

SPIKES

October 2008 -Spikes

Leamington C&AC Athletics Section News

Get **SPIKES** magazine,
ABSOLUTELY FREE.

www.spikesmag.com



Sorry, no that isn't our website address, nor is it the new look of the newsletter (unfortunately) - it's the IAAF's daylight robbery of our long-standing newsletter name! Earlier this year, the IAAF decided to release a new, FREE newsletter... and what name did they give it? SPIKES. Ok, I admit they didn't directly steal the idea from Leamington C&AC, but it's worth mentioning anyway.

It's been a good season all round: with less rain than last year (JUST) and some great results from individuals and teams.

Congratulations to our club champions and more recently to Shelley Went for winning the Young Sportswoman of the year award at the CSW awards evening. Shelley achieved senior 100m silver at English Schools and silver in the AW NJAL Grand Prix 2008.

Hopefully this issue will enrich you, as always (when someone eventually gets round to producing it each year) and will help answer any questions you may have about the season to come.

Good luck in your chosen events.

Charlie Eastaugh



Contents

- Intro
- Season Roundup
- To all members
- Two Castles Run 2008
- Club champs winners
- Club/local ads
- Fixture form
- 2008/9 Winter Calendar
- Useful Websites
- Other mentions
- The Yorkshire Post
- Final Word

Season Roundup - Bob Mee

ANOTHER soaking wet end to a summer, yet somehow our athletes have managed to break records by the fistful and have represented the club magnificently in league, county and national competitions. Thank you, whether you are not-quite-nine or racing towards ninety. Your efforts are appreciated and admired, and we know that nothing happens without hard work, and hard work again. Whatever season you've had, please be proud of it and keep going.

The outstanding individual achievement was Shelley Went's brilliant silver medal in the 100m in the English Schools at Gateshead in July.

The sprinters have had a wonderful time. Nick Frodsham broke under-20 records for the 100m and 200m that had stood for more than thirty years. And the senior 100m record, also set back in the 1970s by Peter Matthews, fell to the exceptionally talented Husain Alali. Nick, by the way, also became our first athlete for a considerable while to run below 50 seconds for 400m at Abingdon at the end of another wet August.

Megan Clements' emergence as a high jumper was consolidated by a silver medal in the Midlands Championship at Birmingham in May, an appearance in the English Schools and then another club record with a leap of 1.60 at Solihull in September.

The decision to invite Stratford's under 17 and under 20 athletes to join us with a view to bolstering our National Junior League team paid off, in that it pushed us up into mid-table, though it was sad to see injury and unavoidable unavailability hamper an otherwise game Midland League campaign, in its first season as a combined Mens and Womens event. Relegation is never easy to bear, but we'll be back!

The Young Athletes League team showed great promise in finishing in ninth place out of 16 and should do even better next summer.

There was also a marvelous night at Edmondscote in June when the senior 4 x 100m quartet of Nick Frodsham, Steven Dealtry, Andy Jukes and Husain Alali took 0.9 off a record set back in 1976. It was fitting that one of the four men who held the old record, Les Barnett, was there to see the new record happen.

On the road our best distance runner Richard Harper dominated the Two Castles 10k from Warwick to Kenilworth in a time of 34 minutes 1 second, and it was great to see Leamington provide five of the first ten home out of a field of more than 2,000 (see page 4)

Club track and field records were set by: Annie Leathem (u13 shot) Megan Clements (u15 high jump) Abigail Frodsham (u15 pole vault) Faye Barr (u17 5,000m) Emma Fulcher (u17, 2000m steeplechase) Shelley Went (u20, 100m) Ellyn Mee (u20, 2000m steeplechase and pole vault), Amanda Evans (u20 triple jump), Emma Day (senior, 2000m steeplechase and pole vault) Sue Harrison (masters 5000m) Manjit Bains (masters pole vault). Jack Bewick (u11, long jump, discus and shot), Aaron Moorman (u11, 800m) Phil McCorquodale (u17, 2000m steeplechase), Josh Guest (=u17 high jump), Nick Frodsham (u20 100m and 200m) Husain Alali (senior 100m).

