

LATEST NEWS

Welcome back for the new year.

Its been pretty quiet with regards to events and as I have been working to get the next special newsletter finished I decided we could go with out an update on the 1st Jan 2016, just in case anyone was wondering why they didn't see one.

The new RCR web page is now live and looks great thanks to Amanda's hard work.

As for the fortnightly updates the plan is to send these to only current RCR members going forward once we

have the new templates and system up and running.

The running gods have been happy as the weather seems to have been kind to us over the festive season.

Good luck to those heading down to Victoria for the Two Bays Trail Run this weekend.

RECYCLE USED RUNNING SHOES

Have you got running shoes that you no longer use but don't want to throw in the bin? They can be put to good use. Shoes play such an important role in everyone's lives – can you imagine not owning a pair?

Many people have nothing to keep their feet warm and clean and we can all do our little bit to help those less fortunate than ourselves.

Please help us to deliver your shoes as quickly as we can by following the guidelines below:

SPORTS SHOES only please.

NO HOLES AND GOOD SOLES. It is not worth shipping shoes to an orphanage in Southern Africa if they are

broken! We want to send shoes that will last a whole winter.

CLEAN! Would you like to receive a dirty pair of shoes? They can be hand scrubbed or washed on a short cold cycle in the washing machine. Best dried in the sun stuffed with newspaper – no tumble trying please as it destroys the shoe.

Jodie can collect shoes from people if that is more convenient. "I will have a box in my car. I am usually at QSAC on Tuesday mornings and sometimes Saturday."

<http://www.shoesforplanetearth.com/>

UPCOMING EVENTS

- **Two Bays Trail Run**— 17th Jan
- Gold Coast Trail Running Series - **Numinbah Section** - 17th Jan
- **Convicts and Wenches Race**— 26th Jan
- **Australia Day Marathon - Beerwah at Night** - 23rd Jan



RACE RESULTS

January 3rd

Narrabeen All Nighter

Who else but Sarah-Jane Marshall started the year with a marathon on the 3rd Jan this time it was the Narrabeen All Nighter although 4:24:08 is certainly no all night marathon.

Narabeen All Nighter	
42.195km	
Sarah-Jane Marshall	4:24:08

January 10th

Hares & Hounds Trail Run

Well I am glad I didn't have to run this one for training till next year however well done to those who did endure the silly o'clock start in the dark and the challenging course markings if they were anything like last year. All right if you have done a reconnaissance run on the first part of the course. Great running by Sarah-Jane Marshall again to finish in 8:04:45

Hares & Hounds Trail Run	
52km	
Sarah-Jane Marshall	8:04:45

RCR Weekly Training Sessions		
Tuesday	6:00pm	Tempo 35 Herrick St
Thursday	5:30am	Speed QSAC 5:15am warm up
Thursday	6:00pm	Speed QSAC 5:45pm warm up
Friday	5:00am	Social Blackberry St
Saturday	6:00am	Social QSAC
Sunday	5:00am-6:00am	Varies – check Face book