

# Mossley AFC Running Club

Newsletter November 2016

## Hello and Welcome

Welcome to November newsletter. October was half marathon mania when team Orange brightened the 7.00am Sunday morning tram from Ashton to Old Trafford, Ran 13.1 miles in Manchester and celebrated their success in the local Hare and Hounds watering hole.

We have winter kit keeping the wind off us and cosy in our hats and morphs.

Dark night also are here but we still shine in the neighbourhood with our flashy reflective gear.

STAY SAFE BE FLASHY AND BE SEEN !

## Runner of the month....

For November our runner of the month is Stephanie Hannington. Stephanie, a past couch to 5k graduate has helped and put her absolute all into the current couch to 5k course. Bringing fun and encouragement all round. I think I read on facebook something to do with her strictly come dancing warm ups? I'm sure we would all love to learn this move?! She is also doing amazing in her own running progress a true example of what you can achieve and great team player. Well done Stephanie, your pin badge and certificate will be with you shortly.

## Cross Country

Thank you to Stephen Lee for taking ownership of the Cross Country league arrangements for this winter season. We have joined and affiliated with the SELCC league for this winter

The dates, times and locations are

**Ladies race – 1.50pm**

**Mens race – 2.30pm**

**Sat 19<sup>th</sup> November – Heaton Park – M25 2SW**

**Sat 10<sup>th</sup> December – Tandlehill Park – OL2 5UX**

**Sat 21<sup>st</sup> January – Leigh Sports Village – WN7 4JY**

**Sat 18<sup>th</sup> February – Astley Park – PR7 1XA**

If you have missed the deadline to register don't worry as you are still able to pay an enter by paying on the day of £6.00 per race, some of our runners are doing them all some are just doing one or two.

And in true cross country league style we have a Gazebo and in true Mossley style its Orange !

So if you want to come and support just look for the orange gazebo.

It has been christened by Jamie Briggs as GAZ. Gaz the Gazebo. Cross country thing to do, name the gazebo apparently?

## In the news

Hopefully by now you would have seen us appear in the Mossley Correspondent and the Saddleworth Independent newspapers? Well these are to be regular monthly articles. Nicola tries her best to keep up with all your times and runs that you have entered, but some may slip through the net. So to avoid you missing out on an opportunity of local fame she would appreciate if you could drop her a message too with times and any race photos, just incase she misses any. Keep running we may well fill a full page one day !

## Santa Dash

Our hard working membership secretary Helen Wrigley has been busy jingling away co ordinating your entries for the Santa Dash, A few words from Helen... This time last year, the newly formed Mossley AFC Running club only had a handful of members and was only a couple of weeks old when just 2 of us ran in the Santa Dash. Although the route was tough and storm Desmond was raging we completed it. Our club now has grown to over 110 members and the local Uppermill Santa Dash seems to have captured our members hearts as over 30 of us have signed up. The race reflects the inclusive, friendly fun spirit of our club, with all abilities getting involved from the first time 5kers to marathon ability runners. The fact that the Round Table supports local charities mirrors our own club ethos. We certainly hope the Santa Dash becomes a long standing annual event for us to look forward to.

## First Aiders

The club are collating information. Are you first aid trained? Is your training up to date?

Please drop us an email to let us know –

Nicola.steen@mossleyfc.com

## Park Run

Each week we see more and more of you running the local Park Runs.

Not done one before?

Why not register its free and also free to run at them.

When you register please remember to put Mossley AFC Running Club as your club details.

## Questionnaire Feedback

Thankyou to all of you who took time out to complete the questionnaires.

As we enter 2017 you will see more training groups like we did with the half marathon group as well as the usual favourites. We will hopefully be able to offer you some training sessions with a difference. Watch this space with that one.

If you missed the feedback on facebook here is the feedback you gave us again.

The common theme of why our members choose to run is for weight maintenance or weight loss, fitness in addition to the social benefits.

The key gain members felt they got from being part of the club is the support from other runners, what they have learnt and continue to learn from other runners, in addition to how much easier it is to become motivated to get out there run and have fun!

It was evident from the feedback that both the short term and long term goals were linked to increasing running speed and increasing running distance, a good number of members commented on wanting to be able to run without pausing for breaks.

There was a half and half split with members who are interested in races and those who are not interested in races. There is an equal interest in both 10k races and half marathon races, in addition to a number interested in marathons. Many members are actively racing already and many others are considering starting doing races during 2017, so we will be setting up new training groups.

There was some great suggestions put forward about speed sessions, tempo runs, trail runs, brew rota, providing talks on fitness/nutrition so thank you everyone because all this has helped the run leaders to discuss how we can continue developing the club. We will continue to work with the committee and everyone involved so 'Team Orange' moves forward successfully.

Some quotes from members "do not change as it works brilliantly!" "very well balanced" "keep doing what is being done, love it" "awesome" "met so many of my goals already, thankyou" "caring, friendly members"

## Awards evening / 1<sup>st</sup> Birthday

We are nearly 1!

WOW what a year it has been.

You may have heard that we will not be letting the date go without a celebration.

Date: Friday 18<sup>th</sup> November

Where: Mossley AFC Football club, clubhouse

Time: arrive between 7pm and 8pm

What: 8pm – 9pm presentation and raffle.

9pm until close, entertainment by Pattison Fogg

Cost: None ! Just bring some beer tokens to spend at the bar

## Festive Scavenger Hunt

Stephen Homer and Paul Bates have been busy plotting for a festive family afternoon.

Save the date it will be a good fun afternoon.

Date: Sunday 11<sup>th</sup> December

Where: Starting at the club

Attire: Christmas Jumpers and tinsel

Time: TBA roughly early afternoon

## Be Flashy and be seen

Dark nights are well and truly here, and winter just around the corner! Think there was even talk of a flurry of snow on Sundays run!

We have a box of flashing arm bands available on the bar for our Wednesday and Friday runs.

Please Please make use of them, especially for anyone who likes to dress like the milk tray man.

Your safety is very important and we insist that you have lights and reflectors when you run with us. Be seen and be safe on our night time runs.