



# VRAC

## Vale Royal Athletic Club Newsletter

[www.valeroyalathleticclub.co.uk](http://www.valeroyalathleticclub.co.uk)

### Hayley Jones Wins AAA Indoor 200 Metres Championships In Birmingham

Vale Royal AC Sprinter Hayley Jones has won the British Indoor Sprints Championships with a superb time of 24.44 seconds.

Hayley won the Gold Medal in Birmingham with some great sprinting to secure her very first national title at the National Indoor Arena.

This was in dramatic contrast to the previous day where Hayley was disqualified from the 300 metres semi final.

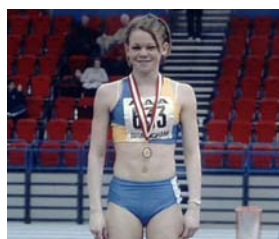
Hayley had ran the fastest time of both semi finals, with the third fastest time in history, to be told ten minutes after the run that she had run out of her lane on the track.

All the coaches and athletes at Vale Royal Athletic Club were delighted with the gold medal in the under 17 ladies sprints event.

Harry Evans who is Club President was absolutely delighted and praised Hayley for her attitude along with her professionalism as an athlete.

Especially with the disqualification on the previous day which could easily have affected her chances in the 200 metres event.

Hayley will now have a short rest before stepping up the training for the summer months outdoors on the track at competitions up and down the country.



AAA Indoor Champion - 200m



Quarterly Newsletter of Vale Royal Athletic Club

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#### Inside this issue:

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#### Special points of interest:

- Cheshire Track & Field Champs in May 2005
- Awards Evening On 8th April 2005
- Cheshire Tigers AC back in Action During Summer Months
- Email Us Your Email Address So The Club Can Email You the latest news via this brand new newsletter

### Middle Distance Coach Wins Coach Of The Year Award!!!

Shaun McGrath of Vale Royal Athletic Club has won Vale Royal Sports Coach Of The Year Award For 2005.

Shaun was completely surprised at the award but very pleased with the achievement. Shaun has been at the club for 10 years and enjoys coaching

even more than ever. Shaun



has been up and down the length and breadth of the country for competitions and training sessions, where his quietly infectious attitude has encouraged many athletes.

Well Done Shaun!!!

## Cheshire Cross Country Championships 2005 Were The Best Ever For Vale Royal Athletic Club

The club were elated at the success of all the athletes at the Cheshire Cross Country Championships 2005 held at Knights Grange in Winsford.

The club won a total of five team titles with a grand total of over 70 athletes who competed for the club.

The team titles were in the following age groups; Senior Men, Senior Women, Under 20 Women, Under 17 Ladies and Under 17 men age.

Club President Harry Evans was over-awed by the success of the athletes

particularly on home ground.

There were many, many individual winners as well whom of too many to list individually in this newsletter. However, the report can be found on the club web site with a full report of all medalists as well as photos.

Many thanks to all club members who assisted Shaun in setting up and taking down the course.

This was the second running that the club had hosted the Championships due to the efficient handling of the cham-



pionships the previous year.

The Under 17 mens Gold Medal winning team of James Griffiths, Glen George and Steven Mitchell can be seen above.

## Girls Win Gold Medals At The North of England Indoor Track and Field Championships 2005

Hayley Jones and Hanna Hewitson came away from the fantastic facilities at Sheffield Indoor track with a gold medal each.

Hayley, the 60 metre and 200 metre record holder for the championships gained a Gold medal by the width of her vest in the 60 metres along with a silver medal in the 200 metres for the Under 17 ladies age group.

Hanna Hewitson who competed in the

Club President Harry Evans Was Extremely Pleased To Hear Of The Excellent Performances By The Girls

competition for the very first time almost broke the championship record for the under 17 ladies triple jump to win the gold medal, missing out on the record by 3cms. However, she will be back next year!!!! Both Girls can be seen in the photo adjacent.



## Girls Win North Of England Under 17 Ladies X Country Title Up In Cold Gateshead!!!

The under 17 girls teams of Laura Lambert, Emma Coxon, Stevie Stockton and Rachel Clewes were absolutely delighted with the gold medal won up in cold Gateshead.

The girls won the under 17 ladies age group for the North Of England Cross Country Championships which was a fantastic achievement up in the North East of England. Coaches Shaun McGrath and Andy Carter were so

pleased with the gold medal particularly after the hard work by the girls.

