

# Redway Runners

## AGM

3 May 2015

19:45 to 21:00

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# Redway Runners

## Chair's Comments (Martin Lawrence)

Well that time again when look back over what has been achieved by Redway Runners over the last 12 months, and every year it is really hard to know where to start, but one of the things that for me is most important are that we have the clubs four principles at the heart of everything that we do and they are:

- Fun
- Social
- Value for money and
- Benefit of the runners

Anyway over the last year the areas I am probably, most pleased with are the new things we have done in the club and the key ones for me are:

- Our new event with 'Beat the Barge
- Starting early morning club runs
- Setting up a significant programme with 'Zero to Hero' taking a group of non runners and the did a spring marathon in 2016
- That calendar!!

As well as this we have continued to do the things we have done successfully before and grown the club with

- Club trips in the UK and overseas
- Club socials
- Cross Country, which has really taken off during the last season
- New runs have been introduced
- Beginners group have flourished within the club, we held 8 courses and 400 people started running with us
- Club events, like Furzton relay and team events, like OU relay, Squeaky Bone etc

So what will be new for 2016

- In June we will be holding the first Redway Runners Festival of Running – four events over one weekend and a chance to race a 10K, two half marathons and a marathon, we have set this up so our runners can do one two, three or all four of the races.
- Develop the profile of the club – we have started to do more work with the press locally want to develop this and look at other opportunities – have asked a small team to develop some items
- The club is looking at getting Clubmark accreditation
- Looking to hold our second Beat the Barge event and also Furzton Relay and of course club trips.
- We have already started our second year of the Zero to Hero programme

Anyway, none of what we do would be possible without so many people that help all around the club, I would especially like to thank the club committee, all the run leaders we have everyone who helps out in so many ways and those that just turn up and run – you are who we all do it for.

But we do not only achieve so many miles between us we have also left a legacy which includes:

- Between us we raised over £2,551 for Bravery boxes and if we get this matched again that means over £5,000 raised by the club for our charity of the Year
- Helped with funding to set up the Junior parkrun in MK
- Helped out with significant resource for a number of events in Milton Keynes, most notably the Milton Keynes Marathon and half in May
- Donated a large amount of sweets to the Milton Keynes Foodbank.

So all in all the last year has been a great running year and next year we will run Milton Keynes again.

One major milestone was achieved last year when the club hit 1,000 members and that gives the opportunity to look back and a little over five years ago a few of us got together and we decided we would form a running club, we looked into it long and hard and gave it much thought, what name would we call it, how much money would we need, what were the requirements.

Anyway after a bit of time went by we came up with Redway Runners (well initially David Lloyd Redway Runners - we changed it in November 2014). Decided on green as our club colours, we had to use colours not in use by other nearby clubs and we did all the paperwork.

That just left us needing as we had worked out 10 people to pay up and join to make it work, I secretly thought if we could do that and then by some miracle get to about 25 members that would mean we could run the club for two years and would be a reasonable time to see if we could do it!!

Well a lots of miles have been ran since those days at the end of 2010 and the start of 2011 and our 1,000 member has just joined the club - \*\*\*YES WE NOW HAVE ONE THOUSAND MEMBERS\*\*\* - words really do fail me (OK so I have written a few with this!!)

The journey to get to this milestone has been absolutely amazing, we now do so many things with runs and activities to suit just about every sort of runner with club trips in the UK and overseas, sessions throughout the day and nearly every day, track given sessions, race in the Cross Country league, beginners groups, courses to suit runners development. We should also be proud of what we have given to others with our charity of the year, gift donation and food bank schemes.

We could not have got to where we are now without all the people who have given up time for free to make the club what it is so to all those people 1,000 thanks.

Of course during the journey we have had some ups and downs, guess with the numbers you cannot please all the people - but really believe that we get it right most of the time.

Of course do not know how we will develop in the future and if we will continue with the amazing growth we have seen but as long as we all enjoy the journey am sure all the hard work put into the club by so many will be appreciated

Anyway, none of this would have been possible without the support of the committee, the run leads and so many others who give support or help – invariably a request goes out for help and it gets filled very quickly even in areas I expect to be difficult to resolve.

