

CORBY A.C. - NEWSLETTER – FEBRUARY 2010

Happy New Year everybody! Hope you all enjoyed the snow and managed to keep training despite the icy weather. I know that many of you took advantage of the new swimming pool in Corby – free swimming for under 16s and over 60s. Several of the road runners were spotted hogging the treadmills in the gyms around town. Good luck for the forthcoming year and look forward to the Spring.

NEW FIXTURES LIST

The summer season fixtures list is being prepared for loading up to the website and should be there in the next week or so. Remember to keep an eye on the website at www.corbyac.com to keep up to date with what's happening at the Club.

NORTHAMPTONSHIRE SPORTS AWARDS 2009

This event was held at the Park Inn hotel in Northampton back in November. Several of our members won awards. Alan Wyman was our Coach of the Year, Walter Burbidge was the Volunteer of the Year, Young Sportswoman of the Year was Charlotte Bowling, and Will Sharman was the Local Sportsman.

CORBY SPORTS AWARDS 2009

This event was also held just before Christmas and we had a good field of nominees for

awards from the Club. Charlotte Bowling was the Young Sportsperson of the Year, Volunteer of the Year was Walter Burbidge, Long Time Contribution to Sport was Charlie McConnell, and Alan Wymant was again the Coach of the Year.

Well done to all our volunteers, coaches and others, for all their hard work in keeping the Club going.

CHRISTMAS RAFFLE

The Christmas Raffle finally took place and most of the prizes have been claimed. There are 3 still on the Teabar awaiting collection. If you purchased raffle tickets and haven't been up to the Club Room lately, it could be worth the trip.

LONDON MARATHON TRANSPORT

For those who fancy a day in London on 25th April – this is the London marathon day – the Club is arranging a bus from Corby. The bus will leave from Westgate at about 5 a.m., dropping off at Blackheath, so those not running to central London will need to purchase a travel card for the tube, DLR and bus. The bus will pick up the runners and others from somewhere in central London for the return trip at about 4 pm. There will be a nominal charge of £20 per seat for this service. The list is on the Road Runners noticeboard. If

we overfill a 32 seater bus then a bigger one can be booked, if required.

Please note that the booking has to be confirmed by the end of February so I will be collecting money to confirm your seat(s) at that point.

IN CASE OF EMERGENCY

Following a recent accident, the Club now has an emergency telephone for use on Club nights only. Can all members please make a note of this number:

0777 120 1237

This telephone is held behind the Teabar and is for contacting the Club Room should there be an incident requiring an emergency response **on Club Nights only**.

HANDICAP RESULTS

This was another event which was postponed due to the inclement weather. Prizes were awarded to the first 6 under 15s and over 15s. The first three under 15s were Irina Parv, Scott McInNtyre and Diana Parv. For the over 15s, the first three were Alex Wright, Karen Harewood and Timea Latinovics. Well done to all those who completed 3 or 4 of the races. Full results are on the website at www.corbyac.com. Roger Pangbourne was the 6th over 15 and still has not been up to the Club Room to claim his prize. If anyone sees Roger, please let him know.

CROSS COUNTRY 1 – COUNTY CHAMPIONSHIP

We had a good turnout for this event held on 9th January at Wicksteed Park in Kettering. There was snow underfoot and for some of the later runners, a snow storm to run through as well.

Our men's team of 6 runners, was second with the team led in by Martin Johnson who finished 8th overall. Closely following Martin were Chris Curtis, Sebastien Goodall, Luke Montgomery, Neal Humphreys and Graeme Hall, all within a 3 minute time space.

Our senior women put out 2 teams, 3 runners in each. Our first team was led in by Mareidh Rocke who was 4th overall, followed by Kate Armstrong and Cath Wright to give 4th position. The 'B' team were 9th.

Our junior runners did us proud!

In the under 11 girls, Ruby Goodall was 3rd overall, leading in a silver medal team with Ellie-May Hathaway and Alison Curtis. Our under 11 boys also came home with team silver medals with Fraser Dalby winning the race, closely followed by Harry Freeman in 3rd place overall and William Rhodes completing the team.

For the under 13 girls, Ellie Welch won the race, followed by Chloe Iloff and Bryony Morrow-Harris, just missing out on the third team place to come 4th.

In the under 13 boys we had just one runner – Scott McIntyre.

The under 15 girls took the silver team medal with Nicole Curtis, Katie Fowler and Lina

Parv running. Under 15 boys had only 2 runners in Sam Furey and Daniel Diver, so didn't make a team.

Well done to all who turned out on that cold day and thank you to all the supporting parents, guardians and other helpers.

CROSS COUNTRY 2 – MIDLAND COUNTIES

This cross country event was held in better weather on 30th January over at Stafford Common. We had a good turn out of under 13 girls who scooped the 6th team position from the 14 teams competing from across the midlands area. Our runners were Helena Keenan, Ellie Welch, Georgia Bevins, M.Hunter-Powell, Bryony Morrow-Harris and Chloe Iloff.