To all members and their families.

The annual membership subscriptions to the club are currently **£24 for an under 18 athlete** and **£30 for a senior athlete**. These fees are very low compared to most sports and other athletics clubs. Membership carries many benefits including free insurance, affiliations to the governing body and free entry to leagues and championships. The free entries alone are worth more than the annual membership fee.

This is only possible because a large number of volunteers give their time for free to help the club and that saves money. If you would like to help then just ask any club official about it or directly offer to help somebody who is already doing something. You don't need any qualifications or experience to help out.

We can never have enough "pairs of hands" so the club is launching a **new system** to get extra help. If the Club is "short handed" for an event then we will select families at random then write to them to ask for their help. Your family may never be called on but if you are, then your contribution will be limited to one family member on one occasion per year for a maximum of four hours. If there is a good reason why nobody from the family can help then we will put you back into the "hat" to be drawn on another occasion.

This is a new approach which we have not tried before but we are confident that club members and their families will be happy to contribute their time when asked, and will enjoy the experience.

Ray Morgan

CLUB AWARDS EVENING 2008

This year's presentation evening is on
Friday 14th November
at Cubbington Sports and Social Club
which is on Windmill Hill in Cubbington.

The doors open at **7:30pm** with the presentations to start at **8pm**. This will be followed by a disco until midnight.



Two Castles Run 2008



The **ROTARY CLUB** of **KENILWORTH**
supported by Leamington Cycling and Athletic Club present:

TWO CASTLES RUN

From **WARWICK CASTLE** to **KENILWORTH CASTLE**

10 kms – distance certified and permit from **uk:athletics** 
Drinks at 3km, 6km and finish

This year saw the largest entry from the club in the history of the Two Castles Run.
C&AC finishers listed below (5 in the top 10!)

- 1 Richard Harper 34.01 (winning by 1min45! - See photo below)
- 4 Michael Moore 36.46
- 6 John Muddeman 36.50
- 9 Jack Mee 37.25
- 10 Steve Cornfield 37.32
- 16 Freddie Nockolds 38.21
- 19 Jim Rothman 39.01
- 21 William Kirk-Wilson 39.11
- 28 Adrian Smith 39.44
- 35 Brian Miller 40.18
- 42 Jamie Langley 40.38
- 44 Steve Roberts 40.45
- 61 Monica Williamson 41.15 - (3rd woman, 1st veteran woman)
- 119 Zara Blower 43.21
- 164 Jenny Jeeves 44.36
- 251 Dave Blower 46.47
- 422 Claire Doughty 48.42
- 453 Sally Miles 48.46
- 485 Jason Burton 50.16
- 587 Noel Butler 51.32
- 782 Carol Blower 54.06
- 864 Christopher Trickey 52.40
- 1185 Judith Hanlon 55.49
- 1438 Emily Maudsley 59.01
- 1740 Heather Waller 1.07.00
- 1746 Husain Alali 1.03.49 (2 club records the day before - good excuse!)



LEAMINGTON C&AC CLUB CHAMPIONSHIPS 2008 - Bob Mee

Men

Veteran 60+

1st Dai Vaughan 79 pts
2nd Dave Hoare 30 pts
3rd Andrew Johnson 24 pts

Veteran 50-59

1st Tony Foster 79 pts
2nd Mick Aston 74 pts
3rd Dominic Browne 57 pts
4th Noel Butler 56 pts

Veteran 35-49

1st Steve Webb 77 pts
2nd Mark Wise 72 pts
3rd Jim Rothman 70 pts
4th Jason Burton 68 pts