## Year 5 – in review

### April 2015

- Club social - Bowling night
- Daytime beginners group with Doug, no 25
- Portia completes coaching course successfully
- Club accounts approved
- New daytime step up/coached session on Mondays
- Club AGM
- London marathon, 51 run, 2 x coaches
- OU relay - 12 teams, win most age categories

### May 2015

- MK Marathon/ Half - lots helping and running - evening drinks
- Launch zero to hero programme
- Round MK relay - 2 teams
- Meeting with MK News
- Road Trip - Buckingham parkrun 84 run
- Evening beginners group at MK parkrun
- Cheque for £3,623 presented to Harry Rainbow Charitable Trust

### June 2015

- Start new evening beginners group (No 26)
- Introduction sessions for zero to Hero - 32 in programme
- New Tuesday evening run '640 club run'
- New Tuesday evening core class
- Tring parkrun - road trip, 21 travel
- Greensands Ridge - 2 teams and solo runners
- MK junior parkrun starts (with RR financial support) 33 junior RRs
- Daytime beginners group at parkrun - with Martas story
- Humber Bridge, club UK trip, with Hull parkrun

### July 2015

- Two new club early morning runs
- NSPCC MK Half - Ben 3rd home, stretcher party with Sally the dummy - 65 run
- Annie Neil Wedding
- Club Family run
- Summer Wednesday tea time runs with Glenn
- Beginners group graduate and zero to Heroes complete parkrun
- Furzton Relay

### August 2015

- Dublin club trip - over 30 travel for Rock n Roll half marathon and 3K Fun run and St Annes parkrun
- Beat the Barge - 80 run and raise almost £100 for club charity
- Club BBQ
- Win ladies team prize at Kimbolton Half marathon
- Group do race the train

#### September 2015

- Evening and Daytime beginners groups start
- Road trip Cassiobury parkrun Watford
- Social iGolf
- Bacchus half over 30 take part in the wine race
- New shell jacket and body warmer launched
- Launch 'Redway Runners Festival of Running'
- Big green parkrun MK for Lucinda and Stella
- Rock solid

#### October 2015

- Club UK trip - Cardiff
- Large group at Bournemouth Festival of Running
- Evening beginners group
- Meeting with Amy from England Athletics
- First match in 2015/2016 Chiltern Cross Country league at Keysoe, Bedford 34 RR run
- Pacing at MK parkrun

#### November 2015

- Squeaky Bone 11 teams
- Race 2 of the Chiltern League and good turnout at Tear Drop Lakes
- Beginners group with Annette at MK parkrun
- Dirt half challenge
- Calendars go on sale
- Benidorm - 33 club members run the unofficial half and 10K

#### December 2015

- Club Christmas meal - 106 attend
- Race 3 of Chiltern league - Abingdon
- Beginners group at parkrun
- MK Winter half marathon - 166 run - Ben Fairhall 2nd - Zero to Heros
- Full Christmas timetable of runs
- End of year video
- Five year club birthday

#### January 2016

- New Monday morning run with Mack
- Three new beginners groups
- Isle of Wight launched
- Coached / Step up Monday morning re-starts
- 900 club members
- 179 club record Sunday run
- parkrun road trip - Rushmere parkrun
- Ice hockey - 135 attend
- Marrakesh unofficial trip
- New ladies vest

