

Newark Athletic Club Newsletter



March 2016

As most of you know, the club is working hard as a key member of the Newark Sports Association to secure new and exciting sports facilities for the town - including full athletics facilities. December, January and February have been very busy and productive times for NSA and amongst various positive developments we now have a partnership agreement with both Newark and Sherwood District Council and Newark Town Council about the way forward - and we are working towards a start on site later this year with the full build in 2017.

Substantial funding is already in place and efforts to secure the balance required are underway. The next few months promise to be just as busy.

It's been a long and frustrating wait and while we are certainly not there yet, and there are a number of remaining issues, I'm pleased we can now at least be more positive about this project and that the projects are looking much better.

Paul Lynch
Chairman Newark AC

Newark Half Marathon & Fun Run

Sunday 14th August 2016 - Sconce Park Newark
REGISTRATION IS OPEN

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

We would like to have some blogs covering all aspects of running - nutrition, training, racing etc. If anyone would like to write one please contact with Becky or Kate.

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

Club AGM

This year's AGM will be **Wednesday 20th April**, 7.30pm, at the Conservative Club, Newark. All welcome!

Committee

Paul Lynch - Chairman

Paul Jessop - Vice Chair

Hazel Pond - Membership
Secretary

Kate Else - Secretary

Ian Ripley - Treasurer

Vacant - Welfare Officer

Vacant - Publicity
Officer

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

Club President:
Gareth Bagguley

Sportshall

Congratulations and well done to u11g Ava Marshall, u11 boys Lockie Campbell, Peter Mckee and Lewis Gillooley-Rogers, U13g Maisie Archer-Dytch, u13b Harris Campbell and u15g Katie Mackintosh, who were selected to represent Nottinghamshire at the Regional Sportshall final **Sunday 31st January.**



Boxing Day Handicaps

Thank you to all those who ran and to Tim Bagguley for all his work to produce the handicaps which resulted in a lot of people crossing the line in quick succession.

Newark AC Boxing Day Handicap

Pos.	Name	Age	Time
Men 4 laps/4km approx.			
1	Doug Kelley	SM	13:43
2	Thomas Hubbard	u17M	13:50
3	Martin Waite	SM	14:13
4	Tim Bagguley	SM	14:20
5	Ben Smith	u13B	14:40
6	Lee Braithwaite	SM	15:06
7	Damian Davies	SM	15:12
8	Gareth Owens	SM	15:18
9	Daniel Barrie	SM	15:36
10	John Kelley	SM	15:57
11	Carl Braithwaite	SM	16:17
12	Jeremy Smith	SM	17:05
13	Robert Orgill	SM	17:15
14	Thomas Braithwaite	u13B	17:50
15	Jeremy Reichelt	SM	18:39
16	Grahame Kelley	SM	18:57
17	Richard Peach	SM	19:11
18	John Combie	SM	19:21
19	Martin Dickenson	SM	19:28
20	Liam Bagguley	SM	20:00
21	Steve Needham	SM	20:15
22	Paul Lynch	SM	20:19
23	David Gill	SM	20:29
24	Pete Tatton	SM	25:14
25	Colin Green	SM	25:15
26	Andy Watts	SM	27:30

Pos.	Name	Age	Time
Women 3 laps/3km approx.			
1	Anna Smith	u15G	10:58
2	Becky Taylor	SW	11:35
3	Cloe Hubbard	SW	11:55
4	Amber Owens	u17W	11:59
5	Jill Postlewaite	SW	12:47
6	Tilly Owens	u15G	12:56
7	Lauren Owens	u15G	13:20
8	Maisie Archer-Dytch	u13G	13:22
9	Lauren Davies	u15G	14:40
10	Janet Davies	SW	15:03
11	Rachel Chrispin	SW	15:49
12	Kate Fisher	SW	16:02
13	Faye Hemingway	SW	17:23
14	Sue Needham	SW	18:04
15	Kirsty Watson	SW	20:30

Pos.	Name	Age	Time
Under 11 2 laps/2km approx.			
1	Amelia Chrispin	u11G	08:04
2	Jasmine Braithwaite	u11G	11:23

