

26.2 RRC Newsletter

From: 26.2 RRC Newsletter <news@26point2.co.uk>
Sent: 02 July 2015 22:46
Subject: 26.2 RRC Newsletter July 2015

Dear 26.2 RRC Member

Welcome to the new 26.2 RRC Newsletter!

Your club Committee recently took the decision to re-launch the club newsletter so that we can better communicate with our members and ensure everyone is up to speed on all things 26.2! Any and all suggestions for future editions would be more than welcome so please feel free to email this address with anything you would like to see included.

Upcoming Events

Captain's BBQ – Sunday 26th July at midday

Why not come and join us at Horton Country Park from midday for our annual Captains BBQ! Bring the family (no dogs allowed) and come and join in the fun. The club will provide all the meat and bread all you need to bring is your salads, snacks and drinks, we will do the rest. If you fancy yourself as a tug-o-war champ, think you can throw a welly further than anyone else or maybe the three-legged race is your thing, whatever it is we'll probably be having some fun playing it!

Club Grand Prix Races – With our first GP race completed earlier in June, the GP races and Club Championships now come thick and fast!

GP2 Claygate Country Five – Sunday 5th July at 10.30am - <http://claygatecountryfive.com/>

The second club GP race of the season after the excellent Club Mile Championship. A fantastic local race, mostly on pathways and trails in and around Claygate. Entries are just £12 in advance or £15 on the day.

GP3 Harry Hawkes 10 – Sunday 19th July at 9.30am - <http://www.harryhawkes10.com/>

The third GP race of the season and also the club 10 Mile Championship. Be sure to get your entries in really soon because the race is already looking very full and will certainly sell out before too long!! Online entries are £23 for UKA affiliated runners and £25 for non UKA runners. The club have however secured an online discount code for our members – it is **262HH15** – please do not give this code out to non-members.

GP4 The Perseverance Wimbledon Dash 5k – Sunday 9th August at 9am -

<http://www.herculeswimbledonac.org.uk/Perseverance-5k.html>

GP4 is also the club 5k Championship and all for the bargain price of £7.

GP5 Barns Green Half Marathon – Sunday 27th September at 10am - <http://www.barnsgreen-half.org.uk/>

GP5 is also the club Half Marathon Championship. Entries are £22 for UKA affiliated runners and £24 for those without a UKA licence.

GP6 Surrey Cross Country Fixture 1 – Saturday 10th October – Ladies at 12pm, Men at 3pm – VENUE TBC

The venue for this race is still to be decided. For those of you who may be new to Cross Country and are perhaps are unsure of what to expect, please do ask your fellow members if you would like to know more. Cross Country is a rare opportunity for runners to compete together as a team and in keeping with that team spirit, our members often head off for a celebratory curry afterwards near the club. Oh and there will be cakes. Lots of cakes.

Other Dates For Your Diary

Elmbridge 10k – Sunday 26th July at 9am - <http://www.elmbridgeroadrunners.co.uk/pages/2-10K.html>

A firm local favourite race – a perfect way to prepare for the Captain's BBQ which follows later that day. Whilst not a club GP race this year, as a Surrey Road League competition this race does count towards qualification for our club London Marathon ballot.

Wedding Day 7k – Friday 31st July at 7.30pm - <https://www.sportsystems.co.uk/ss/event/WeddingDay7K20152>

Ever a favourite amongst our members, organised by The Stragglers, the Wedding Day 7k returns again. A fast and flat course give runners a good opportunity to really attack this uncommon distance. Entries are £13 for UK Athletics affiliated runners and £15 for those without a UKA licence.

The River Relay – Sunday 6th September - <http://www.stragglers.org/index.php/77-stragglers/480-river-relay-6-sept-2015>

If you would like to run in this exciting baton relay race, please could you contact Club Captain Kevin Stone on captain@26point2.co.uk or let him know in person. Alternatively of course members are free to set up their own teams!

Your Club Committee

A number of valued and long standing members stood down from Committee duties at this year's AGM and as such there are a number of new Committee members. The club Committee are volunteers elected by our members who assist with the day to day running of our club. Committee information and contact details can be found on the club website by clicking [here](#).

The Committee always publish the minutes of our meetings which can be downloaded from the [Downloads](#) section of the website. The Committee meetings are held at the SRFC, with the date and time confirmed in the minutes of the previous meeting. The next Committee meeting is Wednesday 15th July at 8.30pm and non-Committee members are welcome to attend and observe these meetings!

UK Athletics Affiliation

As a member of a UK Athletics affiliated running club, you are entitled to request a UKA Licence. There are a huge number of benefits to UKA Affiliation which are outlined [here](#) on the England Athletics website. The cost of affiliation is £12 per runner and entitles you to £2 off entry to UKA registered races. Additionally, many specialist running stores such as Sweatshop, Up & Running, Runners Need and Run To Live will give you generous discounts on in store purchases when you present your England Athletics membership card. The club also receive one London Marathon place per 50 of our UKA runners. All of our UKA members who fulfil the qualifying criteria will be entered into a ballot to win one of these places. With over 270,000 entrants into this year's London Marathon public ballot, every extra chance counts! Full details of our ballot can be found [here](#).

If you would like to become a UKA affiliated runner, please contact our Membership Secretary, Kate Hancock on membership@26point2.co.uk or speak to her in person on a club night.

Club Track Nights

Club track nights are held on the last Wednesday of every month at Kingsmeadow Athletics stadium in Kingston. Sessions are taken by members Danny Norman and David Pimm and are pitched at runners of all abilities. If track running isn't something you are familiar with but would like to try out, our club nights are a perfect introduction where you will be supported by fellow members running at different speeds. Entry to the track is just £3.40, with free parking, showers and changing facilities all included.

That's all for this month - happy running!

Happy running!

