

July 2024 Newsletter



And just like that, we're in the second half of 2024!

June was an exciting month; our C25K 2024 class graduated at Wepre parkrun; Welsh Castles Relay 2024 took place over another glorious weekend; Deestridders ORGP summer series kicked off; we had two members with the amazing honour of GB vests in the 2024 Europe Triathlon/Duathlon Championships in Coimbra, Portugal.....

Oh and two members also hit 5-0 and you wouldn't believe either of them are over 35!

*Chairmans
Corner*

Club News

The club shop is live!!

Head over to our dedicated [VX3 club shop](#), where you'll be able to pick up Buckley Runners Club gear; from a hoody to a bobble hat, a bag to tracksuits; caps to polo tee's and gilet to those robes that are dry! Sign up to the VX3 newsletter and you'll get 10% off your first order.

And lastly, if you see anything on the site, or any other club shop, that you want Buckley to offer, let us know and we'll get it added!



The new club vests and tee's that were part of our first bulk order are due very soon!!

VX3 are due to receive the kit on 11 July. Once they have it we are one final step from getting it, with their delivery sent via DPD next day. Keep your eyes peeled for further updates and collection / kit drop plans.



Club News

Members who haven't renewed will be retired

(on the WA system...we're not retiring you officially! Honest)

We had 123 competitive members last season. As of mid June we were at 90 who had signed and paid (competitively). In line with WA guidance Gerard will be retiring individuals from the club who haven't paid. Rest assured, you can still run and you can still renew with us at a later date. This is essentially just admin tidy up.

MEMBERSHIP Renewal 2024-2025

Buckley Runners & Welsh Athletics subscriptions have been due as of 1st April. The subs are £3 per year (£5 if social only & not joining Welsh Athletics) for Buckley Runners & £21.00 for Welsh Athletics (UKA registration), total £24.00.

Each existing member will need to complete the Google form to comply with GDPR. [GDPR click here](#).

Payment Method Update

Each member will receive an individual email containing a link to make online Payment for both WA registration and/or Buckley subs (this replaces the previous method where members made a bank transfer to the club & then the club would have to pay each individual WA registration on the athletes behalf)

Please message Gerard Coleman direct or email brcmembers@gmail.com if you have any questions relating to the membership renewal process

PLEASE NOTE

It's vitally important members renew at the earliest opportunity. This is to benefit both you as an athlete and us as a club. Delaying your renewal will impact your club & Welsh Athletics benefits; it may also impact how many guaranteed London Marathon spots the club get, as these are distributed based on a member amount basis. Furthermore, if you're looking to represent your region or nation, then you must have valid membership.

Wepre parkrun - 15 June 2024

What a day!

On 15 June we had 12 of our C25K 2024 class attend the super flat Wepre parkrun to graduate. After 9 weeks of hard work, commitment and dedication, they finished with fantastic support from member of the club in the wonder atmosphere of Wepre parkrun.

The graduation coincided with our Club Championship fixture, and that resulted in 38 Buckley Runners amongst the 154 finishers.

Since graduating it's been great to see them continue their running journey.

It's been another successful year, following on from last years return of our C25K, and it was special to see so many of last years class helping during the 9 weeks and also in attendance at Wepre.



North Wales Cross Country League

Fixtures 2024/2025

At the 2024 AGM the following venues/dates were agreed for the season:

Saturday 5th October 2024 – Eirias Park, Colwyn Bay LL29 7SP

Saturday 19th October 2024 – Baschurch, Shrewsbury

Saturday 30th November 2024 – Aberystwyth

Saturday 11th January 2025 – Ysgol Morgan Llwyd, Wrexham

Saturday 8th February 2025 – Marches School, Oswestry SY11 2AP

The North Wales Championships will be held on Saturday 4th January 2024 at Treborth Track, Bangor LL57 2RQ

A copy of the minutes of the AGM are available [here](#)

Club social media

We have an official facebook page, please follow/like [here](#)

We have an official Instagram page, please follow [here](#)

We have a members only facebook group [here](#)

We have a members Strava club group [here](#)

We have a members Spond group - please contact Eric Campbell for details to join

Buckley Runners Club

LAST (WO)MAN STANDING

Coming soon....

