

Washlands Women Runners

Meeting every Wednesday at Meadowside Leisure Centre @7.15pm for 7.30pm start

BDSL presentation Evening



On the 10th of October washlands attended the Burton District Summer League presentation evening. Here awards are given for excellent performances during the summer races. This year we had two prize winners! Well done too Lauren J for coming 3rd in the Senior ladies' category and well done to Kim R for coming 2nd in the VL35 category.



Thank you to Karen J for organizing the evening!

BSDL – Summer League
Presentation Evening

Friday 10th Oct 2025- 7.30pm Start

Manstone Sports and Social Club, Shobnall Road Burton on Trent DE14 2BG

An evening of prizegiving and awards to recognise runners across age categories and attendance.

Washlands Women's Runners would love to see as many of their members joining us for the evening, you may even win on the raffle too!

£5.00 per ticket (to include a light buffet) – Please purchase ASAP so we know how many we are catering for!

Payment to: T Pullen 52-10-35 14954044 or you can pay cash on the door



Dates For The Diary

- Washlands Christmas Meal
 - Thursday 29th January 2026

The meal will be at the Dial in Burton and will begin at 7.15 pm.

The menu will be available in the new year, but prices will be approximately:

- £32 for 2 courses
- £37 for 3 courses

A £10 deposit is required to secure your place.

Washlands AGM



On Wednesday 8th of October Washlands held there Annul General Meeting to have a club round up, nominate a new committee and catch up! Thank you too Heather M for organizing the AGM! With members stepping down this year we had some exciting roles to fill, the new committee is as follows;

- Membership Secretaries – Rachael E and Ruth F
- Treasurer – Steph A
- Secretary – Amber H
- Health and Safety Officer – Barbara D
- Welfare Officers – Barbara D and Amanda S
- Coaches Rota – Amanda S
- Website Editors – Hannah L and Anna S
- Merchandise Co-Ordinator's – Carolyn T and Lily T
- Newsletter Editor – Charlie M
- Fixtures Co-Ordinator – Tracey P
- Social Media and Publicity Officer – Millie H-W



Thank you to all those that have continued with there role or taken on a new role, the support is greatly appreciated!

Running in the Dark!



Just a gentle reminder, that although past the shortest day, the nights are still dark! This means to keep ourselves protected we should stick to the following rules!

- Do not run alone!
- Always where Hi-Vis, lights and brightly colored clothing to keep you visible in the dark.
- Run on well-lit and familiar routes.
- Avoid wearing headphones.
- Be aware of your surroundings.

These rules should help to keep you safe whilst running in the wintery nights!



London Marathon

This year Washlands was lucky enough to receive a London Marathon club place for one of our lucky members. 5 of our club members entered the draw and their names were placed into a hat to be drawn at our Christmas activity night. Well done to Anna B for receiving the marathon place and best of luck for your training!!



I'd love to hear from you... If you have any stories, race results your proud of, pictures or just something you'd like to share in the next newsletter, please contact me(Charlie)

We hope everyone has had a happy holiday and washlands wishes everyone luck for the new year!!



Washlands Women Runners

Winter 2025

Issue #06

Knitted Bollard Run

Burton not only has some lovely running routes to see, but they also often have treasure hunt style art pieces. One of the most recent being the knitted bollards. The 2-mile group decided to see how many they could find on there route!



Christmas Activity Night



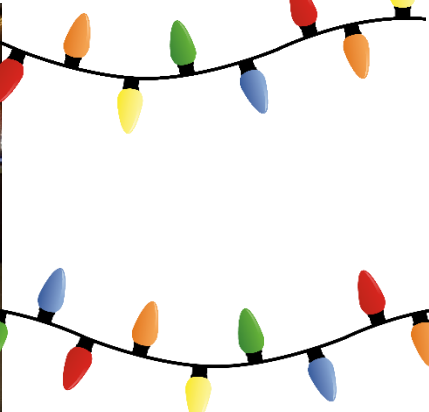
On the 10th of December Washlands had their annual Christmas running fun night! The night began with the London Marathon place draw! Then was followed up with many fun festive games that involved egg and spoons, running and some skillful movements! Fun was had when playing the grinch game! Everyone got into the Christmas spirit dressing up, especially Lily T as a Christmas pudding!



Christmas Lights Runs



Over the past couple of weeks our runners have used the weekly runs to get into the festive spirit and look around at the best Christmas lights around Burton!



XC Series

XC WINTER League Races 2025/2026		
• Please note that all races commence at 10/10.30am (will be confirmed for each race)		
• Payment is on the day and must be cash (details about each race and cost will be posted prior to the event via FB)		
• Washlands Women's Vests must be worn for each race (can be purchased at club).		
• Scoring and results - Results are posted via WWR FB page once the data has been confirmed by the Race Director/Administration team.		
Race	Date	Club Organisers/Contact and Links
Foremark	Sunday November 2 nd 2025	Dave Mann/Chris Hopkinson
Etwell Equestrian Centre (New Venue!)	Sunday 7 th December 2025	Details to Follow
Almsfree Park	Sunday 11 th January 2026	Derwent
Simai Park	Sunday 25 th January 2026	Hatton Darts
Booths Booths	Sunday 8 th February 2026	SDDR
Stallford Barn/ Reynstone TBC	Sunday 1 st March 2026 TBC	

- Each race will be advertised closer to the race date on our FB page for more detailed information and we will mention at weekly 'shout-outs' on a Wednesday night before we run.
- There are always a group of WWR runners at each race and a WWR Flag will be visible for you to come along and join the pack and meet as a group for some moral support and warm up before we all run (at our own pace!).
- It's always advisable to wear trail shoes as often the ground is very muddy/wet! And always think about bringing a warm coat/dry robe to wear before and after the race.
- Most importantly, this is a great league for you to have a go at running races maybe pushing yourself to improve your running length, stamina, speed or just to simply have fun and taking part.
- Any questions about any races or how it all works, please ask either me or at club/other members.....and we really hope we see you at one or more of the races!



This year has seen the first two races of the XC league at Foremark and Etwell. With the rest of the races continuing into 2026! Fancy trying something new in the new year? Why not give XC a go! XC is a great experience and is always a lot of fun (No matter how muddy!) The races allow you to go at your own pace and enjoy a more social run!





Lichfield 10km-

Sian H, Laura J, Karen J and
Millie H-W



Derby Triathlon-
Shannon E



Tamworth 5mile-

Karen M, Ruth F, Kim R, Lily T,
Laura J, Karen J and Cat B



Dovedale Dash-

Alison J, Ruth F, Lauren D, Millie
H-W and Sylvia F



Royal Parks Half Marathon-

Amber H



The High Peak 40miles Ultra
Marathon-
Amanda S



Great South Run-

Steph A and Lynn U



Tracey P, Clare C and
Cat B

Brewers 10km-



Alison J, Amber H and Kim R



Millie H-W





Lakeland Trails Helvellyn
15km and Ullswater 14km-

Ruth F and Lauren F



Foremark xc-

Kirsty D, Ruth F, Millie H-W, Alison J,
Wendy R-K, Karen J, Anna S and Hannah
L



6 Dales Challenge-

Amanda S

Derby 10miles-

Karen M, Shannon E, Karen J, Millie H-
W and Amber H



Cannock Chase Christmas 5km-

Steph A and Lynn U



Etwall xc-

Lily T, Wendy R-K, Ruth F and
Kirsty D

