



Scunthorpe and District Athletic
Club Newsletter December 2010



[Message from Club Chairman, Roger
Kimberley-Scott](#)

No politics! No Pleas! No gripes! Just a few simple words to thank you all for your efforts, commitment, achievements and involvement during 2010 and to ask that you play your part again next year.

Our athletes need our support throughout the year and throughout their lives so I ask that each of you continue to give them the attention they deserve as you guide them on their way. To emphasise this I would like to share with you some of the lyrics from a Christmas carol - The Holly and The Ivy. Maybe the meaning behind these words is appropriate to the lives of our young athletes. Maybe parents, coaches and officials, will be reminded of the stages of their own growth and temper their guidance appropriately:

The holly and the ivy,
when they are both full grown
of all the trees that are in the wood
the holly bear the crown
The holly bears a blossom as white as lily flower
The holly bears a berry
The holly bears a prickle as sharp as any thorn;
The holly bears a bark as bitter as any gall;
The holly and the ivy
now both are full well grown,
of all the trees that are in the wood,
the holly bears the crown.



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Road Running Section

Great North Run 19/09/2010

All credit to our club in getting 25 runners taking part in this event about 20% of the membership. The times they all did shows how well prepared many of them were for this race. The results were Dave Vickers 1.24.25 Stephen Geraghty 1.25.08 Jack Cole 1.34.44 Phil Lowry 1.39.35 Lynn Temperton 1.43.26 Glyn Sparks 1.45.24 Richard Ogden 1.48.31 Farzana Khanum 1.49.40 Neil Pattison 1.50.13 Tom and Mick Stamp 1.56.23 Peter Tindall 1.58.06 Kerri Enefer 1.59.49 Julie Cole and Kerri Padley 2.04.40 Rebecca Hollis 2.07.14 Elaine Kelsey 2.07.24 Matt Isle 2.07.55 Beverley Taylor 2.13.42 Paul Coates 2.16.22 Lee Wesley 2.18.57 Hilary Stephenson 2.27.33 Steve Marham 2.41.49 Liz Parsons Louise Long 2.52.31.

Club 6 21/11/2010

A good turnout of 45 runners in what may be the last race for many for a while due to the impending bad weather. The positions in handicap order were 1st Mark Johnson 38.52 nett 28.04 2nd Ian Harness (beanie) 45.19 nett 29.43 3rd Richard Ogden 43.01 Nett 30.10 4th Leeson Potter 41.55 nett 30.31. The first lady was Debbie Drinkall at 7th in 44.45 nett 31.25 2nd Sam Ritson 45.09 nett 31.41 3rd Julie Cole 49.01 nett 32.41 and 4th Dawn Marsh 63.00 nett 32.47.

Burringham 10k 10/10/2010

After the hype of the Great North Run we were back to the more informal village green atmosphere of the Burringham 10k. A very pleasant day and warmer on the course than you would expect at the start. In 3rd place was Alberto Legido in 36.16 closely followed by Gavin Mann in 36.22 and the first o/40 David Vickers 37.06. In the other age groups the first o/60 was Barrie Nutt in 43.53 and the first o/70 was the latest club superstar for the third race in a row Neil Barrowcliff. As far as the ladies were concerned the first finisher from our club was Kerry Padley in 53.32 and in general they seem to have boycotted this race with only 6 out of a total of 27 coming from our club.



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Club Presentation night 6/11/2010

A good end to a tiring day having joined the faithful at Hull to see Scunny win 1-0 they played really well. It was then quickly home to get ready and come out again. The music was provided by Harnie and his catch 22 disco and we had a quiz on sporting theme tunes as well as pie peas and chips. The presentations were made including the following .

