

Fleet & Crookham *Athletic Club*



Monthly Update – May 2015

Hi All,

Well it has been a long time since the last club comms in February. My commitment to the half marathon took over at that time and then there is also a lot to do post-event. In conjunction with my studies and training I'm afraid there has been little time to focus on the comms.

If anyone else would like to get involved with the regular club comms, in particular to help out around times when my focus has to switch to the Fleet Half prep it would be appreciated. If I could share the task with someone it would make so much difference.

So since the last club comms:

- We have staged another fantastic Fleet Half. The feedback we have received following the 2015 event has been superb - we continue to put on the race people want to run in. It won't be long until I start to look at the very early prep for March 2016 so we are ready to launch in October. It is our 35th birthday so look out for some special celebrations.
- Some real progress is now being made on our plans for a new home on the former Queen Elizabeth Barracks site. Several good meetings have now been held with the Parish Council. The new home team are working hard producing business cases, hard plans, financing options and seeking full planning permission for our exact requirements.
- The lighter spring evenings now mean we can get off-road and make the most of the huge open spaces around Fleet - so much nicer than running on tarmac all the time

Keep up the running and enjoy the four group training days we now regularly offer as a club.

Penny

Club Kit Update

The agreement with Alton Sports is now in place and we are just awaiting delivery of kit to them. From the beginning of June, club members will be able to buy their club kit from Alton Sports in Farnham.

Items available will be our club vest and the new short and long-sleeved club t-shirts. These will be in the Ron Hill technical fabric (same as the vests) and will be the same colour combination as our club vest and can be worn in competition as official kit - great for the chilly winter races.

Alton Sports will stock all sizes and variations including junior kit. Sue Capel still has some stock of the club vests so in the first instance please buy from Sue so we can use up our existing stock.

Please note, our old club vest is no longer registered with England Athletics as official kit and should not be worn in an event if you have entered under the club name.

Other kit available is the new club hoodie - separate note being circulated. These are a really nice quality hoodie and a sample can be seen from Penny. Orders for these are via Penny and the initial batch of orders will be submitted in a couple of weeks.

Club shoe bags and high-viz bibs are also available from Penny.

If you have any other suggestions for club kit, do let one of the committee know. Running caps, fleece lined beanies for the winter, rain jackets - all are possible if we know what members want.

London Marathon update

Well done to members who took part in the London Marathon this year. Sadly we lost a few members to injury during their build up but the following had a fantastic day:

- Tom Barton - 3:00:50
- Nic Holmes - 3:20:51
- Lisa Hale - 3:27:20
- Adam Holmes - 3:55:40
- Bob Cornwell - 3:57:08

An Ode to my friend Bob - Anonymous member of F&C AC!

There was a man called Bob who did an extra-ordinary job,
If you're a member of Fleet and Crookham AC I know you are sure to agree.
For time immemorial you'd think he'd been part of the club, but it's less than 5 years and just look,
he's a main man in the hub.

I sit here writing anonymously for I could be one of many, who Bob has helped support, guide and flourish, motivate, coach and encourage.

Thank you oh thank you to the greatest of men, for living your life as you do, the salt of the earth and a heart of pure gold, it's long overdue that you knew.

So as you steer to a big birthday next year, let it be known how much we value, your running companionship, words of wisdom and congratulatory cheer.

So a big pat on the back is in order for Bob who deserves a celebratory beer!

And with his time at the London this year, Bob has automatically qualified under his new age group for London 2016 - Well Done Bob!

Membership Renewal

We still have some members who have not renewed their membership fees. It was due on 1st April 2015 - please do so before we need to chase.



- F&C AC membership year has been brought in line with the England Athletics membership year and will now be 01/04 to 31/03 (was 01/01 - 31/12)
- The 2015 membership fee will cover your membership for 15 months (for the price of 12) from 01/01/15 - 31/03/16 - please complete the forms and make payment as soon as you are able to - you can download a form off the club website
- Membership fees are unchanged as agreed at the AGM in November (£30 over 18 First Claim member), however UKA/England Athletics affiliation will now be automatically included in the fee payable for first claim and competing state pensionable age members only (as agreed at the AGM in November 2014) - second claim members pay their UKA/EA fee to their first claim club. This makes the total fee payable for over 18 athletes £42 of which £12 will be passed onto England Athletics. See form for details of all membership categories.
- The UKA/England affiliation fee has increased to £12 per year (was £10) from 01/04 - there are many benefits to both the individual and the club from the UKA/England Athletics membership. For the individual the benefits include a reduction in race entry fees, at least 10% discount at local running stores, free entry into club affiliated cross country and track and field leagues etc. For further information see England Athletics Affiliation
- Preferred method of payment for club fees is now by bank transfer - see form for details - please give your name as your reference on the payment to make it easy for Rob (Membership Secretary). We hope this makes it easier for you - members have been asking for this. If you prefer you can still pay by cheque.
- Once you have made your payment please remember to email a scanned completed membership renewal form to fleetandcrookhammembership@gmail.com or post a copy to PO Box 1, Fleet, Hants GU52 8GU
- It is important that you advise us via the renewal form of any information updates - particularly email address, contact telephone numbers and any new medical conditions

Fleet 10km

Over 300 entries have already been received for the Fleet 10km so don't leave it late before you enter. The 2015 race will take place on Sunday October 25th October. Affiliated entry is only £12 so a bargain for a great run.