On the under 15s girls, we had A Morrow-Harris running. Just two of our men turned out – Simon Franklin ran as an under 20 and Chris Curtis in the Senior men.

FOLKSWORTH 15

24th January 2010

Kate Armstrong won the lady veteran-45 section in the annual Folksworth 15 miles road race in a time of 1.46.11 to finish ninth overall in the ladies section. Also competing for Corby were Claire Goodall (1.55.01), Nigel Taylor (1.55.21), Trudi Pike (1.56.28), Catherine Wright (2.02.20), Larry Wise (2.04.43) and Jane Stedman, who clocked 2.05.09.

Well done to all of them, this is a tough two lap course with some hills which seem to be a lot steeper on the second lap!

BRASS MONKEY HALF MARATHON

John Thomas took part in the Brass Monkey half marathon in York and his time of 1.36.51 landed him the top prize in the veteran-65 section, after some confusion when the prize was awarded to another man, who had run with someone else's number. Kym Wheeler and Norman Smith also ran in the colours of Corby AC with the former clocking 1.43.56 to finish sixth in the veteran-50 age section. Smith, in his first race back following a lengthy spell out injured, recorded a time of 2.01.55.

Holmfirth Harrier Matt Pierson broke the course record when he won easily from Chester le Street's Phil Coulson (1.12.36) in a time of 1.05.35 with York's Becky Perity taking the ladies race in 1.18.37 from Otley's Josie Hodgetts (1.19.44).

It was a chilly day with virtually no wind which was a relief, as part of the course is over an old airfield which is open to the elements. Those northern runners are really good with hardly any of the race prizes being awarded to anyone who took longer than 1 hour 30 minutes to complete the mainly flat course.

CHARITY RUN

Three of our intrepid explorers are planning to run the Comrades 56 mile event across South Africa in June.

Larry Wise, Brian Farrar and Trudi Pike are all training hard, running miles despite

the weather, as they have to complete the distance within 12 hours to win their medals for this ultra run.

The trio are raising funds for the Lakelands Hospice so if any of you wish to make a contribution towards this run, then there is a sponsor form on the Teabar, or you can see any of the three who will be pleased to receive donations. They are covering the cost of the race and all their expenses themselves, so be assured that every penny you donate will go to the Lakeslands Hospice Charity.

SAFETY NOTICE

Could all road runners please adhere to these guidelines:

1. Be visible – wear bright and reflective clothing after dark.
2. Run with a group on Club nights.
3. Use the pavement where it is available.
4. Where there is no pavement, run facing the traffic so that you can see what is coming.
5. Take care crossing roads and at junctions.

Remember: YOU are responsible for your safety.

ALL under 18s, when leaving the immediate vicinity of the track, must wear reflective clothing and must follow instructions given by their coach.

REFLECTIVE BIBS

The Club has a box of reflective bibs available for all runners to use. Please make sure that you return these

bibs to the box at the end of your session so that other people can use them. We seem to 'lose' several bibs each year so please do not take them home.

PRESENTATION EVENING

The Club will be holding the winter presentation social on Friday 16th April at the Grampian Club with music by The Contenders. All Club members and their supporters are invited to this event. Tickets and further details will be available shortly. Keep an eye on the noticeboard in the Club Room and on the website at www.corbyac.com. If you have a trophy that is awarded annually, then please be prepared to bring it up the Club Room and return it for presentation to this year's winners.

FUTURE OF THE TRIANGLE

As those of you who are regulars to the Club will have seen, the work has finally started on the new facilities.

Phase 1 is the car park. A new car park is scheduled for completion by the end of March 2010 and the main entrance to the athletics track area will be through the fence by the Club Room entrance.

Phase 2 will be the building of the new football pitch on what used to be the throws practice area. This is scheduled for completion by the end of August 2010.

CONGRATULATIONS!

Karen Harewood took part in the selection trials for the GB

team for the IAAF Indoor Championships. Karen came second in her heat, but just missed out on a place in the team with a season's best run of 2.05 minutes in the final.

This event took place at the Sheffield EIS Arena over the Valentine's Day weekend.

OFFICIALS

Graham Curtis has sent out an availability email / letter to all Officials but is very short of replies. Please can any Officials who have received the email / letter please reply as soon as possible. If there are any officials who have not received this e-mail from Graham but are interested in officiating this summer please will they let Graham know their availability. Officials are specifically wanted for the 2 day NAA Track and Field Championships being held at Corby this year in May. Also the NAA /Corby AC will need general helpers both for this event and also for the home T&F meetings and Open Meetings etc,

Any names for the NAA T & F Champs to Graham and for the remainder of the home events, names to Bonnie Fowler, please.

Next Issue

The next issue will be in April, so please let me have any news, views, photos, funnies.

Thanks to John Montgomery for his write ups of results on the website which have appeared in this Newsletter.

Items for publication can be passed to me in writing via the Teabar in the Club room or by e-mail to corbyac@ntlworld.com.