

Newark Athletic Club Newsletter



June 2015

Club roundup

I hope you're enjoying the new season so far and hopefully we'll have some decent weather before the summer is out! Whether you're a new member or an experienced one, young or not so young, between the Notts Mini League, Lincs League, YDL Leagues, Northern League and Notts Summer League there's bound to be something to whet your appetite so check out the details in this issue or on each league's web site via the links on the club's own website, to see the dates of these competitions as well as the details of the team managers who'll be looking for your support.

It was lovely to celebrate the club's success last season at our recent presentation evening and judging by the number of medals won at the recent County Champs it will be quite an event next year too!

At the recent AGM we had a good discussion about the work that's been going on to secure exciting new facilities in the future as well as about the club's present and future generally. We agreed that while progress on obtaining new facilities has been very good, the time commitment for those involved means that we need help from more people to ensure we make the most of what we have in the meantime. The Committee will therefore continue to focus on the medium and long term while I'm delighted that we have a new and energetic group, led by Wendy Campbell, to bring some fresh focus to improving things in the meantime. An early example of this, described in this issue, is the work done to refurbish the jump pits, which now look better than for many a year. Well done and thanks to everyone involved!

Work is under way on lots of other initiatives and there are lots of other ideas but as ever, we need people to help make them happen.

So, do please get involved in the activities, including the upcoming fundraising events, and let's make our club bigger, even better and stronger.

Paul Lynch
Chairman

Subscriptions 2014/15

Renewal subscriptions are now overdue. Anyone who has missed to pay their renewal before the May 31st deadline, will now incur a 'penalty' rate in addition to their subs.

Committee

Paul Lynch - Chair

Julie Cooper - Membership
Secretary

Paul Jessop - Vice Chair

Kate Else - Secretary

Ian Ripley - Treasurer &
Welfare Officer

Vacant - Publicity
Officer

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

Club President:
Gareth Bagguley

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

NAC Ground Force Team

Well done and THANK YOU to the parents, younger members and helpers who gave up a large part of their Saturday and a couple of evenings to repair and refresh our two long jump pits.



The team included Michael Monaghan, Wendy, Lochlan and Harris Campbell, Alex Ludlam, Alan Mills, Gareth Bagguley, Robb Evans, Jeremy, Rachel and Ben Smith.

Alex, Wendy, Jeremy and Rachel have also given up another recent Saturday tidying the club hut.

Notts Mini League Indoor UK Final

On Sunday 26th April, 13 of the best young 15 and 16 year old athletes from within Nottinghamshire competed in the UK Sportshall final held in Manchester at Sportscity.

This event brought together 150 athletes from throughout the UK and Ireland. All the athletes at this event needed to be multi-talented and able to run, jump and throw. They all were selected from the various counties after successfully winning their own regional events, so the Competitors were the "cream" of the UK.

The Notts team consisted of athletes from six of the seven athletic clubs in Nottinghamshire and Katie Mackintosh and Amber Owens were amongst them.

There were 22 teams taking part and the Nottingham Girls came 9th. Specific results are on the Notts Mini League Web Site.

Don't forget, the indoor sportshall events start again in September.

Other amazing achievements

Well done to the four fabulous athletes who completed the recent London marathon.

Lee Braithwaite in 3:11:25

Andy Welshman in 2.54.28

Julie Cooper in 3.48.38

Jo Harcombe 3.46.18



Keep in touch

www.newarkathletics.co.uk

Join us on 

Useful websites

www.lincsathletics.org.uk

www.northmidsexcleague.co.uk

www.noaaa-athletics.org.uk

www.notts-minileague.co.uk

www.nottsaaa.org

Track and Field Rankings

www.thepowerof10.info

Presentation Evening

What a fantastic evening. Well done to everyone involved in the organisation of the Presentation Evening. For anyone who missed the fun, here's a run down of winners and recipients of special trophies, shields and cups....



Club champs T&F - each athlete has to compete in a run, throw and jump at a league or championship meeting representing Newark AC. Each performance earns points depending on their result and that determines who the club champ is - highest points wins.

U11 girls club champ - Katie Davies
U11 boys club champ - Lockie Campbell
U13 girls club champ - Annabel Peach
U13 boys club champ - Harris Campbell
U15 girls club champ - Amber Owens
U15 boys club champ - Jack Satterley
U17 girls club champs - Keating Walters
U17 boys club champ - Tom Brown
U20 ladies club champ - Hannah Watson
U20 men's club champ - Pete Carrington
Snr ladies club champ - Holly Windsor-Beck
Snr men's club champ - Daniel Barrie
Vet ladies club champ - Patricia Hill
Vet men's club champ - Pete Beaumont

Notts Summer League Vet Lady - Ann Kitchen
Notts Summer League Vet Male - Martin Waite
Notts Sumer League Sen Lady - Cloe Hubbard
Notts Summer League Sen Male - Tim Bagguley

