



# Fleet & Crookham Athletic Club

## Monthly Update – November 2012

Hi All,

Well it has been a busy month at the club:

- We hosted another successful Fleet 10km - congratulations to Mickael and his team;
- We hosted a Border League XC for the U18's at Lord Wandsworth college - congratulations to Evelyn and co for a very successful event
- The new "Run In England" group connected to the club was launched
- Entries opened for the Brooks Fleet Pre-London Half Marathon 2013
- Members have been out representing their club on both the road and cross country

And November will prove to be another busy month with further races and of course the AGM on Saturday. This is your opportunity to input into how the club is run - what would you like to see; how would you like training nights to work; what else could we do as a club; how can you get involved?

I believe we have a great, growing club. We excel in providing the fun of introducing kids to the sport - the junior side has grown significantly this past year. We provide Tuesday and Thursday sessions for adults who want to run/train with like-minded people and improve their running skills to meet their own challenges and we provide the opportunities to get involved in organising/supporting/officiating at athletic, road running and cross country events. There is something for everyone.

Thanks for the contributions - those which didn't make this month will be in next month ☺  
Penny

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### Fleet 10km

We were lucky with the weather for the Fleet 10km - cool but still gave almost perfect running conditions. Mickael in his 2<sup>nd</sup> year as Race Director did a great job of getting everything ready for the day.

A last minute hitch with a drain clearing lorry parked on Elvetham Road meant a bit more directing of runners to take the path so they were not faced with a car as they came round the corner, but everything else went off smoothly.

The chocolate goodies after people crossed the line went down particularly well.

Club results were:  
Andy Driver 37:43 (17<sup>th</sup> overall)

Simon Mitchell 38:55  
Jake Tacker 39:24 (1<sup>st</sup> U20)  
Nic Homes 40:41  
Simon Reed 40:43  
Tim Carman 40:49  
Neil Petrie 41:42  
Bob Cornwell 44:51  
Alison Holdway 45:22  
Roger Knight 48:49  
Gita Kelsey 49:17  
Roger Hill 50:20  
David Wainhouse 52:49  
Aimee Heming 55:01  
Kevin Abbott 55:45  
Sue Capel 56:58  
Yasmin Capel 57:53  
Michelle Jackson 64:04  
Richard Simpson 71:00

Well done to everyone!

### **Welcome to new members**

A big welcome to the following new members who have joined F&C AC during the last few weeks.

Gill Smith  
Becky Scott (old member re-joined after travelling)

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

### **New Beginners group**

Niki's new Run In England Group has been a great success. Week 1 saw 14 people and it was closer to 20 on the second week.

Niki has had the help of her husband and I have also volunteered to help out on a couple of nights. *If you would like to give up one of your Tuesday nights to help out and meet the new runners, please let Niki or Penny know.*

We want to make the connections between Niki's group and the club, so do please take an interest in what they are doing. It can be very daunting taking up a new hobby especially when you are a complete beginner. We want these new runners to feel as though they have taken that step and that it has been a good experience and they would like to do more with us as a club going forward. Just say hello to the ladies when you arrive for your own training - it will mean a lot.



Last night we had our first lady move over to the normal Tuesday group. Lindy is not a complete beginner and wanted to be pushed a bit more so she contacted me after going to Niki's group for the first couple of weeks. Lindy really enjoyed last night and sends her thanks for making her feel so welcome. She is planning on coming back next week.

I am really looking forward to helping out on a couple of nights and helping these beginners to take that next step. We were all beginners once and look where we all are now.

### **Fleet Half Marathon - Sunday 17<sup>th</sup> March 2013**

Online civilian entries are on the way to being two thirds full so don't leave it too much longer if you haven't entered. To date we have 21 members of the club running.....I am sure there are more of you out there. Come on everyone, we want as many club vests out there as we can.

Sadly we have lost Amazon Windows as one of our local partners. If you work for a local company and you think they may like to get involved with supporting a local event, please let Penny know.

If you are not running, please volunteer now. Let Penny or any of the other half marathon committee members know you are available.

### **Christmas Handicap - Sunday 23<sup>rd</sup> December 2012**

As tradition dictates, we will have our club handicap on the last Sunday before the big day.

For those who want to run please be at the club for 10am for a 10.30am start. You need to be there early so that your handicap time can be sorted out and we can walk over to the start of the run.

The distance is approx. 1.5m - this allows all adults and under 18's to run the same course. Of course, in theory, with our handicap times, we should all finish at the same time - it never quite works out like that.

All runners should bring a gift-wrapped pressie with a value of about £2. The gift should be suitable for both under 18's and adults. No alcohol please.

Silly Christmas hats, tinsel, reindeer horns etc are all acceptable.....in fact the more the merrier!

Mulled wine (for adults), soft drinks and nibbles will be served in the club hut after the run.

### **Thursday 20<sup>th</sup> December - Club Xmas run**

The silly hat run through Fleet last year was a great success. Horns honking, drivers cheering - we obviously look quite a sight!! Hogey with an "Angel Halo" - who could ask for more!

If you want to join in the fun this year, make sure you bring your festive head gear on Thursday 20<sup>th</sup> December.



