

# AYLSHAM RUNNERS

*Quarterly Newsletter - December 2023*



Hi everyone,

## **Wishing you a happy and healthy Christmas and New Year!**

Its been a great few months of fun, laughter and some running! It's been great to see even as the dark nights have come lots of you have been out together, in all weathers, keeping the miles up - well done everyone!

New for 2024, Abby and Chris Coates have created an 8-week training plan for Aylsham Runners. The plan is designed for runners of all abilities who want to improve their 5K time. See more information in this newsletter.

## **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 heads 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.

## Festive Party and Prizegiving

Thank you to all those who attended AR Christmas Party. It was lovely to see so many members, 44 in total! We hope you enjoyed the evening and our end of year Prizegiving. Awards presented were as follows:

- **Oscar George Award** - awarded to **Myles Hague**
- **Aylsham Runners Committee and Coaches awards:**
- **Most Improved Female** - awarded to **Rebecca Louise**
- **Most Improved Male** - awarded to **Peter Jolly**
- **AR Committee award for most dedicated member** - awarded to **Dianne Bird**
- **Runners Runner** voted by AR members - awarded to **Jemma Collins**
- **Fasted Age Grading Mile** - awarded to **David Waters**
- **Chair /Vice Chair award** - awarded to **Catherine Townsend**
- **Raider Cider Award (sponsored by Paul and Beth Cork) - Winner Kerrie Lingwood and Runner up David Waters .**
- **London Marathon Club Place - Chris Baker**

Thank you to Trails and Vines for sponsoring our Summer Grandprix awards. The winners were:

- Female Veteran - WINNER **Dianne Bird**, RUNNER UP **Wendy Vacca**
- Female Senior - WINNER **Amii Andrews**, RUNNER UP **Jemma Collins**
- Male Veteran - WINNER **Richard Collyer**, RUNNER UP **Neil Cropper**
- Male Senior - WINNER **Chris Coates**, RUNNER UP **Will George**



## New Year 5K Challenge

Let's kick-start 2024 with a new challenge!!

What a focus for the start of 2024?

Want to improve your 5K time?

Want to train smarter not necessarily harder?!



We have just the thing! Chris and Abby Coates have created an 8-week training plan for Aylsham Runners. The plan is designed for runners of all abilities who want to improve their 5K time.

### What is it?

An 8-week training plan with 3-4 sessions a week which you can do with the club or in your own time. Our coaches will be leading the interval/tempo sessions on Thursdays at 6:30pm.

### When is it?

The 8-week plan starts on the 8th Jan, with the first coached session on Thursday the 11th

### Where is it?

Follow the plan during your own time or during Aylsham Runners sessions.

### How much is it?

It is FREE for Aylsham Runners Members!! (These plans are usually £15-20 per person through their coaching business, so it is a great opportunity to give it a try)

We will send out the plan in the New Year if you want to follow along with us (NO OBLIGATION!!) and post the sessions weekly on the FB group. We know lots of you are training for longer distances so it may not be quite right for you, but you will definitely still benefit from the interval sessions!

### Sign up and more information

[aylshamrunners@gmail.com](mailto:aylshamrunners@gmail.com)

## C25K Stories

2023 was the first year the club delivered an official C25K Programme. One of our coaches, David Platten, along with the support of other members, led two groups of new and returning runners through the programme this year! We are so proud of C25K runners, here are a few stories...

### Becky's Story

I started C25K in January 2023. I had run a bit before, but never got far as I didn't have the motivation to do it on my own...I needed something to help me focus on moving forward mentally and physically. I was overweight and felt unhealthy and I was going through a difficult personal situation.

I've never looked back. I was driven to meet all the milestones on the couch to 5k programme with the support of the coaches; and when I could run 2, 8, 12, then 20 mins without stopping I felt amazing! My breathing started to become more manageable and I realised I had muscles in my legs!