#### February 2016

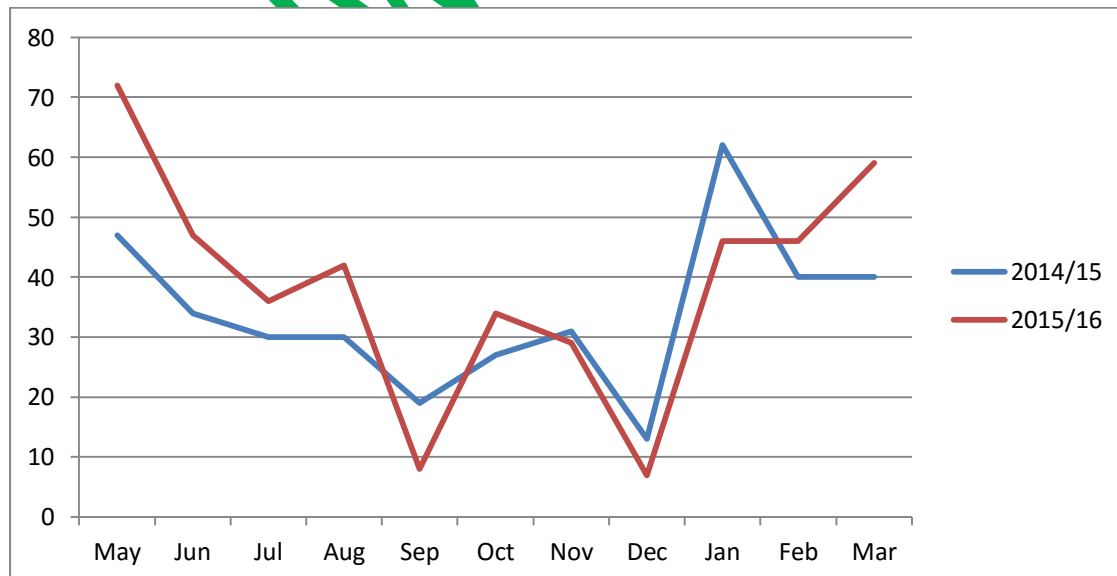
- Marathon clinic with Nick Anderson - 80 attend
- Ultra page on club web site live
- Chiltern Cross Country league - finish season in 2nd place get 22 medals and promoted
- Club social and fund raising Bistro live

#### March 2016

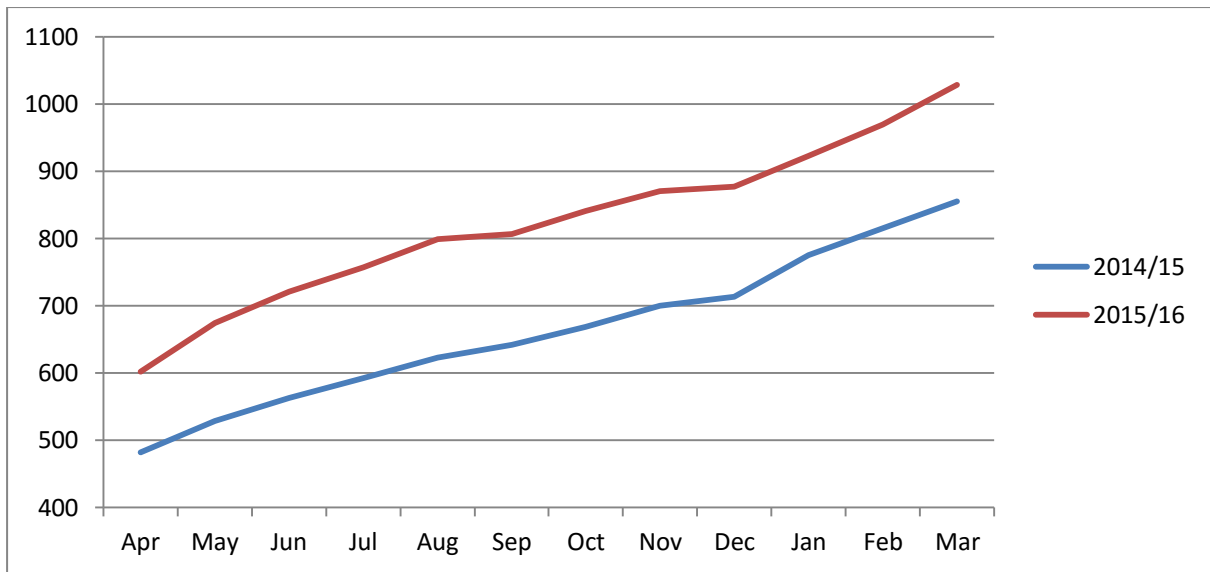
- 218 take part in the MK Festival of Running
- Marshalling team at Silverstone half
- Izi - is 1,000th member for year
- Three beginners groups complete MK parkrun with 90 graduating

