



# VRAC



Year 2006 Issue One  
January/February 2006

## Vale Royal Athletic Club Newsletter

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



### Hanna Wins North Of England Title And Produces Championship Record!!!

Hanna Hewitson was in fine form at the North of England Championships 2006 in cold Sheffield. Hanna competed in the discipline of triple jump (Under 17 ladies).

Hanna jumped to a new personal best and championship record of 11.64 metres to defend her title which she won last year as well.



Hanna broke the six year old record of 10.97 metres with a jump of 11.55 metres and then furthered the record by jumping to 11.64 metres.

Hanna was very pleased as last year she missed the record by an agonizing 3cms and was very upset.

So this year the goal was to break the record and she broke the record twice to the delight of the watching crowd at the arena.

Hanna who is in the top half of the under 17 ladies age group this year will now knuckle down to some more conditioning and technical work in order to contest the British Indoor championships at the National Indoor

Arena on March 5th 2006.

Morgan Brown was also in action for the club where she came 2nd in the under 17 girls 200 metres to claim a silver medal.

Morgan was pleased with her time and is now getting back into hard training for future races throughout the summer months, primarily the English schools etc.



#### Inside this issue:

Andy Wins Chronicle Award

Club President Thanks Everyone

Cheshire Cross Country Champs 2006

Bag Pack At Morrisons Raises £800

Christmas Eve Run Well Attended Once Again!!!!

Photos From Christmas Disco 2005

North Of England Cross Country Champs 2006

#### Special points of interest:

- Container Now In Place At Knights Grange
- Tent Proves To Be A Big Hit With Athletes
- Athletes Looking Forward To Isle Of Wight Trip
- Email Us Your Email Address So The Club Can Email You the latest news via this brand new newsletter

### Stevie Wins North Of England Title!!!!

Stevie Stockton was in very fine form indeed for the North Of England Cross Country Championships, winning a gold medal individually.

Stevie was delighted to be crowned champion and crossed the line with a huge smile to the delight of everyone at the club. Stevie was in Blackburn for the championships, competing in the Under 17 ladies age group, where the team gained a silver medal team wise.

**MORE REPORTS OVERLEAF!!!!**



## Club Looks Forward To Another Busy Year!!!!



Harry Evans who is the Club President would like to wish all members of the club the very best for the new year of 2006.

Harry Evans is looking forward to this year once again, with such a fine year to look back on last year with many, many high quality performances, with athletes winning national titles and regional titles.

Already this year there have been some very good performances indeed with Hanna Hewitson who broke the North of England Indoor record twice to retain her title two weeks ago.

Very recently there has been great success in the North of England Cross Country Championships with Stevie Stockton winning the North of England title and Hannah Weedall coming third.

The Cheshire Cross Country Championships was also a very successful event with athletes competing to a high level to win individual medals and team prizes once again.

Events already in the pipeline are the Presentation Evening 2006 which is once again being planned.

The trip to Isle Of Wight is nearing its final stages in planning with 30 athletes and 8 adults making the trip to the Kingswood Outward Bound Centre.

Later on in the year there will be the Pie and Peas 5 mile race at Moulton once again to plan for once again.

Coaches and athletes are looking forward to the year once again, in the hope there will be some good performances and that everyone enjoys the competitive season.

## Andy Carter Wins Monthly Award

Andy Carter was the surprise winner of the December 2005 Chronicle Sports Personality of the month.

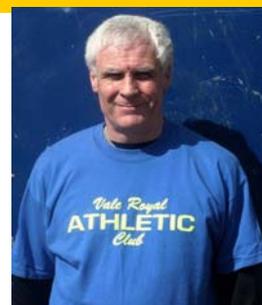
The award provided by the Chronicle Newspapers picked Andy Carter for his efforts with the middle distance squad over the last five years.

The middle distance squad has had huge success under Andy Carter and Shaun McGrath with national titles and regional title being won over the years.

**The Award is Distributed By The Chronicle Paper  
News Editor: John Buckley**

Modest Andy Carter was pleased to receive the award from the chronicle and had a photo with the athletes.

