

We can't all win but we can all be winners!



It's all about taking part!

I have always been an active runner throughout my life. Always a constant...With a number of injuries in recent years, I made the decision to stop competing, run for the sheer pleasure and to become involved in other ways.

This now involves a number of roles, and one of which recently allowed me the privilege to present awards after a day of cross country running which involved a range of age groups. From Under 11s, right through to Senior Women, and finally Senior Men!

Watching the various races on Saturday, got me thinking...The featured picture is the start of the Under 11s race. There were 142 plucky youngsters all having a go! Of course, there could only be one winner, yet by purely putting themselves on the start line, they were all winners. Testing themselves against one another. Knowing that they were unlikely to win. Challenging themselves to do their very best...Being part of a team. Running through the mud of the course. Being encouraged by their friends and families.

The men's senior race was no different...493 men on the start line. One being an athlete that has beaten Mo Farah twice, and who expectedly won the race. Exactly the same pattern. One winner and 492 others all taking part.

Of course everyone had a chance of winning and to have that chance you had to be there. But what is actually happening is the whole picture...The attempt...The effort...The training...The resilience...Not giving up...No fear of failure...Team support...Team encouragement...Trying again the following week.

It must sound familiar...The same pattern that emerges as humans in all of our daily lives.

Our brave attempts to better ourselves.

The delight when we succeed.

And always remembering that winning may sometimes evade us, but it's the taking part that counts.

"Never give up. It's like breathing—once you quit, your flame dies letting total darkness extinguish every last gasp of hope. You can't do that. You must continue taking in even the shallowest of breaths, continue putting forth even the smallest of efforts to sustain your dreams.

Don't ever, ever, ever give up."

– Richelle E. Goodrich, Smile Anyway