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Welcome to the 3rd issue of the new format Spikes. Once again Charlie Eastaugh has produced another issue for the club, many thanks Charlie. We are now at the end of the cross country and indoor track seasons, during which success was achieved in both the Gloucester and Midland Leagues over the country and on the indoor track at the NIA. Medals were won at all of these events.

At the end of April the outdoor track season commences with the National Junior League fixture at Corby. This year we have joined forces with Stratford AC to field a composite team, called Avon Spa, which should mean that our athletes will be part of a stronger team than of late. This fixture is closely followed by matches for the masters, seniors and young athletes teams. There will also be fixtures for the U11's as there were last season. Can everybody please keep an eye on the notice board and website for details and make yourself available to compete as often as possible. This is especially important for the senior team who were relegated last year. We want to bounce back at the first attempt. As a club we have the ability, sometimes we just run a little short of athletes.

The government has introduced a scheme, called the Vetting and Barring Scheme (VBS), to register every adult who is involved with any club or association that caters for children or vulnerable adults. This includes Leamington C&AC. This means that from October 2009 anybody who is involved in coaching, officiating (this can be taken as raking a pit on a regular basis) or working with the refreshments team will have to be registered with the scheme. This is backed by law and if we do not comply the club could face prosecution. In order for the club to be ready in time, the child protection officers, Megan Eastaugh and Simon Bull, will have to do a great deal of work to get everybody registered. Can I therefore ask that everyone cooperates fully with Megan and Simon to try and make their job as easy as possible. Further details of the scheme can be found later in this edition of Spikes.

On a personal note, I have decided to stand down as the Athletics Section Chairman. This took place at the AGM on March 10th, where Jeremy Eastaugh was elected as my successor. May I wish Jeremy every success in the role. During my tenure as Chairman I am proud to say that the Athletics Section has staged the Midland Cross Country Championships (for which we received many compliments), completed the gym at Edmondscote, revamped the athletics side of the website and continued to perform successfully on the road, country and track. Our officials continue to work at the highest level, there were three appointed to the recent England Athletics under 20 indoor championships. Long may this continue.

Graham Thompson
Outgoing Athletics Section Chairman

2008/9 XC Season Review by Bob Mee

THE highlight of the cross-country season was the splendid victory in the Midland Women's League by our Masters team led by Sue Harrison, who also won the individual gold.

This demonstrates just how far our female senior athletes have progressed in the last few seasons, following as it does the team victories in the previous season's Gloucester League.

The Leamington team eventually finished almost 100 points clear of the rest, which in that league represents a resounding triumph.

At a freezing Cofton Park, Birmingham, in January an indication of the success to come was provided when the Leamington masters trio of Sue Harrison, Susie Tawney and Tina Clemmensen won the team gold in the Warwickshire championships. Again, Sue demonstrated her ability by winning the Masters title, and also finishing half a minute ahead of any of the athletes in the senior championships. It was her first county championship since 2005. We also enjoyed another team success in the Not The Roman IX through Sue Harrison, Susie Tawney and Jenny Jeeves. Unfortunately the senior men's team has some rebuilding to do next season following relegation from Division Two of the Birmingham League. The best efforts of those who were available was not enough to prevent us finishing 17th of 18. Hopefully, we can regroup and bounce straight back next year.

In the junior ranks Jack Mee had an outstanding season. In March he earned a team bronze with Warwickshire in the UK Inter-Counties at Wollaton Park, Nottingham. This was a first medal for a Leamington athlete in this event since James Walsh won one with the seniors in 2005. Jack also earned a third place medal in the always competitive West Midlands League, which earned him a place in the West Midlands team for the three-mile junior race before the London Marathon. This, on top of a Gloucester League medal and county schools title, represented by a long way his best season.