Newark AC Boxing Day Handicap 2015 Time per lap

Pos.	Name	Laps	Age	Time/lap
1	Doug Kelley	4	SM	03:26
2	Thomas Hubbard	4	u17M	03:28
3	Martin Waite	4	SM	03:33
4	Tim Bagguley	4	SM	03:35
5	Anna Smith	3	u15G	03:39
6	Ben Smith	4	u13B	03:40
7	Lee Braithwaite	4	SM	03:47
8	Damian Davies	4	SM	03:48
9	Gareth Owens	4	SM	03:49
10	Becky Taylor	3	SW	03:52
11	Daniel Barrie	4	SM	03:54
12	Cloe Hubbard	3	SW	03:58
13	John Kelley	4	SM	03:59
14	Amber Owens	3	u17W	04:00
15	Amelia Chrispin	2	u11G	04:02
16	Carl Braithwaite	4	SM	04:04
17	Jill Postlewaite	3	SW	04:16
18	Jeremy Smith	4	SM	04:16
19	Tilly Owens	3	u15G	04:19
20	Robert Orgill	4	SM	04:19
21	Lauren Owens	3	u15G	04:27
22	Maisie Archer-Dytch	3	u13G	04:27
23	Thomas Braithwaite	4	u13B	04:28
24	Jeremy Reichelt	4	SM	04:40
25	Grahame Kelley	4	SM	04:44
26	Richard Peach	4	SM	04:48
27	John Combie	4	SM	04:50
28	Martin Dickenson	4	SM	04:52
29	Lauren Davies	3	u15G	04:53
30	Liam Bagguley	4	SM	05:00
31	Janet Davies	3	SW	05:01
32	Steve Needham	4	SM	05:04
33	Paul Lynch	4	SM	05:05
34	David Gill	4	SM	05:07
35	Rachel Chrispin	3	SW	05:16
36	Kate Fisher	3	SW	05:21
37	Jasmine Braithwaite	2	u11G	05:41
38	Faye Hemingway	3	SW	05:48
39	Sue Needham	3	SW	06:01
40	Pete Tatton	4	SM	06:18
41	Colin Green	4	SM	06:19
42	Kirsty Watson	3	SW	06:50
43	Andy Watts	4	SM	06:53

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

www.therunningbug.co.uk

Track and Field Rankings

www.thepowerof10.info

North Midlands League

Due to a clash with the Lincolnshire Schools' Cross Country Championships, the Newark contingent was smaller than usual at the final North Midland league fixture of the season.

Ben Smith won the u13 boys race becoming u13 boys league champion.

In the u11g/b combined race Amelia Chrispin finished 8th. Harriet Barker was 10th in the u13g race. In the ladies race Becky Gallup finished 14th Martin Waite led home the men's team coming 48th closely followed by Thomas Hubbard 51st - these two were backed up by Tim Bagguley 68th, Gareth Owens 142nd, Rob Orgill 194th, John Compton 239th and Grahame Kelly 247th.



Cross Country County Championships

The Nottinghamshire County Cross Country Champs took place on Saturday 9th Jan at Shipley Park Heanor and didn't disappoint with its usual provision of mud glorious mud but it was a golden day for Newark AC with 4 individual gold medals, 1 team gold and 1 team bronze.

U11g 4th team

1st Amelia Chrispin, 25th Evie Archer-Dytch and 27th Brooke Robinson

U13g 3rd team

8th Maisie Archer-Dytch, 12th Harriet Barker, 13th Chloe Goulding and 21st Alice Gibbs

U15g 1st team

1st Anna Smith, 4th Laura Burles, 5th Laura Bates and 17th Lauren Mills

U17w

1st Lauren Miller and 4th Ellie White

Snr women

6th Rebecca Gallup (Taylor)

U11b 5th team

8th Lewis Gillooley-Rogers, 18th Duncan Monaghan, 25th Arthur Summerfield and 30th Peter McKee

U13b

1st Ben Smith and 12th Angus McCallion

U17m

5th Aaron Goulding



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/Stuart College

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

YDL - Jeremy Smith

Northern League- Richard
Peach



Snr men

40th Tim Bagguley, 62nd Lee Braithwaite, 67th Carl Braithwaite and 104th Rob Orgill

The Lincolnshire County Cross Country Champ took place at Biscathorpe on Sunday 10th Jan. Compared with the quagmire at Heanor the course was relatively dry in most places. However, its location in the Lincolnshire Wolds meant that it was all up or downhill across mainly rough grassland – also a swollen brook above knee level to negotiate at least twice on each lap.