Being outdoors and trying new routes massively helped my mental health. I noticed wildlife, the big Norfolk skies and the changes of seasons way more than ever before. I soon realised that for me, running with others is what motivates me. That's where Aylsham Runners has been the biggest thing in 2023 that has enabled me to find time for me. I've met lovely people and made new friends who are all my champions. When I start to lose confidence someone is always there to pick me up.

My recent achievements blow my mind when I think about them. A solo half marathon and a sub 30 5k which seemed impossible a few months ago. My weekends now are park runs as a runner or volunteer, and long Sunday runs between 10-15k with my lovely running buddies.

I have a lot to thank the coaches and members of Aylsham Runners for - and to my husband who keeps my running lights fully charged, and to my children who understand that Mum needs to run.

### Peter's Story

After a self-induced stroke (thank you Benson & Hedges), getting fit was tough for an overweight fifty-something. Having walked further and further, it was time to bite the bullet and get running, quite possibly the dullest and most exhausting thing I have ever attempted.

But after wheezing through the C25k with Aylsham Runners, they were genuinely supportive and encouraged me to keep going (if a little concerned at how often I had to stop to get my breath back).

Not normally a social person, their Monday evening 'social runs' help no end. I no longer worry about getting faster, just fitter, pushing the distance each week with the absurd idea of attempting a marathon before my C25k anniversary. Give it a go.

### Hannah's Story

I kept trying to get back to running - lots of false starts and a week of runs before they petered out again. I wanted to go back to running club but didn't feel I could till I was back to fitness. That's when I discovered ARC were doing C25K in January and I could get back to running by running with the people I wanted to run with. It was brilliant to run with a group. Never too much pressure and always so encouraging. The 20 minute run seemed like a looming nightmare but we tackled it together. I connected with old friends and made new ones and rekindled a love of running that I thought I'd lost. So grateful to those that gave up time to make it happen and so grateful for a supportive and friendly community of people that genuinely never leaves anyone behind.



## Sunday Superstars - update from Jemma Collins

Sunday morning social runs are back with a bang! Led by one of our brilliant coaches, Jemma, it has been amazing to see so many of you enjoy the runs and lots of you running further than you have before!

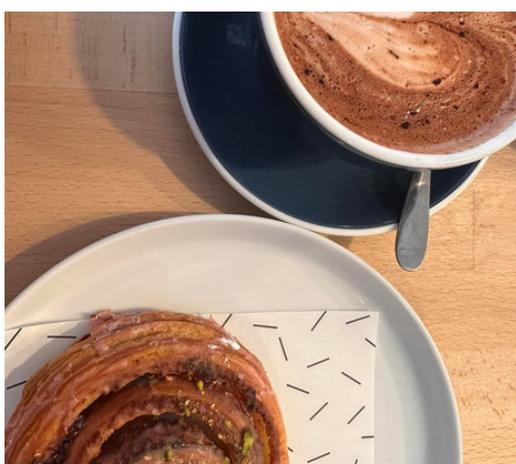
Here is a update from Jemma...

I've really enjoyed the last few Sundays with my weather hardy early morning crew, especially the coffees after! I'm hoping we'll still have a solid turn out as the mornings get crisper and chillier.

I'll continue to upload the suggested routes early in the week and actively encourage members to lift share and as always join us for as much or as little of the run you feel able to commit too.

In the new year the time/distances will be increasing gradually and following a 'loose' marathon training plan, if there's any suggestions on routes I'm happy to explore them and continue to sample coffees from all around.

As always I want to keep this group chatty and inclusive to all abilities so feel free to come along. Meeting place changes weekly so please keep an eye out for the posts.



## Aylsham Runners Winter Grand Prix 2023/ 2024

Aylsham Runners Grand Prix series with our winter series about to start! Your best 4 races across the series count towards your score – so you don't need to enter every single one.

