and return to help when they’re not running?

**O**ne sad note, along with a feat that may never be surpassed, is the retirement from running at 84 of stalwart, club member, Bryan Vigrass. Thankfully, you will still see him around: encouraging and directing runners at the cut-off point in addition to presenting trophies.

**T**hanks to the consistent assistance from our regular volunteers and those stepping into the breach at short notice, we have been able to maintain the level of an accurate, results service.

**D**espite that, we are pushing on with fund raising to achieve our aim of acquiring an ‘RFID system’ - individual timing device - to enable those volunteers to have a break, now and again.

To date there have been several large donations and many smaller ones. In order to rekindle this funding we will be renewing our promotions in the near future.

**W**e are open to suggestions if anyone has any ideas for future ‘themed events’ or ways of raising funds.

**O**n the ‘onwards and upwards’ theme, we would like to wish all our members, old and new, the best of fortune for the future.

**See you on Saturday**.

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