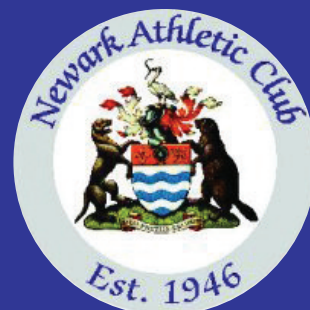


Newark Athletic Club Newsletter



June 2016

New Chair required

Most of you will recall our chairman Paul Lynch writing to you in April to confirm that, following the AGM in April, he would be stepping down.

Paul is married to Lyndsey and they have two sons Nick and Ben. They have been members for many years with Nick joining initially back in 2003 and have been very active members and supporters of the club. In addition to training and competing, they have taken on most roles at one time or another including, coach, team management, membership secretarty and much more! We would like to thank Paul for all the time and energy he has put into the club. We are delighted that the whole family remain members and plan to continue to compete and represent the club.

Paul Jessop has very kindly stepped in as acting chair for a period of 6 months. We therefore need to appoint someone who can lead the club's development, make the most of our temporary situation and prepare us for making the most of our new facilities.

We are very lucky to have many dedicated coaches, team managers, officials and officers who do so much for the club already.

If you are at all interested, want to discuss what's involved, or know someone else who might willing then please get in touch.

Newark Half Marathon & Fun Run

Sunday 14th August 2016 - Sconce Park Newark
STILL TIME TO REGISTER!

Online entry via the website www.newarkhalfmarathon.co.uk

Becky would also like to hear from any willing volunteers to carry out registration duties, marshalling, setting up/taking down the start and finish, water station duties during the event and/or for some tasks leading up to the event - prior experience is not needed.

If you can help on 14th August 2016, let Becky Gallop
email: rebecca_louise_taylor@hotmail.com or call 07791214043

Birthday Party!

This year Newark AC will be celebrating its 70th year! We will be hosting a party at Sconce Park **Sunday 21st August**.
Save the date. All welcome!

Committee

Vacancy - Chairman

Paul Jessop - Vice Chair

Hazel Pond - Membership
Secretary

Kate Else - Secretary

Ian Ripley - Treasurer

Vacant - Emma Jessop

Vacant - Publicity
Officer

Other Committee members:

Karl Brown, Paul Reed,
Jo Archer-Dytch, Elaine
Mills, Richard Peach

Club President:

Gareth Bagguley

County Championships Track & Field

Lincolnshire

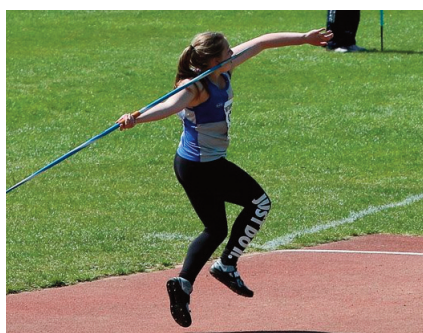
Lincolnshire's event was **Sunday 15th May** at South Ketstevens Sports Stadium, Grantham. Well done Tilly Owens, Lincs Hammer County Champ with a PB 18.82 and Lauren Owens, Pole Vault County Champ 2.2m. Tilly also 3rd in the 1500m and 2nd in the high jump and Lauren 4th in the shot 5.87m. Congratulations to Amber Owens Lincs County champ and new PB 10:46.5 in the 3000m!

Nottinghamshire

Nottinghamshire's event is run across two days with Derbyshire with the venue alternating between stadiums in Nottinghamshire and Derbyshire. This year was the turn of Notts to host at Harvey Hadden on **Saturday 14th and Sunday 15th May**.

A great 800m run by Ben with a new PB of 2.11.60 to win bronze as a first year u15. Anna Smith county champ in the u15 girls 1500m and 800m - an impressive result considering the 1500m win came after running and winning both heat and final of 800m on the Saturday where she ran ES qualifying time of 2.15.86 - a new club record for all ages!

Huge congratulations to u15g Annabel Peach who won three county champs titles; 36.02m javelin throw (PB and ES qualifier), 9.80m shot and 23.59m discuss, also PB's.



Well done to u17 Laura Burles, bronze medal for 1500m with a massive PB of 5:00.48. County champ u17g 300m hurdles Katie Mackintosh also took home a silver medal in the high jump.



New county vet record for Craig Rodwell in Discus 32.12m and county champ! He managed to juggle senior shot and vets discus which were running at the same time and brought home three silver medals; sen men shot 9.76, sen men discus 32.10 and vet shot 10.05m.

Other results on the day were u15 girls - Maisie Archer Dytch 6th 100m 14.07 secs and 6th in the shot 6.36m. U17 women Lauren Mills, 4th in 800m 2min 36.66 secs and 4th high jump 1.30m.

A special mention for Evie Archer-Dytch who was the only Newark AC u11 athlete to enter the Quadkids event running on the Saturday. This is a fabulous event consisting of four elements - a 75m sprint, 600m run, long jump and howler throw. It's a perfect stepping stone for new younger members encompassing all the key aspects of athletics; endurance, speed agility and strength.

