

AYLSHAM RUNNERS

Quarterly Newsletter - March 2025

CHAIRS UPDATE

It does not seem possible that we are already into the third month of 2025!

We saw out 2024 with a Christmas Party hosted by our dedicated AR social committee. This is one night of the year where we don't recognise each other in our 'fancy outfits'. It was such a great evening catching up with each other and celebrating runners' successes and achievements from throughout the year.

We had 5 hardy runners who took part in our annual Christmas fancy-dress run-in Norwich (on what was possibly the wettest night of the year). This year we incorporated helping the homeless in Norwich city centre, supporting a much-deserved local charity. Our fabulous medal christmas tree in Aylsham Parish Church raised money for the Air Ambulance. December was a busy month!

January was the launch of our C25K group and this has been another success, with help from our existing members and coach David. We hope that you will continue your running journey with Aylsham Runners after the programme finishes. These are just a few examples of what a busy time its been for AR; it's not all about running.

ARY is growing rapidly, this is thanks to dedicated committee member & helpers who are giving up their time, being patient and working hard helping the youth to progress on their running journey.

All the coaches, committee, ARY and social group work extremely hard behind the scenes helping our club to be in the successful place that it is today. In my recent absence I appreciate you all; I want to thank you for your hard work, dedication and commitment to Aylsham Runners.

Lucy, AR Chair

Aylsham Runners Membership Renewal 2025/26

If you've not already done so, don't forget to renew your membership of Aylsham Runners (and England Athletics) before the 31st March deadline.

We have frozen the fees at £35 again for this year and really hope you will wish to rejoin us for another year. Please head to <https://aylshamrunners.com/renewal/> to complete your details and pay securely online.

Any problems or queries please email membership@aylshamrunners.com

Aylsham 10K 4th May

For those that have recently joined us, Sunday 4th May is our 4th year of holding the annual 10k race held at St Michaels First school. This is our biggest event for the year so we look to our lovely members for their help in making it happen.

We also encourage members to sign up and run it but just ask if they can provide a friend or family member to help with marshalling/ volunteering.

The scenic route takes runners out towards Oulton and back on all closed roads keeping the runners safe without worrying about vehicles interrupting the route.

If you would like to get involved please go to our website aylshamrunners.co.uk and click on the link that will take you to the race page where you'll find the [Volunteering tab](#).

Alternatively speak to our Volunteer/Marshall coordinator Peter Jolly who will happily take your name.

New AR KIT

We are really pleased to announce the link for new AR kit will go live on our website 1st April! Keep a look out for the link we will share once finalised.

CLUB CAPTAIN UPDATE

Performance and Club Standards

It has been an incredible start to 2025 with several members hitting Club Standards – standards we introduced in January 2025 for the first time. Shanon H and John M hit their overall Copper Club Standard, Laura G, Jennie C, Sarah J, Richard C and Dawn C all hit the overall Bronze Club Standard; Laura then went on to achieve the Silver Club Standard, along with Steve R and Ant H, while Lauren S hit the Gold Club Standard. These all appear on our wall of fame on the AR website.

There are many additional notable achievements worthy of mention: Shanon H and Steve R's 100% parkrun record with 13 out of 13 at the time of writing, with 7 others also in double figures (Lauren S, Jennie C, John M, James L, Becs W, Ian M and Richard C); Patrick H with his 75.06% age grading record at Blickling (with 6 others over 70% - Richard C, Lauren S, James L, Will G, Dave W and Ant H); plus Jack T's impressive time of 18:56 at parkrun and 85 minutes in the Blickling half marathon.

Everybody keep it up!

Round Norfolk Relay (RNR)

23 AR members have expressed an interest in being part of the 17-person team to run around 200 miles of Norfolk on the weekend of 13th and 14th September. We must submit our entry by April 18th – which is the type of class we enter in and not the final team. It is looking likely we will enter club class (based on those runners interested) – which requires a team of 6 females and 8 males.

Once we have entered the event, we will start to firm up the team and supporters over May/June so we can put final arrangements in place and of course help our runners with their training plans.

Aylsham Runners have agreed to support at the Lessingham Stage - which is the finish of stage 8 and start of stage 9. We will be expected to provide volunteers at this stage to support with parking, logistics etc and again will discuss this further in due course.

Reepham v Aylsham @ Blickling Parkrun

We have confirmed with Reepham and those at Blickling parkrun that we will have a Reepham v Blickling fun competition on May 17th. It will be based on number of runners and age grading – so please all turn up with your AR vest or t-shirt, run well and enjoy the experience.

UEA Track Session

It is to be confirmed, but we have enquired with UEA about undertaking a Thursday night training session on the running track at UEA, for May 15th 6.30-7.30pm, with Chris Coates coaching. Please await further and final details!

Social Update

We were so glad to have it confirmed that our Christmas Tree to support the East Anglia Air Ambulance raised £117.03 at the Christmas Tree Festival at Aylsham Church. We hope to have a tree again in 2025, so any charities you would like us to consider supporting, please let your committee know.

