

# SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

## FEBRUARY 2010



Edited by Roger Kimberley-Scott  
Chairman and Webmaster  
Scunthorpe and District Athletic Club  
chairman@scunthorpeathletics.com  
www.scunthorpeathletics.com

## Humber Athletics Network

Content contributed by Roger Kimberley-Scott, Chairman

On Wednesday 24th February 2010, the majority of our Club Executive Committee voted not to join the Humber Athletics Network. Emma Brady, Club and Coach Support Officer for England Athletics was sent the following message:

*Thank you for taking the time to visit us, for presenting the Network philosophy and for your dialogue with our Coach Development Officer. Last night you, once again, demonstrated your passion for athletics but for us, your 'Network' vision is far too wide. This opinion is shared by many of our Executive Committee members, some of whom have already attended one Network meeting. Others have had the opportunity to read up on the subject and all Club Members have been consulted via our January Newsletter. All our volunteers are focussed (in the main) on local issues and we would have problems supporting your views throughout our club. We believe that the proposed Humber Network area is too large to be adequately managed. The Networking philosophy may seem good 'on paper' but in the real world there is little on offer to Clubmarked, Clubs. Although we wish you well with your Network endeavours, we shall not be joining you at this time.*

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## Track and Field

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

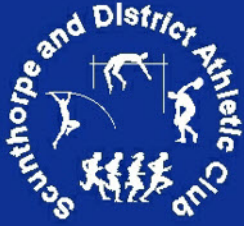
Following the track & Field AGM last week I'm pleased to announce the new committee. We still have some positions to fill and if anyone would like to find out more about those positions then please come forward and have a chat to either myself or any committee member.

### Committee

Chairman Gary Spindley  
Vice Chairman Dave Harmes  
Treasurer Sally Bones  
Secretary Helen Harmes  
Child protection officer Debby Spindley  
Membership secretary Josie Frost  
Athletes Captain Dan Harmes / Ashley Wren  
Athletic event coordinator Helen Harmes  
Social events coordinator Eve Standerline  
Schools liaison Debby Spindley  
England athletics affiliation secretary Dave Harmes  
Equipment coordinator **(Dave Harmes temporary - post to fill)**

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### Non committee positions

Track & field statistician Matt Hammond  
Press officer Matt Hammond  
Trophy Manager Helen Harmes  
Welcome coordinator **(Post to fill)**  
Young athletes league managers Eve Standerline plus **(Post to fill)**  
Junior league managers Dave Harmes & Neill Bones  
Senior league managers Gavin Mann & Gary Crompton  
Competition coordinator Josie Frost

### New Rules

We have introduced some new rules for the coming year anyone wanting to become a helper, coach or committee member must have a valid CRB and coach licence.

### Leagues

All athletes who compete in the young athletes, junior and senior leagues this season will be asked to pay £2 per match. The leagues cost the club in excess of £600 per year to enter teams. The last change is the addition of the England Athletics Competitors licence fee, which will be added to the annual club membership fee, due from 1st April 2010.

### Retiring Committee Members

I would like to thank the following people who have contributed to the running of the club for many years; Fiona Fisk, Linda Borrill, Neil Pattison and Lee Gilbert.

### Training

The last indoor session at Frederick Gough will be on Tuesday 2nd March then we will be at Quibell Park every Tuesday and Thursday .

### Winter Warm Up

The winter warm up meeting is only a matter of weeks away so please enter as soon as possible. We need helpers on the day so please come forward.

### Coaching

The new season will see a change in coaching of athletes who will be provided with specific, coaches for certain events. It's a massive step forward and I'm sure it will bring us benefits as a club.

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Daniel Harmes, Coach Development Officer, is working hard to find suitable coaching courses to suit the club's needs.

### Humber Athletics Network

The club has been in talks with England Athletics (and other clubs North and South of the Humber) for a number of months to examine the proposed Humber Athletics Network. Last week the club voted against joining as it is felt that at this time the network is not our best interest.

### Awards

On a positive note the club has been short-listed for the North Lincolnshire Leisure and Culture Awards 'Sports Club of the Year' alongside Josh Bones (Track) who has been nominated for an individual award. The awards take place on 11th March and Roger Kimberley Scott, Debby Spindley, Walter Short, Neill Bones, Rachel Robinson (Track and Fell) and Dave Pullan (Road) will represent the club.