Annabel has recently made the decision to move clubs and we would like to take this opportunity to wish her all the best!

Keep in touch

www.newarkathletics.co.uk

Join us on [**facebook**](#)

Useful websites

www.lincsathletics.org.uk

www.northmidsexleague.co.uk

www.noaaa-athletics.org.uk

www.notts-minileague.co.uk

www.ukydl.org.uk

www.nottsaaa.org

www.therunningbug.co.uk

Track and Field Rankings

www.thepowerof10.info

Notts AAA summer League

The second round of the league saw the Newark AC endurance group travelling to Holme Pierrepont. Becky Gallop followed up her win at the first round with a solid 5th place after her recent exploits around the streets of London. On the men's side the baby of the team 17 year old Thomas Hubbard finished in a magnificent 21st place and was supported by Doug Kelley 39th, Tim Bagguley 118th, Gareth Owens 160th, John Combie 274th, Graeme Kelley 284th.

Becky asks that members email any senior road race results to enable her to put them in the advertiser - rebecca_louise_taylor@hotmail.com



London Marathon and Mini Marathon



Absolutely fabulous running from the five Newark AC runners who competed in the London marathon Sunday 24th April.

Becky Gallop first runner home in 3:02.39 - a new club record! Followed home by Andrew Welshman 3:07.59, Lee Braithwaite 3:18.28, Carl Braithwaite 3:28.28 and Howard Leek 3:40.31.

And superb running in the Virgin Mini London Marathon from Ben and Anna Smith, potentially future marathon runners?

This is a three-mile road championship for 11-17 year olds who run from Old Billingsgate to The Mall - competitors must first qualify at a regional event to compete.

Mo Farah is a previous winner at this event. Ben was 18th overall and Anna 10th. Fabulous!



Team Managers

Sports Hall -
Wendy Campbell

Mini League Cross
Country - Jo Archer Dythch

Notts Mini League Track
and Field - Jeremy Smith

Lincs League - Gareth and
Sally Owens

Northern Mids Cross
Country - Vacant

Primary School Cross
Country Relays - Kelly
Haywood/Stuart College

County, Midlands and
National Cross Country -
(Juniors) vacant,
(U17/U20/senior) - Richard
Peach

YDL - Jeremy Smith

Northern League- Richard
Peach



YDL and Mini League

It's been brilliant to see more members competing in the mini league including Iheanyi Ameachi, Toby Cramp and Joseph Monk in the u11s, Lewis Gillooley-Rogers and Megan Scrabro in the u13s and Luke Lewis, Emily Monk and Chijaku Ameachi in the u15s. You were all a credit to yourselves and the club.

We have had some superb performances by our relay teams: Toby, Joseph, Evie and Niamh, take a bow for a battling performance in the u11 boys relay; Ava, Megan, Katie and Ellie put in a very rapid performance in the u13 girls relay; Tilly, Lauren, Maisie and Anna are becoming a very settled relay team in the u15 girls; and finally, Louis, Ben, Luke and Will u15 boys relay.

At least 6 more athletes have confirmed that are coming to the next mini league so our numbers are going to continue to grow. It would be great to see the same u13 and u15 relay teams perform in the YDL events if possible (19th June in Grantham - don't forget please parents).

Special thanks to Sally Owens and Jo Archer-Dytch for officiating almost non-stop.



Futures dates are detailed at the end of the newsletter.

Visit www.notts-minileague.co.uk and www.ukydl.org.uk for full results.

Please contact, Jeremy Smith, Team Manager (mobile 07899 928497, email jsmith@slrconsulting.com with your choice of event or any queries).



Schools track & field Championships

Great to see so many Newark AC athletes at the Lincolnshire Schools finals at Boston on **Wednesday June 8th**. Some great performances with many through to Anglian Schools including Eden Sandy having come 1st in 100m & 200m. Freya Henshaw, Catherine Booth, Ellie Monaghan, MaxCawthra 3000m 1st, Jacob Carrington winning discus, Tom Evans 400m winner, Katie Mackintosh 80 & 300m hurdles winner. George Bacon, Maisie Archer Dytch through to Anglian 200m. Laura Bates 1st in 1500m and Amber Owens 1st 1500sc and triple jump. Tilly Owens, Lauren Owens 1st Pole Vault

A small band of Newark athletic members attended the Nottinghamshire schools' track & field championships at Harvey Hadden Stadium **Saturday 11th June**. It was a misty start with first club runner of the day, Ben Smith kicking off the medals with a gold in the junior 1500m in a time of 2.12.4. Lauren Mills and Eleanor Miller both gave solid performances in the inter girls 800m race and in the 3000m, Laura Burles came home with bronze having run a very strong race leading for the first 4 laps. After the threat of rain, the sun came out and Lauren Mills jumped a pb in the inter girls high jump to share gold.

The day ended on a high with gold for Anna Smith, running another English School qualifying time of about 4.38 in the junior girls 1500m.

Good luck to those continuing on to compete in the Mason Trophy in Birmingham!

President Notts AAA



Congratulations to our club President Gareth Bagguley, who has been elected Notts AAA President.

