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**WRR Newsletter for Monday 11th November 2019**

**No Newsletter next week** – Monday 18th November. So Tuesday and Thursday sessions for that week are included this week.

**Ladies Night Out - 16th November - Update**

Very pleased to say that all the ladies have paid. Thank you for making things easier for us!!  
We still have space for a few more but only with payment in advance. Please let either of us know if you want to join in before Friday 8th November.  
There is secure parking if anyone wants to leave their car overnight.  
Looking forward to our quiet night out!  
Lucy & Mel

**Lads Night**

Lads night places are now closed, as final numbers have been sent to Shaan.

There are 27 of us, so should be a great night.

Table booked for 8:30pm.

Pre meal drink in the Eagle Tavern, Corn street from 7pm.

Meeting up with the Ladies afterwards at Cogges Manor Farm.

**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



**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 Holiday (!)**

We are in the early stages of planning a club trip to Palma, Mallorca to run the 10k, Half Marathon or Marathon. These take place on Sunday 11 October 2020. Entries are open and early bird discounts available until 31st December.  
  
Full details at [www.palmademallorcamarathon.com](http://www.palmademallorcamarathon.com/#_blank)  
  
At this time we are looking to get an idea of numbers, so we can look into accommodation. The plan is to try and find somewhere within walking distance from the start/finish area. If anyone can recommend a Hotel close to Parc de la Mar, Palma that would be a big help.  
  
We would like to try and get us all in the same Hotel to get a great club atmosphere going.  
  
It will probably be a Friday departure and return Monday. Obviously you can fit it around whatever suits you.  
  
Please let me know if you are interested.

[Graham Ferris](mailto:graham.ferris@ntlworld.com)

**SHORT RUN ROTA 2020**

**(Please note - a few important changes from last year)**

Every Thursday the Short Run accommodates new members/beginners/improvers, members returning from injury and those who just fancy a shorter distance.

The distance will always be between three and four miles. I need 2 people every week to chaperone the group. The more volunteers there are, the greater the likelihood that you'll only have to do one during the year. That was the case this year, with only about a dozen members picking up a second stint.

We have plenty of members to meet the above criteria, and it is a feature of our "Club Offer", so please commit to putting your name down to do one. As mentioned , it is likely that you will only do one in the 12 month period, so it really isn't too onerous.

For safety reasons we do have to have at least one male and one female rota volunteer each week. So, if you find that you can’t fulfil your rota slot**, you must ensure you arrange a same gender replacement. Failure to do this means that the run cannot go ahead!**

If there are any dates you would prefer (e.g school holidays, etc) or dates that you cannot do, just let me know.

Once I have rota'd your turn, please try as hard as you can to avoid having to rearrange, however if it is unavoidable, it is essential that you tell me, via **email** only, who you have swapped with, especially if you wish to be considered for the WRR London Marathon draw. **Do not rely on any social media platforms.**

Remember as well, that if you want to enter the draw for a Club London Marathon 2021 place, you must have done at least one stint on the Short Run Rota (along with other published requirements) during 2020, so if you have an inkling that you may fancy entering London, you need to get involved and put your name down.

Please respond no later than Saturday 30th November.

Many Thanks,

**Nick Morley**

**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 – Monday 11th November**

**Tuesday 12th**

Location: Vallance Crescent, Witney

Effort Session: 5 x 800m: Recover – slow jog to start

Time: 7pm at Sports Centre

7:20 at Vallance Crescent/Deer Park Road

**Thursday 14th**

|  |  |  |  |
| --- | --- | --- | --- |
| **Short** | **Med** | **Long** | **X Long** |
| **3.2 Miles** | **4.8 Miles** | **6.3 Miles** | **8.9 Miles** |
| Witan Way | Church Green | Cogges Loop | Station Lane |
| Bridge St | The Leys | Newlands | Ducklington Lane |
| Woodstock Rd | Station Lane | Woodstock Road | Tower Hill |
| Harvest Way | Ducklington Lane | Wood Green | Burford Rd |
| Jubilee Way | South lawn | footpath to Farmer Close | Deer Park Road |
| Cogges Loop | Church View Road | Hailey Road | Curbridge Road |
|  | Curbridge Road | West End | Tower Hill |
|  | Tower Hill | Bridge Street | Burford Road |
|  | Burford Road | Burford Road | Moor Avenue |
|  | Bridge Street | Deer Park Road | Welch Way |
|  | Newlands | Thorney Leys | High Street |
|  | Cogges Loop | Station Lane | Bridge Street |
|  |  |  | West End |
|  |  |  | Hailey Road |
|  |  |  | Farmers Close |
|  |  |  | New Yatt Road |
|  |  |  | Early Road |
|  |  |  | Woodstock Rd |
|  |  |  | Newlands |
|  |  |  | Cogges Loop |

**Short Run Rota:** Lyn Hopkins, Billy Rendell, Lucy Harris

**Saturday 16th November**

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 17th November**

Eynsham 10km Recce.

