

 clubsecretary@rnts.co.uk

 www.rnts.co.uk



Runners-next-the-Sea Events Brochure April 2023- March 2024

Events Team: Cat Foley-Wray and Liam Dawson
events@rnts.co.uk

Welcome to the 2023-24 RntS Events brochure. We hope you enjoy taking part in a range of the events we are hosting and as always please let us know of any new ideas you may have for the future and how we can improve things. This brochure outlines all the events planned for the current club year April 2023-March 2024

RntS Club Championships

The 2023/24 RntS Club Championships run from April 2023 to March 2024, alongside the Club Year. Below is the list of the Club Championship races. This year there will be a point awarded for each runner, but also for any members who chose not to run in the race but go and support RNTS competitors at the event. We hope this maximises inclusivity for all. Those who enter to run must register as a RNTS athlete. There is also an opportunity to gain a 2nd point; each event needs a 'Race Reporter', whose role will be to do a short write up, including any photos (please seek permission from whoever has taken the photo) after the event as well as forming a list of all RNTS attendees- both runners and supporters, and submit to events@rnts.co.uk by the Sunday evening of the race. This is to allow time for the report to be submitted to the local press. An example of what to include in the write up: terrain, distance, runners experiences of the race, results etc. An individual is limited to being 'Race Reporter' to 3 times in the Club Champs Year. The Race Reporter can be a runner or supporter and there is only 1 Race Reporter per event-please email events@rnts.co.uk if you wish to be Race Reporter, the role will be allocated on a first come first served basis. Members must gain a minimum of 4 points to qualify for a Championship Prize.

The points hierarchy is as follows: **4-9, 10-14, 15-19, 20 plus**, with prizes for each hierarchy awarded at the 2024 presentation night.

April 2023:

9th April Active Fakenham Event- point available for volunteering or Racing.

23rd April Trust 10 Blickling Hall- point for Racing or supporting.

May 2023:

14th May Dereham 10 mile (point for racing or supporting)

28th May Holt 10k (point for racing or supporting)

June 2023

11th June Alex Moore Relay (point for racing or supporting)

18th June Run Sandringham, (all races) (point for racing or supporting)

July 2023

Holkham 10k (point for racing or supporting)

5th July Wroxham 5k (point for racing or supporting)

August 2023

3rd August Carnival Run (Point for volunteering or racing)

4th Aug Reepham 10k (point for racing or supporting)

September 2023

24th Sept Sandringham 10k (point for racing or supporting)

October 2023

Norfolk Gazelles Relay (point for racing or supporting)

Houghton Hall XC (If in October) (point for racing or supporting)

November 2023

26th RntS Beach Race (We ask that all members volunteer please!)

Houghton Hall XC (If in November) (point for racing or supporting)

December 2023

31st Dec Marham New Years Eve 10k (point for racing or supporting)

Parkrun On Tour Sheringham - DATE TBC (point for racing or supporting)

January 2024

County Cross Country Championships DATE TBC (point for racing or supporting)

Reepham Cross Country DATE TBC (point for racing or supporting)

February 2024

Valentines 10k DATE TBC (point for racing or supporting)

Hunnybell XC DATE TBC (point for racing or supporting)

March 2024

Blickling Half Marathon DATE TBC (point for racing or supporting)

National Days /Events

We will be marking the following National Days with an event of some sort- please follow Facebook and the Website where we will post further information. We would love to hear what ideas you may have for how we can mark the following days. Please email events@rnts.co.uk with your suggestions

Mental Health Awareness Week - May 15th-21st

The National topic is Anxiety.

Global Running Day - June 7th

National Picnic Week June 17-25th

Great British Beach Clean September 16th-25th

Running Workshops

The Events Team are planning to hold some workshops / talks about running related topics, such as strength and mobility, positive mindset etc and inviting professionals to discuss such topics with us. Further information and dates to be released.

Wells Carnival Fun Run and 5mile-3rd August

As in previous years RntS provide the marshals and volunteers for these 2 races. Please note the date down. This is also a Club Champs event so you can earn a point! Further details to follow.

RntS 5 Mile Beach Race

RntS are excited to be hosting their 2nd Beach Race on Sunday 26th November 2023 at Holkham Beach. The Events Team kindly ask that all members support the race through volunteering as without volunteer we will not be able to hold the race. The race sold out in less than 72 hours last year and we anticipate a high uptake again this year. We have been able to extend the entry limit to 200 runners. Further details to follow.

Christmas Quiz

The last social event for the year will be a quiz, provisionally to be held at South Creak Pavilion on Sunday 10th December. Further details to follow.

*****RNTS PRESENTATION NIGHT 2024- RNTS 10TH BIRTHDAY*****

RntS celebrates its 10th Birthday in April 2024! The Events Team have provisionally booked to hold the annual Presentation Evening at Fakenham Racecourse in the Prince Of Wales Stand on Saturday 27th April - Please SAVE THE DATE! We hope to make this a grander event to mark the 10th Anniversary of the club. Please save the date and more details will be released in due course.

We hope to see you at the above events throughout 2023/24. As always, please let us know your thoughts and ideas about how events can be developed. Please email events@rnts.co.uk

Thank-you and happy running!

Cat and Liam