## High Viz Vests

The new club named high viz vests are going down a storm. We have already ordered and received our second batch. They will be available to purchase at the AGM along with club t-shirts and vests

## Cross Country Season 2012/13

### Hampshire League - 10<sup>th</sup> November 2012

Well done to the runners who took part in the second Hampshire League of the season down at Goodwood.

(Their position in the Vets category is shown in brackets)

James Wallace - 97<sup>th</sup> (First time running for F&C - well done James)

Mickael Hegesippe - 134<sup>th</sup> (54<sup>th</sup>)

Nic Holmes - 165<sup>th</sup> (74<sup>th</sup>)

Dom Lobo - 180<sup>th</sup> (86<sup>th</sup>)

Gwyn Jones - 182<sup>nd</sup> (88<sup>th</sup>)

Jon Capel - 183<sup>rd</sup> (89<sup>th</sup>)

Rob Coates - 215<sup>th</sup> (117<sup>th</sup>)

David Long - 223<sup>rd</sup> (125<sup>th</sup>)

Well done David - only 5 months since your knee surgery!

This gave the club an 8<sup>th</sup> position in the Senior teams (Div 2) and 9<sup>th</sup> in the Vet teams (Div 1)

Elaine Bradshaw - 80<sup>TH</sup> (33<sup>RD</sup>)

Debbie Pagan - 94<sup>th</sup> (42<sup>nd</sup>)

Sue Capel - 102<sup>nd</sup> (49<sup>th</sup>)

This gave the club 15<sup>th</sup> position in the Senior teams and 10<sup>th</sup> in the Vet teams

The next meeting is **Saturday 1<sup>st</sup> December at Popham Airfield, 10 mins from Basingstoke.** See the Hampshire Athletics website for all the details.

## Today's Runner League

Well done to the runners who took part in the second Today's Runner League event at QE Park on Sunday 11<sup>th</sup> November.

Unfortunately individual results have not been sent through to us by the host club. At this meeting, the men's team coming 20<sup>th</sup> and the ladies 10<sup>th</sup>, giving us overall 15<sup>th</sup> team position - well done to all who ran. It is about taking part and trying something new.

The next meeting is **Sunday December 9<sup>th</sup> at The Bourne Woods, Farnham.** This is quite a tough but lovely course. Remember parking is difficult at this one so do car share where possible.



## **Hampshire Cross Country Championships**

We normally have a good turnout for these championships, but I haven't had many names yet.

If you want to run on Saturday 5<sup>th</sup> January in the Champs at Fleming Park, I need to know NOW!

## **Tuesday night training**

We have introduced a few new sessions on Tuesday nights and the feedback has generally been good. If you have some feedback you would like to give, please email Penny, David Long or Jon Capel and the leaders will share it and incorporate changes if needed.

If you have thought of any other circuits you think would be a good session, do let us know. It is great to see the numbers out on a Tuesday with a good spread of runners so there is benefit for everyone.

## **Car Parking at the Peter Driver sports field**

As I am sure most of you are aware, the design of the new car park is causing a few issues. With just one entrance in and out and the increasing numbers of youngsters being dropped off, it does get a bit like Piccadilly Circus.

The alternative roads to park in are Tweseldown Road or Sandy Lane. Enquiries are being made as to whether we could park in the small business park on the end of Sandy Lane.

## **Under-18 update**

As a club we have 2 elements - the over 18's and the under 18's. Just for interest, I thought a regular update on what is happening in the under 18's might be of interest and help to forge the two parts of the club together.

The junior section has got off to a flying start in the cross country season. The first meeting of the Border League saw 65 of our junior athletes competing with our girl's team coming in 3rd and the boy's team 4th. This was our home meeting and, due to the help of our coaches and parents, was very successful.

We have entered junior athletes in the Hampshire XC League for the first time for 3 years. It is great to see the Fleet and Crookham AC vests again at these meetings.

Finally the first race of the Lord Wandsworth series organised by HRR was well attended by our juniors and enjoyed by all.

We were sorry to see Pete Weaver hang up his coach's hat last month. We thank him for the 2 years he has coached with us and for the energy and enthusiasm he brought to the club.

On the note of Junior Section Coaching staff we have Donna Farmiloe and Mark Howell who have helped as parents joining our coaching team, and new additions Andy Buchanan, Howie Bunkham, Barry Lloyd and Jasdeep Bajwa.



As our junior section has grown in the past few years, so how we structure it has changed. We now have coaches allocated to the various age groups and a more formal structure in place. We still have a few more changes to introduce. Anyone who may like to help with the Juniors even if only once a month should contact Evelyn.

### **Club First Aiders**

Do you have a recognised First Aid qualification? If yes, please let us know. It is always useful to know who in the club is qualified. If you would like to go on a First Aid course, this is also something we would like to promote.

### **Tit Bit Corner**

A big "congratulations" to Neil and Aimee on their recent engagement - another club wedding!

A speedy recovery to Ian Duncan who has recently had surgery on his foot.

Club Comms - do you find this comms useful? What else do you want to see in it? Let Penny know at the AGM.

Training next Tuesday (Nov 27<sup>th</sup>) is from the community centre at Elvetham Heath. Park in the car park there and we will go over to Avenue Road for some hill training.

### **Contributions to the next comms**

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