Andy Carter will be jetting off to the Commonwealth Games in March 2006 in Melbourne, Australia and will be sending us a report on how the games went for the newsletter.



## Are Northwich Athletes Prepared To Train At Knight Grange, Winsford On Tuesday Evenings??

As you are aware during the summer months last year there was a split between groups training at Hartford campus and Knight Granges on Tuesday evenings.

The club realized this was not good for the club having training sessions at different venues on the same evening.

This leads to a lack of identity for the club and athletes should all train at the same venue.

So the proposal is to train at Winsford during Summer 2006 on a Tuesday evening instead of Hartford.

The club would like to ask the members whether this is feasible, and how many athletes would train at Winsford on Tuesday evenings from April 2006.

The track at Hartford is rather damaged and badly maintained by the grounds people there.

The club would like to hear from

Athletes who would be prepared to move to Winsford on Tuesday evenings.

Can you please let us know what you think about this by emailing Neil Templeman at the club.

Please let us know asap for the benefit of the club.

**NeilTemp65@hotmail.com**

Thanks

Neil Templeman

# Cheshire Cross Country Championships January 2006



## Excellent Results At Cheshire Champs 2006

### Great Day At Cheshire Cross Country Championships 2006

The Cheshire Cross Country Championships 2006 held in Crewe resulted in the attendance of over 90 athletes who all enjoyed the muddy conditions.

The bright sea of blue and yellow could be seen on the course with some very good wins indeed for the club.

Once again Coaches at the club were over the moon with efforts displayed by the athletes who showed determination and focus to finish the course.

Once again there are so many names to be mentioned here!!!

So to avoid any arguments and lots of conflict, there is once a gain a full report on the competition on the web site.

**MANY THANKS TO ALL OF YOU WHO TURNED TO REPRESENT THE CLUB IN SUCH A GOOD LIGHT**



## Bag Pack At Morrisons Raised £800 Thanks To Everyone Who Turned Up...

Many thanks to all who turned up for the bag pack at Morrisons on Thursday 22nd December 2005.

A healthy sum of £800 was raised during a three hour period at the superstore in Winsford.

64 athletes turned up to pack the bags and raise funds for the club wearing club vest and t-shirts plus the usual Christmas glitter. The athletes were excited as Xmas was nearing rapidly.



This was the third bag pack the club

has completed within the space of a year and over £2500 has been raised by this strategy which has proved to be extremely effective.

Many thanks to Shirley Davenport who organized the bag pack and a huge thank you must go to the Lambert family who had the huge task of counting the money.

Most of all, many thanks to Morrisons who were very supportive to the club and allowed club to raise so much money in three hours.

## Christmas Disco 2005 Enjoyed By All

40 junior athletes turned up for the Xmas Disco at Lach Dennis Village hall on 17th December 2005.

The athletes were in a festive mood and danced the night away to the tunes of DJ Laura Lambert who volunteered to be the DJ for the night.



A huge thank you to Laura and her family who once again

were extremely supportive in the organization of the evening.

This is the third year that the club has run a disco and proved to be popular with the athletes who let their hair down on the dance floor and danced to those funky tunes.

Jane Lambert was a whiz in the kitchen with her cooking of the food and snacks which the youngsters gobbled up with ease, especially after dancing on the floor.

The club will hold another xmas party next year around the same time, so keep your eyes and ears peeled for other events.

Many thanks to Rob Bosson who managed to get hold of disco equipment.

## Xmas Eve Run 2005 Proves To Be Popular

The 11th Xmas Eve Run once again proved to be extremely popular with the athletes at the club.

The junior athletes love the chance to dress up as you can see from the photos above and to the side of this article.



Shaun McGrath took great delight in painting everyone's nose red with red paint!!!!

The under 11 athletes took part in a mile and a half run around the grotto of Santa where there was plenty of banter around the forest amongst the athletes.

The older athletes took part in a run at 11am after the first run at 10.30am.

The athletes took part in a five mile loop which was then complemented by a brief hill session to finish off the year.



## Container In Place At Knights Grange Track

Vale Royal AC now have in place a huge container at Knights Grange track in Winsford for the benefit of athletes.

