

# DRIGHLINGTON DYNAMOS

NEWSLETTER

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## Note from committee

We are here to support members in many ways and enjoy seeing the club go from strength to strength. It's a pleasure to see so many members out walking and running each week and also taking part in the race and social events we organize to bring everyone together. We look forward to 2025 and more club events.

If anyone has a question or idea, please get in touch. You can ask a committee member or email us at [ddrunningclub@gmail.com](mailto:ddrunningclub@gmail.com). We have regular meetings and will discuss anything you wish to raise as a committee.

One thing you can do to help our run leaders is to update your personal details, emergency contacts and medical information on your RunTogether profile. This will make a big difference for you and supports your leader should they ever need the information to keep you safe.

See you in the New Year.

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

## 250 club

The 250 runs trophy was passed on in quick succession from Caroline Sykes, to Jennifer Richardson and is now in the hands of Charlotte Mincher. Who will the no expenses spared baton be passed on to next?

DECEMBER 2024

QUARTER 4 EDITION



## 100 Club



Congratulations to Hilary Taylor, Marcus Fascione, James Shaw, Hannah Waller, Louise Kavanagh & Laura Frank who were awarded with their 100 Club runs badge. 66 members of the club have now completed over 100 runs, well done!

## New Run Leaders



A massive thank you to our newest members of the Run Leader team: Charlotte, James and Rachel.

We all appreciate the time you have taken to qualify as Run Leaders and to plan and lead runs for the Dynamos.

## Member of the Month Awards



September 2024 - Ryan Metcalfe

October 2024 - Marcus Fascione

November 2024 - Mick Brearley & Hannah Whitaker

December 2024 – Jamie Cross

## Walkie Talkies



Our walking group members of the quarter were awarded to Pat Feaster and Rajdeep Lall.



## Morley 10K



One of our favourite days in the race calendar is the Morley 10k. Since its inception in 2022, the Dynamos have always taken great numbers along, not just to take part, but those all important supporters fill the streets, that cheer coming up from Morley Bottoms is something else. It's a really well organised event with a fantastic atmosphere all the way round, and the occasional hill to make it a fair test.

Let's make it another day to remember in 2025

<https://racebest.com/races/a2r73>

## Remembrance Sunday



We recognise the part we play as a collective in the community on Remembrance Day. Sunday runs followed by a group walk to the cenotaph for all members, family and both two and four legged friends for the service and wreath laying by our member of the year, and raise a bit of money for the Royal British Legion

An important annual diary date we are very proud to be a part of.

## Santa Stroll



The annual Santa Stroll went ahead despite storm Darragh, which was just normal December weather conditions in Drig!

Many thanks to our volunteers who have worked tirelessly behind the scenes to make this event go ahead. So many people who have given their time, who we can't thank enough, a fantastic effort all round.

And a huge thanks to our members, who came out in force to take part. It was lovely to see so many of you bringing friends, family, and dogs along. The support you gave not only to our club, but the community as well, two local charities will benefit.

## Community Support

Thank you to everyone who contributed to the fundraising for the Drighlington Old Folks Outing. We raised £311 for this worthy local charity. And yet again, the generosity of our members meant we could take a car full of food to Drighlington Foodbank.

As a local community running club we can make a difference, thank you to all our members for your continued support.

# 2024 AWARDS

Our award winners, first up the committee, The work that is done in the background for our club is unbelievable, from organising the run schedule, adhering to all seven club standards to become and remain an England Athletics affiliated running club, organising club nights, parties, barbecues, events such as the Santa Stroll, managing the accounts, designing merchandise, making sure run leaders licenses and DBS are up to date, and many other things they do on a day to day basis. I'd like to thank all members, of the committee, past and present, that have kept progressing the Dynamos in a professional manner.



Now on to our brilliant team of run leaders, on day one of the Dynamos, we had four run leaders, two who gratefully helped out from other clubs, Chris and Gary, we will be ever thankful. Our team has grown steadily over the years, and we now have a strong group of twenty two leaders. The wealth of knowledge and expertise is brilliant, and each leader brings a different experience to each session. The planning and preparation that goes on before we lace up our shoes is so important. Any hazards, roadworks, streetlights that aren't working, and even the direction the group is leaving the car park are known. Thanks for all your efforts.

