

CORBY A.C. NEWSLETTER DECEMBER 2011



EDITOR'S NOTE

Almost Christmas again. Hasn't this year flown by? Our teams of runners have been out and about around the world, proudly wearing the Corby vest. Well done to the track and field seniors who have achieved promotion for next season, and well done to the juniors who just missed out on promotion behind big city clubs Leicester and Derby in the young athletes league.

The pre-Christmas handicap race will take on a different face this year, so read on.....

ANNUAL GENERAL MEETING

This took place in the Club Room on Monday 28th November and a few members attended. Those assembled voted in Alan Wymant as our new Club Chairman. Many thanks to John

Montgomery for his years of service to the Club as the previous Chairman and I'm sure you will all join me in wishing Alan all the best for his new position and offer any help he needs.

There is a likelihood that the Club door subs and annual subscriptions may have to be increased as the Club takes over the lease on the stadium. Members will be advised as soon as a decision has been made.

There have been a few minor changes made on the committee; if anyone wishes to join and have their say in how the club is run, please come along to the next meeting which will be held on Monday 5th December.

TRACK SAFETY

With the lack of street lighting, there are more athletes using the track for training. Please will ALL athletes be aware of other groups. When you are not sprinting fast, please do not cool down or stand around in lanes 1,2 or 3 as these are the main lanes for the longer

distance sprinters. Lane numbers start from the inside, so if you are not sprinting, you should not be on the inside lanes. Please listen to your coach and listen out for faster runners coming behind you.

HELP FOR HEROES

Those of you who go up to the Club Room will notice that we now have a lovely Christmas Tree – thank you Nina and helper(s) for erection and decoration.

Under the tree is a box for Help For Heroes. Instead of writing dozens of Christmas Cards, why not make a donation of £1 to this box and wish all your friends a happy Christmas?

CROSS COUNTRY

Quite a lot of cross country events coming up in the next few weeks.

3rd December is the next match in the North Midlands League and is to be held at RAF Cranwell, run by Sleaford club. There will be a bus to this event. See the notices in

the Club Room or ask your coach.

10th December is the Charity Cup in Kettering.

7th January is the County Champion-ships which will be held at West Glebe Park. Come and run or help with marshalling.

14th January is the last of the North Midlands League matches at Nottingham.

25th January is the Eric Humphries 10k cross country in Delapre Park, Northampton. Entry forms are on the Road Running noticeboard.

28th January is the Midlands Cross country championships which will be held at Wollaton Park in Nottingham.

THE SKELETON RUN

By Trudi Pike

As soon as I received details in September of this year's race for 28th October I entered. It is a 5 mile run held in Tower Hill Country Park, Leicester, through the woods, starting at 7.30pm, on the closest Friday evening to Halloween. The wearing of head torches is compulsory! I

was apprehensive prior to running this race last year, as I wasn't sure how I would cope with the dark off-road conditions, and was concerned about falling, but it sounded like a fun challenge, and I thoroughly enjoyed it.

It was a great atmosphere, enhanced by most of the competitors being in Halloween themed fancy dress, so I had already vowed not to be one of the minorities not dressed up this year, and bought a skeleton suit. At the beginning of the week I received an e-mail stating that the race was full, 250 limit reached, so I was pleased I had entered in advance - they were still taking entries on the night last year. Again it was a brilliant atmosphere at the briefing, then a walk to the start, looking at everyone's costumes.



The majority followed the skeleton theme, but there were some witches and others, including two men dressed in blood/ ketchup splattered overalls, one carrying a large knife, the other an axe. If ever there was a good reason to keep running!!

For the first two miles there was plenty of light from everyone's head torches, before the field started to spread out. This helps to acclimatise to the dark, so as I became more reliant on just my light I still felt confident with my footing. The course seemed more undulating than I remember from last year, and definitely seemed more up than down! The course is way marked with glow-sticks at intervals in the trees, and there were marshals at the major junctions and gateways. After being directed by a marshal around a sharp right turn on the path, at around 3 miles, on the next bend there was a small girl in a pumpkin suit with a pumpkin lantern, pointing the way.