The first Buckley Runners Last (Wo)Man Standing comp. Some might be aware of this game, but for those who aren't, don't worry, it's really simple.

Its a football competition where each week of the premier league season you just need to select a team to win. If they draw or lose, you're out. If they win, you stay in. Last (wo)man standing wins the pot!

There's a few more rules, such as you can only select a team once, but more details will be released in the coming weeks.

It'll be £10 an entry. with the money split between the winners pot and the club (pot split TBC).

This will be the start of more fund raising we'll be aiming to do, as we look at ways to keep member costs down in the coming years.



BUCKLEY ON TOUR

NW XC fixture 3 - Aberystwyth

Update on our club XC weekend away.

Some have already started booking but for those who haven't, the best options for the Saturday night (30 November) are looking like;
Four Seasons, Premier Inn, Holiday Cottages.

Best value for money found so far is the Four seasons, if booked via booking.com you can get a single for £55, a double for £63 (£31.50pp) or a triple £81 (£27pp!) which includes breakfast, pay nothing until 25 November and free cancellation up till 28 November. These can be cheaper still, if you pay in full when booking.

We've got a list of those who were initially interested and we'll go through it to make sure those on the list have seen the update but please let us know if you're still interested, and if/when you book.

Please note, you don't have to stay in one of the above to attend. It's up to you and there are other options available too, please feel free to book wherever you feel most comfortable. Nearer the time, once we have confirmed numbers for staying over, we'll start to look at booking somewhere to eat, and local bars / pubs etc.

Four Seasons
Premier Inn
Holiday Cottages

The Les Coathup Club Championship

At the 2023/24 presentation it was announced that the Club Championships will be named after recently inducted life member, Les Coathup. For 2024/25 there will be two types of Club Championship: The Open Championship and The Age Graded Championship

What is an 'Open Championship'?

This is a first past the post system where you get recognition for the position you achieved in the race regardless of age. 1st Buckley Runner back gets 100 points, 2nd gets 99 points, 3rd 98 points etc. This system tends to favour younger members of the club.

What is 'age-grading'?

Age grading is a way to adjust an athlete's performance according to age. The age-grading tables were developed by the World Master Association (WMA) – the world governing body for track and long distance running for veteran athletes. The tables work by recording the world record performance for each age at each distance, for men and women. Where necessary, the world record performances are estimated. The time you achieve in a race is then expressed as a percentage of the world record. The higher the percentage – the closer you are to the world record.

What's coming up

July see's 3 Club Championship races.

We have two off-road before a return to road ends the month:

Deestridders OGRP Race 2: Thursday 4th July 2024 (BEST RESULT TO COUNT) – OFFROAD

The Green Grass of Home: Wednesday 17th July at 19:30 – OFFROAD

Helena Tipping 10k: Sunday 21st July at 09:30 ROAD

Please note: following July's races they'll be enough fixtures for us to produce an overall table

June Club Championship Race Results

RACE 4

Race up The Beast 5th June

MEN	Time	Pos	Points	Age Adj %	Pos	Points
David White	40:56	1	100	46.06	4	97
Jez Brown	41:25	2	99	52.06	1	100
Simon Roberts	44:48	3	98	49.29	2	99
Liam Rogan	44:50	4	97	45.5	6	95
Andrew Peers	47:26	5	96	40.97	7	94
Dave Boothroyd	51:50	6	95	45.64	5	96
Pete Gray	52:52	7	94	37.72	8	93
Iain Hobson	58:20	8	93	35.52	9	92
John Morris	1:05:44	9	92	46.36	3	98
Owen Whitley	1:13:59	10	91	25.28	10	91
WOMEN	Time	Pos	Points	Age Adj %	Pos	Points
Hayley Evans	51:20	1	100	44.65	1	100
Caroline Hardie	53:21	2	99	41.07	2	99
Caroline Caffrey	1:03:10	3	98	37.93	3	98