Andy and Shaun were also appreciative of other Vale Royal AC athletes who ran in good performances for the club after a long journey.

Please see adjacent article about the North West Off Track Club Of the Year 2005 Award For Vale Royal AC.



## Awards Evening Coming Very Soon - 8th April 2005

The awards evening for Vale Royal Athletic Club will take place on Friday 8th April at Winnington Rugby Club.

The awards will be presented by George Bunner MBE who is the Chairman of the AAA of England which is a very important governing body which run major championships in England. Tickets Are



on sale now and will cost £5 per person where the club wants to raise as much funds as possible to improve the track and field facilities within the borough of Vale Royal.

As you can see from the photo the awards were well attended last year with over 150 athletes, parents, committee members and coaches in atten-

dance.

The awards evening will be backed up by a power point presentation projected onto a large screen with lots of photos of winning athletes as well as key moments over the last athletics season.

Once the awards have been presented there will be a buffet and disco for everyone to show off their dance skills.....

Winnington Rugby Club

Friday 8th April 2005 - 7.30pm Start

SO MUCH ACTIVITY GOING ON AT VALE ROYAL ATHLETIC CLUB!!!!!!

## Vale Royal AC Wins North West Off Track Club Of The Year 2005 Award

Vale Royal AC Coaches Shaun McGrath and Neil Templeman were invited To The UKA Indoor City Cup Match as Guests for the day to collect an award.

The Award being the North West Off Track Award of The Year 2005. Neil Templeman attended in the absence of Andy Carter who had to stay behind and



train the athletes during the normal Sunday morning training session.

The award was presented to Shaun by Jarod Deacon (400 metre runner) and Alison Wyeth at Manchester Indoor Stadium, next to Manchester City Football Club.

The award was for the efforts of the club in cross country, fell running and road races.

See Full Report and more fotos on the club web site.....

**"The Club Are Delighted To Win This Award From UK Athletics For All The Efforts Over The Last Year"**

## Athletes Gain Millennium Volunteers Award By Coaching At Vale Royal Athletic Club

Natalie Abrams and Kate Spilsbury who are both athletes at the club, yet somehow manage to find time to coach in the coaching sessions have both gained an award.

Both Junior coaches have completed two hundred hours of voluntary hours with the athletes to gain the Sport Cheshire Millennium Volunteers Award which is a prestigious award. The girls

were mentored by coaches at the club and made sure all the competencies for the award were achieved.

Harry Evans commented that both girls were very committed to the club in terms of athletics, as well as coaching and finding time to study for their A levels.

The coaches were involved in the Shine Awards at the club which athletes did.



## Vale Royal AC

Shaun Mc Grath 592746  
Neil Templeman 557011

Area code is (01606)

Please Call Us Any Time For  
Information About The Club

Must be Nine To Join Club

**VRAC**

We're On The WEB  
[www.valeroyalathleticclub.co.uk](http://www.valeroyalathleticclub.co.uk)

## Shine Awards Are Almost Done!!!

Coaches From the Club Have Been Working Very Hard on the Shine Awards with the Under 11 Athletes Who are currently completing the Level 2 Agility Challenge.

The Under 13 athletes Have also been working extremely hard on the Level 3 Fitness and Conditioning Award which involve many different fitness tasks.

Coaches At the club have been very impressed with the attitude of the young athletes who have enjoyed all the different events.



### Club Track Suits Are Selling Well

Rosebank Sports Shop In Witton Street  
Northwich Sell Them

## Club Raised £1253 At Bag Pack At Morrisons

Over 60 Vale Royal Athletes, Parents and Coaches spent four hours bag packing in December 2004 to raise a staggering £1253 in just four hours.... At Morrisons in Winsford.

The athletes at the club were astonished at the amount raised, as this was out of everyone's comfort zone and no one knew what to expect.

Everyone at the club would like to say a massive thank you to the Manager of Morrisons in Winsford who were great with the athletes.

It meant everyone looked forward to Christmas with great spirit.



### Vale Royal AC Club Colours



### Cheshire Tigers AC Competitions Coming Soon For Athletes Of Vale Royal Athletic Club

These are track meetings for athletes in the Under 17 and Under 20 Age Group - See Shaun McGrath for Details...