



# *Fleet & Crookham Athletic Club*

## Monthly Update – April 2014

Hi All,

It has been a while since the last Club Comms basically because the Fleet Half Marathon prep takes over my life during the first quarter of the year. With the race now behind us, it was time to publish a comms to keep everyone in touch with what has and what will be going on at the club.

It was a positive Autumn/Winter season for the club - more to follow later - and now we can switch our attention to the summer months. With lighter evenings, we have the opportunity to get off the tarmac and make the most of the many trail/canal paths we are lucky enough to have around Fleet. It is so much better to mix your running surfaces not only to protect your joints but also it makes you use your muscles in different ways.

The summer also sees the opportunity for our men to run on the track in the Southern and Vets leagues. The ladies are not doing the Vets league this year due to lack of a full team. Any gents interested in having a go at the track and field should speak to David Long.

I have had several contributions towards the comms this month, which is great news. It is your comms and so much more interesting with a variety of contributors. It doesn't matter what you submit - race stories, training tips, healthy "runner friendly" recipes etc. - all is welcome.

See you at the club - remember there is alternate week training on the track in Aldershot too.

Penny

---

### **Chairman's Chat**

Welcome to what I hope will be a regular feature in the "Comms".

Firstly, I am pleased to announce that following the vote at our EGM in March, we have successfully applied to convert Fleet and Crookham AC to a Charitable Incorporated Organisation. What does this mean I hear you ask?

Well, we've had to change our constitution which you will soon be able to see on our website, and we have to produce an annual report for the Charities Commission, but other than that you won't know the difference. The club will continue in the same way. The big advantage for us is that the club no longer has liability for Corporation Tax.

At our last Management Committee meeting, we discussed how we could develop the club. We have made a lot of progress in the last few years with a significant increase in our membership, and greater participation in events. This is particularly the case in our juniors section which continues

---

to thrive and now has over 140 members signed up. However, looking around it is obvious that we can do better and we need to address the following:

### **Coaching**

We still need more qualified coaches for the junior section as this is restricting our activities. Please speak to Evelyn if you are interested in helping.

We also need a lot more of our senior athletes to attend a Leadership in Running Fitness course. At present we have five women who have this qualification but only one man. This is a one day course and you will need to be DBS checked. This is a very worthwhile course and will help us to ensure that we are providing high quality training in a safe manner. Please do this course if you can. The club will pay your course fees.

### **Senior Section Membership**

In this year's Fleet Half Marathon nearly 2000 of the runners were not attached to a running club. Many of these live in the Fleet area. New running clubs are springing up in the area and quickly growing. A club that started in the Basingstoke area last year has already grown to a membership of over 200 members.

We have to ask ourselves why people are choosing to stay unattached or are joining these new clubs in preference to us. One suggestion is that many potential new members either don't associate an "Athletic Club" with a running club or feel intimidated by the club's title, thinking that we are elitist and not for them. I firmly believe that we have a lot to offer runners, and more than some of these new running clubs. One good suggestion that has been made is that we change the name of the senior section to FLEET AND CROOKHAM RUNNERS.

We would still be part of Fleet and Crookham Athletic Club, a title we need to keep to reflect the junior section's activities, our heritage and because we do still offer track/field competition opportunities, but this name would more accurately describe what we do now and hopefully not dissuade potential new members.

We will be sending a brief questionnaire to unattached entrants for this year's Fleet 10K to establish what they are looking for.

I would love to hear your views on the proposed name change and also hear any other ideas you have to develop the club. Please drop me a line at [david.long47@btinternet.com](mailto:david.long47@btinternet.com)  
Enjoy your running!

David

## Membership Reminder

We have a few club members who have not renewed their annual membership as yet. Please can you get your renewal forms off to Steve as soon as you can?

Remember your England Athletics membership fee is payable as part of your club membership renewal and this entitles you to the £2 discount in many of the races you do. If you have not renewed, this means that your EA membership has also lapsed so you shouldn't be entering races as an attached runner.



## Cross Country Season 2013/14

There were some good results in both leagues this winter but in particular in the Southern Cross Country League (formerly Today's Runner League).