Road running trophy - Linton Taylor



Team Managers

Sports Hall - Wendy Campbell

Mini League Cross Country - Jo Archer Dytch

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

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

YDL - Antoinette and Richard Peach

Northern League- Richard Peach



Veteran xc ladies - Ann Kitchen
Veteran xc men's - Gareth Owens
Snr xc ladies - Rebecca Taylor
Snr xc men's - Tim Bagguley
Jnr xc ladies - Cloe Hubbard
Jnr xc men's - Linton Taylor
U17 xc girls - Olivia Mathias
U17 xc boys - Thomas Hubbard
U15 xc girls - Amber Owens
U15 xc boys - Max Cawthra
U13 xc girls - Anna Smith
U13 xc boys - Ben Smith
U11 xc girls - Katie Davies
U11 xc boys - Alex Johnson

Cups and trophies

Pitchford Trophy - Amber Owens
Shepherd Cup - Tom Evans
Beeston Medal - Jacob Carrington
Horton Cup- Patricia Hill
Randall Bowl - Tim Bagguley
Weaver Cup - Annabel Peach
Mayors Prize - Tom Evans
Dobson Cup - Annabel Peach
Frecknall Trophy - Anna Smith
Mary Rickhuss Cup - Annabel Peach
Rickhuss Trophy - Alex Johnson
Committee Shield - Alex Ludlam
Sharon Walton Trophy - Lauren Mills
Stuart Willis Trophy - Tilly & Lauren Owens
Norgate Trophy female - Eleanor Miller
Norgate Trophy male - Ben Smith
David Lewis Trophy - Katie Mackintosh
Committee Cup - U11g xc team
Pant Chapman Trophy - Paul Lynch
Life membership awarded to Kate Else



Fundraising

We have a target of £100,000 to raise toward the proposed sports Hub. We raised £100 from the raffle at the presentation evening - thank you to everyone who donated prizes including local retailers, Waitrose, Wilinsons and Morrisons.

The recent bag collection raised another £150 and we still have tickets for our **race night at the Castle and Falcon 26th June**. Don't forget to vote on the Mars milk site June, July August and Sept www.marsmilk.com/play-fund-2015/clubs/newark-athletic-club this month and support the club by shopping online via 'easy fundraising' (Do check that you sign up to Newark Athletic Club - UK not USA).

And watch out for news of our forthcoming **Sports Jumble Sale!**



County Champs galore!

Some fantastic performances and plenty of medals at both the Lincolnshire County Championships held Saturday 10th May and the Nottinghamshire County Championships across the Saturday and Sunday of the Bank holiday weekend. As always, a big thanks to the officials who have given up their time to help too.

Lincolnshire County T&F Championships

County Champ

Tom Evans u15b 300m
Lauren Owens u15g pole vault
Olivia Mathias u17w 800m

Silver

Molly Ripley u17w 100m and long jump
Tilly Owens u15g high jump
Amber Owens u17w 300m

Bronze

Amber Owens u17w 800m
Charlotte Ripley u17w 100m
Molly Ripley u17w 200m
Alex Evans u13b 800m
Thomas Hubbard u20m 5000m



Nottinghamshire County T&F Championships

County Champs

Harris Campbell u13b 75m hurdles and high jump
Ben Smith u13b 1500m
(*Championship record*)
Jacob Carrington u15b Javelin and discuss
Ben Lynch u17m 100m
Becky Taylor senior women 3k
Patricia Hill masters hammer
Craig Rodwell masters hammer and sen men discuss

Silver

Harris Campbell u13b long jump
Tom Brown u20m 200m and 100m
Annabel Peach, Eleanor Miller, Chantelle Haywood and Katie Mackintosh - u15g 4x100m relay
Annabel Peach u15g javelin, discuss & shot
Chantelle Haywood u15g high jump
Ben Lynch u17m 200m
Craig Rodwell masters men discuss and shot



Bronze

Katie Mackintosh u15g 200m
Chantelle Haywood u15g high jump
Jake Ludlam u15b shot
Craig Rodwell senior men shot

Quadkids

Lochlan Campbell second



For full results visit

www.lincsathletics.org.uk and nottsaaa.org

The season so far

With 2 months of the summer season gone and despite the non-seasonal weather, there have been a lot of excellent performances by club members, with several achieving top 20 places in the UK and top 5 in the East Midlands, according to the Power of 10.

The Lincoln 10k on 22nd March was a good start, with two U20s going into then second place in the UK rankings – Linton Taylor finishing 2nd in the race, with an U20 and senior club record of 31.07, while Cloe Hubbard also set senior and U20 club records with 37.27. Not to be outdone, Amber Owens ran the fastest UK U15 time, with 44.28. Linton has remained 2nd in the UK, while Amber is now also 2nd and Cloe 15th.

Olivia Mathias is currently the club's only junior female ranked in the UK top 20; her 4.38.8 1500m places her 16th (2nd EM). This is not only an U17 club record, but the fastest time by any club female athlete, beating the time she set last summer. Olivia has also taken one of the oldest club records for all females, the 800m, which was previously held by Kate Else for almost 30 years, with 2.17.6, which was set in strong winds at the Lincs Champs, and places her 5th in EM among U17s.

