

Fleet & Crookham Athletic Club



Monthly Update – April 2013

Hi All,

So after a break of a few months because of my commitment on the Fleet Half Marathon, the monthly club comms is back. Sorry for the break but the half marathon truly does take over my life for a few months and obviously I have to give it the focus it needs. It would be great if someone else could cover the 4 months later this year (Dec - Mar) just to keep it going - any willing volunteers please get in touch.

There has been a lot going on across the winter whilst the comms has been offline - hopefully you have kept in touch via the normal club website and chatting to club mates on Tuesdays/Thursdays. The best club comms are when I have lots of contributions, so please send in your stories, results, social ideas etc.

Hopefully we are now seeing signs of spring - certainly my run yesterday morning was in much warmer conditions than of late - blue skies, the sun popping its head out and knee length leggings and a t-shirt!!! A far cry from the awful conditions of the Fleet Half Marathon weekend.

So with the warmer weather and lighter evenings now with us, it is time to start enjoying our running!

Any contributions for next month's comms should be sent to me via email pka_abbott@yahoo.co.uk

See you at the club!
Penny

Welcome to new members

A big welcome to the following new over 18 members who have recently joined F&C AC:

Tom Barton
Paul Chandler
Guy Hornsby
Bobby Lall
Niki Lall
Catherine Moores
Mike Ollington

We hope you enjoy your training and racing opportunities with the club and it is great to have you on board. Some of you have already had great results at the Fleet Half Marathon - well done!

Run In England Beginners group

Niki's new Run In England Group has been a great success. The new runners who joined her group have all done so well. After deciding to take up the challenge in November (a difficult time of year to start running!), they have all persevered through the winter with the cold, wet and windy weather.

After their initial course with Niki, the club's qualified Leaders in Running Fitness (Penny, Gillian, Elaine, Bob, Gita), offered to take them on their next 10 week journey. A group of about 8-9 of them have now started on the intermediate group and they are now regularly running between 5 and 6 miles on a Tuesday evening. We are introducing them to off-road running, a small amount of fartlek and hills and they are all doing really well.

The group are a credit to Niki. They are all really keen and also very encouraging of each other. I have really enjoyed the runs I have done with the group and it has allowed me to put something back in to the club and help others to get the satisfaction of achievement out of running which I have over the years. We very much hope that the group will now join the club and start to run with others already in the club - I have no doubt that you will all welcome them when they come along.

If anyone else would like to get involved, please contact any of the Leaders above. There is sure to be a steady flow of new people coming through this route going forward.

Penny

Fleet Half Marathon – Sunday 17th March 2013

Well what a weekend.....in many different ways!

The advanced signing party met at the park on the Friday - it was perfect. No wind, no rain, dry under foot. We managed to get all the signage out as planned and then the rain began and it just didn't stop. The latter end of Friday afternoon, all Friday night, on and off on Saturday, most of Saturday night and on and off on Sunday.

By all accounts the weather did not seem to deter the supporters on route. Everyone has commented on the support for the runners both by our fantastic marshals but also lots of residents and supporters. The weather did impact the numbers who turned up on the day. We had about a 30% no-show - which is high. But who can blame them - the weather forecast was indicating snow.....but I believe the Reading Half got that.

It was a very tiring weekend for everyone involved with the organisation. But we did it and that is something the club must be very proud of. Part of me says perhaps we should have cancelled, especially when we saw the state of the park at the end of Sunday but the logistics of contacting 3,300 on a Saturday afternoon is horrendous. Also bar, Calthorpe Park, everywhere else on the route was o.k. So the event went ahead.....and we have had fantastic feedback as a result.

I don't believe we have ever had so much feedback - comments on Runners World, emails to the organisers, letters, cards and calls.....we did something right.



The fantastic news is that our primary partner Brooks have already committed to 2014. This was our first year with Brooks and so it was important to get everything just right both during the race build up and on the day.

Personally I have to say a huge thank you to my team on the race weekend. We had to do a lot of thinking on our feet and changing things because of the conditions. Caked in mud, everyone still continued to smile and do everything that needed to be done. Our youngsters on the final water station smiled and shivered at the same time. Our marshals cheered everyone on, clapping and cheering for 3 hours in the rain. And our equipment teams cleared up after all the runners had gone home.