## Facts and Figures

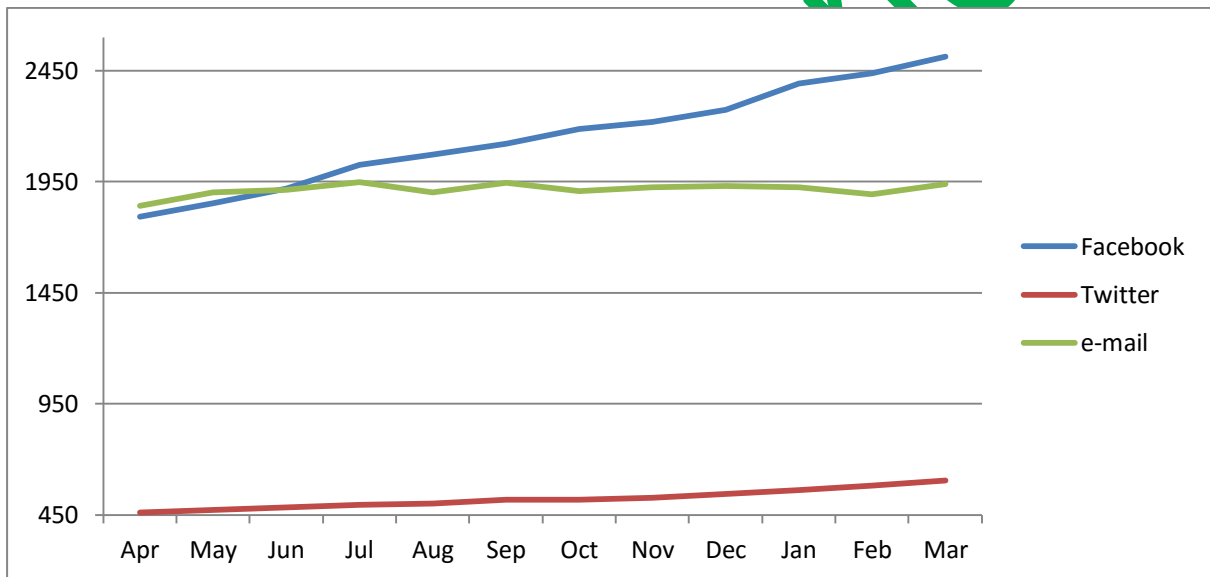
### New members



### Number of paid members



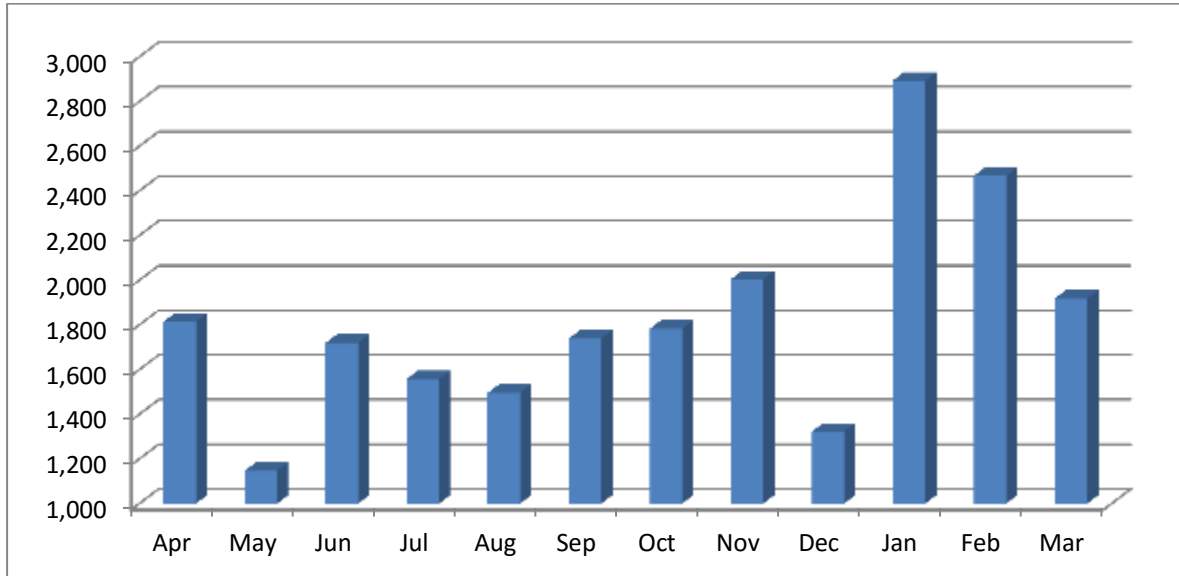
Club communications



Rec



### Runners per month



Redway Running

## Club end of year by numbers

Figures in brackets for 31 March 2015

- Paid up club members: 1,028 (855)
- Facebook page likes: 2,514 (1,740)
- Weekly mail goes to: 1,937 (1,793)
- Clothing bought: 2,594 (1,964) items since launch
- parkrunners MK: 1,126 (832)
- Club MK parkruns: 24,538 (19,000)
- Twitter followers 605 (448)

