

Carrick-on-Suir AC Road Runners Newsletter

January 2014
Issue 1 2014

Welcome to our first newsletter of 2014, and a happy new year to you all – we hope you achieve all of your running goals for the year ahead. This newsletter contains details of the club's planned activities in 2014 and we look forward to seeing you at as many of these events as possible.

Committee 2014

Chairman: Susan Collins
087 2931430

Treasurer
& Web Officer: Tom Egan

P.R.O. : Mark Connolly

Other Committee Members:
Barry Torpey
Alan Treacy
James Fox
Mags Power
Sinead Dunne
Brian Nugent
Jackie Dunne
Patrick Roche
Catherine O'Donovan

Visit our website for club notes, fixtures, results, & photos @ www.Carrickroadrunners.ie



Facebook

We are now on Facebook (search Carrick Roadrunners AC).

Please visit and click Like - it's a great place to keep updated and also to organise trainings runs, etc,



Brief Review of 2013

2013 was a very successful year for the club with a number of highlights along the way including:

- The introduction of a fifth race at our annual summer series, with the successful incorporation of the Faugheen 5k and Portlaw 5 Mile into the Series;
- A big improvement in the number of members of the clubs from 2012;
- High turnout at our Winter League which was ran over ten consecutive weeks from early October to early December (The overall results for each of the ten weeks (along with photos from our prizegiving night) can be seen on our website);
- A considerable number of successes by our runners in events which were held throughout the year (these can be seen on the 'Review of 2013' which is on our website).

Plans for 2014

2014 will start with a Spring training programme which will be based in Kildalton College while the evenings are dark and which will move to other venues after that. Runners of all levels are welcome to come along on Tuesday evenings at 7 pm, and the activities each week will vary as follows:

- Some sessions with running coach James Sullivan - James did some excellent technique sessions with us at the start of 2013 and he will give advice on stretching, interval sessions, and hill running amongst other areas. James will be with us for at least three sessions in Kildalton, starting on January 21st.
- Some 'clock to zero' 5k sessions - these will be run in a similar manner to the Winter League 5K sessions except that the clock will start at 50 minutes at 7 pm and work backwards to zero. Runners can start at whatever time they wish, and spot prizes will be given to those first cross the line after the clock hits zero.
- Other sessions such as team events will also be incorporated once we get an indication of the likely turnout each week, and details of each week's activities will be available in advance on our website.

Membership

All 2013 memberships are now due and we would ask all members to drop their membership form (available on Club Website) and fee (€30) to a member of the committee as soon as possible. The Spring training programme is only for club members but once you join, all events on Tuesday evenings throughout 2014 are free to attend. In addition, by becoming a member you are insured at all Club events, eligible for county events (see below - free of charge), eligible for team Prizes at any AAI Event and you will also receive a 10% discount from Outfield Sports.

County Road Races

The Tipperary County Roadraces for 2014 include:

Novice Road Championship:-

Moyne, Sun February 9th @ 12 noon.

Intermediate:-

Galbally, Sun 16th February @ 12 noon

Masters :- Clonmel, Sun March 2nd @ 12 noon.

Novice B :- Ballingarry, Sun 6th April @ 12 noon.

Senior:- Fethard, Sunday 13th April @ 12 noon.

We encourage all Club Runners to go and represent your Club at these races (any don't forget to wear the club singlet – available from our committee)

Outfield Sports.ie 3 Counties Challenge

Dates for the 2014 Summer Series (known as the Outfield Sports.ie 3 Counties Challenge) are as follows:

- Race 1: Faugheen 5k race on Friday 25th April at 7.30 pm.
- Race 2: Tom Jordan 5 Mile Race in Portlaw on Friday 9th May at 7.30 pm.
- Race 3: Carrick 'Deadmans' 5 Mile Race on Friday 6th June at 7.30 pm.
- Race 4: Rathgormack 5 Mile Race on Friday 11th July at 7.30 pm.
- Race 5: Piltown 10k Race on Friday 1st August at 7.30 pm.

We hope to see you all at these races.