Grand prix Snr Gavin Mann o/40 Dave Vickers o/45 Shaun Skelton o/60 Barrie Nutt o/35 F Sam Ritson o/40 Lynne Haynes o/50 Julie Cole o/60 Anne Powell. Mini Grand prix Snr Alberto Legado o/35 Leeson Potter o/45 Richard Usher o/45 Nick Shpylka o/60 Roger Lewis o/65 Dave Scott o/70 Neil Barrowcliff Snr F Kay Sotheran o/35 Rowan Turner o/45 Sue Crossland o/55 Linda Porter.

The overall winners of the mini grand prix were Alberto Legado and Rowan Turner and the full grand prix Dave Vickers and Lynne Haynes with Peter Clay being voted as the clubs most improved athlete of the year.

The baby boomers did well with 4 winners in the mini grand prix more than any other category any of whom had they taken 5-10 years off their ages would have won the 50+ or 60+ age groups.

And Finally

Hope to see you all at the Boxing Day run at Brumby Hall. Our best wishes to Linda Porter and we hope she makes a speedy recovery. A Merry Christmas to all!



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Cross Country Section

Well that's the complete runner Cross-country league, Lincs. League and our own cross country over and done with for another year. May I congratulate all those that have taken part in any of these competitions and pass on a big thank you to all those who helped in anyway either at our event or even parents getting people to races.

For those of you that still haven't tried cross-country it's not too late with open meetings at Sheffield, 2 Jan, or Barton, 27 Feb, coming up in the New Year. Another good race to try that's a bit different is the Cleethorpes Beach XC race, 13 Feb, so come on give it a go you'll enjoy it.

If anybody is interested in doing the Counties, Northernns or National XC and would like me to enter them into these events then please let me know ASAP.

Ramblings of a feeble mind

Now that the winter is here, just in case you hadn't noticed, it's time to start thinking about building up your mileage for that spring marathon so here's a few tips that may help. But if in doubt please check with your coach.

1. Long runs get you to the finish.
2. Rest days keep you healthy,
3. Cross training lets you work while you rest.
4. Pace work is critical to success.
5. Plain running days are the staple of your program.
6. The taper is the time to recover and refuel for peak performance.
7. Try drinks and gels on training runs well before the event to find what works for you.
8. Wear race day kit in the build up to check for chaffing or other problems.
9. Sleep 2 & 3 nights before the race are when to aim for a good nights sleep, as nerves can disrupt it the night before, so don't party until after.
10. Don't push through injuries and make them worse. An early intervention may mean missing a day or two now but ignoring it can cause you to miss weeks later in your program causing more disruption.

Here are some sample mile paces and the approximate result they would give you at the end.

11 mins/mile is a 4 hrs 49mins marathon, 10 mins = 4h22m, 9 mins = 3h55m,



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8 mins = 3h30m, 7 mins = 3h04m, 6 mins = 2h37m.

Whatever you hope to achieve may I wish you all good luck and successful running for the coming year.

Happy Christmas Steve

A successful Cross Country

Nearly 200 athletes from all over Lincolnshire descended on Quibell Park, Scunthorpe, for the revival of the annual Scunthorpe and District Cross Country. It was 10 year old Emily STRICKLAND who led home athletes medal haul when she went to the start line in the first race of the day for the under 11 girls. A medal looked on the cards when she entered the home straight neck and neck with an athlete from Beverley before she put in a fantastic finishing kick to pull clear to win the silver medal.

The under 11 Boys saw 3 Scunthorpe Entrants, the first been Ciaron BURNETT having an excellent run to finish in 4th place, Behind him twins Jamie and Owen THORNTON were having a private family battle, this time Owen took the honors finishing in 14th place 7 places in front of his brother.

The under 13 Boys and Girls both saw one Scunthorpe entrant each, First Emily POLLARD finishing in 16th place whilst Bradley WELSH Went even better to finish in 13th place.

The under 15 Boys saw Elliott STONES putting his unbeaten cross country record for this season on the line. As Elliott neared the end he had built up

a lead of nearly 30 meters and could cruise home for an easy win.