Planned races for this series are:

- *Norfolk Gazelles Big Stampede 01/10/23 COMPLETE*
- *Blickling Parkrun Match 28/10/23 COMPLETE*
- *December Horsford XC (03/12/23) COMPLETE*
- *Norfolk XC Championships (07/01/24)*
- *Reedham 10 Miles (21/01/24)*
- *Reepham XC (28/01/24)*
- *Valentines 10K (11/02/24)*
- *Mike Groves 10K (10/03/24)*
- *Blickling Spring Half Marathon (17/03/24)*
- *Great Yarmouth Parkrun (09/03/24)*
- *Race outside of Norfolk (Date and race TBC)*

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

## Sportlink Grand Prix Awards 2023

On the 13th November Aylsham Runners headed to The Assembly House, Norwich for the annual Sportlink Grand Prix Awards. It was a fun night for all, with comments on how fun the AR table was! A big congratulations goes to our three winners of the evening:

**Amii Andrews** – 2nd Place senior Female in the Grand Prix series

**Dianne Bird** – Bronze medal, 3rd fastest marathon time in Norfolk for her age category

**Chris Coates**– Bronze medal, 3rd fastest marathon time in Norfolk for his age category

Great to celebrate their success! Well done!

## East Anglian Cross Country League

The EACCL is a cross country series which takes place roughly every other Wednesday, at ~2/2:30pm, throughout winter. Each race is organised by a different club and is totally free for our members. Check out the [\*\*fixture list here\*\*](#) and if you fancy joining on any of the dates please message Chris Coates for more details.



## Parkrun Toursim

Thanks to of those who were able to join us at Catton Parkrun 09/12/23 for our final Parkrun Toursim of the year. The next will be at Great Yarmouth, to link in with our winter Grand Prix, on the 09/03/24. We hope to see lots of you there to battle through what is said to be the UK's hardest Parkrun!

## Blickling Parkrun takeover and Food bank collection

The wonderful Parkrun spirit started early on the 25th November for the 432nd Blickling Parkrun, with Food Bank donations streaming in from the 194 runners and walkers before 9am. Thank you to all Aylsham Runners, supporting all volunteering roles including 10 pacers! Thank you again to everyone for their donations, the local Aylsham Food Bank were super grateful of everyone's generosity when delivered on the Monday morning - see their message below.



### Aylsham Foodbank Distribution Hub

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Thank you so much [Aylsham Runners](#) !!!! We are absolutely blown away by your kind generosity today. We have filled at least six crates with your donations which will soon be sorted and on their way to families and individuals in need across the local area. 😊

Thanks again to you all.

[North Norfolk Foodbank](#)

## Blickling Junior Parkrun takeover

Thank you to everyone for helping at our takeover back in October. It is vitally important for these junior events to continue and to ensure the next generations of runners, we as a club support by volunteering when we can. Our next Junior Parkrun Takeover TBC.

## Youth Committee update

The Youth Committee has now received some initial funding from Aylsham Town Council and Aylsham Rotary Club following submission of a proposal to them; the money received will aid us in purchasing the equipment that we need to get the youth section established. We are hoping to be up and running early in 2024 and are currently in the process of organising the venue that will be used.

Members of the committee are as follows:

Chair – Kerrie Lingwood, Vice chair – Catherine Townsend, Safeguarding/welfare officer – Alison Read, Treasurer – Catherine Townsend, Secretary – Jemma Collins, Supportive roles – Lucy Baker, Jason Gibbons, John Charles and Myles Hague.

## Aylsham Christmas light switch on

We had a great success at the light switch on, despite the weather not being the nicest! Catherine Townsend organised two separate games which got both children and adults involved and sparked some good old-fashioned competitiveness!

Thank you to all those who contributed with donations that we used for prizes and to those who gave up their time to help set up and run the stall on the Friday night, we couldn't have done it without you all. The £130 that we raised will be used to aid the setting up of the youth section of the club.





