

# SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

## JANUARY 2010



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

## Humber Athletics Network What is it and do we want to be part of it?

Content contributed by Roger Kimberley-Scott, Chairman

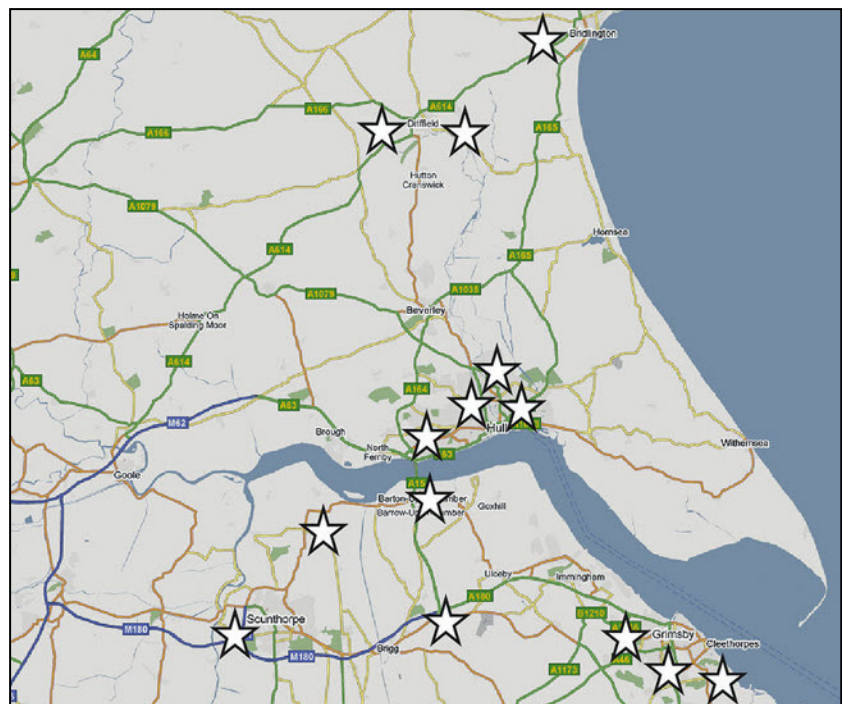
England Athletics are introducing 'McCain Athletic Networks' across the country and are actively seeking the creation of a 'Humber Athletics Network', embracing clubs on both sides of the river.

An application for the creation of a more manageable 'North and North East Lincolnshire' network has been rejected by England Athletics.

England Athletic's proposal has already been examined by a number of our members but no decision to join (or not) will be made until the Club Executive Committee has had the chance to debate this on 24th February. If you have strong views regarding joining or not joining, please speak to any committee member or coach. Your views will be very much appreciated.

The 'Humber Athletics Network' could potentially embrace the clubs listed below and would probably result in some communication issues due to travel distances and lack of suitable web based structures. (Bridlington to Cleethorpes - 87 miles; Scunthorpe to Driffield - 43 miles and Scunthorpe to Bridlington 53 miles to name just a few). One of the points made by England Athletics is about pooling resources but how this will be achieved over these distances is questionable.

Ancholme Valley AC  
Barton & District AC  
Bridlington Road Runners AC  
Cleethorpes AC  
Driffield Striders  
Grimsby Harriers AC  
Haltemprice Road Runners AC  
Hull Achilles AC  
Kingston Upon Hull AC  
Scunthorpe & District AC  
University of Hull AC  
Winterton RC  
Wold Runners AC  
Wolds Veterans Running Club



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Emma Brady, Club and Coach Support Officer at England Athletics has kindly provided the following article which describes the proposed network:

### **Humber Athletics Network**

England Athletics are committed to supporting clubs and coaches across the Humber and have ring fenced £90k over 3 years for the county. This is the most any network can receive and is a great investment for Humber Athletics Clubs.

The Athletic Network will seek to drive up the quality of coaching, links with community groups such as schools, competition in clubs (inter and intra club) and also seek to develop the all round quality of provision within clubs in the network. Clubs are central to this process, as clubs will come together to develop a clear plan that will benefit their club and athletics across the Humber.

