



Blue & Grey Quarters

The Newsletter of Newark Athletic Club

Issue 3

Edited by Tim Bagguley

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www.newarkathletics.co.uk

contact@newarkathletics.co.uk

Welcome to the latest edition of the Blue and Grey Quarters. It has been a busy few months for the club with the end of the long track and field season and road race league as well as the highly successful half marathon. If you have any articles or photographs to include in the next edition, or simply have an idea or suggestion, please contact newsletter@newarkathletics.co.uk.

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Clockwise from top left: Richard Peach hands over to Tim Bagguley in the North of England league; Doug Kelley in the Newark Half Marathon; Rachel McCuaig receiving her summer league medal from Notts AAA President Jack Walters.

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Promotion

Newark AC has won promotion into division 3EC of the North of England Track and Field League.

• Rachel wins summer league

Rachel McCuaig was the overall Notts summer road race league winner. Kate Else was also a winner in her age group and the ladies team picked up bronze.

• Newark Half Marathon

1049 athletes completed the Newark half-marathon, well up on the 863 in 2008 and under 700 for several years previous to that. Doug Kelley (16th) and Rachel McCuaig (130th) were the leading Newark AC runners.

Newark AC everywhere

Keep up to date with the club on the following sites:



Results in brief

North of England League

Overall league results

		League Points	Match Points
1 st	Derby	24	1597
2 nd	Newark	20	1356
3 rd	Hull Achilles/Goole	15	935
4 th	Longwood Harriers & AC	10	739
5 th	Wombwell Sporting AC	8	753
6 th	Grimsby Harriers & AC	7	626

Newark are therefore promoted, along with Derby, to division 3EC with the other four teams being Barnsley, Boston, Chesterfield and Cleethorpes.

Notts Mini League

Overall league results

		Total Points
1 st	Notts AC	1019
2 nd	Mansfield Harriers	840
3 rd	Worksop Harriers	810
4 th	Sutton	603
5 th	Newark AC	421
6 th	Retford	247
7 th	Rushcliffe	207

Lincolnshire League

u20/senior/veteran men	1 st
u20/senior/veteran ladies	2 nd
u11/u13/u15/u17 boys	4 th
u11/u13/u15/u17 girls	4 th

New members

Two athletes have recently joined the ranks of the club and have both already made their debuts. **Kane Rhule** made an impressive start for the club in the sprints and high jump in the final Northern league match and will be a strong addition to team for next season. Meanwhile, at the final mini league match, **Matthew Lawrence** debuted over the 100m.

Notts Summer Road Race League

Overall league results for those who completed all five races

Men

29th Alexander Combie (12th senior)
 48th Robert Orgill (19th veteran 40-49)
 52nd Tim Bagguley (18th senior)
 55th John Combie (5th veteran 60+)
 Team: Senior Men – 10th, Veteran Men – 10th

Ladies

1st Rachel McCuaig (1st veteran 35-44)
 12th Kate Else (1st veteran 45-54)
 17th Angela Marsh (6th senior)
 Team: Senior Ladies – 3rd

Newark Half Marathon

Winner – Hassan Raidi 1:09:23

1st Woman (8th) – Clare Hallissey 1:13:17

1st Wheelchair – Jason Avril 1:23:38

16 th	Doug Kelley	1:17:41
123 rd	Chris Young	1:29:56
130 th	Rachel McCuaig	1:30:43
161 st	Carl Braithwaite	1:33:02
248 th	Chris Swain	1:38:37
286 th	Alexander Combie	1:40:51
289 th	David Tilley	1:41:01
381 st	Mark Guy	1:45:52
392 nd	Mark Collishaw	1:46:19
502 nd	Stuart Whomsley	1:52:01
506 th	Nicholas Scott	1:52:10
545 th	Doug Unkles	1:53:47
570 th	Clare Derry	1:54:42
642 nd	Sarah Ferneyhough	1:57:40
643 rd	Frank van Alderwegen	1:57:43
754 th	John Combie	2:04:02

The half-marathon also doubled as the county championships and Rachel picked up two medals. Bronze in the senior ladies and gold in veteran 35-44.

