

# Sutton in Ashfield Harriers

## Newsletter—August 2011



In This Issue	
2	Track and Field— Final Fixture
4/5	Flyers
6	Roundup
7	Friday Night Crucifiers
8	Wilne 10k
9	Flyer

This is the last monthly edition of the newsletter. Due to popular demand (or lack of), we will be going to quarterly and that will only be if people send anything in.

Hope you all had a great summer holiday even if the weather was not brilliant and are ready to settle down into the Cross Country & SportHall Events and everything else the second half of the year has to offer.

### **APOLOGY:**

Last Month's Crich Race mentioned Shaun Parker, it should have been Sean Martin.



Sorrriyyyyyyy

Piccies from T&F  
Events, more in  
newsletter

## MATCH REPORT FOR MIDLAND MEN/LADIES T&F AT KIDDERMINSTER

Last match of the season and we finished **5<sup>th</sup>**. This meeting had quite a few athletes missing due to holiday commitments.

**Andy & Jordan Mitchell** should have been at a family christening but couldn't bear to miss our meeting and so came along and competed. :-)



**Jordan** finished 4<sup>th</sup> A Triple Jump, 5<sup>th</sup> A High Jump, 3<sup>rd</sup> A 400mH and a leg in the 4x100m. Andy was 3<sup>rd</sup> A Hammer, 6<sup>th</sup> A Javelin and offered to run 800m B for points finishing 6<sup>th</sup> B.

**Steve Chillingworth** gained 2 2<sup>nd</sup> A's today in the Shot and Discus but was disappointed with his distances after last match gaining a PB, but that's just how it goes, he also ran a leg in the 4x100m.

**Paul Gibson:** 2<sup>nd</sup> B Hammer, 6<sup>th</sup> B Javelin, 1<sup>st</sup> B Shot and 1<sup>st</sup> B Discus and no major injuries today either.

**Paul Whittingham** once again running many events with the 800m A 5<sup>th</sup>, 1500m B 2<sup>nd</sup>, 3,000m B 3<sup>rd</sup> and a leg in the 4 x 400m. All this still didn't tire his sarcasm out.



**Andy Wetherill** was 5<sup>th</sup> 1500m, 3<sup>rd</sup> A 3,000m and a leg in the 4 x 400m which he looked extremely tired coming down the home straight. He is human after all.

We had **Richard Crossland** back from injury, supposing to taken it steady but he had a right battle in the 200m B to take 1<sup>st</sup> place. As he lunged for the line he overbalanced and went skidding along the ground, taking most of his skin off his shoulder. **St Johns patched him up then he threw up** - What you do hey to compete for this club!! He then went on to run his 1<sup>st</sup> 400m and came 3<sup>rd</sup> B and a leg in the 4 x 400m. Joe Garden was disappointed with his time in the 200m but he did run a good race finishing 3<sup>rd</sup> and cheered up after he ran the 100m A 4<sup>th</sup>, L Jump A 5<sup>th</sup> and a leg 4 x 100m.



PTO

## MIDLAND MEN/LADIES T&F Cont....

Newcomer **Matt**

**Wetton** did really well, coming 2<sup>nd</sup> in the 100m B, 4<sup>th</sup> 400m A, 5<sup>th</sup> B L Jump but disaster struck in the 4 x 100m; he ran off too quick and Steve couldn't catch him to give him the baton within the box so we were disqualified boo hoo!!!

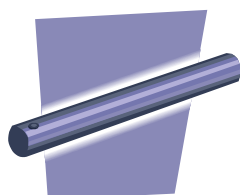
**Nikita** went for a fast time in the 800m but with the swirling wind didn't quite pull it off. She still won by miles. 3<sup>rd</sup> A 400m, 4<sup>th</sup> 100m A and ran both relays.



**Florin Bailey** was also disappointed with her 800m B time but it's the best race I've seen her run. Battling it out in the home straight with 2 others and she won the race, 5<sup>th</sup> A Triple Jump and ran both relays.

**Alison Whittingham** had a return to track, filling in where she could. She actually ran a PB in the 1500m B. Came 4<sup>th</sup> 400m B, 5<sup>th</sup> 200m B and a leg in 4 x 100m.

