

WELLY NEWS

Author: Alison Dale
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ANNUAL GENERAL MEETING

The AGM will be held on

Monday 8 Nov 04
At Our Lady's Church Hall
Laughton Way
Ermine

Remember it is your club, so if you want a say in what goes on then come along.

If you do come along you will receive **20% off** your subs. That is £8.00 off a family membership.

Also the more committee members there are the less work for everyone. Parents you are welcome, to run the club well we need your input also.

The dates for the **Cross Country** and **Road Relays** are now on the website.

Circuit Training will start at the University Gym on the 1st October 04, for more information see Denise in the sprint group.

Winter will soon be upon us, the dark nights already are, could all runners who go out on the roads please remember safety first, light clothing so you are seen and run in pairs where possible.

Could all parents please collect your child/children from the track side, as each child is our responsibility until they have been safely handed over. It is dark and quite a long way from the track to the front of the sports hall.

RESULTS

Recently some of our more mature club members went to the European Masters Championships in Aarhus - Denmark

Malcolm Bramhall 400mH came 5th in the final
Dot Fraser 400m came 2nd a Seasons best
200m Seasons best
Denise Timmis Long Jump a Seasons best
4 x 400m relay 2nd

Congratulations.

We have got a lot of talented athletes at LWAC, at all ages, but we are lacking in throws and jumps. Please if you are willing to help out get in touch with a coach who will point you in the right direction, we could have the next Geoff Capes and lose them because no one was willing to give up a bit of their time to help out. The rewards from coaching are brilliant, to see the face of someone achieve, and do their best with your help.

Happy winter training and running, keep safe and keep warm there is a cold wind that blows around Yarborough.

Any articles for inclusion in future newsletters please e-mail Alison Dale at:
alison.dale@ntlworld.com