

Mossley AFC Running Club

Newsletter December 2016

Hello and Welcome

Welcome to the final newsletter of 2016!!

November what a month, lots of you entering races, the start of X Country, our first presentation and birthday bash, and lots of new leads qualified for our club.

The committee would like to wish you all a very Merry Christmas and New Year, we look forward to taking this club to the next level with you all in 2017.

Runner of the month....

For December the runner of the month is **Adam Battersby**.

Adam joined us shortly after seeing us when he ran the Mossley 10k. We have been watching his progress over the last few months and he is just steaming ahead at some rate !

He has achieved some excellent Park run times lately, He's up there on the Stava leader board giving some of the other runners a bit of healthy competition.

Alongside of his personal progress Adam is always happy to do run backs of his own will when running on club run. A great addition to team orange for good old team work and also getting us noticed with excellent times at park runs.

Adam your pin badge and certificate will be with you shortly.

London Marathon

Mossley AFC Running Club London Marathon Application.

Deadline Friday 23rd December 2016.

Our club has a place the 2017 London Marathon (23rd April).

We are pleased to announce that any member (social or affiliated from at least 1st December this year) is entitled to apply for this place. Perhaps you are 'marathon ready' right now, or maybe a HM runner, maybe a marathon is on your bucket list or perhaps you would have to train up from 5 or 10k.

If you would like to apply for this place the committee has decided that we would like to hear why YOU should have our club marathon place this year.

We would expect our marathon runner....

- To be very serious about the training involved and be willing to share that experience through small updates to our facebook page.

- To consider very carefully, before application, your own level of fitness, ability and the demands that will be placed on your time as well as personal physical health whilst training.

- To be the runner! Our club place is NOT transferable nor can it be sold.

- To happily raise money for a local charity/charities to be voted for by the members of our club.

- To be able to get themselves to London for 23rd April 2017. – The club would be able contribute towards travel costs/accommodation (if required). Bookings and receipts may need to be shown. If you would like to be considered for this place, please put between 100 – 200 words in writing and hand directly to Stephen Homer Chairman (**please indicate in your application how much money you believe you will be able to raise**)

Your application will be submitted to the wider committee members WITHOUT your name/personal details so a judgement can be made fairly.

* please note we aim to be fully inclusive. If you would rather speak to Stephen Homer about your application then this can be arranged. Notes will be taken to present to the committee.

Phone Number

The club now has an emergency phone which we would like all members to add to your own contacts list.

Please note this phone will only be turned on for the time that there is a club run. It is to be used in case of emergency when you are out running with the club only.

Your run leads carry phones with them at all times however we feel it is important for runners to have this number also.

07742 540977

Team Up

On 27th November Nicola Steen sent you all an email. Have you got it?

Check your spam file. If it's still not there please email Nicola.steen@mossleyfc.com and it can be re sent.

The email was with regards to a calendar app that as a club we would encourage you to download onto your phone or access via the web.

The app allows run leads to coordinate club runs, even add routes, committee to coordinate meetings and the running of the club i.e who's opening up/brewing up/member liaison available/kit available etc.

And it allows club members to add races for others to see and join, add their times afterwards, making it easier for Nicola to keep track of your times ensuring you all get a bit of well-deserved local fame in the paper!! and hey also volunteer for brew duty.

The email included detailed instructions of what to do and how to use.

A lot of hard work has gone into the creation of this app for us and we would like to hugely thank Steve Bates for doing this for us.

As facebook is so busy now we are bigger some of the important stuff like routes gets lost with all the fun posts and pictures so this will help illuminate that problem.

Please make full use of his useful application.

Friday Club Runs

The decision has been made that there will be no club runs on a Friday nights throughout December.

Wednesday and Sunday will run as normal.

Friday runs will be resumed on Friday 6th January 2017.

Mental Health ambassadors

Fantastic News for your club. Mossley AFC Running Club has appointed 3 Mental Health Ambassadors.

They are:

Jaime Jenkinson, Hannah Ellis and Pam Morris

We're often told that physical activity is good for our bodies and our minds, but we also understand that having a mental health problem can make it difficult to get started for a number of reasons ranging from negative body image, lack of self-esteem to practical reason such as having no one to go with and not knowing where to get started.