**Lisa Knights** once again dominated the 3,00m A with a 1<sup>st</sup> place, 2<sup>nd</sup> 1500m A, 5<sup>th</sup> 200m A and a leg 4 x 400m.



**Michelle Wilcocks** consistent again with a 1<sup>st</sup> 3000m B and ran both relays.

Poor **Sue Alcock** had to do all the A string throwing events with Bethany not being there. 6<sup>th</sup> Javelin, 4<sup>th</sup> Hammer, 5<sup>th</sup> Shot and 5<sup>th</sup> Discus. And after all that did a 100m B for points, what a star!

**By Sue Chillingworth.**

Below & page 7 are from Steve Chillingorth, from the seasons T&F.





# Notts Athletic Club



## **FIVE MILE ROAD RACE AND FUN RUN Sunday 18<sup>th</sup> September 2011 10.30am**

- **New route for this year**
- **Taking in both sides of the river Trent**
- **Start & finish on Main Road, Wilford (Ferry Inn)**
- **Suitable for all standards of runners/joggers**
- **Prizes for top finishers + spot prizes**
- **T-shirt to every finisher**
- **1 Mile fun run at 10am**

**PTO for entry forms or visit [www.nottsac.co.uk](http://www.nottsac.co.uk)**

**Enquiries at [info@nottsac.com](mailto:info@nottsac.com)**

**In association with the Ferry Inn, Wilford,  
And **UP & RUNNING****

# 25th Goose Fair 10K Gallop



Kimberley and District Striders



Kimberley and District Striders

[www.kadsrunning.co.uk](http://www.kadsrunning.co.uk) - Minimum age 16

**Sunday 2nd October 2011 at 10.00 am**  
**Kimberley Leisure Centre**

(1 mile from Junction 26 M1)

**Closing date for postal entries 24th September 2011**

Entry Fees:- £8.00 Affiliated Club Members,  
 £10.00 Unattached Runners

**Entries will be accepted on the day (plus £2)**

Prize Money awarded to: -

First 3 Senior men , 1<sup>st</sup> vet +40 man, 1<sup>st</sup> vet + 45 man, 1<sup>st</sup> vet 50 man, 1<sup>st</sup> vet 55 man, 1<sup>st</sup> vet 60 man  
 First 3 senior ladies, 1<sup>st</sup> vet +35 lady, 1<sup>st</sup>vet + 40 lady, 1<sup>st</sup> vet +45 lady, 1<sup>st</sup> vet +50 lady, 1<sup>st</sup> vet +55 lady

Teams: - Men: First 3 to count, Ladies: First 3 to count

The Kimberley Youth Cup to the first under 19 male or female

Race held under UK ARC rules • UK ARC certificate of course accuracy • Permit approved.

Car Parking, Changing and Shower Facilities • Leisure Centre Bar available for Refreshments and presentations from 11:00 am

For those not running Mablethorpe Half or Full Marathon, this is another alternative. The full entry form can be downloaded from their website or ask Heather Pike and she can send you a copy.

## Booths Final Results

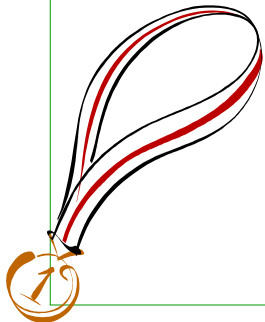
*You can pick this information up off the web but thought it was worthy of note as many of our Club did well in the rankings.*

**Florin Bailey**, 2nd Junior Lady, beating **Bethany Ceney** to 3rd place by 1 point.

**Jake Lacey** came 3rd Junior Male.

**Mel Hodson** was 3rd FV40,

**Tony Staniland and Ken Hensby** came 1st and 2nd VM70.



**WELL DONE** to all those that took part. Overall we came 5th in the Mens, 2nd in the Ladies and 3rd overall.

## AAA GOLD

Sutton Ladies were in 2<sup>nd</sup> place with only one fixture left at Teversal Grange in the AAA 2011 Summer Season.

Pulling out all the stops, the ladies did the club proud finishing a comfortable **22** points ahead at the top of the league.

