

# Newark Athletic Club Newsletter



September 2015

## New members

We'd like to give a warm welcome to the new members who have joined the club this year, many of whom joined following the fabulous induction sessions which the club ran at the start of the summer. These sessions allowed young people to come along and try out the activities the club has to offer.

We were overwhelmed and delighted at the level of interest there was from local people for the club and the sport of athletics. We had over 40 new inductees attend over the five weeks of summer and we are delighted to report that the majority of these have now converted to club members. We are now working to integrate the induction groups into our regular training sessions and will be providing parents with information concerning our winter programme over the next two weeks.

For competition dates please see the end of the newsletter and visit the websites highlighted on the welcome leaflet, the club website and in this newsletter.



## Parent help and support needed

We are always looking for more help and support at the club... making tea and coffee, setting up and closing down, first aid rota, 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 - Chair

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.

## NAC Ground Force Team - phase 2

Another job well done!  
A huge THANK YOU to the coaches, parents, younger members and helpers who have contributed to sourcing a new container, clearing and tidying the club hut and moving equipment to our fabulous new storage space. In particular Alex and Robb who have spent a great deal of their own time clearing the area the container is situated and creating the 'gate' for access. This has created more space in the hut which we have plans to make more use of.



The container cost £13.00 a week - please support the club in any way you can - tea and coffee are available most training nights - every little helps!

Gareth, the club president, wanted to share how very pleased he is with the way the club is pulling together and how nice it is to see new initiatives being implemented and the involvement of new faces to complement those that have been around for years.

## Fundraising

The race night at the Castle and Falcon last June was a very successful social evening and raised a fabulous £486! We hope to arrange another night in the New Year and hope more of you can make it.

Don't forget, you can support the club when shopping online via '**easy fundraising**' (Please check that you sign up to Newark Athletic Club - UK not USA).

Refreshments are often on sale in the club hut which contributes to our funds. We need volunteers to make cakes and help with refreshments at the home event of the mini league XC on **18th Oct**. We also need more parents to set up the course and come along to support the junior members. Please let Gareth, Jo or Elaine know if you are available.

## Pitter patter.....



Congratulations to Holly & CJ Windsor-Beck on the birth of their daughter Cara in May and to U13 coach Kelly Haywood and Robb Evans on the birth of their son Harry in August.



## Keep in touch

[www.newarkathletics.co.uk](http://www.newarkathletics.co.uk)

Join us on 

## Useful websites

[www.lincsathletics.org.uk](http://www.lincsathletics.org.uk)

[www.northmidsexcleague.co.uk](http://www.northmidsexcleague.co.uk)

[www.noaaa-athletics.org.uk](http://www.noaaa-athletics.org.uk)

[www.notts-minileague.co.uk](http://www.notts-minileague.co.uk)

[www.nottsaaa.org](http://www.nottsaaa.org)

## Track and Field Rankings

[www.thepowerof10.info](http://www.thepowerof10.info)

## Gold at National Championships

Tom Evans, 14, won gold in the 300m at the ESAA National Championships (English Schools) in Gateshead Friday July 17 with an impressive track performance representing Lincolnshire.

Tom won Newark Athletic Club's first gold at the Games in its history. He started with second place in his heat, finishing in a qualifying time of 36.09secs. He turned up the pace in style during the final, rounding the bend in the lead before crossing the line in 35.69secs. The time was the third fastest in the history of the 300m at junior level in the UK.



## Northern Inter Counties

Well done to Amber Owens who represented Lincolnshire in an u17/u15 Northern intercounties match at Blackburn on Saturday 22nd August and finished a very respectable 5th in the 3000m recording a time of 11min 19.66 secs.

## Nottinghamshire Inter Counties

Congratulations and good luck to the Newark AC athletes who have been selected to be part of the Nottinghamshire Squad who will compete in an intercounties event this September. They are;

Tom Evans - 800m, long jump and medley relay  
Annabel Peach - discuss and javelin (*unable to attend*)  
Harris Campbell - high jump and hurdles  
Ben Smith - 800m, 200m and relay  
Anna Smith - 1500m  
Alex Johnson - long jump and relay

From left to right - Annabel, Tom, Harris, Ben and Anna

All six have been selected on the back of their excellent performances in the 2015 Notts Mini League Track and Field series and will be competing against athletes from other Midlands counties.



