

Mossley AFC Running Club

Newsletter July 2016

Hello and Welcome

Welcome to our July newsletter. June brought us our first group race, couch 2 5k graduation, on tour posts far and wide and more new members, Mossley is looking very, very orange on a Sunday morning !

Membership

We now have 74 official club members 14 of which are registered affiliated athletes.

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 July our runner of the month is Jaime Jenkinson. Jaime has become a real asset to the club supporting runners in group runs often putting their progress before her own, I think this came true when she attended a park run recently and was shocked when she was text her results that it was actually only the 2nd park run she had ever done for herself yet she had attended loads of park runs as a volunteer offering support to others. This kind of support she gives to the club too. She has stepped in and helped lead our Sunday and weekday runs when the leaders have been unable lead or the leaders have wanted to give another group a try for one week.

Well done Jaime 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 July 18 of our runners ran the Hyde 7 **Stephen Lee** completed the whole Tour of Tameside event.....

16th June 10k cross trail in 46.27

17th June 6 mile fell run in 48.39

18th June half marathon in 1 hour 40.51 and covered in a zillion midges

19th June 7 mile road race in 51.11

Jennifer Day ran the Rock and Roll half marathon and 5k in Liverpool , also the round Sheffield round 20k, Jennifer is really spreading the orange far and wide each month.

Melanie and **Andrew Rowles** also ran the Rock and Roll 5k

Rebecca Jones took part in the 10k trail run in the Tour of Tameside

Jennie McGing and **Stephen Lee** ran the dove stone diamond

Hyde 7 19th June

On Sunday June 19th 18 of our club members ran the Hyde 7 road race, the weather was kind to them and the support was on form too with Nicola, Jaime and their children supporting with cow bells and applause at the 1 mile mark and also the finish line.

It was a tough route with bigger hills than Mossley! Our shirts certainly caught everyone's attention putting Mossley on the map.

In no particular order the scores on the board

James O'Donnell – 1 hour 7

Stephen Lee – 51.11 mins

Hayley McLeod – 1 hour 14

James Matthews – 51.37 mins

Chris Phillips – 49.25 mins

Mark Egerton – 51.08

Colin Edwards – 54.27 mins

Pam Morris – 1 hour 17

Steve Grainger – 59.08

Shaun Bonser – 44.39 mins

Paul Brooks – 1 hour 6

Helen Gregory – 52.50 mins

Jane Braithwaite – 1 hour 15

Angela Dewhurst – 57.48 mins

Hannah Ellis – 1 hour 8

Melanie Rowles – 1 hour 17

Andrew Rowles – 1 hour 17

Ian Blewitt – 63.15 mins

Park run PB

Two of our group C runners achieved a brilliant PB at a park run recently

Mark Egerton – 22.17 mins

Helen Gregory – 22.52 mins

Well done you two

Park run On tour

Keep your eyes and ears peeled from our event run co-ordinations for news on the park run tour, coming your way very soon !

Couch to 5k Graduation

A few words from Melanie regarding the couch to 5k success

Mossley AFC Running clubs 1st C25k we had a terrific response with around 20 people interested in joining we had to narrow it down to 13 people. The first one started on Wednesday 23rd March all 13 turned up nervous and also eager to start on their new challenge.

The 1st week seemed challenging for all our new recruits but they stuck to the weekly regime. A few dropped out in the coming weeks through injury and other reasons leaving 6 very determined runners who finished their 10 week course and completed their first 5k park run in Alexander Park .

They all have done fantastic and with great times at their 5k we can't tell you how very proud we are of all the c25k who completed this course and how successful it's been. If you ask them they would tell you that they never thought that they would complete a 5k at the beginning of the course. The 6 remaining c25k's have become members of the running club and enjoying our weekly runs and social events. Keep your eyes open for the next course as you can see it was a true success and we look forward to meeting the next recruits.

On tour

Nicola Steen spotted on nefyn beach during a weekend of camping

Helen Wrigley our own Angel stood next to another angel , the Angel of the north

Catherine Heal in the tropical climate in Saint Lucia

Maria Craven having a morning run during a weekend of camping

Alex and John also having a morning run during camping but across the sea in France

Carol Jones , in her own words sweating her own body weight whilst running in the heat in Paphos

Nicola and Jaime at a muddy funky farm festival in Lymm, they we're just partying not running

Hayley McLeoud on her honeymoon in Greece

Steph Hannington on her break on a barge

Angela Dewhurst celebrating a family holiday in snowdonia for her special birthday

Steve Grainger in Amsterdam celebrating 25 years of marriage with his wife.

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,

Are you able to contribute a salad or something to compliment the BBQ goodies ? Please vote on the poll on the Facebook event. (please note this is optional do not feel you have to do this)

Tickets on sale with Andrew and Melanie

£5 per adult

£1 per child

It's going to be a great afternoon , be there or be square !

Marvellous Mossley

The running club set up stall at a community event in the George Lawton Hall during June, promoting our club and offering a few activities for the kids and sweetie treats, it was a successful day promoting the club we spoke to lots of locals and hopefully gained a few members from it.

You may also have seen our flyers dotted around the town in local businesses, do you work local or attend a local group? Could you put a flyer up on the staff notice board? Have a word with us and we can provide you with one to put up.

Leadership courses

6 club members have now completed their leadership in running fitness.

Melanie Rowles , Helen Gregory , Paul Brooks, Nicola Steen, Andrew Rowles and Chris Phillips

Watch this space for feedback on what they learned and how they will be using their learnings within the club.