U15g

4th Tilly Owens and 5th Lauren Owens

U15b

1st Max Cawthra

U17w

2nd Olivia Mathias and 5th Amber Owens

U20 Men

7th Tom Hubbard

Snr Women

7th Cloe Hubbard

Snr Men

6th Linton Taylor

Vet Men

15th Gareth Owens

The nine athletes who qualified at Shipley Park will be joined by the nine from Lincs for the National Inter Counties Championships in Birmingham on **12th March**.

National Cross Country Champonships

Whilst for some of the club members it was their first experience of a 'National', for our club president Gareth Bagguley it was his 45th consecutive appearance but as an official these days, rather than a competitor.

The course was undulating and sticky underfoot but the day was dry. The Owens family recorded a club first when the whole family turned out in their respective age groups.

Highlight of the day was a solid 28th place for British international triathlete Olivia Mathias in the u17 women's race and backed up by Amber Owens 80th ,Lauren Miller 102nd and Ellie White 143rd the team finished 9th



The men's team finished 96th, led home by Tim Bagguley in 781st, Howard Leek 965th, Lee Braithwaite 996th, Carl Braithwaite 1037th, Gareth Owens 1097th, Daniel Barrie 1126th, Rob Orgill 1504th.

U13 girls

Cloe Goulding 266th, Katie Davies 353rd, Maisie Archer- Dytch 388th

U15 girls

Eleanor Miller 171st, Tilly Owens 173rd, Lauren Owens 238th

Senior women

Becky Gallup 142nd, Sally Owens 727th

U13boys

Lewis Gillooley-Rogers 297th, Thomas Braithwaite 390th, Duncan Monaghan 398th

Midlands

The original venue of Stafford Common was declared unfit to run on due to waterlogging and so the Newark contingent made the relatively short trip to the rearranged venue of Prestwold Hall near Loughborough.

The undulating pasture land course was sticky underfoot with some muddy patches and provided a true test of stamina.

It was one of Newark's best days overall at this level of competition with Anna Smith U15 girls and Max Cawthra u15 boys finishing just short of the podium in 4th place in their respective races, Ben Smith finishing 6th in the u13b race and two of the teams finishing in the top six.

U13g 10th team

Maisie Archer-Dytch 57th 16.19, Chloe Goulding 66th 16.45
Katie Davies 88th 18.26 and Alice Gibbs 94th 19.5

U15g 5th team

Anna Smith 4th 19.26, Laura Burles 12th 20.29, Eleanor Miller 51st 22.52, Lauren Mills 67th 23.45, Tilly Owens 69th 23.55,
Lauren Owens 70th 23.57 and Freya White 81st 25.17

U17g 6th team

Amber Owens 14th 23.26,
Lauren Miller 16th 23.37,
Ellie White 32nd 25.45 and
Jasmine Howlett 37th 26.16

Women

Becky Gallup 39th 32.55 and
Chloe Hubbard 49th 34.06



U13b

Ben Smith 6th 13.14 and Angus McCallion 74th 15.51

U15b - Max Cawthra 4th 17.31

U17m - Aaron Goulding 30th 25.58

U20m - Thomas Hubbard 23rd 28.44

Men - Tim Bagguley 143rd 48.10, Gareth Owens 231st 52.40 and
Rob Orgill 299th 58.41



Mini League Cross Country Results

There was some great running, **Sunday 21st February**, from our junior members around a challenging course in muddy and windy conditions at Rushcliffe Country Park. Newark AC finished in a strong second place overall at this, the fifth and final Notts Cross Country Mini League of the season.

Another stand out performance from u11girl Amelia Chrispin ensured her 4th win of the series and overall individual gold, followed home by team mates Niamh Monaghan, narrowly missing out on bronze, in 11th place today and Evie Archer Dytch 27th.

Under 11 boys team on the day were Lewis Gillooley-Rogers 12th, Duncan Monaghan 16th and Arthur Summerfield 26th giving the team overall second place for the series.

