

Cornelly Striders

WHAT A YEAR !!!!! REALITY THE LAST FEW MONTHS 😊



ANNIE GETS MARRIED

"Breaking news: Annie has officially upgraded her Strava status from 'Single Strider' to 'Married Milestone!' She's tied the knot—though rumor has it she tried to negative split the ceremony. The vows were strong, the rings were shiny, and the reception had more laps than a track meet. Congrats, Annie—may your love last longer than an ultra!"

Harbwr Deli

"Harbwr Deli's Pizza & Pint combo was such a hit, we're considering making it an official recovery strategy. Who needs electrolytes when you've got melted cheese and a cold one? Warning: may cause spontaneous carb-loading

QUEEN !!!

"The Striders packed the house for a sell-out show where one of their own went full Freddie Mercury. From the first chord, the atmosphere was electric—though some swear it was just the static from all those running vests rubbing together. Rumor has it, the encore was so good, even Garmin tried to record it as a workout!"



Dear Committee Members and Volunteers and anyone I have missed

On behalf of the entire Cornelly Striders family, I want to extend our deepest gratitude for the incredible effort, time, and dedication you've given throughout the year. Every event, every gathering, and every detail that made our club so vibrant and welcoming is thanks to your hard work behind the scenes. Your commitment has created opportunities for us to celebrate milestones, share laughter, and strengthen the bonds that make our community so special. From organizing races and socials to ensuring everything runs smoothly, you've gone above and beyond—and it hasn't gone unnoticed.

Congratulations everyone

"All those PBs and milestones deserve a round of applause—so give yourselves a clap! Or, if you're still too tired from smashing those times, just lightly tap your Garmin and pretend it's applause. Either way, you've earned it!"

PS.

There are too many to mention !!!!! 😊

ALL THE PB'S AND MILESTONES

GIVE YOURSELVES
A CLAP



MILESTONES

"The Bib That Lied"

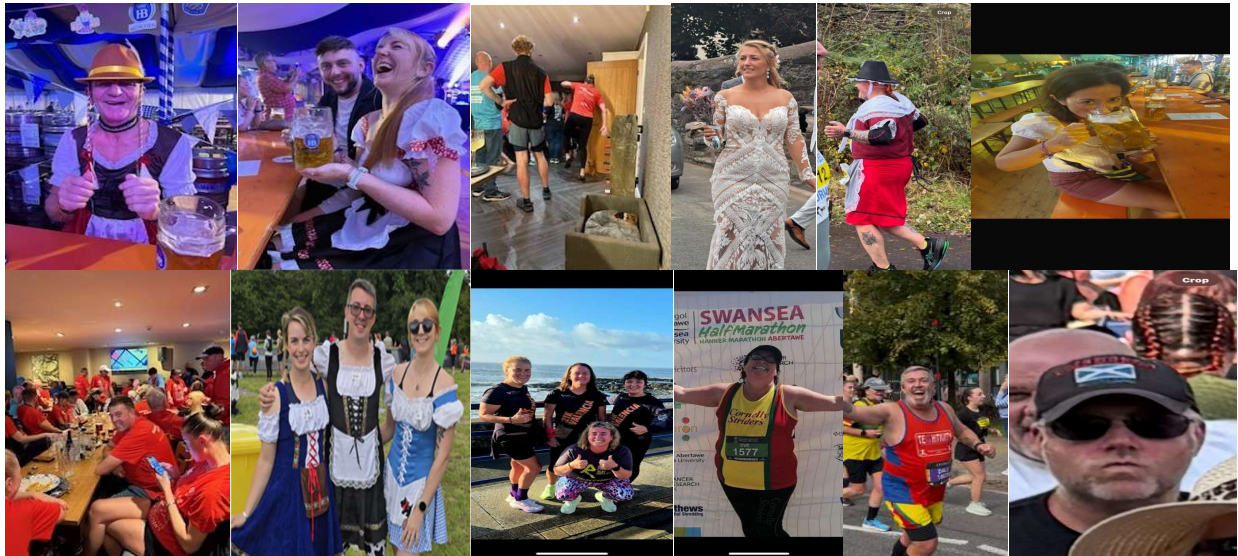
I lined up proud, my legs felt strong,
But my name? Oh dear—it was all wrong!
I borrowed a bib, thought, *what's the harm?*
Now I'm banned for life—no race, no charm.