So Calthorpe Park was a terrible mess when we left it and some of our contractors also didn't help when they returned to collect their equipment, but it has already recovered to a great extent. Yesterday half a dozen of us also helped with the Fleet Town Council action day and tried to get rid of a lot of the ruts left by the vehicles. This will hopefully mean that the mud dries out a bit more now and the grass returns - if not, it will be re-seeded....but at least it is level again.

So for 2014 we will be looking at a different layout for the park to avoid vehicular movements on the grass. **We also need some more members to join the committee for 2014 to ensure that the race goes ahead. We have secured our prime partner, but without a full committee, the race will not go ahead. We require a new Arena Co-ordinator and a Course Director.**

Merv has stepped down as Arena Co-ordinator after many years. A huge thank-you goes to Merv for all of his efforts over the years. This role is one which requires someone who is not intending to run the race as the role holder must be available across race weekend. We are also looking for a Course Director to work closely with me - I need to off-load this element which I took back on for 2013 after Richard Price stepped down in 2012. The role does not need someone on race day so you could still run.

So can you help ensure the future of the half marathon? If you want to know more about either of the roles mentioned, please contact me.

The club had some fantastic results, especially from some of our new members. The results below are "Gun Times" i.e. the official result from the start time not your own individual chip times:

Doug Murray	1:23:52
Tom Barton	1:25:12
Andy Driver	1:25:38
Simon Thompson	1:28:35
Simon Reed	1:29:01
Tim Carman	1:29:27
David Mundy	1:36:15
Dominic Lobo	1:36:37
Ian Duncan	1:37:29
Jon Capel	1:37:35
Neil Petrie	1:39:52



Rob McKee	1:40:23
Jo Sadler	1:41:36
Tracey Davidson	1:42:52
Alison Holdway	1:43:37
James Gray	1:44:12
Bob Cornwell	1:44:37 (1 st O60)
Janet Leggett	1:45:27
Elaine Bradshaw	1:46:17
Yvonne Farrell	1:46:35
Ryan Dodd	1:47:16
Yvonne Davies	1:48:10
Roger Hill	1:51:15
Gita Kelsey	1:51:18
Guy Hornsby	1:51:18
Christine Port	1:53:35
Andrew Beattie	1:56:24
Roger Knight	1:59:38
David Wainhouse	2:00:45
Jonathan Taylor	2:00:46
Gillian Barrett	2:02:00
Gill Smith	2:06:39
Brian Taylor	2:06:47
Yasmin Capel	2:21:01
Richard Simpson	2:34:59
Niki Lall	2:38:59

Well done everyone!

If you were on the half marathon committee or involved with set up/take down across the race weekend, we have a number of free t-shirts from our t-shirt man. Please speak to Penny if you would like one.

Tuesday/Thursday Night Training

The new schedule for Tuesday evenings is now on the website.

Jon Capel has started to plan for Thursday evenings and would be interested in any suggested routes or different options so that things don't become stale.

Do you think that would be an idea to train on Thursday's with a particular race or distance in mind? We could pick 3 local races during the summer that we can all train together for. What do people think?

Jon



Vets Track & Field League 2013

Now the cross country season is behind us, some focus can turn to the track and field. As a club we enter the Southern Vets track and field league and this gives us 4 meetings across the summer on Monday evenings.

The league offers competition to both men and ladies from our club against other local clubs. Don't be put off thinking the league will be a really high standard. Yes there are obviously some very good competitors, but equally there are also other competitors who are using the league to have a go at something different. Maybe you used to do a field event very well when you were school and haven't had the opportunity since; or perhaps like me you can no longer run distance, so need to focus on shorter distances.

The league matches are held on a Monday evening with field events starting at 6.30pm and track events at 7pm.

The following meetings are scheduled:

Monday 21st April @ Portsmouth

Monday 13th May @ Winchester

Monday 10th June @ Basingstoke

Monday 8th July @ Aldershot

You must be over 35 to compete in this league. Ladies should let Janet know they want to have a go and gents should let David Long know. Make 2013 the year you are part of our track and field team - go on, give it a go ☺

In addition, we are also in the Southern Men's League. This league is open to both Senior's and Vets - ask David Long for more information. The events are held on Saturdays.

