

AYLSHAM RUNNERS

Quarterly Newsletter - March 2024



Hi everyone,

It may have been dark, wet and cold but that has not stopped so many of you getting out there and putting one foot in front of the other! It has been great to see so many of you either running socially, supporting each other with training and pulling off brilliant performances at races. Well done all!

The clocks are going forward this weekend so we will be running in the light very soon!

Just a quick reminder that all membership forms and subs must be paid by 31st March 2024 to continue your Aylsham Runners Membership. Any problems please email aylshamrunners@hotmail.com.

Weekly Sessions

Here is a reminder of the weekly sessions:

Mondays = Social Run, 6:30pm @ Aylsham Rec

Routes will vary most weeks and are generally around 5-8K. There will be a lead runner and a tail runner/walker each week so please join us and run at your pace!

Thursdays = Effort Session, 6:30pm @ Aylsham Rec

Every week there are 2 coached sessions designed to improve your running whether your goal is to build back up after injury, run your first 5k+, improve fitness or chase down a PB. At least one session will be suitable for new/returning runners and all sessions can be run at your own pace.

Sundays = Longer Social Run, 8am @ Aylsham Rec

Jemma Collins has been heading up these sessions starting at around 8am for a ~10K run with options for longer distances too for those preparing for marathon training. In the coming months these runs will continue but likely to be more of the 10K distance. Updates will be shared in coming weeks, post marathons.

New Year 5K Challenge update

To kick start the year we launched a "Faster 5K Programme", an 8-week plan including 3 to 4 structured runs a week to help motivate us during the winter months with the goal to improve our 5K times.

Well done to all the members who participated whether you followed every session on the plan or joined the Thursday effort sessions, it was great to see so many of you get involved. Jayne and Cath have shared their experiences below...



"The AR Faster 5k challenge - it started when fabulous, pertinent and clear guide came through in Jan 24 with all the stuff I normally brush over - warm-up/down, posture, foot positioning, nutrition and plan. This is what's been missing from my running - structure, focus and looking forward.

My journal came out - my goal? To be faster, oh and take those exams for work - can I work that in? It seems yes - how do I do it? Doubt crept in about week 3 - "I'm not a runner" I told myself. I shared with the group and AR support flooded in with real, focused trainer feedback - realistic goals, belief in the plan, and lots of AR fellows with years of experience to share.

Sat 2nd March was the final 5K in the plan - Blickling PR - a PB had seemed so out of reach after a bout of chest infection plus I've barely been near PB-time for the best part of the last year. BUT I did achieve a PB and knocked a minute off by best Blickling Parkrun time!!

Then I had to tackle my next goal, the dreaded work which I managed to pass certification with 80% - applying the general principles, belief and discipline of the Plan and support guidance. Thank you Abby and all at AR 😊. Running builds muscle, but also confidence. **Running changes lives"** -Jayne Hopkinson

"Over Christmas I had lost my motivation for running so I was pleased to have the opportunity of an organised plan to get 2024 started. After completing the new year's day parkrun in 40 minutes I figured that faster 5K was a good aim!

I knew I wouldn't manage 4 runs each week so decided not to attempt any long runs. Monday social runs were my easy runs, I did as many parkruns as I could, and found myself looking forward to the Thursday effort session. Meeting some new runners and having the support from all the coaches was great; **I was both surprised and proud by how much of the running I was able to do.**

As we got to the end of the program I had a tough week where I felt I'd done too much so went into the final 5K with a plan but no expectation. I was lucky enough to have Abby keeping me company for the parkrun, I'd have talked less but walked more without her! At the end my time was 35:07, my fastest for 4 years. I was delighted with that and am now looking forward to the rest of the running year." -Cath Townsend



Marathon Profiles

Lots of our amazing members are taking on the challenge of a marathon, or two, this year! Have a read of their journeys and the superb causes they are running for. We wish them all lots of luck, to come away injury free and with even a cheeky PB or two!