Timekeepers and Officials

None of the events we compete in would be possible without the army of unsung heroes. If you are interested in timekeeping or helping out at events please speak to Gareth, Kate or Stuart. Support and training will be provided.



Radio Newark - Stars of the future!

Two great nights on air for our amazing athletes. Radio Newark are great supporters of the club and on Wednesday April 27th, six young people took to the airways to share their experiences and what they enjoy about the club - they were, Laura Bates, Maisie Archer Dytch, Katie Davies, Pete McKee, Ava Marshall, Amelia Chrispin and Evie Archer Dytch. They even let our club President Gareth Baggley and committee member and coach Jo Archer Dytch say a few words!



This interview was followed up with a second on Wednesday 18th May by four athletes who shared not only their athletic achievements but their appreciation of the amazing support, encouragement and commitment that they receive from the club's wonderful coach Stuart College.



We are extremely proud to have such lovely ambassadors at the club.



Rita - Queen of Speed



We are very sad to report that former coach Rita Gordon has passed away. Rita joined Newark Athletic Club in 1999 when she moved to the area. Up until the age of 64 she competed at the highest level, winning gold medals at the National Veterans Championships in the 100 & 200m plus competing at the European Championships in Budapest when she was 63.

Her experience and enthusiasm translated into inspiring her athletes to maximize their potential. Her meticulous eye for good technique had over the years, transformed many of our budding sprinters of all ages, to County & Regional standard.

For three consecutive years she secured Michael Beaumont & John Kelley's places at the English Schools Championships with John knocking off a second in his 100m & 1.3 seconds in his 200m - (JK finished 5th in 21.88 - as a 1st year junior) within a year! She also transformed rookie Michael Smith into English School's material within a season!

Whilst her success was highlighted through her high profile results, her real forte was her undoubted dedication to athletes regardless of their age & ability and her on-going commitment to personal development.

In recognition for her services to athletics in Nottinghamshire, she joined an elite group of sporting heroes, when in January 2008 she was awarded Roll of Honour at the Nottinghamshire Sports Awards evening, a proud moment indeed for her and our club.

In the same year, at the age of 76, we reluctantly allowed Rita to retire! She was hugely missed, not only due to her vast experience and knowledge, but for her incredible rapport with the young athletes who she had given exceptional encouragement and inspiration to.

Pete Beaumont

Please visit the club's facebook page for further tributes to Rita



Kit

Club vests are available to buy in the club hut on training nights. Juniors 312.50, adults £16.00.



Dates for your diary

Notts AAA Summer League

The Notts Summer League is run over a mixture of road and off-road courses varying between 5 miles and 10K. All races take place on Wednesday evenings at 7.15pm and are open to any club member aged over 16 years. To run, just turn up on the evening, with a club vest. There are two team age groups for male and female - Senior and Vets. There are also individual competitions, however you do have to compete in all 5 fixtures to be eligible for prizes. (Please speak to Gareth Bagguley for more info).

Remaining dates:

Wednesday 22nd June	Wollaton Park
Wednesday 13th July	Worksop College
Wednesday 3rd August	Teversal (Sutton)

Notts Mini-League Track & Field U11-U17

Sunday 3rd July - Harvey Hadden, Nottingham

Saturday 10th September - Inter-counties - Pingles Stadium

Marathons and other races

Sunday 14th August - Newark Half Marathon & Fun Run
www.newarkhalfmarathon.co.uk

Friday 17th June - Notts 10 Mile Road Race & 1 Mile Fun Run.

Thursday 30th June - Holme Pierrepont Grand Prix 10k

Friday 24th July - Abbey Dash 5k - Newstead Abbey 7.30pm
incorporating Notts AAA 5k County Championship

Sunday 25th Sep - Robin Hood Marathon and Fun Run

Sunday 30th October - Worksop 1/2 Marathon

Youth Development League U17 - U20

(A composite team from NAC, Worksop and Retford.

Speak to Richard Peach for info)

Sunday 26th June - Sutton

Sunday 24th July - Kidderminster

Youth Development League U13 - U15

Please speak to Jeremy Smith

Sunday 19th June - Grantham

Saturday 16th July - Nottingham

North of England League (U17 upwards)

Sunday 3rd July - Cleethorpes

Saturday 6th August - Spenborough

Lincs T&F League (all age groups)

Sunday 10th July - Grantham

Sunday 4th Sept - Boston



Dates for your diary cont.....

Schools Track & Field

Saturday 11th Jun - Lincs County Schools Championships

Saturday 18th Jun - Anglian Schools Track and Field Champs - venue tba

Saturday 11th Jun - Notts County Schools Championships - Harvey Haddden

Friday 8th & 9th July - English Schools Track and Field Champs - Gateshead (Day 1&2)

Midland T&F Championships

U20/SNR

Sunday 12th June - Nuneaton

U13/15/17

Saturday - Saturday/Sunday 13th & 14th August - Nuneaton

Dave Lewis Challenge

Saturday 22 October - two races over 10.5 miles and 27 miles for charity

If you have any information that you would like to share with members or there is anything you would like to see included in the next edition, please send your suggestions, request, photographs and articles to: elainemills08@yahoo.com

