



SEPTEMBER 2024

We hope you enjoy reading about all the achievements since our last newsletter in May 2024 and finding out about what will be happening for the rest of the year. Happy reading.

Welcome to the new committee.

Welcome David Sullivan and Julie Ann Cousins to the Dynamos committee. Danny Barnes continues as Club Chair & Coach, Dawn Morton remains the Treasurer and takes on the role of Welfare Officer, Louise Barnes will remain in the Secretary role and take the role of Lead Welfare Officer, Caroline Sugden will continue in the role of DBS Verifier and Julie Ann Cousins will take the role of Welfare Officer. These are the official EA committee roles, but we will continue to share the 'behind the scenes' roles to keep the club running smoothly.

Danny, Louise, Dawn, Caroline, David & Julie Ann



AWARDS

250 Baton Trophy

The no expense spared 250 baton trophy is still in the hands of **Nick Cross** but we have a few members closing in on the award.



THE 100 CLUB

Since May 2024 we had another **TEN** members reach their 100 run milestone awards.



A huge congratulations to:

Donna Whitelock, Pete Johnson, Nicola Kettlewell, Nicole Thackray, Louise Amos, David Sullivan, Stacie Cope, Andrew Beaumont, Charlotte Smith & Mark Smith

MEMBER OF THE MONTH

Congratulations to our runners who have been awarded member of the month.



May Sarah Wood

June Pete Johnson

July Mark Smith

August Edd Lillystone, Melanie Mumford, Lucy Mumford, Alex Singleton, Amy Stephenson



WALKIE TALKIES



A massive congratulations to **Angela Pollard** who was presented with the Spring Quarter 2 walker award.



New Walk Leader Alert

A massive thank you to Raj deep Lal who has completed her Ramblers Wellbeing Walk Leader training and is now a member of the leader group.



WHAT'S BEEN HAPPENING

WELFARE OFFICER



THANK YOU
DAWN MORTON
WELFARE OFFICER
TRAINING ✓



Dawn Morton completed her Welfare Officer training and is available for any members who want a chat or need to talk about any safeguarding concerns. Thank you Dawn for volunteering your time.

WELCOME TO
THE RUN
LEADER
TEAM!



NEIL CORNESS

New Run Leader Alert

Neil Corness, Rebecca Hey, Paul Richardson and James Shaw took the plunge and completed their run leader training to volunteer their time to lead runs for the club. Thank you all, what fantastic additions to the run leader team.



NEW RUN
LEADER
ALERT!



JAMES



WELCOME
TO THE
RUN
LEADER
TEAM!



PAUL

NEW RUN LEADER ALERT!



WELCOME TO
THE TEAM
REBECCA
JANE HEY



Fundraising & local community support



Thelma Goddard donated a very tasty homemade Dynamos cake to raise funds for Drighlington Foodbank at our club night in June, £70 was raised on the night. Thank you Thelma!



The committee made a donation to **Andysmanclub** who came along to our club night in July to provide information on the support they provide. Hopefully the many members attending could take something away from the talk for themselves or others.

#itsoktotalk
#thatoneman
#andysmanclub

Armley Parkrun takeover 20 July & Wilton Park Junior parkrun support 18 August



As always, Dynamos turned up in force to help at parkrun. Thank you to our many members who volunteered to marshal at Armley parkrun and Wilton Park Junior parkrun, and a big thank you to David Sullivan for coordinating. All parkrun events rely on volunteers each week and without enough volunteers, parkruns cannot go ahead. There are lots of ways you can help, and for most roles you don't need previous experience. Please consider volunteering every so often or join one of the Dynamo takeovers to show your support and help the many volunteers who manage these events every week.

Run for Jo



On 23 June we saw many of our members volunteer and take part in Run for Jo. This is an important part of the dynamos calendar, not only is it a local event but we get behind the message of more in common. Our volunteers were out early getting involved with course set up, marking hazards, and putting up signage, checking in runners at registration and marshalling the route. The sun shone and it was another great day.

'We have far more in common than that which divides us'

YVAA

The Yorkshire Veterans' Athletics Association promotes athletics events for over-35s in Track & Field, Road, Multi-terrain, Cross Country, and Fell. These events include an annual Grand Prix Series and a programme of Championship races.

Check out the article from Marcus Fascione for more information on how to take part in 2025.

[YVAA \(drighlingtondynamos.co.uk\)](http://drighlingtondynamos.co.uk)



Leeds Dock Relay 15 August



This was a great event organised by Leeds Dock Runners and Recovery Runners. Over 50 Dynamos turned up to take part and cheer on our runners. The Dynamos mixed ability groups also competed to be the winners of the Dynamos trophy, this was awarded to the team who completed the most laps and will be handed over to next years' winners.

EA Regional Volunteer Awards



On 11 September, our committee members attended the England Athletics Regional Volunteer Awards 2024 ceremony and were proud to pick up two awards against very worthy competition.

Drighlington Dynamos Running Club are winners of:

EA Yorkshire & Humberside Region Club of the Year 2024

EA Yorkshire & Humberside Region Club Leader of the Year 2024
Danny Barnes

This is such a fantastic achievement and is testimony to all our members and volunteers who make the club what it is.

11 September Club Night

Thank you to Julie Ann who arranged her first club night since joining the committee, it was one of the busiest club nights we have had! The committee provided a buffet and professional photographer on the evening to celebrate the awards and as a thank you to all our members. David also organised the ballot for the London Marathon 2025 club place, the lucky winner being Richard Dunn.



Congratulations

Danny Barnes & Adam Brown

The Wall 70 miles

Danny Hall

Lakelands Ultra 64 miles

John & Vicky Wilde

Suffolk Coastal Path 50K

Lauren Harwood & Hannah Waller

Race to the Stones 50K

James McIntosh

Temple Newsome Ultra Loop 50K



COMING UP

We now have our Autumn/Winter clothing and accessories available to purchase from the online store.

Be Bright, Be Seen!

<https://drighlington-dynamos-running-club.sumupstore.com/>

SAVE THE DATE

Morley 10K – 6 October

Yorkshire Marathon Festival – 20 October

Halloween Club Night – 30 October

Remembrance Day – 10 November

Santa Stroll – 8 December

Fancy Dress Club Run – 18 December

Christmas Party & Awards Night – 21 December

Note from the Chair

So as winter and the dark nights quickly appear, I want to mention that the safety of our members is paramount. With the success of the club, more people are attending our runs, which is brilliant, but what we are asking that members wear hi-viz, reflective clothing, and/or lights. Earlier this year, we had an incident that resulted in one member needing treatment at A&E. Thankfully, no serious injuries were sustained. However, this gave us a wake-up call, so this winter, we are operating a "no hi-viz, no run" rule. We really don't want to be saying no to people, but we need to keep everyone safe. Our run leaders do an amazing job, giving up so much time, not only to lead runs, but to plan safe, enjoyable, and interesting routes, and attend meetings to discuss any changes the club make. Please help our leaders by keeping yourself on pavements and listening to instructions given at the start and during the run. We want our Dynamos to enjoy our sessions, and come back safe without any injuries.

Danny