



# IVANHOE RUNNERS NEWS BULLETIN FEBRUARY 2016

Hi all. As your new (?) publicity officer, THE BOSS aka Chairman Heather Swan asked me to do a quick update on what's happening "Ivanhoe" and key things from the first meeting of the new committee. Also note though that the club website is kept very current <https://www.ivanhoerunners.uk/> and Facebook is usually hot off the press stuff.  
Kev

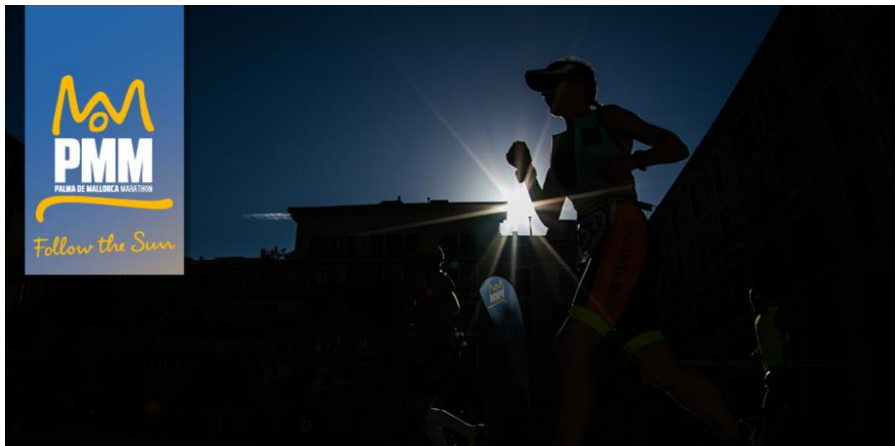
At the Annual General meeting the new committee elected for 2016 are –

- Chairman – Heather Swan
- Secretary – Angela Wheeler
- Treasurer – Phil Stevenson
- Men's Captain – Nick Rowles
- Ladies Captain – Victoria Smith
- Special Events Organiser – Ruth Green
- Social Secretary – Emma Kirtland
- Social Secretary – Damon Bland
- Fixtures Secretary – James Cubitt
- Race Results Officer – Lucy Allsop
- Newsletter Editor – Karen Bell
- Publicity Officer – Kevin Sanders

For pictures of any of this lot, see Interpol or our website "Runners" tab.



The Ivanhoe crew at Grace Dieu.....



SAVE THE DATE: 2016 Club Tour:  
Race day: Sunday 16.10.16: Palma,  
Majorca. Full Marathon, Half marathon,  
10k.

We have an expert spy on the ground  
searching for best hotel deal: details out  
soon. Plenty flights from East  
Mids/Birmingham.

<http://www.palmademallorcamarathon.com/english/>

Ruth "Special Events" Green

Also at the A.G.M.:-

**Subs for 2016 agreed as £35 from 1<sup>st</sup> March 2016, £20**  
from 1<sup>st</sup> January 2017 for new folks joining after that date.  
Early bird discount of £5. See Phil.

**London Marathon club places criteria** agreed as: 10 Points  
must be achieved from any of the following categories:-  
1 point per marshalling at A20, Worthington or Adrian  
Smith

1 point per committee post held on either IR or A20

1 point for leading to completion an IR 10 week beginners  
course

1 Point for making a significant contribution to the club to  
be agreed by the committee

1 point for each league race competed in from 01<sup>st</sup> Jan to  
1<sup>st</sup> Oct.

Points must come from a mix of volunteering (i.e. the first  
four categories) and racing; the 5 year exclusion clause will  
also remain.

Any queries, see Angela Wheeler.

# Fixtures, social and stuff.....

See table left for current plans for the year.

Note that LRRL winter league races are “closed” and no pre-entry is required. Also, the Club pays your entry fee !! (wooo hoooo).

