

AYLSHAM RUNNERS

Quarterly Newsletter - July 2024



Hi everyone,

What a great few months it has been for AR - so much fun together running, racing and lots of socialising together. We have also welcomed many new members to the AR family. We hope you have all been enjoying yourselves and we continue to have a great summer of running, hopefully with a bit more sunshine! Please note a key date...

AR AGM 9/9/24 18:30 Aylsham Town Hall

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, with a lead and a tail runner/walker each week. If you can volunteer to be the lead or tail it is much appreciated. We will be located at Blickling at times over the summer months.

Wednesdays = Youth , 6:30pm. 12-16 years.

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.

AR V Reepham Runners Relay Event 22nd August 2024

We have been talking to Reepham Runners and have organised a fun and social relay event on Thursday the 22nd of August which is **NOT** about speed.

The aim of the relay is for all teams in each club to finish in as close as possible total time to each other for the 4 legs (1.5 miles per leg). So for example if AR have a team in 20 minutes and another in 28 minutes (8 minutes difference) but RR have a team in 18 minutes and another in 30 minutes (12 minutes) then AR would win the relay as they have the smallest time difference between the teams.

What I need from you:

- If you would like to run, please comment below your expected time for running 1.5 miles (2.4km) and I can collate teams of 4 to target the smallest difference.
- We need 2 timekeepers and 3 marshals so please volunteer for this if you'd prefer to do this instead.

All are welcome at the relay (including family) and All Day Brewery will be putting on burgers, wood fired pizzas and refreshments.

Any questions please let Will George know.



AGM

Our Annual AGM will be held on Monday 9th September 18.30 in Aylsham Town Hall. Meeting, food and fun, all for free this year!! If you wish for any specific agenda points to be discussed, please let Myles know in advance – myles.hague@yahoo.co.uk.

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.

Committee Opportunity

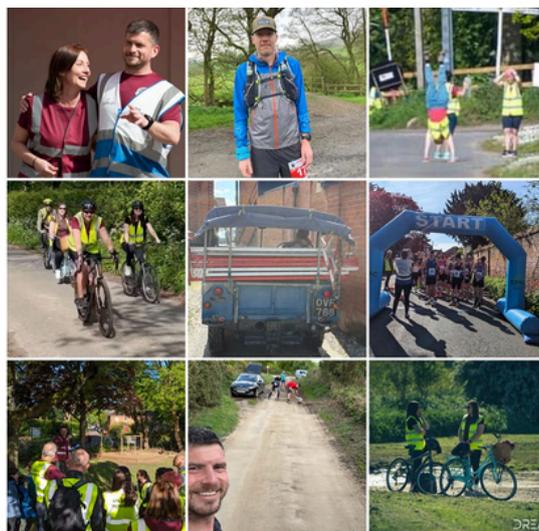
We have had a space become available on the AR committee. If you would be interested in actively supporting the club moving forward, please express your interest to Myles or Lucy.

Round Norfolk Relay 14/15 September 2024

We can't believe probably the biggest event of the year is nearly upon us again. We wish much luck to our AR team as they press on with their training ready for the big day/night! There are many behind the scenes support crew needed to run the operation smoothly so, if you are available over that weekend and would like to offer support/ help, please do get in touch!

Aylsham 10K

A big thank you to everyone who supported our second club race. We are so pleased it was yet again such a successful race with so many positive comments from those participating. We were able to raise enough to give a £250 donation to both the Aylsham Scouts and St Michael's as a thank you for their support. A fantastic team effort with a multitude of commendations from the wider community are a testament to the achievement of a young and 'relatively' inexperienced club. Thank you all!



Aylsham Runners Winter Grand Prix 2023/ 2024

Aylsham Runners Grand Prix winter series has now concluded. Our winners and runners up were:

Female Senior winner: Kerrie Lingwood

Female Veteran winner: Becs Westall

Female Senior runner up: Amii Andrews

Female Veteran runner up: Dianne Bird

Male Senior winner: Will George

Male Veteran winner: John Morgan

Male Senior runner up: Myles Hague

Male Veteran runner up: Neil Cropper

Summer Grand Prix 2024

There are plenty of remaining races in the summer Grand Prix which follows the Sportlink Grand Prix, so plenty of races to enter in the series:

- *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.



Summer Party

Another year and another 'summer' BBQ complete! A little bit of rain didn't dampen our spirits. Big thanks to Sarah & Adrian Jay for letting us use their beautiful home & garden for our social event and Jason Gibbons for the BBQ!

We hope you all enjoyed Laura's quiz and a big well done to Cath for her superb Shit Shirt - Cath and her cats! Well done to our Grand Prix winners and runners up we celebrated too.

