



Newsletter Number 5

Spring 2011



Springtime at last...

It's the first newsletter for a while and we've got loads to look forward to over the next few months. I hardly know where to start.

Firstly, we will move back outdoors on **Friday 1st April**. The clocks move forward at the end of March so we'll have enough daylight to conduct our training sessions outside in safety. We will be keeping the 6:30 to 7:30 pm timeslot. Prestwich Arts College has proven to be an excellent venue over the past six months and we hope to use their facilities again next autumn and winter. The last indoor session is Friday 25th March. Thanks to all the parents and children for your support throughout the winter months.

Last year we were outdoors on a Thursday evening. The reason for sticking with Friday this year is purely down to the availability of our coaches. Hopefully it will suit most families. At least there's no school the next day!

The indoor season gave us the opportunity to focus on balance, agility and co-ordination. Outdoors we can focus more on speed, stamina and endurance... all cleverly disguised as fun activities of course.

We will, once again, be using the sports field which can be accessed via the entrance on Heys Road opposite Prestwich Arts College. You can also access the field from Prestwich Cricket Club by walking around the edge of the cricket pitch. Please be aware that there will be cricket training on a Friday evening so the cricket pitch area could get a little busy.

We will be running our athletics sessions throughout the summer and we'll give as much notice as possible if any of these sessions are to be cancelled. The only planned closures at the moment are 22nd & 29th April (Bank Holidays).

Important Dates

Friday 25th March

Last indoor athletics session

Friday 1st April

First outdoor athletics session

Friday 8th April

One year old today -
Prestwich MaraFUN™

Friday 22nd April

Friday 29th April

No athletics these two evenings (Good Friday / Royal Wedding).

Sunday 12th June

Fun Run & Prestwich Challenge

Summer 2011 (TBA)

Quiz / Social evening
Relay Races evening

September 2011

Presentation Evening
(TBA)

For information, the outdoor sessions will take place in any weather conditions. Last year we were really lucky with the weather and we only had a couple wet evenings. Parents are welcome to stay and watch the training or you could make use of the excellent facilities at the clubhouse. Please ask if you would like information on becoming a social member at Prestwich Cricket, Tennis and Bowling Club.

We plan to host a quiz evening soon which will bring together the adult, junior and ladies sections of the club. We also hope to host a relay race night and, of course, we will be having our presentation evening around September at the end of the summer season.

Fun Run 2011



We will be hosting a Fun Run again this year. The date will be Sunday 12th June 2011 from Sedgley Park Rugby Club in Whitefield. We will be using the same 1.3 mile course as last year. Last year's race was hastily arranged with only a couple of weeks notice, so we hope to increase the field this year and allow the children to invite their friends'. We may even get other clubs involved so we can have a team competition too.

I appreciate that many of the children may not have run this far before. Don't worry... a run / walk strategy will get you round in good time and we can guarantee the same Heroes Welcome for all finishers, whether they come first or last.

I have attached a copy of the entry form and we have lots of spares printed if you want to pass some around.

The charge to enter the race is £4, this will cover the costs and also ensure that we can contribute to the Prestwich Challenge fund. All the money raised is donated to local charities. For the past few years this has been the Child Development Centre at Fairfield General Hospital, and this year we have decided to support this worthy cause again. These monies have purchased equipment for children with specialist needs, such as specially adapted car seats, which provide safety and extra support, physiotherapy equipment, safety equipment and toys.

On the day of the run we will have marshals dotted around the short course and parents are welcome to help out. All children will receive medals and, to encourage a bit of healthy competition, we'll be handing out a few trophies too.

Please pass completed forms to Shirley and let her know if you have any questions.

Good luck with the training!



Prestwich Challenge (Adult Race)



The Fun Run will be held prior to the infamous annual Prestwich Challenge race.

The Prestwich Challenge tests your endurance to the limit over a distance of 8 miles. There are natural and man-made obstacles to navigate along the way, objects to carry, streams to negotiate and... well, we like to keep a few surprises back.

If you are 16 or over and fancy attempting the Challenge then please visit www.prestwichac.co.uk or ask one of our coaching team for an entry form. If you don't fancy getting muddy you could always volunteer to be a marshal and cheer on the competitors. Please hurry though, places are limited and these are filling fast.

Happy Birthday To Us



Prestwich Junior Athletic Club will be one year old on Friday 8th April!

We plan to celebrate this by running a full 26.2 mile marathon that evening! Don't worry... each child will run, walk or jog just a share of the distance (which should average out at just over one mile each). The laps will be accurately measured and the aim is to get an overall time for the full 26 miles and 385 yards. It should prove to be a fun evening, a great way to encourage teamwork, and a fun way to celebrate our birthday. It'll also give some of the coaching team a target to aim for when we next run a full marathon.

Contact Details

Please make a note of the following contact details:

Chris 07892852860 chris.hart@sky.com

Shirley 07519514176 s.hart1@sky.com

We remind you that Shirley is our Club Welfare Officer and is the key contact point for all concerns, be it child protection issues or complaints about the weather.

One thing that we ask is that you could notify us whenever your contact details change, be it your mobile number or email address. This is important in case of emergency, and also for sharing or passing on information.

T-Shirts

Good news! I've visited our supplier and the club t-shirts have now been ordered. Apologies once again for the delay with this - especially to those who already paid. The cost will be £5 each with the club paying the £3 deposit. I've ordered a selection of sizes to get us kitted out in time for summer. Please see Shirley with any queries.

Other Races



We've heard some of the children talking about other races they've done - either school events or other organised fun runs. Please feel free to write a short report or story telling us all about it. We would love to put a few of these in our newsletters or on the main Prestwich Athletic Club website. Our aim is to spread the love for running and it would be great to share some of the children's experiences.

Finally...

We've had to make a quick exit from the Sports Hall at 7:30pm each Friday. Now we are outdoors, you can talk to any member of our coaching team on any subject relating to the club without being rushed.

Watching the children train so hard can be thirsty work so feel free to join us in the clubhouse for the occasional post-coaching chat.

Chris, Clair, Glenn, Paul and Shirley

