

November Newsletter



Hey Guys!

Welcome to the November edition of the Road Runners Newsletter. Please find all the info you will need for the coming month!

News

End of month Social will be held on Thurs 24th Nov at the Ski Centre

Runners of the Month Congratulations to Bruce Baker for winning male runner of the month. Female runner is yet to be announced!

Code of Conduct Please see attachment for updated Club Code of Conduct

Club Vest Club vests (green and Purple) must be worn for all events entered under the Dacorum and Tring AC affiliation. Any vests or Tshirts purchased from Berkhamsted Sports are not UKA regulated.

Cross country The next cross country will be held on Sat 12th November at Teardrop Lakes, MK5 8PA. I have attached a link to all the travel details at the top of this email.

Ladies 1:15pm TBC

Men 2pm

Please let Jamie, Kelly or John jales know if you can attend.



parkrun Tour

We would love for you all to travel and experience other local events whilst flying the green and purple flag. Closer to the event we will organise car sharing and the possibility of hiring a mini bus.

Please let Jamie know if you are interested in attending any of the events so we have an idea on numbers. If this proves succesfuk, we will add new dates in the new year.

Nov 26th- Panshanger
Dec 24th- Aldenham
Jan 28th- South Oxhey (2nd Birthday!)
Feb 25th- Stevenage
March 25th- Aylesbury
April 29th-Canons Park

November Training Sessions



Please find below the training plans for Tuesdays and Thursdays throughout November:

Week 1

Tues 1st- 4x6mins with 60 sec jog recovery @ 10k pace

Thurs 3rd -Club run 5-7 miles

Week 2-

Tues 8th- 4x5 mins fast with 3:30 min recovery (5k pace)

Thurs 10th- Club run 5-7 miles

Week 3

Tues 15th- Hills

Thurs 17th-Club run 5-7 miles

Week 4

Tues 22nd- club run 5-7 miles

Thurs 24th- 12x 90's with 60's recovery (slightly faster than target 5 mile pace)
