

# Annual Report 2020-21

This report covers the year until 31st July, 2021 and was another one impacted by COVID 19, but lockdowns aside, we kept going and are getting back to pre-covid membership numbers. This is a stunning achievement and a testament to our great club and the benefits - physical and mental - we all get from participating.

The running stats for the year tell part of the story - 204 members participated in at least one of the 351 sessions we offered during the eight months of the year clear of lockdowns. Three members ran in more than 100 sessions each! We extended our offering to a variety of runs throughout the week - Fells, Speed sessions, Club runs, De-stressing and Sunday Socials - with a new innovation of Frenchfields mid-week morning runs which attracted a regular, dedicated clientele.

Our thanks go to the Run Leaders and Coaches who make each of these sessions possible.

A real highlight of the year was the Blencathra Fell Race on 3rd July, which was an English Championship event and attracted 314 runners on the day, record times and a real "feel good" atmosphere of all being together and creating something very special for a lot of people. Many thanks for Race Director, Dave Sergeant and his team for pulling all this together in challenging circumstances.

Sadly, Acorn Bank 10k and Haweswater Half Marathon were lost to COVID though planning continued anyway for the 2021-22 events!

20th June was another special day for the club, which saw at least one Eden Runner on each of the 214 Wainwrights during the course of the day. Thanks to Jon Tombs for again creating a wonderful event to bring members together.

Within Eden Runners we have a dedicated Juniors section which is ably led by Claire Hebidge and Derek Hurton and a team of coaches who put on activities each week for 90 members with ages ranging from 8 to 18. We have some very talented youngsters coming through the ranks and it is a joy to see young people enjoying their running.

Financially, we posted a surplus of £3,444 with our main cost being member subscription fees to England Athletics. The full details of our accounts are attached and you will note the support we received from Pride in Penrith Lottery for our equipment storage container.

Finally, I would like to thank all the Club Committee Members and Officers for their support and guidance in keeping things going during another tricky year. We say thank you to committee members who are not standing for re-election - Julia King, Carolyn Burns and Joanne May - thanks for your work on the committee and dedication to the club and we look forward to continuing to run with you and take your support!

Finally, I would encourage members to join the club or race committee or volunteer as a run leader or coach. We are lucky to be part of a thriving club which helps keep us all fit, healthy and energetic - but it relies on volunteers to keep things active and renewed.

Take care of yourself and each other ... see you out there!

Best wishes

Stuart Lowthian  
CHAIR PERSON