Our largest team, the u13 girls, ran a strong race with Harriet Barker home 10th, Maisie Archer-Dytch 11th, Katie Davies 15th, Catherine Booth 19th and Alice Gibbs 25th.

Individual medals are based on the best scores of four out of five races, so although Ben and Anna Smith weren't available to run on the day, they won u13 boys and u15 girls individual gold. U15g Laura Burles won overall bronze and the remaining u15 girls secured team gold, Laura Burles home 2nd, Eleanor Miller 4th, Lauren Mills 7th and Tilly and Lauren home together joint 8th.

Max Cawthra ran a fabulous race and led from the front throughout winning u15 boys silver medal for the season with team mate Jake Ludlam 16th.



East Midlands Mini Marathon

Congratulations to u13b Ben Smith and u15g Anna Smith who both qualified to run in London on **Sunday 24th April** after coming 2nd and 4th respectively.

And well done to our other young athletes who competed on the day; Laura Burles 12th Tilly Owens 25th, Lauren Owens 26th and u17w Amber Owens 13th.



School Cross Country

Newark Athletic club members had a very good day at the Nottinghamshire schools' cross country championships on Saturday 6th February at Wollaton Park, Nottingham running for their different districts depending on where in the county they go to school.

The park land course was very wet underfoot and the day itself was wet and windy. All those who finished in the first 8 go forward to race at the English Schools championship on the same course on **Saturday 4th March.**

The outstanding run of the day came from Anna Smith in the year 8/9 girls race which she won very convincingly by around 2 minutes. Amelia Chrispin won the year 7 girls race with Katy Edinborough 6th and Harriet Barker 7th.

Ben Smith was 3rd in the year 8/9 boys with Alex Evans 30th. Lauren Miller finished 4th in year 10/11 girls followed home by Laura Burles 5th, Eleanor Miller 8th and Lauren Mills 16th. Ellie White finished 2nd in year 12/13 girls and Aaron Goulding 4th in the year 10/11 boys.



Amber Owens and Max Cawthra had very good runs in the Anglian Schools Cross Country race at Boston, also on Saturday, representing Lincolnshire against Cambridgeshire, Northants, Norfolk and Suffolk. Amber 7th - first Lincs home. Max 4th - first Lincs home. Tilly and Lauren also had a good race. Max and Amber both through to finals. Under 13s Ellie Monaghan and Catherine Booth also had an excellent run.



A cool, dry final at Wollaton saw 12 Newark AC runners represent their counties. Outstanding run of the day was a fine 18th place for Anna Smith in the junior girls representing Nottinghamshire.

Othe results:

Junior Girls: Tilly Owens (L) 302nd

Intermediate Girls: Lauren Miller (N)97th, Laura Bates (L) 108th, Laura Burles (N)130th, Amber Owens (L)158th, Eleanor Miller(N)322nd

Senior Girls: Ellie White (N) 141st, Jas Howlett (L) 250th

Junior Boys: Ben Smith (N)172nd

Intermediate Boys: Max Cawthra (L) 73rd, Aaron Goulding (N)180th



Primary School Cross Country Relays

This winter's series of relays produced the closest final in the 8 years' history of the event, held annually at Grove playing fields.

Going into the final race on 1st March, Abbeygates were leading defending champions, Bleasby, by one point with Claypole and Highfields tying for 3rd place.

Bleasby had won the first race, in October, but Abbeygates then won the next 2 races, in November and February, with Bleasby gaining 2nd and 3rd places.

Bleasby had 4 teams for the final race, two of which featured strongly, but it was NAC's member Peter McKee who led in the first leg runners with the fastest time of the day (3.06m). He was closely followed by Alfie Richardson (3.09) of Bleasby Blue team and Lewis Gallooley-Rogers (3.11) of Bleasby Red team (also a club member).

While Bleasby were running their fastest runners on leg 1, Abbeygates had Sam Potts, a year 4 boy, who came in 8th, with the 2nd fastest time for his age, 3.28. Leg 2 saw Violet Roberts of Bleasby Blue produce the fastest time for a year 6 girl, 3.30, which took her team into the lead. Bleasby Red stayed in 3rd place behind Claypole, while Alice Jones moved Abbeygates into 4th place, with 3.32, the second fastest Y6G of the day.

