

26.2 RRC Monthly Newsletter

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26.2 October Newsletter

Dear <<First Name>>

Welcome once again to your club newsletter.

It's been a busy month since our last newsletter, with two Grand Prix races, the return of Cross Country and of course the results of the London Marathon ballot.

Upcoming Grand Prix Races

The GP season continues unabated with races throughout the winter months. The full details are below. GP12 is still TBC and members will be updated on this very soon.

GP races 7-11 represent terrific value for money with entries for all five events costing just £39 in total for affiliated runners.

GP7 Nonsuch 10km **Sunday 1st November**

GP8 The Pirie 10 Mile **Sunday 6th December**

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

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

GP11 Crane parkrun **Saturday 27th February**

GP12 - a half marathon TBC

Race Reports

The Barns Green Half Marathon, the fifth GP race, was run on the 27th September. A small band of eleven 26.2 members made the trip down to Sussex on a glorious September morning to take on this challenging course. The top three Ladies were Kirstie Mitchell, Sarah Petterfer and Ann Bath. The male podium consisted of Alastair McGeogh-Williams, Steve Ramek and John Matthews. Full results are up online and well done to all who ran.

Cross Country

The first cross country fixture of the season and the sixth GP fixture, was held on Saturday at Roundshaw Downs. We had a terrific turnout for both teams and it was great to see so many new faces. A [race report can be found on the club website](#) and provisional results are [up online](#).

The remaining fixtures are

7th November (Ladies at midday, Men at 3pm)

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 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!**

Valentine's 10k

The Valentine's 10k, will of course be organised by the club once again next year. Appropriately this year the date falls on the 14th itself! Entries to the race are opening this week and we would urge all club members to assist with the promotion of the race. The V10K race is the club's primary source of income and the success of the event is vital to the long term success of our club. In today's crowded race market, any help you can give will not only be appreciated but will genuinely make a difference. Please do encourage your friends, colleagues or even people you don't care for very much to enter via the [race website](#). Entries are just £13 for affiliated and £15 for non-affiliated runners.

As ever we will need club members and their families to volunteer on the day itself to assist with a number of tasks - so please do put the date in your diaries!

This would also be a good time to say thank you to the previous V10K Race Director, Kevin Stone, who has successfully run this event for a number of years now. Kevin has now passed on the RD baton to club member Danny Norman, who has kindly agreed to lead the good ship Valentine's moving forward. Thank you Kevin and good luck Danny.

New Club Kit

The first order window for the new club kit has now closed. Those members who ordered should receive their new kit sometime in November. There was a very sizeable uptake of the new kit from members but for those of you that opted not to order this time around, a new window should open soon. Further information will come from the 26.2 Kit team nearer the time.

Happy running!!



Ladies Cross Country Team at



Men's Cross Country Team at
Roundshaw Park

Roundshaw Park

(photo by V.Kirk)

(Photo by V. Kirk)

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26.2 Kit

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