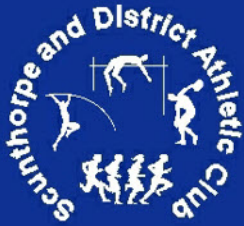


# SCUNTHORPE AND DISTRICT ATHLETIC CLUB NEWSLETTER

## OCTOBER 2009



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

## Track and Field

Content contributed by Gary Spindley, Coach Development Officer and Acting Chairman, Track and Field.

As the Track & Field season draws to the end for another year it only seems 5 minutes since the Winter Warm Up kicked off the season back in March.

It has been a difficult year with Stuart Frow's illness, a bitter pill for us to swallow and although I stepped in to cover his position I can honestly say that it has been a pleasure. I would like to thank those around me who supported me through a difficult year.

For me, what a year to reflect on. The birth of the Festival of Athletics and the success it brought the club and, yet again, some very notable outstanding results for individual athletes and teams respectively. The icing on the cake was the club championships. What a cracking day with a great atmosphere and it was great to do the trophy presentation straight after the event. Thank you to all who helped on the day.

As the winter training programmes start, the hard work of preparing for next season begins from now on. Please don't forget that training

on Tuesday nights will be at Frederick Gough School from the 27th October. Session 1 at 6 p.m. - 7.30 p.m. - Gary's and Debby's group (lower gym) and Dave Harmes group (upper gym). Session 2 is with Walter Short from 7.30 p.m. until 9 p.m.

The Annual General Meetings for both the Executive and Track & Field committees will be held at the end of November.

With regret the following people will not be continuing in the roles that they have held over a number of years:

Fiona Fisk, Executive and Track and Field Secretary; Neil Pattison, Vice Chairman, Executive Committee; Linda Borrill, Track and Field Meetings Secretary and Matt Hammond, Track and Field Officials Secretary.

These people have done some tremendous work on behalf of our Club and I would like to thank them personally for their outstanding contributions.

I have the confidence that the club can grow **BUT** we need more people to get involved and help run the club from behind the scenes. We presently have some dedicated individuals who work endlessly for us but **WE NEED MORE.**

I urge anyone interested to step forward to cover the vacancies, ask what the job entails and

seriously consider applying for the post. Please remember that Debby and I will not be managing the Young Athlete's League next year so please consider helping out.

**Editor's Note - The AGM for the Club Executive Committee will take place at The Poacher, Marsden Drive, Scunthorpe, on 25th November commencing at 7.00 p.m.**

## Cross Country & Endurance

Content contributed by Donna Marsh, Club Captain, Cross Country and Endurance.

### Road Relays

The senior ladies endurance squad yet again started the season with an impressive 4<sup>th</sup> position in the NOE road relay championships. Well Done Ladies! Unfortunately, due to personal commitments the senior ladies team were unable to put a team in the National Road Relays Championship.

### The complete Runner Cross Country League

The Complete Runner Cross country League has now started if you have entered this competition and haven't collected

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your number from me you need to contact me before the next competition. The number of entries this year has been a little disappointing. The League is a fantastic competition for athletes to improve. The competition is very competitive and allows athletes to prepare themselves for higher level competitions.

### Lincolnshire league

This league is ideal for newcomers or those athletes who want a good race. The Lincolnshire League is very flexible and requires no entry you can just turn up on the day, all the venues are local. It would be great to see more athletes competing in this league.

### Notices

All messages and information RE: cross country and endurance are on the Club Website however if any athletes/parents would like any more information regarding any of these leagues or training etc feel free to contact me.

**Congratulations to Lindsay Skinner who gave birth to a beautiful baby girl Matilda Rose.**

## Road Section

Content contributed by Dave Pullen, Coach and Treasurer

### Great North Run 20/09/2009

From what I saw on the Television the conditions looked pleasantly warm without being too hot. The telegraph had given quite a reasonable coverage to the event especially to the runners who were raising money for Lindsey Hospice with a nice little feature and picture of Farzana Khanum on Tuesday (22nd). The article also mentioned Glyn and Sarah Sparks and that Sarah had completed the run despite a knee injury. Sarah had to drop out of the club 5 on the 20th August and had not been able to do much, if any, training since then. Sarah was suffering from 'runners knee' and showed remarkable courage or bloody mindedness to complete this run.