The 5km option will be a race in its own right this year having been officially measured and also having a slightly different start time.

If you are not planning to run, please offer to help out in another capacity. There are plenty of jobs to do - marshalling, handing out race numbers/packs to runners as they arrive, medals, setting up the finish, clearing up etc. - one big team!

Cross Country Season

The mud, rain, frosts and winds of the cross country season all seem a long time ago now, but what a great season the seniors has at the Southern Cross Country League.



As one of the smaller clubs in the league we put on an amazing performance. We had a team out for every fixture (7 in total) and out of 22 clubs we finished in **6th place** at the end of the season. There were some very big clubs in front of us but also behind us - fantastic result.

Well done to everyone who took part and let's continue with this league again at the end of 2015. Fixture dates will be set in September and these will be circulated as soon as they are available.

We also support the Hampshire cross country league on Saturdays. We didn't manage to get full teams out to all of these fixtures, but again these will be part of the club's calendar for next season so please give them a go.

I promise not to try and break my ankle early in the season this year so I can participate in more of them ;-) - Penny

Forthcoming Events

The summer season is always packed full of races. Below are some local ones which many club members regularly do - why not give one of two of them a go?

- **Yateley 10km series** - a firm favourite on the local race scene. A series of 3 mid-week 10kms (June, July & August) - always one to give you a good blast in the week <http://www.yateley10kseries.info/> (Please note the regular track booking which would have taken place on each of these Wednesdays has been cancelled as it is expected that most people who usually do the track sessions will be at Yateley)
- **Woodland 5 series** - another series of 3 mid-week 5.5m run (May, June & July) - off-road in the woods behind Broadmoor Hospital. Great race with a cracking hill you will feel you need crampons for!! Well worth a visit <http://finchcoasters.org.uk/woodland5/>
- **Bracknell Forest 5** - Mid week off-road 5 mile race at The Look Out in Bracknell. Great run but watch out for the mozzies on a warm evening <http://www.forestrunners.org.uk/events/forestfive>
- **New Forest 10m** - A 10 mile multi-terrain run in the beautiful New Forest. Well organised - even the ponies come along to watch <http://www.nf10.co.uk/>
- **South Downs Marathon/Half Marathon** - we have four teams out for the relay, but as an individual you can also enter a full or half marathon option. All are beautiful but tough runs - great club picnic at the end <http://www.209events.com/uk-running-events>

There are loads of other local events you can take part in. Check out the following sources for race details:

- <http://www.runnersworld.co.uk/events/>
- <http://www.runbritain.com/>
- <http://southernrunningguide.com/races/05/2015>

Seen a race you think others would like and want to arrange a team entry? Let Penny know the details and they will be circulated to all club members so teams can be put together.



Hart Triathlon - 4th May 2015

Several club members took part in the recent Hart Triathlon. It was fun to give another event a go and see how we got on with the combination.

A 400m swim in the Hart Leisure pool, followed by a 20km bike ride (the road works near Blackbushe Airport were fun!) and then to complete the event a 5km cross country run around Whites Farm opposite the Leisure Centre.

Once again we were blessed with a beautiful day and it was a great event. There were 369 finishers on the day.

- Nigel Duke - 21st (3rd over 45 male)
- Geoff Newman - 132nd (2nd over 60 male)
- Ian Philip - 198th
- Penny Abbott - 214th (3rd over 45 female)
- Kevin Abbott - 228th
- Gillian Barrett - 263rd (8th over 50 female)

Track sessions - alternate Wednesdays at Aldershot

We have had some great turnouts for the track sessions at Aldershot. These are held on alternate Wednesdays (next one is 13/05/15) and are designed for runners of all abilities.

You do not need to be an aspiring Seb Coe or Usain Bolt. Just because the session is held on a track doesn't mean you have to be someone who participates on the track in events. It is just another running surface. Why not come down and give it a go.

Club Comms format going forward

Would you prefer a weekly update to a monthly comms?

A weekly update would be specific to the forthcoming weeks training and events with just a few other messages on occasions. Other longer articles would be pushed onto the club website. Let Penny know your thoughts.....

Contributions

Articles/notices for future club comms should be sent to Penny - pka_abbott@yahoo.co.uk. The more content I receive from others - the more interesting the comms.

