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**WRR Newsletter for Monday 21st October 2019**

**Cross Country**

Round 1 of the XC is going ahead. November 3rd at Bicester - please see link <https://oxonxc.org.uk/events/index.php?viewevent=1839>

**Men's Night Out**

Saturday 16th November at Shaan, Indian restaurant.

Table booked for 8.30, with an initial 24 places reserved.

£20 per person.

You choose a starter and a main course, and they will give us an assortment of Rice, Naans and side dishes.

If we eat all the Rice, Naans and sides we can have more at no extra cost.

If you want to come, I need £20 form you ASAP. Your place is only secure once you have paid me.

Obviously there will be a couple of pints somewhere beforehand and after.

Graham Ferris.

**Ladies Night Out**

Saturday 16th November

Thank you to all the ladies who have paid. We have a few spaces left so if you want to join the fun please email me for bank details[lucy.harris@witneyroadrunners.co.uk](mailto:lucy.harris@witneyroadrunners.co.uk#_blank)

**WITNEY ROADRUNNERS CHRISTMAS DINNER**

Confirmation of the WRR Xmas Dinner - Saturday 7th December 2019

Café Rouge, Witney - time to be confirmed

Book your place now with Lyn or Julia

Lyn Hopkins lynhopkins2@yahoo.co.uk

If you wish to attend please get your name/s down quickly to guarantee a fun packed night out, as I expect the places to be filled quickly.

Venue - Cafe Rouge, Witney

Time - TBC

Disco - be ready to dance the night away

Menu - see details, they are also available on the WRR website

Club Presentations to be made on the night

Choices to either me or Julia as soon as possible please, either by email or by hand. My email address can be found on the WRR website under secretary.

Payment can be made in cash or by cheque to either me or Julia, cheques made payable to Witney Roadrunners, or direct to the WRR bank account, details on the WRR website. Please email me to let me know when you have paid and when making the payment on-line quote 'XMAS DINNER'

It should be a great night as usual, we at WRR know how to have a good time, bring on the party.

Lyn and Julia



**JOHN ROSE TROPHIES**

To stand a chance of winning this trophy you need to have raced the following distances.

5 Miles

10 km

10 Miles

Half Marathon

15 or 20 Miles

Marathon

They can be any race, anywhere in the world.

These must have been completed between 1st Nov 2018 and 31st Oct 2019. So you still have time.

You must also have worn an official club top, unless the Marathon was done for charity and you wore their top.

The Female and Male with the lowest combined times for the distances are the winners, so send in your best times.

Last year only 3 ladies and 3 men completed the distances, so everyone got a placing.

I need the event and time for each distance with me by 5th November.

Please Email your results to – [graham.ferris@ntlworld.com](mailto:graham.ferris@ntlworld.com)

**It time to dust off last years WRR trophies and return them to club ready for this years winners!**

Please can the following members bring their shields/cups to club this Thursday 25th Oct or email me on [Rachel.stanleyevans@witneyroadrunners.co.uk](mailto:Rachel.stanleyevans@witneyroadrunners.co.uk) to arrange alternative drop off/collection date. Many thanks.

|  |  |
| --- | --- |
| **Shield/ Cup Name** | **Winner 2018** |
| John Rose Memorial Cup Male | Sam Upton |
| John Rose Memorial Cup Female | Lindsey Smith |
| Snowdonia Trophy Male | Gareth Petts |
| Snowdonia Trophy Female | Jade Hewlett |
| Most Improved Newcomer Female | Anne McIlveen |
| Most Improved Newcomer Male | Callum Hodnett |
| Most Improved Man | Sam Upton and Matthew Lock |
| Most Improved Female | Jen Upton |
| Danielle Basson Unsung Hero Award | Bertie Field |
| Runners Cup Male | Tony and Matthew Lock |
| Runners Cup Female | Lindsey Smith |
| Phil Howkins Memorial Shield (League Winner Vet Male) | Tony Lock |
| Bill Hay Memorial Shield (League Winner Vet 60 Male) | Graham Le Good |
| Overall League Winner Male | Matthew Lock and Sam Upton |
| Overall League Winner Female | Lindsey Smith |
| League Winner Senior Male | James Clark |
| League Winner Senior Female | Jade Hewlett |
| League Winner Vet Female | Rachel Stanley-Evans |
| Ladies Captain Award | Frankie Balkwill |

**London Marathon Draw 2020.**

Persons wanting to enter must have fulfilled the criteria below, AND must have paid WRR membership and EA for 2020 by **1st December 2019**.

