



Juniors Newsletter

December 2012



Presentation Evening

Friday 28th December, tickets are now on sale at the Club and always sell out! All athletes that have competed in the last 12 months should attend as you never know, it could be you! Hot Pot & Disco included.

Winter Handicap

Sunday 23rd December at 10.30am, Sherdley Park. This is a small FANCY DRESS fun run for all athletes, parents and family at Sherdley Park. There are prizes for all runners and the best fancy dress. Please come along and have some fun regardless of whether you are a distance runner or not.

New Athletes

Please note that we are not taking any more Under 16 athletes in to the club unless they have been referred by a school or coach. Please don't bring friends etc down as we hate disappointing them on training nights. Chris Causer is operating a waiting list.

Track Fees

Track Fees for non-members are now £2.00. They stay at £1.00 for members so please get your renewals in on time in 2013.

Jess Ennis Book

We have secured a genuine, signed copy of Jessica Ennis' Autobiography and will be raffling it at training. Tickets cost £1.00 each, please see Helena McGoldrick. The winner will be drawn at the Xmas Handicap on 23rd December.

Next Competitions

9th Dec, Sportshall at Kingsway, Widnes 11am meet.

15th Dec, U11 Merseyside Qualifier Sportshall at Everton Park.

5th / 6th January, County Cross Country Championships. See Board or details and speak to Helena.

13th January, Cross Country at Boggart Hole, Manchester.

Volunteers

Huge thank you to all of the parents that have helped us with training in the last few weeks. 2 or 3 people have come forward for Coaching Courses and many more are helping with equipment, supervising groups at comps and acting as officials. This is great to see and is a huge help to the Coaches. Many thanks, please keep it up.

Wine Tasting

Thanks to everyone that supported the social event. We raised £75 and everyone had a great evening. Thanks to Julie and Sean Woosey for arranging the venue.

Adult Running Groups

If any parents would like to get fit in the New Year, why not try our adult running groups. They start at very basic, beginner's level and go right up to competition standard. Everyone is welcome; please ask at the desk for details.

Awards

Quite a few of the younger groups have been doing Sportshall and Endurance Assessments in the last few weeks. We have sent off for the certificates. The 6pm certificates will be presented at training before Christmas. The 7pm groups will get theirs at Presentation Evening.

St Helens 2km & 10km Races

Once again the club are supporting the Steve Prescott Foundation by helping to organise the Juniors 2km and adult 10km races on 10th March. It would be great to see lots of members and parents supporting the event.

Christmas Training

The last training night will be Thursday 20th December. We will then reopen on Thursday 3rd January.

And finally.... 2012 has been extremely successful for the club. We currently have around 280 juniors training regularly and attendances at most competitions are significantly up on 2011.

Thank you for your support, have a wonderful Christmas and we look forward to seeing you in 2013