## Triathlon success!

Massive congratulations to Olivia Mathias winning her first European cup title representing Great Britain Triathlon August 9th in Hungary.



## 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

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

YDL - Antoinette and  
Richard Peach

Northern League- Richard  
Peach



## Midland Championships

Well done Annabel Peach u15 - silver in the discus and James Norris bronze medal in the javelin in the Midland Championships.



## 10K Championships & Southwell Swine

Closer to home on Sunday 23rd August, Rebecca Taylor travelled to Mansfield finishing 3rd overall in the ladies 10k in a time of 38min 31secs and runner up in the Nottinghamshire 10k championships.

Robert Orgil, Newark AC member who completed the Southwell Swine 9th August - an 11 mile trail race in 1:35:17 finishing 25th he thinks. A super, local event put on by Southwell Running Club on the Brackenhurst College Agricultural Estate. It was his first race since competing in the National xc in February.

## Pentathlon debut

Lauren Mills represented Nottinghamshire schools at a regional multi event last June in Nuneaton. The five events were high jump, hurdles, shot, long jump and 800m. The winning team and individuals went on to compete in the National event in Sept. Notts came 4th on the day with Lauren achieving 3 pb's and enjoying the experience.



## AAA England Champs

Well done Annabel Peach who competed at the AAA England Champs after qualifying in the javelin at Bedford International Stadium. She competed against 23 others and was ranked 16th on paper. She had a great day and although she didn't make the final cut of 8 as she threw over 29m.



## Notts mini league - track & field

Newark had some stand-out performances through the track and field season.

For the u11s, special respect goes to Lockie Campbell who was crowned athlete of the match at Ashfield in May for his high jump, but who then jumped even higher at the July meeting – 1.32m, beating the u11 club record by 7cm; even more impressive when you consider his other superb performances in the 150m and 80m.

I was also very impressed with Peter McKee – his first track and field season as an u11 and he showed that he is going to be a very useful middle distance/distance runner. In his first 600m he finished second, and that despite going the long way round in lane five at one point!

I was delighted to see that the number of u13 girls taking part continued to increase throughout the season – Chelsea Richmond, Chloe Goulding, Katie Davies, Ellie Burrell, Alice Gibbs, Freya Henshaw, Catherine Booth should all feel proud of a solid team performance. Sadly Maisie Archer-Dytch was hampered by injury this season but there were signs in the last match that she is coming back to full strength.

For the u13 boys Ben Smith always ran well ahead of the field in the 1500m and 800m, but it was also great to see him competing well in the 200m and long jump. Harris Campbell was always a top performer in hurdles, long jump and high jump, and it was great to see Alex Evans competing well for the u13 boys on both track and field. Alex Johnson had an impressive season as a first year u13 – he is an all-round sportsman and showed potential in both sprinting and long jump. It was particularly encouraging to see Harris, Alex E, Alex J and Ben teaming up to create a winning 4x100m relay team.



At u15 level, Anna Smith frequently finished second at 800m and 1500m despite being only a first year u15, and there were also superb track performances from Eleanor Miller, Lauren Mills and Imogen Harcombe. Katie Mackintosh, Chantelle Haywood and Annabel Peach were excellent performers in both track and field, and also formed the core of a very solid 4x100m relay team. I'm particularly grateful to Tilly and Lauren Owens for their important contribution, perhaps the most diversely accomplished athletes we have and always willing to try any event – with good humour, too.

It was always a pleasure to see Tom Evans performing – as befitting the English Schools u15 champion, he won nearly everything he participated in – the only exception being one of our rather cobbled together guest relay teams (but what would mini league be without those?) Jake Ludlum showed what an all-round athlete he is, performing well in both track and field.



It's easy to forget that mini league also includes non-scoring u17s too – and it was through those competitions that we were able to see the emerging talent of Ricky Richmond – is he a sprinter? Is he a middle distance runner? No, he's pretty much everything... Overall a very eventful and rewarding season – and that's before we get into sand storms in Bingham, floods in Ashfield, starting pistol disorders...

Jeremy Smith

## YDL - U13 & U15

Newark AC finished 6th thanks to a small hardcore team of athletes, parents and helpful officials/parents who did a super job and performed brilliantly as a team. Lots of PB's and outstanding performances. Its always going to be challenging for Newark AC to field a full team in this league however its a valuable opportunity for competition outside of the county.

