



## Longstanton Limpers 2018-19

Looking back over the last year, Longstanton Limpers have had a very exciting 12 months, which saw the club become a 'proper' institution when we became affiliated to England Athletics. We've been able to offer more and from a standing start the club has developed to the point that we now have over 25 paying members - so you may have seen more of our purple shirts around.

We're still the friendly bunch of runners that we've always been, we're just slowly getting more organised! We've had generous support from the Parish Council which has enabled us to access training and development which we've used to improve both the three free 'Couch to 5k' introductory courses, and the club more generally. We've run courses that have drawn in people from the new houses in Northstowe, and have engaged with the community there.

We have also been busy putting on three bespoke training courses for members, two 10k races, a track session, and have firmly established the regular weekly social run on Mondays at 7:30. It has been great to see people who have finished the Couch to 5k courses taking up running regularly and seeing some benefits.

The members have been busy in races including yesterday's London Marathon, the Milton Keynes Marathon, the Amsterdam Half Marathon and also representing at the local events large and small from Cambridge Half to Fen Gallop, to the Cottenham 7k.

Overall we've put around 200 hours into the community and are well into planning how to keep improving and developing over the next year. Plans include developing and running some events to support the Big Weekend, starting to plan ahead for a 'proper' 5k event in the village, and continuing to support and develop our membership.