Newark Half Marathon

Kate Else

We had record entries for the 5th successive year in the Half Marathon. 1264 people entered with 236 people entering on the day and 1047 started and finished.

This year's success must, in part, be attributed to the new Half Marathon website www.newarkhalf.co.uk created by our club webmaster Simon Langley. It is now just a simple matter of downloading a form or entering online via the website. Any enquiries from the website come directly through to me. Simon has asked for the title of Marketing Director!

It was a warm day but thankfully not hot like it was a few years ago when it was the hottest day of the year!

We had brilliant media coverage this year from both Boundary Sound and the Newark Advertiser. There were Boundary Sound presenters all around the course and presenters Andy Bush and Dennis Rawle took part in the Half Marathon & Fun Run respectively.

Husband and wife team Tony Smith & Lucy Millard from the Advertiser were both on duty in the Market Place interviewing the runners. Head of News Lucy & Sports Editor Tony gave the event plenty of coverage both before and after the event.

There were official photographers around the course (Graham Taylor Photography - www.digitalphotoevents.co.uk) but our club photographer Pete Beaumont did an equally good job if not better – check out the photos on the club's [website](http://www.newarkhalf.co.uk).

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First home in the Half Marathon for Newark AC was Dougie Kelley who ran a brilliant PB 1.17.41. Rachel McCuaig was first AC lady home (3rd out of all the clubs road runners).

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Steve Goodwin, a previous organiser of the Half Marathon and a former member of Newark AC, is the only person to have run every one of the Newark Half Marathons. He said “the Newark race has just got better and better over the years - it is a credit to Newark & Newark Athletic Club. The support's good, the organisation is good and the marshals were superb”.

Did you see the guy in the gorilla suit - he must have been so hot!

There was a new Fun Run course this year – 1 Lap for everyone this time. Oliver Carrington was the first Newark AC runner home in 2nd place. Olivia Mathias was the first Newark AC girl home. That's spooky – is there something in the name?! I hope the Fun Runners enjoyed the new course?

Thank you to all those who were involved with this year's event – the Half Marathon Committee (even those who weren't able to be there on the day!), the Marshals, Water Station people, Funnel Stuffers, Recorders, Mile Marker (Tim) & anyone else I haven't mentioned..

It might all be over for this year but it won't be long before we start organising next year's race! The 29th Newark Half Marathon is on Sunday 8th August 2010. If anyone would like to get involved please contact me kate.else@btinternet.com

Member of the Month

Stuart Colledge

July – Daniel Barrie

The date – Sunday 12th July 2009

The place – the Meres Athletics Stadium, Grantham

The occasion – the 3rd Lincolnshire T&F League match

The conversation -

DB – “What’s that long white stick?”

TB – “It’s a pole”

DB – “For a flag?”

TB – “No, it’s for an event called the pole vault.”

DB – “Oh! What’s that?”

TB – “Well – you see that long run-up over there, with the 2 stands at the end and, if you look up high enough, you can just see a bar on top between them. Well, you grab hold of one end of the pole and sprint up the runway as fast as you can holding the pole in the air. When you reach the end, you stick the furthest end of the pole into a little trough you can just about see; hold on to the other end for dear life as it goes up – then when it’s vertical you do a hand stand on the top and plop over the other side doing a twist at the same time, and, if you’re lucky, land on that mat you can see on the ground on other side.”

DB – “That sounds fun, can anyone have a go?”

An hour or so later, and 2.15m higher, DB (**Daniel Barrie** – if you hadn’t guessed) had had a go and gained another maximum points for the club. In addition to this, Daniel is one of the club’s athletes who has had a go at several of the “silly” events this summer, including the steeplechase, (senior!) high hurdles and 400 hurdles, gaining many points for the club in the Northern and Lincolnshire Leagues. In July, in addition to the pole vault PB, he set others in the 400m hurdles (68.5) and 110m hurdles (21.9), in the Northern League at Doncaster on 5th July. These performances earned Daniel the **Member of the Month** award for July.