Manchester 14th April 2024

- *Natasha Carver*

London 21st April 2024

- *Jason Gibbons* - I'm running the London marathon for the firefighters charity because as a firefighter myself, I see first hand the amazing work this charity does not just for serving personnel but retired firefighters and also their families. As a keen runner what better way for me to raise money for the firefighters charity than to run the London Marathon for the charity. To donate to The Fire Fighters Charity, [click here](#).
- *Richard Colleyer* - I am doing the London marathon this year; this will be my 3rd London and my 6th altogether. I got in on the ballot for last year but had to defer it as knee problems prevented me running anything over 10 miles. My goal for this year, now that my knees are better, is to try and run between 3:20 and 3:30 but failing that I would like to beat my PB of 3:41 which I set in Barcelona in 2015. I am following a plan on an app called Runna, which last year helped me set PB's at every distance up to 10 miles so I am hoping it will do the same for the marathon! Richard is now raising funds for My WiSH Charity who enhances the care patients at the West Suffolk NHS Foundation Trust, following the birth of his Granddaughter. [Click here](#) to read more.
- *Dianne Bird and Matt Forester*

Norfolk 28th April 2024

- *Amii Andrews, Dianne Bird, Kerry Clarke, Jemma Collins, Kerrie Lingwood, Kathryn Scott and David Waters*
- *Tom Jones* - I'm planning to run two marathons this year, the inaugural Norfolk marathon in April, and I have now entered the New York marathon in November. It will be my honour to have OG's star with me in New York. I have completed one marathon before. Not an "official" one, but one of those "run ad many laps as you feel like" courses at Brandon Park. That was 5.5 hours, and was very painful. My aims for this year are to finish both without hurting (too much), and to get a bit faster with both!

- *Rebecca Westall* – A year ago I would never have thought I'd be a couple of months away from my first marathon. In fact I remember saying that I'll never run a marathon. Because I didn't think I'd ever be able to. The mental and physical stamina needed just in the training is non-comparable to anything else. A year ago, I started couch to 5K, and I was in between jobs. Everything seemed hard. Running was my new focus and I soon realised that the running community is pretty special. I met new friends who I don't think I'd have crossed paths with if it wasn't for running. I had a point to prove to myself that I could meet my next milestone. Those milestones started at running 5K, entering my first race, then 10K, and now I'm loving my long Sunday runs of 20K+ with Aylsham Runners. I was encouraged to enter the Norfolk marathon by some friends in the club and I had to be pushed into doing it as imposter syndrome crept in again. Since that decision I've upped my training, tried to sleep more and also added in some cross training. I have a way to go before I can run 26.2 miles but I'm hopeful I can give it my best shot. If I can go from couch to 26.2 miles in 16 months I'll be over the moon! I'm raising money for Friend in Deed, a wonderful local charity that supports intergenerational work to alleviate loneliness in residents of care homes. To donate to Friend in Deed, [click here](#).

Not one, not two, but THREE!

- *Daniel Read* – This year Daniel is tackling his 3rd, 4th and 5th marathon, Brighton – where his brother lives so no accommodation to pay for and big cheers en route. Next is Leeds in May, which is close to Uni for Daniel so he's intending on doing it every year if he can – then Valencia in December! Daniel's booked the flights there but is awaiting for the airline to release the cheaper ones to get back home!

If a marathon wasn't enough, how about an Ultra, or TWO!

- *It obviously runs in the family! Read all about Alison's Ultra Marathons for 2024* – I'm running another ultra this year, this time Race to the King, just 50km, not the illustrious continuous 100km of Race to the Stones completed in 2022! On the training journey I'm doing the Norfolk Marathon then Leeds Marathon, after ending the latter last year with a stress fracture to my thigh! These marathons will be my 5th & 6th respectively. Both will have hills, lots of them, my nemesis so no time target, just a challenge to get through them & end without an injury. I may raise much needed funds for the debilitating chronic disease that is Crohn's & Colitis – my eldest son was diagnosed with it when he was just 11 years old – but I'll decide nearer the time. To keep myself motivated after Race to the King, I've got Weaver's Way 50K ultra in October. Both ultras are with different running friends, a great opportunity to train together and tackle a big challenge where memories will be made.