## Beginners Groups

Over the past year, we've run nine Beginners courses, across daytimes and evenings. The evening courses tend to be more popular simply because they fit better with most peoples' working day. They've become even more popular over time as more and more participants recommend them to their friends and relatives. So much so that the last two courses have each attracted more than 80 people on the first night.

During the period since the last AGM, we estimate that the club has arranged somewhere in the region of 180-200 graduation parkruns in Milton Keynes. We have over 350 attend our beginners groups over the past year, with some of those people doing them more than once!! At the middle of April 117 have become full Redway Runners members.

Many of the beginners have stayed with the club and run regularly with one of the groups on Monday evenings. We've also had a significant number who have come along as helpers for future courses.

Not only have some beginners stayed with the club, some have broadened their horizons by entering races. We had more than 25 runners tackling the MK Festival of Running in March tackling the full range of distances from 5k to 20 miles. At least three beginners from the past year are registered to run the 2015 London Marathon!

It is a real testament to the club that so many members are willing to help out both with the main session each week and with homework sessions. Without them, we wouldn't be able to cater for the number of participants attending these courses. They are also a fantastic advert for the club and it is largely due to their friendliness and understanding that our conversion rate to member sign-ups is so high.

(Glenn Dickinson)

## Zero to Hero Programme

In 2015 we hatched a plan to make use of the wealth of experience in the club, we married that to the regular schedule of events and races. We threw in an insatiable demand from novice runners to do the ultimate run and from there grew Zero to Hero.

We had seen how strong bonds amongst those in marathon training had helped to make the implausible, possible. Benefits to runners and club alike were clear.

After advertising on the club pages we went from thinking that we would have a dozen would be marathon runners to actually taking on 29 novice runners. We matched them to 12 willing volunteer mentors and away we went.

As you'd expect, as the trials got tougher, we lost a good number of "Zheros", a couple of our mentors even seemed to lose heart. As we approach the marathon now with just 2 weeks to go it looks like we have our dozen, indeed, we've appear to still have 17 brave souls who are intent on completing the course come what may. Good luck to them all.

2016/17 will see a repeat. The "start line meeting" has potentially 48 attendees, 25 Zeros, 21 volunteer mentors, plus myself & Martin.

Special thanks are due to Stuart Woodruff - Head Coach, who has made an invaluable contribution in both shaping the programme and helping all concerned. He has further offered his services this year too. As you'd expect we will be implementing all that we've learned in our first year to make this next course even better.

I sincerely hope that the Committee agrees that this has been a successful addition to our unique and fabulous club. Thank you all for allowing me the opportunity to contribute.

(Doug Yabsley)

## Clothing

Club clothing continues to sell well, last year we introduced the new ladies vest

Sales to end on March are:

Item	2015/16	%
Vests	158	23.4%
Tee Shirts	135	20.0%
Ladies - Tee	121	17.9%
Ladies - Vest	40	5.9%
Green hood	28	4.1%
Tee- Childrens	27	4.0%
Green hoodie Ladies	24	3.6%
Special Order	22	3.3%
Cool Fit Cap	19	2.8%
Hoodies	16	2.4%
Other	85	12.6%

## Charity of the Year

At the AGM last year we selected Bravery Boxes as the club charity of the year and we have raised money through the year for then with Raffles, Furzton Fun relay and many other items, we are pleased to say we have raised £2,551. A cheque for this amount will be presented Bravery Boxes soon. Additionally we hope that we can get this amount matched meaning we will have raised in excess of £5,000.

You can see a full list of charities nominated for the club Charity of the year for 2016/2017 at the end of this document

## Club Trips

In 2015 we held two overseas and two UK club trips all being great fun to Warsaw in Poland and Dublin in Ireland, overseas and Humber Bridge and Cardiff in the UK.

