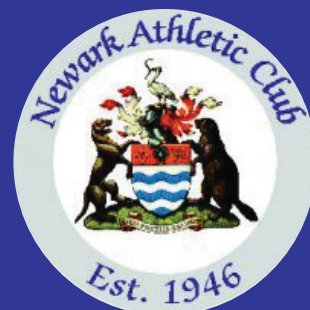


Newark Athletic Club Newsletter



March 2015

As the nights start to draw out, our first winter in our temporary facilities is coming to an end. After one or two false starts with the temporary lights, work will be completed soon to place more permanent lighting, which should ensure no such problems in the future. Well done and thanks to everyone on making the most of the situation and remember, hard work is continuing to ensure that we have full, permanent new track and field facilities in the not too distant future.

Progress continues to be made and I'll be providing a full update for everyone at the upcoming AGM so please come along to hear how its going and to help plan our future. In the meantime I can briefly summarise the position for you by saying that the multi sports facility off Elm Avenue which we are proposing as part of Newark Sports Association is now the subject of a full feasibility study as the next stage in the process.

Paul Lynch
Chairman Newark AC

Club subscriptions

Once again, the club committee has decided to leave member subscriptions at their current level for next year, 2015-16. This is of course good news for members. The rates are very likely to rise from 2016-17 as the costs of running the club are likely to rise substantially once we are building and running new facilities.

Newark Half Marathon

On 14th January representatives from all 4 running clubs in Newark (Newark AC, Fernwood Running Club, Notfast & Striders) along with Clare Spratt from Beaumont House (fund raising manager) got together to discuss the possibility of resurrecting the Newark Half Marathon.

It was a very successful first meeting and a provisional date of **Sunday 14th August 2016** has been agreed upon. There will be a new route which will possibly include a new start and finish.

There is just a small organising team at the moment but if anyone is interested in moving the event forward and helping in anyway please let Kate Else know at kate.else@btinternet.com.

Club AGM

This year's AGM will be **Wednesday 15th April**, 7.30pm, the venue to be decided. All welcome!

Committee

Paul Lynch - Chair

Julie Cooper - Membership
Secretary

Paul Jessop - Vice Chair

Kate Else - Secretary

Ian Ripley - Treasurer &
Welfare Officer

Meme Ludlam & Kelly
Haywood - Fundraising/
Social Secretaries

Vacant - Publicity
Officer

Other Committee members:

Gareth Bagguley, Paul
Reed, Hazel Pond, Jo
Archer-Dytch, Elaine Mills

Sportshall

Congratulations to the following athletes who were selected to represent Nottinghamshire at the Regional Sportshall final on Sunday 15 February supported by Antoinette Peach, Team Manager.



U11 - Ellie Monaghan, Alex Johnson, Lockie Campbell and William Foxwell

U13 - James Norris, Maisie Archer Dytch, Anna Smith and Annabel Peach. Ben Smith selected but injured and unable to compete on the day



U15 - Katie Mackintosh and Amber Owens.

The U11g finished runners up on 468 points, u11b finished 3rd with 461 points, u13 girls - runners up 632 points, u13b runners up 608 points, u15 girls - champions 694 points and u15 boys - champions 685 points.



Well done to the u13 team Notts, JUST missing out on a place in the National Final to Derbyshire by 1 point. Congratulations to u15 girls along with the u15 winning boys team from Notts who will be going to the National Sportshall final on **Sunday 26th April at Manchester.**

Keep in touch

www.newarkathletics.co.uk

Join us on **facebook**

Useful websites

www.lincsathletics.org.uk

www.northmidsexcleague.co.uk

www.noaaa-athletics.org.uk

www.notts-minileague.co.uk

www.nottsaaa.org

www.therunningbug.co.uk

Track and Field Rankings

www.thepowerof10.info

Mini League Champions

Forty six junior club members were amongst 163 athletes from around the county who turned out on a bitterly cold Sunday for the last of the Notts mini league cross country races which was hosted by the club at the Grove.

Newark AC began the day in second place, nearly 60 points from the lead.

