



Fleet & Crookham Athletic Club

Monthly Update – August 2013

Hi All,

A break from the Club Comms in July but it is back with a late August edition. Not many contributions in recent weeks so this edition is mainly just an informative one.

The summer has been a mixed bag this year but there have been some good warm evenings to get out for a run. Sadly this week I have noticed that the nights are drawing in. All of a sudden I am now driving back from the club in the dark and across the next few weeks we will have the transition period where we start off our club runs in the light and by the end of it, the darkness is with us. It is likely that we will only be able to run off-road for another 3 weeks and then it will become too dangerous for the second half of the run as you won't have the visibility to see tree roots etc. So the move back onto the road is on its way but we are also introducing an alternative option - see below for details.

Any contributions for next month's comms should be sent to me via email pka_abbott@yahoo.co.uk. Remember it is YOUR club comms, so contributions from lots of different members of the club make it far more interesting to read than if it all comes from one or two. Also please respond when we ask for your thoughts - you can always chat to me or the other committee members at the club.

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:

Nigel Duke
Matthew Thorne
Rich North
Kirsty Moore

We hope you enjoy your training and racing opportunities with the club and it is great to have you on board.

Sadly we have to say goodbye to Jonathan Taylor who because of new working arrangements can no longer make the Tuesday and Thursday club sessions.

Cross Country season is just around the corner

The change of season sees the start of the two cross country leagues we participate in. For those who haven't run cross-country since school days and have memories of being forced out in your school gym kit (which for us ladies wasn't always very flattering!), don't be put off. Why not have a go.....

The **Saturday Hampshire League** dates and venues have been confirmed as:

19th October - Prospect Park, Reading
9th November - Goodwood, near Chichester
30th November - Popham Airfield, near Basingstoke
11th January - King's Park, Bournemouth
8th February - Hudson's Field, Salisbury

The women's races start at 13:35pm and are across a distance of 6km.
The men's races start at 14:30pm and are across a distance of 10km.

Because of the distance to some of these races and parking, it is ideal if we can car share.

The **Sunday Today's Runner league** dates will be set at a meeting at the beginning of September. These events are lower key and more of a social as the host club provide food and drink after the event usually for £1/£1.50. They are run over some fantastic courses around Hampshire - many of which are similar to the Army area we all regularly run across on club nights. The race distance is around 5 miles.

The date for the first event has been set as it needed to be booked. These runs start at 11am and we need 5 men and 3 ladies to close a combined club team.

Sunday 13th October - Pamber Heath, Near Basingstoke

Other dates/venues will be circulated once they are released.

Again car-sharing is encouraged as many of these venues have limited parking.

Put the dates in your diaries - let's have some good turnouts on the country for the 2013/14 season. See you there!

Parking at the Peter Driving Field

With the return of the youngsters back to meeting at the club HQ and what seems like an increasing number of footballers, parking at the club HQ will return to being very busy on club nights.

We have approached a local company (via the Parish Council) based down on Fleet Business Park at the end of Sandy Lane. We have secured parking on Tuesday and Thursday evening at Sibert Instruments.



To get to their offices, turn into the business park, take the first left and immediately right. You will see the Sibert Instrument sign on their offices. There is parking for about 20 cars if we all park neatly. They have also said that they don't think there would be a problem if we parked in the spaces of the company opposite too.

It will only take 2 or 3 minutes to then jog to the roundabout on Beacon Hill Road and down to the club. This will save some of chaos of the car park.

New training night at Aldershot track

We have submitted booking forms to the running track in Aldershot for fortnightly sessions on the track commencing Wednesday 2nd October. Subject to these being formally approved (verbal agreement is in place), we will use these sessions to hold speed work sessions for the over 18's.

The weeks we are at Aldershot, the normal club Tuesday night sessions will just be steady runs but we will still continue with the speed/hills on a Tuesday but alternate weeks when we are not at Aldershot on the Wednesday.

The half marathon will be initially funding the track hire for 6 months, so there is no fee to come and do the session. After the 6-month period, based on the numbers attending we will review whether a small contribution per session attended is the way forward. Other local clubs offering similar sessions charge between £1.50 and £3 per session for those attending.

The benefits of running on the track are:

- A measured distance on which to do the rep based sessions we are already doing
- A safe training area with flood lighting during the winter months
- No kerbs, cars, blind driveway entrances in the dark when you are concentrating and moving at pace
- A circuit where we can train as a group, but naturally split into our peer groups of similar speeds, but still be part of the bigger group and see everyone who is there so no falling off the back of the group and being alone
- A new surface to try your training on which is more forgiving on the joints than tarmac is

Please put the dates in your diary and come and support this new training night and use of facilities.

Our Event News

Fleet 10km - 27/10/13

Entries are now open for the annual Fleet 10km. You need to enter via www.runbritain.com. The race is taking place on Sunday October 27th. There will also be a 5km option and entries for this are on the day only.



