



Evesham Vale Running Club



Newsletter January 2012

NEWS FLASH

As of Monday 30th January we will be meeting at Flacons on the Waterside. This is due to The Trumpet closing.

If we like this new venue it could become our permanent home, if not we can always go back to The Trumpet when it reopens.

All EVRC members would like to say a great big Thank You and Good Luck to Di Icke who has been the Membership Secretary for the last few years. She is off to travel around Europe with her Husband. We all wish you a great trip and don't forget to send a few post cards!

Richard Leathers has taken on the role as race Director for the Evesham 10k, which will be held in July. If you would be able to help in anyway please speak to Richard or send him a PM via the web site.

Forthcoming Events

Don't forget every Wednesday at 7pm meet at the Flacons, on the Waterside where Kurt (Volunteer Level 1 Coach) will be conducting speed/hill sessions. These are great for all from beginners to the most experienced runner. More details on the sessions are available on the front of the main EVRC site. If speed/hill sessions aren't your thing then you can also run in a group like Mondays sessions.

Wednesday 25th January 2012

Meet at Flacons for an effort session with Rob Minton a coach from Stratford Running Club. All abilities welcome.

Saturday morning Breakfast Runs

Check the forum each week to find out where members of the club will be meeting for a Saturday morning 'breakfast run'. The pace will be leisurely and the distance no more than 5 miles, possibly finishing with an optional breakfast. All abilities welcome.

Monday 30th January 2012

Club Handicap, organised by Steve Sandalls.

Meet up at Flacons, 7pm and join other members of the club to run a 1.3mile circuit around town. See if you can beat your time from last year or if this will be your first time see if you can improve your time in a few months.

Friday 3rd February 2012

Club social meal, Sara Turner is organising a meal for members and their guests at Shotaku Sushi, which is located next to The Trumpet. If you would like to attend please follow this [link](#) to the forum and post your details there.

Race league

The next race league race is the Mayhill Massacre on Sunday 5th February.

Race Results

Please check out the forum for the race results via this [link](#). Remember, for maximum bragging rights you'll have to update this page with your race results.

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