

May 2024 Newsletter



Hi and welcome to the first edition of our new Buckley Runners monthly newsletter. 2023/24 is in the books, and what a year we had.

We boxed it off with a brilliant night on Saturday (see below). Massive thanks again to Claire Campbell for her efforts as social sec, both for the presentation and the year as a whole. Across all three of our main disciplines we've had success; up in the mountains, out in the mud and on the tarmac. Numerous individual awards in both the North Wales Cross Country and Borders Leagues, with the cherry on top being the fantastic team performances in the Borders. Our Men did the double with both Senior and Vets winning their divisions. That was topped up to a Treble with the Ladies Vets having a brilliant end to the season. Producing a massive performance on the final day at Hoylake, to overhaul West Cheshire AC. We've had exciting stuff happening behind the scenes, with the first ever club badge being designed and a new kit partnership (which ultimately means a new race vest too!), among other things being worked on. Having recently had confirmation that our club was formed in 1984, this makes the current season, 2024/25, a big one. We're really looking forward to having the best year yet, and celebrating our 40th in style!

*Chairmans
Corner*



Club News

2023/24 Presentation

On Saturday we held our 2023/24 presentation. A fantastic night celebrating a successful and fun season for our club.

Our first class of life members were inducted-
Rob Mackey, Les Coathup, Sue Ridings, Jack Thomas and John Morris

Winners on the night were;

Club Champs Men and Ladies top 3
1st David White 2nd Jez Brown 3rd Chris Callaghan
1st Tracy Rogers 2nd Jane Doughton 3rd Sian Meirion

Robert Mackey Award - Elliot Cox
Performance of the Year - Chris Callaghan
Most improved Male - Gerard Coleman
Most improved Female - Tracy Rogers
Male member of the Year - Eric Campbell
Female member of the Year - Sian Meirion
Members member of the Year - Charles Barton

Full details of the night, and more info on the awards and their respective winners, can be found on our [website](#).



Club and Welsh Athletic renewals are due

Every existing member should now have received a membership renewal payment request via email. If you haven't received an email, please let Gerard Coleman know.

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, or the club (at WCR for example), then you must have valid membership.



New club kit



In case you missed it, last week we confirmed the kit designs with our new kit provider, VX3. We're still in the process of finalising the details and setting up the club shop. As soon as that is done, we'll share with you all, so you can start ordering your new BRC kit. Not only will we have a new vest, but the shop will include other kit such as jackers, hoodies, kit bags and beanie hats!! Which will possibly be the replacement for the Buckley Buff and will be available to win at every club

raffle!



C25K 2024

After such a successful return of our c25k programme last year, it's been great to see the encore this year being just as good. Our 9 week programme, lead by Nicole van den Wittenboer and Rob Mackey, is about to enter week four. The class of 2024 have been fantastic progress and will hopefully still be enjoying it, as the run time starts to increase at least we're getting to do it in nicer weather. The graduation run is scheduled to take place at Wepre parkrun on June 15.



Buckley on Tour

There's been some early news about a possible trip abroad (Europe) to take on a half marathon / 10k race. Early mentions have been for Lisbon half (9 March 2025) and Malaga half (23 March 2025). Amsterdam has also been mentioned due to a previous club trip being a big success, and the range of races that are put on that weekend. What is likely to happen is a few people will book on, let others know and it'll snowball from there. Dave Lemon has already booked on to Lisbon, others are looking into it.

WATCH THIS SPACE!

parkrun alphabet chasing

And speaking of Amsterdam, some of our members have already booked to fly out 19-22 Sept to go and run Zuiderpark parkrun. THE LETTER Z! It's an open invite to all and if anyone is interested in any more info, please contact Caroline Caffery.

Club social media

We have an official facebook page, please follow/like [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 For Instagram, nothing official yet but WATCH THIS SPACE

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

May see's two Club Championship races, both of which are eligible for road:

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

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

Updated Tables

After one race, the Chester Spring 5 on 10 April, this is how the tables are looking;

MEN	Time	Pos	Points	Age Adj %	Pos	Points
Dave White	26:49	1st	100	78.61	4th	97
Sean Truett	28:09	2nd	99	74.49	5th	96
Dave Brilley	29:11	3rd	98	73.23	6th	95
Jez Brown	29:44	4th	97	81.08	1st	100
Eddie Davies	31:30	5th	96	79.10	3rd	98
Eric Campbell	32:56	6th	95	79.67	2nd	99
Charles Barton	34:39	7th	94	61.67	11th	90
Bernie Morris	35:46	8th	93	67.41	9th	92
Steve Bellis	38:13	9th	92	73.18	7th	94
Paul Donoghue	39:06	10th	91	63.20	10th	91
Craig Hunter	40:59	11th	90	56.53	13th	88
Owen Whitley	43:04	12th	89	48.57	15	86
Iain Hobson	43:18	13th	88	53.51	14th	87
John Morris	49:21	14th	87	69.05	8th	93
Jack Thomas	1:02:00	15th	86	57.92	12th	89

