

The Lions Roar



News and Views from the Pride

Hello Lions!

It is now April which means the start of a new membership year!

The cost this year is £31 (£15 to club and £16 to England Athletics)

Sign up on the website: www.kingsheathrunningclub.org.uk/membership

COMMITTEE UPDATES

Following the AGM we would like to thank our outgoing Secretary, Lee Gregory, and Social Secretary, Trudie Bagwell, for all of their hard work on committee over the past few years.

Lee has done his best to organise us all in his role of Secretary, from committee meetings to the AGM. His behind the scenes work (which there has been a lot of) has been vital for the smooth running of the club.



Trudie has been an excellent social secretary in these difficult times, culminating with the end of year awards evening which went brilliantly.

However, while we may miss them from committee, we still look forward to seeing them on club runs and at future events.

So your Kings Heath Running Club Committee for 2022 is:

Chair - Barbara Partridge

Club and Communications Secretary - Rachel Simmonite

Treasurer - Colin Way

Membership Secretary and Women's Cross Country Manager

- Karen Wooff

Social Secretary - Ania Maxwell

Men's Cross Country Manager - David Bagwell

Volunteer Coordinator - Julie Evans

Our Club Welfare Officers are Barbara Partridge and Paul Ward



Our Mental Health Champions are Maria Crawford and Liz Dexter

Running Events



Yes, they're back!

The Great Birmingham Half and 10K 1st May 2022

great birmingham run
HALF MARATHON



great birmingham run
10K



For the first time since 2019 the Great Birmingham Run is taking place on Sunday 1st May (giving you an extra day off to recover).

The routes take in the sights and sounds of South Birmingham as runners leave the city centre towards Edgbaston and Selly Park before heading back.

There will be a Kings Heath Cheer Squad on route (location TBC) and a celebratory curry at the Covered Wagon afterwards from 7pm.

All are welcome for curry, whether you have run it or not, sign up on the Facebook event: <https://cutt.ly/FDSfgX0> or drop us an email.

London Marathon Ballot



Rejection emails at the ready

Did you, like thousands of others receive an email from the London Marathon on 14th March saying "**Not this time**" but you still really want a chance to do it and represent your club in the process?

Kings Heath Running Club has **ONE** place up for grabs in this year's event, which takes place on Sunday 2nd October.

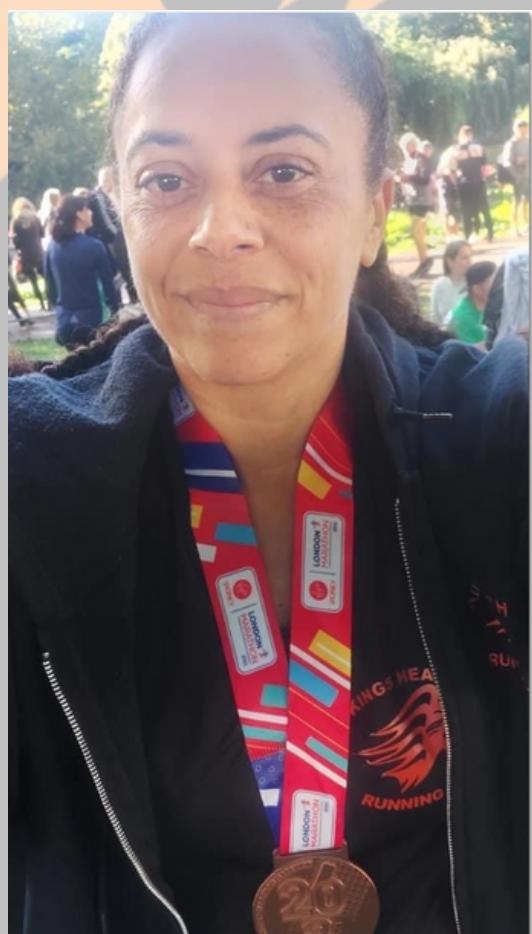
In order to go into the draw, you need to have done the following:

- You must have applied and been rejected in this year's London Marathon ballot.
- You must be a member in 2021-22 and 2022-23
- You must wear club kit at the event as a representative of Kings Heath Running Club, like Avril in 2021!

All associated costs must be met by the ballot winner eg the place, accommodation, travel, food etc. The ballot place is not transferable.

Please send your rejection emails to the club email address: kingsheathrc@gmail.com by **Saturday 30th April**

The draw will take place at our social event at the Covered Wagon on **Sunday 1st May**



parkrun and social



We love volunteering

On Saturday 2nd April a huge pride of Lions took over Cannon Hill parkrun in club's first volunteer takeover since 2019. See if you can spot yourself in the photos below



We are a very sociable bunch, but not all of you know that we are very sociable on social media too with our **KHRC Community** page on Facebook, we are @kingsheathrc on Twitter and we have just joined Instagram, also @kingsheathrc. As for Tiktok? Give it time, we have dancing to practice first!



Edit profile

Kings Heath RC

@KingsHeathRC

The friendly running club! We meet Tuesdays, Thursdays and Saturdays. From complete beginners and beyond we have a run for you.

© Kings Heath, Birmingham [@kingsheathrunningclub.org.uk](https://kingsheathrunningclub.org.uk)

Joined April 2010

88 Following 595 Followers

kingsheathrc 2

+ ⚙



5 Posts

82 Followers

39 Following

Kings Heath Running Club

We are a running club based in Kings Heath, Birmingham who cater for runners of all levels and new runners.
www.kingsheathrunningclub.org.uk/

Dates for your Diary



Events to look out for

Tues 19th April - Summer Routes are back! Meet in Kings Heath Park. Pre booking on RunTogether required, hi-vis optional.

Sun 1st May at 7pm - Birmingham 10K/Half Marathon Celebration at the Covered Wagon including London Marathon Club Ballot draw - **ALL** are welcome

Sat 7th May - John Enright Memorial parkrun a "mob match" between us and Bournville Harriers to remember runners no longer with us - yes there will be cake and yes we need as many of you running as possible.!!



Thurs 30th June - Design a new Winter Club Route competition ends (please no hill reps up Feck Hill)

Got an idea for a feature for this newsletter?

Want to share a recipe? (doesn't have to be running or Lions related)

Got a race report you want everyone to know about?

Let me (Rachel) know via the club email and you could be in the next issue!