

26.2 RRC Monthly Newsletter

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26.2 March Newsletter

Dear <<First Name>>

This month's running order...

- Membership Renewals
- New Club Website
- Annual Awards Dinner

- Valentine's 10k
- Zero 2 Hero Update
- Grand Prix Season
- Cross Country Roundup
- Club Kit
- Green Belt Relay
- 26.2 Instagram and Strava Accounts

MEMBERSHIP RENEWALS

Membership renewals are now DUE and must be paid ASAP

26.2 RRC Membership with England Athletics Affiliation = £27

26.2 RRC Membership without England Athletics Affiliation = £15

It's worth remembering that an EA affiliation not only entitles you to £2 off most race entries but is also necessary for you to qualify for the club London Marathon ballot. Additionally, the more EA members we have, the more spots we get from the London Marathon organisers!

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

Bank Transfer to 20-84-17 / 00897302 (**add your name as the reference so we can identify you've paid**)

All cheques should be made payable to **26.2 RRC**

If you would prefer not to renew your membership this year, please do email the Membership Secretary using the link at the bottom of the newsletter and we'll stop pestering you!

New Club Website

You will shortly be seeing your new, shiny, modern and generally-lovely club website. The existing website has come to the end of its useful life and is going to be put out to pasture. Fear not, in its place will be a new website which will deliver everything the current site does and more. The web address will stay the same though.

You will receive an email asking you to reset your password so you can access the member-only sections of the new website. If you do not receive this mail, then this may mean your email address on your online profile is out of date. Alternatively please do check your spam folders. If you have any issues, please do reply to this mail, email the website address using the link below or let us know on Facebook.

It's at this point that we should all thank club member Kevin Furlong for the literally hundreds of man hours he has spent maintaining the website in recent years. Without Kevin, it's unlikely we'd have had a functioning website! By moving to the new website, Kevin's quality of life should drastically improve as it had become quite burdensome to maintain and keep secure!

Alongside the Committee, the new website team of Richard Kirk, Lawrence Bromley and Kevin Furlong are just putting the finishing touches to everything and it should go live this week. Richard in particular has spent many hours on this project and we are indebted to him for his efforts and expertise.

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!

Valentine's 10k - A roaring success!

The club would love to say a big thank you to all the volunteers who turned out on the day to ensure everything went smoothly. This year's race was a spectacular success, with more entrants and finishers than we've had since 2010.

The race itself was of course organised this year by Race Director Danny Norman. Danny deserves an enormous amount of credit for the work he put in, which ensured the race was a success for both the runners and the club. The race is vital for the long term future of the club, so well done Danny.

No man works alone though and there were many members who assisted Danny along the way with the enormous number of tasks in the months leading up to the race and of course on the day itself. Special mention should probably go to Richard Kirk and Kevin Furlong for their work on the V10k website, Kate Hancock for keeping the entries in order, Grant Davidson for organising the marshals and former RD Kevin Stone for helping Danny in his inaugural year as RD.

Zero 2 Hero Update

As many of you will be aware, Club Captain Kevin Stone, ably assisted by other 26.2 members, have been mentoring the first intake of new runners who signed up to the **Zero 2 Hero** initiative.

To say that it's been a success so far would be a massive understatement. The demand has been huge and the improvements made by all of the participants have been great to see, with some of them completing their first parkrun a couple of weeks ago. Kevin and the Zero 2 Hero runners are due to

attend Kingston parkrun on April 16th to mark the end of their course. It would be great to see club members, sporting their 26.2 kit to congratulate Kevin and the runners on the day!

This is a great initiative by Kevin and should increase the awareness of the club in the local community and also help more people fall in love with and benefit from running who otherwise may not have taken it up.

If you know of anyone who may be interested to join in, the next intake is due to begin in July and information can be found on the Zero 2 Hero [website](#).

Grand Prix Races

GP11 was at Crane parkrun last Saturday. We had a great turnout of 26 runners who were all well looked after by the volunteers at Crane. There were some really strong performances and Alastair McGeoch-Williams (first male finisher) and Steve Ramek further solidified their hold on the Men's competitions. Libby Marchant (first female finisher) also had a good run, as did Andrea Bennett who sits atop the Ladies GP competitions.

Full results are available [online](#).

The final race of the season is The Brooks Fleet Half Marathon on **Sunday 20th March (entries now closed)**.

The new season kicks off as ever with the Club One Mile Championship on **Wednesday 1st June** at [Kingsmeadow Athletics Track](#). This is always a well attended event so please do come along and let's hope for weather like last year!

The subsequent batch of the 2016-17 fixtures will be announced in due course. If you have a race which you would like to see as a Grand Prix fixture, please do reply to this mail or contact Libby Marchant or Lawrence Bromley. Races should ideally be local (within 45 mins) and we give preference to 'non-commercial' races which are better value for money and help support local clubs and businesses.

Cross Country

The final fixtures at Lloyd Park and Richmond Park brought the Cross Country season to a very muddy and windy conclusion last month. In a well contested final fixture, Moustafa led our Men's team to a 7th place finish on the day to finish 5th place in the nine-team Division Three. A superb effort from everyone after being promoted.

The Ladies team finished the season excellently and placed 13th at Richmond Park to finish 9th overall for the season in the 38 team Division Two. A superb season for Captain Ann Bath and the rest of the

team!

Full season results are available [online](#).

Club Kit

There is currently an order window open. If you wish to order new kit please do so now. The minimum order amount has been reached and the **window will close on March 9th**.

Our supplier has a new website and updated instructions on the ordering process can be downloaded from our website [here](#). 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, with a new design (but in the familiar colours) will be available very soon. The Kit team will send out an email with all the details shortly.

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).

26.2 Instagram and Strava Accounts

A new 26.2 Instagram account has been launched. We know many people love sharing their running photos and we'd like to share photos of our members out running or at club events. Our Instagram account is **@26.2rrc** and if you have any photos you'd like us to put up, please do either email them to news@26point2.co.uk or post them up on the Facebook page.

Additionally we have a **26.2 Strava club**. This has been around for sometime but has now had a bit of spring cleaning so only 26.2 members are in it. If you would like to join it, you can do so [here](#). You'll see a nice addition on the new website which will feature this online club more prominently!

Dates For Your Diary... In Summary

GP12 Fleet Half Marathon - 20th March

Awards Dinner - 7th May

Green Belt Rely - 21st/22nd May

GP1 - Club One Mile Championship - 1st June

Cotswold 24 Hour Relay Race - 23rd/24th July

Happy running!!



Cold, windy and yet no doubt still enjoyable - the Ladies' team at the final Cross Country fixture of the season



The Men's XC team (minus a few who were bothering to warmup) at the final fixture of the season in Lloyd Park *(photo by A. Jewel)*

If you have any suggestions for future newsletters or any topics you would like to see covered, please do let us know!



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26.2 News

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