Updated Tables

After one race, the Chester Spring 5 on 10 April, this is how the tables are looking;

WOMEN	Time	Pos	Points	Age Adj %	Pos	Points
Tracy Rogers	29:02	1st	100	83.25	2nd	99
Jane Doughton	34:24	2nd	99	78.69	3rd	98
Gwen Henstock	36:45	3rd	98	71.06	4th	97
Joy Hunter	37:01	4th	97	68.52	7th	94
Margaret Ludden	38:08	5th	96	85.22	1st	100
Charlotte Harvey	38:17	6th	95	63.38	8th	93
Lisa MacPherson	39:59	7th	94	62.01	10th	91
Caroline Caffrey	42:13	8th	93	62.56	9th	92
Evelyn Aindow	42:45	9th	92	68.61	6th	95
Sue Ridings	48:17	10th	91	69.44	5th	96

Full Fixture List

<p>April Chester Spring 5 2024 Wednesday, 10th Apr at 19:00 – ROAD</p> <p>May Christleton 5k 2024 Friday, 17th May at 19:15 – ROAD 2024 Essar Chester Half Marathon Sunday, 19th May at 09:00 – ROAD</p> <p>June Wepre Parkrun (c25k graduation) 15th June – at 09:00 OFFROAD Race up the Beast Wednesday, 5th June at 19:15 – OFFROAD Deestriders OGRP Race 1: Thurs 6th June 2024 (BEST RESULT TO COUNT) – OFFROAD</p> <p>July Deestriders 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</p> <p>August Deestriders OGRP Race 3: Thurs 1st AUGUST 2024 (BEST RESULT TO COUNT) – OFFROAD Ellesmere Port RC 5K Wednesday 14th August 19:15 – ROAD Cilcain Mountain Race Monday, 26th Aug at 13:00 – OFFROAD</p> <p>September Deestriders OGRP Race 4: Thurs 6th September 2024 (BEST RESULT TO COUNT) – OFFROAD</p> <p>October Borders League Race Date and venue to be confirmed – ROAD</p> <p>November NW XC League fixture Date and venue to be confirmed – OFFROAD</p> <p>December Ruthin Parkrun, 21 December 09:00 – ROAD</p>	<p>January'25 North Wales XC Championships Date and venue to be confirmed – OFFROAD</p> <p>February'25 Village Bakery Wrexham Half Marathon Sun 16 Feb 2025 at 09:30 – ROAD</p> <p>March'25 Chester 10k Date to be confirmed – ROAD</p> <p>BONUS RACES Any Road Half Marathon Any Full Road Marathon Deestriders OGRP 4 race series June to Sept best result to count – OFFROAD</p> <p>RACES TO BE CONFIRMED Borders League Buckley Home fixture – ROAD North Wales 10k Championships – ROAD North Wales 10 mile Championships – ROAD</p> <p>Members can submit one performance for any Half Marathon/Marathon. Please visit the website to find the submission form</p>
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Member achievements, PB's and race reports

On Sunday 5 May, Jen Rambaldi, Jane Doughton, Margaret Ludden and Tracy Rogers took part in the Masters International between Wales and England, at the Great Birmingham 10k.

Jen, Jane and Marg wore the red of Wales with Tracy in the white of England. All four ran superbly and did themselves proud. As a club, we're proud to see our runners being selected for their country, off the back of their effort, work, dedication and commitment. It's a great honour and well deserved.



Results -

Tracy Rogers 36' 52" (82nd OA / 7th female / 4th age and gender cat)
Jen Rambaldi 38' 49" (129th OA / 17th female / 7th age and gender cat)
Jane Doughton 42' 48" (228th OA / 54th female / 12th age and gender cat)
Marg Ludden 48' 08" (454th OA / 117th female / 11th age and gender cat)

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.

Upcoming Club Events

Each newsletter we'll include key events that are coming up, and this will hopefully help keep all members up to date with things going on. As above, if you feel any event that's coming up should be added, please don't hesitate to let us know.

Coming up in June, 20 runners (along with numerous support crew) will be embarking on, what many might say, is the greatest weekend in the calendar. It's the [Welsh Castles Relay](#).

Welsh Castles Relay 2024 will take place on the 8th & 9th June. It's a 2 day, 20 stage, 209 mile staggered relay stage race, held mostly on road but with many hills & mountains on route from Caernarfon to Cardiff with an overnight stay in Newtown. It's organised by Les Croupiers Running Club Cardiff.

The competition is of a very high standard, and whilst we won't be there challenging for the overall team titles, last year saw us pick up 3 yellow jerseys (Jen Rambaldi & Jane Doughton first ladies and Chris Callaghan first vet). For the individuals it's a great achievement & honour, and for the club to get three was something very special. After Jen picked up the club's first ever yellow jersey in 2022, we're now getting a bit of a collection! For the individuals and as a club, a very proud moment.

WELSH
CASTLES
RELAY



RAS
GYFNEWID
CESTYLL
CYMRU