Despite all the fantastic performances on the day, it wasn't quite enough for the club to retain the title.



The U11 girls were the season's winning team after they put in a fantastic performance with Emily Crookes placed 2nd in her first race for the club and Amelia Chrispin and Katie Davies placed 4th and 8th respectively, both regulars in the top 8 this season.



Not to be out done, the U11 boys ran a strong race with Angus McCallion coming home 4th, Alex Johnson 9th and Duncan Monaghan 16th.

The U13 girls ran a fabulous race with the first three athletes each giving their performances of the season with Anna Smith 2nd, Abi Green 6th and Imogen Harcombe 7th seeing U13 girls team winners for the season. There was equally fantastic racing from the U13 boys team. Ben Smith was the first Newark U13 athlete home in 2nd place having been placed 1st or 2nd in each of the other four races of the league. Josh McCool and Harvey Hancock were placed 13th and 14th.



Amber Owens led the U15 girls race from the start taking a well deserved 1st place that has eluded her all season. Laura Bates 3rd and Lauren Miller 5th ensured the U15 girls also won their season overall. Max Cawthra, who has run consistently well all season, came home a strong 2nd supported by Aaron Goulding 3rd and Jack Satterley 13th.

There were also individual medals for U11 girls Katie Davies - Silver, U11 boys Alex Johnson - Silver, U13 boys Ben Smith - Gold, U15 girls Amber Owens - Silver and Laura Bates - Bronze, U15 boys Max Cawthra - Gold

Other athlete's results

U11 girls - Abbie Rimmington 9, Harriet Barker 10, Ellie Monaghan 16, Catherine Booth 17, Faye Hope Hawkins 22, Betsy Britten 26, Alice Gibbs 30, Emily-Grace Fenton 31
 U11 boys - Lucas Bowes 19, Lockie Cambell 24, Oliver Gray 27, William Foxwell 28, Linus Monaghan 29
 U13 girls - Tilly Owens 8, Maisie Aubrey 10, Jess Rimmington 15, Maisie Archer Dyтч 17, Nancy Britten 18, Lauren Owens 19, Jessica Satterley 25, Emily Gray 27
 U13 boys - Harris Cambell 17
 U15 girls - Eleanor Miller 7, Lauren Mills 10, Katie Mackintosh 11, Chantelle Haywood 15
 U15 boys - Jake Ludlam 15, Joe Bowes 16

Thank you to all our behind the scenes helpers: the cake bakers, the fab refreshments team, the helpers setting out and putting away the course, the starter, photographer, timekeepers, referee, the volunteers computing/compiling the results, results envelope helper, first aid and everyone else. And of course the parents and carers who ferry all the young people about.



Newark Athletics Club Newsletter: March 2015

Team Managers

Sports Hall -
 Kelly Haywood and
 Alex Ludlam

Mini League Cross
 Country - Jo Archer-Dyтч

Notts Mini League Track
 and Field - Jeremy Smith

YDL - U13/U15 Antoinette
 Peach

YDL - U17-U20 Richard
 Peach

Lincs League - Vacant

Northern Mids Cross
 Country - Vacant

Primary School Cross
 Country Relays - Kelly
 Haywood

County, Midlands and
 National Cross Country -
 Simon Goulding (Juniors),
 Richard Peach (U20/ Sen-
 ior) - Vacant



Cross Country County Championships

The Notts champs took place on Saturday 3rd of January at Wollaton Park Nottingham on a cold, wet day with muddy and slippery underfoot conditions. In total contrast, the Lincs champs held on the Sunday at Riseholme took place on a sunny but cold day with frozen plough and grassland to negotiate.