This was purchased with money raised from the bag packs in order to provide shelter for athletes on cold and wet training nights, plus the storage of equipment for athletes.

The club are now in consultation with the council to put a light inside the container on dark training nights so athletes can see what they are doing in the container.

Other things that will be placed up in the container are notice boards and some shelving to place first aid boxes and other necessary equipment.

This is the first time in the clubs history that a container has been purchased and it will be a huge bonus to the club during those long winter nights of windy and rainy conditions.

**PLEASE KEEP IT TIDY AND IN GOOD CONDITION FOR ALL OF US**



## North Of England Cross Country Championships 2006

This proved to be a very good weekend for the club with three individual medals and a silver medal for team prizes.

Stevie Stockton won the title for under 17 ladies as reported on the front page. Stevie was followed in by Hannah Weedall who came in 3rd place with no socks or shoes on!!! This amused a large number of spectators, thinking back to the days of Zola Budd.

Hannah was fed up with her spikes and socks so she threw them off!!!!

The under 17 girls team of Stevie,

Hannah, Laura Lambert and Lorna Timms won the silver medal for team prize, just behind Rotherham on points to end a very exciting race.

Rebecca Cragie ran a superb race to claim a silver medal in the Under 15 girls race, just seconds behind the winner who is a national cross country champion. This was a very good result for the Cheshire Cross Country Champion who fought all the way to the line.

The under 17 boys team finished in a superb fourth place to be denied the

bronze medal position for the team. The boys in action were Ryan Smith, James Griffiths, Glen George and Lee

Davenport who race in muddy conditions to represent the club with pride.

There were lots of good results, far too much to mention here in the newsletter. Fear not, there is a detailed report on the web site. Apologies to other runners not mentioned here, its nothing personal!!!



## Coaches Involved In County Squads Initiative Promoting Athletics In The Community

Neil Templeman and Shaun McGrath have been busy being involved with the County Squads for Cheshire.

This is a new scheme to promote links between school athletes and clubs in order to promote athletics in the region.

Neil Templeman took part in the squad at Macclesfield in the event of jumps and active warm ups which was a great day for the athletes.

Shaun McGrath was also in action at the squad day for middle distance and fully enjoyed meeting athletes of different abilities and ages.

The scheme was supported by North West Athletics Development Team who appreciated the help from the coaches at Vale Royal Athletic Club.

The scheme will be repeated next year over the winter months in order to continue to develop links.



# VRAC Promoting Cross Country Running With Vale Royal Borough Council

Vale Royal Borough Council & Vale Royal Athletic Club

## The Knights Grange CROSS COUNTRY SERIES

Knights Grange Sports Complex, Winsford

Children's Race / Fun Run - 2k, 1.00pm start (must be 9 years or over)  
Open Age Race - 4.5k, 1.30pm start (must be 13 years or over)

Saturday 11 February 2006	Closing Date 3 Feb 2006
Saturday 18 March 2006	Closing Date 10 Mar 2006
Saturday 15 April 2006	Closing Date 7 Apr 2006

Cost: £2 per race or £5 for all three races Closing Date 3 Feb 2006

The Club has joined forces with Vale Royal Borough Council to promote cross country running within the borough.

The dates are all Saturday mornings

11th February

18th March

15th April

See the Vale Royal Web Site

For Entry Forms

Or shaun McGrath

On 01606 592746

## North Staffs Champions 2005 - Boys



The boys from Vale Royal Athletic Club were in fine form during the North Staffs Cross Country league 2005 to win the Gold Medal team prize.

The boys participated in 4 gruelling races over the heavy moorlands of Staffordshire, filled with heavy mud and difficult conditions to gain the top prize for the club.

Shaun McGrath and Andy Carter were delighted for the boys to win the prize against some particularly strong competition.

The winning team consisted of Ryan Smith, Glen George, Chris Perry, Peter Cox, Lee Davenport and Mike Carroll.

Many spectators said how the Vale Royal AC vests stand out for miles and miles during races, which is annoying for other runners.