Next up, our walk leaders, the clubs first walk on the opening night had three people taking part, one of these being Mandy. Since then, the Walkie Talkies has established itself, and a team of nine walk leaders lead this successful group. The Walkie Talkies is such an important part of the club, meaning that those who aren't able to run can remain active, avoid isolation, have a natter, and make friends along the way. Our stand-out leaders, who have been with the club from the start, plan and lead regular walks, are Rachel Cross, Julie Mills, and Julia Firth. Thank you for all your hard work.



Our Walkie Talkies leaders voted for the stand-out walker of the year but couldn't separate the two winners. The award went to Rachel Cross and Nicola Hearn. Rachel and Nicola always bring a smile and a positive attitude to each session, no matter what the weather. Well done.







The "Runners Runner" award was voted by our fellow Dynamos. The reasons that these members picked up the award were, great to run with, always supportive, coming back from a serious injury, amazing running journey, and great knowledge. Thanks to all those who voted. Our winners are, Tom Brown, Peter Johnson, Paul Butterworth, Amber Duck and Clare Mulholland.



The next award winners were voted by our team of run leaders. This category was "Most Improved Runner." The winners were, Ryan Metcalfe, Paul Richardson, Alex Singleton, Rachel Neale, and Emily Butterworth. The leaders felt that all these members have come to the club and progressed up the groups in a consistent manner, and also taken part in events from 10k to full marathons. Not only that, they bring great energy to each session.



David Sullivan claimed the Alison Dagley award of "Parkrun Hero" David has volunteered his time at various parkruns around the region, including junior parkrun at Wilton park. He also organised two Dynamos parkrun takeovers at Bowling and Armley park. David is very thorough in his preparation and delivery at these events.

The Dynamos "Looper of the Year" went to Craig Greenwood. We all know how important the looping system is, not only does this keep the group together, it also helps the run leader and offers support to fellow athletes. You don't always need to ask Craig to loop, a quick look over his shoulder is enough for him to do it, and he always gives great encouragement to members whilst looping.



When you are taking part in an event, we all appreciate a cheer and a friendly face. So, who better to pick up the "Supporter of the Year" award than Thelma Goddard. Thelma also supports the club with her beautiful skills baking cakes for important fundraising for our community.



The Dynamos is a volunteer based club, with many giving up their time to help out. Louise Amos won the "Volunteer of the Year" award. Louise does lots of work for the club, which probably goes unnoticed, helping out on both Santa Strolls, club nights and on a personal level, storing 100 santa suits, so we could have our kitchen back.

For those who know Melanie Mumford, you will see why she won our next award of "Biggest Smile" Always cheerful and great fun to be around, and definitely the biggest smile.



# Member of the Year 2024

Now, our final award, which is "Dynamos Club Member of the Year" This years winner is Sarah Wood. Throughout the year Sarah has given so much to the club, leading most sessions on the c25k which took place from March to May. After this, the club put on a 5k-10k training plan.

Again, Sarah was heavily involved leading runs and passing on her knowledge and support to our members, all this on top of leading club runs twice a week. We always look at things not running related, but where the club is involved in the local community. Sarah helped out distributing and collecting envelopes for the

"Drighlington Old Folks Outing" a very worthwhile cause in our area. Sarah always brings a positive attitude to all club runs, she is enthusiastic and professional with everything she is doing. This will include next years Rob

Burrow Leeds marathon, which we know she will approach in the same style, and let's not forget those Jelly Babies.



## parkrun News



As many of you know, Helen Butterworth has been the Dynamos' parkrun champion for a few years, posting and updating as to where we might want to go each week and inviting others to suggest parkrun locations. She has updated her most recent post about the Christmas Day and New Year's Day extra parkruns as well as the last parkrun for the year on Saturday 28th December. Helen has decided to step down from this role, for which we give her our heartfelt thanks, but stepping up to the plate is Tom Brown who has kindly agreed to take on this role from January. Thanks Tom. While writing, we're planning a Dynamos parkrun volunteer takeover which is likely to be in March. More details to follow in the New Year.



# Save the Date

**2 February 2025 – Dewsbury 10K**

**3 May 2025 – Couch to 5K graduation parkrun**

**11 May 2025 – Rob Burrow Marathon/Half Marathon**

**22 June 2025 – Run for Jo**

**Date TBC – Leeds Dock Relay**

**5 October 2025 – Morley 10K**

**9 November 2025 – Remembrance Sunday**

**20 December 2025 – Christmas Party & Awards Night**

**WISHING ALL OUR MEMBERS A HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR**

Dynamo's love to party, dress up and volunteer and we sometimes squeeze a run or walk in there too! Thanks to all of you who come along and join in....

Keep looking out for more dates for your diary for 2025!