As per normal, if you are not planning to run, please volunteer your services as a marshal or other helper. We are reliant upon volunteers to allow the event to happen. If you can help out either speak to Mickael or Penny (who will put you in touch with Mickael).

Mickael has a number of flyers, which need to be circulated at races, gyms, or work. It is vital to get the message out that the event is on - please help in any way you can.

Fleet 1/2M - 16/03/14

Work is already underway for the half marathon next spring. Three of our sponsors have already committed to the event. We have a new local charity partner - The Matthew Elvidge Trust and several news ideas to enhance the race even more.

We are looking at some changes to the finish of the race to avoid the grass and make use of the new cycle path. Watch this space to find out more. Entries will open during October and once again we are anticipating that the race will be full by Christmas. The 2014 race is not going to clash with Reading which is great news - Reading have recently declared their date as 02/03/14.

It is a huge task organising this event and if you can offer help in advance or across the race weekend, we want to hear from you. There are lots of jobs to do - some big but also some very small, and the more people involved, the easier it is. If you are not running the race, the club does encourage you to help in another way.

Club Kit

High Viz bibs - with the darker evenings fast approaching, I need to remind everyone that when running on a club night, you should be wearing a high viz bib.

This is not only for your own safety, but also for that of your club mates when running in a group. We also have a responsibility to local residents and car drivers - we have to be seen.

Club high viz bibs are available at a cost of £8.40 - see Penny or David Haines.

If you are representing the club in any team events or have entered a race under the club name (and claimed your £2 entry reduction from being affiliated to a club), you should really be wearing your club vest or t-shirt.

If you don't have one and would like to order one, the prices are detailed below:

"Ron Hill" Club Vest - £20

Technical Club t-shirt - £13.50 (ladies), £14.50 (mens)

Order forms can be downloaded from the club website (or picked up from the club HQ). Please give your completed order form and cheque (made payable to Fleet & Crookham Athletic Club) to Sue Capel.



Are there any other kit items you think we should/could have as a club item? Give us your suggestions and we will cost them and then see what demand is before making an order. We have had the following suggested - long-sleeve technical t-shirts, wet jackets and woolly hats for the winter.

Local Races

There are a number of recommended local races coming up. Why not enter as an individual or get a couple of your club mates to go along to and make up a team!

07/09/13 - Overton 5 (5 mile road race), near Basingstoke

Enter via www.runbritain.com

15/09/13 - Terry Fox Run, (cross country) Four Seasons Hotel, Dogmersfield

See Bob - he has all the details for this local run

22/09/13 - Swallowfield 10km/3km, near Reading

www.swallowfield10plus3.com

22/09/13 - Hursley 10km (multi-terrain), near Winchester

www.hursley10k.co.uk

06/10/13 - The Synthetix Charity 10km/5km (road race), Eton Dorney Olympic Rowing Centre

27/10/13 - Fleet 10km (Our club race!)

Enter via www.runbritain.com

Hospice to Hospice Run - Saturday 12th October, 10am

Hart Road Runners would like to invite us to join their 'Hospice to Hospice' run on Saturday 12th October. It's the weekend after the Basingstoke Half Marathon and is a great social run across the North Downs. We will also be raising some money for Phyllis Tuckwell and Chase Children's Hospice in Guildford

The run starts at 10am from Phyllis Tuckwell Hospice (GU9 8BL) in Farnham on Saturday 12th October - World Hospice Day. A scenic 10.5 mile route across the North Downs will take us to Chase Children's Hospice at Artington in Guildford (GU3 1LP)

There will be a water station at about 6 miles and fantastic cakes at the finish. Runners are asked for a donation of £10 on the day and all money will go to the two hospices. More details on car share and transport closer to the time.

A huge congratulation to our new ladies (who moved up from the Run In England Group) who completed the last of the Yateley 10km events. Target 1 complete - they are all doing The Great South in October - well done!



Club results from the 3rd race at Yateley:

Ben Raggett	38:56
Tom Barton	39:25
Jon Capel	43:27
Nic Holmes	43:29
Tracey Davidson	46:02
Bob Cornwell	46:36
Adam Holmes	47:26
Brian Mushonga	48:19
Guy Hornsby	49:35
Colin Griffiths	50:52
Fiona Winstanley	57:20
Sue Capel	57:30
Suzanne Reng	57:41
Selina Goulden	58:17
Annabel Davidson	63:15
Richard Simpson	71:05

Christmas Social

Do we want to have a Christmas social this year? If so, any willing volunteers should make themselves known to the committee. Traditionally we have had a meal out at one of the local pubs. Where and when is very much determined by the numbers interested. We probably do need to start thinking about this now and someone who is willing to co-ordinate the booking would be appreciated.

Contributions to the next comms

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

