

Newark Athletic Club Newsletter



December 2015

Club news

Strenuous efforts to secure our club a future at a new track and field facility that is not only suitable for our current needs, but would enable us to develop and expand, have continued in recent months. I realise that it must sometimes feel to everyone that not much is happening but in fact a very great deal has been going on – it is just that as negotiations and relationships are inevitably delicate at this stage of a big project, all the partners agreed to keep matters confidential until we had reached a settled point. This has taken longer than anticipated but I am hopeful that we are nearly there on agreeing what (and how) is going to happen and then all can be revealed!

Those of you who are members of Newark Sports Association (NSA) were able to hear the general progress at the recent AGM and I do hope we can publish some information soon. The next few weeks will be crucial.

In the meantime, given the stage we have reached with the multi sports hub project, it would not now be any quicker to start planning alternative permanent facilities. What we can and will do though is see what we can do to both improve and make the most of the training facilities we have in the short term.

Away from all that the club is doing well and I'm sure you'll enjoy reading the highlights in this newsletter.

Happy Christmas and an athletic New Year!

Paul Lynch, Chairman



Parent help and support needed

We are always looking for more help and support at the club... setting up equipment and closing down, first aid rota, **ordering and distributing kit**, making tea and coffee, coaching and helping out at events. In particular, we need more volunteers to attend **officiating** training courses who will then be able to officiate during next year's track and field season. Course fees are covered by the club as long as people are able to commit to a certain amount of matches - remember the more officials we have the less duties you need to cover! For more information about what this involves and when and where courses are run please speak to Kate or Gareth.



Committee

Paul Lynch - Chairman

Julie Cooper - Membership
Secretary

Paul Jessop - Vice Chair

Kate Else - Secretary

Ian Ripley - Treasurer

Vacant - Welfare Officer

Vacant - Publicity
Officer

Other Committee members:
Hazel Pond, Karl Brown,
Jo Archer-Dytch, Paul
Reed, Elaine Mills, Richard
Peach, Wendy Campbell

Club President:

Gareth Bagguley

Task group:

Jeremy Smith, Wendy
Campbell, Hazel Pond,
Jo Archer-Dytch, Elaine
Mills, Alex Ludlam, Richard
Peach.

Newark half marathon promotional t-shirt

The organising team have produced a high quality T-shirt that can be worn over the next 9 months while you are out running and at events such as 'Parkrun'. The T-shirt is unisex and fits well to size; small, medium, large and extra-large. They cost £15 and also promote Beaumont House, the event's supporting charity.



If you would like to help support and promote this event with the bonus of gaining a good training top, please let Kate Else have any orders on a Tuesday Training night or alternatively drop them off at 15 Walters Close, Farndon NG24 3UE enclosing the money, the size, your name and NAC club on it as soon as possible.

Weekend and Monday training sessions

In addition to the club training nights on Tuesdays and Thursdays, training sessions are held over the weekend and on Monday evenings too.

On Saturday and Sunday mornings, running sessions are held at various venues in Newark, e.g. Sconce/Devon Park, Beacon Hill Nature Reserve and Kelham Hall (when there are no club competitions). Generally Saturday sessions (10am start) with Stuart are for older members and the Sunday ones (10.30am start) with Alex and Stuart for younger ones – however, this isn't set in stone. Most sessions are geared to improving endurance, but this is not just specifically for longer distance runners, but adapted towards the needs of individual events. If you would like to know more about these please speak to Alex or Stuart.

You can also speak to the coaches about weekend training sessions for field events that are arranged regularly or access to sessions by non-club coaches at Ashfield, Loughborough and Stoke.

Stuart also runs a circuit training session on **Monday evenings from 6.30 to 8.00pm** at the club hut during the summer and at Hawtonville Community Centre this winter. The youngest for these is year 8; the oldest Trish. If you are interested, please speak to Stuart.

Club Handicap

Saturday 26th December - meet 10.30am for 11.00am start at Sconce Hills Boundary Road car park. All ages catered for. U11s 2k, male u13s upwards 4k, female u13s upwards 3k.



Keep in touch

www.newarkathletics.co.uk

Join us on 

Useful websites

www.lincsathletics.org.uk

www.northmidscxleague.co.uk

www.noaaa-athletics.org.uk

www.notts-minileague.co.uk

www.nottsaaa.org

Track and Field Rankings

www.thepowerof10.info

North Mids coss country league

A selection of athletes across the age groups competed at the first of the North Mid league matches at Derby.

