

26.2 RRC Monthly Newsletter

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26.2 July Newsletter

Dear <<First Name>>

This month's running order...

- Nonsuch Relays
- Zero 2 Hero - part deux
- Claygate Country Five
- Captain's BBQ
- Change of Date For July Handicap
- Elmbridge Road Runners Mob Match

Welcome once again to your club newsletter. July is quite a busy month in terms of club activities so a good thing that the weather is being so kind to us (ahem).

Zero 2 Hero - Part Deux

First things first, Club Captain Kevin Stone's Zero 2 Hero initiative kicks off again on **Monday 18th July**. This excellent program is specifically aimed at those new to running or looking to return after a long lay off. An astonishing 65 runners have signed up to start this month - a fantastic show of enthusiasm from the local community.

A number of members put in a lot of time helping out with the first cohort and Kevin and the club will need your help again. If you are able to assist, please do email Kevin using the Captain's email link below or speak to him in person. The sessions run every Monday and Thursday evening.

Nonsuch Relays

The annual Nonsuch Relays take place this week on **Wednesday 6th July**. Teams of four runners run in relay over a course that is a little over a mile long. If you would like to be added to a team, please do so on the website [here](#).

Claygate Country Five

Ever a club favourite, the Claygate Country Five returns again this weekend, **Sunday 10th July**. It's a fabulous local race, over a varied five mile, mixed-terrain course. It may be worth bringing both trail and road shoes to this event and to find out on the day which is best. Entries in advance are just £12 or can be had on the day for £15 between 9-10am. For those of you with Saturday night plans, fear not - it doesn't even start until 10:30am - plenty of time for the previous evening's beverages to stop bothering you! Nearly 30 members have already entered so you'll be sure to have lots of company on the day.

Captain's BBQ

It's that time again when Kevin is forced to cook food for all 198 members!

There's a change of venue this year so we will be all getting together on **Sunday 17th July** at the [Berrylands Scout Group on Sterling Walk in Berrylands](#).

We have lots of outdoor space and there'll be plenty of food available! All we ask is that you bring your own salads and drinks. The club will provide bread and meat.

In addition the food, there will be plenty of fun and games for all the family such as tug-o-war and of course the Welly Wanging!

July Handicap

Due to the aforementioned Nonsuch Relays, this month's handicap has been moved to Monday 11th July at the usual time and place.

Elmbridge Road Runners Mob Match

Our fellow runners at Elmbridge Road Runners have challenged us to a Mob Match at Kingston parkrun on Saturday 16th July! Finishing times are irrelevant here - it's all about the numbers! We need as many members as possible to be towing the start line at Kingston in order for us to secure another victory! Please make sure you are resplendent in your club kit. If you need a loaner top, do please email to the Club Kit account using the link below.

Grand Prix Fixtures

Upcoming fixtures...

- GP3 Wedding Day 7k - Friday 29th July
- GP4 Second Sunday Five - Sunday 11th September
- GP5 Ealing Half Marathon - Sunday 25th September
- GP6 Surrey XC Fixture 1 - Saturday 15th October

The remaining six fixtures will be announced in due course. If you have any suggestions for races, then please do speak to Libby Marchant, Lawrence Bromley or Moustafa Fawzy. Alternatively, you can send the club a message via website, social media or email. We give preference to local, club-run races but any other than the most commercial races will always be considered.

Surrey Road League Fixtures

The three remaining Surrey Road League races, which many members often compete in are below...

- 16th July - Elmore 7 Miles
- 24th July - Elmbridge 10k
- 14th August - Wimbledon Dash 5k

Dates For Your Diary... In Summary

Nonsuch Relays - 6th July

Clayagte Country Five - 10th July

Elmbridge Mob Match - 16th July

Captain's BBQ - 17th July

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

GP5 - Ealing Half Marathon - 25th September

GP6 - Surrey Cross Country - 15th October

Happy running!!



Fabulous turnout again for the Surrey Road League and GP2 Ranelagh Richmond 10k - what a scorcher it was!



Club member Beverly Gow promoting both the club and Surbiton junior parkrun at the recent Berrylands Festival - well done to member John Sweeney for organising the event!

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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