

# VEGAN RUNNERS UK – UPDATES

Issue 2 / 1 September 2022

What's happening in the Vegan Running Community

Here is our 2<sup>nd</sup> issue of 'Updates' –it was supposed to be a brief two-pager but it just kept growing. Our next full magazine edition should be with you early October.

## CLUB KIT HI-VIS SALE NOW ON

Beat inflation with these preposterous one-time only discounted prices on limited stock items.

For example, our men's long-sleeve, hi-vis top; the price is slashed from £24.50 to just £16.00! No, that's not a misprint. Sixteen pounds. Our selling prices are our cost to purchase, so these are selling significantly below cost.



Go to the website for a full list of these give-aways: - <https://www.veganrunners.org.uk/product-category/sale/>

## VEGAN RUNNERS ARE HOSTING A CLUB STALL AT NOTTINGHAM GREEN FESTIVAL

The **Nottingham Green Festival** is on Sunday 11th September.

For more details checkout <http://nottmgreenfest.org.uk>

## SOAR VESTS

Our first order for club SOAR vests has been fulfilled. Members who ordered for the first consignment are now proudly sporting this kit.



If you are interested in having a club SOAR vest - there will be another opportunity to place an order again soon watch out for details in the next newsletter.



Meanwhile....

SOAR have now offered us a **20%** discount on the standard SOAR range, the code below is valid on all orders until the end of September.

Use discount code 'ClubSystem20'

At <https://www.soarrunning.com/>

## CLUB MEMBER QUALIFIES FOR IRONMAN WORLD CHAMPIONSHIP

This year's Ironman championship contest takes place in Kailua-Kona, Hawaii on 6<sup>th</sup> & 8<sup>th</sup> October.

The full ironman event comprises a 2.4-mile swim, then 112 miles cycle followed by a standard 26.2-mile run. All entrants must have successfully completed a qualifying event in an acceptable timeframe.

Our fellow club member André Duarte will be competing this year and proudly sporting a club logo on his kit (picture not yet available). Andre along with one other member supports our club website and on-line shop so the club has decided to make a contribution to his entry fee.



For Strava lovers, here is Andre's Strava profile and he looks to have high potential

<https://www.strava.com/athletes/andremdveganpower>

If any member wishes to contribute to his substantial participation costs, there is a go-fund-me page recently created: -

<https://www.gofundme.com/f/help-me-get-to-the-ironman-world-championships?qid=ae98571b540651d22702be9ec3bd4737>

More information on the Iron Man World Championship here: -

<https://www.ironman.com/im-world-championship-2022>

## WORLD CLEAN UP DAY 17<sup>TH</sup> SEPTEMBER



The club is supporting world clean-up day. It's an opportunity to promote the club and do a street/beach/park clean up in one. So local groups will be coordinating street and beach litter picks.

There is no reason why should Kevin Doherty have all the fun?



Best done in HI-VIS club top – doing litter picking and promoting the club at the same time.

Be conspicuous – let's be careful out there.

## NORTH-MIDLANDS XC

The club has registered for the Midlands Cross Country Series.

This is a team-based league comprising of 4 events (Derby, Corby, Heanor and Mansfield).

Club members who are registered with English Athletics and living in any of the counties listed below are eligible to participate in a VR team at any of the four

fixtures at **no additional cost**. The eligible counties are Nottinghamshire, Derbyshire, Lincolnshire, South Yorkshire, Staffordshire, Leicestershire Northants, Cambridgeshire and Rutland.

Our North-Midlands Regional rep, Clare Burdell (midlands@veganrunners.org.uk), will be coordinating the team entries. There are both men's and ladies' teams. We can enter multiple teams and there are senior and vet team categories. Vets may enter in a senior team.

Further fixture information [here](#).

(<https://www.northmidscleague.co.uk/fixtures.html>)

## IT'S THE BIG LONDON HALF-MARATHON SOON

Best of luck to all doing the Big Half this Sunday in London!

The official VR support station will be located on Tower Bridge and if you would like to join it and cheer together, please email Darren at [southeastengland@veganrunners.org.uk](mailto:southeastengland@veganrunners.org.uk)



## SOME REMARKABLE RECENT ACHIEVEMENTS

We have had at least three extraordinary long-distance wins rolling of the press in short succession. Some of these may be featured at length in the forthcoming magazine. If you'd like a mention for any kind of achievement, see below for contact details.