Our first social event of 2025 was our AR Blickling Parkrun takeover. We had a huge turn out of members which was brilliant as we were even able to provide pacers. Thank you to everyone who was able to support and hope to see many of you on the 6th April for our AR Junior Parkrun takeover at Blickling.

We were pleased to join in with the National Food Bank Run in February as with your generous donations we were able to support Norfolk Homeless Support, the charity who we helped at our Christmas fun run also.

Our summer of Parkrun Tourism is on the horizon. We hope many of you will be able to join us to try out some different Parkrun routes and may achieve some parkrun PBs!

We have been listening to members needs and have therefore tried to tailor our events for the year so there is something for everyone. We hope you will join us for the following:

- **Summer Party 5th July, Venue TBC**
- **AGM 8th September, Aylsham Town Hall**
- **Annual Awards Evening 6th December, Wroxham Hotel TBC.**

For more important dates for the diary in 2025 visit:

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



MARATHON UPDATES

An amazing amount of AR members are about to embark on various marathons. We wish them all the best of luck especially on those final miles when it gets a bit tough we will all be cheering you on!

Hannah C - "I'm running the Paris Marathon (my 8th!) with no time goal, just seeing how training goes. My dream is to complete the World Majors; I've done 4 so far. There are now 7, but you only need the original 6 for the 6-star medal!"

Jack T - "I'm running the Brighton Marathon, my first ever, to support scoliosis research, a cause that's personally affected me, especially in my teenage years."

Sarah & Ady J - "Sarah and I are taking on the Edinburgh Marathon! I've been running for 20+ years but never tackled 26.2 miles. At first, I wasn't interested, but after some FOMO, I decided to give it a go. The furthest I've run is the Wymondham 20, but that was years ago, and my body definitely feels it now! I've always stuck to shorter races, so this is a big jump. Training is going well so far, and I'm excited to get to the start line. We're running for the RNLI and East Anglian Air Ambulance".

Here are the donation links: [RNLI: Link](#) and [Air Ambulance: Link](#)

Lauren S - "I'm excited to run my 4th marathon, the first outside of England! My goal is to finish under 3:15 (bronze), beat my personal best of 3:12 (silver), or ideally go under 3:10 (gold). The Gold Club Standard is 3:00, which is a big challenge, but I'll try! I'm running for the Break Charity with fellow Aylsham Runners. Any sponsorship would be appreciated—please donate via the link or search "**JustGiving Lauren Stroud**".

Jemma & Dianne - We're running the Paris Marathon for Break Charity, with Cath coming along to support us. We're excited to fly the flag for Aylsham in Paris!

Jason - I can't wait to be back at London for my second year running, this time in the AR vest! Training has been going great, so fingers crossed for a new PB, but if not, I'll still enjoy the experience.

Bex - "My second marathon is on May 25th – the Edinburgh Marathon. A few of us from AR are taking on this challenge together, making the most of a few days away. Edinburgh is special to me, having visited as a child and for my honeymoon. Never thought I'd be running a marathon there, especially since just two years ago I never thought I'd run more than 5k! Training has been tough but rewarding, helping me manage a stressful day job. It's all about personal achievement and training with people I admire. Big thanks to Aylsham Runners for getting me this far."

Also good luck to the following AR Members for The Norfolk Marathon: Peter Jolly, Jonny Gale, Kerry Clarke, Matthew Armiger, Roxanne Demmen and Steve Rush and Chris Baker who is running the London Marathon on the 27th April in our club place from 2023.



Menopause Workshop

Thank you to everyone who attended our Menopause workshop mid march with the wonderful Nel from Midlife Medicine.

Just in case anyone wants to know more about what Nel does, her new web address (just gone live) is <https://www.midlifemedicine.co>. If anyone wants to contact Nel directly or has any questions about the workshop they can either Whatsapp Nel (Laura G can share Nel's number) or send her a message on Facebook (Midlife Medicine) or Instagram (@midlife_medicine).

Celebration Evening

We hope those that joined us at SEVENTEEN for our celebration evening enjoyed the cheese and socialising with fellow members. It was wonderful to celebrate all those that had completed C25K - Congratulations to you all! Thank you again to David and all those that helped volunteer to make this possible.

We were also delighted to award the Summer Grand Prix Series awards to following members:

Female Senior; 1st Amii Andrews, Runner Up Jemma Collins
Female Veteran; 1st Sarah Jay, Runner Up Davina Broom
Male Senior; 1st Will George, Runner Up Myles Hague
Male Veteran; 1st Ady Jay, Runner Up Alan Mickleburgh.

We look forward to our next social - a post parkrun coffee at Blickling on the 17th May!

Aylsham Runners Youth Update

Aylsham Runners Youth continues to grow, and we are excited to share that we now have 22 affiliated members!

In exciting news, Amii Andrew's is currently completing her Assistant Coaching course, and Jemma Collins is working towards her CiRF qualification. Both are taking important steps to help support and develop our club!

We are aiming to have many of our members participate in the Aylsham 5k race. Whether it's their first 5k or they're aiming for a new personal best, be sure to cheer them on, whether you're running or supporting from the sidelines.

As always, we are looking for volunteers to assist on Wednesday evenings. If you can help, please speak to Jason at the club.

Jason Gibbons
ARY Chair