## Notts Summer League

The men's team managed to complete a team throughout the season although it took the meagre efforts of the president to make up the team at the 3rd round in Wollaton Park to ensure that happened.

The team finished in 13th place overall. The most consistent performer was Martin Waite who finished the season as 3rd over 45. Best performance was recorded by Oliver Carrington when finishing 8th in the race at Worksop.

Contributors to the team over the season were Martin Waite, Tim Bagguley (travelled down from York for every race), Richard Peach, Gareth Owens, John Combie, Oliver Carrington, Carl Braithwaite, Gareth Bagguley, Grahame Kelly, Thomas Hubbard, Howard Leek, Craig Fisher.

On the ladies side of things we only had one competitor all season namely the pocket rocket Becky Taylor who won the first race of the season at Hexgrave Hall and finished the season overall in 3rd place.

## North of England League Promotion

The Newark AC senior T&F team (inc U17) won promotion to the North of England League division 3. It was an outstanding achievement considering the tough competition. It all went down to a nail biting finale at Cleethorpes in August. The ever dependable men including Craig Rodwell, Tim Bagguley, Martin Waite Tom Brown and Nathan Johnson-Bark were joined this season by the returning Oli Carrington and Linton Taylor to add some extra quality. New recruits Ricky Richmond, Jack Satterley and Aaron Goulding contributed significantly to this seasons achievements.

With many of the regular U17 ladies absent it was the "older" ladies who pitched in and competed in the maximum events allowed to gain as many points as possible. Hannah Watson,

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Charlotte Peach, Becky Taylor and Amber Owens threw, jumped and ran in events they wouldn't usually compete in and ensured earlier in the season efforts from Molly and Charlotte Ripley, Eden Sandy, Keating Walters and Chloe Rowberry were not in vain. Of course this seasons ladies team wouldn't have been complete without the ever present Trish Hill who threw PB's and gained so many valuable points for the team.

A reminder, please send any road race results to Becky so she can share them with the Advertiser for reports.

## Newark Athletic Club and the High Peak and Sherwood Branch of the Long Distance Walkers Association Presents 'The Dave Lewis Memorial Challenge'

**SATURDAY 17th OCTOBER 2015**

An event for experienced and novice walkers and runners alike, organised over two separate routes, aimed at providing a day's entertainment for individuals or the whole family.

The courses are multi-terrain and run (or walked!) over undulating landscape in and around the Trent Valley Way and Kelham Hills area to the north and west of Newark. For more details visit <http://www.newarkathletics.co.uk/dave-lewis-challenge/>

It would be good to see some Newark AC members and their families taking part, but as always we are looking for some helpers, if you can give up a few hours that day then do please contact either Robert Orgil 01636 701269 or Rob Ellis 01636 702583.

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### Newark Half Marathon

Newark AC, Newark Striders, Nofast and Fernwood have all been working together to resurrect the the Newark Half marathon going again.

The provisional date for the event is **14th August 2016**.

The new route was run on Sunday 6th Sept and Becky Taylor and Oli Carrington's ran a large part of the route. The course starts and finishes in Sconce and goes through Hawton in to Elston and past Eden Hall and you come back via the old A46.



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## The importance of Progression and Consistency – and NOT doing too much too soon!

I recently read Mo Farah's biography (a good read for anyone who hasn't read it yet) – I have watched his progression since he was a young lad, and found that there were some surprising, but pleasing, revelations, especially about his earliest years in the sport. Mo's first national success was in 1996 when he placed 3rd in the I/C XC as an U13; the following year he was 1st in the same competition as an U15 and was also the English Schools Junior champion in both XC and 1500m. Looking back at ESAA XC championship results, I see that between 1961 and 1997, the years of Mo's success, only 5 of the previous 36 junior champions ever became senior internationals - I've never heard of most of the others since their junior success - and I'm not aware of any of the subsequent champions yet making significant progress. Later success increases among the intermediate and senior schools champions, but these are still in the minority. This trend is also very similar among the female champions. Those involved in athletics for a long time will not be surprised at this, as it is believed that major success at an early age is normally the kiss of death to success as a senior.