"This way my dear" she said as I approached. I could hear shrieking up ahead and smiled thinking

it was runners fooling around, but as I ran around the next twist on the path, I saw two runners, a young man and a lady about 60 metres ahead. Two teenage lads dressed in skeleton suits, and masked, jumped out simultaneously from behind the trees, either side of the path in front of these runners, and waved their arms, making scary noises, and both runners squealed. I was still laughing as I got level with the trees where the boys were hiding and called "Hi guys" to them, so they knew they couldn't surprise me as well. The last mile of the run is mostly downhill, however the trees are the densest here, so I became aware as I was gaining pace, that it was getting more difficult to judge where the edge of the path was. As I rounded a curve in the track it suddenly seemed very dark and I sank into soft leaves, and realised that I had gone off the path. A runner coming up shone his light on the route next to me so I could see where to go, and with a call of "All right" ran on, so I followed, taking guidance from his beam. I remember going off the track in that area

last year, ankle deep in mud and nearly fell into the bushes where a fellow runner pulled me back! After the final turn out of the trees the finish line can be seen all lit up, and a final 40 metre sprint on the field to finish. I was awarded a skeleton medal, the same colourful design as last years, and given a goody bag of a toffee apple, an energy gel and a luxury cereal/health bar, and there were drinks handed out. Again I thoroughly enjoyed this run, and was further pleased when checking the results, the next day to see my time of 41mins 57 was nearly 2 minutes faster than last year, and I was 45th finisher out of 232, and the 6th lady. I have kept my outfit so could use it again next year, and hopefully would be able to complete the route without going off course!!

NEW RACE

The Lakelands Hospice are hosting a 10km race on the Rockingham Motor Speedway track on 29th January 2012.



Entry forms are now available from the Lakelands website. This race replaces the 6 mile race that was held last year. The event will be 4.3 laps of the outer oval, so should be fairly fast and flat, weather permitting.

CHRISTMAS HANDICAP

Due to the lack of street lighting on the industrial estates, the usual handicap races have had to be cancelled. Charlie and the other coaches and volunteers (please help!) are organising a one-off handicap evening on the track for 20th December. Under 15s will start at 7.10pm and over 15s as 7.30pm. Entry is £2 and the course will be 8 laps (approximately 2 miles).

There will be a raffle with lots of prizes and other Christmassy things in the Club Room whilst the results are worked out. Please support this event either by running – pre-entry is now open – purchasing raffle tickets or helping on the night. See Charlie to help on the track, or see Nora at the Teabar with any other

ideas or to buy raffle tickets.

RECYCLING

Please use the bins by the door in the Club Room for your drinks bottle and cans, any scrap paper or cardboard. This helps to reduce the amount of rubbish that the club produces.

Used Stamps

If you have any stamps from envelopes, please hand them to Kym or give to the Teabar to pass on. These are sold as foreign stamps overseas by various charities. Recent charities to benefit have been Oxfam Disaster Fund, Wood Green Animal Shelter and Kidney Dialysis Research. With your help a bag is quickly filled with used stamps and delivered to a charity.

Mobile Phones and Printer Cartridges

Help to plant a woodland right across the UK by sending your old mobiles and printer cartridges to the Woodland Trust. Fill an envelope or strong polythene bag with items for recycling then label:

Woodland Trust, FREEPOST, ShP Solutions

and drop it in the post. It costs nothing but your time.

CORBYP RADIO



We now have a regular slot on Corby Radio on a Saturday afternoon Corby AC minute at 5.20pm. If you have anything that you want to be broadcast, please let Kym know.

COURSE MEASURING

Reckon you could measure an accurate road race course? We need more measurers in this area as well as other areas of the UK. If you think you could do it, please see the website at www.coursemeasurer.org.uk and register to start the training. There is an online training session, followed by a practical day where you will meet other people just starting, as well as experienced measurers. In a few years time you could be

measuring an Olympic marathon course. All you need is a bicycle. See Kym for more details if seriously interested.

EAST CARLTON 5

Many thanks to Roger Garrity for organising the East Carlton 5 race, and to all the volunteers who turned out to help make this a great day. All those who ran said that they really enjoyed it, although there were some comments about a bit of a hill??

EARLY DATES

Here are some dates for next year's calendar:

National Young Athletes matches:

6th May, 20th May, 17th June (at Corby) and 29th July.

Senior Track and Field League:

5th May; 27th May; 1st July; 4th August

All dates to be confirmed.

NEXT ISSUE

Next issue will be early February. Any items for inclusion should be sent to corbyac@ntlworld.com or written and handed to Kym Wheeler or to the Teabar to pass on.