

SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

NOVEMBER 2009



Edited by Roger Kimberley-Scott
Chairman and Webmaster
Scunthorpe and District Athletic Club
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The Athletic Club Annual General Meeting Club Chairman's Report

Content contributed by Roger Kimberley-Scott, Chairman

2009 has been a mixture of sadness and success. Sadness because we lost some very nice people and success because the Club produced some outstanding events.

Pauline Sargeant, one of our founder members, died after a long period of illness and was proudly remembered in our July Newsletter by Road Section Coach Roger Lewis.

In the same Newsletter we also featured a report detailing the passing of Dee McLeish. Dee and husband Wally had supported the Club for many years and, since the death of Wally, Dee had continued to provide us with trophies from her business in the town.

One of the biggest shocks came with the sudden illness of Track and Field Chairman Stuart Frow. Stuart became ill during the Askern 10k race in May and has been hospitalised ever since. The latest information we have is that Stuart remains in care and is being helped to reform memories lost during the trauma created by his condition.

Finance and membership

I am happy that the Club appears to be financially sound (more from Sally later) and that membership is growing

Sections

The Road Section continues to flourish due to the involvement of many of our more senior athletes who have been able to pass on their experiences and knowledge to a well balanced

committee who always seem to be able to manage their events successfully.

Track and Field

Although the Track and Field section continues to be thwarted by a less than steady influx of volunteers, this section has produced some outstanding results under the guidance of Acting Chairman Gary Spindley.

XC and Endurance

The 2008 and 2009 season was well covered by Club Captain, Donna Marsh, who managed the Yorkshire and Complete Leagues very effectively and who also maintained a very active website section. Unfortunately, due to a communications failure, arrangements were not made to hold our annual Cross Country event this month.

Clubmark

If we are to continue to be a Clubmark Club we must strive to address all actions advised to us by our auditors by October 2010.

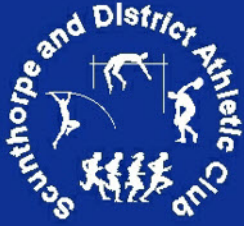
Finally

As most of you are aware, in an attempt to regain my lost youth I undertook a self-imposed challenge to complete 3 marathon distances in 3 days. Although I achieved this I also sustained a shoulder injury which reduced my availability since late August so I apologise for failing to attend some of your meetings and events.

I can't promise that I'll be fitter and healthier next year but I shall give it a good try.

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The Athletic Club Annual General Meeting

Road Section

Content contributed by Dave Pullen,
Coach and Treasurer

Newly Elected Officers

Gary Spindley - Vice Chairman
Helen Harmes - Club Secretary
Daniel Harmes - Coach Development Officer

Constitutional Changes

The Club Constitution has been adjusted to include the following personnel in the Club Executive Committee:

Debby Spindley - CRB and Licences Officer
Shirley and Keith Terry - Clubmark Auditors
Daniel Harmes - Coach Development Officer

The remaining positions remain unchanged

Committee Members Retiring

The Club wishes to thank outgoing Committee Members Neil Pattison (Vice Chairman), Fiona Fisk (Club Secretary), and Donna Marsh (Club Captain, Cross Country and Endurance) for their outstanding contributions during their current term in office.

Special thanks to Neil and Fiona who have served the Committee for many years.

Bridlington half marathon 18/10/2009

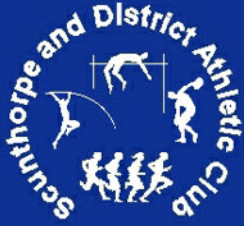
Just looking through the results I am very impressed by the performances of our club members everyone has either done an excellent time or a Pb. Giles Byworth was 29th in 1.22.52, Mark Whitlock 1.26.40 Lynne Haynes 1.35.45 Rowan Turner 1.38.00 Pb Tony Lonsdale 1.45.41 Pb Sam Ritson 1.46.36 Pb Richard Ogden 1.49.50 Pb Craig Hornsby 1.52.26 Pb Steve Heslop 1.59.14. Steve and Craig have given me good targets to aim for in next weeks Work-sop half marathon. Richard is a recent recruit to both our club and to running although when I spoke to him he said it wasn't a Pb although it was his best time for a half marathon. Whatever it was a good performance.