Bleasby Blue maintained the lead for the next 2 legs, while their Red team moved into 2nd place and Abbeygates up to 3rd place. On leg 5 Bleasby Blue moved into the lead, with Freddie Polak producing the fastest time for a year 5 boy of 3.27. Excellent runs by Beth Hamilton and Elliott Havecroft saw Abbeygates move into 2nd place, while Joe Doubell took Barnby Road up to 3rd

Abbeygates had saved their fastest runner, Francis Dermody, for the last leg, while Evie Wicks, a year 5 girl, was starting the final leg for Bleasby Blue with just an 18 second lead. Although Francis gained a few seconds, Evie produced an excellent run with 3.28 - the fastest time of the day for her category, giving her team a 9 seconds win.

Behind these 2, Highfields had moved steadily through the field after lying 17th on leg one, and their 2 fastest runners, Joe Rose and Mason Heppel, brought them up to 3rd place over the last 2 laps. It was interesting to note that the first 3 teams had strong runners on all legs – they were the only teams with all 6 members running below 4.00 minutes.

With Bleasby edging out Abbeygates on the day, it meant that the 2 teams tied for 1st place over the winter series – the first joint winners since the start of the competition. Highfields strong finish ensured that they took 3rd place over Claypole.



Series team result: joint 1st: Abbeygates and Bleasby (37 points); 3rd: Highfields (31); 4th: Claypole (28); 5th: Barnby Road (26); 6th: John Blow (21); 7th Coddington (12); 8th:Blidworth Oaks (3)



International Duathlon Success

On Sunday 14th Feb, Aaron Cain took part in his first ever Duathlon and came away with a victory in the 'Solo Olympic' class with a time of 2 hours 28mins for the 10k run, 40k cycle and 5k run across an undulating course. Aaron had an early start - up at 3:15am to prepare and says, 'I can't explain how strange a sensation it was trying to run again after spending an hour and twenty minutes on the push bike!



The Duathlon was the first of it's kind to be organised by 'Athletic Initiatives'. They are an organisation that promote athletic sport in the community and also help support potential athletes from under-privileged backgrounds.

There are a handful of events throughout India this year which Aaron hopes to combine competing in alongside a bit of sightseeing. His main goal for this year however is to officially run a sub 40 minute 10K in Newark AC colours

More Tri

Congratulations to Laura Bates, Lauren Mills, Lauren Miller and Jas Howlett who all recently won their regional qualifying events for the Pony Club's national tri final **Sun13th March**.

Baby news!

Congratulations to Mike and Dannielle Beaumont on the safe arrival of their baby and to Grandma and Grandad Mike and Sue.



Kit

Order forms for club kit are available in the club hut. We will let you know when the next order date is shortly.



Track and field competition information for juniors

Mini League Track and Field

Mini league track and field is the perfect place to give different events a try for age groups from u9 right through to u17. There is a friendly rivalry between local clubs, but no-one should feel embarrassed about trying something that is new to them: I am particularly keen for all runners to try both throwing and jumping events. Each athlete can choose up to three different events, all you have to do is tell me whether you can make it and which events you would like to take part in. Please contact me, Jeremy Smith, Team Manager (mobile 07899 928497, email jsmith@slr-consulting.com with any queries).

Saturday 16th April - Ashfield School

Saturday 7th May - Harvey Hadden, Nottingham

Sunday 5th June - Bingham Leisure Centre

Sunday 3rd July - Harvey Hadden, Nottingham

Further details are also available on www.notts-minileague.co.uk/ where the timetable and event list will also appear.

From these events the team managers will select a Nottinghamshire team that will then compete in an inter-counties event, which provides a very high standard of competition.

Youth Development League (YDL)

Newark AC is again active in the YDL this year. The YDL provides a slightly higher level of competition than the mini league in track and field for u13 and u15 age groups. Once again, the team manager is Jeremy Smith.

We are in the North and East Division 2 competing with the following clubs:

Daventry AC, Grantham AC, Leicester Coritanian AC, Mansfield Harriers, Nuneaton and Harborough, Sutton in Ashfield

There will be three fixtures this year. Please make sure they are in your diaries as we want to take full teams:

Saturday 21st May - Leamington

Sunday 19th June - Grantham

Saturday 16th July - Harvey Hadden, Nottingham

The 16th July match is a home fixture so I would be grateful for help from parents in officiating/announcing/compiling results and generally helping: please drop me a line if you are able to help.

