



## August 2018

Hi Foxes - Welcome to the August 2018 Roundhay Runners Newsletter. It's certainly been a busy summer with a lot more on the horizon as we head towards the autumn!

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.

## Club Run – 10K PB Opportunity

To help the club develop and continue to deliver high quality training sessions we were delighted to hear that our application to England Athletics for the Club Run Programme earlier this year had been successful.

We are very lucky to have Darren Reeve, Senior Coach in Endurance, Performance and Development joining us to oversee the delivery of three sessions with the club on Thurs 16<sup>th</sup> August, Thurs 13<sup>th</sup> September and Thurs 27<sup>th</sup> September.

The sessions are designed for RR members targeting 45 minutes and under for a 10k race. If you would like to attend these sessions, please note the earlier start time of 18:35. On the 16<sup>th</sup> August we will be departing the cricket club at 18:45 prompt and doing a jog warm up to the 200m grass track at Allerton Grange Playing Fields where the session will take place.

If you'd like to know more about Club Run, please feel free to post in the [Facebook Event](#) or email [rr.clubsec@gmail.com](mailto:rr.clubsec@gmail.com)

## Summer Club Handicap – 23rd August

The Summer Club Handicap will take place on the 23<sup>rd</sup> August. The 6k route is the same as the one we have used previously for this event and is 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! At our spring handicap earlier this year we had over 70 runners taking part, so hopefully we'll see a similar number on the 23<sup>rd</sup> August..

We are encouraging runners to wear their club colours and create a Sea of Blue along the course. Please accept as 'going' in the [Facebook event](#) if you would like to run. If you're not on Facebook then please email me at [rr.clubsec@gmail.com](mailto:rr.clubsec@gmail.com) so we can allocate you a start time. Alternatively if you would like to volunteer, please contact Ian Rayner or James Carvello.

## Leeds Country Way Relay – 2nd September

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 have a total of 36 foxes taking part with two Open Teams and an all Ladies Team. Please make sure you're at your changeover point in plenty of time. Team Captains will be setting up messenger groups so pairings can arrange lifts and inform fellow team members of their progress on race day.

Race Numbers are due to be sent out imminently by Kippax Harriers who are the host club and details on how to collect your number be made available shortly.

If anyone is unavailable to run between now and the 2<sup>nd</sup> September, please post in the [Facebook Event](#) or contact Ian Rayner or James Carvello ASAP. Good luck everyone!

	Ladies Team		Open Team A		Open Team B	
Leg 1	Julia Say	Louisa Clarke	Joe Butler	Chris Cobb	Stan Miller (Captain)	Hamit Erdogdu
Leg 2	Susan Lewis	Nicola Walmsley	Alistair Urquhart	Mark Ayre	Billy Goddard	Ian Furlong
Leg 3	Alissa Sharma	Nikki Eastwood	James Carvello (Captain)	Charlotte Wills	Innes Young	Martin Lewis
Leg 4	Kirsty Ryan	Hannah Carter	Richard Gibbs	Matt Blakeley	Nick Bull	John Walker
Leg 5	Laura Reid (Captain)	Natalie Saunders	Steve Pinn	Ed Powell	Nia Kathryn Lewis	Deborah Quayle
Leg 6	Hayley Mason	Claire Young	Phil Burton	Dave Weight	Jonathan Fisher	Subi Mwakasungura

## Volunteer Run Leader Briefing – 30<sup>th</sup> August

On the 30<sup>th</sup> August we will be having a volunteer run leader's guidance session immediately after the session at North Leeds Cricket Club.

The session will offer a refresh to existing volunteers on the rota as well as introduction to new volunteers. If you're keen to be involved in facilitating future run groups, then please come along on the 30<sup>th</sup> August.

## **10k Planning Workshop – 12<sup>th</sup> September**

On Wednesday 12<sup>th</sup> September the club will be holding a 10k Training Planning Workshop at 7pm, North Leeds Cricket Club. Similar to our Marathon Planning Workshop this is open to all club members who are targeting a 10k race. The event will give you the opportunity to hear from some of our experienced runners and also share training tips and advice to help you get the most out of your 10k training so you can be ready for the big day!

## **RR Beginners & Parkrun Takeover – 29<sup>th</sup> September**

The latest RR Beginners course started on the 9<sup>th</sup> August. Several of our members have now graduated from our previous beginner courses and are enjoying running regularly with the club. The current beginners are all hoping to graduate at Roundhay Parkrun on the 29<sup>th</sup> September, where many of them will be running their first ever 5k. It will also be a Roundhay Runners Parkrun Takeover where we will need a number of volunteers and pacers, so please keep an eye out for details on how you can help out.

## **RR Run and Talk**

Roundhay Runners run and talk continues to go from strength to strength with sessions continuing to appeal to lots of members. These sessions are the first Monday of the month and are facilitated to support good mental well-being, tackle stigma and support all in better understanding mental health. The sessions are attended by a cross section of club members who are supportive towards each other and have created a safe space to be able to talk about mental health issues with confidence. The club are delighted with how members have embraced this and are confident that it will continue to be a success. The last session was a 'plogging event' (running and picking up litter) within Roundhay Park and it was great to be able to give something back to the park that we all love.

Organisers are always looking for feedback on the sessions, what we could do differently or what you would like to see. Please get in touch if you have anything to suggest. It is always great to see new faces at the sessions.

The club are currently working with getting mental health information and guidance/signposting on the RR website as well as introducing a run and talk Facebook group.

Please find attached a link giving an explanation of what run and talk is as well as outlining the roles of champions and ambassadors and what they do and don't do.

<https://www.Englandathletics.org/clubs--community/mental-health-charter/mental-health-ambassadors>

If you have any queries or want any advice in relation to run and talk then please speak to Mark Ayre (Ambassador) or Mary O'Donnell (Champion). Alternatively you can email the club via Mark Ayre at [roundhayrunners.mha@gmail.com](mailto:roundhayrunners.mha@gmail.com)

## RR Social Events

Following the huge success of our annual Spring Bling event in June and the inaugural RR Summer BBQ last weekend there will be more great social events on the horizon in the latter part of 2018. Keep an eye out for details of the ever popular RR Curry Night and of course the RR Christmas Party in December which will also include the Annual Awards and the draw for the London Marathon Club Ballot places.

## Looking for a Race?

If you'd like to join dozens of other foxes who are racing later this year, we now have the [Race Calendar](#) on the RR website which includes details of a large number of upcoming races that you may be interested in entering. Also if you want to look the part on race day you can order all club kit here on the [RR website](#).

## And finally.....

Good luck to everyone currently training hard for various events in the coming months. We know how much effort and commitment our runners put in towards achieving their goals. Please email me at [rr.clubsec@gmail.com](mailto:rr.clubsec@gmail.com) so we can highlight your achievements and those of your club mates in future RR newsletters.

On that note, congratulations to Mike Mansfield who I hear will be running his 250<sup>th</sup> Parkrun at Roundhay on the 18<sup>th</sup> August. Well done on reaching a fantastic milestone Mike!

Happy Running!

James Carvello – Club Secretary