



Gloucester Athletic Club

Est. 1880

Newsletter – January 2015

Although we are nearly in February already, Happy New Year to all of our members! We hope 2015 brings you the successes you deserve, but remember that you won't achieve anything unless you work for it!

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First off, we have some great news in that we have filled one of the vacancies advertised in the December edition! Russell Kirby has very kindly volunteered to step into the role as team manager of our Avon League team for the 2015 track & field season. Russell will be known to many of you as one of the assistant coaches of the junior endurance group and we are sure you will all give him the support and help he needs to carry out his additional duties.

There are still many vacancies to fill, but more on those later in this edition!

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The Gloucester 20-mile Road Race – Sunday 8th March, 10:30am

This is the Club's major race of the year. A lot of planning and work behind the scenes goes into making the event a success – for runners and our bank balance!

However, it requires the support of ALL Club members to make it go smoothly – both on the day and in the preparations ahead of the race.

Ian "Lofty" Summers shall be responsible for gathering and co-ordinating the marshals for the event and he will be sending you all an e-mail, or speaking to you in person, asking where and how you will be able to help. Rather than ignore his request and assume that someone else will do the job, please step forward and be counted. We anticipate somewhere in the region of 550-600 runners on the day, so there will be a lot of work involved.

The coaching/training groups will be asked to "man" (and "woman!") the water stations around the course so, again, please do not leave it for someone else to cover this extremely important task.

We hope that many of our endurance runners (especially those aiming for spring marathons) will be running in the race. That being the case, we would ask them to provide a marshal or two – either friends or family. Let Lofty know who's going to help!

Over the coming weeks, we will be sending out several requests for help in the planning and staging. All we ask is that YOU support YOUR Club and remember that not only does the financial success of this race determine your subscription rates for the coming year or two, but the image of Gloucester Athletic Club is also at stake. **So, please do your bit!**

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Annual General Meeting

A reminder that the Club's Annual General Meeting shall be held on Friday 27th February 2015, at the Gala Club, Fairmile Gardens, Longford, Gloucester, 7:30pm start.

We fully acknowledge that this may not be everyone's idea of a fun night out, but it is an important necessity in the running of YOUR Club.

The Club's general committee is appointed for the coming year and it is your chance to hear what has been going on in the previous 12 months and have a say in how we plan to move forward.

Please will all members (and parents of junior members) do their best to attend.

Health & Safety

The reason for including this item in this edition is because of several incidents that have happened in the past couple of weeks.

Firstly, there is a 5 mph speed limit inside the grounds of Crypt School. For those drivers who are unsure where the speedometer is on their dashboard, 5 mph is barely above walking speed. At least two cars have been observed travelling at well over that speed out of the grounds, not only putting youngsters and other motorists at risk, but also putting us in a position of being barred from using the school's facilities. The speed limit is there for a reason. Please ensure you keep to it.

Drivers are also required to drive carefully in and out of the Blackbridge car park. It is busy – and can be dangerous.

Secondly, whilst our coaches are all DBS (formerly, CRB) checked and fully comfortable working with young people, we DO NOT provide a child-minding service! This calendar year already, we have too many instances of youngsters' lifts arriving late. This has resulted in the coaches having to stay behind to look after the little ones until those lifts have arrived.

Can parents ensure they arrive at least 15 minutes before the scheduled end of each session to collect their children.

(Of course, if you want us to act as child-minders, we'll gladly charge the going rate!)

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Second-hand kit

Parents will be only too aware that the youngsters grow at an alarming rate, resulting in new clothes and shoes. Similarly, our older members are prone to suffer changes in body-shapes (as opposed to putting one weight!)

So, what happens to their old kit? Spikes, especially, are often discarded before they have outlived their useful life. Rather than throw them away or put them out with the charity shop collection, maybe bring them down to the Club and we can usually identify a new home – often a very grateful recipient.

It's just a thought.....

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Situations vacant

As previously mentioned, we have filled in one of the vacancies advertised in our last edition. Many thanks to Russell for stepping forward!

However, there are still some posts that we need to fill – but the great news is that you do not need to be athletically-minded to take on a task. In other words, this request is aimed at the parents and families of our members, not just the athletes and coaches!

Roles that are currently up for grabs include:

- **A Property Manager to look after the Clubhouse and club equipment**
- **A Team Manager for Sportshall 2015**
- **Assistant Publicity/News editor**
- **Coaching Co-ordinator**

There is something for everyone! If you would like more information on any of these positions, please speak to Bob Purcell or Richard Blackwell at the Club.

Additionally, we are always on the lookout for more Field Officials, Track Officials, Timekeepers, Marksmen and Starters and whilst the majority of courses for the winter have been and gone, there are still some available. Ian Willoughby is our Officials Co-ordinator, so please contact him at ianwilloughby53@gmail.com or Willoughby_jo@hotmail.com or speak to him at training. Many of you will know Ian as our hurdles coach, so he is always at the track!

The more helpers we can attract, the more efficient and effective we can become as a Club, so please do not be afraid to ask!

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