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## Road Section

Content contributed by Dave Pullen, Treasurer and Coach

### Ferriby Ten Road Race 31/01/2010

This race is just over the Humber Bridge starting and finishing at Skidby Windmill which you can see on the skyline on your left as you go to Beverley. It is a good challenging course basically going uphill for the first 5 miles in a gradual incline rather than any really hard hills. The next 4.5 miles in the same way is downhill so you can then put in some faster miles but remembering to leave something for the last half mile which is quite a steep climb back to Skidby Windmill. The conditions were good, cold but invigorating and the race was popular enough for entries to have been closed for over a week. The only downside was a lack of decent toilet facilities and the start and finish being three quarters of a mile away from the race HQ and car park. There were 491 entrants and the race was won by Carl Ryde in 54.42. 3rd, in 55.21, was our old friend Pumlami Bangani. Finishing 10th was Gary Crompton PB 57.45 and 12th Gavin Marshall 57.50. Other highlights include Peter Barnard 68.27PB, Carlo Catalano 70.56PB, Neil Lovatt 73.30PB, Ric Lings 75.21 PB, Sam Ritson 80.55 PB and Kay Sotheran 84.13 PB. The first lady from our club was Rowan Turner in 75.08 and then 2nd in 80.06 Rachel Musgrave in a very impressive run. It was very encouraging that we had 27 runners in the race.

### Club 2 Mile 04/02/10

Earlier in the day this 2 miles looked like going the way of recent 2 miles in being cancelled. However the overnight snow quickly thawed and the night was comparatively mild. Carlo Catalano rounded off a great week (see Ferriby 10) by winning on the handicap 12.37 to 8.12 with a PB closely pursued by young Jack Cole 11.46 to 8.15 and Glyn Sparks 12.43 to 8.22. At 4th and with

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the best time on the night Gavin Marshall 10.15 to 8.23, 5th and 2nd on the night Gary Crompton 10.32 to 8.26. First Lady on handicap Rowan Turner 13.38 to 8.44 with the improving Kay Sotheran 15.11 to 9.09. This report would be incomplete without mentioning that in 9th and first male over 35 was Paul Coates in 15.51 to 8.42 also a PB. There was 57 runners in the race which must be a club record and included several from the track and 7 runners from Scunthorpe Hospital Radio in their first races and training for the Lincoln 10k and the Great North. These runners are all being coached by Paul Coates who was also the first male over 35 in this race. On a final note Rod Burton broke the M55 record for 2 miles.

### Other races February

There is not usually a lot of activity in February but a few race times have come through; the Brass Monkey half - Mark Whitlock 1.20.51, Mark Whitlock 2.11.26, Neil Patterson 1.49.48, Lynn Temperton 2.08.36 PB and Elaine Kelsey 2.09.03. The Stamford 30k - Giles Byworth 1.58.52 and Carlo Catalano 2.16.03 Lynne Haynes 2.21.29 Glyn Sparks 2.31.13 Rowan Turner 2.31.46 Ann Powell 2.59.57.

### Club Stalwart Retires

Celebrating his retirement and coming 70th birthday on the 27th February is Neil Barrowcliff. Neil was a member of the Riddings club which formed our present club. Neil is still going to compete in as many races as he can and also in other races as a high profile marshal.

### Chairman to stand down

Rod Burton has decided to stand down as chairman of the road running section at the next AGM. Rod has done a tremendous job in his 5 years as chairman with our section thriving in terms of membership, finances and social activities and Rod has played a large part in all this. As the ultimate smoothie Rod has held the committee together rather in the manner of a jolly head boy in a large public school. However Rod has been prepared to put in the hard miles on the admin side that goes with the job. So well done Rod you will be a hard act to follow. So who will follow, watch this space, with our increased female participation is it not time we had a chairperson?

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## XC and Endurance

Content contributed by Steve Heslop, Club Captain

I'm settling into the post quite well but still reaping the benefits of the sterling work done by my predecessor, Donna, and what she already had in place. The numbers taking part in Cross country are slightly disappointing but lets hope we can build on them for next season. On a higher note plans are well in place for the relays at Manchester in March where we are hoping to have a men's team as well as a ladies team this year. Further I would like to personally thank all the club coaches but especially Fiona and Scott.