

Ambleside AC

Ambleside Juniors.

By Kate Ayres



The idea of having a junior club started back at the beginning of the year with lots of meetings with interested club members and ideas being thrown around! We took the plunge and set a date for the first session at the beginning of May wondering if any children would turn up... but they did and they kept returning week after week! We already have the beginnings of some potential stars in the fell running world! The children (all aged between 6 and 12) have been training with such enthusiasm and hard work every Thursday evening, right through the summer and many of them have entered local races. Now that they all have club vests, their presence has been noted and commented on, especially since they have been winning many of the races!! (Continued on page 2)

AAC KIDS WORKING HARD!

By Michael Troup

AAC kids session - 22 turned up. Did some hill reps with them on quite tough terrain. Towards the end of the session we said they could do one more hill if they wanted to - 13 did that extra hill, including the youngest, Mia, aged 8! Amazing.



COMING UP IN OCTOBER...

End of Season Supper

Tony is organizing the End of Season Supper at Wilf's for Tuesday 11th October. Let Tony know before Friday 7th October if you want to go. Full details on page 3.

Langdale Horseshoe: Help Wanted!

Langdale Horseshoe race is on Saturday 8th October. Rog needs skilled marshals, pasty servers and car park attendants (which you can help with before the race.) Let Rog know if you're available.

<bell.roger@btinternet.com>

OTHER NOTICES...

Karl Steinegger 2nd in British U23.

Congratulations are in order for Karl Steinegger who finished 2nd in this year's under 23 British Fell Running Championship. Well done Karl!

Christmas Do.

This years do will be held at 7.30 for 8 on Saturday 17th December at the Windermere Hydro Hotel. Britta will put the menu on the website soon. If you want to go, please contact Helen on ferguson531@btinternet.com soon to secure a place.

 AMBLESIDE JUNIORS

(continued from page 1)

Eleanor Knowles and myself have been running the sessions each week with the help of other club members who come along whenever they can – Chris Waters, Sarah Jones, Ken Dacre, Paul Knowles, Cath Musetti, Roger Bell, Paul Savage, Mike Troup and also some of the parents. Through Paul Savage (and Ambleside FC) we have been able to move the sessions to the University of Cumbria Sports Pavilion and playing fields (from the Parish Centre) saving us quite a bit of money. We are still planning where to run the sessions during the dark winter nights as we are a bit limited in Ambleside – we need a floodlit area or otherwise quiet street lit roads. Any ideas would be welcome!



Back in May, Eleanor, Chris and myself attended the Leader in Running Fitness course and so are now officially running 'Leaders'! Then this October Eleanor and myself will start our coaching award which we need in order to run the junior club. Since we started we have been able to run sessions under the kind supervision of Selwyn Wright and Richard Lecky-Thompson.

Finally, we were very pleased to receive a welcome donation of £300 from Ambleside Health Centre, which has helped us to fund the club vests and will also go towards other much needed items.

Junior club details are on the club website and if you are interested in helping out in any way please contact kate.ayres@hotmail.co.uk.



Thursday Night Training.

By *Kate Ayres*

Come and join us on a Thursday evening to improve your speed and all round performance!

Each week we do different sessions which include speedwork and hill reps starting each session with an easy warm up run to prepare the body and help avoid any muscle pulls etc. and cooling down after with a gentle jog and stretching.

On the first session we ran 4 x 1k reps on the Rydal Hall track with a 3 minute recovery between each rep. There were 4 of us - Cath, Hazel, Nigel and myself and although we were all running at different paces, we were never far apart, meeting up at the end of each rep. The next week numbers went up to 5 (Lucy, Carol, Chris, Nigel and myself)!! We made the most of the lovely evening and ventured up on to Loughrigg to do hill reps (overall 6 short and 3 long) and 2 circuits of Lily tarn whilst still managing to enjoy the wonderful views down Langdale. Everyone worked as hard as they felt able - as we get used to doing the sessions we can hopefully increase the amount we do.

Until the clocks change we will try to go off road but when the dark evenings arrive we'll mostly be on the roads, so bring along your torch and a reflective bi b.

We meet every Thursday, 6.45 at the University of Cumbria Sports Pavilion, Rydal Road, Ambleside. Any other details and directions are on the club web-site.

If you want any more information please email me: kate.ayres@hotmail.co.uk

End of Season Supper

By Tony Walker

Wilfs on Tuesday 11th October 2011 at
7.45pm

The athletes of the Club will meet at 6pm for about an hour's run. Sunset that day is about 6.30pm so there should be sufficient light till 7pm by which time you can do the final mile on the road down Kentmere.

Please let Tony have your booking by midday Friday 7th October latest!!!
(watershed@enterprise.net or text with your name 07968 262151)
Bookings will have to be paid for unless cancelled by 7th October.



On the night:

Chicken & bacon lasagne or Veggie stroganoff (both with coleslaw & garlic bread)

Sticky toffee pudding or Apple pie

At a highly attractive price of £8.75pp as last time.

Bring your own beer or wine. For those who forget the Staveley Spar should be open and has a good selection.

Cheers, Tony.

Get yourself connected!

By Jamie Robbins



Lots more information is available on the website: amblesideac.org.uk; and regular updates are posted on the Facebook page. Please send any non-urgent notices to me at jamirobbins@live.co.uk. Any reports, updates and photos would be great, as well as any other random titbits you want to share.

Hope to see you muddy and exhausted on a hill somewhere soon!