Aylsham Runners Winter Grand Prix 2023/ 2024

Aylsham Runners Grand Prix winter series has now concluded. Winners and Runners up will be celebrated at our summer party in July.

Our Grand Prix summer series (which is broadly following the Sportlink Grand Prix) starts imminently, with races as follows:

- *Trowse 10K 07/04/24*
- *Great Yarmouth 5 Mile 24/04/24*
- *Dereham 10 Mile 12/05/24*
- *Holt 10K 26/05/24*
- *Lotus Test Track 5K 14/06/24*
- *Wroxham 5K 03/07/24*
- *Humpty Dumpty 10K 14/07/24*
- *Flying 5K 21/07/24*
- *Worstead 5 Mile 26/07/24*
- *Great Yarmouth Half Marathon 11/08/24*
- *Run Norwich 08/09/24*

Please note, to participate in the Grand Prix, you only need to complete **FOUR** races. If you complete more than four your top four scores will be counted.

For updated results and previous results please [click here](#) to view. Please speak to Will George if you have any questions.

If you are interested in following the Sportlink Grand Prix 2024 or even want to see where you could place against runners from across the county, enter yourself into as many races as you wish and your best nine performances will go towards your final score. [Click here](#) for more information.

Parkrun Toursim

We are sorry we had to cancel our tourism to Great Yarmouth on the 09/03/24, we will get this rescheduled.

Our Tourism continues this summer with the following dates planned:

- June 22nd Sloughbottom
- July 20th Sandringham
- August 31st Swaffham

East Anglian Cross Country League - Cawston Park

On the 13th March AR hosted the EACC Race at Cawston Park for the third year. Every other week a different club hosts a cross country race, and we were delighted to share our fun but challenging course with over 100 local runners. 20+ Aylsham Runners marshaled, baked, sold coffee and cake throughout the afternoon to create a great event.

We were so pleased to raise £330 from the refreshment sales and car parking, which was divided between two charities, Teddy's Wish and Cromer Lifeboat Station.

Thank you to all of you who volunteered in the run up and during the event!



Youth Committee update

Numbers are steadily growing and we've received some really good feedback so far on sessions which is really good to hear! Especially on the games at the end of a session that can get rather competitive and that's just the coaches!

We have lots of plans in the pipeline within Aylsham Runners Youth these include having a showing at some of the junior races and possibly 5k races this summer along with some parkruns.

If you have a child between 12-16 years please bring them along on a Wednesday evening between 6:30pm - 7:30pm



AYLSHAM RUNNERS YOUTH

12-16 YEARS TWO WEEKS FREE TRIAL
WEDNESDAYS 6:30PM TO 7:30PM
EMAIL AYLSHAMRUNNERSYOUTH@GMAIL.COM
OR CALL 07557 652645
TO BOOK YOUR PLACE

**FREE AYLSHAM RUNNERS T-SHIRT
WITH MEMBERSHIP!**

FIND US ON FACEBOOK 

Newest AR Member

We could not be more delighted to welcome Oliver George into the fold! Oliver George, Laura and Will George's son, was born on 14th February and has shown he is a dedicated club member by attending several events already!!

Below he is pictured with the AR family on the 14th March when we wore blue to honour his big brother Oscar on his first heavenly Birthday.

Congratulations to the George's on the newest addition to their family.



Aylsham 10K 05/05/24

It's just over four weeks to our annual 10k Race. Thank you to all the people that have offered their help so far but it would be good to get a few more helpers/marshalls. If you are free for a few hours in the morning on Sunday 5th May then please add your name below or email me at adyjay69@gmail.com. If you would like to run the race all we ask is that you provide a helper/marshall please.

