

# Mossley AFC Running Club

Newsletter March 2016

## Hello and Welcome

Welcome to our March newsletter. Well a lot has happened since our last newsletter, the group is going from strength to strength, Thank you to everyone!!! whether it be the people working behind the scenes or the runners that turn up each time, you have all contributed to what this club has become and it can only get better.

## Sponsorship

Big thanks goes to Harry Hulmes for all his hard work in gaining a sponsor for the club. O'Donnells Solicitors are now our official sponsor. They will also be sponsoring the Mossley 10k, and rumour has it that Mr. O'Donnell himself will be running on race day!

## Manchester 10K

23 of our club runners have put themselves forward to run the Greater Manchester run on Sunday 22<sup>nd</sup> May. They will be running for the Believe and Achieve trust. Sponsorship forms will be flying around shortly. In the meantime, please take a look at the charity itself.  
<http://www.believeandachieve.org.uk/>

## Tough Mudder

Did you always watch the telly and imagine yourself on the Krypton Factor? Well why don't you sign up to Tough Mudder and join the team with Chris Phillips, Paul Brooks, Nathan Ambrus and Mark Mooney on 7<sup>th</sup> August. A 20K military style obstacle course! Paul will be completing this challenge for The Dr. Kershaw's hospice, please see his Just Giving Page,  
<https://www.justgiving.com/toughmudderpaul>

## Mossley 10K

**Is now open for entries!** REMEMBER: As a member of Mossley AFC Running club you are entitled to discount on this race no matter which kind of membership you have. Whilst membership is still in the administrative stage there is a way of still being able to register **NOW** at the discounted rate. Contact Harry Hulmes on how to do this – [harry.hulmes@mossleyfc.com](mailto:harry.hulmes@mossleyfc.com), or drop us an inbox on Facebook. Or in good old fashion style, speak with one of us in person on a Sunday morning.

## Runner of the month....

For March our runner of the month is **Pam Morris!** February has defiantly been the month for her. Not only has she been smoke free for 2 months, in just one week she completed 2 great personal achievements, neither of which she would have thought she could have done 2 weeks prior! On 21<sup>st</sup> February she completed the Farrah's and back route without stopping, distance of 4.2 miles and then just 5 days later she ran 6 miles also without stopping.

**Your pin badge and certificate will be with you soon!**

## Social News... QUIZ NIGHT

Friday 11<sup>th</sup> March is quiz night It promises to be a great night with some great prizes, if you have not already entered your team, please contact **Stephen Homer**

**Where:** Mossley AFC club house of course!

**Time:** 7.00pm start

Partners and children welcome, no googling allowed!

£5 per team MAX 5 people per team

**GOT TO BE IN IT TO WIN IT**

## Membership

Membership forms are now available from Hannah Snioch or Helen Wrigley, contact them at the club, Facebook or via email for more info.

£5.00 social membership

£18 Affiliated membership.

[Helen.wrigley@mossleyfc.com](mailto:Helen.wrigley@mossleyfc.com)

[Hannah.snioch@mossleyfc.com](mailto:Hannah.snioch@mossleyfc.com)

## Mid Week runs

Keep your eyes open on Facebook for impromptu mid-week runs. These will be mainly on Wednesday and Fridays. They will officially start when the clocks change. There will be no charge for these impromptu mid weeks but it will be the standard £1 when they officially start.

## Couch to 5k total beginners

There will be a beginners course starting Wednesday 23<sup>rd</sup> March. The course is aimed at complete beginners the course will ease you steadily into running. Running is fun and enjoyable, and by following this programme which will last 10 weeks, you will become a confident runner and wish you had done it earlier. Sessions will be every Wednesday and Friday evening at 18.30 which will take participants from a non runner to a 5k in readiness for a park run. The course cost £15 with a Mossley afc running T/shirt or Vest at the end of your course. Space is limited to 10 so to avoid disappointment contact Melanie Rowles.

Do you have a friend who is nervous of joining us on a Sunday or are you one of our regular beginners who wants to get out a bit more and progress from where you are now? Tell your friends spread the word

## Sports Traders

Steve Tauge would like to give us a BIG THANKYOU for all the sportswear we collected for the Sports Trader charity. The running club alone donated enough to fill 3 of those large collection boxes to the brim.