The ethos behind Athletics networks is all about working in partnership to develop a consistent approach to the development and delivery of athletics across the Humber. In the long term this will:

- Reduce duplication, pool resources, encourage sharing of ideas and in turn reduce volunteer time
- Create a strong club infrastructure, underpinned by a strong volunteer workforce
- Provide a voice for athletics in the Humber that can champion local decisions regarding facilities and future funding opportunities
- Ensure a greater chance of accessing local and national funding from a variety of partners
- Ensure a consistent approach across the Humber providing clear pathways and exit routes for athletes, clear competition structures and quality coaching to athletes
- Influence school competition structures to ensure a unified approach benefiting athletes exit routes into clubs and talent identification
- There are so many examples across the country of network projects, but here's a few to get you thinking:
- Organise coach development days with EA flying coaches for specific coach development. This could be for any discipline (road running, jumps, sprints), age group (5-8 yrs, 8-13 yrs, 14-16 yrs, adults), focus group (women and girls, disability) or to increase knowledge around nutrition, lifestyles, strength and conditioning, competition preparation, motivating young people etc...

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- Set up an induction programme for new coaches coming into the club, including mentoring/co-coaching scheme. Programme of support to engage parents to become involved with leading/coaching/officiating
- Set up quadkids club competition for all network clubs to compete
- Inter Club Competitions - Co-ordinated approach from road running clubs involved in the Network in terms of organisation and sharing of ideas
- Work with Run In England to set up true road running beginners groups to encourage new members into the club linking in main road running to increase membership
- Production of standard welcome pack and induction programme to welcome new athletes into the Network clubs
- 5 Introductory / mass participation / recreational running activities. Develop running opportunities through Run in England imitative and partnership with local business and Healthy Lifestyles teams through PCTs / LBs. Promote race series as social and fundraiser. Provide exit pathways into club sessions.
- **Set up street athletics to local communities.** Identify areas and promote ad hoc street athletics programmes. Setting up races/ throws etc offering tuition and fun competition. Engage with EA flying coaches to fill gaps in coaching knowledge
- Arrange specific dates/times where local community are encouraged to give athletics a go . Come and Try days on standard format at each club venue
- Establish a Mini Olympics Tournament for take place for a week before the end of the summer term to celebrate the soon to be opening London Olympics
- Provide a lobbying voice for athletics with local facility operators and owners

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

### Happy New Year

May I wish you all a happy and prosperous new year a little late but I know I have not seen quite a few members and their families due to weather in recent weeks. I am delighted with the success of last season and the new year has already brought some members success at places like the EIS at Sheffield with some notable performances so WELL DONE.

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### Track and Field Committee

Over the last couple of months the track & field committee have worked on a proposal to re-structure the committee roles to run a more manageable structure. I hope you take the time and read the proposal , if you want to be considered for any role please put your name forward to Helen Harmes club secretary ([hrharmes@hotmail.co.uk](mailto:hrharmes@hotmail.co.uk)) and if anyone has a proposal then please submit it by the date advertised.

### Winter Warm Up

Winter warm up is only a matter of weeks away so a plea to parents and anyone else who would like to help out even if it's for an hour please come forward , we need help with results , raking long jump pits , pulling tape measures etc.

Coach license and CRB's please make sure if you get a new license or CRB please give Debby Spindley a copy for the club file.

I'm pleased with the primary schools liaison work Debby Spindley has done (better say that else I'm getting no tea) to attract new members come the spring .Debby sits on the schools sport federation committee which gives us strong links with the local schools. Debby came up with the idea of awarding winners of schools events with a free training session , medal and certificate of achievement from the club . So come the spring we should see some more new members coming in to the club.

### Networking

England athletics are proposing some changes to the way they wish to operate within the region please take time to read the network proposal. I'm keeping an open mind to the proposal and the potential effects it could have on the club. Please send me any questions you wish to raise on the subject and I will try to answer you.

