

The Dynamos Run



MAY 2024

What a successful start to the year!

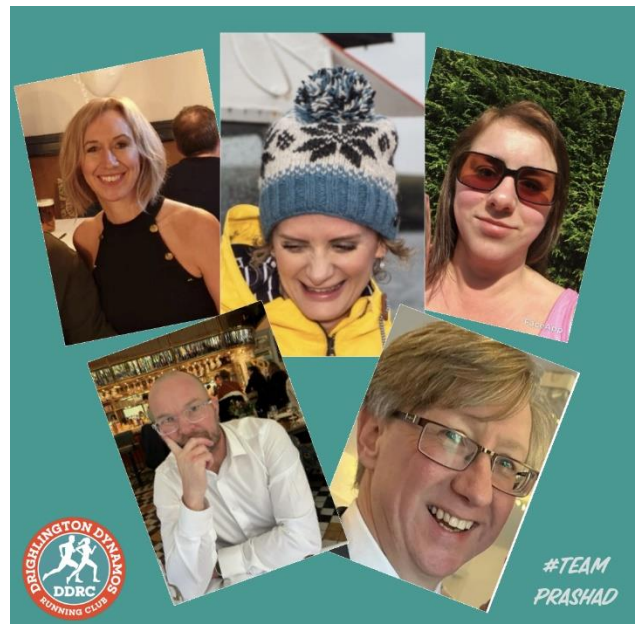
We hope you enjoy reading about all the achievements since the start of 2024, it has been busy, there is so much to remember! You can also find out what is coming up for the rest of the year. Happy reading.

Welcome to the new committee.

We would like to thank John Kavanagh for his contribution to making the Dynamos a successful club during his time on the committee since 2022. John will remain a big part of the club.

We would like to introduce David Sullivan to our committee. David will be our Membership Secretary responsible for England Athletics affiliation, the London Marathon club place draw, parkrun takeovers, YVAA club representative and supporting with race event promotions. We have already seen David promoting the Vets League Grand Prix and the Leeds Dock Relay in August. Let's get the Dynamos involved.

There has been a change of committee roles as a result; Danny Barnes continues as Club Chair, Dawn Morton remains the Treasurer, Louise Barnes will move to the Secretary role and continue as Welfare Officer and Caroline Sugden will take the role of DBS Verifier and Lead 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, Dawn, Louise, Caroline & David

Awards

We continue to award members with 25 and 50 run pin badges, it's great to see so many members achieving these milestones.

The start of 2024 has seen **ELEVEN** members reach their 100 run milestone awards.



A huge congratulations to

Adam Brown, Dan Stanley, Richard Dunn, Lizzie Wolfenden, Amanda Cooke, Kellie Challinor, Julie Mills, Leanne Shepherd, Vanessa Myers, Dave Brumwell and Paul Richardson.



The no expense spared 250 baton trophy is now in the hands of **Nick Cross**, hopefully taking pride of place on his fireplace. Mrs Cross will be loving this addition to her room! Congratulations Nick on your 250 club runs.....who will be next? (Nick you will need to part with the trophy!)

Member of the Month

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



January Dawn Morton

February Paul Butterworth

March Cassey McNulty

April Chris Nash



Who's next we wonder May award coming soon.

WALKIE TALKIES

Member of the Month

And a massive congratulations to our walking members of the month.

January **Nick Rollitt**
February **Andrew Shackleton**
March **Rachel Bendig**



Whilst we are talking about the Walkie Talkies, we'd like to thank **Nick Rollitt** who has prepared routes around the local area for our leaders, with some strava art thrown in. (AROUND THE UK)



The walks are now 5-6 km routes, road with some trails during summer months. Look out for the weekly route on the Facebook page on Tuesdays.

What's been happening?



New Run Leader Alert

Pete Johnson and **Charlotte Smith** took the plunge and completed their run leader training to volunteer their time to lead runs for the club. Thank you both, what a fantastic addition to the run leader team.