There were 4 other worthy nominees for the award. **Rachael McCuaig** (again!) for some excellent performances on road and track – she became the first Newark athlete to win a

summer league road race (at Worksop on 8th July) even within Gareth’s memory, as well as winning the 1500m in 5.24.3 and 3000m in 11.05.9 at the Doncaster meeting – both of these are new club vets records.

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Two of our younger athletes did particularly well at the Notts Mini League, also on 5th July. **Ben Lynch** produced a PB and gained G4 in the U11 150m and equalled his PB, with another grade 4, in the 80m, while **Heather Barnes** recorded 2 of our 3 victories, with PBs in the discus and shot, as well as coming 2nd in the long jump, in the U15s.

Alexander Combie also gained a nomination for his continued fine form and improvement, when leading our men home in an excellent 46th place in the Worksop road race on 8th July.

August – Kate Else

The following nominations, which recognised the considerable administrative and behind-the-scenes work of 2 members, in addition to their successes as active athletes, were received for August:

Kate Else – for her hard work in staging the Newark Half Marathon and for winning her age category in the Summer Road Race at the completion of the series at Teversal on 12th August.

Tim Bagguley – who contributed 35 points at the Northern league meeting at Harvey Hadden on 2nd August, including the club's first points in the pole vault in the Northern league and had his best road race this season at Teversal, where he finished 5th scorer for the club. In addition, Tim agreed to take on the role as Editor of *Blue &*

Grey Quarters and has undertaken considerable behind the scenes work in the Half Marathon and cleaning up the clubhouse.

The Committee awarded the **Member of the Month** for August 2009 to **Kate Else**. Those that were present at the Newark Half will agree that, as usual, it was a resounding success, and congratulations go to all who helped with the organisation and running of the event on the day. No wonder it has continued to receive one of the highest ratings by participants on the road racing circuit. What was a real bonus was that the organisers had even arranged some lovely weather, which the spectators especially appreciated.

Photo flashback

Mini league cross country 2006



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North of England League 2009

The tables below show ranking of each event for men and women based on the total points scored, A and B, across all four matches in 2008 and 2009. The maximum is 64, except relays, 36, and in 2008 cage restrictions meant hammer had a maximum of 32.

Both the men's and women's team scored substantially more points in 2009 compared to the previous season. Part of this can be attributed to being in a lower, and hence less competitive, division, but the majority of the additional points came from covering many more events. Indeed the men scored points in every event at least once across the season. The men scored much better in the field, which can be attributed to both good performances in the jumps and throws, but also a lack of B runners on track, particularly middle/long distances races. At match 4, for example, there were no B runners in any event from 400m to 5000m. The women's scoring, in contrast, was more evenly distributed across both the track and field events.

The areas to work on for next season for the men are covering the B events on the track more comprehensively, particular the steeplechase, 1500m and 5000m, such as by bringing some of the road runners onto the track as the women successfully did. Overall for the men, there were

25 events where no points were score and it is certainly possible the bring this down to a minimum since at match 3 there was only no competitors in the B steeplechase and pole vault. Linton Taylor will be moving into the under 17s and this will add strength to the middle distance area.

With Amy Fendley back to full fitness next season, this should guarantee good points in the 100m hurdles where they failed to score all season. An additional hurdler for both the 100m and 400m would be an excellent asset as would some female triple jumpers and possibly some pole vaulters, the starting height is only 1.70m!

If the team can consolidate its position in division 3EC in 2010, there is a large group of athletes moving up, particularly on the women's side, in 2011 that could certainly give the team a good shot at climbing back up into division 2EC.

Primary schools cross country relays

The club will again be organising a series of Primary Schools XC Relays at the Grove this winter. These are organised with the Newark & Sherwood School Sports partnership, but are open to any Primary School. Teams consist of 6 runners – a boy and girl from each of years 4, 5 and 6 – who all run a grass lap of 800 metres. The races will be held this year on the afternoons of Tuesdays 13th October, 10th November, 19th January and 23rd February.