The England Athletics Mental Health Ambassador programme aims to establish a network of volunteer ambassadors in running clubs and groups across England to support people who are

experiencing mental health problems to start running, get back into running, or continue running as well as to improve the mental wellbeing of their existing members.

The programme supports #runandtalk, an England Athletics campaign to improve mental health through running in England by:

- getting people talking about mental health, sharing their experiences and removing stigma
- raising awareness of mental health problems
- supporting people experiencing mental health problems to start, return to and continue running

Over the coming months your ambassadors will be:

- Creating a mental health action plan for the club
- Creating links with local mental health services/organisations.
- Sharing information on social media about #runandtalk and other related campaigns.
- Starting conversations about mental health and
- Sharing good news stories.

SO WATCH THIS SPACE FOR MORE INFO.

Members Liason

Just a few brief words from your Member Liaison officers **Jaime Jenkinson** and **Colin Edwards**.

We have recently been appointed as liaison officers for the club to ensure that we are able to feedback any runners concerns, compliments and complaints to the committee on a regular basis.

There are so many runners now which is fantastic and I know that between us we have spoken to many of you across each of the distance groups but we have more and more runners joining us each week. If there are any new faces, we will try our best to hunt you down and say hello.

If there is anything you would like to feedback or discuss, please feel free to approach either of us and we will be more than happy to help.

Park Run Christmas Eve

As there will be no club run on Sunday 25th December, it would be good if as many of us could make it to Stamford Park run on 24th December instead. Bring the kids they can join in, hey even get a second outing of your fuzzy felt santa dash suit . The run is added already on Teamup so why not try and add your names to the event and have a trial with the app.

Run Advent

Hazel Homer, Adam Battersby and Lisa Johnson are in full swing of their challenge of running every day in December #adventrunning. We are only a few days in to December so why not start now? Doesn't have to be far, maybe just 1 mile a day, eat that turkey and all those quality streets guilt free.

Donations to local schools

The running club has donated £25 sports direct voucher to every school in the Mossley and Carrbrook partnership, this includes Mossley Hollins, all the primary schools in Mossley inclusive of Millbrook primary also.

They were donated for the schools to use at their school fair raffle or to a deserving family. It is very hard to gain prizes for school fair raffles so for the schools to have just been given them has been very welcomed, we have had some lovely feedback from this.

So now we are 1 !!

What a fab night we all had for our birthday bash and presentation evening. We had some amazing sponsorship from local businesses and prizes also. If you were unable to attend here's who won what.

Most Inspirational runner 2016 – Helen Gregory
Most Improved Female - Hayley Hughes
Most Improved Male – Stephen Homer
Most Extreme Runner – Ste Lee
Outstanding Club contribution – Jaime Jenkinson
Stand Out Award – Hazel Homer
Stand Out Award – John Howard
Stand Out Award – Helen Gregory
Chairpersons Award – Hannah Ellis, Nicola Steen & Helen Wrigley

There is also a good write up in the free local papers Saddleworth Independent and Mossley Correspondent, grab yourself a copy locally or at the club.

Santa Dash

What a jolly fun run we all had. Thanks to Yvonne we all had a team orange look about us with our orange beards. This certainly made us stand out in the 500 Santa's that ran the race. And massive thanks to Helen Wrigley for coordinating our entries with the round table an even getting us a bit of discount. This will absolutely no doubt be an annual event for team orange so fear not if you missed out this time, there's always 2017

Festive Scavenger Hunt

Unfortunately the scavenger hunt has had to be cancelled. But don't worry it will happen in the Summer next year

2017

Do you have a friend who is full of new year resolutions to join a gym and get fit? Why not bring them along to the club with you to run instead. It's much cheaper and far more sociable !

Help us to help them keep motivated and stick to their new year's resolutions by sharing the team orange team spirit and support we all know and love.

If you do have a friend who you will be bringing along and is a total new new runner please let us know beforehand so that we can make sure there is someone for them to run with.

And for anyone who has a running related new year's resolution of maybe to reach 10k, half marathon or marathon goal the club will have programmes to support you with these goals. So watch out for more info in early 2017.

