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26.2 RRC Monthly Newsletter

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26.2 November Newsletter

Dear <<First Name>>

Welcome once again to your club newsletter.

The last month has certainly been a busy one for the club and its members. The Cross Country continued in damp and windy fashion, the GP season continued in foggy fashion and there were marathons aplenty. We've also got details for the Christmas party and the club London Marathon ballot...

Christmas Party!

Whilst November is clearly too early to put up Christmas decorations, it's certainly not too early to remind you all that the club Christmas party is just around the corner on **Wednesday 16th December!** Festivities will begin at 8pm, at the club, after the scheduled hills session that evening. Please do come along and of course all of your families are welcome too.

Club London Marathon Ballot

The club have received two guaranteed entries for the 2016 London Marathon from England Athletics. All EA affiliated members who have met the club's qualifying criteria can enter the ballot. As is always the case, demand for these prized entries will be high, so please do only enter the ballot if you feel you will have a realistic chance of running in the 2016 race.

Upcoming Grand Prix Races

The next GP race is not too far away now - GP8 The Pirie 10 Mile will be held on **Sunday 6th December** and is the last GP event to count towards the club London Marathon ballot. Full details are available from the South London Harriers website. Entries are just £10-12 in advance.

GP9 Second Sunday 5 Miles **Sunday 10th January**

GP10 Bookham 10k **Sunday February 7th**

GP11 Crane parkrun **Saturday 27th February**

GP12 has now been confirmed as The Brooks Fleet Half Marathon on **Sunday 20th March 2016**. This is a superb race and **will no doubt sell out** as it does every year. Please do make sure you get your entries in now as they will likely close sometime early in January - if not before!

Stragglers Mob Match

On **Sunday 20th December**, we will again face off against our local rivals The Stragglers in our annual 'mob match'. Mob matches are purely a numbers game - the club that brings the most runners along, wins. So do come down to the club at 11am and help us secure bragging rights for 2016!

Cotswold 24 Hour Relay Race

The club have again decided to participate in a 24 hour relay race. In a change from recent years, we have selected the Cotswold 24 Hour Race. This event will take place on **23rd-24th July 2016** and we will be taking three teams. If you would like to take part, please email the Membership Secretary on membership@26point2.co.uk

Full details for this exciting event can be found on the club website.

Race Reports

GP7 was an old favourite - the **Nonsuch 10km**. By all accounts it was a foggy day with visibility limited to just the few runners in front of you at any one time! It was another impressive turnout for the club with a whopping 33 runners from 26.2 towing the start line. Well done to all who ran.

Special mentions for Alastair McGeoch-Williams who finished third overall and Matthew Pritchard who at the time of checking, is currently second in the V40-45 male category for the David Denton series so far. [Full results are available online.](#)

Cross Country

The second cross country fixture of the season was held on Epsom Downs and was another successful day for both teams. The men's team put in another solid performance to cement a healthy mid-table position at the halfway stage - a great achievement in our first season back in Division 3. It was a similar story for the Ladies who finished in a strong 18th position out of 37 teams overall.

Full results and other information can be [found online](#).

The remaining fixtures are

16th January (both at 2pm)

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 an 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!

New Club Kit

The new club kit has now started to reach members. Over 60 items have been ordered so far so

you'll certainly start to see it a lot more. Further items can now be ordered. The current window will close in mid December, for an end of January delivery. Those items ordered during the window which recently closed should hopefully receive them about a week before Christmas. Please do contact the 26.2 Kit Team (link at the bottom of this email) if you have any queries.

Winter Hats

As you've no doubt noticed, it's getting rather cold now! 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.

Happy running!!



They're warm, blue and 26.2! (Photo by R. Kirk)



Ladies Cross Country Team at



Men's Cross Country Team at Epsom
Downs for Fixture 2

(Photo by R. Lambrix)

Roundshaw Park

(photo by V.Kirk)

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