June Club Championship Race Results

RACE 5

Wepre Parkrun 15th June

MEN	Time	Pos	Points	Age Adj %	Pos	Points
David White	18:40	1	100	68.19	3	98
Dave Brillley	19:22	2	99	66.63	5	96
Jez Brown	19:59	3	98	72.85	1	100
Liam Rogan	20:03	4	97	68.7	2	99
Gerard Coleman	20:34	5	96	61.57	8	93
Simon Mara	21:49	6	95	62.65	6	95
Eddie Davies	22:17	7	94	67.52	4	97
Charles Barton	22:36	8	93	57.10	9	92
Dave Woodley	23:22	9	92	62.30	7	94
Tom Jones	25:10	10	91	51.27	13	88
Chris Hunt	25:31	11	90	56.59	10	91
Craig Hunter	26:17	12	89	53.64	12	89
Karl Williams	26:31	13	88	55.35	11	90
Jamie Lewis	28:09	14	87	47.83	14	87
Owen Whitley	31:19	15	86	40.33	15	86
WOMEN	Time	Pos	Points	Age Adj %	Pos	Points
Eleanor Francis	25:59	1	100	56.70	6	95
Joy Hunter	27:05	2	99	56.88	4	97
Charlotte Harvey	27:25	3	98	53.47	7	94
Sian Meirion	29:58	4	97	58.06	3	98
Amy Bennett	30:37	5	96	47.88	8	93
Evelyn Aindow	31:29	6	95	56.77	5	96
Sue Ridings	33:19	7	94	61.16	2	99
Irene Blount	34:53	8	93	61.28	1	100
Elizabeth Jones	35:08	9	92	43.85	11	90
Michelle Neal	35:27	10	91	46.02	9	92
Helen Bailey	37:31	11	90	39.49	16	85
Heidi Evans	37:50	12	89	44.22	10	91
Nicola Keep	41:03	13	88	40.24	14	87
Magda Rozplochowska	41:04	14	87	35.31	20	81
Laura Callaghan	41:18	15	86	37.30	19	82
Sue Formstone	41:58	16	85	42.02	13	88
Nicola Hughes	42:19	17	84	34.81	21	80
Angela Lucas	42:26	18	83	39.94	15	86
Amber French	45:12	19	82	32.09	22	79
Lauren Harrison	45:53	20	81	31.48	23	78
Karen Harrison	46:38	21	80	39.40	17	84
Celia Rogers	47:35	22	79	42.17	12	89
Nicole Van Den Wittenboer	47:37	23	78	38.59	18	83

The Les Coathup Club Championship

Full Fixture List

April

Chester Spring 5 2024 Wednesday, 10th Apr at 19:00 – ROAD

May

Christleton 5k 2024 Friday, 17th May at 19:15 – ROAD

2024 Essar Chester Half Marathon Sunday, 19th May at 09:00 – ROAD

June

Wepre Parkrun (c25k graduation) 15th June – at 09:00 OFFROAD

Race up the Beast Wednesday, 5th June at 19:15 – OFFROAD

Deestridders OGRP Race 1: Thurs 6th June 2024 (BEST RESULT TO COUNT) – OFFROAD

July

Deestridders OGRP Race 2: Thurs 4th July 2024 (BEST RESULT TO COUNT) – OFFROAD

The Green Green Grass of Home 17th July at 19:30 – OFFROAD

Helena Tipping Wrexham 10K 2024 Sunday, 21st Jul at 09:30 – ROAD

August

Deestridders OGRP Race 3: Thurs 1st AUGUST 2024 (BEST RESULT TO COUNT) – OFFROAD

Ellesmere Port RC 5K Wednesday 14th August 19:15 – ROAD

North Wales 10k Championships @ Caernarfon Sunday 18 August 10:00 - ROAD

Cilcain Mountain Race Monday, 26th Aug at 13:00 – OFFROAD

September

Deestridders OGRP Race 4: Thurs 6th September 2024 (BEST RESULT TO COUNT) – OFFROAD