I sprinted fast, I claimed my prize,
But rules don't bend for cheeky lies.
Now every start line mocks my fate,
'Wrong-name runner? Sorry, mate!'

So learn from me, don't play that game,
Run as yourself, and earn your name.
Because nothing stings quite like this brand:
A PB lost... and a lifetime banned!

Dear Social Committee,

I wanted to take a moment to express our heartfelt gratitude for everything you've done to make this year so special. From planning events to creating unforgettable moments, your hard work and creativity have truly brought our community together. Every gathering, celebration, and social activity has been a reflection of your dedication and enthusiasm. You've managed to turn ideas into experiences that everyone looks forward to, and that's no small feat! Your efforts have strengthened the bonds within our group and made every occasion feel like something extraordinary. On behalf of all of us, thank you for the time, energy, and passion you've poured into making our social calendar such a success. We appreciate you more than words can say—and we can't wait to see what you dream up next!



“The Striders’ Great UK (and Palma!) Tour”

Not factual or accurate 😊

It all started with Cardiff Half. The Striders turned up like a yellow army, so bright the sun asked for sunglasses. They ran with grit, grace, and just enough energy left for the after-party—because hydration comes in many forms.

Next stop: Swansea 10K. The plan? “Take it easy.” Reality? They treated it like a sprint finish from mile one. Locals are still wondering if those yellow vests were jet- powered.

Then came the Richard Burton 10K—where the hills were steep, but the Striders were steeper. Rumor has it one runner asked, “Is this a race or a stairway to heaven?”

Dewi Sant? They showed up like saints but ran like sinners chasing a PB. Even the daffodils were impressed.

Palma Marathon was the big one. Justine smashed her age category, and the rest of the crew discovered that sangria counts as carb-loading. The finish line was hot, but the Striders were hotter—mostly because they forgot sunscreen.

Snowdon? Oh yes, they climbed mountains just to run down them again. One Strider was overheard saying, “I thought this was a half marathon, not a survival course!”

Castle to Castle well its all down hill !!!

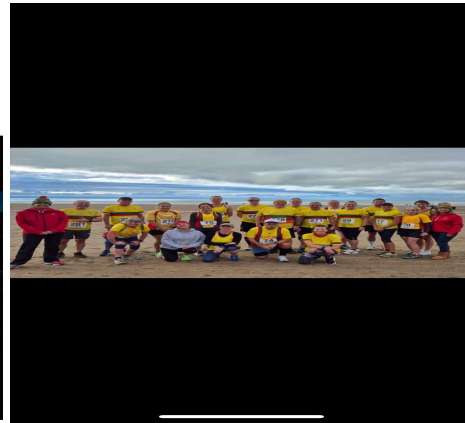
And then... the park runs. All of them. Everywhere. From Porthcawl to somewhere in the UK , the Striders popped up like yellow confetti. Some say if you stand still long enough at any UK parkrun, a Cornelly vest will eventually jog past.

Moral of the story:

If there’s a start line, the Striders will find it. If there’s a finish line, they’ll cross it. And if there’s a pub nearby... well, you know the rest.



Entries are open <https://www.resultsbase.net/event/7623>



07:03

5G 94%

07:03

5G 94%

www.westglamleague.co.uk
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Male - Team Standings

Club	MP1	MP2	LP1	LP2	MatchPoint	LeaguePoint
SWANSEA HARRIERS	2445	2414	8	8	4859	1
RUN4 ALL BLACKS	2312	2408	6	7	4720	2
AMMAN VALLEY HARRIERS	2384	2295	7	5	4679	3
PORT TALBOT HARRIERS	2244	2280	5	3	4524	4
3M GORSEINON	2222	2280	4	4	4502	5
NEATH HARRIERS	978	2390	1	6	3368	6
PTH WIZARDS	1924	1979	2	2	3903	7
FERRY FLATLINERS	1972	426	3	1	2398	8

Club	MP1	MP2	LP1	LP2	MatchPoint	LeaguePoint
OGMORE PHOENIX RUNNERS	2403	2409	8	8	4812	1
TRI HARD HARRIERS	2344	2254	7	7	4598	2
PEAK PERFORMANCE	2269	2223	6	5	4492	3
SWANSEA VALE TRI	2263	2226	5	6	4489	4
NEATH BLACK TUESDAY	2115	2174	4	4	4289	5
CELTIC TRI	2075	2049	2	3	4124	6
TRI HARD TITANS	2088	1886	3	1	3974	7
CLWB RHEDEG PONTARDAWE	1851	2016	1	2	3867	8