Carbohydrate loading at Colosseo with Carlos and Connie

I have never been to one of our pasta parties before but with Craig and Steve to compete with in respect of half marathon times I had to try to get an edge somehow. It was on the Wednesday before Worksop and a lot of the others running it were there. The food was excellent and the atmosphere was good with Carlos and Connie friendly and helpful with Sue organising proceedings with her usual flair. It is a tribute to our club that 30 of us can enjoy each others company so much on such an occasion. It was also Sarah Spark's and Jack Cole's birthdays which added to the fun.

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To add even more to the night was the reappearance after injuries of Lou and Bex. They were sitting next to the demon headmaster Derrick Moffat and as a result contained their competitiveness to seeing who could eat the pasta the quickest although I sat away from them at a safe distance in case the pasta started to fly.

Workshop half marathon

It was a bright sunny day but with a very strong wind. The race starts in the Workshop town centre and then is uphill for the first 4 miles to Clumber Park. As you start the climb all you can see ahead of you is a sea of runners right across the road. The next 8 miles is through Clumber Park at the best time to run through it in early Autumn. You could hear the wind in the tree tops but the trees sheltered us from it. You then leave the Park at Workshop College and blessed relief the last mile is all downhill back into Workshop.

As with the Bridlington Half the results were excellent including first timers there were 12 Pb's including 6 who Carbohydrate loaded at the Colosseo - c

At 34th was Gary Crompton 1.23.20 Jack Cole 1.33.56 Pb (c) Mark York 1.35.10 Pb Glyn Sparks 1.35.16 Pb (c) Adam Stephenson 1.35.54 1st Lynne Haynes 1.36.07 equalled record and Pb for L45 Barrie Nutt 1.36.06 Pb (c) Paul Woodhouse 1.42.53 1st Terry Cole 1.45.17 Pb (c) Mel Hollis 1.46.47 Pb Nigel Ogg 1.52.14 1st Kerry Padley 2.01.39 Pb (c) and Helen Hornsby 2.16.18 Pb(c). I finished in 1.59.28(c) with a good last mile so I had at least beaten the 2 hour mark for the first time this millennium although you will have noticed was ages behind Craig and a tantalising 14 seconds behind Steve.

Club 6 1/11/2009 Burton

Woke early to teeming rain and it continued to rain heavily up to the start of the race and beyond. There were 30 entrants who braved the weather,

perhaps one or two preferred to stay at home. It was as usual a handicap race and the winner was the self styled "lardy lad" Carl Taylor in 45.04 followed by Leeson Potter in 43.18 and with the best time of the day Mathew Nutt in 34.30. The first lady was Brenda Robinson 51.36 with the best time being Sam Ritson 47.31. The race featured a number of newcomers to the club that I reckon as they continue to improve will start to win races like this. So I hope I am not putting you under too much pressure Carrie Dixon 55.04 Louise Robinson 57.56 and Peter Clay 63.20.

Club Coaches

After being a bit short of coaches recently with a bit of luck early in the New Year Sue Hall, Malcom White, Steve Heslop and me should qualify as level 2 coaches. So if any of you want to know the chemical structure of Adenosine triphosphate or where your Rectus Femoris is then Steve, Sue or Malcom will be happy to oblige.

Coming up

Thursday 3rd December 6.30 to 7.30pm
Club Physio night with Steve Borrell.

Tuesday 8th December 4 mile at Brumby Hall 7.00pm, £2 entry fee .

Saturday 26th December, club boxing day run Brumby Hall. Fun run starts at 10.30 which will be between 1 to 1.5 miles, and open to everyone including children/ grandchildren in pushchairs, grannies, granddads, friends, enemies and even the occasional dog. After this comes the main run which can either be 1 or two laps around the central park cir-

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cuit. Anybody not wearing fancy dress will be subject to fines. My favourite last year was a policeman dressed as a pink fairy or was it the other way round? After all this activity you can then stay for a drink and a raffle at Brumby Hall. All the proceeds of the day go to the Red Cross.

Thursday 1st January 2010 Cleethorpes 10k. The ideal way to start the next decade a potentially fast course subject to occasionally "interesting" weather conditions.

Please note that due to various Committee changes there are no Track and Field or Cross Country submissions this month.

Both Sections are working hard to try and arrange a Scunthorpe Cross Country around 20th February 2010. Information will be posted as soon as arrangements have been concluded.