We were also especially proud of our Under-15 girls in the West Midlands League - Kate Brandist, Katie Taylor, Georgina Eastaugh, Mary Donaldson, Lydia Mee and Fleur O'Dwyer battled away through the five races to finish seventh, which was a commendable result. Once again the talent and commitment on show from our younger athletes, especially between the under 11 and under 15 levels, promises well for the future. Ever presents in the West Midlands League were: Isobel Davis, Sophie Rowe, Annie Leathem, Chelsea Mansell, Kate Brandist, Mary Donaldson, Georgina Eastaugh, Katie Taylor, Lydia Mee, Dean Mawby, Charlie Davis, Jack Savage, Callum Hanlon, Matthew Bull, Adrian Smith, Jack Mee.

Back to the county AA championships on that bitterly cold day in Birmingham in January, we also had a team gold from the under-17s of Jack Mee, Freddie Nockolds and Adrian Smith, with Matt Bull and Chris Wood providing support. Freddie Nockolds, Jamie Langley, Richard Harper, Jack Mee, Guy Allen and Annie Leathem were the six Leamington athletes to go on to represent Warwickshire in the UK Inter-Counties.

Our highest finisher in the English Schools at Stanford Hall in March was Callum Hanlon, who was 56th in the junior boys. Altogether we provided 14 athletes for the Warwickshire team and two for Oxfordshire - Alice Stewart and Lucy Pollock, who are members of Tudor Hall School near Banbury. It was good to see Mary Donaldson, Georgina Eastaugh, Chris Wood, Callum Hanlon, Georgina Eastaugh and Annie Leathem running in the English Schools for the first time.

We had three Warwickshire Schools champions: Emily Baker with a splendid run in the minor girls, Callum Hanlon (junior boys) and Jack Mee (senior boys).

The medals for the Gloucester League had not been decided as we went to press because of the postponement of the final meeting at Newbold Comyn until March 28.

Winners in the club competitions were as follows - Club championships: Seniors, Dave Ashworth & Sue Harrison. Under 20s, Jamie Langley. Under 17s, Jack Mee & Faye Barr. Under 15s, Jimmy Bull & Katie Taylor. Under 13s, Lewis Fagge & Annie Leathem. Under 11s: Aaron Moorman & Lara Murray.

Autumn handicap: Heather Waller & Jack Mee. Fastest times: Sue Harrison & Jack Mee.

Christmas handicap: Judith Hanlon & John Muddeman. Fastest times: Sue Harrison & Richard Harper.

CRB Notice

IMPORTANT

CRB -CRIMINAL RECORDS BUREAU CLEARANCE IMPORTANT INFORMATION FOR ALL COACHES AND OTHER VOLUNTEERS AT THE CLUB

You have until October 2009 to ensure that you have an up-to date CRB clearance. In November I will publish a list of everyone who has been checked. This means that if your name does not appear on the list then you have not been cleared to be in contact with children under the age of 18 in any capacity at the Club.

Even if you have been checked through work or another organisation you still need to go through with this process as information from elsewhere is not transferable.

WHAT YOU HAVE TO DO AS SOON AS POSSIBLE:

- Telephone 0870 9090844 and ask for an **ENHANCED DISCLOSURE** as a volunteer at the club.
- Give them the Registered Body Number: **225 255 000 00** (UK ATHLETICS)
- Give your **FULL NAME** and any other names you have been known by.
- Give the **ADDRESS** where you have lived during the past 5 years.
- Give your **DATE AND PLACE OF BIRTH**.
- Give your **NATIONAL INSURANCE NUMBER**.
- This check is **FREE OF CHARGE** as you are a **volunteer**
- Bring the form and appropriate identification to the club to be verified by myself or Simon Bull then send it to:
Athletics Welfare, PO Box 332, Sale. M33 6XL

You will receive the CRB Disclosure by post and a copy will also be sent to UKA.
Could you please let me know on:

01926 859823

As soon as you receive your CRB Disclosure, stating the number.
Any problems ring me on the above number.

- MEGAN EASTAUGH

FREE ENTRY

To County Track and Field Championships

The Club will pay for you to enter up to 3 events in the Warwickshire County Champs which are being held at Saffron Lane, Leicester over the weekend of 9th/10th May
 You can see full details of the event at www.3CountyAthletics.co.uk

You can enter yourself and claim the money back but it would be easier if you let *Ray Morgan* enter you.
 Send your full name, date of birth, age group, phone number, e-mail address and the events to:

Ray.Morgan1@Btinternet.com

BEFORE the closing date of 15th April

If you want to enter more than 3 events then you must enter the extra ones yourself. You must have paid your **2009** subscription to take advantage of this offer.

