



March 2018

Newsletter

Meeting every Wednesday from 7.45pm
at The Workout, Wetmore Road, Burton
on Trent.

East Staffordshire Sports Scholarship Award Winners

Coach of the year

Congratulations to Lis and Tracey who are joint winners of this year's East Staffordshire Sports Scholarship Coach of the Year Award! The pair were announced as winners at a ceremony at St George's Park on 16th March. A truly well deserved award. The club are very proud of them!



'Through coaching on the Beginners Running courses for both East Staffs and Washlands Women Runners they have enriched the lives of over 200 participants delivering innovative and motivational coaching session to participants who believed that running was not for them and running any distance was beyond their ability.'

www.washlandswomensrunners.org

Results round up.....

The weather has meant many of our regular races have been cancelled or postponed over the last few months, but a couple of new events survived the snow and were attended by Washlands runners. The first of these was the Leicestershire Half which saw Washlands ladies battling the cold, wind and sleet to complete this tough event. Well done to Alison Eley for coming back from injury to complete her first half marathon in a great time of 2:09:42. The second new event was The Big Half in London. This event was organised by London Marathon and covered some of the London Marathon course. Helen Dyche ran a fantastic time of 1:46:29 to claim a new PB! Matching Helen in a time of 1:46:45 was Kirsty Dumelow who ran a PB at the Retford Half Marathon. Well done Ladies!



Fradley 10k

Close to home and always well attended was Fradley 10k. Flat and fast, Fradley is always a good chance to get a new PB. Five ladies from Washlands ran this year.

Ruth Ford	46:12	Steph Allen	1:03:45
Rebecca Stringer	53:54	Clare Keighley	1:05:41
Linda Milner	55:37		



Going the Distance...



Huge congratulations to three Washlands ladies that have taken on Ultra events. Claire Leigh and Maddy Stretton ran 35.2 miles in the Northumberland CTS Ultra and Barbara Delaney ran 31 miles in the Canalathon. Great running!



Cross country

The last race in the new Cross Country league took place on Sunday 25th February at Sinai. It was hosted by Washlands and was well attended. We were the only club in the new league to put on a race this season. This reflects well on the club and we thank everyone that has supported

the new league from runners to marshals. We hope you have enjoyed it. Special thanks to Karen Jackson and the team for organising the event.



Burton and District Summer League

The first race in the year's Burton and District Summer League will soon be here. Conkers 5 mile race takes place at Conkers on Sunday 8th April and is organised by South Derbyshire Road Runners. The league is made of 8 clubs within a radius of Burton-on-Trent who compete within 8 open races across the summer, over distances from five miles to half-marathon. Each club organises it's own race. We need as many runners as possible to sign up to these races. These are fun races with great support and a lovely team atmosphere. The club offers discounted entry of £5 to these race. Lauren is already taking entries for the following race which will be Uttoxeter Half Marathon on May 6th. Listen out before club runs for more information. For full rules see our website.

Spread the News...Tell all your friends.. The Beginners course is Back!

The beginners course starts again on Wednesday April 25th 7.30pm. A 7 week course designed to get you from walking to running non-stop for 30 minutes.

We are looking for volunteers to help with the beginner's course.

Membership renewal April 2018.

It's time to renew your membership. Memberships forms are available from Clare and Rachael or on our website. This year's membership is £15. This includes your England Athletics registration which includes exclusive offers and reduced race entry fees. Check out www.englandathletics.org for more information.

This year the club will be issuing everyone that renews before the end of April a free set of personalised ICE tags to tie on your shoelace, so please make sure you fill in your details on the membership form accurately .



Running Course for Beginners

Wednesday 25th April to 6th June 2018 (7 weeks)

The Workout, Wetmore Road, Burton-on-Trent DE14 1SP 7:30pm

Cost: £15 to join (includes England Athletics fee) Weekly run fee £1

Participants must be female and over 16 years old

Contact: washlands@gmail.com

Come and join us - get fit and have some fun!

@washlands www.washlandswomenrunners.org



Others news....

Christmas do! A good time was had by all at the Christmas meal at the Albion back in January.

Thanks to Lucy for organising a great evening



The next event on the social calendar is the Pasta Party. This year it will be held at Bella Italia on Thursday 19th April. Traditionally this is when we help our marathon runners start their carbo loading. It is open to everyone. Please speak to Lucy Wilkinson for more details and to book your place.



This year the club will be celebrating its 20th Birthday. We will be holding a celebration on the evening of Wednesday 9th May. Past members are welcome. More details to follow.

Dates for your diary

Sunday 15h April	Conkers 5 mile (BDSL)
Thursday 19th April	Pasta Party Bella Italia
Sunday 22rd April	Virgin Money London Marathon
Sunday 6th May	Uttoxeter Half Marathon (BDSL)
Wednesday 9th May	WWR 20th Birthday Party
Sunday 20th May	Burton 10 mile (BDSL)
Wednesday 13th June	Washlands Relays (BDSL)
Sunday 24th June	Gate Gallop (BDSL)
Tuesday 10th July	Worthington 5 mile (BDSL)
Sunday 12th August	Burton 10k (BDSL)
Sunday 16th September	Tamworth 5 mile (BDSL)
Friday 28th September	BDSL Presentation Evening



If you have taken part in any races or events and you would like to let us know about them please send any photos and write ups to ruth_ford@btinternet.com and I will happily include them in the next newsletter. Don't be shy!