In the club hut there are a number of pairs of men's field event shoes which have been donated to the club. They are in really good condition, so if you do field events and the shoes fit, please feel free to give them a good home.

New Storage Unit

3 days before the half marathon, the club received notice on the 2 storage garages we rent in Hartley Wintney. After a bit of a panic search, we have secured an alternative.

A massive thank you goes out to Janet, Mitch, David Haines, Merv, Edward, Richard Simpson, Barbara Gostelow, Kevin Abbott for their help in clearing the garages, re-locating all the kit as well as some trips to the dump. This was a huge ask the weekend after the half marathon, especially when it was chucking it down with snow!



Andy and Jeremy go to Helsinki for a Tetradeathlon

Jeremy Bizot-Smerdon (one of our junior members) secured the Under 16 World Record in the indoor ultra multi-event of the Tetradeathlon in Helsinki last weekend. As those who read of my and John Dickinson's trip to the competition last year will know, the Tetradeathlon is a two-day indoor multi-event competition, comprising fourteen track and field events over two days.

The motivation for the event came from a chance comment to Jeremy that if he trained, the current world record might well be within his reach. "That's because no-one is stupid enough to do such an event, Dad". However, the idea slowly took seed, and two days before entries closed (and still without any training), Jeremy decided to go for it.

With six weeks to the competition, Jeremy's unfamiliar face turned up at the club for effort sessions. We braved the icy wind at Basingstoke athletics track for a few hard track workouts. And a week before the event, we spent a freezing two hours doing pole vault drills without a bar, so Jeremy could try to get to grips with it.

Then two days before the competition, we discover that there will be a very competent challenger - a young Finn, whose online results look quite strong - especially in the middle and long distance events. Suddenly it's not going to be a fun weekend anymore!

Friday morning, we fly to Helsinki, and head to the indoor stadium, which is a fantastic facility packed with young Finns doing all manner of training. After some high jump and long jump practice, we find the poles and we do a bit more practice - enough to have some confidence in the Pole Vault and unfamiliar Weight Throw (a shorter and heavier version of the hammer).

Day 1 starts well with a good 60m: PBs for both Jeremy and I. He is disappointed with his long jump, but is well in the lead. Then disaster strikes in the 800m, and his lead is wiped out and more, as his pentathlon curse strikes again. Now I know what we should have been training for. Gradually though, with the better shot put, 400m and high jump performance he inches into the lead again, only to trail again by less than 20 points after the 3000m - the final event of day 1.

Needless to say there was a bit of team psychology needed that evening. How could Jeremy be trailing after winning five of the seven events - just not fair! Surely tomorrow would be the same, with 1500m and 5000m still to come. Why bother to turn up? Well we did...

Day 2 started even better with two more PBs for both Jeremy and I in the 60m hurdles. We won't talk about my Pole Vault (I'm still bearing the scars), but Jeremy managed a fantastic 2.50 in his first ever competition. Now it was time for the 1500m. We had discussed this at length, and while Jeremy trailed in 30s behind his rival, he had completed the race at nearly the same pace as his 800m, and just retained the overall points lead. With strong performances in the weight throw, 200m and triple jump, we knew that Jeremy's opponent would need to run an impossible pace in the 5k to overhaul him. And so it was that Jeremy won the competition, and bettered the world record by 970 points. Along the way, he also took or equalled event world records in 60m, Long Jump, 400m, High Jump, 60m Hurdles, Pole Vault, Weight Throw, 200m, Triple Jump, and Heptathlon (calculated from the 7 events that make up the regular men's 2 day indoor event).



I was also pleased to end the day with just over 7000 points and a third PB in the triple jump, so a good weekend for all.

Results should appear here: <http://www.kilpailukalenteri.fi/?cs=18&nid=8847>

Andy Smerdon



Fantastic results Andy and Jeremy!

New Home for Fleet and Crookham AC

A short while ago, I put out a request for club members or parents of juniors to volunteer to help on a working party/sub-committee to look into our needs for a new home and help with negotiations with the Council. Unfortunately, a typo in my e-mail resulted in the level of commitment required being overstated and consequently, I wasn't exactly deluged.

Could I therefore make a further request for volunteers to sit on this committee please? We are looking for people to commit to a maximum of two evenings a month. The focus of this group is to assess the club's needs, communicate this to the council or other relevant bodies, and work with them to secure the high quality facilities at an affordable price.