Amelia Crispin in the u11 combined race finished 9th overall but was the third girl to cross the line. Ben Smith finished 3rd in the u13 boys race. Harriet Barker was 28th in u13 girls race, Tilly and Lauren Owens finished 23rd and 26th in the u15 girls race and their Amber Owens finished 11th in the u17 womens race. Chloe Hubbard finished a creditable 17th in the womens race on her return to racing after being sidelined with injury for the last 5 months.

The mens team was a mixture of old and young, Martin Waite o/50 77th, Tim Bagguley 146th, Thomas Hubbard u/20 155th, Gareth Owens o/40 198th, Rob Orgill o/45 221st, John Crompton o/60 273rd and John Combie o/65 283rd.

A small dedicated band of cross country enthusiast made the trip down the A1 to Corby for the second race. On what turned out to be a very wet day with conditions very slippery underfoot.

Amelia Chrispin finished 10th (3rd girl) in the combined u11s race. Ben Smith finished 4th in the u13 boys and at the half way stage in the league is the leading runner. Tilly and Lauren Owens finished 19th and 23rd in the u15 girls race whilst elder sister Amber was 7th u17g closely followed home by Lauren Miller in 11th.

It was pleasing that the club finished a ladies team and they were rewarded with 5th place: 9th Chloe Hubbard, 15th Becky Taylor and 53rd Holly Windsor–Beck.

The men finished 22nd: 80th Tim Bagguley, 136th Gareth Owens 179th Rob Orgill and 210th John Combie.

The third round of the league was held at the notoriously muddy Shipley Park Heanor and it didn't disappoint - add in the wind factor and the Newark AC contingent who made the trip were faced with very testing strength sapping conditions.

Highlight of the day was an emphatic win by British international triathlete Olivia Mathias in the u17 womens race. Ben Smith had a bumpy ride into the finish of the u13 boys race eventually being given 3rd place. Becky Taylor took a day off from her forthcoming wedding (12th Dec) preparations to finish a creditable 14th in the ladies race. Amelia Chrispin once again mixed it with the boys in the combined u11 race finishing 9th overall.

Other Newark performances include u13g Harriet Barker 21st, u15g Tilly Owens 13th, Lauren Owens 19th, u17g Lauren Miller 6th, Amber Owens 16th, men Oliver Carrington 15th, Martin Waite 50th, Tim Bagguley 76th, Gareth Owens 126th, Rob Orgill 176th and John Combie 198th.



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



Club records at the National relays

Newark AC made their annual trip just up the road to contest the English Cross country NATIONAL Relays and whilst it was disappointing not to have complete teams at senior women, junior and u17 men, we made up by having 3 teams in the u15 girl.

Highlights of the day came courtesy of the Smiths with Anna Smith coming home third on leg 1 for the u15 girls' A team and recording the 7th fastest overall time of the day in her age group. Not to be out done, her brother Ben came home in 4th place on leg 1 for u13 boys' team and was 6th fastest overall in his age group.

The championships have been held at Berryhill since 1989 and this years results resulted in new fastest club times by Oli Carrington (SM), Cloe Hubbard (SW), Ben Smith (u13b), Max Cawthra & Tom Evans (1st & 2nd u15b), Anna Smith (u15g).

U13 girls (2km) - 26:23 - A team 53/66
8:36 - Chloe Goulding
8:51 - Katie Davis
8:55 - Maisie Archer-Dytch

U15 girls (2km) 23:05 – A team 15/85
7:11 - Anna Smith (3rd on first leg and 7th fastest overall)
7:40 - Laura Bates
8:13 - Lauren Mills

25:57 - C team 72/85
8:24 - Tilly Owens
8:36 - Eleanor Miller
8:56 - Lauren Owens

26:19 - B Team 74/85
8:29 - Freya White
8:41 - Imogen Harcombe
9:08 - Chantelle Haywood



U17 women (2.5km) 30:12 - A team 27/48
9:53 - Amber Owens
9:46 - Lauren Miller
10:32 - Jazz Howlett

U13 boys (2km) 23:23
A team 36/69
6:55 - Ben Smith (4th on first leg
and 6th fastest overall)
8:23 - Alexander Evans
8:03 - Alex johnson



U15 boys (2km) 20:44 - A team
24/74
6:39 - Max Cawthra
6:40 - Tom Evans
7:24 - Jacob Carrington

Senior men (5km) 1:16:26 - A team 97/149
18:52 - Martin Waite



16:52 - Oli Carrington
19:30 - Tim Bagguley
21:10 - Gareth Owens

Senior women (3km)
11:15 - Cloe Hubbard

U17 men (3km)
10:09 - Aaron Goulding

Junior men (3km)
10:18 - Tom Hubbard



Cross Country Mini league

We are three races into this winter's cross country mini league and it's been fabulous to see old and new members turn out on what has been a relatively mild cross country season so far.

