

# SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

## MARCH 2010



Edited by Roger Kimberley-Scott  
Chairman and Webmaster  
Scunthorpe and District Athletic Club  
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## North Lincolnshire Leisure Services Awards

Content contributed by Roger Kimberley-Scott

### Triple Award Winners

#### The Club

Congratulations to each and every one of you for helping us to win the Sports Club Of The Year trophy for 2010.



On Thursday, 11th March, members of the Scunthorpe and District Athletic Club were present at the prestigious Leisure and Culture Awards ceremony held at the Ancholme Leisure Centre, Brigg. The evening started with an inspirational speech by Nigel Adkins, Manger of Scunthorpe United Football Club and was followed by the presentation of the Leisure awards.

North Lincs Leisure Services considered nominations from a vast range of sports clubs before agreeing that the award should be made to the Scunthorpe and District Athletic Club. This is a fantastic achievement and you all should be very proud of your efforts which have made this possible..

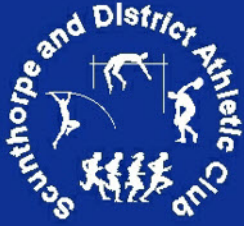
The awards panel considered every aspect of the club which included the charity raising successes of the Road Section, the external representation, by our athletes, the determination by our Young Athletes and Senior Track and Field teams in gaining promotion.

The most important aspect of the award centered, not around the athletes, but around the many volunteers who make our club special. The awards committee truly appreciated the dedication of our tradesmen, steelworkers, housewives, accountants, child minders, shop workers, military personnel, those from the emergency services, business men and women, teachers and students who give up their valuable time to help to manage the club.

**Well Done!**

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### Triple Award Winners Stuart Frow

In recognition of his personal efforts, former Track and Field Chairman, Coach and Athlete, Stuart Frow was honoured with a Lifetime Achievement Award and received a well deserved standing ovation from the audience.



### Triple Award Winners Josh Bones

One of the first awards of the evening was made to Josh Bones in recognition for his outstanding performances at both Club and International level. Josh was the proud recipient of the Young Male Sports Achiever award for 2010.

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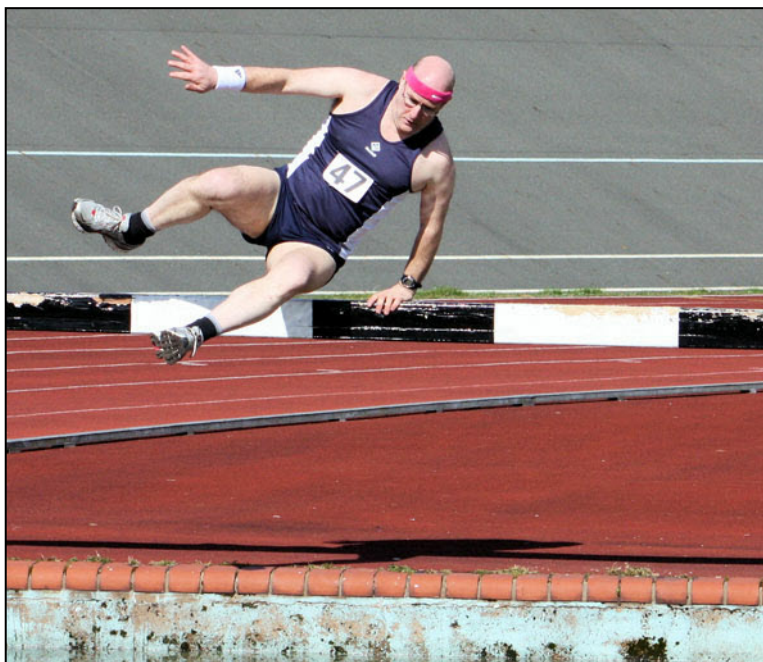


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## Winter Warm Up

It may be the end of March but it's just the beginning for the Track and Field Season.

Club Captain, Cross Country and Endurance, Steve Heslop showed his extreme side by competing in the Steeplechase. Unfortunately, a fault with the water supply meant that the water jump was empty prior to the start of the race. Not to be thwarted, Neil Pattison, the event organiser, recruited our friends from Humberside Fire and Rescue who soon managed to discharge 800 gallons into the concrete pit.



Coach Eric Frost registered an objection when the Fire Engine, apparently, attempted to overtake an athlete on the inside. Eric's objection was overruled when it was pointed out that the engine was still in the Steeplechase lane.

Thank you to Neil, the Rotary Club and all the helpful volunteers for making this a splendid day.



