



Summer 2019

Hi Foxes - Welcome to the Summer 2019 edition of the Roundhay Runners Newsletter. It has certainly been a busy spring with loads of stuff 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

Thank you to everyone who attended our AGM Following our AGM in May. The Committee really appreciate your continued interest and support. All the existing committee were re-elected unopposed and will continue in their committee roles for the coming year. The minutes of the AGM are attached to this newsletter.

Upcoming Club Races

[Washburn Valley Relay 2019](#) takes place on Friday 19th July. It's a fantastic team event in the beautiful setting around Fewston and Swinsty reservoirs. Teams are made up of 3 runners who each run a leg approx. 3 - 4 miles. The race starts at 7pm and the cost per runner is just £2.50. Along with our Men's and Ladies RR Representative Teams, we will also be drawing 3 names out of the hat to give everyone an opportunity of running. If you'd like to be in the draw, please let me know or comment here on the [Facebook Post](#) by Wednesday 19th June. The 3 lucky names will be drawn before the club session on Thursday 20th June.

[Leeds Country Way Relay](#) which is always a highlight in the racing calendar. Entries are now open for this year's race which takes place on Sunday 1st September. We've had a total of 36 foxes running the past two years, so it would be great if we could match or better that number again this year. Teams are made up of 12 runners, comprising 6 pairs of runners 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'. Alternatively, if you're not on Facebook, please let me know in person or email rr.clubsec@gmail.com. The deadline to confirm is Sunday 7th July to allow us time to enter club teams and give runners the chance to recce their leg. Don't worry if you don't

have a partner as we will sort you into pairs, however if you wish to run with a specific partner then please let me know.

Golden Acre Relay 2019 is being held on Tuesday 16th July and Danefield Relay 2019 is on Tuesday 2nd July which will be in place of the RR Trail Run that evening. Both events are entry on the night and there is no restriction on the number of teams. If you would like to run in these relays, keep a look out for the Facebook Events which will be created imminently or speak to myself or Ian Rayner.

Our Summer Club Handicap will take place on the 29th August. 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 keep an eye out for further details closer to the time and if you'd like to run it's a good idea to have an up to date parkrun or 5k time for us to allocate runners a start time.

Summer Social Events

It's almost time for our annual [Spring Bling Social](#), which is being held this Saturday 15th June at the Stew & Oyster in Oakwood, where we have reserved the upstairs area. 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. All club members are welcome, and it would be great to see a few of our newer members there. (bling isn't compulsory!)

The [Roundhay Runners Summer BBQ](#) will be held at North Leeds Cricket Club on Saturday 3rd August. We're delighted to invite all Roundhay Runners members, and to extend the invitation to partners & children. The club will be subsidising the event, with a cost of £5 per adult and free for children. If you would like to attend, please accept as 'going' in the [Facebook Event](#) or let Allison Munro know and transfer £5 per adult to the usual RR bank account (sort code 30-87-84, account number 50924768). The deadline for payment is Friday 26th July. If you are bringing children, please confirm numbers with Allison and message her if you have any special dietary requirements.

Our next volunteering session with the Friends of Roundhay park will be on Saturday 13th July, meeting at the old coach houses behind the Roundhay Fox at 10am. This is always a rewarding opportunity to contribute to the upkeep of our beautiful park. Details are here in the [Facebook Event](#).

Roundhay Runners celebrates its 10th birthday this year, having been formed in 2009. Later in the year, we are planning to host a 10th year anniversary celebration evening. All past and present Roundhay Runners will be welcome and further details will follow in due course.

Roundhay Parkrun & Beginners Graduation – 15th June

Huge thanks to everyone who has volunteered for parkrun tomorrow, it really does mean a lot and without you these events wouldn't be possible. We are meeting at 8.30am at the bandstand. Please wear RR kit if you have it and there will be a club photo before the start. If you're coming along to run, please run in blue, the more the merrier!

Massive congratulations to all the RR Beginners who are graduating tomorrow after completing the 8-week course, many of whom will be completing their first 5k at parkrun, so please give them a smile and plenty of encouragement!

Yorkshire Vets Race, Roundhay Park – Wednesday 10th July

The club is proud to be hosting a YVAA Grand Prix Series at Roundhay Park on Wednesday 10th July. Further details to follow but please save the date and if you're able to volunteer at the event it would be much appreciated.

It would also be great to get a large turnout of foxes running in the event. You must be eligible to run in the series and have registered on the [YVAA website](#). They are a great series of races and if you are eligible and are considering taking part then I'd encourage you to do so.

Marathon Planning Workshop – 17th July

On Wednesday 17th July, the club will be hosting its popular bi-annual Marathon Training Planning Workshop at 7pm, North Leeds Cricket Club. All club members are invited to attend, and the event will give you the opportunity to hear from some of our experienced runners and share training tips and advice to help you with your training and be ready for the big day!

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),
- [Roundhay Runners book club](#)

- [Roundhay Runners twitter page](#)

RR Membership Renewals 2019/20 - Update

Thanks to over 270 of you that have joined or renewed your membership for the next 12 months. We've had around 60 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

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. The Tuesday sessions tend to be a lot quieter and we make sure everyone feels very welcome. So if you fancy a break from the road, come and give track or trail a try!

We also have our bi-monthly #runandtalk which are now held on the first and third Monday of every month. It is always great to see new faces at the sessions. We look to keep the sessions varied and fun, creating a relaxed and supportive atmosphere for those who attend. We always welcome feedback, what we could do differently or what you would like to see. Please email roundhayrunners.mha@gmail.com if you have anything to suggest.

Volunteer Rewards

As a club we want to recognise and reward individuals who volunteer their time - leading group runs, intervals, trail runs, track sessions, behind the NLCC bar, marshalling, event organising, catering etc. We have had a special volunteer buff designed which no amount of money can buy! When you have volunteered on five separate occasions from 1st January 2019 onwards please let me know so I can bring your buff along to the next club session.

Also, we want to encourage our members to recognise the achievements of our fellow club mates. If you feel anyone deserves a special mention in future editions of the RR Newsletter, please email rr.clubsec@gmail.com

And finally.....

Well done to all our members who have raced over the past few months. There have been so many fantastic performances in a variety of different race and a big shout out to all our debut marathoners!

Good luck to everyone racing or training hard over the summer. The end of June is jam packed with Endure24, Eccup 10, Humber Bridge Half Marathon, Hyde Park Summer Mile, Yorkshire Vets Race at West Vale, Greetland and Harrogate 10k.

Don't forget, we're always interested in hearing how you got on in races so please let us know of any events you have coming up and don't be shy to post your race stories and pics in the [RR Run Buddies Facebook Group](#),

Happy Running!

James Carvello – Club Secretary