We closed a complete team at all fixtures and finished the season 7<sup>th</sup> out of 20 clubs which was a fantastic result. We are one of the smaller clubs in the league, which makes this an even better overall placing. Congratulations to all of our runners who took part and if you didn't and fancy a go next season, feel free to ask Jo/Yvonne or Bob for further details. The races are suitable for runners of all abilities and it is a great opportunity to try a trail run.

The courses are all fairly local and take place in some of the best trail running locations in Hampshire. Yes there will be some mud (at some venues more than others!), but they are a great way to spend a Sunday morning and also a really good training session whatever your focus for the overall season.

The Hampshire League matches on Saturdays saw fewer club members but again some good individual results. This is a harder league in that the bigger clubs field much larger teams and the overall speed of those taking part is faster. However, they are generally shorter (especially for the women) than the Sunday league and less muddy!!

The Hampshire Championships at Eastleigh (see picture) were probably the most muddy and difficult conditions we faced this season. The course was even changed a couple of days before the race because the original starting line was somewhere in the middle of a lake - which used to be a field..... We have a few months off the cross-country races now but have a think about joining in next Autumn/Winter season - we would love to see you along.

### **Fleet Half Marathon 2014**

In glorious spring sunshine, the club once again hosted the Fleet pre-London Half Marathon. A huge thank you goes out to all those members who helped out during the race build up and across race weekend. The event is a massive undertaking for the club and everyone's contributions whether you are running in it or helping are vitally important.

We can always do with more helpers so going forward, if you haven't helped before and would like to get involved with the race (or with the Fleet 10km), let either Penny or Rich Jackson know.

We had some great results as follows:

Tom Barton	M40	01:24:46
Ben Raggett	M40	01:26:00
Tim Carman	M45	01:28:11
Simon Thompson	M45	01:30:34
Simon Reed	M45	01:30:38
Nicholas Holmes	M55	01:31:27
Dominic Lobo	M40	01:33:31
Mickael Hegesippe	M40	01:33:46 (2 <sup>nd</sup> claim)
David Mundy	M40	01:33:56
Jonathan Capel	M50	01:39:12
Brian Taylor	M45	01:39:24
Anita Salter	F45	01:40:02
Robert Cornwell	M65	01:45:00 (1 <sup>st</sup> over 65)
Tracey Davidson	F40	01:45:54
James Stevenson	M45	01:46:39
Robert Mckee	M40	01:50:00
Guy Hornsby	M40	01:49:47
Howie Bunkham	M45	01:51:48
Elaine Bradshaw	F50	01:52:58



Roger Hill	M60	01:55:06
Anne Fairey	F50	01:55:07
Yvonne Davies	F50	02:00:00
Aimee Heming	F	02:01:13
Sue Tappern	F40	02:04:02
Andy Salter	M45	02:06:11
Gill Smith	F50	02:05:59
Suzanne Reng	F40	02:10:03
Niki Lall	F40	02:10:27
Ian Philip	M40	02:22:11
Sue Capel	F45	02:21:26
Alex Beynon	F35	02:23:12
Naomi Pygott	F	02:25:56

A few injuries picked up along the way meant a few of the normal faces didn't run on the day but helped out in other ways - thank you!

In the Hampshire running clubs team competition our first men's team came 4<sup>th</sup> and first ladies team came 7<sup>th</sup> - great results.

Have you got any photos from the half marathon? Email them to me and we can add them to the website.

### **Brooks Technical Race T-shirts**

We have a small number of Brooks Fleet Half Marathon "technical" t-shirts left. These are the "Brooks brand" ones as opposed to the t-shirt man who was selling on the day. They are chest size 38" and now selling at £5. If you would like one speak to/email Penny

### **London Marathon 2014**

The club didn't have many runners in the London this year but the results of those who did run were:

Tom Barton	2:58:42 - 256 <sup>th</sup> O40
Nic Holmes	3:13:38 - 52 <sup>nd</sup> O55
Tracey Davidson	3:50:03 - 361 <sup>st</sup> O40
Bob Cornwell	4:05:23 - 68 <sup>th</sup> O65
Richard Simpson	5:49:21 - 213 <sup>th</sup> O65

### **Track and Field - Men**

The track and field season is nearly upon us again and this is your big opportunity to try your hand at something a bit different. Fleet and Crookham AC enter two leagues - Southern Counties Vets Track and Field League

This is for athletes aged 35 and over. There are three age categories 35+, 50+ and 60+. At each match there are a range of different events including sprints, distance races, walks, jumps and



throws. This year we will definitely be fielding a men's team and we have entered a ladies team so there is plenty of opportunity to have a go.

