

SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

DECEMBER 2009



Edited by Roger Kimberley-Scott
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2009 Athletics Review

by Matt Hammond, Communications, Press and Publicity Officer



I would like to thank all of you who have contributed to the press reports during the year and wish to apologise to any athlete, coach, official or member who has not been mentioned in my review.

So many of you have done so much that it's almost impossible to include everyone.

Matt

Scunthorpe track athletes 'double promotion' in 2009

As 2009 comes to a close Scunthorpe and District Athletics club can look back at what has been one of its most successful years. Its athletes have received county, national and international success and the club's young and senior athletes have both achieved promotion in their respective leagues.

The year started with two of the club's junior athletes Josh Bones and Ashley Wren showing great form indoors, winning medals in the Northern Championships and then Josh going on to win a medal at the national indoor under 17 finals. This was the start of a fantastic year for these two athletes who would fly the Scunthorpe flag at the largest events throughout the year.

The Winter also saw the cross country events in full swing and Scunthorpe athletes competing on the county, northern and national stage. It was also the start of a good year by Rachael Robinson who was to gain international success when she represented England in the World mountain running championships in Germany.

As the track and field got underway in April Scunthorpe athletes started their assault on three leagues. Firstly the younger athletes entered the National Young athletes league and under the guidance of club coaches Debbie and Gary Spindley, dominated the league throughout the year. It was to be a four match series but a torrential down pour at Quibell park in June saw the cancellation of the meeting half way through. Despite this Scunthorpe won the other 3 matches,

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more than doubling the points of the other teams and winning promotion to the Premier league in 2010.

Next saw Scunthorpe's under 20's combining for the first time with Lincoln Wellington to compete in the national Junior league. Although the club missed out on promotion after finishing 3rd it was still a good year giving athletes valuable experience. Team Manager Dave Harmes said; "with a large number of athletes moving up from the Young Athletes League, the club looks forward to mounting a serious challenge next year".

The final league saw Scunthorpe senior athletes have another terrific year. After winning promotion in 2008 from division 4 to 3 in the northern league the challenge was to repeat this in 2009.

The early meetings saw the clubs local rivals Doncaster take a strong grip on the competition by winning the first two matches. However team manager Gavin Mann rallied his troops to put out the strongest possible teams in the final two meetings to more than match the performance of their rivals and when Doncaster faltered in the final match it was Scunthorpe who won the league and gained promotion to Division 2.

With the senior team on a high Gav then put them through their paces in the Northern Knockout cup. The first round was in Hull where Scunthorpe came up against much bigger clubs from division 1, but again the team showed its growing strength to come second and qualified for the final in Manchester.

This was to be a family day out for the club and a large team of athletes officials and fans shouted the team onto third place and saw the

emergence of young javelin thrower Kieran Burr who broke the clubs senior record. The result was only marred by the injuries to Ashley Wren and Billy Crowther who have now made a good recovery and hopefully will be out in force next year.

Schools athletics

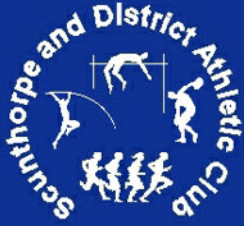
The pinnacle for all the young athletes is to try and gain selection for the English schools finals and again Scunthorpe was successful with 7 of their youngsters qualifying to compete in the finals at Sheffield. Also for the first time the club provided all four members of the Humberside 4 x 100m relay team. The 2 days of competition would see two Scunthorpe athletes win medals firstly Josh BONES carried on his early season form to gain a medal in the triple jump and Rachel Robinson in the steeplechase. Leading on from these championships Josh Bones, Ashley Wren, Alice Kaye and Sophie Croft were selected to represent Yorkshire and Humberside in the UK school games and Josh Bones would receive an England vest when he represented England in Ireland competing against the best from Scotland, Wales and Ireland schools.

Success on the Road

2009 would also see the Club Road Running section go from strength to strength and again expand its membership. After running a successful winter series of races they then went onto hold another impressive summer series. The highlight was the ever-growing 10K event which is run around the streets of Scunthorpe and saw entries from all over the north of England. We also we saw the continued rise to stardom of Emma Clayton winning national honours in fell running as well as representing the club on the road, country and track and field.

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Challenges

2010 will see the club face the challenge of trying to improve on its recent success and provide facilities, coaches and competition for its growing membership. This end of the year will see the whole of the club come together at the annual Boxing day run which will set off from Brumby hall somewhat fittingly passing the building work which will be the new sports academy.

The only down side for the club was when head coach Stuart FROW was struck down by illness whilst competing.

