



# Stornoway Running and Athletics Club

22 August 2012

HI All

We have had a very busy summer with lots of local and mainland events and probably a lot of television watching for most of us not lucky enough to get into the Olympic stadium!

Over the past few months we have had loads of new coaches qualified in various disciplines. We have had trips to Dundee, Aberdeen, Inverness, Vienna and more to come. Some members of SRAC were selected to carry the Olympic torch through town and the standards were set for each event for our own international games next year in Bermuda – The Island Games.

There have been quite a few new races introduced which we hope that SRAC will continue to organise and compete in future years. There was the Cuddy Point 3k (male and female winners coming from the same family! Well done the MacLean's!!), the Soval Trail race held at the Lochs Agricultural show and a new event to be held this Saturday (25<sup>th</sup>), the Pairc 5 mile road race and 1.5mile Fun Run dash.

At our last Committee meeting, we decided to restructure the Club slightly in order to spread out the work that has to be done for the Club to be and continue to be successful in its juniors and senior events participations. We hope to set up small sub committees to organise annual events that the Club has always taken part in /or organised. The sub committees will be

- **Cross Country** - to organise local events and arrange trips to mainland events. We have 3 local races and every 3 years the Western Isles XC Championships. The mainland trips that we attend include the XC Relays, North District Championships, National Championships and Inter District Championships. An example of some of the work involved is e-mailing selected athletes and completing club entry registrations, arranging accommodation, travel, food and adult supervision. The supervision normally involves coaches and parents.
- **Track and Field** – as above and the events include 2 Stornoway Hippo matches, Western Isles Track and Field, Tri Club Competition, North District Track and Field, Hippo Final (in Inverness), National Track and Field, Scottish Indoor Championships and 3 North East Young Athletes League matches.

As you can see from the above this is too much to do for one or two people. Without the involvement of all coaches and parental help then the above just won't happen. Your initial reaction may be to think that you can't help! However, please bear in mind there is no need for you to have coaching experience or knowledge or past experience of athletics to take part in the above functions – just a little bit of your time every now and again can help maintain the current level of activity the club offers to your children. Whether you are typing in names on a lap top at an event, raking the sand pit, moving hurdles, donating food for event buffets, driving a minibus or any other of the non athletic based jobs – you can help your kids club.

We are also looking for someone to act as a Press Officer – any budding journalists out there keen to write reports for the Gazette and our own web site. Again this is an important function for any club to positively promote their activities and encourage others to join. The idea would be that a coach attending an event would provide bullet points on the event e.g. times, performances, any highlight of the trip, to our Press Offices and then he/she would put this into an article for the paper.

Due to other commitments, our Membership Secretary has had to resign, and we are therefore looking for someone to take over this role. Again no previous experience is required and a thorough hand over will be done.

If you can help out can you let me know by mid September in order that we can start getting these committees up and running for future events? Please e-mail me at [adriennestewart@btinternet.com](mailto:adriennestewart@btinternet.com) or telephone 705602. If you require more information on any of the above, again just give me a call or e-mail.

We (SRAC) hope that you can help out as without more volunteers for the administration duties then the junior side of the Club may not be able to continue. Thank you for all you help and support.

Regards

Adrienne

SRAC

Secretary and Coach



## **FUTURE EVENTS (Hopefully!!)**

- **Saturday 25<sup>th</sup> August** – Calbost Harriers 5mile Road race and Fun Run
- **Saturday 1<sup>st</sup> September** – Tri Club Match at Smith Avenue Running Track (e-mail to go out shortly with more information) There will be a family Ceilidh in the Golf Club with Face the West. Free entry, raffle prizes provided by Ron Hill Sports, Start fitness and Fronrunner (all sports wear & goods) so come along as we host Aberdeen AAC, Helensburgh AAC & Clydesdale Harriers. Here will be a BBQ before the Ceilidh from 7pm.
- **Saturday 1st September** – National Track and Field Championships in Grangemouth ( 8 young athletes will be travelling to this with Jim Warnock)

**WE WILL BE TAKING A BREAK FROM CLUB SESSIONS FROM SATURDAY 1st AND TUESDAY 4<sup>TH</sup> SEPTEMBER AND WILL RESUME TRAINING ON SATURDAY 29<sup>TH</sup> SEPTEMBER**

**Saturday 8<sup>th</sup> September** – Hippo Grand Final Inverness – To allow young athletes to attend SRAC requires coaches and or parents to complete entries, book travel and accommodation and contact all athletes concerned. This is an event that is open to all young athletes in the Club age Under 11 age group and above. SRAC have always had a great turnout for this match but a lot of organising is required.

**Wednesday 19<sup>TH</sup> September** - Highlands & Islands Athletics Development Officer will deliver PCS Leaders Workshop, all coaches are encouraged to attend. The session will run from 6 to 8 pm in Committee Room 3 in the main Council building.

- **Wednesday 26<sup>th</sup> September** - SRAC full Committee meeting 6.30pm Cearn Meeting Room
- **Saturday 29<sup>th</sup> September** – **winter training starts** – meets at Porters Lodge (Not the Golf Club) at 10.20am for a 10.30am start. £1.50 per session.
- **Saturday 6<sup>th</sup> October** – Western Isles Coaching Conference. Coaching workshop with guest coach (ideas for session welcomed - what do you want to know more about?)
- **Saturday 13<sup>th</sup> October** – North District Cross Country Relays ( to be organised by new committee)
- **Saturday 22<sup>nd</sup> October** - Coaching Workshop with Colin Young
- **Saturday 10<sup>th</sup> November** – First Lewis and Harris Cross Country race – Castle Grounds
- **Wednesday 14<sup>th</sup> November** – AGM –Venue TBC Time 7.00pm
- **Saturday 24<sup>th</sup> November** – North District Cross Country Championships (to be organised by new committee)
- **Saturday - beginning of Jan** – Date TBC – Inter District Cross Country Championships
- **Saturday 12<sup>th</sup> January 2013** – 2<sup>nd</sup> race in the Lewis and Harris Cross Country Series
- **Saturday 9<sup>th</sup> February 2013** – Final race in Lewis and Harris Cross Country Series.
- **Saturday – February – Date TBC** – Scottish National Cross Country Championships
- **Saturday – February – Date TBC** – Scottish Indoor Track and Field Championships

There are a number of other events which we have not set the date for or not had the dates confirmed by Scottish Athletics. We will do our best to keep producing newsletters but all information on activities and events are on the Club website.