Have a look at their website to see what they do and how you have all helped  
<http://www.sportstraider.org.uk/>

## Our official kit

The time is here for you to order your kit and look proper dapper on a Sunday morning with your fellow runners!

The chosen kit items are as follows

Ladies vest with racer style back

Men's vest

Unisex t shirt

All above in orange with sponsor and club logo on the front and Mossley on the back

Black hoodie with orange internal hood and draw strings,

Club logo on the front printed in orange

(Option of having your initials printed at later date)

Black cap with club logo in orange

Draw string bag in orange with club logo on

Singular Prices...

T shirt and vests £10 each

Hoodie 20 each

Cap £6

Bag £6

Special offer for £40

1 X t shirt and 1 X vest

1 X hoodie

With the choice of a bag or cap for FREE

## Fame at last

Did you hear Melanie, Hannah and Helen promoting the club on Oldham Community radio? If you did miss it do not fear you can listen via this podcast. It's the Tuesday 16<sup>th</sup> February 10:00 slot about 8 minutes into the show.

[http://www.podcast.canstream.co.uk/oldham/index.php?atp=oldhamcr\\_listen\\_again\\_loader&loadpost=1090&loadcat=Oldham+Today](http://www.podcast.canstream.co.uk/oldham/index.php?atp=oldhamcr_listen_again_loader&loadpost=1090&loadcat=Oldham+Today)

## Let's get trending

The World Wide Web is actually a very small world! So let's spread the word on our fantastic club!

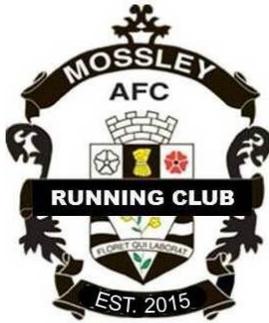
Whether it be Instagram, pictures and statuses on your own Facebook or twitter remember to **HASHTAG!** **#mossleyafcrunningclub**

To go along side nicely with our Facebook page and for those tweeters of you out there we now also have a Twitter account.... **@mafcrunningclub** Tweet Tweet!

And also our website has gone DOT COM!!

[www.mossleyafcrunningclub.com](http://www.mossleyafcrunningclub.com)





- March  
Sunday 6<sup>th</sup> Resolution Run Heaton Park – 5k/10k/15k - £15
- April  
Sunday 10<sup>th</sup> Fleetwood – 10k UKA £12/£14
- May  
Sunday 22<sup>nd</sup> Bupa Manchester – 10k UKA £36/£38
- June  
Thursday 16<sup>th</sup> Tour of Tameside – Cross Trail 10k UKA  
Friday 17<sup>th</sup> Tour of Tameside – Copley Fell 6miles  
Saturday 18<sup>th</sup> Tour of Tameside – Hyde Peak half marathon  
Sunday 19<sup>th</sup> Tour of Tameside – Hyde 7  
All Tour of Tameside runs can be booked as a block or individuals.  
Sunday 19<sup>th</sup> Milltown Oldham – 10k UKA £15/£17
- July  
Saturday 2<sup>nd</sup> Manchester Colour Run – 5k  
Sunday 10<sup>th</sup> Blackpool summer – 10k - £15  
Sunday 10<sup>th</sup> Manchester Etihad – 10k UKA - £13/£15  
**Sunday 17<sup>th</sup> Mossley AFC – 10k UKA £12/£14 will publish the special price for members.**  
Wednesday 27<sup>th</sup> Millbrook Monster Run - 10k UKA no price advertised yet.
- August  
Sunday 21<sup>st</sup> The Big Fun Run Heaton park 5K Adults £10.99 Kids £8.99  
Saturday 27<sup>th</sup> 7.30pm start Blackpool illuminations 5k UKA - £10/£12- 10k £13/£15. Stop over for social night.  
Juniors 10k (15-17) discount £2- 5k Juniors (11-17) discount £2.
- September  
Sunday 4<sup>th</sup> UK Fast City of Salford -10k UKA £13/£15
- October  
Sunday 16<sup>th</sup> Milltown to Moors – half marathon £24
- November  
Sunday 13<sup>th</sup> 11.05am start Windmill St Anne’s – 10k UKA £14/£16 – Remembrance Day.  
Sunday 27<sup>th</sup> Pennington Flash 5 miles £15
- December  
Sunday 11<sup>th</sup> Piathlon Huddersfield – 6k £15.

