



The Newsletter

Of the Scunthorpe and District Athletic Club

Edited by Roger Kimberley-Scott

September 2009

Track and Field - Gary Spindley, Acting Chairman, Track & Field

Over the last few weeks we seem to have had a full page every week in the Scunthorpe Telegraph, reporting on the achievements of our athletes and our Club including the success of the Festival, the UK School Games and the success of our Senior Team in the Northern Inter Club Cup. One person who deserves a special mention is Billy Crowther. He dipped for the line in his race, stumbled and ended up with a broken collar bone. We wish Bill a speedy recovery.

Matt Hammond has done a fantastic job this year as the link between the club and the paper, spending many hours writing reports and collecting results. Thanks Matt.

For a club of our size to have Ashley Wren, Josh Bones, Alice Kaye & Sophie Croft represent respective school regions in the UK games is a fantastic achievement. Well done to the four of them.

The Track & Field presentation night is fast approaching, this year it will be at the Royal hotel on Friday 30th October, tickets are priced at £5 per person including a pie & pea supper, Hot Dog or salad. Starting at 7pm till late. It's a great social evening and tickets can be purchased from Eve Standerline on club nights.

Our First Festival of Athletics has been widely applauded and I have personally received a large number of e-mails and calls thanking the club for putting on a first class event. It really encouraged me the amount of people who helped out. The foundations are firmly laid for next year's event and the planning has already begun. If you have any ideas to make it better then please come forward and let me know.

With regret we have had to temporary close membership to any more under 13's till the spring. The group size has increased to around 40 plus athletes which in turn is becoming to large for just 2 coaches to deliver quality coaching. In turn we are waiting for UK athletics to publish dates for level 1 coaching courses so we can send Mandy, Chris, Matt & Sally. If anyone else would like to get involved please speak to Debby Spindley or myself for details.

Club Championship Reminder

The 2009 Club Championship is to be held on Saturday 3rd October and a closing date of Wednesday 30th September has been set.

This will be a great day of fun and competition with a free long sleeved Tee Shirt for all that enter.

Athletes compete in all the events for their age group and points are awarded for performance, so positions are not as important as time/distance. The Championship is open to all members from the track/field and road sections of the club.

The Awards Ceremony will take place after the last event when the final points have been tallied.



As the track & Field outdoor season comes to a close we look to the cross country season. I would urge the younger members to get involved in cross countries and I would like to see a good turn out at our event in early November. I will be asking for volunteers to help set up and marshal the course in coming weeks. In the meantime, if you are interested in Cross Country please speak with Donna Marsh our Club Cross Country Captain.

Club 5 Miles 20/08/2009

The conditions for this were very windy a strong gusty wind seemed to hit you as you came round a corner a change this summer it was cold and wet for this race. The winner was Sam O'Neil 28.01 2nd Gavin Marshall 28.26 3rd Gary Crompton 29.17 Pb 4th Nicola Geddis 30.21.

Scunthorpe Scurrie 31/08/2009

So how did I spend Bank Holiday Monday ?

Wearing a pink tee shirt belonging to Sandra Scott I was chasing a girl through the woods. But stop the fantasy ends here as the longer I ran the further away the girl became. The team I was running for was called Sunday Strollers because our team leader did not realise Bank Holiday Monday was on a Monday and not a Sunday. Other exotically named teams included Roger's Rompers and Heslop's Harem with Steve wearing a pink headband, but why? The winners were B'S knees aka Rod Burton, Shaun Skelton ,Ashley Wren and Neil Gray with runners up 50'S & 60'S Barrie Nutt, Dennis Whittaker, Malcolm White, and Ian Morwood. The atmosphere was very good with everyone encouraging and laughing at one another. It is rumoured that Malcolm even smiled as I started the last lap on my own as all the other teams had finished by then.

Club 3 Miles 01/09/2009

There just had to be a thunderstorm as we started this race. Some of the best runners in the area entered this race parking their bikes in the village hall and then doing the run in very fast times. The winner was Jonny Maxfield from Rotherham Harriers in 16.15 2nd Gavin Marshall 16.22 and 3rd Gary Crompton 16.24. The ladies race was also very close with Lynne Haynes in 20.39 followed by Rowan Turner in 20.43.

Rothwell tough 10 05/09/2009

Club results 4th Gary Crompton 1.00.45 27th Rod Burton 1.07.40 84th Matt Addlington 1.17.20 92nd Bryan Byworth 1.18.54 first over 65 119 Dave Etherington 1.23.24 150 Rebecca Hollis 1.29.23 151 Louise Warvill 1.29.25 152 Dave Pullan 1.29.25 166 Dave Scott 1.34.48 also Lara Dickinson (Heslop's Harem) 139 1.26.50 It was a cold but sunny day but there was quite a strong wind against us on the way back my aim was to beat 1.30 and going into the last half mile I knew I was going to do that quite easily when I heard a sound of buzzing behind me which sounded like a swarm of angry bees. It was in fact Lou and Bex (that's what it said on the vests) having another of their titanic battles and swearing and cursing at one another. Lou yelled at me " go left " which meant get out of our way or else. Suitably intimidated I crept in half a yard behind this formidable duo.

My impressions of the race were that Gary Crompton has had a really good month. Lou and Bex in my opinion had their best run since joining the club considering what a hard course it is. Bryan did really well to be first over 65.Finally but by no means least what a good run Dave Scott had. At the time of writing this the picture heading the club website is of a group of us at this race although unfortunately for all his fans Dave Scott was too modest to appear on this picture.

Leeson on a high.

In a week or two Leeson Potter is going on an expedition to climb Mount Kilimanjaro, he has been training with us to be fit enough to go on this expedition. He has enjoyed himself at the club which he describes as very friendly and he will be rejoining us after his altitude training. Mount Kilimanjaro is 4600m 15100ft high which means it reaches up 3 miles into the sky, is 3 times the height of Ben Nevis and 4 times the height of Scaffell Pike. It is situated in Tanzania and has 3 volcanic cones.

He is following in the footsteps of Roman Abramovic who went on an 8 day expedition there with a team of bodyguards.

Marshal of the month.

This month Dot Bontoft has turned up everywhere, spending both Saturday and Sunday at the Festival of Athletics at Quibell Park which included the Scunthorpe Scurrie and then manning a water station at the Rothwell 10 as well as officiating for the club at a track meeting in Manchester a week later.

Lincolnshire House Fun Run 10/09/2009.

A total of £175 was raised from this run and raffle. Together with £250 in May totalling £425 for the year. Well done all those who took part and helped organise this event.

Wistow 10 13/09/2009

A very flat course a bit monotonous at times but a good option for a fast 10 in the club grand prix. I did 87.25 Dave Scott 88.55 pb and Sue Hall 96.01. News came through that Barrie Nutt and Shaun Skelton had both done their first marathons at Nottingham in 3.45. So well done to Shaun and my alter ego (Barrie) and the club superstar (Dave). Coincidentally Shaun and Barrie were both featured together on the September picture on the club calendar.

Forthcoming Events

Thursday 8 October 7.30 Physio night at club with Steve Borrill.

Sunday 11 October Burringham 10k and fun run. At 11.00 and 10.30 respectively. A local event on a flat and usually fast course.