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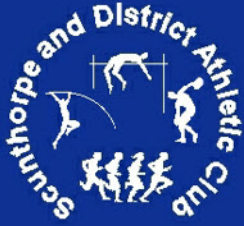
## Road Section - Content contributed by Dave Pullen, Treasurer and Coach

### Boxing Day Fun Runs 26/12/2009

I made a point of getting there early to check the fun run courses which was a waste of time because they were impossible to run on due to snow and ice. The runs had to be changed to running round the fields around Brumby Hall instead.

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This worked out well a lot of runners were able to get in good sessions when it would have been impossible anywhere else. The surprise being the numbers who turned up despite the conditions. I was harassed by a Dark Vader who explained that his dark glasses had steamed up and that all he could see was my high vis top. I think fining me for not wearing a fancy dress gave Jolly Roger more pleasure than fining anyone else but I can reveal on this site that his moustache was not real but was painted on.

When we finished we had refreshments at Brumby Hall along with a raffle and the draw for the club entries for the London Marathon. The four runners drawn were Brenda Robinson, Nick Taylor, Michael Mc Inerney, and Sue Hall. Brenda's daughter Vicki will also do her first London Marathon this year so that it made even better for Brenda. Last but not least £400 was raised for the Red Cross from the morning's activities.

### Alternative Boxing Day Runs 26/12/2009

Since starting this newsletter I have seen a report in the Telegraph of 30th December that our fun run was cancelled. No it wasn't, it was relocated due to the conditions. The fun run was two smaller laps of the field and the main run two large laps. Runners paid £2 to enter and both runs were marshalled by volunteers from the club. The decision to use the field was made 45 minutes before the scheduled start not as stated in the report that we did it because "about 40 people in fancy dress turned up so we thought we should do it in some form".

### Cleethorpes 10K 1/01/2010

Woke early up to a thin coating of snow but didn't think it would cause any real problems for the race. This proved to be correct as the snow was no problem although there was some icy patches the race was well marshalled and plenty of warning was given. Members should be warned that in common with other recent races ipods were banned and anyone found wearing one would be disqualified from the race. Our runners times were:-

Joshua Reed 37.23 15th overall  
Mark York 42.58  
Rod Burton 43.09  
Barrie Nutt 44.12  
Roger Lewis 45.11  
Mel Hollis 46.20 PB  
Tony Lonsdale 48.04  
Sam Ritson 49.06  
Dave Pullan 51.47  
Carrie Dixon 53.38 1st 10k  
Louise Robinson 58.52 1st 10k  
Helen Hornsby 60.06 PB  
Peter Clay 63.57 PB by over 3 minutes  
Neil Barrowcliffe 65.24 1st finisher wearing SUFC socks  
Margaret Maisey 70.39  
Diane Eke 77.19

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### Superbra Banned

Bex has brought in an injunction under the Highways Act 1942 whereby you can run on the left hand side or the right hand side of the road but not both together. Lou argued that the superbra was a great safety innovation in that if you fell over you bounced straight back to your feet again. Judge Hollis ruled that you would not have fallen over if you could have seen your feet in the first place.

### Winter Race information

Due to snow and ice the 2 mile race on 5th January was cancelled. There are two more Winter races in February 2 mile on the 4th and 4 mile on the 25th. The series is completed with a 6 at Burton on the 21st March. As yet no date has been decided on for the cancelled 2 mile to be run.

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### XC and Endurance - Content contributed by Steve Heslop, Club Captain

The Humberside County XC Championship will now be held on the 20th February (previously postponed due to the bad weather) at Thornes Park, Wakefield. These Championships will be held in conjunction with Yorkshire Athletics and the event will be used to determine selection to represent Humberside in the forthcoming Inter-County Championships. Entry forms are available at the Club and on the website.

It is recognised that not all athletes will be able to attend this meeting so some selections **may** be done on merit. Will all coaches / parents with eligible athletes, who meet this criteria please contact Steve Heslop so that performance records may be forwarded to the selectors.

The Inter-County Championships are to be held at Crofton Park, Birmingham on Saturday 13th March.

Barton Cross Country is scheduled for Sunday 7th March. Entry forms are available at the Club and on the website.