

# Mossley AFC Running Club

Newsletter August 2016

## Hello and Welcome

Welcome to our August newsletter. July brought us our Eggy Park timed run, the Mossley 10K, and loads of other local race participation from our members, which in turn has attracted lots of new members, keep wearing the orange folks!

## Membership

A reminder of our memberships.

Your 1<sup>st</sup> 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

This month has been a really tough decision as so many of our runners have done some amazing things this month, over 50 of you ran the Mossley 10k, there have been so many PB,s and amazing determination on the toughest of races, also lots of good team players in the groups as always.

But we have come to a decision and this month there is actually two runners of the month.

Congratulations to Hazel Homer and Sophie Miller you are our runners of the month for August, not just couch to 5k, but couch to 10k in just 5 months!

Amazing achievement but also the support you gave to each other on the day is also what it's all about.

When crossing the line together a few of us had a little tear in our eyes,

**Well done Steph and Hazel your certificates and pin badges are on their way to you both very soon!**

## Our Runners out and about

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

July has most defiantly been the busiest month for races by far!,

So here goes...

2<sup>nd</sup> July was more than just the colour orange when some of our members took part in The Colour run

**Hayley McLeoud, Andrew Rowles, Melanie Rowles, Walter and Kathleen, Nicola Hulmes, Jaimie Jenkinson, Jennie McGing and Jenna Hadfield**

We Love Manchester 10k run – **Hannah Ellis's and Andrew Rowles**

Aldermans Ascent Fell race- **Stephen Lee and Mark Egerton**

Royton 5.5 mile trail run – **Helen Gregory, Stephen Lee and Mark Egerton**

Pretty mudder –**Jaimie Jenkinson**

Millbrook Monster – **Wez Hughes, Steve Grainger, Stephen Lee, Shaun Bonser, Mark Hanlon, Mark Egerton and Angela Dewhurst.**

10k Black Night Charge – **Yvonne Howard, David Broadbent and Paul Maskell**

Snowdonia Marathon – **Stephen Lee**

Mossley 10k - too many to mention but WOW you all know who you are.

## Mossley 10k 17<sup>th</sup> July

Sunday 17<sup>th</sup> July was the day of the annual Mossley 10k, what a difference a year can make. It was shortly after the 10k in 2015 that Hannah and Nicola asked the question to the football club about starting up a running club affiliated with them. 12 months on and the pitch was a sea of orange shirts with just over 50 of our members lining up at the start line. Support from other club members and their family and friends was priceless to the success and organisation of the day. The support en route from locals was for sure the best it has ever been.

Our first club runner over the line was Stephen Lee, followed by Mark Egerton and James Matthews.

Our lovely Helen Gregory was our first female club runner across the line, who also secured the place of 2<sup>nd</sup> woman in her age bracket for the entire race.

Great team work as we all stood and cheered every last runner of ours across the line, you should all be very proud.

The celebrations then carried on in the afternoon for the family BBQ, great time had by all, apparently the party carried on into Uppermill into the small hours for a couple of us!!!

Other good news from the day was that we raised £398.02 on ticket sales and raffle money for our running club, we also supported the football club seems as though we were all so thirsty!

## Eggy timed 5k run

We have now had 2 time 5k runs on a Friday evening which have been a great success and received some great feedback

If you like the sound of this but are not sure about 5k just yet, come along and just do 1 or 2 laps and work yourself up to 3 laps (5k) over time.

These are planned to happen every third Friday, the next one due to be Friday 19<sup>th</sup> August. Pop it in your diaries.

## On tour

**Ian and Julie Blewit** at Wembley watching the tennis we even spotted them on the telly

**Stephanie Hannington** in Dubrovnik

**James O,donnell** shared his shirt and snapped Kevin McKay the wearing club shirt

**Helen Gregory** in Prague

**Nicola Steen** at a festival in Dorset

**Paul Brooks** at rib by Hall

## Save the Date

18<sup>th</sup> November will be the clubs 1<sup>st</sup> Birthday celebration night, top secret at the moment but it's promised to be a brilliant night.

## Strava

If you enjoy using a running app to monitor your mileage and time, why not use Strava? We have now created our club within Strava, so you can see your fellow runners and leaderboards, Mossley AFC Running Club.