Normally success at an early age results from one or more of the following factors:

- natural ability
- a lot of training
- early physical maturity

Mo's biography reveals that he was not a good trainer in his younger days, often skipping sessions and certainly didn't mature young – so, like the others who have progressed from junior to senior success, his junior success was basically down to natural talent. Since then he has been able to steadily increase the amount and quality of his training with the resulting improvement in competition.

What happens to those whose early success is down to the other factors? Those who, in my opinion, overtrain in younger years are steadily caught and overtaken by others who have a sensible progression of training as they get older, or start to get injured or ill regularly as their young bodies cannot cope with how much they are doing. Early maturers will lose their advantage as they grow older. I do feel for these athletes. It is bad enough for mature athletes whose form declines as they get older, so how can youngsters cope when they realise that they are "has-beens" when they are still teenagers?

Unfortunately I have been witness to 2 such situations. When I moved to Norfolk, one of the U13 boys in the club had just won the Inter-Counties U13 XC by a significant margin. He was physically mature for his age and his father insisted he did extra training away from the club's sessions (including 100 press-ups and sit-ups before breakfast!). The following year he was 10th in





the I/C, the next year about 50th, then 100th, and the year after that he was spending most of his time playing the slot machines in the city centre.

When I first moved to Newark, we had an 8 year old girl with older brothers and sisters training at the club. She used to beat much older runners in school and mini races, but it emerged that she was running most days and regularly doing 8 mile runs and other inappropriate sessions for her age, and when we suggested that she shouldn't do this, she was taken to another club which didn't discourage it. She won the national U13 XC title, but then struggled to keep at the front as she got older. At a national junior training camp, she revealed the training sessions she did, which horrified the national coaches present – one, who said it was more than his best U17s did, offered to take over her training, to give her something more sensible, but, unfortunately, she picked up a virus, which frequently happens to youngsters whose bodies can't cope with their overtraining, and has never been able to run since.

Now for something positive ...

In contrast to these 2 sad examples, I was especially pleased at the I/C XC Champs in March to see another of the athletes of a previous club. Then an U15, she was one of my first athletes when I started coaching, with Southampton in 1979. Now an O45, she finished in the first 100 in the senior women's race, having previously been a member of the winning team in the Southern senior women's XC championship. As a junior she was a regular county level runner finishing well up in major races, but it was after reaching senior level that she gained England representation, and is even now continuing to compete at a good level.

Like her, most athletes, and their parents and coaches, are sensible. I strongly believe that progression and consistency are major factors in the steady development of an athlete. As a general rule, I encourage athletes to do 1-2 sessions a week as U11s; 2-3 as U13s; 3-4 as U15s, then increase training incrementally up to the level that is appropriate for him or her to reach their potential as a senior. This is something that both Linton Taylor & Cloe Hubbard have done, and it is noticeable that their levels of performance have increased significantly as they get older, as has their ranking and form relative to others, and should ensure long successful careers as senior athletes, hopefully reaching international level.

Vary your sports and events ...

I'm a strong believer that it is good for youngsters to try a range of sports before settling on their preferred one(s). Different sports help develop different physical attributes; I think that a combination of gymnastics or dance, swimming, a ball game, riding and athletics lead to a fully-rounded physical person. For an athlete, for example, swimming can improve aerobic and anaerobic capacity with less impact on young joints (as well as helping negotiate the s/c waterjump and Stafford XC course!), gymnastics and dance improve mobility and spatial awareness, riders inevitably have good knee lift, as a result of strong quads, etc..



I also believe that athletes should try a range of athletics events. There are so many examples of people switching events and achieving considerable success in their new one. At Southampton, the sprints coach persuaded a teenage XC runner and steeple-chaser to try sprinting - he became world indoor record holder for 400m, also winning 2 European golds and a world indoor silver and being an Olympic medallist in the GB 4x400 team. Conversely, a British 1500m record holder and champion spent much of her teenage years as a sprinter. Britain's greatest javelin thrower, who won world championship golds and, I think, also held the world record for a time, originally started out as an 800m runner.

"I'm not winning now, so there's no hope for me in the future..."

Often, young sports people feel that as they are not already winners, they will never become winners - but this isn't so. As I've shown already, the major winners at a young age rarely become winners in later life. So who are the winners then? - mostly it's the athletes that they have previously beaten - and it's not necessarily those who are near the front. There are so many examples of athletes who are near the back or not even qualifying for major events who are the eventual senior champions.

