



Gloucester Athletic Club

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Newsletter –Autumn 2014

A somewhat truncated edition because there were a few messages that had to be sent out under separate cover, but there are still some very worthwhile posts and announcements in this copy, so without any further ado.....

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Winter competition update

The cross-country season is well under way and, already, our athletes are producing some outstanding results so "Well done!" to the athletes and coaches who are ensuring that we have a significant presence at these events.

That said, we still need more of you competing!

Many youngsters have joined the Club since the end of the summer and it is highly likely that several of those will be keen to try cross-country. If that is the case, can parents please make sure they speak to any of the coaches to find out how to compete in the many cross-country events that we offer. Also, visit the fixtures page on the Club's website for more details, at <http://www.gloucesterac.co.uk/competition/cross-country/>

We offer races for all age groups for the U11 age groups upwards. It's hard work, but *great fun!*

At this point, mention must be made of the efforts of our road runners who are making great progress. Many of them have only joined the Club this year, so it is great to see them racing regularly and showing huge improvement! Again, we offer our congratulations to those athletes and the coaches.

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Sportshall Competition, winter 2014-15

The first fixture of this winter's Sportshall League took place at the Forest Leisure Centre in Lydney last week and the feedback from those who took part was very positive in that they all had a great time and thoroughly enjoyed the event.

If that isn't a great endorsement for more youngsters to compete, then I don't know what is!

This competition is aimed very specifically at the U11, U13 and U15 age groups – girls and boys – and is an ideal introduction to competition.

Further league dates are Sat 22nd November (at Crypt School) and Sat 20th December (at Cheltenham).

Bob Purcell is the team co-ordinator, so make sure you put your name down to compete!

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Volunteers needed!

The recent influx of new members has given scope for an increase in volunteers to help our often over-worked (and sometimes stressed out!) coaches and officials.

Several of our coaches and officials also serve on the Club's committee; their workload can be considerable and the more tasks they have to do, the greater the risk of mistakes being made or even some tasks being completely forgotten!

To that end, we ask if any one of you (older athletes or parents of the younger members) are able to spare just a few hours each month to help out with the general running tasks of the Club then please contact Bob Purcell (e-mail rpurc16571@aol.com) or Richard Blackwell (e-mail richardblackwell@blueyonder.co.uk) or see either of them at training, to let them know how you can help.

For those of you wanting to maybe offer your services a bit further and enter the wonderful and rewarding world of coaching or officiating, then please visit <http://www.englandathletics.org/volunteers> and there will be plenty of information on there.

Remember: The Club pays for any courses or workshops you wish to attend! Again, see Bob or Richard for details.

We really appreciate every bit of help you can offer.

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Social Events Update!

Fund-raising Party/Dance – Sat 22nd November. Gloucester Irish Club

Bookings are now being taken for tickets for the above party – and they're starting to sell fast!

Proceeds from the event will be shared out between Jamie McDonald's "Superhero Foundation" and the Gloucester AC Coach Education and Athlete Support funds.

Gloucester's top covers band, The Shy Teds, will be our house band for the bash – and we are truly honoured to have secured the vocal talents of one of our own distance runners, Tania Hamilton, who will be joining the band on stage for a few songs.

This event is not restricted to Club members, so bring your mates, colleagues, fancy ones, etc. for a night of fun and frolics!

Tickets (£10) are available from Richard Blackwell – (07817 974630), or grab him at training!

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Warm-weather training trip, Portugal, April 2015

Club members shall be flying out to