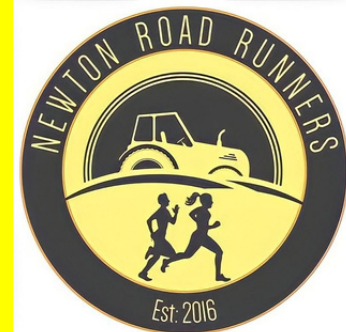


Newton Road Runners Newsletter



Welcome....

to the latest edition of the Newton Road Runners newsletter. We've had a highly successful summer with members representing the club in a huge amount of races. The highlight this year has been winning the SAMH award for mental health at the Scottish Athletics Awards, we are immensely proud of what we have built as a club and it's all down to you, our members. Please do share your stories and successes with us, we love to champion all of our members,

NRR Race time

Saturday 11 November is our 10k and 3k Newton Road Races. It's great to so many of you have entered, if you haven't already done so make sure you sign up soon as spaces are filling fast! If you, or a friend or family member, would like to marshall at the event, please speak to Joanne Thorburn. We are also looking for raffle prizes. This year all proceeds from the raffle are going to the mental health charity SAMH. Craig Lawton is collecting raffle prizes.

Scottish Athletics Award Success

In August 2021 we sadly lost our member and friend Cat Gaskell. This prompted our coaches to receive training in Mental Health First Aid. We have also raised money for mental health charities every year at our 10k and 3k road race. We were delighted to be recognised in our efforts to raise awareness of mental health when we were nominated for the SAMH Mental Wellbeing Award at the Scottish Athletics Awards.

On Saturday 28 October, club members attended the awards and we were over the moon to win! A fantastic night was had by all and we are so proud to have won this award.



Dates for your diary

- Sat 11 Nov – NRR 10K Road Race
- Sun 12 Nov – Jimmy Irvine 10K
- Sat 18 Nov – West League XC
- Sun 19 Nov – Falkirk Half Marathon
- Fri 24 Nov – 3k on the Green
- Sun 26 Nov – Mo Run
- Sat 27 Jan – NRR 5K Handicap & Awards night

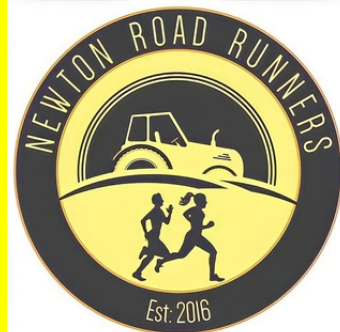
Committee

President – Joanne Thorburn
 Vice President – Joanna Wallace
 Secretary – Ryan Miller
 Treasurer – Alastair Drummond
 Social Media – Craig Lawton
 Head Coach – Jacqueline Wyllie
 Welfare Officer – Ben Watson
 Events & Cross Country – Peter Alexander

Please speak to the relevant member of the committee if you wish to discuss anything.

Congratulations to our club president Joanne Thorburn and Club Secretary Ryan Miller on achieving the 100 Parkrun milestone! Congratulations to Corey Craig who has hit 50! It was a great turnout from club members at all three of these parkruns.

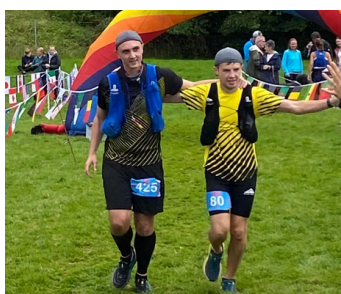
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Miles of marathons

We had a record number of club members taking part in the Great Scottish 10K and Half Marathon races in September. Some tackling the distances for the first time, some smashing their pbs and some just there for the post race celebrations. Fantastic to see the club so well represented at these events.

We've also had a great marathon season in the club. As well as the World Record time being set, Berlin also saw Alastair Drummond, Craig Lawton, Stephen Dodds and Natalie Hunter complete the course. Stateside, over in Chicago, it was the turn of Karen Edgar and Fiona McCall, with Alastair Drummond and Craig Lawton running as well, just two weeks after Berlin! Karen only got to put her feet up for a few weeks as she was back running in the New York marathon, along with David Ledgerwood in November.



There was also a large number who tackled the Ultra distance this year. Joanne Thorburn, Callum Ferguson, Stevie McNulty and Alastair McDonald completed Run the Blades Ultra in July. Then in August it was the Devil O'Highlands with Corey Craig, Callum Ferguson, Ben Watson and Neil Haliday taking part. A special mention has to go to Ben Watson who completed the Glasgow to Edinburgh ultra in, what can only be described as, horrific weather conditions! Congratulations to all the runners, you should be really proud of what you have achieved.

Beth turns NRR pink!

Our coach Beth was diagnosed with triple negative breast cancer in September. She is a positive force in the club and a good friend to us all, we are all here to support her 100% on her journey to recovery. She has been raising money for Breast Cancer Now, a charity which has been a great help to her, and has so far raised over £5000!

On Tuesday 17 September we turned NRR pink by all running in pink clothing. It was a sight to behold and really made Beth feel supported. You can still sponsor her here: www.justgiving.com/page/beth-shearer-1697727563812



NRR Time Trial

The second Tuesday of every month will be a 4 mile time trial session at the club. This is a great way to work on your speed and track your own progress. It will be twice round a 2 mile loop in Newton Farm and we encourage all members to come along and give it a try.