

Mossley AFC Running Club

Newsletter October 2016

Hello and Welcome

Welcome to October newsletter, this last month lots of you have volunteered your time to help the club with various roles. Half Marathon training group is reaching the end of the 12 week training plan, lots of you have entered races and added to your bling collections. Couch to 5K has begun, WOW!! September has been a hive of activity for team orange

Committee notice

During September Melanie Rowles stepped down from her position of Chairperson. The committee have thanked her for her hard work and wish her well for the future.

Until such time of our AGM Stephen Homer has been nominated by the committee to cover this role.

Runner of the month....

For October our runner of the month is Colin Edwards. Colin has been running himself and with clubs for many years, and we have nominated him this month for a couple of reasons. He has turned up and joined in with couch to 5 K runs and I even spotted him running with them on a non club run night. Also Colin is doing amazing in his own running, the first half of the year he concentrated on getting himself a good 10K time and now currently training for the Manchester Half Marathon increasing his distance steadily ready for the big day. Colin's 10k time for the Salford 10k was 46.43 which was well up there with some of our runners who are younger than he is. Colin actually showed me his commemorative medal which he received when he ran the same Salford 10k in 1995.

Well done Colin we love having you as part of the team.

Run Leads ...

Big thanks to all those who came forward interested in the Leadership in running Fitness course.

Great news that we will soon have a bigger group of run leaders meaning we can safely offer more groups tailored for any goals and aims you may have in the next few months or next year.

Watch this space for our questionnaire which will help us shape these groups.

We will continue to recognise people who we think have lead qualities and offer the opportunity to join the team, also if you think you'd like to be involved let us know.

Our Leader team will be made up of

Helen Gregory
Paul Brooks
Chris Phillips
Nicola Steen
Rebecca Jones
Hannah Ellis
Steve Bates
Jaimie Jenkinson
Yvonne Howard
Steven Grainger
Hazel Homer
Sophie Miller
Angela Dewhurst

Kit Manager

Big thanks to Mark Egerton, also as christened by his wife, Mark 'kit man' Egerton ! for putting himself forward for the kit manager role. Already he has shown his enthusiasm for the role by kitting us out with a winter wardrobe. I'm sure there will be more additions to our kit as time goes by. Thanks from us all Mark you are doing us proud in a very stylish way. If anyone has any questions around kit you can drop Mark an email , markegerton@live.co.uk or post a comment on the facebook page for him.

Mummy's Star

Sunday 9th October club run will be starting at Churchill Playing fields running with the Mummy's star fundraisers. Who in the last 9 weeks have ran 9 half marathons, this run on the 9th will be their last run so will sure to be a good one.

We will donate our usual £1 subs to the charity. There will also be refreshments on sale at the Satellite Centre which is located at the fields, so either a little something for the spectators of a well earned treat after your run.

The plan is that the run will set off with a lap of Churchill fields for all the family, including runners and children at 09:30 am prompt. It will then continue with a road route taking it to 5k loop, then again taking it to a 10k route and the final leg will take it to a half marathon distance, so something for everyone and all as you will see.

If you are not planning to run on this day but would still like to come and support please let me know as support and marshals along the way will be welcomed.

The following Sunday they will be running the official Oldham half marathon and one of our club runners Angela Dewhurst will be joining them and running to support and raise money for this charity.

Please see Angela's sponsorship page to support her with her fundraising.

<https://www.sponsorme.co.uk/angeladewhurst/oldham-half-marathon.aspx>

Nicola's charity sponsorship

You will all be aware of the current half marathon training that has been happening over the past weeks. It has been challenging for all the runners but we are confident that all our hard work training on the hills will pay off on the day, on the flat streets in Manchester.

Nicola Steen is running the race for a charity who support people and their families who have neurofibromatosis,

For one last plea. Please see Nicola's fundraising page to read a little more about the condition and the reason she is fundraising.

<https://www.sponsorme.co.uk/nicolasteen/im-running-the-manchester-half-marathon-for-the-neuro-foundation.aspx>

Website

Thankyou to Harry Hulmes for continuing to maintain our website with the latest happenings.

Why not take a look.....

www.mossleyafcrunningclub.com

Couch 2 5K

Welcome to all our Couch to 5k runners, 4 weeks in and we hear you are doing just brilliantly. Recently they have used the words really enjoyed it ! I think they may be hooked. Give them a cheer If you see them, or join in and support them one night.

Awards evening / 1st Birthday

18th November, a night not to be missed.

As part of the celebrations there will be various awards given on the night.

The main award will be the most Inspirational runner of 2016 and to choose the winner we need all your help!!

