



Gloucester Athletic Club

Est. 1880

Newsletter – September 2015

Firstly, may we offer a huge vote of thanks to our officials, coaches, officers, supporters and helpers who put their own commitments to one side to put in countless hours at the Club over the spring and summer months. Without your help and sacrifice, we simply would not have a Club. Our athletes are indebted to you all!

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The Annual Club Awards Night is this Friday, 25th September!

The RBL Club, Green Lane, Hardwicke GL2 4QA is the venue, kick-off is 7:00pm.

This is a fun night for all our members and families when we celebrate the successes of our athletes and all that's good in Gloucester AC. There are awards and recognition for all aspects of the sport so make sure you buy a ticket as you may be in line for a gong!

Tickets cost £5 each (or £15 for a family ticket of three or more) and are available from Garry Hunter (tel 07879 624602, e-mail garry971@btinternet.com, or see him at the track each Tues and Thursday).

Food (Plougmans and Puddings) are provided in the cost of your ticket and there will be plenty of opportunities to bust a few shapes and moves on the dance floor!

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The Club's autumn/winter training programme starts week commencing 5th October.

Circuit training takes place in the Crypt School Sportshall on Tues 6th, as follows:
Development (Reception) Group, 6:00 – 7:00pm
All other interested parties, 7:00 – 9:00pm.

There will be weight training sessions at the Blackbridge clubhouse each Wednesday, BUT please contact Garry Hunter if you wish to attend for an assessment, as space in the training area is very restricted.

Endurance Groups shall be training at or from Blackbridge as per usual.

All groups training at Blackbridge on Thursdays, 6:30 – 8pm.

Sunday morning sessions will re-commence in the near future, please discuss with your coaches.

It is with regret that at the time of writing, we are unable to offer Sunday morning training sessions to the Development (Reception) group. We hope to resolve this in the very near future and shall confirm the arrangements when we are able to do so.

Note: We are now in a position where we can offer circuit training sessions to our members on a Wednesday evening. These take place at the Territorial Army Centre, Eastern Avenue, Gloucester between 7-8 pm and are offered at a discounted price of £2.50 per member, per session. Please contact Richard Blackwell for more details.

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The 2015-6 winter cross-country and road racing season is upon us! Can all members please make sure you find out the dates of the Club's fixtures are from your coaches so that they don't clash with other events that you might be thinking of entering. It is about time we challenged the other clubs in the county at these fixtures – if not in position, then certainly in numbers!

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Finally, can I share the views and comments of a fellow dogsbody who very recently said:

The Clubs officials, team managers, coaches and helpers are all volunteers. Many have busy lives outside the sport – work, families, etc – but ALL are unpaid and carry out their roles to the best of their abilities. None of us can be expected to get everything right, as we are all prone to making mistakes. We don't make them deliberately, it just happens, so when we are slated for making an error (often in front of others), it hurts – right to the core – and makes us consider our future involvement as we strive to do the best for our members and YOUR Club.

We are constantly asking for helpers and volunteers, whether it is to help carry equipment out onto the track or field so that our athletes can train, or whether it is helping out in an administrative role, or even to help clean and tidy up the clubhouse. So, if you are able to give a couple of hours a month to help, we will be only too happy to hear from you! Please reply to this mail or speak to Bob Purcell at training.

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