NEW CLUB TRACKSUITS

Kate Rourke has a stock of new kit in the clubhouse, please ask Kate should you wish to purchase any club kit



Club Windproof Top				
Style	Order Code	Size	Chest Size	Price
Childrens	PH03	8-9 yrs	28 "	£10.00
		10-11 yrs	30"	£10.00
		12-13 yrs	32 "	£10.00
Adults	PH08	XS	34 "	£15.00
		S	36 "	£15.00
		M	38 "	£15.00
		L	40 - 42 "	£15.00
		XL	44 - 46 "	£15.00
		2XL	48 "	£25.00
Features				
100% Polyester Micro fabric, peach finish				
2 Zip pockets				
Velcro fastened access panels on chest & back for easy garment decoration				
Elasticated cuffs				

Minutes of the AGM of Leamington Cycling and Athletics Club

Held at Edmondscote on Tuesday 10th March 2009

Present: Alan Edwards, Roger Gardner, Sandra Butler, Noel Butler, Cavin Woodward, Phil Galpin, Jackie Maull, Peter Chronicle, Mick Ford, Chris Walker, Steve Walker, Peter Taylor, Ray Morgan, David Blower, Mick Aston, Dave Hoare, Jeremy Eastaugh, Megan Eastaugh, Dai Vaughan, Carol Blower, Tony Foster, Kate Rourke, Angela Plummer

1. **Apologies:** Phil Burridge, Nathan Blundell, Bob Mee, Graham Thompson, Suzie Tawney
2. **Minutes of the Meeting on 4th March 2008** were agreed with one name correction - Rod Mueller.
3. It was felt that there is now no longer a requirement for Annual Reports as all reports are in the newspapers and on the website. The Cycling Section's General Meeting was straightforward and they are in a healthy financial situation. The Athletics Section is suffering from a lack of senior men road runners and no team manager. Paul Muddeman is organising the Road Relays. For the second time in three years the national body is completely reorganising itself.
4. For the third year running the Athletics Section Accounts haven't been audited. Noel explained that there is too short a time before the end of the financial year and the AGM and also in this time he is involved in Cross Country and Indoor Meetings. He will be passing the information shortly to Richard Barr for inspection. However, he did hand round copies of the unaudited accounts and a report for inspection. It was agreed we should have an EGM as soon as Richard has audited the books. We need to give members 21 days notice. The Cycling Section Accounts have just been audited and Richard will be contacting Steve Walker and Tony Smith shortly. Copies of the LC&C Club Accounts were handed round and it was agreed that Roger Gardner believed, and later confirmed, that he held the missing kit.
5. **Club Rule Changes:** Ray has several proposed rule changes, mainly regarding life members, vice presidents and proposing a new membership category. Alan has one suggesting that a Trustee(s) should be appointed to help oversee the Club's Community General Fund. One suggestion was that it should be a Vice President or Life Member. As the rule changes will be discussed at the EGM, Sandra will circulate the list of these people with the notice of the EGM.
6. **Patron:** It was agreed we should invite the Mayor of Leamington to be our Patron again.
7. **Any Other Business:**
 - The Athletics Section has been awarded the Clubmark Certificate.
 - It was agreed the Cycling and Athletics Sections should continue to set their own subscriptions.
 - Thank you to Sandra, Kate and Angela for the refreshments.

Sandra Butler - General Secretary

Up-to-date committee list (March 2009)

President	Roger Gardner
Chairman	Alan Edwards
General Secretary	Sandra Butler
Auditors	Richard Barr and Steve Walker
Cycling Section Officers	Chairman Peter Chronicle Secretary Phil Burridge Treasurer Tony Smith
Athletics Section Officers	Chairman Jeremy Eastaugh Secretary Sandra Butler Treasurer Noel Butler
Executive Council	Tim Cadd, Peter Chronicle, Peter Taylor, Phil Burridge, Roger Gardner, Sandra Butler, Alan Edwards, Noel Butler, Jeremy Eastaugh, Ray Morgan



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.

