



Seniors Update Newsletter – March 2014

Memberships

Are now overdue. If they are not paid by 10th March then your weekly subs will rise back up to £2.00.

If you are in the beginners groups and have been attending for quite a while, please complete a membership ASAP so that we have your full contact details, medical history etc and can start to communicate more effectively with you, for example if the track is closed.

Competitions

The Road / Trail championship starts this week. See the notice boards for rules and speak to Karen Harrison or Ant Young to answer any queries. We also hope to launch a Fell Running Championship soon. Thanks to Greg Carns for some great work here. And of course, the track season starts imminently. Team Captains will be speaking to Seniors to plan their teams soon.

Fund Raising

Due to Council cut backs, the club has had little option but to invest in some equipment for Sutton ourselves. We have authorised the replacement of the right hand jump pit and also a High Jump bed. The bill has run to several thousand so we need to raise funds to cover this expense. Kath Seabrook has very kindly stepped up and is running a series of initiatives. Please give Kath your full support, dig deep and help her where you can. Thanks

parkrun and St Helens 10K

We are keen to maintain and improve the clubs profile in St Helens and as such are once again helping with the St Helens 10K/2K race on 9th March in support of The Steve Prescott Foundation. If you are able to spare some time that morning to help us between 8am and 10am please see contact Ant Young on 07767 310204.

We are also trying to get a parkrun event off the ground at Victoria Park. Discussions are going well and we hope to launch in May / June. If you are able to Volunteer as a Marshal for 1 or 2 events a month it would be greatly appreciated. The runs take place every Saturday at 9am, for more info: <http://www.parkrun.org.uk/> Again, please contact Ant to put your name on the rota.

Dream Trail Race

If you know of a local business that may be willing to sponsor and name the Dream Trail Race in September please contact Ant. We want to run it again in 2014 but need some financial support to make it possible.

Helping with the Juniors

We are really short of Coaches for the Junior section in a number of areas but most obviously in Distance Running where Helena McGoldrick is bravely managing around 30 kids with the help of Peter Johnson.

If you feel that you can help or would like to take a group on please speak to Colin Spark. The club provide financial assistance for Courses and it's extremely rewarding when you start to see the group improve or one of your athletes is recognised for County Honours.

We are willing to work closer with schools to boost our middle distance groups but we have nowhere for them to go and we are losing athletes to other local clubs.

So many of our Senior Members have decades of experience that they could share and help to keep the club's heritage alive for many years to come. Is that you?