

Mossley AFC Running Club

Newsletter May 2016

Hello and Welcome

Welcome to our May newsletter. April brought us some new faces to the club, the start of Chris's hill interval training, more structured group running oh, and SNOW ! read more about these below (except the snow !)

Runner of the month....

For April our runner of the month is **Deborah Mills** Deborah has been an absolute GEM helping out with the C25K week after week. Melanie is extremely thankful to her. And I'm pretty sure her cheery personality and sense of humour has had a huge impact on keeping the runners motivated. Also Deborah turns up to the club every Sunday and puts her all into her own running goals. Proud to have you as part of the club!

WELL DONE Deborah!!!!

Your pin badge and certificate will be with you soon!

Our Runners out and about

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

During April

Jennifer Day ran the Wilmslow half marathon in 2hours 20 min,

Colin Edwards ran the Blackpool half marathon in 1hour 45mins and 52seconds, super, super times both of you well done!!!!

Jennifer Day and **Rebecca Jones** completed local Triathlon hats off to you both this is serious stuff!

Maria Craven ran and completed the London Marathon in 5hours 05minutes 51 seconds, we looked out for you on the telly! Maria has a real inspirational story, in bullet point form.

- Very overweight
- Took up running
- 4 marathons
- 4 half marathons
- Lots of 5k & 10k races
- All of the above, **In just 3 years!**

Park Runs

www.parkrun.org.uk

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

Steve Grainger and **Mark Egerton** can be spotted wearing orange most Saturday mornings so have a word with them if you want any more info on the routes and different parks.

Mossley 10K

www.mossleyafcrunningclub.com/mossley-10k

Have you registered yet?

98 people have done so far

19 of them are Mossley AFC Running Club members

Spread the word with your friends and family also.

If you are not planning on running but can donate your time to marshalling etc. please contact Harry or Andrew

Manchester Half Marathon Oct.

A few of us have entered the Manchester half marathon on 16th October. If you've always wanted to do this distance but maybe didn't want to do it on your own, now's your chance, most of us have never entered a half marathon or even ran that distance so there will be lots of training nearer the time.

Hyde 7, We need YOU !!

On Sunday June 19th a group of Mossley AFC runners will be running the Hyde 7mile which is part of the tour of Tameside, If you like the sound of this and want to be part of the team please have a word with Andrew.

The organisers have asked if anyone can support with marshalling, so far only Nicola (me) has volunteered to do this, do you want to join me? I have a vision in my head of banners and orange pom poms when an orange shirt flies past!!! Come on join me... give me a M... give me a O... give me a S... give me a... S, and so on you get the idea. MOSSLEY AFC RUNNING CLUB YEAH!!!!

Couch to 5k total beginners

Wednesday 23rd March was the beginning of the C25K 10 week course. This week they were running in 2 intervals a total of none stop for 20 mins, with 5 mins walking in between intervals The course has been a real success and they have all done fabulous and should be as proud of their self as Melanie is.

Run structures

I posted on face book a while back of how we will be structuring the runs in group A and B, we have run this way for the past few weeks and it has been a success, For a reminder here is my original post.

SUNDAY RUNS, *groups A and B will structure our runs slightly different going forward, we will have check points along our routes where we will regroup or if you get there first you can run back and pick the back of the group up which will in turn get you more distance in, we want to ensure we are starting and finishing as a group and all offering any needed support along the way. It is also the norm with most running clubs.*

Interval training

Have you tried hill sprint interval training? It's actually good fun, the competitive lot amongst us may even say addictive and really good for helping with your fitness level, come and give it a go every Wednesday meeting at 6.00, we do hill sprints for about 20 minutes then if you want to you can join in with the Wednesday night run which sets off at 6.30

On tour

You've been getting far and wide already and its only May

Helen Wrigley New York City a nice Sunday run round Central Park, like you do !

Ian Blewit not running but showing the shirt off at Wembley at some kind of football important match????!!!

James O'Donnell working on his tan in Dubai

Chris Phillips photographed being brighter than a lighthouse in Wales

Carol Jones nice sunny run in Rhosneigr on Anglesey.

Sharon White enjoying a beach front run in 22c heat in Tenerife.

If you missed any of the photos these guys posted have a look in the photos section on the Facebook page.

Keep them coming folks !

Profile of the month

Due to my mailbox being jam packed with responses for profile of the month I have decided to go about this a different way.

I have selected at random one of our members, along with a few random questions. The questions will be different each month just to keep you all on your toes!

NAME: Helen Gregory

MAIDEN NAME: Dutton

NICK NAME: Had many ones over the years but get Greggors or Mrs G currently. Before I married I got Dutts amongst others!)

DIRECT FAMILY INCLUDING ANY PETS: I am married to Andy Gregory, I have three children a son at university and two teenage daughters at Mossley Hollins. I have a wonderful collie cross called Ben who we got from Manchester Dogs home years ago hence why I'm a volunteer dog walker there.

DAY TO DAY JOB: I am a learning mentor at a primary school.

FAVOURITE TIPPLE: Don't drink a huge amount as the older I have got the worse the hangovers get! But i really love red wine!!

WORST HAIRCUT: Worst haircut - maybe currently as trying to hide many white/grey hairs that are increasing!!!! Loads of those ha ha....

CLAIM TO FAME: I was in the Mossley Hollins band in the 1980s and we made a record at Strawberry studios.

Whilst in the band I also played at the Royal Albert Hall at the proms whilst in the Hollins band which was on TV

I have been in the green room when we appeared on GMTV. I was on maternity leave and bit bored so entered me and my husband into competition and met Lorraine Kelly

Mossley Music Festival

You may have noticed around the town and on social media that Mossley is having its very own Music Festival at the end of May! The main event will be at the football club which will mean we will have to meet elsewhere for our Sunday run on 29th May, We will let you know where this will be close to the time.

Social

MOSSLEY 10k DAY, JULY 17th- after the race, go home have a shower and return in the afternoon for the post-race family BBQ, this will be a ticketed event for club members and their families only more info to follow in the next few months, just a save the date for now.