Men			Ladies		
2009			2009		
1	Triple Jump	55	1	Long Jump	51
2	110mH	48	2	Shot Putt	50
3	Hammer	47	3	200m	48
4	High Jump	45	4	3000m	48
5	Shot Putt	45	5	1500m	46
6	Discus	43	6	Javelin	44
7	Long Jump	42	7	Hammer	42
8	400mH	41	8	100m	41
9	5000m	37	9	800m	41
10	Javelin	37	10	Discus	37
11	1500m	36	11	High Jump	34
12	100m	32	12	400m	28
13	800m	32	13	4x100m	27
14	400m	27	14	4x400m	21
15	200m	23	15	400mH	18
16	3000m S/C	21	16	Triple Jump	7
17	4x100m	20	17	100mH	0
18	4x400m	20	18	Pole Vault	0
19	Pole Vault	7		TOTAL	583
	TOTAL	658			
2008			2008		
	Javelin	39		Long Jump	40
	Long Jump	38		Shot Putt	39
	Triple Jump	35		Javelin	35
	Discus	33		800m	35
	High Jump	32		100mH	34
	Shot Putt	29		3000m	30
	400m	26		1500m	28
	800m	22		Discus	27
	100m	21		100m	24
	200m	21		High Jump	13
	1500m	17		4x400m	12
	5000m	15		Triple Jump	9
	Hammer	15		400mH	9
	3000m S/C	12		400m	9
	4x100m	7		200m	7
	4x400m	6		Hammer	4
	110mH	0		Pole Vault	0
	400mH	0		4x100m	0
	Pole Vault	0		TOTAL	355
	TOTAL	368			

Newark Athletic Club

Winter Fixtures 2009-2010

October

Saturday 10 th	North Midlands cross country league, race 1 of 4	Markeaton Park, Derby
Sunday 11 th	Nottinghamshire sportshall league, match 1 of 5	Grove Leisure Centre, Newark
Saturday 17 th	Dave Lewis Memorial Challenge	Kelham
Saturday 31 st	ECCA cross country relay championships	Berry Hill Park, Mansfield

November

Sunday 1 st	Nottinghamshire sportshall league, match 2 of 5	Grove Leisure Centre, Newark
Saturday 14 th	North Midlands cross country league, race 2 of 4	West Glebe Park, Corby
Sunday 22 nd	East Midlands cross country league, race 1 of 5	Holme Pierrepont
Sunday 22 nd	Nottinghamshire mini league cross country, race 2 of 5	Grove, Newark
Sunday 29 th	East Midlands cross country league, race 2 of 5	Trent Meadows, Long Eaton

December

Saturday 5 th	North Midlands cross country league, race 3 of 4	Berry Hill Park, Mansfield
Sunday 13 th	Nottinghamshire mini league cross country, race 3 of 5	TBC
Sunday 20 th	Nottinghamshire sportshall league, match 3 of 5	Grove Leisure Centre, Newark
Saturday 26 th	Newark AC Boxing Day handicap	Sconce Hills Park, Newark

January

Saturday 16 th	North Midlands cross country league, race 4 of 4	Wollaton Park, Nottingham
Sunday 17 th	Nottinghamshire sportshall league, match 4 of 5	Grove Leisure Centre, Newark
Sunday 24 th	East Midlands cross country league, race 3 of 5	Bramcote Woods
Sunday 24 th	Nottinghamshire mini league cross country, race 4 of 5	Rushcliffe Country Park
Saturday 30 th	Midland cross country championships	
Sunday 31 st	Sportshall Regional Final	Meres Leisure Centre, Grantham

February

Saturday 6 th	BUCS cross country championships	TBC
Sunday 14 th	East Midlands cross country league, race 4 of 5	Colwick Woods
<i>TBC Sun 21st</i>	<i>Nottinghamshire mini league cross country, race 5 of 5</i>	<i>Berry Hill Park, Mansfield</i>
Saturday 27 th	ECCA National cross country championships	Roundhay Park, Leeds
Sunday 28 th	East Midlands cross country league, race 5 of 5	Darley Park, Derby

March

Saturday 13 th	CAU cross country championships (inter-counties)	Wollaton Park, Nottingham
Sunday 14 th	Nottinghamshire sportshall league, match 5 of 5	Grove Leisure Centre, Newark
Saturday 20 th	English schools cross country championships	Manchester

Any changes, along with results, will be available on the fixtures page at
www.newarkathletics.co.uk