YDL U17-U20 is a composite team of athletes consisting of Worksop, Newark and Retford and this will be our third season together. Peter Fendley of Worksop Harriers is the team manager and his ethos is to put athletes in their specialist events, where possible. If you are interested in competing, please let Peter have your availability and 3 event preferences plus others you might consider - peterfendley@outlook.com.



Gilbert (Bert) Bradshaw

Oct 1926 - Feb 2016

Bert was born near Blackburn and ran regularly in cross country, road and track races, first for Blackburn and later Blackpool and Fylde Athletic club, whose team had several international runners. This is when I first ran against him in a road race at St Helens (Lancashire) in the 1950's when I was running for Wrexham Athletic Club.

He later moved to Nottinghamshire where he ran for Notts AC before joining Newark in 1970 where he became one of the club's veteran runners.

In his earlier career he had a very impressive personal best marathon time of 2 hrs 26 min which he set 60 years ago. He kept a diary of all the miles he ran and in 1998 he ran 440 yds on the Grove track at the end of a Gordon Whelbourn race to complete 100,000 miles of running.

Bert was also an international orienteer and in one year held the Northern, Midland, Southern and British Orienteering titles in his age group.

He was the course director and adviser at the five National cross country championships organised by Newark AC on the Newark showground in the 80's and 90's. He was also an active member of the Newark half marathon committee in its early days.

This gives just a brief outline of a career that lasted until his knee problems caused him to give up running but he continued to keep fit by cycling (a sport he had participated in during his youth). After going into a residential home in Edingley he continued to take an active interest in the success of Newark AC, even being taken to the National Cross country champs in Wollaton Park two years ago.

Those of us who ran with Bert over the years will have a fund of memories of a good friend and a true amateur athlete.

Owen Yeomans

Despite being a very good athlete and orienteer Bert had another passion which was caving and he was a proud president of the North Pennine club. He has a passage way (Bradshaws Passage) named after him in the longest underground cave system in England.

To re iterate what Owen has said he was a true amateur sportsman.

Gareth Bagguley



Dates for your diary

English Schools Cross Country Champs

(for qualifying athletes only)

Saturday 5th March - Wollaton Park

CAU Cross Country Championships

(for qualifying athletes only)

Saturday 12th March - Crofton Park, Birmingham

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 13th April	Hexgreave Park
Wednesday 4th May	National Water Sports Centre
Wednesday 22nd June	Wollaton Park
Wednesday 13th July	Worksop College
Wednesday 3rd August	Teversal (Sutton)

Notts Mini-League Track & Field U11-U17

Saturday 16th April - Ashfield School

Saturday 7th May - Harvey Hadden, Nottingham

Sunday 5th June - Bingham Leisure Centre

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

Saturday 23rd April - Virgin Mini-Marathon

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

County Track & Field Championships

Saturday 14th May - Joint Notts/Derby - Harvey Hadden, Nttm

Sunday 15th May - Joint Notts / Derby- Harvey Hadden, Nttm

Notts Spring Spruce

Saturday 2nd April - Harvey Hadden
www.nottssac.co.uk/



Dates for your diary cont.....

Open Graded Meeting

Sunday 10th April - Charnwood Open - Loughborough University
Visit <http://charnwoodac.co.uk/>

Youth Development League U17 - U20

(A composite team from NAC, Worksop and Retford.
Speak to Richard Peach for info)

Saturday 1st May - Derby

Sunday 29th May - Grantham

Sunday 26th June - Sutton

Sunday 24th July - Kidderminster

Youth Development League U13 - U15

Saturday 21st May - Leamington

Sunday 19th June - Grantham

Saturday 16th July - Nottingham

North of England League (U17 upwards)

Saturday 7th May - Scunthorpe

Sunday 5th June - tba

Sunday 3rd July - Cleethorpes

Saturday 6th August - Spensborough

Lincs T&F League (all age groups)

Sunday 3rd April - Boston

Sunday 24th April - Grantham

Sunday 10th July - Grantham

Sunday 4th Sept - Boston

Gordon Whelbourn Week

Monday - Friday 6th - 10th 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 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 Hadden

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

