

26.2 RRC Monthly Newsletter

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26.2 January Newsletter

Dear <<First Name>>

Happy new year and welcome once again to your club newsletter!

This month's running order...

- Upcoming Grand Prix Races
- Membership Renewals

- Mob Match Report
- Zero 2 Hero - Couch to 5k
- Cross Country
- Club Kit
- Winter Hats
- Green Belt Relay
- Annual Awards Dinner

Upcoming Grand Prix Races

The next GP race is not too far away now - GP9 Second Sunday 5 Miles will be held this **Sunday 10th January at 9:30am**. Entries to this Thames Hare and Hounds event are just £3. Entries are likely to be possible on the day (though not guaranteed).

To recap, the remaining GP races of the seasons are;

GP9 Second Sunday 5 Miles Sunday 10th January

GP10 Bookham 10k Sunday February 7th

GP11 Crane parkrun Saturday 27th February

GP12 The Brooks Fleet Half Marathon Sunday 20th March 2016

The final GP, the Fleet Half Marathon, is likely to sell out very, very soon so if you do want to join the 24 other members already signed up, we suggest **you sign up ASAP**.

MEMBERSHIP RENEWALS

Membership renewals are due on 31st January!

26.2 RRC Membership = £15

England Athletics Affiliation = £12

Fees can be paid via Bank Transfer (preferably), Paypal via the club website (£1 surcharge) or via cash or cheque given to David Pearce or Kate Hancock.

Bank Transfer to 20-84-17 / 00897302 (add your name as the reference)

All cheques should be made payable to 26.2 RRC

Stragglers Mob Match

On 20th December, we again faced off against our local rivals The Stragglers in our annual 'mob match'. Whilst we lost 78 - 114 in terms of turnout, the club can be proud that 38% of our membership turned out against just 24% of theirs. Special mentions should also go to Libby Marchant who finished as First Lady and David George who won the Buster Trophy (first runner with a dog) - well done to both!

Zero 2 Hero - a couch to 5k course

Club Captain Kevin Stone has created a new couch-to-5k initiative aimed at people looking to get into running or return after a period away. The course is due to start on 18th January.

If you know of any friends or family who would like to join this free ten week course, they can find further information at zero2hero.org.uk or email on info@zero2hero.org.uk

Cross Country

The third Cross Country fixtures for the Men and Ladies teams are hosted by Elmbridge Road Runners and Reigate Priory AC on **Saturday 16th January**.

The Men's fixture is at **2.30pm** and is being hosted by Elmbridge Road Runners at Oxshott Woods. Full details can be found on the [2XU Cross Country website](#). Parking will be available at Oxshott train station.

The Ladies' fixture is at **midday**, is hosted by Reigate Priory AC and is at Priory Park in Reigate. Parking can be found in the Bell Street pay and display, the Bancroft multi-storey or at the Morrison's supermarket (restrictions apply).

The final fixture is on **Saturday 13th February** (Ladies at midday, Men at 2pm).

ALL members are encouraged to come and represent the club in these fixtures! Cross Country makes for a interesting change to the usual road races and is most certainly not all about speed. The more members that turn out for the club the better! Most races are between four and six miles and are largely off-road on paths, fields and trails. Cross country spikes are not required - indeed very few wear them - though trail shoes are recommended. Post race cakes make the day worth it alone and many members will often meet in the afternoon and evening for a drink and a curry afterwards.

If you are interested in taking part, please do let Ann Bath or Moustafa Fawzy know and state your interest to them or to the club via the forum, in person or via Facebook. You can run as many or as few of the fixtures as you like and they are of course free!

We are particularly in need of more members to join the Ladies team - so whether you've never given it a try or would like to return after a break, please do come along!

Club Kit

The current order window is closing this Friday 8th January at 5pm. Kit from this order should reach you by mid-February.

Orders placed after this Friday will be made by our kit supplier once the minimum number of orders has been reached. This will be communicated when appropriate. For any enquiries regarding the kit, please do contact the 26.2 Kit Team using the link at the bottom of this email.

Additionally, new training tops will be available for order in February. More details will be released on this shortly.

Winter Hats

As you've no probably heard, it's about to get rather cold! The club have a supply of 26.2 winter hats available to purchase for just £5. They can be collected from the club and paid for in cash or via bank transfer.