Fundraising & local community support



Thank you to all our Dynamos who helped out with delivery and collection of the Drighlington Old Folks Outing envelopes. The outing committee are really grateful for the support, there are 1000s of houses in Drig to deliver to and the extra volunteers makes a difference.

We would like to thank **PJ** for introducing the Dynamos and Drighlington Community Sports Club to the Andrew Kemp Memorial Defib Charity. Thanks to the amazing work and dedication, the charity is able to install and maintain defibs around the local area. You will see a new defib installed at the club thanks to the charity.

Nicky Best also reached out to the Dynamos to support with his quest to kit out his companions at Emmaus Leeds with running gear, thank you to everyone who contributed.



Couch to 5K Graduation

Our 2024 Couch to 5K group graduated at Rothwell parkrun after 9 weeks of hard work and determination. The support on the day was fantastic, and of course we had a Star Wars themed parkrun which added to the fun. We are so happy to see our newest Dynamos stepping up into Group 1 to continue their running journey. Thank you to **Sarah Wood** and **Jennifer Richardson** who led the C25K weekly sessions throughout, and also to **John Kavanagh**, **Paul Butterworth**, **Pete Johnson**, **Charlotte Smith** and **Rebecca Hey** who supported the group.



Rob Burrow Leeds Marathon & Half Marathon

What a day! The club turned out in force to take part in both events with many PBs and first-time events for our members. Congratulations to everyone who completed these events. And a big shout out to all our support crew, family and friends who were there to support and marshal along the route and in the stadium. Our run leaders took time to lead training runs on a weekend to support our members, this was appreciated by everyone taking part.





Bowling Park parkrun takeover

Another successful Dynamos takeover was organised by **David Sullivan** with members volunteering as marshals and pacers, supporting and taking part.

Marathons

Our Dynamos took part in the Rome, Manchester and London Marathons, some running a marathon for the first time. Well done to everyone.



COMING UP

Summer BBQ

Join us for our annual summer BBQ on **Saturday 29 June** at the DCSC from 2pm. We have Caribbean BBQ food being served by Twisted Kitchen, the function room and bar booked and hopefully an outdoor area to sit out and enjoy the sun. This is a great way to socialise with your fellow dynamos and also an opportunity to bring along your family and friends to join in.

Tickets are available online, please book by 31 May.



Global Running Day

We will be celebrating Global Running Day on **Wednesday 5 June** with an 'All on the Moor' club night. There will be running activities on the moor for all running groups, tailored for all abilities, it's a great way to meet run leaders and members from all groups. We will also have a Walkie Talkies walk meeting back at the Dynamos HQ for a get together after.



Thelma Goddard will be raising funds for Drighlington Foodbank and we will also be collecting items for the foodbank if anyone would like to contribute on the evening.

Watch out for more information coming soon

Run for Jo

On Sunday 23 June we will be supporting, walking and running at the Run for Jo event at Oakwell Hall. This is such a positive get together for all the family so even if you are not taking part, come along and join in. The mascot race is a particular highlight! This year it will be the eighth get together held in memory of Jo Cox who would have celebrated her 50th birthday in June this year.



And there's more save the date.

Next parkrun takeover – Armley Park 20 July

Yorkshire Day Club Run – 31 July

Leeds Dock Relay – 15 August

Morley 10K – 6 October

Yorkshire Marathon Festival – 20 October

Halloween Club Night – 30 October

Santa Stroll – 8 December

Fancy Dress Club Run – 18 December

Christmas Party & Awards Night – 21 December

Note from the Chair

It is so good to see the club going from strength to strength with the support of all our volunteers and members. We are always looking at ways to develop our runners and we are seeing more members joining. To support the continued growth of the club, look out for an email being sent to all our members with news about how we will be leading the running groups going forwards with your support.

Onwards and upwards!

Danny Barnes