## Dates for Your Diary

Date	Event	Info
<b>14/12/23</b> <i>6:30pm Go Outdoors Norwich</i>	<b>Festive Fancy Dress Run - Norwich</b>	Instead of our usual effort session, we are heading to Norwich to enjoy the beautiful festive lights. Lift share will be available and fancy dress is strongly encouraged!!
<b>21/12/23</b> <i>6:30pm Aylsham Rec</i>	<b>Festive Fancy Dress Run - Aylsham</b>	Put on your best Christmas fancy dress and join us for a ~5K jog around Aylsham to get into the festive spirit!
<b>25/12/23</b>	<b>Parkrun Toursim</b>	Norwich and Sloughbottom Park Parkruns are happening Christmas Day morning if you wish to join us.
<b>7/1/24</b>	<b>Norfolk Cross Country Champs</b> <i>*AR Grand Prix Race</i>	10K cross country at Earlham Park. Details here - <a href="https://totalracetiming.co.uk/race/487">totalracetiming.co.uk/race/487</a> <i>This is one of our Aylsham Grand Prix races!</i>
<b>8/1/24</b>	<b>Start of Aylsham Runners 5K Challenge</b>	Fancy a challenge to kick-start 2024?! The 8 week programme is designed to help runners of all abilities reach their potential and improve their 5K time. More info soon!
<b>21/2/24</b>	<b>Reedham 10 Miles</b> <i>*AR Grand Prix Race</i>	A circular 10 mile route, starting and finishing at Reedham Village Hall. <a href="https://totalracetiming.co.uk/race/471">https://totalracetiming.co.uk/race/471</a>
<b>28/1/24</b>	<b>Reepham Cross Country</b> <i>*AR Grand Prix Race</i>	10K from Whitwell Station. <a href="https://totalracetiming.co.uk/race/404">https://totalracetiming.co.uk/race/404</a> <i>This is one of our Aylsham Grand Prix races!</i>
<b>4/2/24</b>	<b>Postponed Blickling Half Marathon</b>	We know many of you are running this event, Aylsham Runners will also be manning two water stations. Please get involved!
<b>11/2/24</b>	<b>Valentines 10K</b> <i>*AR Grand Prix Race</i>	10K from Easton College. <a href="https://totalracetiming.co.uk/race/403">https://totalracetiming.co.uk/race/403</a> <i>This is one of our Aylsham Grand Prix races!</i>
<b>2/3/24</b>	<b>Blickling Parkrun - Aylsham Runners vs Reepham Runners</b>	There are 2 prizes up for grabs, the club with the highest turn out and club with the highest age grading score, so we need all of you! Get your club kit on and join us whether to walk, jog or run! We will all grab a coffee afterwards.
<b>9/3/24</b>	<b>Parkrun Toursim - Great Yarmouth</b>	Our first AR Parkrun Tourism for 2024 and his is one of our Aylsham Grand Prix races!
<b>10/3/24</b>	<b>Mike Groves 10K</b>	10K from Scottow Enterprise Park. <a href="https://totalracetiming.co.uk/race/473">https://totalracetiming.co.uk/race/473</a> <i>This is one of our Aylsham Grand Prix races!</i>
<b>13/3/24</b>	<b>Aylsham Runners Cross Country @ Cawston Park</b>	Part of the East Anglian Cross Country League, Aylsham Runners are hosting a fantastic race at Cawston Park. If you can give up a Wednesday afternoon to volunteer we need the help! Please email us asap to sign up.
<b>17/3/24</b>	<b>Blickling Spring Half Marathon</b> <i>*AR Grand Prix Race</i>	We know many of you are running this event, Aylsham Runners will also be manning two water stations. Please get involved!
<b>28/4/24</b>	<b>The 1st Norfolk Marathon</b>	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.
<b>5/5/24</b>	<b>Aylsham Runners 10K</b>	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.
<b>6/7/24</b>	<b>AR Summer Party</b>	Provisional date for our annual AR summer party.