The Notts champs yielded 3 individual and 4 team medals and the Lincs 2 individual medals. In total, 16 members of the club have been selected to run in the inter-counties championships to be held on **7th March in Birmingham.**

Notts

U11 girls teams 1st and 4th place (only 3 points off 3rd)

3rd Amelia Crispin, 5th Kate Davies, 6th Katy Edinborough,
9th Harriet Barker, 15th Alice Gibbs, 22nd Faye Hope Hawkins

U13 girls teams (2nd and 4th)

4th Anna Smith, 8th Imogen Harcombe., 10th Chloe Goulding,
11th Nancy Britten, 13th Jessica Rimmington, 14th Freya White,
15th Maisie Archer-Dytch



U15 girls team (2nd place)

3rd Laura Bates, 12th Lauren Mills, 15th Eleanor Miller



U17/20 Women team (2nd place)

6th Charlotte Peach (4th u20)
8th Jas Howlett (4th u17)
9th Ellie White (5th u17)
11th Nicole Goulding (7th u17)

Snr Women

5th Rebecca Taylor

U11 boys team (6th place)

8th Alex Johnson, 26th Duncan Monaghan
42nd Linus Monaghan

U13 boys

2nd Ben Smith



U15 boys
4th Aaron Goulding, 17th Jake Ludlam

Snr men/vets
42nd Tim Bagguley, 60th Lee
Braithwaite, 66th Howard Leek
105th Rob Orgill

Lincs
U13 girls
8th Tilly Owens, 15th Lauren
Owens



U15 girls
3rd Amber Owens



U17 women
2nd Olivia Mathias



Snr women
6th Chloe Hubbard

U15 boys
5th Max Cawthra

U20 men
6th Thomas Hubbard

Sen men
8th Linton Taylor

Athletes who qualified for Inter Counties include: Anna Smith, Imogen Harcombe, Laura Bates, Charlotte Peach, Jas Howlett, Rebecca Taylor, Ben Smith, Aaron Goulding, Tilly Owens, Amber Owens, Olivia Mathias, Chloe Hubbard, Max Cawthra, Thomas Hubbard, Linton Taylor to be held **March 8th at Cofton Park, Birmingham.**

Midlands

The club turned out a good number of competitors for the Midland XC Championships at Wollaton park on Saturday 24th January.

Some outstanding performances were had with the highlight being a superb Silver medal for Olivia Mathias in the combined U17/U20 womens race. She was followed home by Cloe Hubbard (5th U20) and Charlotte Peach (13th U20) who completed the majority of the race with one shoe.



In the U13 boys race Ben Smith finished a very strong 11th and his sister Anna almost equalled him by finishing 14th in the U13 girls. Amber Owens was 18th in the U15 girls race and Linton Taylor was 14th in the U20 mens.

Other performances – **U13 girls** – Abigail Green (42), Imogen Harcombe (62), Chloe Goulding (66), Freya White (71), Tilley Owens (82), Maisie Archer-Dytch (83), Maisie Aubrey (85), Nancy Britton (94), Lauren Owens (102) – **U15 Girls** – Laura Bates (31), Lauren Miller (58), Lauren Mills (77), Eleanor Miller (97) – **U15 Boys** – Max Cawthra (31), Aaron Goulding (36), Jake Ludlam (71) U17 Ladies – Ellie White (24) – **U17 Men** – Tom Hubbard (42) – Senior Women – Becky Taylor (50), Holly Windsor-Beck (110), Ann Kitchen (206) – **Senior Men** – Lee Braithwaite (255), Carl Braithwaite (290), Gareth Owens (320), John Compton (408), Rob Orgill (424), Grahame Kelley (442).

There were some fine performances in the team results with Newark finishing 8th u13g team, 7th u15g team and 37th mens team.

The National

A massive well done to the small band of hardy cross country enthusiasts and their supporters who made the long trip to London for the National cross country champs at Parliament Hill.

The weather was pleasant but the underfoot conditions were testing for the youngsters in the early races of the day and by the time the senior men ran in the 10th race of the day the conditions had taken on a Somme like appearance with thick clawing mud all around the 2 x 6k laps making up the 12k course.



Highlight of the day was Cloe Hubbard finishing 38th in the u20 womens race. Aaron Goulding finished a fine 82nd in the u15 boys and his sister Nicole 89th in the u17womens race. Tim Bagguley flogged his way round the mens course to finish 845th out of 2005 finishers which surpassed the previous record number of finishers of 1948 when the championships were held in Newark in 1996. The U13g were the only ones to finish a team for Newark with a commendable 43rd place.

