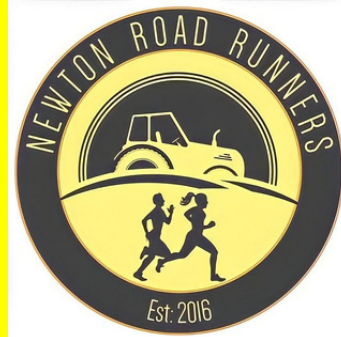


Newton Road Runners Newsletter



Welcome...

To the first Newton Road Runners newsletter of 2023! We hope you all had a fantastic Christmas and New Year. It's looking to be an exciting year ahead for the club. We have a few races left in the cross country season, our club handicap race and awards night on 4th February and members training for Tokyo, Manchester, Edinburgh and London Marathon so far! Do you have any running goals? Any races that you want to do, PBs you want to beat or are you happy just to be out there pounding the streets? Whatever your goal, the club is here to help and support you along the way.



Cross Country

Newton Road Runners have been well represented at the Cross Country races this season. We have had members run in Kings Park, Cumbernauld, Kirkcaldy, Strathaven and Kilmarnock so far. There are races scheduled for 21st January in Ayrshire, 11th February Bellahouston and the National Championships on 25th February in Falkirk. Cross Country is open to everyone, if you are keen to give it a try, speak to Peter Alexander at the club.

Dates for your diary

- 15th January Falkirk Trail Race
- 21st Saturday West League XC, Kilmarnock
- 22nd Maryhill 10K
- 28th Buchlyvie 10K
- 4th February 5k Club Handicap & Awards Night

Committee

President - Joanne Thorburn
 Vice President - Joanna Wallace
 Secretary - Beth Shearer
 Treasurer - Jonathan Crowther
 Social Media - Craig Lawton
 Head Coach - Jacqueline Wyllie
 Welfare Officer - Liz Holmes
 Events - Alastair Drummond
 Cross Country - Peter Alexander

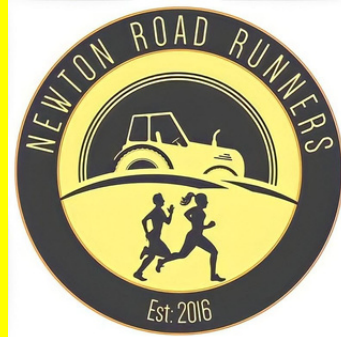
Please speak to the relevant member of the committee if you wish to discuss anything.



NRR at New Year's Day Parkrun at Springburn



Newton Road Runners Newsletter



Awards Night

Our annual Awards Night will be held on Saturday 4th February at Legends in Cambuslang.

The night kicks off at 7.00pm and will include a couple of fun games, the awards, a buffet and a top DJ to keep you all on the dancefloor! It is free for members and partners are welcome along at £10 a ticket. Please complete the [Google form](#), so we have an idea of numbers for catering. The £10 for any guests should be transferred into the club account with your name as a reference. If you haven't been to an NRR party night before, be warned, we like a party as much as we like a run!

December achievements

December was a hard month for running with the bad ice, dark nights and the temptation of party season looming ever closer. However, that didn't stop Alastair Drummond, Laine McGowan, Ryan Miller and Gillian Drummond completing Marcothon - running 5k everyday in December, no easy feat! We also have to congratulate Alastair on completing Marcothon by running 4 miles every 4 hours for 48 hours!! He choose the worst 48 hours of weather possible!

If you did Marcothon or achieved a PB in December and we have missed you out, please accept our apologies and keep us right for next month!

Club Handicap

Don't forget to enter our NRR Handicap 5K on 4th February at 11:30am.

The idea behind a handicap race is to make it fair regardless of your pace - anyone can win! So if Runner A thinks they will run 30 mins and Runner B thinks they will run 25 mins. Runner A will set off 5 mins before Runner B and hopefully finish around the same time.

It would be great to get as many Newton Road Runners there as possible to make it a fantastic event. To enter simply fill in the [Google form](#).

Prizes will be awarded for 1st, 2nd and 3rd place male and female. It'll be a great warm up for our Awards night!

**PRESS
PLAY
& RUN**

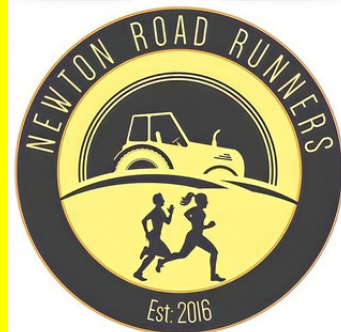
scottish_runner
#33 Meet to 2022 and 23 ahead
51 E1 - Marathons, mindset and falling over with Alison Jardine
#scottishrunner #runningspodcast #scottish

SUBSCRIBE FOR FREE TODAY AND LISTEN WHEREVER YOU GET YOUR PODCASTS.

Check out this brand new [podcast](#) from club runner Ryan Miller (scottish_runner). An ideal listen on your long run! **Good luck Ryan!**



Newton Road Runners Newsletter



10k for Cat

On 12th November last year we held our first official road race, in memory of club member Cat Gaskell. The day was a huge success with over 300 runners taking part in both the 10K and the 3K race. The route was an out and back along the Clyde path and thankfully the weather was kind.

A raffle (and a wee party!) was held in the Newton Arms afterwards and over £1500 was raised for mental health charity, Penumbra. It was special to have Cat's family there on the day too.

The race really helped to establish Newton Road Runners on the Scottish Athletics running scene and we are looking forward to this year's race already. Thank you to everyone involved for running, marshalling and supporting the day,



Fun Fact

The original marathon distance was 25 miles. This was ran in the 1900 Olympic Games in Paris and the 1904 Games in St. Louis. In 1908 the London marathon course was changed to 26.2 miles. The extra 1.2 miles was apparently added on so the royal family could see the start of the race, as back then it started at Windsor Castle. So you can thank them when you are battling that extra mile!

Share your news

We have started this newsletter to communicate with the members of the club as much as we can. It is your club and we want to share your news, involve you in events and help to make the club even better. If you have anything you wish to share in the newsletter, your own achievements, the races you are entering or anything running related you think might be newsworthy, please speak to Joanna Wallace.

We need you...

The running club solely relies on volunteers giving up their time to take the sessions every week. This is a big commitment for our coaches and we are always on the lookout for more people to join the team. Would you be interested in becoming a running coach? You need to be committed to the club, a regular attender to the club and an enthusiastic, positive runner! The club will pay for you to attend a one day Jog Scotland Leader course and of course you'll get a shiny orange coach t-shirt! If you are interested, please speak to Jacqueline Wyllie.

Coaching Team

Jacqueline Wyllie (head coach), Joanne Thorburn, Joanna Wallace, Beth Shearer, Jess Hardy, Sheena McCallum, Craig Lawton, Alastair Drummond, Alistair McDonald, Adam Wicklow, Andy Dean, Jonathan Crowther