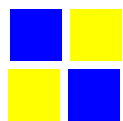
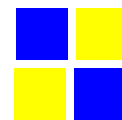


Christmas News



Vale Royal Athletic Club



Darren Campbell visits!

December 2008

Important Dates:

24th Dec. Fun Run
Linnere Car Park,
Delamere. Be there
by 10:30 am (make
sure you have at least
one hat!)

10th Jan. Cheshire
Championships at
Knight's Grange.

12th Jan. EGM at the
Lion, Moulton 7:30pm



Shaun grows
a beard!



Former Olympic gold medal relay sprinter Darren Campbell paid a visit to our indoor Tuesday training session at Rudheath on 9th December. Darren was generous with his time, chatting to athletes and coaches, signing autographs and posing for photos. He complimented the club on its successes and was impressed with the turnout at our training session while offering support for the upgrade of facilities at Knights Grange.

Our Quality Coaching!

Coaching takes a lot in terms of gaining a qualification, and planning and running sessions. Coaches are qualified by discipline (endurance, speed, jumps, throws, children in athletics, etc.). All the people who run sessions at VRAC are qualified U.K. Athletics Coaches.

We are lucky to have 5 level- 3 coaches:

Shaun, Harry, Andy, Pearl and Dave

6 level-2 coaches:

Billy, Pauline, Les, Geoff, Christine and Stewart.

Geoff is embarking on his Level

3 jumps coaching course – a major undertaking!!

8 level-1 coaches:

Chris, Ann, Louise, Kate plus four newly qualified level-1 coaches:

-Sophie Jurgis

-Katie McGrath

-Bethan Copsey

-Helen Whitby "Little Legs" – Helen has also joined the club's management committee at the AGM in October as a representative of the Senior Section.

Level 1 coaches are qualified to run training sessions under the watchful eye of a Level 2 coach or above.



Can Darren Campbell outrun Hannah?

VALE ROYAL ATHLETIC CLUB SUCCESS

VR School Sport Partnership

In 2008, VRAC worked with the school/club link set up by the Vale Royal School Sport Partnership. Following initial meetings at Hartford and Winsford, contacts were made with St. Wilfrid's Primary School, St. Nicholas High School and Hartford High school in Hartford as well as St. Mary's Catholic Primary in Middlewich. Presentations on the athletics sessions were run at Hartford High, and a day-long high jump course was

held for gifted and talented students at St. Nick's. As a result, the VRAC school links have been awarded a total of £800, divided between 4 schools (each getting £200) – St. Mary's, Overhall, Rudheath and Hartford High. The money will be used for athletics equipment for the schools

Endurance Squad

Results:

Marbury Park:

Northwest and Cheshire Road Relays. VRAC won four of the Cheshire team gold medals!

Northern Road Relays:

U 17 Squad took gold!!

National Road Relays:

U17 girls took bronze!!

X/C Relay

Championships: the club had 14 teams and the U17 took silver!

C.A.S.C.

The club is in the process of applying for **Community Amateur Sports Club (C.A.S.C)** status which will enable us to reclaim basic rate tax on donations made to the club by individuals. In order to obtain CASC status a

number of minor changes are required to the club's constitution. We are holding an EGM on 12th January at the LION pub, Moulton at 7:30pm to obtain members approval to the proposed changes.

CLUBMARK RENEWAL

VRAC achieved Clubmark status in 2005 and we are now in the process of applying for renewal of accreditation which has to be done every 3 years. Clubmark is a Sport England

scheme and requires clubs to have systems and processes in place in order to demonstrate its commitment to being a safe, effective and child friendly athletic club.



Don't forget

Christmas Eve Fun Run in the Forest. Meet at 10:30 am at the Linmere Visitor Centre and wear a hat!

EGM on 12th January at the LION pub, Moulton at 7.30pm

Knights Grange Upgrade Fundraising



A major focus throughout 2008 has been the project to upgrade the club's training facility at Knight's Grange. The specification for refurbishment has been agreed to include a 6 lane synthetic track with 8 lane sprint straight, all jumps and throws facilities, improved lighting, storage containers and security fencing. Planning permission has been obtained and a preferred contractor appointed. The main issue is finding the £649,267 required to fund the project. Potential funders have been

approached and so far £160,000 has been pledged. This includes £99,999 from VRBC, £20,000 from Winsford Town Council, £30,000 from the Foundation for Sport and Art and £10,000 from the club itself. The club is also hoping to raise an additional £10,000. We are waiting to hear about applications made to other bodies including Sport England who have been asked for £216,000. A decision from them is expected by the end of December.

Current Projects:

ITEMS FOR SALE:

Hand made Christmas Cards

United Utilities Water Bottles

EVENTS:

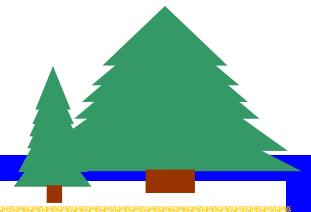
Bag Packing at Morrison's 20th Dec raises £540.75!! (see pics below)

Bag Pack at Sainsburys – to be announced

IDEAS

If you have any ideas concerning the raising of money please contact suggest them at the next meeting





VRAC

There is a lot of information about the club, its runners and its current affairs if you go to

www.valeroyalathleticclub.co.uk

E-Mail:

jenn.lee@btinternet.com;
steve.collier@virgin.net

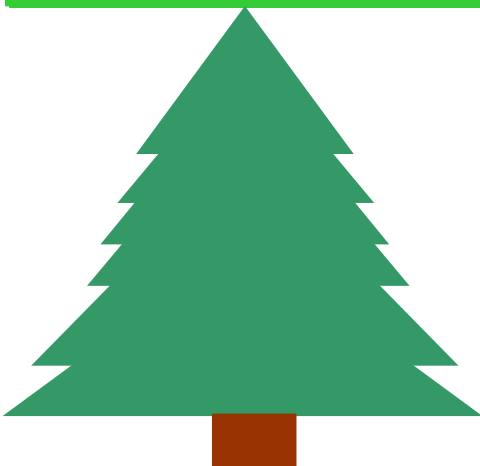
VOLUNTEERS NEEDED

As a non-profit organisation, the club depends upon its volunteers to carry on its activities. Particularly valuable are the coaches who give up many hours each week to enable training sessions to go ahead. Other volunteers take part in fundraising activities and committee work. If you, or anyone you know, are willing to

help with any of the following: coaching, assisting coaches at training sessions, fundraising, committee work, marshalling at events or becoming an official at athletic competitions, please **contact Harry Evans on 01606- 74502.**

Any help will be gratefully received

If anyone has any other ideas for the Newsletter - or wishes to do the next one! - please let either Steve or Jennifer Lee know. One suggestion for the next letter is to include a "*Swap Shop*" for items such as barely used spikes.



MERRY CHRISTMAS