As the year comes to an end, all at the club wish Stuart a speedy recovery and hope he will be back to see a triple promotion.

Track and Field

Content contributed by Gary Spindley,
Acting Chairman, Track and Field

As the end of the year draws to a close it's time to reflect on what has been a whirlwind year for the club and especially for me.

We had a tough couple of months but with some fantastic effort and support we came through it. So I would like to say thank you to those who gave me help, Debby, Sally, Dave, Helen, Neil, Eve, Steve, Fiona, Mal & Roger.

As a club we should be proud of what we have achieved this year - a whole handful of brilliant performances by individuals and teams. We should all be proud of the events that we put on and how we attracted many athletes from outside the county.

We've had a taste of the Festival and I know how many people have already asked "what date will it be in 2010?". Spindley's daft idea run's again over the august bank holiday weekend so if you have any

ideas of events you would like to see or take part in please let me know.

In the new year we will be setting the date for the track & field AGM and we will be putting a proposal forward to restructure the committee for the coming year.

We have some fantastic people on the committee **BUT** we need more help.

Some of the new proposals present a challenge to take on a job so you don't have to stand for election or attend meetings.

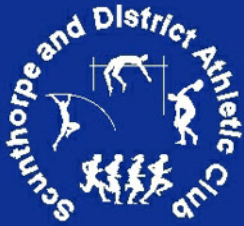
It's great to see more people becoming coaches we need more, don't be frightened we don't bite. Come down and get involved. We already have a waiting list for the under 13's group come spring and I for one did not like making the decision to close membership over winter to the under 13's - the size of the current group dictated that decision.

All that's left to say is "I wish you all a merry Christmas and a Happy New Year "



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Road Section

Content contributed by Dave Pullen,

Christmas present for Lou.

Lou's New Year plan to get ahead of Bex is to buy a new superbra.



She reckons this will improve all her race times by at least 2 seconds and if Bex or any other runner tries to run alongside her then a quick flick of the hips will give them a nasty blow amidstips. The committee has been consulted and as long as they are in the club colours and are high vis they will be allowed. Linda will be stocking them shortly with bicycle pumps also in the club colours an optional extra.

Club Presentation night 21/11/2009

The general consensus among the members was that this was the best presentation night ever due mainly to the efforts of Sue Hall and her helpers. The trophies were presented by Michael McInerny senior and to follow pie peas and chips and a raffle (All for £2).For the first time I can remember people were actually up dancing, in fact the floor was often full. It was a good advert for the club as everyone seemed so fit and full of energy. The main presentations were as follows:-

Ladies

Senior
Vet 35
Vet 40
Vet 45
Vet 55

Mini grand prix

Kay Sotheran
Sue Hall

Julie Cole
Linda Porter

Full grand prix

Rowan Turner
Sam Ritson
Lynne Haynes
Sharon Ombler

Men

Senior
Vet 35
Vet 40
Vet 45
Vet 50
Vet 60
Vet 65

Gary Crompton
Leeson Potter
Rob Atkin
Gary Armitage
Peter Barnard
Roger Lewis
Bryan Byworth

Paul Coates
Giles Byworth

Richard Lings

Barrie Nutt

Such was the popularity of this years event that most if not all the above were there to collect their prizes avoiding the embarrassing pauses in previous years when many trophies remained unclaimed.

Club 4 mile 8/12/2009

Conditions were good for this race, not even particularly cold. It was run on the usual circuit after doubts about the course after all the road-works there recently. The start was delayed by about ten minutes as a group from the An-cholme Running Club had not realised that in order to take part they had to wear high vis vests. The top three in the handicap were very much in form runners 1st Glyn Sparks in 27.20 net 19.11 2nd Carl Taylor 29.47 net 19.15 and 3rd Kay Sotheran 30.43 net 19.32. The best times on the night were Gavin Marshall 23.01 Steve Clark 23.11 and Giles Byworth 23.25. Kay was also the fastest lady on the night followed by Kerry Padley in 33.29 and Carrie Dixon in 34.15.

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New Club Coaches

There has been a sudden burst of activity with four people hoping to qualify as new level 2 coaches.

I went on a level 2 course at Loughborough recently. It was a great experience and the facilities were excellent. The difficulty we all have to overcome is that the courses are very biased towards track athletes and the type of sessions they do. I was really fed up to learn that a long steady run on a Sunday morning does not count as a proper session and to me that is the most important part of marathon and half marathon training. All right I am getting my excuses in early ! The other ones who are going to Leeds are Susan Hall, Malcom White, and Steve Heslop.



Happy Christmas

and a Happy New Year