Here are 2 examples:

Who is the greatest ever British female distance runner and the world's greatest marathon runner? Who finished 299th in her first National cross country race? The answer to both is Paula Radcliffe.

When I started coaching at Southampton my group included one athlete who later won the English Schools junior boys 400m hurdles championship, and another lad who was always near the back in training and competition, but never missed a session and always gave of his best. About 10 years later I was watching an international indoor competition on TV and which one was running for GB in the 4x400 relay?

Finally...

Be sensible, don't overtrain, it may bring short term gains, but will be counter-productive in the long term. Evidence shows it is better to do too little than too much.

Ensure your training progresses as you get older and stronger. Be consistent, always do your best in training and competition - however, ensure that you recover after hard training and competitions (more about this in the next newsletter).

Everyone has their ups and downs, with no obvious reason why they are having a bad patch - this especially applies to growing children, whose growth often takes all their energy. Those that reach their full potential are the ones who stick at it through the bad times - if you do it will come right in the end. Read the biography of Kelly Holmes for a tremendous example of this.

Stuart College June 2015



## Dates for your diary

### Mini League Sports Hall U11-U15's

All events are at Oak Tree Leisure Centre, Mansfield  
Speak to Wendy Campbell for more details

**Sunday 27th September**

**Sunday 11th October**

**Sunday 8th November**

**Sunday 6th December**

**Sunday 17th January**

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

### Mini League Cross Country U11-U15

**Sunday 20th September** - Ashfield School, Sutton In Ashfield

**Sunday 18th October** - The Grove, Newark (Home fixture)

**Sunday 15th November** - Kings Park, Retford

**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 2014/2015

All 4 races will be on **Tuesday afternoons on 6th October, 3rd November, 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](mailto:kellyhaywood@sky.com)) or 01636 701408 / 07984 081447.

### Nottinghamshire Schools AA Cross Country League

Medals are awarded to the winning individuals and teams who must compete in all three meetings in order to qualify. First race starts at 10.00am on **Saturdays 3rd October, 28th November and 12th December** at Sutton-in-Ashfield School.

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.**

### Notts AAA Indoor competition including Quad kids

**Sunday 22nd November** - Indoor Track, EIS Sheffield



## Diary dates cont...

**Lincs Cross Country League** (Please check venues by visiting [www.granthamac.com](http://www.granthamac.com))

**Sunday 25th October, Sunday 15th November, Sunday 22nd November, Sunday 13th December.**

## **Lincs Cross Country Championships**

**Sunday 10th January**

## **Senior Cross Country Dates - North Mids XC**

**Saturday 10th October** - Markeaton Park, Derby

**Saturday 14th November** - Glebe Park, Corby

**Saturday 5th December** - Shipley Park, Heanor

**Saturday 16th January** - Wollaton Park, Nottingham

## **Midland Cross Country Relays**

**Saturday 17th October** - Walsall Arboretum

For entry forms visit <http://www.midlandathletics.org.uk/>

## **Dave Lewis Challenge**

Newark Athletic Club, in association with the Long Distance Walkers Association will again be organising the Dave Lewis Challenge, on **Saturday 17th October**.

There are 2 events, the short at around 11.5 miles and the long at around 27.5 miles, in the Kelham Hills and Trent Valley to the west of Newark on Trent. We very much look forward to seeing some of you at the event - all monies raised go to charity. For further information visit [www.newarkathletics.co.uk](http://www.newarkathletics.co.uk)

## **ERRA Autumn Road Relays (Men, women and young athletes)**

**Sat 3rd & Sunday 4th October** - Sutton Park, Sutton Coldfield

## **Worksop ½ Marathon**

**Sunday 25th October** - Worksop

## **The English Cross Country Association Relays**

**Saturday 31st October** - Berry Hill

## **Midlands Cross Country Champs**

**Sat 30th January** - Wollaton Park, Nottingham

## **National Cross Country Championships**

**Sunday 27th February** - Donnington Park

## **Christmas Relays & 2km Fun Run**

**Sunday 27th December** - Wollaton Park ([run-nottingham.co.uk](http://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

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](mailto:elainemills08@yahoo.com)