Senior

1st Matthew Butler 77 pts
2nd James Harris 74 pts
3rd Alan Barber 73 pts

U20

1st Jamie Langley 78 pts
2nd Nick Frodsham 77 pts
3rd Chris Bull 24 pts

U17

1st, Josh Guest 461 pts
2nd, Matthew Bull 446 pts
3rd, Phil McCorquodale 444 pts

U15

1st, Callum Sinnott 413 pts
2nd, Adam McGuigan 408 pts
3rd, Callum Hanlon 407 pts

U13

1st, Sam Harris 288 pts
2nd, Rory Sinnott 269 pts
3rd, James Harrison 235 pts

U11

1st, Jack Bewick 207 pts
2nd, Dean Mawby 148 pts
3rd, Aaron Moorman 147 pts

Women

V55-64

1st, June Johnson 24 pts

V45-54

1st, Monica Williamson 64 pts
2nd, Judith Hanlon 58 pts
3rd, Lorraine Benton 55 pts

V35-44

1st, Manjit Bains 64 pts
2nd, Sue Harrison 8 pts
3rd, Helen West 7 pts

Senior

1st, Emma Day 64 pts
2nd, Stephanie Childs 63 pts
3rd, Zara Blower 14 pts

U20

=1st, Shelley Went & Ellyn Mee 64 pts

U17

1st, Lizzie Tomlinson 368 pts
2nd, Natalie Bugg 357 pts
3rd, Emma Fulcher 352 pts

U15

1st, Dale Ingram 375 pts
2nd, Megan Clements 369 pts
3rd, Mary Donaldson 336 pts

U13

1st, Taisia Shuttleworth 272 pts
2nd, Annie Leathem 269 pts
3rd, Hannah Guest 264 pts

U11

1st, Lydia Jelley 154 pts
2nd, Sophie Rowe 135 pts
3rd, Rebecca Lord 126 pts

NEW CLUB TRACKSUITS



You will soon be seeing the coaches in smart new club tracksuit tops bearing the LC&AC logo.

These will be on sale very soon. Prices are yet to be fixed, but will most likely be in the area of £15 for kids and £25 for adults.

Speak to Jeremy Eastaugh on 01926 859823 or email jeremy@eastaugh.com for details.



Leamington Cycling & Athletic Club



The club's nice short website address www.learmingtoncyclingandathletics.org.uk is soon to change!

The website should be viewable through the address www.learmingtoncac.com

The original address will still work, but please use the new address to benefit from any new homepage updates and additions.

Coventry Solihull & Warwickshire Sport

CSW Sport has a new newsletter. Go to: www.cswsport.org.uk/enews if you are interested in subscribing. When you get there you can subscribe to receive it on a regular basis direct to your own mailbox.

If you have some news that you would like included then please contact D.P.Boughey@warwick.ac.uk



Coventry Solihull & Warwickshire Sport (CSW Sport) is an emerging sub regional agency, made up of key local bodies, who have formally committed to working together and contributing to developing sport and active recreation for people throughout the Coventry, Solihull and Warwickshire area. It is one of six sub regional County Sports partnerships within the West Midlands and one of forty-nine across England.

Fixture Form (Please hand to team managers)

Name

d.o.b..... age group.....

Telephone..... email.....

Name of Team. [eg. Veteran's League].....


Manager.....

Some leagues only have 3 or 4 fixtures.

Date / venue (track season calendar in this issue of SPIKES)	Availability track events [pb]	Availability field events [pb]
Fixture 1		
Fixture 2		
Fixture 3		
Fixture 4		
Fixture 5		
Fixture 6		

You are indicating your availability for certain events on a particular date. You may be selected for some or all of them. There are restrictions on how many events are permitted for younger athletes and selection depends on your performance. If your pb improves, **please** tell your manager.

Fill in a separate availability form for each team you want to compete for, And hand them into the appropriate team manager. (List on previous page)

..... 