Tent Trouble by Mick Aston



Ray eventually gets the tent out of the bag, “how hard can it be?”

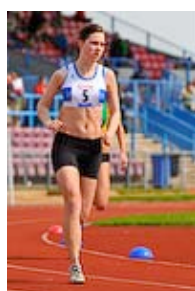


Two hours later, proud but knackered.

See Ray “the man” Morgan for more camping tips.

2009 Track and Field Fixtures

April 2009			
26th	National Junior League	U20/U17 M & W	Rockingham
May 2009			
2nd	Midland Senior League	Sen, U20, U17	Bromsgrove
3rd	Young Athletes League	U13 to U17 M&F	Edmuncote (Daventry hosting)
6th	Midland Veterans League		Edmuncote
9th & 10th	County Champs		Leicester
17th	Young Athletes League	U13 to U17 M&F	Wyndley R.S.C. B73 6EB
23rd & 24th	Midland Champs	U17/U15	Birmingham
24th	National Junior League	U20/U17 M & W	Coventry
31st	Young Athletes League	U13 to U17 M&F	Amber Valley DE24 9HY
June 2009			
1st	Midland Veterans League		Tamworth
7th	Midland Senior League	Sen, U20, U17	Edmuncote
13th	County Schools Champs		Edmuncote
14th	National Junior League	U20/U17 M & W	Edmuncote, Leamington
21st	Midland Champs	Sen/U20	Birmingham
21st	Young Athletes League	U13 to U17 M&F	Edmuncote (Stratford hosting)
27th & 28th	English Champs	U23/U20	Bedford
July 2009			
4th	Midland Senior League	Sen, U20, U17	Burton
8th	Midland Veterans League		Rugby
10th & 11th	English Schools Champs	U20/U17/U15	Sheffield
19th	Young Athletes League	U13 to U17 M&F	Burton on Trent DE14 2BB
26th	National Junior League	U20/U17 M & W	Nuneaton
August 2009			
2nd	Midland Senior League	Sen, U20, U17	Edmuncote (Stratford hosting)
8th & 9th	English Champs	U17/U15	tbc
12th	Midland Veterans League		Nuneaton
September 2009			
5th	Midland Veterans League		Stafford





ROTARY CLUB of KENILWORTH TWO CASTLES RUN

Raising money for charity

SUNDAY 7th JUNE 2009 at 9.00 am

Incorporating the Warwickshire County AA 10Km Championship



"Service Above Self"



Principal Sponsor:

**BLYTHE
LIGGINS**
SOLICITORS



START

Warwick Castle

Under UKA Rules, Licence applied for

FINISH

Kenilworth Castle

Drinks at 3km, 6km, 8km and finish

New for 2009: Starting in Warwick Castle

ENTRY FEES

- £16.00 including 2 tickets to Kenilworth Castle on race day, T-shirt + medal
(£14.00 for registered members of UKA affiliated clubs)
(Tickets only valid for entry until 10 a.m.)

NO LATE ENTRIES

Closing date for entries 9 May 2009 or when fully subscribed, if earlier.

All entrants must be 15 years or over on run day

Race Categories and Prizes

Open:

1st, 2nd and 3rd male and female

Super Masters (45+yrs)

1st male and female

Juniors (15-20 yrs)

1st male and female

Oldest finisher

Male and female

Masters (35-44 yrs)

1st male and female

Teams

First non-UKA club team

Application

All entrants must be 15 years or over on run day

See www.transx.co.uk/2castles for an online entry form.

Since its inception as a Fun Run with 450 runners in 1983, The Kenilworth Rotary Two Castles Run has grown to have a license from UK Athletics for up to 3000 runners in 2009, when it incorporates [the Warwickshire Amateur Athletics 10 Kilometre Championship](#).

Race The Train

Last year I entered one of the iconic events in the racing calendar, the Race the Train race in Tywyn, Wales. It was a truly great race and one which I vowed to do again. At almost 3 hours travelling by car, through some fantastic countryside, I was concerned that the race would not live up to my expectations.

