

Mossley AFC Running Club

Newsletter June 2016

Hello and Welcome

Welcome to our June newsletter. May brought us some warmer sunny runs, Club Affiliation and many new faces!

Its Official.....

Mossley AFC Running club is now an officially affiliated running club.

For those of you who opted for Affiliated membership if we've not had it already, once we receive your affiliation fee we can complete your membership. Any questions please contact our membership Secretary Helen Wrigley.

Helen.wrigley@mossleyfc.com

Membership

A reminder of our memberships.

Your 1st run with us is free, £1 thereafter.

If after running with us for 4 weeks you get the running bug and like us, we like you to become a member.

Both subscriptions are annually.

Affiliated - £18

Social - £5

Runner of the month....

For June our runner of the month is **Stephen Homer**. Stephen has been running with us pretty much from the beginning in November 2015. Stephen was a total beginner, he has had his ups and downs, has sometimes listened to the voices in his head, but really he has never given up, even though it has been a struggle for him at times. Through May he has really turned a corner and all the hard work and determination is really paying off, last Sunday running from the club to the Roaches nonstop a PB!

Well done Stephen your certificate and pin badge is on its way to you very soon!

Our Runners out and about

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

During May

Hayley McLeoud

Alex and John Cesarz

Jane Braithwaite

All ran the Greater Manchester Run 10k

Alex Cesarz ran the Chester half marathon in a fab time of 1.55.40

John Howard ran in the Lakelands trail races near Windermere

Jennifer Day ran in a race in Shropshire on Star Wars day May 4th and gained the biggest medal known to man!

Hyde 7, We need YOU !!

On Sunday June 19th 13 of our club members will be running in the Hyde 7 which is part of the tour of Tameside races. Also 3 of our members will be pointing them in the right direction by being on marshal duty. If you are interested in running or marshalling, please let Andrew Rowles know by 5th June at the latest

Mossley 10K

www.mossleyafcrunningclub.com/mossley-10k

Have you registered yet?

This month they currently are

140 in total

30 Mossley AFC Running Club members

Great numbers so far

In 2014 the total number of runners was 160

In 2015 the total number of runners was 320

As well as this being a great scenic challenging race for runners, it also helps raise funds for the football club.

We can also help raise funds by advertising in the official Mossley 10k magazine, would you or any of your friends or family like to advertise their businesses? £30 for half a page or £50 for a full page. Please email Harry if you are interested.

Harry.hulmes@mossleyfc.com

Spread the word with your friends and family also.

If you are not planning on running but can donate your time to marshalling etc. ?

Couch to 5k Graduation

The Couch to 5k course is nearly at an end and its been really successful, and the runners have done amazing, we have also seen some of the runners join us on a Sunday morning and also sign up for the Mossley 10k!

On Saturday 18th June they will be completing their graduation run by running the Oldham Park run, why not come along and support them.

On tour

Where have we travelled this month?

Ian Blewitt has been to Wembley watching the football AGAIN !

Colin Edwards has been sunning himself in La Pineda in Spain.

Jamie Jenkinson was seen in a hotel gym wearing orange whilst on a work course in sunny Wigan.

Paul Brooks was at Body power expo in Birmingham photographed in between two ladies, I think it was the orange that attracted them!

Profile of the month

NAME: John Cesarz

NICK NAME: Not really got one, but get called Johnny C or JC at work

DIRECT FAMILY INCLUDING ANY PETS: Married to Alex Cesarz and have a daughter Sophie Cesarz who is 9. We have 3 fish.

DAY TO DAY JOB: I work with criminals to help reduce reoffending

GUILTY CELEBRITY CRUSH: Schoolboy crush on Sarah Green from Blue Peter

MOST PROUD MOMENT: Daughter Sophie's swimathon this year, she swam 2.5K a big achievement for a 9 year old.

CLAIM TO FAME: I once repaired and painted Steve Coogan's Ferrari.

Pitter Patter of tiny running feet.

A BIG CONGRATULATIONS to our club sponsor James O'Donnell. James and his wife are expecting their third child this summer. Baby number three will be a little boy to add to his collection.

10K Day BBQ

MOSSLEY 10k DAY, JULY 17th- after the race, go home have a shower and return in the afternoon for the post-race family BBQ,

WATCH THIS SPACE TICKETS ON SALE VERY SOON

The club in the community

The running club is getting involved in a few events happening in the community over the summer.

Saturday 25th June Marvellous Mossley at the George Lawton Hall, we will have a stall here to share with the community what we do and hopefully recruit some new members, come and see us on the day.

Saturday 23rd July the Mossley scarecrow festival, where the theme this year is countries. Come and say Hi to our scarecrow !!