The Norfolk Marathon 28/04/24

A big thank you to those who have volunteered so far to help at the Norfolk Marathon 28th April, it's much appreciated. We could still do with a few more volunteers if possible please. Please let Lucy Baker know if you can help.

Chairman opportunity September 2024

As many of you may know, our Chairman Myles will be stepping down after 5 years heading up AR. If anyone would like to know more about the role to see if this would be something they would like to take on, please let Myles know for an overview of the role and its responsibilities.



Aylsham Runners in Action!

It has been awesome to see Aylsham Runners represented at races and volunteering over the last few months! WELL DONE TEAM!



Please see the following page for dates to put in your diary. We hope to see you all soon at a training session, race or a social!

Best Wishes,
Aylsham Runners Committee

Dates for Your Diary

Date	Event	Info
07/4/24	Trowse 10K <i>*AR Grand Prix Race</i>	This 10k road race is based at the Norfolk Snowsports Club. https://totalracetiming.co.uk/race/475 <i>This is one of our Aylsham Grand Prix races!</i>
24/4/24	The Great Yarmouth Promenade 5 Mile <i>*AR Grand Prix Race</i>	This is a super course to run – beside the sea, flat and fast! https://totalracetiming.co.uk/race/481 <i>This is one of our Aylsham Grand Prix races!</i>
28/4/24	The 1st Norfolk Marathon	EPIC Norfolk are organising this event; the finish line is breathtaking and will overlook Cromer Pier. Aylsham Runners will be manning a water station, so please keep the date free if you can volunteer.
5/5/24	Aylsham Runners 10K	Our very own 10K! To make it happen, we need you! If you would like to run, we totally support you, we just ask that you provide a volunteer to help marshal during the race.
12/5/24	Dereham 10 Mile Race <i>*AR Grand Prix Race</i>	10 miles starting and finishing at Neatherd High School, Dereham. https://totalracetiming.co.uk/race/485 <i>This is one of our Aylsham Grand Prix races!</i>
26/5/24	NNBR Holt 10km <i>*AR Grand Prix Race</i>	Mostly flat course in beautiful North Norfolk scenery, with a mixture of road and trail, starting and finishing in the stunning grounds of the prestigious Gresham School. https://totalracetiming.co.uk/race/486 <i>This is one of our Aylsham Grand Prix races!</i>
14/6/24	Lotus Test Track 5K <i>*AR Grand Prix Race</i>	<i>This is one of our Aylsham Grand Prix races!</i>
22/6/24	Parkrun Toursim - Sloughbottom	Join us for our summer of Parktun tourism, starting with Sloughbottom.
3/7/24	Wroxham 5K <i>*AR Grand Prix Race</i>	This is a fast course with partial road closure which will be highly competitive and a chance for any runner to get their 5k PB. SOLD OUT at present, waiting list open. https://totalracetiming.co.uk/race/502 <i>This is one of our Aylsham Grand Prix races!</i>
6/7/24	AR Summer Party	Provisional date for our annual AR summer party.
14/7/24	Humpty Dumpty 10k <i>*AR Grand Prix Race</i>	https://totalracetiming.co.uk/race/504 <i>This is one of our Aylsham Grand Prix races!</i>
20/7/24	Parkrun Toursim - Sandringham	Join us for our summer of Parktun tourism, next up Sandringham.
21/7/24	Flying 5K <i>*AR Grand Prix Race</i>	https://totalracetiming.co.uk/race/510 <i>This is one of our Aylsham Grand Prix races!</i>
26/7/24	Worstead 5 Mile <i>*AR Grand Prix Race</i>	<i>This is one of our Aylsham Grand Prix races!</i>
11/8/24	Gt Yarmouth Half Marathon <i>*AR Grand Prix Race</i>	<i>This is one of our Aylsham Grand Prix races!</i>
31/8/24	Parkrun Toursim - Swaffham	Join us for our summer of Parktun tourism, final one Swaffham.
8/9/24	Run Norwich <i>*AR Grand Prix Race</i>	SOLD OUT! <i>This is one of our Aylsham Grand Prix races!</i>