USEFUL NAMES AND NUMBERS:

Noel Butler - *Endurance Squad Coach* - home: 01926 498123

Graham Thompson - *Middle Distance and Sprint Coach* - home: 01926 313595

Dave Hoare - *Sprint Coach* - home: 01926 330955

Tony Foster - *Masseur* - (& *vets team manager*) - mobile: 07788972690

2008/9 Winter Calendar

Date	Competition	Age groups	Venue
Oct 4 th	Midland XC Relays	u20, Senior/Vets M&W	Halesowen
8 th	Schools Cup Round 1		To be confirmed (tbc)
11 th	Gloucester League	u11 to Senior/Vet M&F	Cotswold Farm Park, Bourton-on-the-Water
12 th	West Midland YA League	u11 to u17 M&F	Sutton Coldfield
18 th	Warwickshire Schools Inter-Area Championships		Kineton
25 th	Birmingham XC Festival Incorporates first Birmingham & Midland Ladies XC Leagues fixtures	u11 to Senior/Vet M&F	Senneleys Park,
Nov 1 st	Club Autumn Handicap	u11 to Senior/Vet M&F	Newbold Comyn
8 th	Schools Cup Regional Round		tbc
9 th	West Midland YA League	u11 to u17 M&F	Newbold Comyn
15 th	Gloucester League	u11 to Senior/Vet M&F	Blackbridge, Gloucester
22 nd	Midland 7m(M)/5m(W)	u20, Senior/Vets M&W	Coventry (Northbrook AC)
	Schools Inter-County Meeting		tbc
Dec 6 th	Birmingham XC League	u20, Senior/Vets Men	Newbold Comyn
	Midland Ladies League	u20, Senior/Vets Women	Newbold Comyn
	Schools Cup Final		Shepshed High School, Leics
7 th	West Midland YA League	u11 to u17 M&F	Wolverhampton
13 th	Gloucester League	u11 to Senior/Vet M&F	Plock Court, Gloucester
28 th	Club Christmas Handicap	u11 to Senior/Vet M&F	Old Leamingtonians RFC
Jan 10 th	Warwickshire County Champs	u13 to Senior/Vet M&F	Cofton Park, Birmingham
17 th	Birmingham XC League	u20, Senior/Vets Men	Coventry (Sphinx AC)
	Midland Ladies League	u20, Senior/Vets Women	tbc
18 th	West Midland YA League	u11 to u17 M&F	Nuneaton
24 th	Midland Champs	u13 to Senior/Vet M&F	Mansfield
31 st	Warwickshire Schools Championships		Abbey Fields, Kenilworth
Feb 1 st	West Midland YA League	u11 to u17 M&F	Perry Park, Birmingham
7 th	Gloucester League	u11 to Senior/Vet M&F	Newbold Comyn
14 th	Birmingham XC League	u20, Senior/Vets Men	Coventry (Northbrook AC)
	Midland Ladies League	u20, Senior/Vets Women	tbc
21 st	National Champs	u13 to Senior/Vet M&F	Parliament Hill, London
28 th	Club Championships	u11 to Senior/Vet M&F	Newbold Comyn
Mar 7 th	UK Inter-Counties Champs	u13 to Senior/Vet M&F	Nottingham
21 st	English Schools XC Champs	Junior/Inter/Senior B&G	Castle Donnington, Leicestershire

Useful websites



Athletics-Weekly.Com

“Athletics Weekly is the world's only devoted weekly track and field magazine designed to keep you informed about all the best news, reports and results from Britain and around the world.”



athleticsdata.com is currently the largest online ranking system, you can choose by event, age group, gender, and year. Currently data for 2005/6/7/8 is available for all events and back to 2001 for middle distance events. All Athletes who meet the AthData standards are listed.



powerof10.info is the rapidly growing athletics ranking website. If you're on athletics data, you're sure to be on here. With “targets” for each event, you can see where you are in comparison to the 2012 targets for your age.

