

Mossley AFC Running Club

Newsletter February 2017

Hello and Welcome

Lots happened through January only one month into 2017 WOW.

- Marathon training well underway for those running the Manchester marathon in April and also Jennifer Day running the London Marathon.
- New faces every week joining all of our other groups Walk/Run, 5K 10K.
- Willow Wood was the winning charity of our online poll which we will be raising money for.
- Lots of work happening behind the scenes on the membership renewal project that will be with us this month, and a few other projects that you will hear about soon
- Dates for Step up programmes were published.

Runner of the month....

For February the runner of the month is

Michelle Styan!!!!

Michelle joined us in September totally new to running, she completed the Couch to 5K programme and has since then been running a comfortable 5k with the club and also in her own time. Which as we all know can be a struggle to motivate yourself at times, so massive well done for that a massive. By Michelle joining the running club and learning to love running it has assisted her hugely with some other personal goals. She most recently ran all the way up Stamford Road none stop, and has given herself another goal by joining in with the 5-10K step up programme.

Big Team Orange well do to you Michelle, your pin badge and certificate are on their way shortly !

Marathon Blog by Jennifer

Rea all about Jennifer s Marathon training on her blog diary....

<http://www.mossleyafcrunningclub.com/blog>

Membership renewals WEEK!

Wednesday 22nd February

Friday 24th February

Sunday 26th February

All memberships are due for renewal (social and affiliated) by the end of March.

To ensure UK Athletics receive all the required information and that there is no gap for those of you who are affiliated, the committee have agreed to begin this process in February, the above dates are to be the dedicated week for this.

During this week we need our members to collect a renewal form from us and sign and return it. We are urging all members to transfer their renewal fee (social AND affiliated fees) via bank transfer.

Details of the account numbers you need will be on the form. (Any member who is unable to do this will still be able to pay cash).

The renewals of membership is a large admin task and the committee thank you for completing it during THIS week.

Step up Programmes

Following on from the questionnaires' that you completed in late 2016 with regards to your goals and what you wish to enter in 2017.

The Step up programmes have been created.

Already we have the marathon training group which commenced in January getting runners ready for April marathons.

The first 5K-10K training programme commenced 5th February.

We will also provide you with a personal plan for the programme so that if you can't make it then you will be able to keep track of where the programme is up to and try to get out in your own time.

If you are interested in any of these please speak to Helen Gregory or Steve Grainger at the club.

Here are the dates for the first half of the year

5K-10K

5th Feb until 12th March

30th April – 4th June

10K – Half Marathon

5th March – 21st May

23rd July – 8th October

Virtual Run

Thank you for voting on our online poll for which charity to raise money for alongside Jennifer Day and the London Marathon Day, It was very very close between all 3 charities. Willow Wood was the final winner.

One of our activities in raising money for the charity is our virtual run, if you missed the posts on Facebook here's a few words from Hannah.....

*I'm pleased to announce that I've confirmed and ordered the medals for our virtual run on **23rd April** in support of **Jennifer Day** and her London Marathon run in aid of the clubs chosen charity for this year, Willow Wood Hospice.*

There will be a 5k and 10k route on Sunday 23rd April (as usual) where you will be able to complete this virtual run. If you can't make the 23rd April you can still take part, you will just need to let me know when you aim to complete it (date after 23rd April). The cost for the run will be £10 with all profits going to charity

In order to take part you will need to message me directly (not as a thread on this post) with your distance and advise on how you wish to pay (cash or bank transfer). If you complete it on 23rd April then you will receive your medal then, if you complete it on a different date then you'll need to send me some "proof" of your run in order to claim your medal.

There are 150 places in total and are being offered first to Mossley AFC Running Club members before going out to Jennifer's other running club in the Midlands and then the wider Tameside running community, so please get in quick to secure your place.

We are also hoping to have some sort of social get together at the club later in the day to watch the later stages of the London Marathon and to watch Jennifer cross the finish line. Details of this will be posted nearer the time.

As well as an opportunity to bag yourself a very nice looking medal it's also a great way to support a really fantastic local charity who rely 100% on fundraising and donations.

Save the date

London Marathon day - 23rd April

As well as the virtual run on this day we have a few other things up our sleeves for the afternoon
More to follow keep your eyes open.

VOTE Mossley FC Football club

Team orange HQ is also most importantly the home to Mossley FC football club. Just like the running club it is ran totally by volunteers it's not quite as young as us at just 1 year old.

The football the club was founded in 1903 known then as Park Villa. In 1909 they changed their name to Mossley AFC and it was in 1912 that they moved to their current home at Seel park.

Stunning views from the pitch I'm sure you will all agree?? I bet not many clubs have views like they do.

Some parts of the club are in need of some TLC and improvements to bring some aspects up to FC standards, all of which as a running club we would benefit from also.

Mossley FC are currently in a bidding competition with a few other smaller football clubs some local to us some not, they are bidding to win £50,000 worth of building materials to be used to improve the things that are needed, such as the shower block, the car park and leading road just to name a few.

Please lets support by voting for them, it's easy just add your name and email address on the following link and vote Mossley FC. Share with your friends, family colleagues whoever else !!

Votes close 15th February so act quick now Vote Mossley FC.

<http://www.buildbase.co.uk/pitch-in-your-support>

Club Contact

Thank you for those of you who have put your name down for Club Contact/brew duties.

We are all volunteers who run the club and we are getting so big now we really need your help with keeping the club open during our runs.

The reason that there has to be someone at the club whilst we are out on a run in case of an emergency. Also your fellow runners can't carry their car keys and wallets or handbags with them whilst running so it is good to know they can be left safely behind at the

club. It is nice to be welcomed back with a drink and a biscuit however there will always be someone on return from a run who is able to do clear up and brew etc. so don't feel pressured to stay right until the end. but if you fancy a stint at tea lady then your help is more than welcomed, just get stuck in behind that bar.

We have a table of dates and really appreciate if you could volunteer just one date to help us and your club continue to run as it does.

Please link in with Jamie Jenkinson with regards to this.