This year's matches are at:

28th April	Portsmouth
12th May	Winchester
9th June	Basingstoke
7th July	Winchester

#### Southern Men's League

This is for all men aged 15 and above. At each match there is a full programme of track events, jumps and throws.

5th May	Guildford
17th May	Yeovil
22nd June	Portsmouth (Royal Navy)
12th July	Windsor

The standard at these is usually not that high so if you want to try a new event, you will not be out of place. The key to doing well in these leagues is covering all the events, so please give it a go! If you are interested in competing in these, email David - david.long47@btinternet.com

#### **South Downs Marathon Relay 21<sup>st</sup> June 2014**

The ladies are looking for 2 more women to allow them to make up 3 teams for the forthcoming relay. *Let Penny know ASAP so entries can be submitted.*

For those who do not know, it is basically a 4-stage relay across the marathon distance. The course is all off-road along the South Downs Way and is beautiful. Unusually it is held on a Saturday too so doesn't interrupt your Sunday run. The races finishes at Queen Elizabeth Country Park near Petersfield where we normally have a club picnic for all those who have taken park and any family members who want to come down. For those members with children QE Park has loads of things for the kids to do and can make a nice day out.

About the relay - the shortest leg is 5 miles and the longest is 7.2 miles.

The cost is £60 per team (so £15 each) and each team member will receive a finishers t-shirt, medal and goody bag.

The website will tell you more about it visit [www.209events.com](http://www.209events.com)

Having done this event several times in the past, I can really say it is one of my favourite events. As a club we usually do very well and come away with some good prizes too. But it is not about that, it is about getting lots of the club members out to do a challenge somewhere different from Fleet and end up for a social picnic.

*How about the men - anyone fancy co-ordinating a men's team or two?*



## Summer Handicap Runs

The dates for the summer handicap runs are:

Run 1 - Thursday 8th May

Run 2 - Thursday 19th June

Run 3 - Thursday 17th July

Run 4 - Thursday 14th August

The runs are off-road across a 10km route on the water catchment area. They are an informal race giving you the opportunity to see how you improve across the summer.

## Favourite Routes

Do you have some favourite off-road routes, which could be used on Thursday club nights? Variety is the spice of life and it would be great if a few more members would volunteer to take their club mates on their favourite routes on Thursday evenings. Distances of between 4 and 8 miles would be ideal. Speak to Penny or Bob if you are willing to show others your favourite route one week.

## Ultra Corner

The UK now has more ultra races than any country except the US. There are approximately 150 ultra's in the UK with a lot of them listed here - [www.ultramarathonrunning.com/races/uk](http://www.ultramarathonrunning.com/races/uk).

Some of the best local ultra's include the Centurion races: [www.centurionrunning.com](http://www.centurionrunning.com) and Marlborough 33: [www.marlboroughrunningclub.co.uk](http://www.marlboroughrunningclub.co.uk).

LDWA also have challenge events (which you can walk or run) like the Winter Tanners (<http://www.ldwa.org.uk/Surrey/E/11783/winter-tanners.html>), which are exceptionally cheap to enter and well, organised.

Because the ultra-scene is largely unregulated there is a large range in cost and organisation standards but certainly the races I've mentioned would be a great place to start.

The short sociable ultra offers a great alternative to a hard city road marathon, which can often be a much-pressurised racing environment. Ultra time cut-offs are usually very generous and as distances are usually relatively arbitrary you tend not to heap pressure on yourself.

If anybody wants some help / advise getting into an ultra or wants to hook up for a long training run they can get hold of me. There are also some great Facebook ultra groups.

