



## June 2018

Hi Foxes - Welcome to the June 2018 Roundhay Runners Newsletter. May has certainly been a busy month with a lot going on in the club and there is much more to come over the summer months!

As always if you have any questions about the club or any suggestions, please [get in touch](#) with myself or any member of the RR Committee.

## RR AGM Update

Following our AGM in April the minutes of the meeting are now available to view here on the [RR website](#). Also we have now included a [Race Calendar](#) on the RR website which includes details of upcoming races in 2018 that you may be interested in entering.

## Upcoming Events

Our Spring Club Handicap will take place on the 14<sup>th</sup> June from Roundhay Tram Park. The route is approx. 6k and designed to be well within the capabilities of all club members. It's always a fun event and a great opportunity to take down a speedy fox! Please accept as 'going' in the [Facebook event](#) if you are wishing to run in this. If you are not on Facebook then please let either myself or Ian Rayner know or email me at [rr.clubsec@gmail.com](mailto:rr.clubsec@gmail.com).

Washburn Valley Relay which takes place this year on Friday 13<sup>th</sup> July. Teams are made up of 3 runners who each run a leg approx. 3 - 4 miles around the beautiful reservoirs of Swinsty & Fewston. Look out for the Facebook event which will be setup for this in the next few days.

Leeds Country Way Relay which is always one of the best days in the racing calendar takes place this year on Sunday 2<sup>nd</sup> September. We had a total of 36 foxes take part in this last year across 3 teams so it would be great if we could at least equal that number this year. People run in pairs, over 6 legs which are approx. 10 miles each.

A [Facebook Event](#) has now been setup for this so if you'd like to give it a go, please accept as 'going'. Don't worry if you don't have a partner as we can sort you into pairs, however if you wish to run with a specific partner then please state this in the comments.

Again, if you are not on Facebook but would like to run or if you have any questions about either of these events, please speak to either myself or Ian Rayner.

## Summer Social Events

Our annual Spring Bling Social will be on Saturday 16<sup>th</sup> June in the upstairs bar at Sylva in Oakwood, where an area will be reserved for us. This event is to celebrate the many and varied achievements of RR members so far this year - running, cycling, triathlons, or maybe you've recently completed the Beginners course.

If you're planning on attending please accept the invite in the [Facebook event](#) or speak to Allison Munro. All club members are welcome (bling isn't compulsory!)

**'Save the Date'** – The Roundhay Runners Summer BBQ will be held at North Leeds Cricket Club on Saturday 11<sup>th</sup> August. All RR's are welcome and further details will follow in due course.

## Roundhay Parkrun Takeover

Last Saturday was a fantastic day for the club which saw around 100 club members involved in our takeover of Roundhay Parkrun. Huge thanks to everyone who volunteered, ran or supported on the day, it really does mean a lot and without you these events just wouldn't happen.

Massive congratulations to all the RR Beginners who completed the 8 week course, many of whom completed their first 5k at parkrun on Saturday. We really hope you continue your running journey with us and we look forward to welcoming you as a member of Roundhay Runners in the near future.



## Club Away Night – Apperley Bridge Canter

It was great to see so many of you there at our 'Club Away Night' at the Apperley Bridge Canter last week. Strong performances all round on a very tough course, with around 30 foxes running. Stand out performances from Callum Elson who ran an excellent race finishing 2<sup>nd</sup> overall and Nicola Walmsley an impressive 5<sup>th</sup> lady. The race was followed by a very enjoyable social in the pub afterwards. We're hoping to have more 'Club Away Days' later in the year so keep an eye out for details which will follow in due course.



## Stay Connected!

If you're new to the club you may not be aware of everything that is going on in the club. Here are the various ways to stay connected to RR's:

- [Roundhay Runners website](#)
- [RR Facebook Group](#)
- [Roundhay Runners Facebook Page](#)
- [RR run buddies & banter](#)
- [RR Marathoners](#)
- [Runners & Riders](#) (triathlon & duathlon),
- [RR Pilates](#)
- [RR Yoga](#)
- [Roundhay Runners book club](#)
- [Roundhay Runners twitter page](#)

## RR Membership Renewals 2018/19 - Update

Thanks to the 230 or so of you that have joined or renewed your membership for the next 12 months. We have had around 50 new members join us since us April so a very warm welcome to all of you.

If you're one of the few remaining stragglers, please can you renew your membership ASAP so you can continue running as part of the club. Membership Fees for first claim members are unchanged at only £25 for the year. To renew your membership go to: [https://www.entrycentral.com/Roundhay\\_Runners](https://www.entrycentral.com/Roundhay_Runners)

### Club Runs – Come and Join us

Don't forget that as well as our popular Thursday evening club sessions, we also have track sessions at Leeds Beckett Carnegie Campus in Headingley and trail runs on alternate Tuesday evenings which are open to all club members. We also have our popular monthly #runandtalk which are held on the first Monday of every month.

The trail run at Bardsey, Hetchell Woods this week was my first in a long time and it was great to see so many RR's enjoying a relaxed run on a lovely summer evening in a beautiful location. If you haven't been on an RR trail run before and fancy a break from the pavements over the summer I'd definitely encourage you to give them a go!



### And finally.....

Good luck to everyone running this weekend either in the ITU at Roundhay Park, Hull Half Marathon and wherever else you may be racing over the next few weeks.

We're always interested in hearing how you got on in races so please don't be shy to post your race stories and pics in the [RR Run Buddies Facebook Group](#),

Happy Running!

James Carvello – Club Secretary