Club	MP1	MP2	LP1	LP2	MatchPoint	LeaguePoint
TEAM GJE	2010	2361	7	9	4371	1
TROTS	2163	2016	9	7	4179	2
PORHCRAWL RUNNERS	2013	2075	8	8	4088	3
SOSPAN RR	1902	1824	6	4	3726	4
BRACKLA HARRIERS	1211	1994	3	6	3205	5
RUN4ALL YELLOW	1671	1702	4	3	3373	6
NORTH DOCK DREDGERS	1783	825	5	2	2608	7
CORNELLY STRIDERS	708	1974	1	5	2682	8
LLANELLI AC	1079	694	2	1	1773	9

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Female Team Standings

Club	MP1	MP2	LP1	LP2	MatchPoints	League
RUN4ALL BLACKS	2434	2355	8	7	4789	1
TROTS	2426	2334	7	6	4760	2
TRI HARD HARRIERS	2329	2367	5	8	4696	3
CELTIC TRI	2343	2285	6	3	4628	4
3M GORSEINON	2306	2294	4	4	4600	5
PORT TALBOT HARRIERS	2245	2331	3	5	4576	6
AMMAN VALLEY HARRIERS	2169	2223	2	2	4392	7
SWANSEA HARRIERS LADIES	1352	499	1	1	1851	8

Club	MP1	MP2	LP1	LP2	MatchPoints	Le
SWANSEA VALE TRI	2327	2278	7	7	4605	1
SOSPAN RR	2342	2252	8	5	4594	2
OGMORE PHOENIX RUNNERS	2249	2275	6	6	4524	3
PORHCRAWL RUNNERS	972	2305	1	8	3277	4
CLWB RHEDEG PONTARDAWE	2213	2073	5	3	4286	5
CORNELLY STRIDERS	1897	2181	3	4	4078	6
FERRY FLATLINERS	2117	817	4	2	2934	7
NEATH HARRIERS LADIES	1823	0	2	0	1823	8

Club	MP1	MP2	LP1	LP2	MatchPoints	League
PEAK PERFORMANCE	2243	2202	6	6	4445	1
TEAM GJE	1990	2201	5	5	4191	2
RUN4ALL YELLOW	1930	1899	4	4	3829	3
BRACKLA HARRIERS	689	1727	2	3	2416	4
NORTH DOCK DREDGERS	764	1236	3	2	2000	5
LLANELLI AC	367	366	1	1	733	6

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"BCRL & West Glam – you brought the speed, we brought the yellow! 🏆 Huge congrats to all Cornelly Striders who raced. You didn't just run... you made the SAND question its life choices. Striders: turning every race into a QUEST of sweat and glory since forever! 🏃💪"

“Clap for the Champs”

The Striders have run far and wide,
With PBs stacked up side by side.
They’ve conquered the hills,
And smashed all the drills,
Now clap till your Garmin’s fried!

From milestones big to records small,
They’ve sprinted, jogged, and given their all.
So raise up a cheer,
For the Striders this year—
Next season? We’ll *outrun them all!*

“New Members Welcome to the Yellow Army”

You’ve joined the Striders—what a bold move!
We run in a pack with plenty of groove.
From parkrun jogs to marathons grand,
We’ll cheer you on with Garmin in hand.

We love a good hill (well... that’s a lie),
But we’ll tackle it together and still aim high.
So lace up your shoes, and don’t you delay,
Because with Cornelly Striders—you’ll never stray!

💎 A New Year, A New Stride 💎

As the clock struck midnight, the Cornelly Striders didn’t just make resolutions—they made *plans to fly*. The first sunrise of the year found them lacing up, hearts full of passion and legs ready to chase dreams across every road and trail.

January wasn’t just cold—it was electric. Every run carried laughter, grit, and the promise of something bigger. From frosty mornings to golden sunsets, the Striders showed that running isn’t just about miles—it’s about moments, friendships, and the fire that keeps us moving forward.

And as the year unfolds, one thing is certain: **we’ll take every challenge in our stride**. Because together, we’re unstoppable. Here’s to new races, new records, and new memories that will make 2026 the year we shine brighter than ever. 🧡

Cornelly Striders: Passion in every step, pride in every finish. Let’s make this year legendary! 🏃🔥