Power of ten *aims* to include as many athletics results as possible in 2007, no matter what standard; just logon to the website, click >Rankings and Targets<, click >Athletes<, type a name, and enjoy the result, with thousands of new athletes added each month!

note - club championship results do not qualify for national rankings or standards



gbrathletics.com, like athletics data, is a ranking website. However, it lists all time UK lists & records. (of a certain calibre)



runtrackdir.com, affiliated with both athleticsdata and gbrathletics; is an online Track Directory. Described as “The definitive guide to athletics tracks in the UK”



startfitness.co.uk offers free delivery on purchases over £80, catering for a wide range of athletics customers.



ournesports.com, another increasingly popular sports website, is useful for buying spikes, and other clothes and accessories.



You can now buy online from Warwick Sports! See **warwickssportshop.com**

Are you a member of the Leamington C&AC Forum?

If not, why not? Join now at www.leamingtoncyclingandathletics.org.uk/club-forum



London Marathon 2009

The online booking ballot for the Flora London Marathon 2009 has now closed. If you want to run in next year's marathon, but were unsuccessful in the ballot - the club has some places available. Contact Sandra Butler at sandra.butler@talk21.com



As a club we are working towards the clubmark. The idea of clubmark is to show we are a safe club and are following all guidelines set by our national governing bodies, UK Athletics and England Athletics.

For this purpose, any coach wishing to affiliate with the club will need to provide Nathan Blundell (Club Development Officer) with certain information - contact Nathan on 07976980826 or email nathan@leamsportshall.org.uk



Leamington wins CSW U11 League

For those who aren't aware; a new Under 11's league was set up in Coventry, Solihull and Warwickshire just before the start of the summer. All the clubs in the local areas were invited to enter a team, and all did. The league was split into two divisions, which meant that Leamington was competing against Stratford and Solihull. Over the three matches, which were rotated about each of the three venues, Leamington was crowned overall league champions. A special thanks has to go to Claire Portlock and Jackie Maull for their tremendous effort to get a team together for all of the matches.
- *Nathan Blundell*

CRB clearance

All coaches and voluntary helpers need to ensure that they have an up-to-date CRB check. If yours needs renewing (every 3 years) please ring: 0870 909 0844 (Criminal Records Bureau) and quote the UKA registered body number 225 255 00 000. Ask for an "Enhanced CRB check". When you receive your form bring it and appropriate identification, so that it can be verified by myself or Simon Bull.

- *Megan Eastaugh*

The irony of coaching

BY CLAIRE HUGHES

When I was younger, coaching was what Ray did.

Ray was a guy in his 30s - an accountant by trade, as I remember - who always had a tracksuit top on with his stopwatch slung round it.

Every Tuesday evening, he'd put 30-odd beginner athletes aged nine to 12 through their baby-step paces on the track. His job was, looking back, to see where our strengths lay across the gamut of athletic principles.

Some days it was sprinting, learning drills and how to stitch those drills together into a fluid 60metres of high knee-d, arms pumping burst of adrenaline. Other times it was about learning to breathe over 800m, how to fly from a take-off board into a pit of sand, or finding the rhythm of the hurdles.

At the weekends, he was also a junior team manager at meets, cajoling the rabble into a competitive unit, urging them to run faster, throw harder and jump further.

He was also the club treasurer. But that was the only money taken off us - the annual membership fee and the few pounds for a club vest. The only weekly expenditure was the 80p for using the track - we paid it to a guy in the equipment hut and scampered off with our tickets.

Ray, as far as I know, got nothing.

But what he has contributed to athletics is significant - many of his charges went on to become national schools champions and age-group champions.

The current UK number 4 in the 100m hurdles, Sara McGreavy, certainly started in Ray's group at Leamington C&AC.

That was coaching - giving up hours and hours of his own time to give teenagers a chance to get on the track and see where they ended up, followed up by hours - and years - of specialist coaching by the others at the club.

Nowadays though, coaching is something you are more likely to come across in the mind, body and soul section of the nearest bookshop.

Somewhere along the line, someone struck upon the idea that coaching is big business. But only, apparently, when it's to do with getting the life/husband/job/holiday of your dreams. You've heard of life-coaching. And the money people are throwing at the new age of coaches to put right our bad habits and technical flaws of old.