Under 17 Boy Lewis STONES took to the start line with the junior /senior and Veteran men, with all the races following the same big lap of the woods. The only difference was the under 17's were only to do 2 laps whilst the others had 3 to complete. Lewis who was showing his best form of the season to finish in 2nd place in the under 17 event, This left Dave VICKERS to finish as first Scunthorpe runner and 4th Veteran.



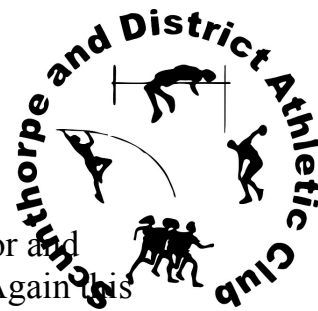
Elliot Stones continuing his magnificent season



Nick Shyplka in action



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The final race saw the Under 17 women also competing with the senior and Veterans. This time all age groups were to do the same 2 lap course. Again this didn't phase the younger athletes and 16 year old Laura KAYE after setting off at a conservative pace pushed her way up to second place in the under 17 girls race and finished 4th overall. The other Scunthorpe entrant saw Samantha RITSON get her chance to take to the course after marshalling all day and despite being slightly tired finished in 5th place in the veteran ladies.

Track and Field

Sixteen young athletes from Scunthorpe and District have been selected to take part in elite training squads at The English Institute of Sport in Sheffield.

One such athlete hoping to use the extra training as a stepping stone is 15 year old Elicia BONES who has been selected after improving by over 7 meters in the Discus this summer and is now ranked 5th in the Yorkshire and Humberside region in the under 17 women despite been at the bottom of the age group

The coaching courses are split over 3 days during the winter and athletes are chosen for their specific events to receive specialist training from various coaches in the hope of making progress.

A list of our athletes that were selected are as followed:

Alice Kaye	200/400m
Anthony Gillatt	Hammer
Ashley Wren	Long Jump
Elicia Bones	Discus
Ellie Standerline	100m
Elliott Stones	1500m
Freya Bradshaw	300m
Georgina O'Connor	Multi events
Jacob Hammond	Multi events/ Hammer
Jessica Watson	Hammer
Kate Pattison	Discus/ Shot
Kieran Burr	Javelin
Nathan Togun	100m/Triple Jump
Shani Stathers	High Jump
Stephanie O'Connor	100m/200m
Tyler Ley	100m/200m



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Athletics club show their ambition

Scunthorpe and District Athletics club have showed they are determined to continue to improve and become one of the top clubs in the area when they revealed ambitious plans to provide their athletes with top facilities this winter

The club suffers from having no proper indoor facilities in the town and currently use Frederick Gough school gym to do conditioning work. If the training day proves to be a success then it will be repeated during the winter.

A recent indoor open meeting brought a chance to race with electronic timing, The first event was the 60m and saw nearly 200 entrants but this didn't bother Rosie Tate, Stephanie O'Connor, Georgina O'Connor and Andrew Harmes who all set new bests. Rosie who has only just moved up to the under 15's age group then set a best in the high jump and Stephanie rounded her day off with a new best in the 150m.

Another best came in the 150m for Freya BRADSHAW who had to sit for nearly 5 hours before she got a chance to run in the second to last heat of the day but the wait was well worth it when she came second in the heat and set a new best.

The event also saw the throws group turn out in force in the Shot Putt with coaches Matt HAMMOND and Edel MEAGER deciding to throw. The day got off to a good start when Alex LOCKWOOD added over a meter to her outdoor best, the best kept coming with Jess WATSON, Anthony GILLATT, and Daniel HARMES all setting bests. The seniors were not to be out done when first Joe GIBSON set a new club record in the senior men's event, then the coaches matched his feat with Edel breaking the senior women's record and Matt HAMMOND showed setting a new veteran's record.

The day was rounded off by Tomas ANDREWS and Anthony GILLATT finishing second and third in the under 17 Triple Jump and both achieving new bests.