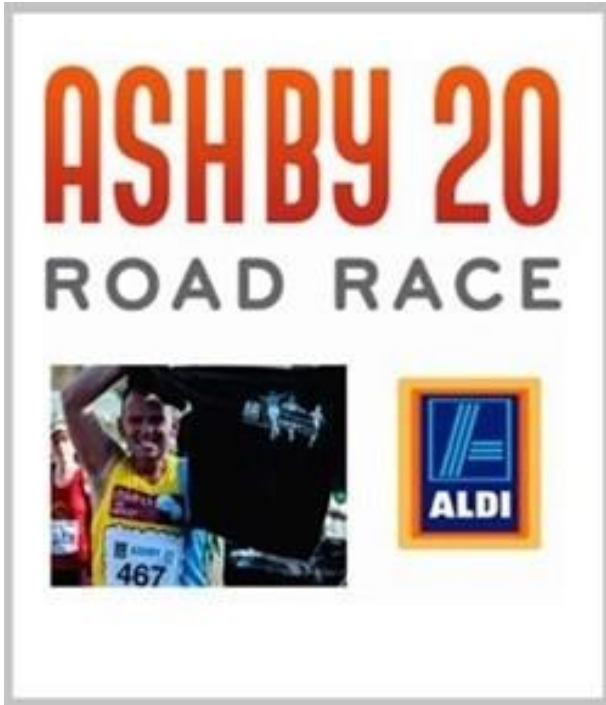
BDSL and LRRL Summer Races are open and you enter any pay in usual manner.

DRL races are cross-countries, are “closed” and again the Club pays you entry !!!

For 2016 we are again running an internal grand prix series using league races, with a couple of exclusions (May 15<sup>th</sup> where there is a clash, and Worthington where we will need some helpers. GP is a simple format again, first man / woman home get 30 points, m next 29 points etc. Your best 10 point scores from across 18 possible races to count. Points means prizes !!!

There will be many more socials after races, yet to be determined so watch website and bookface for updates, plus newsletters and bulletins. .

<u>Date</u>	<u>Event</u>	<u>League</u>	<u>Social</u>	<u>Grand Prix ?</u>
Feb 21st	Lutterworth	DRL		Yes
Feb 28th	Stilton 7	LRRL Winter		Yes
March 6th	Kibworth 6	LRRL Winter		Yes
March 9th	Head Torch Run, Hicks		Soup social	
March 13th	Holly Hayes Wood	DRL		Yes
March 19th	Ivanhoe 20			
March 20th	Ashby 20			
March 27th	Desford 6	LRRL Winter		Yes
April 10th	Manchester Marathon			
April 17th	Brighton Marathon			
April 17th	Run in the Forest 5	BDSL		Yes
April 24th	London Marathon			
April 24th	Stratford Marathon			
May 1st	Uttoxeter Half M	BDSL		Yes
May 15th	Syston 8	LRRL Summer		Yes
May 15th	Burton 10	BDSL		
May 22nd	Gaddesby Malf M	LRRL Summer		Yes
June 5th	Swithland 6	LRRL Summer		Yes
June 15th	Washlands Relays	BDSL		Yes
June 26th	Gate Gallop	BDSL		Yes
July 6th	Hungarton 7	LRRL Summer		Yes
July 12th	Worthington 5	BDSL		
August 3rd	Joy Cann 5	LRRL Summer		Yes
August 21st	Burton 10k	BDSL		Yes
Sept 4th	John Fraser 10	LRRL Summer		Yes
Sept 11th	Adrian Smith handicap			
Sept 18th	Tamworth 5	BDSL	Bird in Hand, Austrey	Yes
Oct 16th	Majorca			
Oct TBC	Cross country	DRL		Yes



If you did not know that the Ashby 20 is on Sunday 20<sup>th</sup> March and that we organise it and that everyone helps and that it is the best race in the country and that it pays for your LRRL winter races and that it pays for your DRL XC races and that it subsidises your kit and that we start planning the next years race the day after this years race and that it filled in just 6 days and that it has been going since 1988 then WHERE HAVE YOU BEEN???? Approaching fast.....

*“A job on the Ashby 20 is a job for life” – Tim Sturla*

Wednesday Quality Sessions...

Best wishes to Ivan on his recovery, and thanks to everyone who has stepped up to the plate to run the sessions...

Beginners Group.

A new 10 week beginners programme led by Nick Rowles and Laura Graves started last Wednesday, with 18 keen smiley faces at HPLC at 6pm. If you know anyone who would like to take part, get them in quick before too many weeks pass. £10 for 10 weeks - even Aldi couldn't do it that cheap !