The draw will take place after the Xmas Pudding relays on Sunday December (date to be decided) at the WSC, all names will be drawn by Lyn Hopkins as in previous years.

**London Marathon 2020.**

This year’s requirements for the club ballot will be:

* Entered the London Marathon Ballot for 2019 and received a rejection slip or e-mail. (You must keep the rejection slip as you need to hand this in). Please send to Andy Church by **1st DECEMBER 2019**
* Complete the WRR league, 8 races total, 4 in each half. (2019 Season)
* Paid WRR membership and EA for next year (2020)
* Been a WRR member and EA affiliated on or before 1st April 2019
* On the WRR short run rota and actually participate! Or on the Junior rota.
* **Marshal either Witney 10, Eynsham challenge(our leg), Club handicap**

The **first** place drawn will be for those who have not run the London Marathon before

The next places will be all other people who have fulfilled the above criteria and did **not** have a club place in the ballot this year.

If there are any places left then it will be for people who had London marathon club places this year but also fulfil the above criteria.

We do not know how many places we will receive yet.

Please use the WRR membership renewal forms on the website [here](http://www.witneyroadrunners.co.uk/membership/)

**WRR BOBBLE HATS**  
  
Bertie is now taking orders for new club bobble hats. The price is £19.50. If you would like to order one please let him know and make payment ASAP. The lead time is 13 weeks but if we get the order in soon it will be less.  
  
Payment by BACS is the same account as the membership with the reference of hat.  
Payment by cheque made payable to Witney roadrunners.  
Payment by cash in a envelope with your name on it.  
If you are paying by BACS you will need to email Bertie to confirm [bertiewrr@gmail.com](mailto:bertiewrr@gmail.com)

**WRR race kit in stock**

**Ladies** - £23 each

T-Shirts - Sizes 8 to 16

Vests - Sizes 8 to 16

**Men's** - £23 each

T-shirts - Sizes Large

Vests - Small and Extra Large

**Hoodies** - zipped - £22 each

Small to Extra Large -

**Hoodies** - non-zipped - £15 each - Old stock

1 x Large and 2 x Extra Large

If you require race kit please contact me at [lynhopkins2@yahoo.co.uk](mailto:lynhopkins2@yahoo.co.uk)

**This week**

**Tuesday 22nd**

Location: New Yatt Road/Vanner Road

Effort Session: 2 x 800m

4 x 200m

2 x 800m

Time: 7pm at Sports Centre

7:10 at the WODC Offices near Wood Green

**Thursday 24th**

|  |  |  |  |
| --- | --- | --- | --- |
| **Short** | **Med** | **Long** | **X Long** |
| **3.3 Miles** | **5.3 Miles** | **7.1 Miles** | **8.3 Miles** |
| Witan Way | Church Lane | Station Lane | Church Green |
| Gloucester Place | Newlands | Ducklington Lane | The Leys |
| Mill Street | Bridge Street | Tower Hill | Station Lane |
| High Street | High Street | Burford Road | Ducklington Lane |
| Witan Way | Welch Way | Deer park Road | Tower Hill |
| Station Lane | Tower Hill | Curbridge Road | Burford Road |
| Ducklington Lane | Burford Road | Tower Hill | Bridge Street |
| Corn Street | Deer Park Road | Burford Road | West End |
|  | Thorney Leys | Moor Avenue | Crawley Road |
|  | Station Lane | Welch Way | Quarry Road |
|  |  | High Street | Schofield Avenue |
|  |  | Newlands | Eastfield Road |
|  |  | Cogges Loop | Farmers Close |
|  |  |  | Vanner Road |
|  |  |  | Early Road |
|  |  |  | Woodstock Rd |
|  |  |  | Jubilee Way |
|  |  |  | Cogges Hill Road |
|  |  |  | Manor Road |
|  |  |  | Cogges |

**Short Run Rota:** Lyn Hopkins, Trevor Jennings, Linda Field

**Saturday 26th**

Park Run 5km at:

[Witney](http://www.parkrun.org.uk/witney/) [Oxford](http://www.parkrun.org.uk/oxford/) [Abingdon](http://www.parkrun.org.uk/abingdon/) [Banbury](http://www.parkrun.org.uk/banbury/) [Harcourt Hill](http://www.parkrun.org.uk/harcourthill/) [Bicester](http://www.parkrun.org.uk/bicester/) and [elsewhere](http://www.parkrun.org.uk/)

**Sunday 27th**

Ascott-under-Wychwood 5km League Race

Ascott-under-Wychwood 10km League Race

**Race Results**

As with all Oxfordshire races check out Barry Cornelius's race photos at <http://www.oxonraces.com/photos/>

**Saturday 19th**

**Parkrun Results** – all 5km with varying terrain number of laps and undulations!WRR consolidated Parkrun results are [here](http://www.parkrun.com/results/consolidatedclub/?clubNum=2326)

**Southampton**

Andrew Green 22:54

**Oxford**

Graham Le Good 21:45

Simon Welch 24:24

Billy Rendell 24:25

**Nonsuch**

Tommy Johnson 17:29

Abby Drewett 28:01

**Chichester**

Paul Molyneaux 26:18

**Witney**

Joe Godwood 19:43 **1st**

Luke Edwards 19:48 **2nd**

Chris Colbeck 21:05 **3rd**

Liam Walsh 21:25

Richard Evans 21:40

James Webster 22:46

Dan Wymer 22:48

Lisa Kay 23:21 **1st Lady**

Stephen Roberts 23:53

Sally Howard 24:15

Matthew Lock 24:25

Paul Ainslie 24:57

Chris Ellis 25:29

Jane Colbeck-Mckinnon 26:45

Oliver Schroelkamp 27:14

Kirsty Webb 27:22

Fraser Bisp 29:43

Regina Lally 31:14

Gill Sherwood 32:10

Lily Sherwood 34:35

Tamsyn Wymer 35:07

Emily Howard 36:43

Martin Crabb 42:42

**Tewksbury**

Sam Upton 18:55 **1st**

Jim Horsman 25:11

Jen Upton 48:22

**Prospect**

Anna Flory 28:12

**Sizewell**

David Rouget 24:13

**Endurancelife Coastal Ultra Marathon in Suffolk**

Debbie Marshall-Thomas 7:29:05 First Ultra Marathon

Anne Rouget 7:37:59 First Ultra Marathon

**Sunday 20th**

**Abingdon Marathon Gun Time**

Matthew Lock 2:50:12 **PB** by 22 min

Tom Grantham 2:56:27 First Marathon

Alan Reynolds 3:12:32

Stan Charles-Jones 3:19:24

Fraser Howard 3:49:12

Alex Townsend 3:56:02 First Marathon

Andy Church 3:56:02

Michele Hustler 3:56:03 First Marathon

James Hackney 4:03:39 **PB**

Jamie Jones 4:03:39

Lindsey Smith 4:11:09

**Amsterdam Marathon**

Allie Maybrey 4:39:00 **PB**

**Great South Run – 10 miles**

Tony Beardsley 1:33:16 Course **PB**

**Contacts**

If you need any further information please contact:-

Chairman [John McCormac](mailto:chairman@witneyroadrunners.co.uk)

Secretary [Lyn Hopkins](mailto:lynhopkins2@yahoo.co.uk)

Membership [Paul Rushby](mailto:paulrushby@msn.com)

League Races [Andy Church](mailto:andy.church@stfc.ac.uk)

Newsletter [Graham Le Good](mailto:grahamwrr@btinternet.com) [Andy Church](mailto:andy.church@stfc.ac.uk)

Tuesday sessions [Graham Le Good](mailto:grahamwrr@btinternet.com)

Thursday Routes [Nick Morley](mailto:wrrnick@outlook.com)

Short Run Rota [Nick Morley](mailto:wrrnick@outlook.com)

Junior Rota [Fraser Howard](mailto:fphoward@gmail.com)

Website [Ian Fowler](mailto:ian.fowlerwrr@gmail.com)

WRR Club Kit [Lyn Hopkins](mailto:lynhopkins2@yahoo.co.uk)

Junior Club [Mike Miles](mailto:smileymatwrr@btopenworld.com)