Senior men - Tim Bagguley, senior women - Holly Ward, junior women - Chloe Hubbard, U17m - Thomas Hubbard, U17w - Nicole Goulding, U15b - Aaron Goulding and Max Cawthra, U15g - Amber Owens and Eleanor Miller, U13g - Chloe Goulding, Abigail Green, Maisie Archer-Dytch, Tilly Owens and Lauren Owens. Full results are available on the web site www.englishcrosscountry.co.uk

North Midlands League

A few hardy cross country enthusiasts turned out in the last round of the North Midlands League at Wollaton Park on Saturday 10th January for some the second week in row they had been there.

Highlight of the day was another fine 3rd place for Amber Owens in the u15 girls race which secured her 3rd place overall for the season. Ben Smith managed a fine 4th place in u13 boys. It was nice to have a ladies team compete and finish 11th team on the day and 1st over sixty on the season was a fine reward for one of Newark's stalwart cross country runners.

Overall positions are based on athletes completing all 4 races

U11 mixed race
17th Amelia Chrispin

U13 girls 4th team for season
Tilly Owens 17th (11th over season)
Lauren Owens (12th over season)

U15 girls
3rd Amber Owens (3rd over season)

Snr/Vets ladies
16th Becky Taylor
48th Holly Windsor-Beck
79th Ann Kitchen

U13 boys
4th Ben Smith

U17 men
14th Thomas Hubbard (7th over season)

Snr/vet men 12th team over season
76th Tim Bagguley (35th overall and 15th senior over season)
182nd Gareth Owens (49th overall and 10th over 40 over season)
198th Rob Orgill (54th overall and 11th over 45 over season)
217th John Compton (56th overall and 1st over 60 over season)



School Cross Country

Well done to all our junior athletes who represented their schools be they Nottinghamshire or Lincolnshire and congratulations to Amber Owens, Lauren Owens, Tilly Owens, Max Cawthra, Laura Bates, Eleanor Miller, Anna Smith, Ben Smith Charlotte Peach and Olivia Mathias who qualified for the English Schools Cross Country Championships in Blackburn **Saturday 14th March**.

And well done to the younger athletes who competed in their events but whose school years' don't go on to the next round. Results from the Nottinghamshire qualifier saw Amelia Chrispin 2nd, Harriet Barker 5th, Abby Rimmington 8th, Alice Fender 31st in the girls year 5/6 race, Abi Green 8th, Anna Bolsher 20th in the girls year 7 race, Ben Smith 1st in the year 7 boys, Anna Smith 2nd, Eleanor Miller 6th, Lauren Mills 14th, Chantelle Haywood 23rd in the girls year 8/9 race, Jo Fender 25th, Jake Ludlam 36th, James Norris 48th year 8/9 race, Lauren Miller 6th in the girls year 10/11 race and Aaron Goulding 9th in the boys year 10/11.

Apologies to the Lincolnshire runners - I hunted high and low for your results to no avail!



Kit

Don't forget, you can now order club hoodies, t-shirts, polos, bags, track suits and coats via the online shop. Find the link on Newark AC website.

(Meme has a small quantity of the vests in a variety of sizes for £20.)

Discount for NAC Members

The Lincolnshire Runner offers **10%** off all full price clothing and footwear for all Newark AC members. They can be found at 115c High Street, Lincoln LN5 7PR



Bronze medal for Ben Lynch in first Youth Bobsleigh competition of the season

Lillehammer, Norway, Sunday 21 December 2014

Congratulations to long time member of Newark AC, Ben Lynch, 15, who won a bronze medal in the first Monobob (single man) race of the season on **Sunday 21st December** in Lillehammer in Norway, which is also where the Youth Olympics will be hosted in February 2016.

After deciding he'd like to give this unusual sport a try, Ben attended a series of tests and assessments which measured strength, speed and agility. He was then asked to train at British Bobsleigh's base at the University of Bath during the summer and he, along with the four-strong GB squad were presented with their race suits at an event at the British Olympic Association on December 6th.