Green Belt Relay - 21st - 22nd May 2016

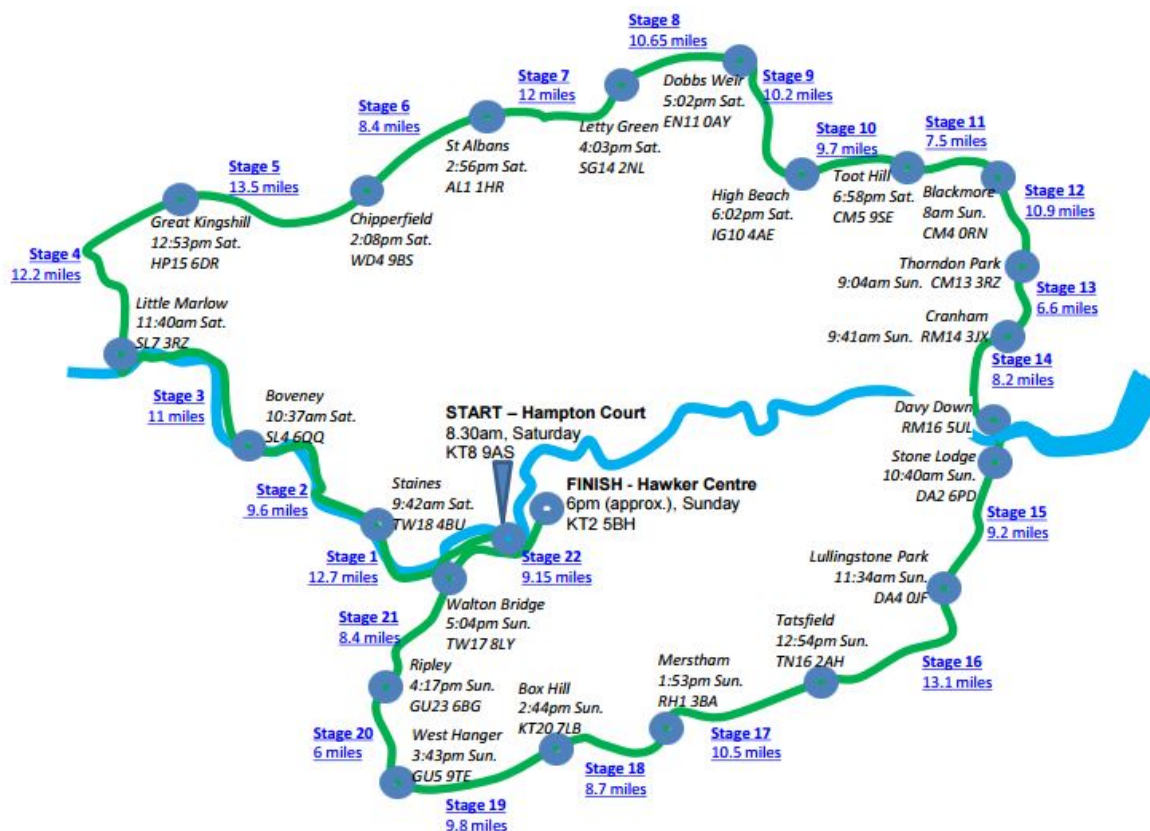
The club have again committed to send teams to this exciting, epic and well attended race. Full details can be found on the [race website](#) but in short, it's a two day relay race starting in Hampton Court and ending at the Hawker Centre in Ham the following day. Teams of runners run in relay along the length of the course which roughly follows the Green Belt Way, around the outside edges of Greater London. A picture of the course is at the bottom of this email. Runners must commit to run one leg per day (legs vary in length from 6 - 13 miles).

If you would like to participate, please do make yourself known to the Club Captain, Chairman or Membership Secretary via the links at the bottom of this mail. Entry is free as the club subsidise this race for it's members (any required accommodation is not subsidised).

Annual Awards Dinner

The 26.2 RRC Annual Awards Dinner has been confirmed for Saturday 7th May, at the Holiday Inn Hotel on the Portsmouth Road in Surbiton. The Committee will send out details in the near future for you to buy your tickets. It's always a great evening and we do hope to see many of you there. Non-running partners are of course welcome too!

Happy running!!



The 2016 Green Belt Relay Route



Ladies Cross Country Team at Roundshaw Park
 (photo by V.Kirk)



Men's Cross Country Team at Epsom Downs for Fixture 2
 (Photo by R. Lambrix)

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