

AYLSHAM RUNNERS

Quarterly Newsletter - December 2024

**WISHING ALL OUR AR MEMBERS AND THEIR FAMILIES A
VERY HAPPY NEW YEAR!**

THANK YOU FOR ANOTHER WONDERFUL YEAR OF RUNNING.

We are so glad so many of you returned for another year, so many of you have joined us in 2024 and many more join us in 2025 starting our C25K programme.

A big thank you to all our coaches for their time and expertise and to all of you who have supported so many events throughout 2024.

Thank you to you all!

Chair's Update

It has been a busy 2024 for Aylsham Runners.

In March we held EACCL 9th Winter Cross Country Race at Cawston Park. As always this was a well-attended race an extremely popular one with the regular runners. We would not have been able to host this without our wonderful team of helpers. With the profits raised from refreshments we were able to donate £165 to two local charities RNLI and Teddy's Wish. This was our last race with EACCL, being held on a Wednesday it has become increasingly difficult to have enough volunteers. This might be something we return to in the future.

In April we saw the launch of our Aylsham Runners Youth, which has gone from strength to strength. Becoming increasingly popular with strong, enthusiastic runners of the next generation. This is supported by a dedicated and passionate committee, which we are incredibly grateful too.

In May we hosted our third 10K Race, which sold out. This is our fund-raising event of the year and saw us collect funds of over £2,000. This is only possible with all your help and support. We are in the process of organising our 2025 Race, so please keep 4th May 2025 free!

In September, we held our AGM with a fantastic attendance from over 40 members. We said farewell to Myles, Abby, and Paul from the previous committee. Since September, the new committee have been working hard behind the scenes creating new subgroups, updating the current webpage and much, much more helping to ensure that our club continues to 'run' smoothly and successfully.

In January we will be offering our third C2k5 programme led by David. We are looking for volunteers, so please put your name forward if you are free to support on a Monday.

Obviously, there is much, much more that has carried us through 2024 Aylsham Runners year, these are just a few snippets. I do hope that you have enjoyed your year of running with us whether it's Monday/Sunday social runs, Thursday nights training or taking part in races, park runs and volunteering.

This is only possible with our dedicated team of volunteers. I would like to thank all involved in making our club what it is today. A team of over 20 including committee, coaches and helpers are involved in this success.

Merry Christmas and Happy New Year.

Kind Regards

Lucy



Awards Round-Up

AR Recognition Awards 2024:

Runners Runner: **Jemma Collins**

Committee Awards: **Val Minns, Peter Jolly and Beth Gaskin**

Most improved female: **Lucy Seaman**

Most improved male: **John Morgan**

Raider Award: **Jennie Child**

Oscar George Award: **Tom Jones**

Female Runner of the Year: **1st place Kerrie Lingwood, 2nd place Kerry Clarke, Hannah Chapman and Rebecca Louise**

Male Runner of the Year: **1st place William George, 2nd place Jason Gibbons, 3rd place David Waters**

Grand Prix Summer Series:

Female senior: **1st Amii Andrews, 2nd Jemma Collins**

Veteran female: **1st Sarah Jay, 2nd Davina Broom**

Male senior: **1st William George, 2nd Myles Hague**

Veteran male: **1st Adrian Jay, 2nd Alan Mickleburgh**

Congratulations to all!

Perhaps it's your turn next year?



Social Update

Thank you so much to everyone who has supported and joined us throughout the festive period at various events and throughout the year. We were so glad our Christmas Tree to support the East Anglia Air Ambulance was enjoyed by so many at the Christmas Tree Festival at Aylsham Church. We raised a fantastic £130 at our Christmas Light Switch On, which will be split between AR and ARY. Thank you to all those who donated prizes and helped out on the stall it was really appreciated.

34 AR members and guests had a wonderful time at the Wroxham Hotel for our annual AR Festive Party in December. It was a lovely to celebrate so many achievements and recognise peoples collective and individual efforts of 2024. After so many questions our Secret Sock was a great success with some fabulous socks being received!

Our first social event of 2025 is our AR Blickling Parkrun takeover. If you are able to support on Saturday 25th January 8 - 10:30 am approx. it would be much appreciated. There are a variety of roles so please join us if you can - coffee and cake afterwards too!

For more important dates for the diary in 2025, including our parkrun tourism for 2025, please visit: <https://aylshamrunners.com/members-area/club-calendar/>.



AYLSHAM YOUTH UPDATE

As we reach the end of 2024 we have 21 affiliated members of Aylsham Youth Runners, we've added a new role to the committee by welcoming Clare as our parent/committee coordinator.

We have done what we aspired to do by making the club affordable and open to all levels of ability.

There has been some massive PB's for the younger members and their training has gone from strength to strength. With the help of the committee, regular helpers like Ant Howard & Laura Hick we have managed to host almost every session flawlessly. We have changed location and settled ourselves fully at Youngs Park, meaning we don't have to break for training in school holidays and the club has a safe and fun location to train.

Going forward we hope to expand our membership numbers and when training allows take on younger members.

For now, I would like to thank the committee and helpers for helping us fulfil our goals for 2024 and hopefully we will keep on achieving new goals in 2025.

If you would like to volunteer on a Wednesday evening approx 6:15-7:30pm, please get in contact.

Jason Gibbons
Chair of Aylsham Runners Youth



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.

SPOND

Thank you to all members who have downloaded this so far. Please can we ask everyone to do this ASAP or ask someone on the committee to help you. It has proved really helpful to communicate sessions and know about attendance.

Members Area of AR website

Please remember to sign up for access to the members section of our website. Here you can find lots of useful information from kit, to race results and even share your thoughts in our online suggestion box. This information can be found at:

<https://aylshamrunners.com/members-area/>

Deliberation and Direction (reflect and set targets!)

As the year draws to a close, it is worth reviewing your year to consider your achievements and to record your aspirations for the next. Over the next week or so have a think about -

- your notable achievements in 2024
- any objectives for 2025. Consider aspects like: number of parkruns, different parkruns, distance covered, runs per week, particular races you are targeting, times you are aiming for - for 5k, 10k, half marathon, parkrun etc, age grading % target.

Happy New Running Year!