Thanks to all that came & brought food, helped set up early, clear up & tidy down. We've already started discussing next years event.



AR Festive Celebrations

Holidays are coming, holidays are coming! Yes it will be here before you know it. If you have any ideas for our festive party or things you think AR should do over the festive period please let us know.

Marathon Updates

Lots of our amazing members have taken on various marathons, or two this year! Have a read below of their fantastic achievements - WELL DONE ALL!

London 21st April 2024

Jason Gibbons, Richard Colleyer, Dianne Bird and Matt Forester all completed the London Marathon. Jason raised an amazing £3030.40 for the Fire Fighters Charity and Richard ran to support the amazing My Wish Charity and didn't stop knowing he was running for Mimi.

Norfolk 28th April 2024

Amii Andrews, Lauren Stroud, Dianne Bird, Kerry Clarke, Jemma Collins, Kerrie Lingwood, Alison Read, Tom Jones, Rebecca Westall and David Waters all completed the inaugural Norfolk Marathon and impressively all in under 5 and a half hours! All those hard Sunday Superstars sessions paid off! Lauren finished 5th in age category (M45-49) with a PB for him even in the wet and muddy conditions. Well done all!

Rob Burrows Leeds Marathon 2024

Keeping it in the family both Dan and Alison completed the hilly get picturesque Leeds Marathon back in May. Well done to the Reads!

Race to the King 50K

And in her own words "...only 50k thank goodness! That's Race to the King all done, in all weathers, with rather lovely coastal views, plenty of laughs, much needed cups of tea, Freddos, Jelly Tots & far too much elevation!". Amazing Alison - well done what an achievement!

Still to come...

Tom Jones has the New York Marathon 3rd November - Good Luck in NYC Tom! And so far we have 6 members of AR running the Paris marathon in April.



Parkrun Toursim

Thanks to all those who joined us at Sloughbottom. Adding in another 'S', celebrating Sarah's 100th parkrun.

Our Tourism continues this summer with the following dates planned:

- July 20th Sandringham
- August 31st Swaffham



AR V Reepham Parkrun Match

Thankyou to everyone who ran or volunteered at the Aylsham Runners Members v Reepham Runners match at Blickling Parkrun. Unfortunately we lost the match 28 v 26 to Reepham and they also won on the age grading score as well. We did however have the best two age grade scores with Patrick in first and George in second - well done both. Thanks again for everyone who came was great to see so many of you!

Trust 10K

Just a reminder to all that on our doorstep we have the Trust10 monthly trail runs at Blickling. These are a great way to blow away the cobwebs, get some exercise and take in spectacular scenery throughout the seasons. The next events are 9:20 - 11:00 on the following dates -

- July 28th
- September 22nd
- October 27th
- November 24th



Youth Committee update

We've welcomed two new members Amii Andrews and SJ Smith to the youth committee. Thank you to them both for their support.

Youth member numbers are still growing well, and we are seeing some excellent numbers on Wednesday night.

It's been lovely to see some of our ARY members alongside main club at races too!

Going forward, dates for the calender are as follows Flying 5K 21/07/2024 Dino Dash 09/08/2024. Please come along to support the ARY



Ladies and Men's Night

iBig thank you to Jemma Collins and Chris Baker for organising the Ladies and Men's nights out! Both were enjoyed thoroughly by all and we hope to do these again soon.



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
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>
9/8/24	Dinosaur Dash	5K at Dinosaur Park. Please come and support our AR Youth Team.
11/8/24	Gt Yarmouth Half Marathon <i>*AR Grand Prix Race</i>	<i>This is one of our Aylsham Grand Prix races!</i>
22/8/24	AR V Reepham Runners Relay Event	Fun evening relay event with Reepham Runners at All Day Brewery, Salle Moor Hall Farm.
31/8/24	Parkrun Toursim - Swaffham	Join us for our summer of Parktun tourism, final one Swaffham.
01/09/24	Hainford 5K	Community 5K Run 10:30am. Family Run/ Walk 10am. Hainford Village Hall. Team entries also. £5 entry fee.
8/9/24	Run Norwich <i>*AR Grand Prix Race</i>	<i>SOLD OUT! This is one of our Aylsham Grand Prix races!</i>
9/9/24	AR AGM	6:30pm Aylsham Town Hall. Meeting, food and fun.
14/9/24	Round Norfolk Relay	Support needed for our 17 runners as they take on this epic team challenge.
6/10/24	Norfolk Gazelles 'Big Stampede'	Norfolk Showground. Teams of 4 will be required.
20/10/24	Autumn Blickling Half Marathon	AR will support with a water station at this event.
29/11/24	Christmas Lights Switch On	AR Stall TBC