**WELL DONE LADS!!!!**

## Membership Fees - A Few Still Outstanding!!!

Club Secretary Dave Stevens still has a few members who are outstanding with membership fees.

Please see Dave Stevens or one of the coaches at the club if you have not paid your membership fees. It is very important that you are insured in the event of an accident whilst under supervision of qualified coaches at the club.

If you want to obtain a membership form please click on the Vale Royal AC web site and click membership area.

This area of the web site provides you with all the information that is required to fill in the membership form.

Please help us to help you and make sure you are covered insurance wise whilst at the club.



## Huge Photo Planned With Professional Photography Company



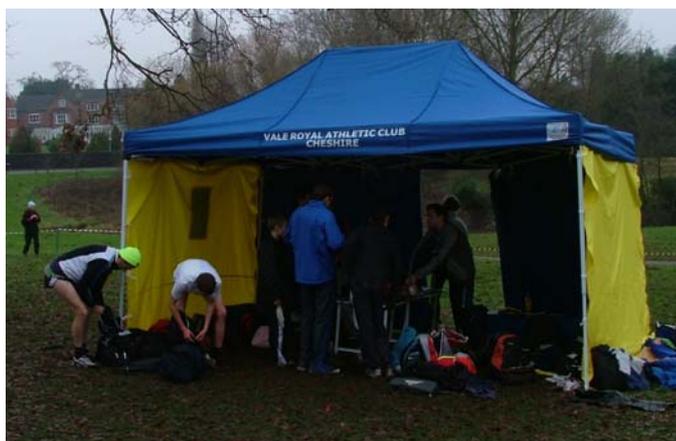
Vale Royal Athletic Club are planning to hold a massive photo shoot in June 2006 to celebrate the 12th Birthday of VRAC.

This will be with a professional photography company where the club wants a 100 or more athletes to participate in the photograph.

Club vests must be worn for this and if you want to take part, please let us know.

The club is anticipating the photographs will cost £15 - £20 each for all to look back in a few years time.

## New Tent Proves To Be A Huge Hit With Athletes



Vale Royal AC have purchased a brand new tent for athletes to shelter in and to

change at competitions in remote venues throughout the cross country season.

The tent has already been in use at cross country meets and it has proved to be a big hit with the club members.

The tent in club colours stands out brightly which is easily recognizable at big meetings with lots of tents.

The new tent is a push up tent which only takes 60 seconds to put up and take down too in the same time.

The tent looks professional with different compartments available and plenty of room to shelter at least 20 athletes from the rain and cold winds.

The tent also has the club name on the front which catches athletes attention and let other clubs know who we are at competitions.

The tent was bought with money raised by the bag packs and this has been appreciated by athletes.

## Trip To Isle Of Wight 2 1st April - 2 3rd April 2006

Vale Royal Athletic Club will be making the trip to the Isle Of Wight leaving Knights Grange at 9am on Friday 21st April.

The boat across the water will be an hours trip with lots of activities planned over the weekend.

There are 30 athletes going with 8 adults acting as supervisors during the stay.

All activities will be conducted under the guidance of trained instructors with the Outward bound school which houses a multi million complex which opened last year.

Already athletes are talking about the weekend even though its 12 weeks away.

The return trip will be approximately 2.30am on the Monday morning.



**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**

**Important  
Dates  
Coming Up  
Soon!!!!**



**CAPTION  
COMPETITION  
FOR VRAC`S  
ZOLA BUDD**  
Send them to  
Neil Templeman

**Them cobbles on  
my feet - no  
problem!!!!**

**Cheshire Tigers Meetings**  
23rd April - Ellesmere Port  
7th May - Bebbington  
11th June - Wigan  
16th July - St Helens

Cheshire Track and Field  
Championships  
Warrington  
13th/14th May

North Of England Track  
and Field Championships  
Leeds  
28th/29th May

Cheshire Track Relays  
Saturday 1st July  
Macclesfield



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

Vale Royal AC Club Colours



**Safe, Effective Child Friendly Club**



Sport England Club Mark - An Accredited Club (Vale Royal AC)

**Email Us Your Email Addresses For Communication**