Newark are lying in second place with 494 points to Rushcliffe's 357 with 2 more races to come. We particularly need more U13 boys to come along.



The next race is **Sunday 13th December** in Worksop - remember your santa hats!

Lincolnshire County Cross Country Championships

Conditions of eligibility apply to enter county championships. Generally, athletes have to either live or have been born in a county to be able to compete. The majority of club athletes are eligible to compete in either Lincolnshire or Nottinghamshire Championships.

Lincolnshire Cross Country Championships will be held on **Sunday 10th January 2016** at Biscathorpe near Louth. Newark athletes should enter themselves, and details of the competition and entry forms can be found on: www.lincsathletics.com.

Championship events will be held for all age groups from U13 upwards. The closing date is **Saturday 3rd January 2016** – no late entries will be accepted. A non-championship race will be held for U11s – entries for this will be accepted on the day.

Information about Nottinghamshire County Championships has already been circulated and the closing date for entries was 9th December

Midland 7

A lone Newark AC runner, Rob Orgill braved the cold to run in the Midland 7 on Saturday 21st November in Wolverhampton in a time of 56:14 over a sticky course, with snow in places, and temperatures barely above freezing in the wind.

This is one of the older cross country events, having been around for decades and is run over a 7 mile distance.



Primary Schools Cross Country Relays

This is the 8th year of the Newark & District series of races which are promoted by the club, in association with the Newark & Sherwood Sports Partnership raced over an 800 metre course at the Grove Leisure Centre and Newark Academy. The event is open to all schools, not just those within the Newark & Sherwood district.

Already the first 2 races of the 4 race series have taken place, with Highfields, Bleasby, Barnby Road, Coddington, Claypole, John Blow, Abbeygates and Kneesall taking part, with other schools planning to take part in the 2 remaining events arranged for **2nd February and 1st March.**

Competition has been fierce. At the first race, Bleasby, last year's champions, came home first, followed by Claypole and Abbeygates. However, Abbeygates got their revenge at the November race, with Bleasby having to settle for 2nd and Highfields coming in 3rd.

The teams of 6 should ideally include boys and girls from years 4, 5 and 6, and several club members compete, especially in the older age groups. Duncan Monaghan, Peter McKee, Lockie Campbell and Lewis Gallooley-Rogers have all produced some of the fastest times this year. However, for the club, the most exciting aspect is that these races have encouraged many new members to join. Indeed, many of our members, now at secondary school and beyond, first became acquainted with the club through these races, including our English schools track champion, Tom Evans, and our European triathlon champion, Olivia Mathias.

If your school doesn't yet compete in these races, please encourage them to do so. They do not have to compete in all 4 and can still compete even if they can't find a boy and girl in each of the 4, 5 and 6 years.

If you would like further information, please ask Stuart Colledge for details.



Performances summer 2015 season.

Last summer witnessed some excellent performances by club members, with many achieving high UK rankings and several among the leading East Midlands athletes. Additionally, a number of new club records were set. The pinnacle was Tom Evans ranking 1st in UK with his English Schools Championship win, but there were nearly 20 club members ranked in the top 50 in the UK and about 40 in the top 15 in the East Midlands. It is not surprising that over 20 new club records were established!

The Power of 10 does not show U11s separately, only those ranked in U13 categories, so some U11s that may be in the EM top 15 are not shown. Regional rankings are not readily available for veteran performances.