The difference between the two is that life coaching can be a career. In the sports world, there is no money to pay up for the nurturers, the technique correctors, the specialist x-factor discoverers.

And as recession closes in, money grows tighter and the 'white middle-class' volunteers that Steve Cram this week spoke out in derision of are forced to work longer hours for less money, the problem grows.

Money is needed if sport is to be given the professional overhaul it needs. And it is needed fast so that some of the nation's top 'amateur' coaches can make the switch.

In the meantime, the volunteer culture will continue, because it has to.

So to all those of you out there - including you, Ray and your Leamington C&AC compatriots - thank you.

Thanks to Mick Aston for finding this.

Final Word

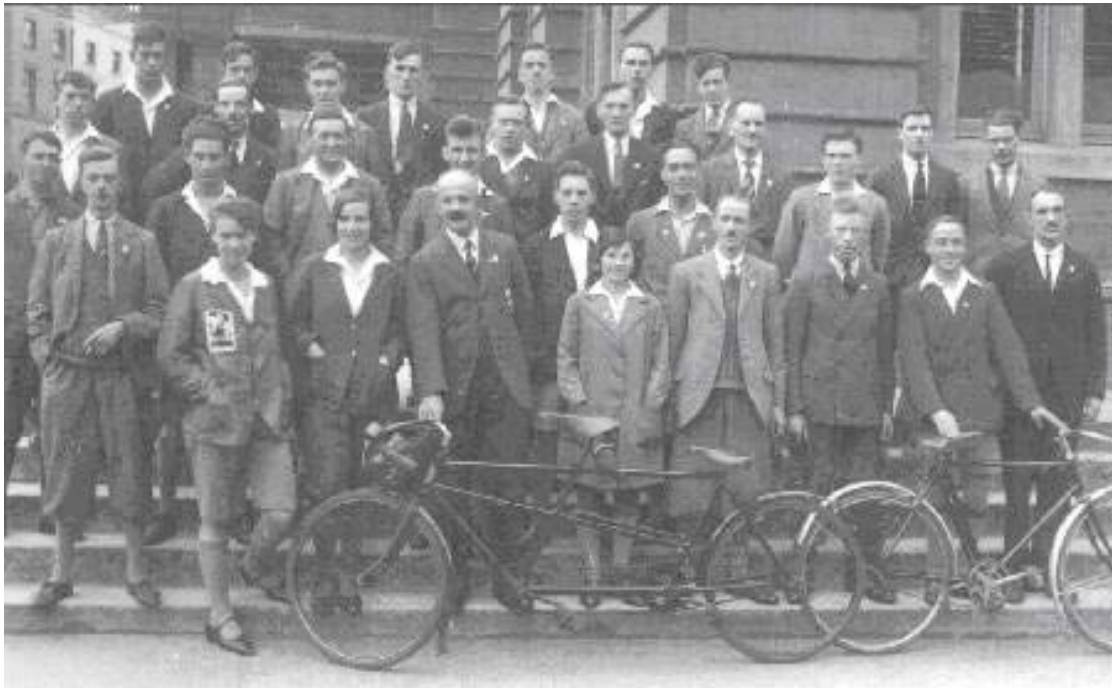
Well, that's the end of another chapter, so to speak. Congratulations for making your way through another fun-packed edition of SPIKES (Leamington Edition).

I hope this has been of some use - either for reading, or just as the back of a shopping list. Either way - continue performing so highly and in great team spirit, and good luck for the winter season.

Thanks goes out to all those who helped with the content of this issue, and to the coaches and team managers who give up their valuable time for the welfare of the club.

Hopefully the next issue won't take 18 months to come out - but who knows!? Enjoy whatever you do, this (inevitably) wet and windy winter.

Thanks for reading



80 years after the official founding of **Leamington C&AC** in September 1928, and we're still going strong! (Although there aren't so many tandems around these days)