



Caerleon RC Newsletter Feb 2020

Funding for Coach Education

We are delighted to have been able to secure grant funding for a number of Leadership in Running Fitness (LiRF) trainees. This course is designed to provide the knowledge to lead running based fitness sessions. Two of our members have taken up this opportunity and we would like to congratulate and welcome to the coaching team Dawn Davis and Nicky Dominy! Thank you so much for giving up your time to be able to support our club members.

We would welcome further interest for this course, from members across our ability range to enhance our team. If you would like to be considered for this, please contact Peter Olivier, Peter Rodger or Ian Price.

For further details on this one-day course, please see link below.

<https://tinyurl.com/qu4hghx>

Please note this course runs regularly and in various locations should the above not be suitable.

We would also like to mention that Steve Houghton is currently working towards his full coaches qualification and should complete this course in early April. Again, thank you Steve for all your commitment to the club.

Facebook Public Page

As many of you are aware, we have two Facebook groups - one for members only and the other for public viewing. We are always looking to promote our club and activities and would be grateful if you could ensure you like and follow our public page and of course share this from time to time. The more people that like our page, the more our visibility on social media grows.

The link is: www.facebook.com/caerleonrunners

Caerleon Championship 2020

There are a few points of clarification on the format of the Club Championship. You will receive 5 additional points for every GLCL XC fixture you participate in, up to a maximum of 20 points. There are 5 in total in 2020.

You will receive 5 additional points for every GLCL Road Race fixture you participate in, up to a maximum of 20 points. There are 5 in total in 2020.

In the event of participants finishing the championship on equal points, a combination of participation and performance in championship and club events, ie Time Trials will be considered in determining the winner.

It is hoped that there will be age group trophies awarded at the end of the championship season. This is very dependent on there being a high level of participation in championship races. Participation in January makes this look very promising.

Monthly Socials

Now we are settled at our new home at Caerleon Rugby Club, we have decided to resurrect our monthly get togethers. This will now be on the first Thursday of each month starting next week (Feb 6th). Please come along, it's a great chance for our newer members to get to know everyone and to have a good natter with a bevvie or two!

Strava Mileage Challenge

Most of you will already know and be a part of the CRC Strava group but if you are not, please consider joining. Search for Caerleon RC Members Strava Group 2020 on Strava and request to join. It's a great way to track your mileage each month and earn yourself a prize at the end of the year whether that is for completing 250+ miles, 500+, 750+, 1000+ or even 1500+ miles! Every member has their own goal and we recognise and are proud of each and every one. Thanks to Chris Ford for his brand new dapper spread sheet, which takes a lot of collating and updating each month!

Member of the Month

Each month our website features a member of our club giving us an insight of their running story - the reasons why they run, what motivates them as well as any pearls of wisdom they can pass to others. PLEASE consider being a member of the month during 2020. Every member so far has given us a fascinating background on their running life from dramatic weight loss to combatting mental health issues, wanting to make friendships to challenging their bodies to their limits. The questions are very simple, a little insight about you! Please message Rob Bickel who coordinates this and will provide you with the questions.

Purple in Places

Don't forget to take your club colours and your selfie stick with you wherever you go in 2020! Pop your photos on the Facebook members page where they will be added to our Instagram and Twitter feeds. The Purple in Places Champion will be named in January 2021 - who will succeed Dave Davies...?

Dates for your diary

Club Parkrun Tourism

The next date for our monthly tourist trip is Sat 15th Feb where we venture to Cardiff (Blackweir) parkrun. This is followed by Sat 14th March at Cwmbran and Sat 18th April at Pontypool. For the full list of dates, please click this link: www.caerleonrunningclub.co.uk/parkrun

AGM

The AGM will take place on Tuesday 7th April 2020. Full details will follow. In the meantime members are invited to view the Caerleon RC committee meeting minutes. These can be found by copying and pasting the following URL into your browser:

<https://www.caerleonrunningclub.co.uk/committee-meeting-minutes>

This is password protected and can be accessed with the case sensitive password: lsc@2003

May Awards Evening

The May awards and quiz evening will take place on Tuesday 12th May 2020. Full details will follow. This will be the final set of May awards. After this all awards will be presented each January.

If you have any suggestions or queries, then please get in touch.

Charlotte