



## **FALMOUTH ROAD RUNNERS – A HISTORY**

**By Stan Gwynne, Founder Member**

It does not seem possible that just over twenty-three years ago a small group of enthusiastic runners got together in the changing rooms of the Falmouth Rugby Club to form what has become the Falmouth Road Runners. In January 1987 at a meeting in the house of one of the runners the club was officially adopted, a chairman, a treasurer and secretary elected and from then the club developed very quickly.

Soon they were taking part in interclub events, which eventually was to become the now established Cornwall Grand Prix of Road Running. Individual members were soon winning trophies and some team events, particularly the women. Events were also attended out of county, such as the London Marathon and other notable road races.

Very soon it became apparent that a more suitable H.Q. was needed. Contact was made through members with the Falmouth Sports Club who invited the road runners to use their facilities and become a branch of their club. This was accepted and has continued to be the club's H.Q. ever since.

As the years have gone by the membership has grown at a steady rate to the present level of over a hundred members. Recent recruiting has been very good. The balance is such that the ladies outnumber the men.

Should any would-be runners consider joining we cater for all standards and by organising the training in several groups from the fastest to the slowest it is possible to find a group to suit your ability.

The club is affiliated to England Athletics and through its organisation several members have become qualified coaches. These are used to supervise the groups led overall by the club captain. Because of the membership increasing strength, the



number of coaches is expected to increase. Some members have also become qualified first-aiders to be able to deal with incidents while out on a group run.

In addition to the club being affiliated to England Athletics, each person that becomes a member is also individually affiliated through the joining fee. This gives them their own registration number for use when entering races and entitles them to reduced entry fees.

The Cornwall Grand Prix of Road Running, which runs from January to November, provides the main source of events from four miles up to marathon distance races. This year four have already been held and Falmouth Road Runners have been well represented. In addition, other events around the UK and further afield are in this year's diary. Chairperson Dr. Janet Watson has already competed in the Brighton Half Marathon, the Belvoir Challenge (16 miles) and the Boston Marathon. A very keen runner and triathlete, she is also a personal trainer and nutritionist dealing with diet and foods suitable for sports activities.

To highlight the enthusiasm of some of the club members, in 2009 Debra Clarke travelled the UK to race venues and achieved for herself and a first for the club to complete forty races within twelve months. Janet Watson also competed in quite a number of events in the UK and abroad.

For several years now the club has provided marshals for the annual Cancer Research Race For Life event, which attracts nearly 2000 runners. Also, the club organises the Mob Match in November each year, a five-mile team-based run around Falmouth. Traditionally the annual prize-giving for the Cornwall Grand Prix of Road Running takes place after the Mob Match in the Falmouth Beach Hotel.

The club is not only about running; the social aspect is also catered for to add interest and contribute towards the well being of the members. The club has recently experienced probably its best-ever Annual Dinner & Dance since the club was



formed, and there are regular 'Social Supper' evenings once a month after the club run.

To conclude this history of the club it is hoped it will indicate a club worth considering for your running needs. There is never any pressure to become a member – just give it a try.

The motto adopted for the club is, we feel, most apt: "An Altogether Friendlier Running Club". We are sure it will be proven if you join. Visit our website [www.falmouthroadrunners.co.uk](http://www.falmouthroadrunners.co.uk) for more information.