October

Borders League Race Date and venue to be confirmed – ROAD

November

NW XC League fixture @ Aberystwyth Saturday 30th November time TBC – OFFROAD

December

Ruthin Parkrun, 21 December 09:00 – ROAD

January'25

North Wales XC League fixture @ Wrexham Saturday 11 January time TBC – OFFROAD

February'25

Village Bakery Wrexham Half Marathon Sun 16 Feb 2025 at 09:30 – ROAD

March'25

Chester 10k Date to be confirmed – ROAD

BONUS RACES

Any Road Half Marathon

Any Full Road Marathon

Deestridders OGRP 4 race series June to Sept best result to count – OFFROAD

RACES TO BE CONFIRMED

Borders League Buckley Home fixture – ROAD

North Wales 10 mile Championships – ROAD

Members can submit one performance for any Half Marathon/Marathon.

Please visit the [website](#) to find the submission form

Member achievements, PB's and race reports

We had a Buckley 1-2 finish at the Jubilee Half Marathon.
Jack Bromley took the win in 1:10:35, with Josh Cullen second in 1:10:49

Steve Bellis took a v65 win at Abersoch 10k. A man who gives so much of his time and races to helping others, it was great to see Steve get to run a race for himself, and showed his class with a 48'41" in a 10k that has a 1k beach finish!

Also at the beach was Adam Williams who finished the tough course in 47'16", finishing 129th of the 809 field.

Amanda Boyd, who you'll usually find on the fells, came down for a road race and only went and smashed her 10k pb, getting 50'33" at Warrington 10k. Maybe the roads aren't too bad

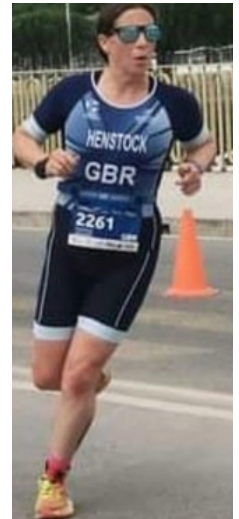
Chris 'Captain Chaos' Cally had not only the performance of the weekend but the best performance a Buckley runner has ever had at Welsh Castles Relay, when finishing 3rd on stage 12

Photo of the month

We couldn't pick just one for this month so you can have two.
And I'm sure you'll agree, both are very worthy to share this month's POTM.

Margaret Ludden and Gwen Henstock representing Great Britain at the 2024 Triathlon Duathlon Championships in Coimbra, Portugal.

Gwen had the fun of a run (10k), bike (40k), run (5k), finishing in 2:40:51
Marg had the joy of swim (5000m), run (5k), finishing in 45' 49"



Each newsletter we'll include any achievements, PB's, race reports or stories you want to include.

Look out for a Facebook post (in the [members only](#) group) at the end of each month to post your achievements, PBs or share a story, that you'd like included in the next newsletter.

Alternatively you can send these over throughout the month to Charles Barton, or any other committee member.

Buckley Runners' hit half a cent!



Big birthday celebrations took place in June, with Chris Hunt and Jane Doughton turning 50 years old.

If you didn't know either of them, you wouldn't think they were 50....to be fair I'm sure some that do know them didn't think they were about to turn 50!

Both do a lot and are examples of what an active and fitness filled life can give. Moving into a new age category is one bonus and we can't wait to see what they do as vets of 50!



Happy Birthday again from everyone at Buckley Runners Club