The squad spent a week training in Lillehammer prior to the first competition. The winner came from Romania while the silver medal was taken by fellow GB athlete, Adam Hames from Loughborough. Ben's time for his two runs was 1.58.63 and he reached speeds over 107kmh (66mph). He commented "setting off was always a nervous time but once you get going you have to concentrate so hard you don't have time to be scared. It was a fantastic experience."

This fabulous performance was followed up with competitions in Königssee, Germany and St Moritz, Switzerland in February and great news that Ben finished the Youth Mono Bob Sleigh series ranked joint 3rd in the world. I'm sure you will all want to congratulate him.



Dates for your diary

English Schools Cross Country Champs

(for qualifying athletes only)

Saturday 14th March - Blackburn

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).

Wednesday 22nd April	Hexgreave Hall
Wednesday 6th May	Holme Pierrepont
Wednesday 17th June	TBA
Wednesday 15th July	Worksop
Wednesday 12th August	Tiversal (Sutton)

Notts Mini-League Track & Field U11-U15

Saturday 12th April - Bingham Leisure Centre

Saturday 17th May - Ashfield School

Sunday 7th June - Bingham Leisure Centre

Sunday 12th July - Ashfield School

Marathons and other races

Friday 12th June - Notts 10 Mile Road Race & 1 Mile Fun Run.

Thursday 2nd July - Holme Pierrepont Grand Prix 10k

Friday 24th July - Abbey Dash 5k - Newstead Abbey

Sunday 27th Sep - Robin Hood Marathon and Fun Run

Sunday 25th October - Worksop 1/2 Marathon incorporating Notts AAA Champs

County Track & Field Championships

Saturday 23rd May - Joint Notts/Derby - Moorway Stadium Derby

Sunday 24th May - Joint Notts / Derby- Moorway Stadium Derby

Saturday 10th May - Lincolnshire - Grantham

Notts AC Spring Spruce

Sunday 11th April - Moorways, Derby

Charnwood Open Graded Meetings

Visit <http://charnwoodac.co.uk/>

Saturday 4th April, Thursday 14th May, Wed 17th June,

Wed 15th July, Wed 19th August

Sunday 6th September - Stars of the Future



Dates for your diary cont.....

Youth Development League U17 - U20

Saturday 18th April - Moorwayss, Derby

Sunday 16th May - Amber Valley, Moorways Derby

Sunday 28th June - Derby

Sunday 26th July - Stoke

Youth Development League U13 - U15

Saturday 2nd May - Worcester

Saturday 30th May - Grantham

Sunday 21st June - Nuneaton

Saturday 18th July - Nuneaton

North of England League (U17 upwards)

Sunday 3rd May - Cudworth

Saturday 6th June - tba

Sunday 12th July - Newark (Grantham)

Saturday 8th August - tba

North of England T&F Champs (U17/15)

Saturday/Sun 15th & 16th Aug - Middlesbrough

Gordon Whelbourn Week

Monday - Friday 1st - 5th June - The event consists of 5 races, run on the Monday to Friday of the week. Runners can run as few or as many as they like but those running all 5 races will get a souvenir and be eligible for the Gordon Whelbourn Running Week prizes. The 10k road race, run on the Friday can also be run as an open event, and has separate prizes.

Schools Track & Field

Saturday 6th Jun - Lincs County Schools Championships - Boston

Saturday 13th Jun - Anglian Schools Track and Field Champs - venue tba

Saturday 13th Jun - Notts County Schools Championships - Ashfield School

Friday 10th July - English Schools Track and Field Champs - Gateshead (Day 1)

Saturday 11th July - English Schools Track and Field Champs - Gateshead (Day 2)

Sunday 5th August - England Athletics U17/U15 T&F Champs

Midland T&F Championships

U20/SNR

Sunday 13th June - Birmingham Alexander Stadium

U13/15/17

Saturday - Saturday/Sunday 16th & 17th August - Birmingham Alexander Stadium

Sportshall Final

U13

Saturday - 25th April - Sports City Manchester

U15

Sunday - 26th April - Sports City Manchester

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

