

AYLSHAM RUNNERS

Quarterly Newsletter - October 2024

SAFETY NOTICE

ALL RUNNERS MUST HAVE HIGH VIS AND LIGHTS FOR ALL RUNS.

Coaches have the authority to ask runners not to participate in sessions if they do not have these items. The committee will be purchasing a few items for the incidents when people forget or batteries run out on lights etc.

Thank you for your cooperation.

Harvest Festival Foodbank Collection

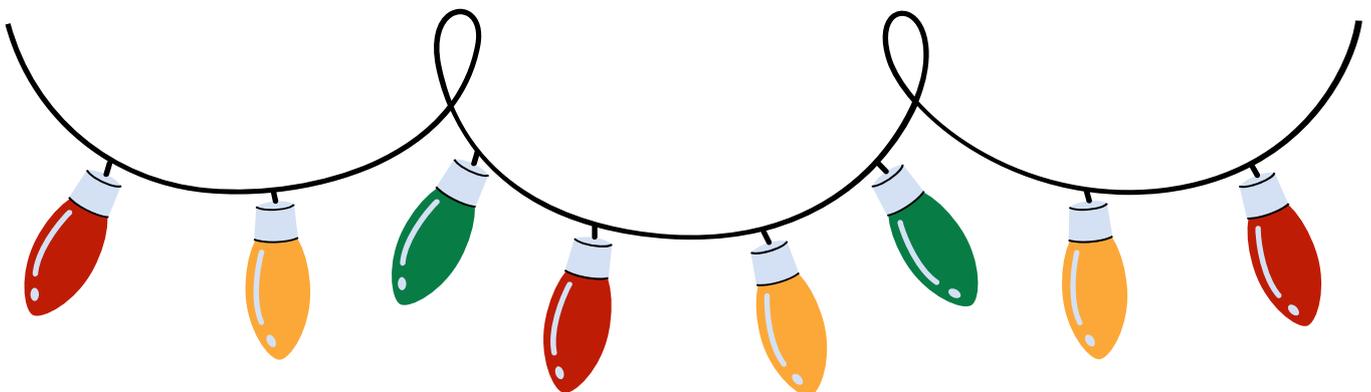
Thank you so much to everyone who was able to donate to our food bank collection. Our local food bank were so grateful we were able to support them, to support those in our local community who need this vital service. Thank you again for your generosity.

Christmas Lights Switch On 29th November

We are in need of volunteers to help with our stall at the Christmas light switch on this year. If you are able to help at any point from 4pm onwards please let Cath know. We also need some prizes for both children and adults, so if you are able to donate it would be much appreciated.

Christmas Party

We are able to confirm the AR Festive Party will be at Hotel Wroxham on 14th December. Details to follow regarding meal choices etc, however we are pleased to share AR committee have decided that £10 will go towards each members meal. We hope you will all be pleased with this festive gesture.



AYLSHAM YOUTH UPDATE

We are delighted to share we now have 18 members of ARY, who have spent the summer holidays training at Youngs Park and we are pleased to report this has worked very well.

We've welcomed SJ and Amii into the ARY Committee and have a few regular helpers to keep us well within ratio numbers to be able to accomplish various coaching styles. Thank you to everyone for their support.

The ARY members have competed in a few races and have been well received within the racing community. We hope next year going forward to encourage all of them to participate in the Sportlink Grand Prix and various other races and events.

We hope to organise a few more ARY Parkrun events and encourage them to come along to both Junior & Saturday Park Runs.

It's been lovely to see that ARY have taken great pride in wearing their club colours and the parents have been an integral part of helping the clubs positivity and core values being demonstrated.

The structure and commitment of the ARY Committee has enabled us to set our sights forward to the future and we can't wait to see the club flourish with new members.

The committee is as follows:

Chair - Jason Gibbons

Vice-Chair - Catherine Townsend

Treasurer - Kerrie Lingwood

Secretary - Jemma Collins

Support Roles:

Amii Andrew

SJ Smith

John Neenan



**PHOTO OF ARY RUNNING
AT THE NORFOLK
GAZELLES STAMPEDE
RACE - WELL DONE ALL,
WITH SOME VERY GOOD
PBS ACHIEVED!**

Races and Club Standards Update

The club performance standards ('Standards') are a way of incentivising and rewarding each of you for achievements across a range of distances.

The aim of the 'Standards' is to give each runner, regardless of ability, the motivation and the focus to train for a specific goal. Setting realistic and achievable standards within the club not only encourages a sense of fulfilment on achieving your target but will also hopefully motivate and inspire other athletes to do the same.

You don't have to be a top athlete to achieve these standards, but you will have to train for them and enter races! We have one set of standard times for the open age category and one set for each 5-year veteran category.

Categories are as follows:- Copper (the easiest), Bronze, Silver, Gold and Platinum (the hardest)

These apply to the following standard race distances: 5K, 5M,10K,10M,1/2 Marathon and Full Marathon, but you don't need to run all of these! To qualify for the full club standard, you need to equal or better the standard time for your age group for at least 3 of the 7 race distances. You will also be recognised for achieving the standard at each race distance. You must achieve your times in 3 of the distances in a calendar year which will run from January 1st to December 31st. You must submit your time and distance to the club and as long as it is a recognised timed race (including Parkrun) we can judge it against the standards and reward you!

Club Standard awards will be presented at the annual summer and Christmas parties.

More information to follow.

Lauren Stroud - Club Captain



NEW COMMITTEE

Thank you to all our members who attended our AGM in September and a big thank you again to all those who have stepped down from roles, we are very grateful for your input.

Your new committee will be as follows;

Club Chair - Lucy Baker

Club Vice Chair/Secretary - Neil Cropper

Club Treasurer - Tessa Morgan

Club Team Manager - Adrian Jay

Club Communications Officer/Membership Secretary - Jemma Collins

Club Welfare Officers - Chris Baker/Amii Andrews

Club Captain - Lauren Stroud

Club Social Secretary/H&S Champion - Laura George

Club Youth Chair - Jason Gibbons

In addition to the committee there are a number of non-committee roles, those currently in role are listed below;

Head Coach – Abby Coates

10K Race Director – Chris Baker/Adrian Jay

Couch25K – David Platten

Website Administration/Membership Secretary – Peter Jolly

Kit Secretary – Chris Baker

Volunteer Co-ordinator(s) - TBC

We are looking for a Volunteer Co-ordinator(s) to support the committee members in generating interest and organising volunteers in the various activities we take part in during the year such as Parkrun takeovers, Aylsham Runners Xmas stall, Aylsham 10K Race and the Round Norfolk Relay to name but a few.

Please speak with one of the committee members to understand more or register your interest.

NEW KIT AND SALE

Exciting times are ahead in the new year with a new supplier of our club kit! We hope you will like the quality of the products and designs. With this in mind, we will be selling off old stock in the next few weeks, with 50% off!! The following items on sale are:

Ladies Vest - Size 10 x1 Size 12 x1 Size 14 x4 Size 18 x1, *Short sleeve t shirts* Size 12 x2, *Fluorescent long sleeve t shirt* Size 14 x 1, *Shorts* Large x2 *Mens Vest* XS x1, Small x4, Medium x2, *Short sleeve t shirt* Medium x 5 Large x3, *Fluorescent jacket* Medium x1.

