

# Mossley AFC Running Club

Newsletter April 2016

## Hello and Welcome

Welcome to our April newsletter. March brought us the beginning of the light nights and our exciting bright club kit. Not forgetting our Easter themed egg and spoon relay warm up. What a fun lot we are!

## Courses

Way back in November of last year Hannah and Nicola spent a day at Copley and secured a £500 funding grant. The criteria of how the money was to be spent for our group was that it should be spent on leadership training courses, specifically aimed for running clubs. This is also required for our club to be affiliated. By the end of July each of our running groups will have 2 qualified leaders within them, a male and a female. The following people will be attending the courses over the following months Chris Phillips, Melanie Rowles, Paul Brooks, Andrew Rowles, Helen Gregory and Nicola Steen. We hope that the more we expand we can offer this to more people over the coming years.

## Our Runners out and about

Lots of our members are busy entering races and winning medals for their ever expanding bling collections.

During March Julie and Ian Blewit ran the Trafford 10 K and the Anglesey Half marathon just a week between each race.

Stephen Lee ran The Hardmoors 55 followed by The Oldham Way 40 the following day, just adding those numbers together makes me go cross eyed well done !

## Park Runs

Our club is now registered with Parkrun, so if you are already registered with them please update your profile. If you are not registered with them why not do so? Its free as are all the races. Every Saturday morning at various parks take a look on their website for more info.

[www.parkrun.org.uk](http://www.parkrun.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>

## Jaime's Race for Life

This year Jaime Jenkinson will be running the race for life. If you are thinking of entering a race for charity this is a really good one to do such a great atmosphere whichever race you decide to do. You can show her your support and help raise money for the charity by donating via her just giving page - [www.justgiving.com/fundraising/jaimejenkinson](http://www.justgiving.com/fundraising/jaimejenkinson)

## 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.

## Runner of the month....

For April our runner of the month is **Jane Braithwaite!** Jane attends the club nearly every Sunday and runs in the middle group. Unbeknown to you and I Jane has been on a one woman mission to beat her 10k time. The time that she got most weeks running with us. The exact same time she finished in when she ran the Ethiad Winter run in February. The time in question was 1.09 which she was quite frankly sick of seeing, On Sunday 10<sup>th</sup> March I do not know what she had for her breakfast but she managed to smash that time, not just by a few seconds but by 5 minutes, she finished the Mossley 10k route in 1.04. I think we can all appreciate that to knock 5 minutes of your time is amazing ! **WELL DONE JANE !!!!**

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

## Kit

Shirts and gymsacs arrived Friday 1<sup>st</sup> April. The hoodies and caps will be here next weekend. Very exciting and they look brilliant we hope you are pleased with what we have chosen for the club. We are able to order more so if you want another item please let us know and we can arrange to make another order.

## On tour

The better weather is approaching (apparently) and holiday season is approaching so let's see how far our kit can travel. Pack your kit and take it with you on your jollies, have your picture taken wearing it or even running in it, will it be Sunset Boulevard or Blackpool Promenade?! don't forget to post the picture on our Facebook page for us all to see, there may even be a prize instore for the furthest or most unusual one?!!

## Membership

Membership forms are 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)

## Couch to 5k total beginners

Wednesday 23<sup>rd</sup> March was the beginning of the C25K 10 week course. They have now just completed week two and are doing great. What is really good to see is how the regular runners have showed them support to. Keep your eye out to see how they are getting on.

## Sports Traders

Steve Tauge continues to collect unwanted sportswear for the Sports Traders charity. If you have anything you no longer wear please bring it along with you next time you come to the club.

Have a look at their website to see what they do and how your donations can help.

<http://www.sportstraider.org.uk/>

## Let's get trending & talking

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!** **#mossleyfcrunningclub**

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.mossleyfcrunningclub.com](http://www.mossleyfcrunningclub.com)

And don't forget the most powerful form which is talking! Tell your friends about us and encourage them to come and see what we are all about.



