



Ivanhoe Runners News Bulletin March 2015

1985-2015
30 years:
watch out
for social
news!

2015 committee:

Chairman: Kev Sanders, Secretary: Angela Wheeler, Treasurer: Phil Stevenson, Fixtures: Andy Lindley, Men's Captain: Nick Rowles, Ladies Captain: Laura Graves, Special Events: Heather Swan, Social: Emma Kirtland, Victoria Smith, Publicity: Ruth Green, Gabby Smith

Weds training 7pm:

Coached run with Andy or pace group runs. Please take your turn in volunteering to lead - various pace bibs available at HPLC reception

Conkers parkrun

This Saturday

14th March

Come along in club kit to support the latest group of 31 beginners who graduate this week!



Subs

now due:

£30 discounted to £25 until 31.3.15

Bank transfer: sort

code: 40-08-31

Acc no: 81422278

Ref: ivanhoe subs



2015 club trip: Amsterdam 18.10.15
Full marathon / half marathon / 8km - fast, flat, finish in the Olympic Stadium.
www.amsterdammrathon.nl



Registration now open and the races do fill up. Lots of flights from East Midlands and Birmingham. Club hotel to be confirmed, we hope to all stay together as a group.

2015 Club Grand Prix Series: we have returned back to the first past the post scoring system after 2 years of age-graded scores. All remaining LRRL and BDSL races included (except where there is a clash of the leagues). Fastest runner scores 30 points, 2nd 29 etc. Your ten highest to count for the final Grand Prix tables. Separate competition for men and ladies.