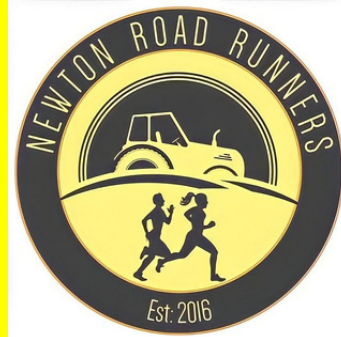


Newton Road Runners Newsletter



Welcome....

to the latest edition of the Newton Road Runners newsletter. It's been quite a year for the club with numbers of members reaching an all time high. We've had runners representing us in so many events all over the world. Marathons have been ran in London, Berlin and Tokyo, Ultras tackled in Scotland, 10ks all over the UK and Parkruns all over the world! It's always great to see the black and yellow colours in all the race photos! Keep doing what you're doing and be proud of the club you have built.

GSR Success

We had an incredible number of you running the Great Scottish Run this year, either the 10k or the half marathon, with some incredible times and PBs. Special mention to David Murray, who decided



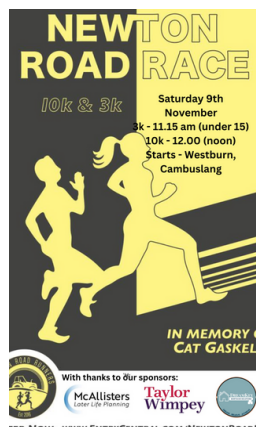
that one race wasn't enough, so did both! Was great to see so many NRR colours cheering on from the sidelines too.

NRR Takeover!

We were delighted to take over Strathclyde Parkrun on Saturday 21 September to help promote our own 10k race, thank you to everyone who volunteered on the day!

Race for Cat

Saturday 9 November is our annual race in memory of club member Cat Gaskell, who sadly lost her life in 2021. The race is the highlight of the NRR calendar so please do spread the word! 10k for the adults and a 3k for the Under 15's - the goody bag at the end is worth it alone! We encourage as many of our members to run as possible, but if you can't, then perhaps you would be willing to marshal? Please let Joanne Thorburn know if you can, we would welcome the help. Everyone is welcome to the pizza party and charity raffle in the Newton Arms after the race. This year we are raising money for BEAT, an eating disorder charity. Please get in touch with Craig Lawton if you have any raffle prizes you can donate. Sign ups for the race are via easycentral.com.



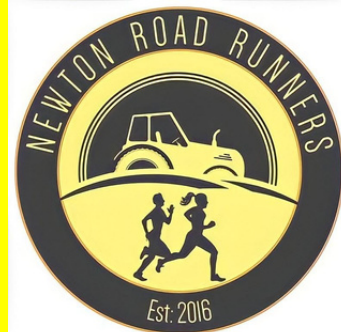
Dates for your diary

- Sun 13 October - Loch Rannoch Marathon
- Sat 19 Oct - National XC Relay
- Sun 20 Oct - Toronto Marathon
- Sat 27 Oct - Dublin Marathon Pollok Park 5k/10k
- Sat 2 Nov - National Short XC / Glen Ogle 33
- Sun 3 Nov - Strathaven Striders 10k
- Sat 9 Nov - NRR 10K Road Race / Dava Way Ultra
- Sun 10 Nov - Jimmy Irvine 10K
- Sun 17 Nov - Bella 5k/10k/Half
- Sun 24 Nov - Mo Run
- Sat 30 Nov - West District XC
- Sun 1 Dec - Valencia Marathon
- Sun 29 Dec - Tilli 10K

Committee

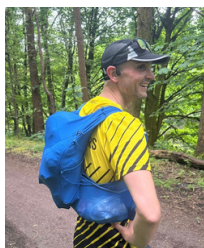
President - Joanne Thorburn
 Vice President - Joanna Wallace
 Secretary - Beth Shearer
 Treasurer - Alastair Drummond
 Social Media - Craig Lawton
 Head Coach - Jacqueline Wyllie
 Welfare Officer - Ben Watson/Liz Holmes
 Events - Peter Alexander
 Please speak to the relevant member of the committee if you wish to discuss anything.

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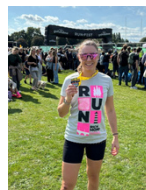
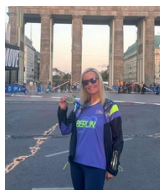
Going the distance

The John Muir Way Ultra kicked off the season with Jason Wood, Abie McCracken and Natasha Wood completing the 50km. Ben Watson conquered The Wall, a 70 mile Ultra running the route of Hadrian's wall - Carlisle to Newcastle - fuelled on boiled potatoes! Neil Halliday completed the impressive 95 mile West Highland Way race. We then had four club members taking on the Run the Blades 50km Ultra in July. Congratulations to Charlie Mackenzie for his achievement. Unfortunately Stevie McNulty, Ross Liddell and Adam Wicklow had to pull out mid race. Well done to Adam, who went back to the Windfarm and completed the Ultra himself a week later! Congratulations to Callum Ferguson for braving the Devil o' the Highlands Ultra in August in less than favourable weather! Stuart Milligan chose the scenic backdrop of Tieve for his Ultra.



Finally, we had John Quigley-Nicholson, John Hughes, Abie McCracken and Charlie McKenzie complete the G2E Ultra marathon. Congratulations to all our Ultra runners!

Marathon Mania



We've had NRRs running marathons all over the world this year!

- Tokyo - Alastair Drummond
- Manchester - Abie McCracken, John Young, Stuart Rowan, Charlotte Paton, Laine McGowan
- London - Jacqueline Wyllie, Peter Alexander, Joanne Thorburn, Beth Shearer, Callum Ferguson, Karen Edgar, Nicola Byfield, Lyndsay Henderson, John Quigley-Nichol, Steven Dodds, Alastair Drummond, Ryan Miller, Alison Jardine, Malcolm Singleton, Ashley Carr, Laine McGowan (virtual)
- Belfast - Gillian Ray, Fiona McCall, Craig Lawton
- Edinburgh - Martin Vernon, Toby Erskine, Chris Carr, Abie McCracken, Jason Wood, Stuart Rowan
- Solway Coast - Alison Jardine
- Richmond - Bethany Cunningham
- Berlin - Joanne Thorburn

Good luck to those whose marathons and ultras have still to be ran this year!

- Loch Rannoch - Andrew Baron, Emily Cross
- Chicago - Fiona Thomson, Ryan Miller and David Ledgerwood
- Toronto - Craig Lawton
- Glen Ogle 33 - Charlotte Paton, John Kelly
- Dava Way 50k - Fiona McCall
- New York - Claire & Joe Hurley
- Valencia - Ben Watson

NRR awards night



Saturday 4 February - Save the date! Newton Road Runners awards night will take place at Kirkhill Bowling Club, following the 5K time trial. It was a great turn out for the time trial last year, which set everyone up to get for a good party at the awards night afterwards. We can't wait for next years, so get your vaporflys and high heels at the ready!