Freya Bradshaw ready for the 60 meters

Presentation Night

Scunthorpe and District athletic clubs Track and field section now boasts over 200 members from the age of 8 up to the over 60's and a large number of those met at the club's annual Track and Field and Cross Country presentation night.

The track and field section had got off to a fantastic start with two of the clubs members Josh BONES and Ashley WREN been selected to compete abroad for the Northern Athletics team at the International event in Malta. As well as individual events the club entered teams in the National Young Athletes league,



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National Junior league and the Northern Senior League.

After awarding age group awards, team manager prizes

and national representation plates, attention turned to the final awards of the night the male and female athletes of the year awards

The male athlete of the year was awarded to 16 year old Ashley WREN, Ashley finished in 4th place at the English schools Long Jump finals, being piped for a medal in the final round for the second year turned his season around winning silver medals in the long jump finals at both the UK under 17 championships and the UK school games.

The female athlete of the year went to 20 Year old Rachael FISK. Rachael has been a member of the club for 9 years and had been one of the countries outstanding 16 years old middle distance stars before injury over several seasons had slowed her career down. However the last year had seen a remarkable return to form with Rachael running her fastest times for 5 years and breaking the clubs 400m record. Rachael is looking towards a career in the armed forces and who knows may follow in the future steps of Kelly HOLMES who used her forces background to launch her middle distance career.

The aim of the club for the next year is to continue to balance the need to provide top class competition for their athletes as well as introducing the fun of athletics to anybody who wants to join the club.

Scunthorpe Athletes PUTT their mark on Sheffield

The recent bad weather has played havoc with training at Scunthorpe and District Athletics club with the track at Quibell park been shut for nearly 2 weeks, although the weather cleared up for the second indoor open meeting.

8 athletes entered the shot putt and although throwing opportunities have been limited during the bad weather plenty of work has been done in the gym which seemed to have paid dividends with numerous personal bests been set. The first to set new best distances were Georgia BONES and Alex LOCKETT, this was Georgia's first attempt in the under 15 age group which meant she was throwing a heavier shot, but this proved to be no problem when she actually threw it further than she managed last summer with a lighter implement. Not to be out done Jess WATSON also added 20cm to her best recorded at the first indoor meeting when she narrowly finished ahead of Elicia BONES. Georgina O'CONNOR made her first appearance in the under 20 age group and was pleased with her performance only narrowly behind her best. Anthony GILLATT was not going to let the girls



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have it all their own way when he competed in the under 17 boys shot. Anthony has not only moved up an age group but after his success rotating with the hammer last summer has altered his Shot Putt technique to the rotational style. This seems to be paying off already when he added 80cm to his distance recorded in November.

The shot field was completed by Daniel HARMES and Matt HAMMOND in the senior age group. Matt who had gone to the event to coach his young athletes put on a master class of how to do and how not to do the rotational technique, first he added 80cm to the veteran's record he set in November, Dan who is also preparing for multi events this winter, took part in the shot, winning his event.

The event also saw the first appearances of the Winter of Scunthorpe's two jumping stars Josh BONES and Ashley WREN in the long jump. Both are now in the Under 20 age group and will train and compete together over the next season. Although Ashley piped Josh by a single centimeter it was probably triple jumper Josh who was happier with the performance as Ashley had problems with his run up and had to slow down his approach to make sure he hit the take off board.

The day was rounded off by Rosie TATE in the under 15 girls who tried another 2 new events the 60m Hurdles and 300m, as well as having another go at the 60m. Rosie is showing good improvement in all the events and hopefully will improve further this winter. Freya BRADSHAW had to wait all day again to compete in the 300m but it was well worth the wait when she won her heat just outside her fastest time set outdoors last summer.

The athletes will now be hoping the weather improves so they can get some quality training over the Christmas period before the championships start with the Northern indoors finals in January.