This year we have already been to Malaga in Spain and have Torbay half in June, Isle of Wight in August and Ljubljana in Slovenia in October to come

## Year 6 plans

For our sixth year we want to repeat a lot of what we have done in last years, but also going to look at some new possibilities:

- New club running events - RR Festival of Running weekend
- New club video
- Take part in the Newport Pagnell carnival
- New on-line club shop
- Zero to Hero 2
- Cross Country in league 1

Readway Runners

## Treasurers Report

### STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2016

REDWAY RUNNERS				
STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR TO 31 MARCH 2016				
	2016	2015	2014	
	GBP	GBP	GBP	
<b>REVENUE</b>				
Affiliations & Memberships	£7,805	£6,223	£5,356	
Events	£10,183	£8,110	£4,963	
Training grant	£833	£100		
Charity Donations	£4,215	£3,946	£1,787	
Clothing & equipment sales	£6,946	£8,967	£5,604	
Other	£659	£300	£584	
<b>Total revenue</b>	<b>£30,641</b>	<b>£27,646</b>	<b>£18,293</b>	
<b>COSTS &amp; EXPENSES</b>				
Affiliations & Memberships	£3,603	£3,118	£2,317	
Events	£10,308	£7,356	£4,303	
Training	£680	£1,036	£130	
Charity Donations	£3,776	£3,582	£1,782	
Clothing & equipment for resale	£6,967	£7,609	£1,842	
Club equipment	£759	£1,089		
Administration expenses	£1,515	£322	£148	
<b>Total costs and expenses</b>	<b>£27,608</b>	<b>£24,112</b>	<b>£10,523</b>	
<b>SURPLUS/(DEFICIT)</b>	<b>£3,033</b>	<b>£3,534</b>	<b>£7,771</b>	
opening cash 1-4-14	£15,831	£12,297	£6,902	
closing balance 31-3-15	£18,865	£15,831	£12,297	

## Balance Sheet

Balance Sheet @ 31 Mar 2016

Bank Account	£18,849.61
Cash	<u>£15.00</u>
Total	<u>£18,864.61</u>

## Future Expenditure & Budget

Estimates of costs due

• Charity payment	£2,251.00
• Clothing payment	£ 578.70
• Furzton Relay	£ 400.00
• UKA Fees	£1,387.00
• Track Fees	£ xx
• Coach Fees VLM	£ 882.00
• Coach fees Bacchus	£ 425.00
• Total	£xxxxx

### Budget

Apart from the expenditure already identified – the following budget is proposed

Cross Country League	£ 130
Training (LiRF/CiRF) P1	£1,000
Training P2	£ 500
Insurance excesses*	£ 500

\* Contingency – Insurance excess £500

## UKA Membership update

Since the beginning of January 2012 Redway Runners has been able to register members with UK Athletics, for 2016/2017 the fee has increased by UKA from £12.00 to £13.00.

### UKA Status @ 31/03/16

Payment Status	Total
1st Claim	237
2nd Claim	50
Not Renewed	58
Lapsed	104
Advised How To Transfer Club	9

Redway Runners

## Appendix

### 1 - Independent Examiner's Report - on club accounts

#### Independent Examiner's Report

I confirm I have examined the accounts of Redway Runners for the year to 31 March 2016.

The examination included a review of the accounting records kept by the club and a comparison of the accounts presented with these records. In my opinion the accounts present a true and fair view of the income and expenditure of the club for the year to 31 March 2016.



Maurice O'Connell CIMA

29 April 2016

### 2 - Charity of the year nominations 2016/2017

Following Charities have been nominated by or paid club members (at 30 April 2016)

#### SUPER SHOES

A local MK based charity who do amazing things and always are struggling for funds.

They are called **Super Shoes** and they provide customised painted converse boots to children being treated for cancer in the UK. The artwork on the shoes are personalised for the child with something that means a lot to them. The artists who paint the shoes are all volunteers - funds are mainly to cover the costs of the shoes and postage.

They are based in Milton Keynes and are run from the founders house - so none of the funds are used to pay for fancy offices and the like! The shoes mean an incredible amount to the children that receive them - more than you could perhaps ever appreciate unless you knew a child who had a pair.