UK to 50 (and EM top 15):

U11G	Amelia Chrispin	1500m 5.38.47 - 9th UK & 4th EM
U11B	Lockie Campbell	HJ 1.32m - 7th UK & 3rd EM
U13B	Ben Smith	800m 2.19.65 - 43rd UK & 6th EM
		1500m 4.42.56 - 28th UK & 4th EM
	Harris Campbell	75mH 12.9 - 42nd UK & 2nd EM
U15G	Annabel Peach	Javelin 33.68m - 33rd UK & 3rd EM
	Amber Owens	10k road 44.28 - 9th UK & 2nd EM
U15B	Tom Evans	300m 35.69 - 1st UK & 1st EM
		800m 2.02.51 - 19th UK & 2nd EM
U17W	Olivia Mathias	1500m 4.38.8 - 30th UK & 2nd EM
	Amber Owens	1500ms/c 5.32.0 - 37th UK & 4th EM
U20W	Cloe Hubbard	10k road 37.27 - 18th UK & 1st EM
U20M	Linton Taylor	5k road 15.44 - 36th UK
		5m road 26.02 - 4th UK
		10k road 31.07 - 3rd UK & 1st EM
U23W	Hannah Watson	100m 12.4 - 37th UK & 3rd EM
		200m 25.5 - 46th UK & 3rd EM
U23M	Linton Taylor	Mile 4.15.47 - 22nd UK & 2nd EM
V35M	Craig Rodwell	Shot 10.01m - 40th UK & 2nd EM
		Discus 36.29m - 16th UK & 3rd EM
		Hammer 32.99m - 22nd UK & 3rd EM
V45M	Martin Waite	400mH 80.6 - 35th UK
		3000ms/c 11.36.7 - 12th UK
	Richard Peach	400mH 82.0 - 39th UK
		3000ms/c - 33rd UK
V50M	Martin Waite	Half marathon 79.28 - 42nd UK 6th EM
V65M	John Combie	3000m 13.23.5 - 40th UK
V70W	Trish Hill	60m 11.81 - 4th UK
		100m 19.31 - 3rd UK
		60mH(i) 15.51 - 1st UK
		High Jump 1.06m - 1st UK
		Long Jump 2.42m - 1st UK
		Triple Jump 6.16m - 2nd UK
		Shot 3k(i) 7.54m - 2nd UK
		Shot 3k 8.59m - 2nd UK
		Discus 19.74m - 2nd UK
		Hammer 3k 24.81m - 2nd UK
V75W	Trish Hill	Hammer 2k 24.64m - 1st UK



Other EM top 15:

U13G	Maisie Archer-Dytch	150m 21.5 - 13th
		200m 28.9 - 12th
		High Jump 1.30m - 15th
		Shot 6.95m - 15th
U13B	Ben Smith	200m 27.4 - 6th
	Harris Campbell	High Jump 1.42m - 3rd
U15G	Anna Smith	1500m 4.54.8 - 11th
	Laura Bates	1500m 5.00.73 - 16th
	Katie Mackintosh	75mH 12.3 - 11th
	Chantelle Haywood	High Jump 1.40m - 15th
		Long Jump 4.74m - 11th
	Tilly Owens	High Jump 1.40m - 15th
	Lauren Owens	Pole Vault 2.00m - 9th
	Lauren Mills	Pentathlon 2009pts - 11th
U15B	Tom Evans	100m 11.9 - 9th
		200m 23.8 - 4th
	Jacob Carrington	Discus 30.14m - 7th
		Javelin 38.63m - 3rd
U17G	Olivia Mathias	800m 2.17.6 - 6th
	Amber Owens	800m 2.24.29 - 15th
		1500m 4.56.89 - 8th
		3000m 11.04.29 - 7th
		Triple Jump 9.82m - 10th
	Ellie White	1500m 4.55.41 - 7th
	Lauren Miller	1500m 5.01.80 - 14th
	Molly Ripley	Long Jump 4.86m - 15th
	Keating Walters	Triple Jump 9.88m - 8th
	Chloe Rowberry	Hammer 26.28m - 11th
U17M	Ricky Richmond	800m 2.02.16 - 8th
	Tom Hubbard	10k road 36.41 - 6th
	Jack Satterley	Long Jump 5.63m - 14th
		High Jump 1.68m - 9th
U20M	Tom Brown	100m 11.3 - 13th
		200m 23.00 - 13th
U23W	Hannah Watson	60m(i) 8.08 - 2nd
U23M	Linton Taylor	800m 11.55.56 - 3rd
		1500m 3.52.15 - 4th
		3000m 8.32.54 - 3rd
	Oli Carrington	800m 1.56.8 - 4th
		1500m 4.15.85 - 10th
	Peter Carrington	Long Jump 5.81m - 8th
Sen W	Becky Taylor	3000m 11.06.69 - 14th
		Marathon 3.06.59 - 10th

Club Records during the season:

Female Overall	800m	Olivia Mathias (U17)	2.17.60
	1500m	"	4.38.80
	1500ms/c	Amber Owens (U17)	5.32.00
	10k road	Cloe Hubbard (U20)	37.27
	Marathon	Becky Taylor (SW)	3.06.59
U17	10k road	Amber Owens	44.28
U15	Pole vault	Lauren Owens	2.00m
	Javelin	Annabel Peach	33.68m
U11	1500m	Amelia Chrispin	5.38.47
V70	Shot 3k	Trish Hill	7.54m



Male Overall	1500m	Linton Taylor (U23)	3.52.15
	Mile	"	4.15.34
	3000m	"	8.32.54
	10k Road	" (U20)	31.03
	Discus	Craig Rodwell(V35)	36.29m
U15	200m	Tom Evans	23.20
	300m	"	35.69
	400m	"	54.14
	800m	"	2.02.51
U13	200m	Ben Smith	26.80
	1500	"	4.42.56
	75mH	Harris Campbell	12.9
U11	High Jump	Lockie Campbell	1.32m

Dave Lewis Challenge

The 2015 edition of the Dave Lewis Challenge took place on Saturday 17th October and raised £650. Donations have been made to the Nottingham Cancer Charity and to Newark Community First Aid.

Marathon

The club has one place available for the London Marathon 2016. If you are interested please let Kate Else know by email at kate.else@btinternet.com



Dates for your diary

Mini League Sports Hall U11-U15's

Sunday 17th January - Oak Tree Leisure Centre, Mansfield

Sunday 31st January - East Midlands Combined Sportshall Regional Final (**Selected athletes only**)

Mini League Cross Country U11-U15

Sunday 13th December - Worksop (Santa hats compulsory!)

Sunday 21st February - Rushcliffe Country Park

All meets start promptly at 11am - arrive 10:30 and report to team manager on arrival. Remember club vest must be worn!

Primary Schools KS2 Cross-Country Relays 2015/2016

Races 3 & 4 will be on **Tuesday afternoons on 2nd February and 1st March.**

All local primary schools are invited to take part not just those within the Newark & Sherwood District School Sports Partnership. Teams are for boys and girls in years 4, 5 and 6. Anyone with children in these years is encouraged to persuade their schools to enter.

Members of the N&S School Sports Partnership wishing to enter or seeking further information should contact the district PDM, or, with other schools outside N&S district, please contact Kelly Haywood of Newark AC (kellyhaywood@sky.com) or 01636 701408 / 07984 081447.



Diary dates cont...

Nottinghamshire Schools AA Cross Country League

Medals are awarded to the winning individuals and teams. Final race starts at 10.00am on **Saturdays 12th December** at Wollaton Park.

Nottinghamshire Schools AA will be staging an under 11 event once again for boys and girls incorporated in their county cross country championships.

NOTE that in 2016 the County Schools Championships will be held at Wollaton Park on **Saturday 6th February**.

Lincolnshire Schools

Saturday 16th January - Burghley Park

Notts Cross Country Championships

Saturday 9th January (Closing date for entries was 9th Dec). All eligible u11's who competed in the Notts mini league have been entered by Gareth Bagguley.

Lincs Cross Country Championships

Sunday 10th January (Closing date for entries 3rd Jan)

North Midlands Cross Country (all ages)

Saturday 16th January - Wollaton Park, Nottingham

East Midlands Cross Country League (Sen/u17)

Sunday 17th January - Bramcote Park

Sunday 14th February - Colwick Woods

Sunday 21st February - Trent Meadows

Midlands Cross Country Championships (u13-Sen)

Sat 30th January - Stafford Common, Nottingham

National Cross Country Championships (u13-Sen)

Sunday 27th February - Donnington Park

Christmas Relays & 2km Fun Run

Sunday 27th December - Wollaton Park (run-nottingham.co.uk)

Club Handicap

Saturday 26th December - Sconce Hill, Newark

CAU Champs - Intercounties (Athletes who qualify from County Champs) **Saturday 12th March** - Cofton Park, Birmingham

English Schools AA Cross Country Champs

(Athletes qualifying from Schools Cross Country)

Saturday 5th March - Wollaton Park

Inter counties Cross Country Championships (u13-Sen)

Saturday 12th March - Cofton Birmingham

North Of England T&F league fixtures U17s upwards

7th May - Scunthorpe

5th June - TBA

3rd July - Cleethorpes (Don't forget your swimming cossies!)

6th August - Spenborough

If you have any information that you would like to share with members, a great photograph taken at an event 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