As I awaited the start, by the station in the seaside town of Tywyn, I went over my race strategy in my head. Thanks to the informative web site it was apparent that the first half of the out and back run was easier going than the return. This was confirmed by eavesdropping on many repeat offenders at the start line, so I decided to push on for the first 7ish miles and try to hang on for the return 7.

When the gun goes, the steam train leaves the station laden with friends and supporters of the entrants, and the race is on. The first mile is run through the small town, with the streets packed with cheering supporters. You soon go off road and the race proper starts. Across undulating fields, through farmyards and up and down narrow tracks, the marshalling and support is nothing less than first class. You can't always see the train, but you catch glimpses of it and the whistle is a constant reminder of its presence. When you and the train come close together the shouts and screams of encouragement from the passengers really spur you on

I reached the approximate half waypoint on schedule and feeling good, and then things changed. At the turnaround you begin the return and soon find yourself climbing, this is the toughest section and is run on the side of a hill (mountain?) along an extremely narrow sheep path. The ever threatening rain had started to fall and this hillside section was hard, slippery and energy sapping. Much of the return leg is a blur as I was concentrating on not dying but we ran round waterfalls, up and down rocky trails and across muddy fields, not playfully undulating any more but spirit crushingly hilly and slippery. The whistle of the train became a constant reminder of its presence and as tiredness gripped me I knew it would catch me. I do remember, as previously mentioned, that the support from the marshals and supporters was fantastic throughout and really made a difference to me

With about a mile and a quarter to go, the train overtook me, the roar from the kids on board was deafening, but I was devastated that I wasn't going to beat the train. I almost gave up and was just going to jog in to the finish, but I had a time in my head that I wanted to beat so I gritted my teeth and ploughed on. Running the last mile back through the town was tough, as I was exhausted but as I crossed the line in 1 hr 46 mins 10 secs I discovered that I had in fact beaten the train, as the track does not follow a straight line from the point I had been overtaken. Disappointment turned to a real feeling of achievement although I was undoubtedly helped by the fact that the course had been slightly shortened to take account of course conditions

826 runners finished last year, with competitors travelling from all over the country, Paul and Patrick Burrows took part and Kenilworth runners were well represented, taking a team prize

I would recommend taking part to anyone and am thinking of trying to organise a coach trip to this years race as it would be a great event for Leamington C&AC to participate in. The race is on the 15th August 2009 and starts at 14:05. We would need to depart around 08:00 and return to Leam around 22:00. To get the travel costs to around £20 per head we would need at least thirty people on board, though not all runners, families and support welcome because the more people, the cheaper the cost (max 49). Race entry would be extra and was £20 last year, although I am trying to negotiate a discount for a group entry. If you are at all interested please email me so I can get some idea of the level of enthusiasm for such an event. For a smaller number of people minibus hire may be an option. Google "Race The Train" to see their excellent website and contact me for any other queries

Graham Garlick. email: grahamgarlick@btinternet.com Mob: 07944293461



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 2009, 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!



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”

Leamington Cycling and Athletics Club

CONTACT | FIXTURES | RESULTS | FORUM | RECORDS | CYCLING



The NEW C&AC Athletics section website is up and running, with several updates a month (including results and event photography)

A lot of effort has been put into creating this section of the club website, so please make the most of it: visit www.leamingtoncac.com and click “Athletics” at the top.

Final Word

Congratulations on reading another issue of the newsletter and for your commitment to C&AC. Make sure you check the website for regular updates at leamingtoncac.com (click on Athletics at the top for the relevant section). Any input for the next edition (Late '09) is welcome at charlie@eastaugh.com

Many thanks to those who contributed¹ to the content of this issue of SPIKES and best of luck to all Leamington athletes for the 2009 summer season. Let's make it a good one.

- Charlie Eastaugh



Centre (2371) Jack Mee - rising LC&AC star, finishing 79th in the 2009 National XC Championships, despite illness.

¹Acknowledgements

Bob Mee | Graham Thompson | Jeremy Eastaugh | Sandra Butler | Graham Garlick | Ray Morgan | Megan Eastaugh | Mick Aston