Unfortunately I'm in this position as our nephew was diagnosed at age 6 with acute leukaemia. He is currently in his 3rd year of treatment - he got his shoes nearly two years ago, and although they are now too small to wear they are a treasured possession still.

Their registered charity number is: 1163157

Their website is <http://www.supershoes.org.uk/about-us/>



## MOTOR NEURONE DISEASE ASSOCIATION

Milton Keynes Branch of Motor Neurone Disease Association. My father sadly passed away from MND in August and this branch was fantastic in supporting him throughout his illness. They provide funding into Research to hopefully one day find a cure along with a wide range support for people suffering and also their carers. . They also manned a water station at the MK Marathon in May

## HEREDITARY BREAST AND OVARIAN CANCER HELPLINE

**Hereditary Breast and Ovarian Cancer Helpline** : they have been such a support to me over the last nine months as I've gone through a double mastectomy, followed by further reconstruction and another operation to have my ovaries and Fallopian tubes removed.

It is the charity I ran the London marathon for last year, and they have since asked me to be their marathon ambassador. I was really hoping to run it again from them this year but sadly due to all the surgery haven't been able to so I thought this might be a wonderful way to fundraise for them instead and fulfill my role as their ambassador.

So many of the Redway Runners have supported me through the journey as well so they may want to vote for this charity.

## PARKINSON'S UK

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom

A registered charity in England and Wales (258197) and in Scotland (SC037554)

I was diagnosed with Parkinson's in 2012 aged 37. I decided that I wanted to do something for the charity and thought I could push myself to run a 10km to raise a few pounds. I joined a gym, ( part funded by Parkinsons UK ), which then lead me to parkrun and in time redway runners. That 10km was in 2013 and 3 years down the line I'm still running and have managed several more 10km, 4 half marathons and 1 full marathon, ( never again ). I have redway runners to thank for keeping me not just running but enjoying running. It helps me with my parkinsons by keeping me active and giving me a distraction from it.

As well as myself, the club has several other members with very strong and close personal connections with parkinsons and regularly run to try to raise money for them. We usually run under the team name MK Shakers. It's a great charity and very worthwhile

## Milton Keynes Bereavement Service

Registered Charity No: 3448

I have been a Bereavement Support Volunteer for a year now, working for MKBS. They are a charitable organisation registered with the charities commission and I would like to nominate them for the Redway Runners charity of the year 2016/2017. We currently have 18 volunteers covering the Milton Keynes area and I believe we provide a valuable, caring support service for the bereaved and their families.

## Overview

Milton Keynes Bereavement Service has been supporting the local community through bereavement for over 30 years.

The Milton Keynes Bereavement Project began in 1979 with twelve volunteers, trained to support people who had been bereaved. It has grown, both in reputation and in the range of support offered, to become the MK Bereavement Service.

All our Volunteers take an Initial Bereavement training course and undergo regular on-going training. The service relies entirely upon donations, and successful one off grant applications, but these are few and far between.

Milton Keynes is the fastest growing urban area in the United Kingdom and the number of clients who seek our help each year continues to rise.

We would like your help in order to continue with this very important work.

We are a caring organisation, offering emotional and practical support in a number of ways:

- A safe and confidential environment where our clients can share their grief and feelings
- 24 hour Answer-phone
- Telephone Helpline and Drop-In Service
- One-to-one Support Counselling
- National Organisations
- General Book List
- Suicide
- Grieving Process
- MK Bereavement Parents Group
- Training

This support is offered as long as the client needs it. For some, one visit is sufficient - others may need regular visits over a longer period of time.

There is no charge for our service, but donations are very much appreciated

**Haemophilia Society**

The Haemophilia Society is the only UK charity that helps and supports people with bleeding disorders to lead normal lives. The charity is particularly close to myself and my wife, Sara-Jane's hearts as our one year old son, Henry King, suffers from the very rare Severe Haemophilia B. Sara-Jane's brother also suffers from the same condition and coincidentally so did my cousin, who lost his life as a result from receiving contaminated blood – something which unfortunately has happened to hundreds of Haemophiliacs in the past 20 years. Haemophiliacs suffer from severe internal bleeds in their joints, leading to joint damage in later life and suffer from excessive bleeding. In the past year

alone Henry has had four major operations, been in and out of hospital continually for months and had to endure septic shock, where his major organs started shutting down.