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## Road Section

Content contributed by Dave Pullen, Treasurer and Coach

### Club 4 mile 25/2/2010

The main impression I got from this race was how bad the pot holes have become. The winner on the handicap was Mathew Isle in 19.32 from 25.02 2nd Carlo Catalano 19.34 from 27.02 and 3rd Martin Welburn 19.47 from 24.25 . The fastest on the night was Gavin Marshall in 21.53 followed by Gary Crompton in 22.33. The first and fastest lady was Rowan Turner in 20.08 from 28.46 in 10th position followed by Brenda Robinson 20th in 21.22 from 35.06.

### Lou and Bex make things happen.

We have been doing long runs on Sunday mornings from Brigg Leisure centre, but for the first time the legendary Lou and Bex joined us. However this particular Sunday Vicki Robinson (Brenda's daughter ) was getting married and she ran wearing a wedding veil. We had our photographs taken before setting off and we were pursued on our training run by a wedding photographer in his car snapping us at regular intervals. Young Tom Stamp also joined us and because he is so good looking he was getting all the ladies attention so to get round that problem I kept sending him off on extra loops. However you don't get any losers in our sessions as he discovered the Broughton rubbish tip and now will not have to travel all the way to Scunthorpe to dispose of his household waste.

### Norton 9 7/3/2010.

This has been a popular race with our club members and I regard it as the last of our winter races with our first summer series race of 3 miles less than a month away. It was ran in glorious early spring sunshine. It is a very interesting course with always something different coming along to catch your interest , little Yorkshire villages, woods, country lanes, and three challenging hills all after 5 miles.

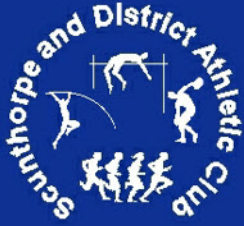
Punlani Bangani was 3rd in 48.52, and others times from our club were, Alberto Legido 56.10 Pb Neil Lovatt 63.58, Philip Maw 66.09Pb, Roger Lewis 67.12, Nigel Ogg 67.43, Paul Lovatt 68.48Pb, Tony Lonsdale 72.33Pb, Kay Sotheran 74.16Pb, Dave Pullan 78.42, Neil Barrowcliff 98.55.

### Club 2 mile 9/3/2010

This 2 mile replaced the one cancelled on 5th January due to snow. Having his best run ever at the club the winner was Mark Burrows in 7.59 from 14.59 with second in 8.19 from 20.33 Louise Long. It is good to see runners like these doing so well in the handicap races. The best time on the night was Gavin Marshall in 10.06 beating Punlani Bangani 10.09 by 3 seconds. This is impressive running at 5.03 mileing on a difficult course.

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### North Lincolnshire Council Leisure and Culture Awards 2010 11/3/2010

This was held at Brigg Leisure centre and Scunthorpe and District Athletic Club which includes our running section was voted Sports Club of the Year. Stuart Frow was awarded with a lifetime achievement award and Josh Bones the young male sports achiever award.

The awards were presented by Nigel Adkins who gave us a sports talk which I found very interesting as it featured slides and a video of Scunthorpe's two Wembley appearances from last season. The main point that Nigel made was that to achieve what they did meant involving everybody and the importance of channeling the team effort to maximise everyone's talent and commitment. That is what I think is particularly relevant to our club although what Nigel was too modest to mention is the importance of the correct leadership to give direction and make the right decisions.

Almost as an outsider looking in you cannot discount the excellent publicity given to the club by Matt Hammond in the Junior All Stars section of the Scunthorpe Telegraph as a means of bringing the club to the public attention and helping to get this award.

### Lou and Bex handbag Grantham and other races.

It is very appropriate that Lou and Bex should choose Grantham of Maggie Thatcher fame to do Pb's in the half marathon 2.01.46.(These ladies were not for turning) There was also some good times in the Sleaford half marathon as follows:- Ville Tiitola 1.33.12, Rowan Turner 1.40.32, Ali Ibrahim 1.45.01, Kay Sotheran 1.54.46 Pb and Steve Heslop 2.04.01.

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## XC and Endurance

Content contributed by Steve Heslop, Club Captain

Another month on and as the XC season ends I can look back with pride on the club being represented at National, Inter counties, Inter Schools and even local races from Barton to Cleethorpes. I do wish however that more athletes would try this very rewarding branch of our great sport. So come on and give it a go "It's fun and it's good for you" just like I say about hills.

On a personal note I was very proud to represent Scunthorpe & DAC at the Northern Relays in Manchester running the 12th and final leg to help the team finish a very creditable 36th place. My thanks go to Gavin Mann for organising the teams and all those who took part especially Clare Morley our only lady representative on the day. Again this is great event and a very rewarding branch of our sport to compete in, as we do not often get the opportunity to run as a team. So if you get the chance in future to run in a team relay say yes, you'll enjoy yourself.