

## Winter 2018

Firstly, a Happy Christmas to all our members. It's already been a jampacked winter season for the club and there is much more to come over the next few 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.

## Autumn / Winter Review

The autumn season saw a huge number of fantastic RR team and individual performances, with [club records](#) being broken and countless PB's being achieved! Notable individual performances from Callum Elson in September being crowned the Wetherby 10k and Simply Health 5k Champion. Laura Reid kicked off autumn marathon season in fine style finishing 3<sup>rd</sup> lady at Hull Marathon. Julia Say and Tim Jenner both had great runs at the Holly Hustle finishing 1<sup>st</sup> lady and 2<sup>nd</sup> overall in the 11k and 22k races respectively. More recently Susan Lewis (1<sup>st</sup> lady) and Richard Gibbs (2<sup>nd</sup> overall) put the icing on the cake to a stellar year at the Bah Humbug 10k.



RR's had its most successful Leeds Country Way Relay in September with our ladies team finishing 2<sup>nd</sup> in a new club record time. There were also 3 fastest legs (Susan Lewis & Nicola Walmsley – Leg 2 Ladies, James Carvello & Charlotte Wills – Leg 3 Mixed, Laura Reid & Holly McGuigan – Leg 5 Ladies). At the Abbey Dash in November we had almost 90 foxes running which was a club record and more than any other club in the race. Even more remarkable was the number of 10k race PB's that were broken on the day! The support our runners received in both these events was once again second to none so a big thank you to all those who supported their fellow club mates.



In October the Dream Team of Anne Lewis, Maureen Coffey and Mags Cook competed in the British Masters XC Relays finishing in Bronze Medal position. Across the pond a dozen foxes ran the Chicago Marathon and celebrated in true RR style!



With the number of notable achievements, it's almost impossible to keep track of everything going on in the club these days. Don't be shy to post your race stories and pics in the [RR Run Buddies Facebook Group](#) or 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

## PECO XC Update

The start to the 2018/19 PECO XC Season has been nothing short of sensational with brilliant team and individual performances. The RR Ladies are currently in 1<sup>st</sup> place in both the Senior and Vets with the Men's Seniors in 2<sup>nd</sup> place and Vet's Team in 4<sup>th</sup> place in their debut season in the Premier Division.

The team spirit and support of everyone has so far been fantastic and really epitomises the club. 124 Roundhay Runners have taken part in the first two races which is staggering and it's particularly pleasing to see so many of our newer members

embracing the mud! With 3 races to go it's still all to play for so keep on turning up, running hard and enjoying it (not always easy I know!).

Next up is West Park on the 6<sup>th</sup> January, race details and course maps are now up on the [PECO website](#) and look out for details in the RR Facebook Group for the RR Car Share. If you're not on Facebook speak to one of our PECO Team Captains Laura Reid or Ed Powell who will be able to arrange a lift to the race.



## Upcoming Events

There's no rest for the wicked over Christmas with foxes running Christmas Day parkrun, Chevin Chase, Ribble Valley 10k, Jolly Holly Jog and the Hardmoors 15 & 30 on New Year's Day! Also, if you are thinking of squeezing in two parkruns in one day on New Year's Day, it can be done and here's the website to help you out <http://tailrun.uk/nyd/2019/>.

In January there will be RR's all over the place at the Temple Newsam, Brass Monkey Half Marathon and Calverley Cutter. February there is the Dewsbury 10k, Harewood 10k and half marathon, Bamburgh 10k and Half Marathon, Snake Lane 10 and the start of the Even Splits 5k series which is held every month at the Brownlee Centre. In March there are two club away days in the pipeline at the [Brownlee Festival of Running](#) on 3<sup>rd</sup> March and [EvenSplits XC Festival](#) on 24<sup>th</sup> March.

If you're currently enjoying the PECO XC Series, then there are two fantastic upcoming cross-country races; firstly, the North of England Cross Country Championships 2019 is being held at Pontefract Park on Saturday 26<sup>th</sup> January. More details here in the [Facebook event](#) where you can accept as 'going' if you'd like to run. This is followed by the National XC Championships on Saturday 23<sup>rd</sup> February. This is being held on our doorstep at Harewood House and is a fantastic opportunity to race in such a prestigious event! Again, please accept as 'going' in the [Facebook event](#) if you are wishing to run in this. If you are not on Facebook and would like to race then please let either myself or

Ian Rayner know or email me at [rr.clubsec@gmail.com](mailto:rr.clubsec@gmail.com). It would be great to have a good turnout of foxes at both these events where we can test ourselves in a highly competitive field.