Despite this negative picture, the purpose of The Haemophilia Society is to provide positive experiences for Haemophiliacs and invest in new research. Instead of being barred from taking part in school trips and functions, young Haemophiliacs are now able to enjoy sports and outdoor activities.

As part of the funding raised by the Haemophilia Society, Henry is only the third baby in the world on a unique, ground breaking trial. Henry now has one IV injection every week, instead of up to two daily injections for some haemophiliacs. Through continued fund raising we hope to educate others and transform the lives of haemophiliacs – letting them live a normal life and to stop them from the stigma and exclusion that Haemophiliacs have had to suffer over the years. Haemophilia understanding and care has come a long way since it was made famous when found in Queen Victorias bloodline. Even as late as the 1960s, when man was travelling to the moon, the life expectancy of a Haemophiliac B patient was just 11. So supporting a King with his regal disease really does make a huge difference.

### 3 - Club sessions

Sometimes you have to take a step back and realise how many runs we have as a club now each week with

#### Monday

At **19.00** we have 3 runs meeting at the barriers to David Lloyd:

1) **Social run** – We have a ‘social’ run with the aim... of the group to be fun and chatty. The route is about 4 miles and will be with loop backs as well to keep everyone together – so many runners will get more than the 4 miles. This run will be managed by Jonathan Clements for the club and along with him, there will be a ‘crack!’ team who will take it in turns to lead the runs.

The pace of this group will be faster than step up but not unattainable so for anyone doing about 10 minute miles and quicker. the group has a tail runner each week.

2) **Step Up group** – This is led by Leigh and Debbie, they do about a 2.7 mile route with loop backs, with a tail runner and suitable for runners who do over 10.5 minute mile pace.

3) **Club run** – The club run – each week this group will do the same route and all runners will start out on the route at the same time with no loop backs or pacing groups. This group will have a tail runner as well, but runners will need to know the route. This group led by Stuart.

At **9.30** on **Monday mornings** Meeting at David Lloyd reception we have a step up/Coached session with Portia or Doug for 1 hour,

At **18.00** on **Monday evening** Meeting near to David Lloyd entrance a 35 minute easy paced step up run with Glenn

### Tuesday

**Early Club run** – Set route run [click here](#), route B meet at David Lloyd entrance barriers at 05:50am to leave at **06:00**. Led by Ana Maria

**Club run** – Pace about 9 minute miles, meet at David Lloyd reception at **9.30am**. This is between 60 and 75 minutes. Led by Martin

### Wednesday

**Club run** – All standards – meet at **9.30** prompt in David Lloyd reception, max 1 hour (we mix up runs with Interval sessions, hills or a handicap run). Led by Martin

**Early morning Club run** – Meet at **5:00**am at Caldecotte car park on Monellan Grove, for 9 mile route around 7-8 minute mile pace, led by Jen

**Early evening Club run** – Meet at **18:00** at entrance barriers to David Lloyd, this run is about 45 minutes, social run aimed mainly at post-beginner or step-up level but suitable for quicker runners as well. Meet on path opposite David Lloyd car park gates, led by Glenn/Neil

**Wednesday Evening Woodland Run** – Meet at **19:00** Church Lane Car Park this is the free parking area just off the A5130 Woburn Road, top of Church Road, Woburn Sands (off Longsdale Lane). The run is approx 5 – 8 miles, you need to be able to run 9 min miles on redways as a rough guide led by Michelle GB and team

### Thursday

**Social run**, 5 miles with loop backs

**Step Up to 10K Group** that go a bit longer than the Monday night group with a 4 mile route also at **19:00**.

**Intervals** We have Interval sessions as well, in two groups does different sessions each week with either Jonathan or Stuart W, more info [click here](#) also at **19:00**.

**Step Up run** A step up run led by Debbie that does a loop back run about 45 minutes and an easier pace at **9:30** from David Lloyd reception.

### Friday

**Club run** 10 miles, pace between 8 and 9 minute miles, meet David Lloyd reception at **09.30**.  
Led by Martin

**Sunday**

Longer **club social runs**, At **09:00**,

**\*\*END REPORT\*\***

Redway Runners