Among the younger male athletes, Tom Evans (U15) is 8th in the 300m (1st in EM) with 37.4 at the Lincs Champs and 14th in 800m (1st EM) with 2.04.77, as well as lying 3rd in EM in 200m with 24.19 - the first 2 both being club records.

Another U15, Jacob Carrington, has just slipped to 21st in UK rankings (included as he was in top 20 when I started this!) with 38.63m in javelin (2nd in EM), and is 3rd in EM in the discus with 28.67m.

Ben Smith is placed 15th in UK (5th EM) in 1500m, with an U13 club record of 4.44.00; he also lies 5th in EM in 800m, with 2.20.79.

Not to be outdone, two of our older athletes also have high UK rankings. Currently our oldest competing member, Trish Hill, lies 1st in O70s 60mH, with 15.10, and 2nd in Triple Jump (6.16m), shot (7.54m), discus (18.47m) and hammer (23.54m); the first 4 were set indoors in March.

Craig Rodwell has also started the season strongly, posting 32.90m in the hammer and 31.75 in the discus for 12th and 14th places in UK O35 category.

Also lying in the top 5 in EM rankings are Annabel Peach, with 27.72, for 3rd place in U15s javelin, and Harris Campbell, who is 1st in U13s high jump with 1.40m and 2nd in 75mH, with 13.3. Harris's hurdle performance is also a new club records beating his own previous best time.



Gordon Whelbourn

2015 was the 30th Gordon Whelbourn Running Week; an event aimed at raising the profile of the club in the town and remembering previous members of the club.

The series is made up of 5 events run over the course of the week, the Monday to Thursday events being each around 5k with a 10k on the Friday, at various locations.

Monday saw us guests of Newark Town Football Club with a run at Devon Park, Tuesday we were at the club's base at the Grove Leisure Centre, Wednesday saw us at Flowserve Club, Thursday we ventured to Farndon for a run by the river, then the Friday 10k used the sustrans path from the Flowserve Club to Cotham and back.

128 runners joined us for all or part of the series and it was great to see all 4 running clubs from the town, coming together, Newark AC, Nofast, Striders and Fernwood Runners, that I think is a first in a UKA event.

Martin Waite of Newark AC was second overall for the week.

Unfortunately we had no other prizewinners this year.

We hope to make the 31st event in the week of 2 June 2016, time to start that training.

Results after 5 races

Male	1st Adam Holland	2nd Martin Waite
Men 40-49	1st Martin Waite	2nd Anton Newell
Men 50-59	1st Paul Davidson	2nd Richard Hallam
Men 60+	1st Peter Davis	2nd John Oldfield
Women	1st Penny Durance	2nd Jackie Welburn
W35-44	1st Jackie Welburn	2nd Clare Coombes
W45-54	1st Jean Inglis	2nd Janet Davies
W55+	1st Penny Durance	2nd Julie McGeorge

Rob Orgill



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).

Wednesday 17th June Redhill
Wednesday 15th July Worksop
Wednesday 12th August Teversal (Sutton)

Notts Mini-League Track & Field U11-U17

Please speak to Jeremy Smith about events you would like to enter.

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

Charnwood Open Graded Meetings

Visit <http://charnwoodac.co.uk/>
Saturday Wed 17th June, Wed 15th July, Wed 19th August
Sunday 6th September - Stars of the Future

Youth Development League U17 - U20

Sunday 28th June - Derby
Sunday 26th July - Stoke

Youth Development League U13 - U15

Sunday 21st June - Nuneaton
Saturday 18th July - Nuneaton

North of England League (U17 upwards)

Sunday 12th July - Newark (Grantham)
Saturday 8th August - tba
North of England T&F Champs (U17/15)
Saturday/Sun 15th & 16th Aug - Middlesborough



Dates for your diary cont.....

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

Training Sessions

Did you know, in addition to the Tuesday and Thursday evening coaching sessions, the club runs multi-discipline training sessions to maintain fitness and increase stamina?

Monday evening

7.00-8.30pm - Circuit training for athletes 14 and over.

Tuesday and Thursday evenings

A mixture of track work; sprints and distances followed by break out sessions for specific field event coaching.

Tue 6.30- 7.30pm/ Thu 7.00-8.00pm - U11 and U13

7.00-8.30pm - under 15s and above. (Additional plyometrics session starts at 6.45pm **Tuesday** evenings only).

Saturday morning

10am for older members - running

Sunday morning

10.30am - for younger members - this is an important session for those wanting to maintain the endurance base they built up over the winter and is of value to all athletes, not just longer distance ones.

If you are interested in the weekend training sessions, please give your email address to Stuart to ensure you receive notification as to whether or not they are running and where. (The location changes most weeks between Beacon Hill Nature Reserve and Sconce Park).

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