Doug Murray



## **New Member story**

I joined the club last autumn and this is a thank you to all those who have been so kind and welcoming to me.

My running history is a bit sporadic, I had never been a runner at school and only got into it when a friend was training for a 10k and we began to run together after work. In the early 2000's I ran a few 10ks, a couple of half marathons and then the London marathon almost a decade ago. A few years later I became a mum and running became something of a distant memory.

I had never thought of joining a running club before moving to the area last summer, but I knew I needed the motivation of running with a group to get me out training again. I have really enjoyed the last few months running with the club, my highlight being the Fleet half marathon back in March, and I am now really looking forward to the summer training sessions. After all the rain we had this winter, it will make a refreshing change to be running in daylight and on dry ground!

Alex Beynon

## **Fancy a change from just running?**

Evans Cycles Ride It

Did you know there are 10k, 1/2 marathon and marathon equivalents in cycling?

Sue and Jon were invited to join some friends on a cycle ride starting from Woking, organised by Evans Cycles. We choose the 35 mile route, but there were longer routes of 57 and 85 miles.

We turned up on the day, had a bar code stuck onto our helmets (compulsory), collected lots of goodies and joined the second group of 20 to start (450 started in total). It was a complete mix of people. Some riders refused to push their bikes over the gravel and carried them instead! The Bradley Wiggins types went off into the distance, and I was slightly jealous, thinking 85 miles wouldn't be too bad.

The route was very well signposted, along quiet country lanes. At 20 miles we turned off the longer route and then joined the return route. At 25 miles we scoffed lemon drizzle cake, peanuts, jelly beans and energy drinks at the organised "pit-stop", all in the price.

So after 3 hours we returned from when we started. My backside told me that 35 miles was far enough for the moment.

For £17.50, it was value for money. If you also consider all the goodies and half way nosh, it was fantastic (the earlier you book ahead, the more goodies you get). I've booked another one in July and there is one from Basingstoke in December.

<http://www.evanscycles.com/ride-it>

Jon Capel



## 2014 Road Race Championships

The races have been chosen for the 2014 Road Race Championships. The rules have been amended to make it more straightforward.

There are four categories - Male Senior, Female Senior, Male Vet and Female Vet. For the ladies, the vet age group is 35 years and over and for the men 40 years and over.

To qualify you must run in 6 of the races from the following list:

Mar. 16th	Fleet Half Marathon
May 18th	Hook 10 mile.
June 15th	Alresford 10k.
July 13th	New Forest 10 mile (road & track).
August 6th	Yateley 10k race 3.
Sept 7th	Maidenhead Half Marathon.
Oct. 5th	Basingstoke Half Marathon.
Oct. 26th	Fleet 10k
Mar. - Oct.	Any single marathon - please advise Bob Cornwell which one you are claiming.

Please support the Championships and create friendly competition within the club.

## Other forthcoming local races

There are some great local races coming up:

Hook 10 and 6 miles (road) 18<sup>th</sup> May 2014 [www.hookrunrun.com](http://www.hookrunrun.com)

Woodland Woggle (trail) 11<sup>th</sup> May 2014 [www.woodlandwoggle.com](http://www.woodlandwoggle.com)

Shinfield 10km (road) 5<sup>th</sup> May 2014 [www.facebook.com/shinfield10km](http://www.facebook.com/shinfield10km)

Finch Coasters Woodland 5 (trail - Wednesday 3 race series) 21<sup>st</sup> May 2014  
[www.finchcoastrs.org.uk](http://www.finchcoastrs.org.uk)

There are loads of others - just search in the events on [www.runnersworld.co.uk](http://www.runnersworld.co.uk) or [www.runbritain.com](http://www.runbritain.com).

With online entries being the norm these days, you don't have to worry about finding entry forms.

## What do you want from your club?

The club needs to evolve, grow and expand - let the committee know what you want. The more ideas and people involved, the easier it will be to succeed.

## Contributions to the next comms

The next comms will come out in May. Any contributions should be sent to [pka\\_abbott@yahoo.co.uk](mailto:pka_abbott@yahoo.co.uk)