Things are starting to move again on the development at Crookham Park and we are being asked for our input once more. The club's executive committee is keen to have input from different people, from all sections of the club, so please volunteer if you can.

If you feel you can help, please either drop me an e-mail at david.long47@btinternet.com or give me a call on 01256 780531

David Long



Summer Handicap Dates

The summer handicap runs will take place on the following dates:

7.00PM THURSDAY EVENINGS:

16th MAY

13th JUNE

11th JULY

1st AUGUST

Your handicap time is based on your current 10km time. The course now avoids the very steep ski-slope hill and also now finishes on the race course.

Remember, if you haven't got a handicap score, you should arrive early on the date of the first run so you can record a handicap with Rob.

Website tip of the month

If you want to link-to or e-mail a specific web page from Fleet and Crookham website, place your mouse arrow over a left-hand tab and press the your right mouse key. You should then be presented with a menu where 'Copy Link' should be selectable. This will work for other links on our website too.

Volunteering

The Junior section are looking for two volunteers to take on the role of Welfare Officers. Ideally we are looking for one male and one female that can make themselves available at the beginning and end of training sessions fairly regularly.

Club Welfare Officers

- The Welfare Officer's role is to advise and support the club officers and committee to implement welfare policies and procedures and to support the club to adhere to codes of conduct and good practice.
- The Welfare Officer's role is to ensure that all club coaches/helpers/volunteers have completed a volunteer reference form or complied with a volunteer recruitment process and assist in this process as appropriate and to ensure that all coaches/officials/volunteers have completed DBS and Independent Safeguarding Authority checks as required and assist in this process as appropriate.
- The Welfare Officer's role is to respond to suspected breaches of the Welfare Policies and Procedures that may be referred to them, in accordance with the Welfare Procedures and, to advise and support other club officers or committee members how to respond appropriately in accordance with the Procedures.



- The Welfare Officer should report any concerns about child abuse to local children's social care services or police immediately. If the Welfare Officer is not available, the person with concerns should report the matter to the local children's services or police themselves.
- The Welfare Officer should also report any concerns about child abuse to both the UKA Welfare Officer and the EA Welfare Officer and inform them what action has been taken.
- The Welfare Officer is advised to inform the EA Welfare Officer about any concerns regarding misconduct which is not child abuse.

If you think you can help, please contact Evelyn Farrell or Stacey Marshall

Doug is on a high after his ultra!

Doug Murray completed the South Downs Way 50 mile event yesterday and ended up in 6th position. He is obviously ecstatic about the result - all the training has finally paid off. The weather didn't play nicely (really strong winds and mud) which slowed us down a lot but finished in 8:00:30.

Coaching and Officials Courses

There are a number of courses available to club members to get qualified in coaching or as an official. Once qualified, you are able to get involved with different things as well as your own training.

Visit the England Athletics website (www.englandathletics.org) to find out more and let the committee know if you would like to attend one of the courses. As a club we are keen to get members involved and qualified as we have a number of commitments to the various leagues we are involved in to provide officials.

Club boot bags

Now available, drawstring club boot bags - ideal to transport your track spikes, muddy cross country shoes or race day kit.

Only £2 each - please see Penny if you would like one. I will pin one on the board so you can see them.

2013 Road Race Championships

The races have been declared for the 2013 club championships - see below. Make sure you get your entries in early as many of them do fill up quickly. It would be great to see lots of Fleet & Crookham AC vests at these events.. Thanks to Mickael for organising the championships.

Race 1: Fleet Half Marathon (completed)

Race 2: 6/5 Shinfield 10k

Race 3: 19/5 Hook 10



Race 4: 8/6 South Downs half marathon

Race 5: 16/6 Alresford 10k

Race 6: Date TBC.Bracknell forest 5

Race 7: 7/7 Tadley runners 10k

Race 8: 25/8 Englefield 10k

Race 9: 8/9 Maidenhead half marathon

Race 10: 27/10 Peter driver memorial 10k

Recommended Local Races

There are loads of local races close to Fleet - which ones you do you recommend? Let me know and I will make a list for the next club comms.

Contributions to the next comms

The next comms will come out in May. Any contributions should be sent to pka_abbott@yahoo.co.uk