### DAN TAKES FIRST IN 54K ULTRA.

Dan Stent winning the [Big Pilgrim Ultra](#) 54k in a time of 4:36:50 on Sunday 21<sup>st</sup> August.

Dan is a keen parkrunner and is regularly seen at the highly competitive East Brighton event where earlier this month he completed his 100<sup>th</sup>.

In this ultra-event Dan was a comfortable 23 minutes ahead of second place in a field of 62 finishers and looking confident all the way.



## TOM PAGE WINS JURASSIC EXTREME IRONMAN



In his first Ironman, Surrey Vegan runner Tom Page has just won the Jurassic Extreme Ironman Triathlon! That's 225km of swim/bike/run from Devon to Dorset, with over 3000m of ascent on the bike and 1300m of ascent in the marathon. He beat some elite Royal Marines in the process!

<https://www.brutalevents.co.uk/jurassicman-extreme-triathlon>

Position	Name	Club	Swim	T1	Bike	T2	Run	Overall
1	Tom Page	Vegan Runners	1:09:27	0:04:48	7:00:33	0:05:27	6:14:51	14:35:06
2	Andrew Lowry		1:21:38	0:03:19	7:24:32	0:07:57	5:42:18	14:39:44
3	Anthony Gerundini		1:47:54	0:11:36	7:37:04	0:07:37	5:24:38	15:08:49

## CHRIS KELLY WINS RIDGEWAY CHALLENGE 86



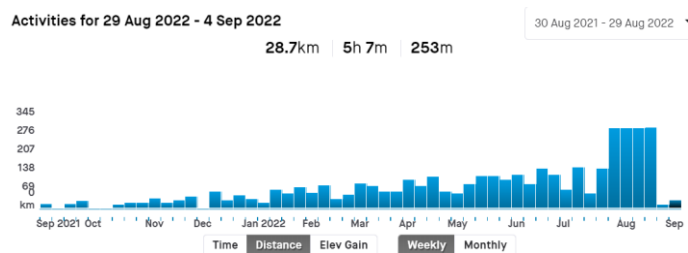
Chris triumphs in the 86-mile (139.3km) race with over 2000 metres of elevation 27<sup>th</sup> to 28<sup>th</sup> August.



## JOSH COMPLETES 31 MARATHONS IN 31 DAYS

Readers of last month's brief newsletter may recall that a member was slogging out 26.2 miles a day for 31 consecutive days. Josh Ellis-Hill who lives 3 miles from the [Millington's Magical Barn sanctuary](#) where he has been performing volunteer tasks for over a year is raising funds for the 80+ rescued animal residents.

Well – he did it. As evidenced by his massive Strava weekly distances– with over 295.2 kilometres per week. Based on his limited preparation he must surely have had to tolerate some degree of discomfort.



His daily slogs were sometimes well accompanied by both VR club members and other runners.

We are going to learn more about this spectacular achievement in the magazine issue at the end of September.

Meanwhile, his just giving page is still open. Although he's raised a staggering £16,000 so far, his target was £30,000.

<https://www.justgiving.com/crowdfunding/millingtonsmarathonmadness>

## NEWSLETTER ARCHIVE

Links to earlier published newsletters

### Full Editions

Issue 1 - 23rd June 2021

<https://www.veganrunners.org.uk/wp-content/uploads/2022/07/VR-Newsletter-Edition1-June2021.pdf>

Issue 2 - 8th Sept 2021

<https://www.veganrunners.org.uk/wp-content/uploads/2022/07/Vegan-Runners-Newsletter-2021-Issue-2-.pdf>

Issue 3 - 25th December 2021

<https://www.veganrunners.org.uk/wp-content/uploads/2022/07/Vegan-Runners-UK-News-Issue-3-2021.pdf>

Issue 4 - 30th March 2022

<https://www.veganrunners.org.uk/wp-content/uploads/2022/07/Issue-4-Final-2-Column.pdf>

Edition 5 - 25th June 2022

<https://www.veganrunners.org.uk/wp-content/uploads/2022/06/Vegan-Runners-News-25June2022.pdf>

### **Updates**

1 - 8<sup>th</sup> August 2022

<https://www.veganrunners.org.uk/wp-content/uploads/2022/08/Vegan-Runners-News-Briefing-8thAugust-2022.pdf>

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