The [RR Race Calendar](#) on the club website will shortly be updated for 2019 and throughout the year as race dates are confirmed. Also, to avoid disappointment keep an eye out for club events and details of races being posted on our Facebook sites as entries often sell out so quickly!

## **Marathon Planning Workshop – 16th January**

On Wednesday 16<sup>th</sup> January we will be holding our biannual [Marathon Planning](#) Workshop at 7pm, North Leeds Cricket Club. The event will give you the opportunity to hear from some of our experienced marathon 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!

## **Social Round-up**

The clubs social calendar has certainly been busy in 2018. This culminated in December with our Christmas Party and Annual Awards night in Banyan which was enjoyed by over 100 members. Thank you to Innes Young who did a great job of compering and congratulations to all our award winners and the lucky trio who were the recipients of the London Marathon Club Places. 2019 is set to be our busiest year yet with the club celebrating its 10<sup>th</sup> year anniversary so there is sure to be more great events heading your way!



## RR #runandtalk

Roundhay Runners #runandtalk is one year old in January and is continuing to go from strength to strength. From January the sessions will be held twice a month on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, meeting at the Roundhay Fox at 7pm. The sessions are regularly attended by a cross section of club members who are supportive towards each other and enjoy a social run followed by a drink in the pub afterwards.

Sessions this year have included a 'plogging event' (running and picking up litter) within Roundhay Park and a scavenger hunt. 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.

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)

## Potternewton parkrun

November saw the launch of Potternewton parkrun which has been a huge success after several months of hard work by the core parkrun team, which includes our members, Michael Mansfield, Jan Rush, Bobak Walker and Sean Mullany. The inaugural event saw 220 people run, jog and walk the course, several of whom were completing their first ever parkrun.

Parkrun is only possible by people volunteering so please sign up as a potential volunteer if you can spare the time. You can do this via your profile on the [parkrun website](#) where you will then receive the weekly emails requesting volunteers.

## Club Runs – Come and Join us

Don't forget that as well as our popular Thursday evening club sessions, we 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 #runandtalk which from January will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month. Check out the clubs [training rota](#) on the RR website.

## Stay Connected!

The club has welcomed over 100 new members in 2018 and if you're new to the club you may not be aware of everything on offer. 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 Yoga](#)
- [Roundhay Runners book club](#)
- [Roundhay Runners twitter page](#)

## And finally.....

A huge thank you to everyone in the club who has volunteered in 2018. Without you our members wouldn't be able to enjoy everything Roundhay Runners has to offer. Here is a list of all our wonderful volunteers in alphabetical order. (apologies for anyone I've missed):

John Allison, Mark Ayre, Alyson Blakeley, Phil Burton, James Carvello, Ann Chivers, Brian Clink, Chris Cobb, Mags Cook, Maureen Coffey, Allan Dodds, Laura Dransfield, Jo Dyson, Nikki Eastwood, Richard Gibbs, Sarah Hall, Julie Harper, Andy Haslam, Ash Hewitt, Penny Hill, Phil Hill, Tony Hodge, Niamh Jackson, Des Johnson, Kath Lambert, Nick Lankester, Susan Lewis, Helen Lewis, Kirsty MacDonald, Hayley Mason, Mike Mansfield, Stan Miller, Marcus Moss, Allison Munro, Adrian Nock, Anna Priest, Mary O'Donnell, Anita O'Grady, Joy O'Hanrahan, Stu Helmore, Julie Oldfield, Hannah Parmley, Steve Pinn, Ed Powell, Ian Rayner, Jan Rayner, Laura Reid, Rachel Roberts, Jan Rush, Alissa Sharma, Danny Smith, Jon Smith, Joe Steele, Jo Sunderland, Alex Taylor, Fiona Taylor, Alistair Urquhart, Andrea Urquhart, Pete Wilkie, Innes Young.

Have a happy Christmas and best wishes for 2019.

James Carvello – RR Club Secretary