Each of the committee members have nominated their runner of choice and each put together a little something to support their nomination.

Please take time to read each nomination and drop me an email as to who you would like to vote for.

Please no posting your votes on facebook it is to remain top secret until the big night.

email – Nicola.steen@mossleyfc.com with your choice of winner.

Club secretary Nicola Steen's nomination

Helen Gregory

I first saw Helen in the early days December 2015. The club were out running their festive run wearing Santa hats and tinsel on their trainers. As the Mossley 10k finisher t-shirted runner passed me I let on and said good morning.

It must have been after Christmas that Helen came to run with us and straight away I recognised her from that day. It didn't take long for Helen to stand out from the crowd as a supportive member in the club which was why she was approached to be one of the initial run leaders. Helen really stepped up her support and dedication with the half marathon training group, giving them all a 12 week plan along with excellent routes planned. The support she has given us all has been just amazing she is actually an amazing woman and a huge inspiration to me personally as a runner and Lead. Helen is also an excellent runner herself and has gained a couple of things to be proud of this year, 2nd woman in her age category across the line at the Mossley 10K and Saddleworth 6. She is also sharing her love and dedication for running by taking a running group at the school she works at. Inspiring the young athletes of the future.

Membership secretary Helen Wrigley's nomination
Rebecca Jones

My nomination. I would like to put forward Rebecca Jones as my Inspirational Runner of the Year. For those of you who've got to her know her Rebecca is a YES girl. What I mean is that when life throws her something she gives it a go. She says YES. Caving, biking, open water swimming, growing orchards, making cider, triathlons, festivals, Morris dancing ... even hook a ducking! Rebecca is an inspiration to having a go and getting stuck in. Added to this she loves running. She's got Bury Council workmates running and has just offered us her Run Lead help too. Let's not forget she smashed her sub 60 10k a couple of weeks ago. Everybody should be bit more 'Rebecca'. YES, you GO girl.

Club Treasurer Hannah Ellis nomination
Jaimie Jenkinson

I can think of many deserving winners of this award, that for many different reasons have contributed enormously to getting us to where we are today, as well as achieving and surpassing their own personal goals and targets. However for me one member stands out as determined, committed, collaborative, kind, thoughtful, generous, modest and strong. I first met this runner in the early days of the club when she was "just getting back into it". We ran a few times together and I enjoyed our chats about this and that. Since then she's become a quietly unsung and much valued member. Not only has her own personal fitness and achievements gone from strength to strength (currently in the final throws of half marathon training) but she has given much of her time and energy to helping others, whether informally on runs, on-line with encouragement or sacrificing her own training time to act as one of the chief co-ordinators and technical wizards for the Eggy Park runs! She's completing her "Leadership In Running" shortly and I know she'll make an excellent run leader. My nomination for "Inspirational Runner of the Year" is Jaime Jenkinson.

Club Welfare Officer Steve Grainger's nomination
Sophie Miller

I think Sophie sums up what this club is all about, starting off in the very first C25K, she completed the running course showing true grit and determination, ending on a high with a fabulous 5K parkrun... then having the confidence to progress and complete the Mossley 10K race within a few short weeks. As well as continuing to improve herself, Sophie has now taken on the responsibility as one of the new Run Leaders for the club in order to help others achieve their own running aspirations. An incredible journey so far in a short space of time and somebody to look up to as a role model.

Social Secretary and interim Chair Stephen Homer's nomination
John Howard

My nomination for most inspirational runner at the club is John Howard. John has been with the club since the very early days, he has been running for many years and has loads of advice gained from his years of experience to give the novice runner. Another of John's attributes is that he will never leave a runner behind weather its encouraging you up that killer hill or running back for the last runner, you can be sure of one thing your never alone if John is running with you.

Run Lead Chris Phillips nomination
Mark Egerton

My nomination for most inspirational runner is Mark Egerton. Some of you may think that Mark has been running for years, infact it has only been 6 months. He is a true example of what dedication can achieve his improvement in these few months is crazy. I'm sure 2017 will take him to another level again. Let's not forget he recently volunteered to be our club kit manager. He has thrown himself into this 100% and we are all looking more orange because of it.

Santa Dash

Only 12 Mondays until Christmas folks !!

But before that there is the Santa Dash in Saddleworth on Saturday 3rd December. Helen Wrigley has been busy securing a deal with the Round Table and has agreed with them that if we get 20 runners we can have 2 places free taking your entry fee down to £9 and would you believe that this price includes a top of the range Santa suit!

We have really set the standard here folks

#teamorange !

Please let Helen know on facebook if you want to be part of this.