The results were as follows :-

Paul Edgar 1.29.36  
Jack Cole 1.38.11  
Glyn Sparks 1.39.39  
Rowan Turner 1.40.47 PB  
Terry Cole 1.47.41  
Sam Ritson 1.49.45  
Jim Betts 1.50.07 PB  
Farzana Khanum 1.52.09  
Martin Burnie 1.53.50  
Neil Pattison 1.55.45  
Sarah Sparks 1.57.30  
Dean Cope 1.58.14

Michael Stamp 1.58.57  
Julie Cole 2.00.44  
Rebecca Hollis 2.04.40 PB  
Kerry Padley 2.10.11  
Beverley Taylor 2.18.11  
Paul Coates 2.30.35  
Lynn Burnie 2.31.44

### Brigg triathlon 27/09/2009

I went to watch this because it was in Brigg and Sue Hall was taking part in it. What surprised me was that she appeared to be the only one from our club in it. Despite this there were over 150 competitors. The format was 16 Lengths swim, 20 miles cycling and 5 mile run. I think this would be a nice intro to triathlons for our club members and the chance to do something a bit different. The organisation and marshalling looked first rate. I would have done it if I had known about it earlier like most members of our club it would have needed very little if any extra training to prepare for it. The only downside was the entry fee of £35 which is a bit expensive.

### Club Championship 6/10/2009

We just had to have a thunderstorm which delayed the start

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by about ten minutes and at one stage put the race in doubt. Once started there was some big puddles to negotiate which were no big deal and less of a hazard than the inherent difficulty of the uneven pavement surface particularly going down the hill past Lincolnshire House. The marshals were of course brilliant one of them even lending the club superstar an umbrella so he ended the race in style looking like Gene Kelly, well more like Eric Morcambe in his famous take off of singing in the rain.

The winners of the respective races:

6m Males and 4m Females were the two favourites and in form runners Gary Crompton 36.49 and Rowan Turner 28.28. With the mysterious Helen Parker 2nd Female in 30.19 with Kay Sotheran 3rd 31.43 Sam Ritson 1st F35 32.09 Julie Cole 1st F45 33.56 Linda Porter 1st F55 34.28 Anne Powell 1st F60 37.41. In the men's race, pushing Gary Crompton 2nd and 1st M40 Giles Byworth 37.07 and then 3rd and 1st M35 David Vickers 37.33, 4th and 1st M50 Rod Burton 40.15 5th and 1st M45 Gary Armitage 40.15. The first over 60 was Barrie Nutt in 42.34, and over 65 Bryan Byworth 45.57 and sneaking in as first over 55 was Terry Cole 46.42.

### Burringham 10k 11/10/2009

Sunny but with quite a strong wind the turn out from our club for a local race for a good cause was very disappointing. This was shown by all but one race being won by clubs outside our area such as Cleethorpes and Wolds Vets, the exception being Roger Lewis 1st M60 in 45.13. The first male from our club was Scott Witting in 40.23 (10th) and female Kay Sotheran 49.10 (57th)

### Saltergate Circuit

This sounds quite inviting a beautiful course across the North Yorks moors north of Pickering in "Heartbeat Country". Second home in the 26 miles was Gary Armitage in 3hours 28 minutes and in the 16 miles 1st Female Rowan Turner with in joint 5th place Rod Burton in 2hours 39 minutes. Food was available at 4 checkpoints with pie and peas at the end. It was only £8 to enter as well.

### Peter does not have feet of Clay

Well done Peter Clay who in the course of one week completed his first ever races, the club championship and the Burringham 10K. Peter started training with us unfit and overweight and apart from playing golf with no history of any exercise for 14 years. If you look at the Burringham race results you may note he is over 55 so this is no mean achievement. He has also now

joined the club with his son in law Mark Burrow.