Matthew Lock will be leading an Eynsham 10km recce.

Start, 9am behind the Evenlode or 8:15 at the top of Oxford Hill.

**Next week – Monday 18th November**

**Tuesday 19th**

Location: Witney

Effort Session: 10+ Hills

Time: 7pm at Sports Centre

7:10 by the underpass on Ducklington Lane

**Thursday 21st**

**Everyone – Out (23 mins) & Back (22 mins)**

Station Lane

Ducklington Lane

Welch Way

High Street

Burford Road

**Short Run Rota:** Lyn Hopkins, Graham Ferris, Michele Hustler

**Saturday 23rd**

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/)

**Race Results**

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

**Sunday 3rd November**

**Oxfordshire Cross Country League Race 1 – Bicester**

**Ladies**

9 Jessica Ralf S 27.25

33 Lisa Kay V1 29.40

35 Nina Greasby S 29.54

51 Jade Hewlett S 30.25

57 Sally Howard V1 30.59

66 Lindsey Smith V2 31.35

84 Aukje Raats V2 32.26

114 Jenny Moore V2 33.26

136 Jessica Wright V1 34.12

137 Jane Colbeck-McKinnon V2 34.13

140 Nicola Henman V1 34.17

159 Kirsty Webb S 35.36

175 Suzanne Reeve V2 36.52

178 Judith Le Good V4 36.56

184 Abigail Drewett S 37.09

194 Trudie Ratcliff V2 38.15

198 Debbie Marshall-Thomas V1 38.30

199 Linda Field V1 38.31

200 Kirsty Yates V1 38.32

216 Frankie Balkwill S 41.02

**Men**

4 Tegid Jones V1 31.01

21 Sam Upton S 32.42

23 Matthew Lock S 32.51

26 Gareth Petts S 33.11

33 Stephen Young S 33.19

43 Thomas Johnson S 33.41

45 Luke Edwards U20 33.43

69 George Reynolds S 34.49

72 Thomas Grantham S 35.08

83 Chris Mulcahy V1 35.33

101 Adam Boxer S 35.59

106 Anthony Lock V2 36.17

110 Fraser Howard V1 36.26

113 Chris Colbeck V1 36.36

171 Graham Ferris V2 38.45

176 Robert Green V2 38.58

177 Craig Gibbin V1 38.59

183 Paul Sherwood V1 39.07

195 Dan Wymer V1 39.35

242 Graham Le Good V3 41.48

253 Brian Moore V2 42.25

280 David Rouget V3 44.39

291 Nick Smith V1 45.14

293 Andy Green S 45.18

294 Stephen Roberts V2 45.30

299 Jim Horsman S 46.02

314 Stephen Ratcliff V2 47.51

328 John Green V2 49.33

332 Lee Vanstone S 50.08

334 Anthony Beardsley V2 50.22

**Saturday 9th November**

**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)

**Clermont Waterfront, USA**

Regina Lally 31.10

David Johnys 31.13

**Wimbledon Common**

Dan Wymer 21.26

Tamsyn Wymer 32.36

**Oxford**

Tegs Jones 16.42 **1st**

Kevin Hennessey 20.16

Simon Welch 23.29

**Queen Elizabeth**

Anna Flory 30.56

**Lyme Park**

Andrew Green 25.44

**Daventry**

Sam Upton 44.38

Jim Horsman 44.57

Jen Upton 47.13

**Stratford-upon-Avon**

Paul Molyneaux 25.06

**Cyclopark**

Nick Morley 26.07

**Witney**

Tommy Johnson 18.42 **2nd**

Matt Lock 19.32

Tom Grantham 20.02

Chris Colbeck 21.28

Fraser Howard 22.03

Joshua Heinrich 22.17

Paul Sherwood 22.33

Mark Crosby 23.39

Graham Le Good 23.40

Paul Ainslie 24.39

Lily Sherwood 25.48

Lisa Holland 26.45

Harriet Howard 27.03

Bethany Jones 27.10

John Green 27.42 **100th Parkrun**

Liam Walsh 28.36

Jacob Hepworth 28.57

Gill Sherwood 29.03

Jane Colbeck-McKinnon 29.03

Judith Le Good 29.38

Richard Stockting 30,20

Emily Howard 30.21

Beverley Anderson 30.30

Sharon Christie 30.36

Paul Taylor 31.56

Tina Hepworth 33.55

**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)