## Newark 1/2 Marathon

August 14th saw 9 Sutton Harriers take to the streets of Newark.

Of particular note....

**Laetitia Moakes** improved her form once again gaining that elusive sub 100m result of 1:39:31 and was deservedly pleased with her result and **Sally Paylor**, training for her first marathon, proved that her endurance runs were paying off and came in a comfortable Personal Best time of 1:50:59 with her husband Nige running a race with her for the first time.

Time	Name
01:34:31	Keith Brown
01:38:03	Adele Betts
<b>01:39:31</b>	<b>Laetitia Moakes</b>
01:45:25	Paul Beasley
01:47:31	Paul Sleate
01:50:58	Nigel Paylor
<b>01:50:59</b>	<b>Sally Paylor</b>
01:55:28	Carl Beasley
02:18:38	Tony Theaker

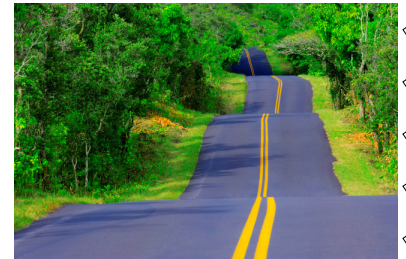
## FRIDAY NIGHT CRUCIFIERS

8 Sutton Harriers raced around Teversal Trails for the Mansfield 5k County Champs event on Friday 2nd August. First in was **Liam Hodson** (18:28) closely followed by **Mel** (22:37) who won not only 2<sup>nd</sup> place Ladies County Champs but also 1<sup>st</sup> lady County Champ Over 40. Next in were **Geoff Brown** (22:37) and within a minute **Tony Staniland** (23:33) showing age doesn't prove a thing winning 1<sup>st</sup> place County Champs Over 70. **Ken Hensby** (24:41) was just beaten by **Paul Beasley** (24:34) across the line but still secured 2nd place County Champs Over 70. The youngest of the club to run was **Chloe Paylor** with an outstanding 25:17 Personal Best and completing the line up was **Alan Brookes** (28:47).

The Friday before saw more Harriers complete another 3 mile Friday Dash around Newstead Abbey.

### And FLAT IT WASN'T!

First in for us Harriers was Chairman **Paul Whittingham** as 3<sup>rd</sup> Male 40 (16:32). Next were our two men in the Senior cat; **Liam Hodson** (17:12) and **Matt Curran** (17:34) followed closely by **Nikita Pembleton** (17:51) who was first Senior Lady in the event. **Mel Hodson** and **Geoff Brown** crossed the finish line together in 21:17 with a 3<sup>rd</sup> place F35 Ladies for Mel. A Course Personal Best was secured for **Alison Whittingham** (21:44) and bringing up the rear, huffing and puffing was **Heather Pike** (23:13).





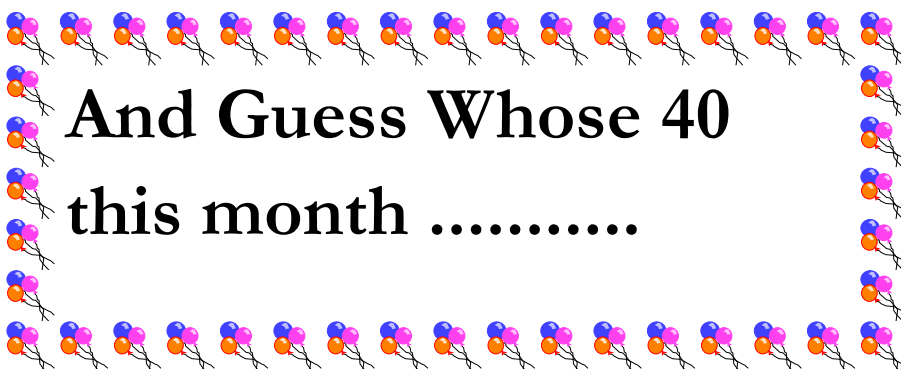
Wilne, near Derby, hosted its first 10k and 4 Sutton Ladies took to the streets to see what the race was all about.

I was nervous, not for the race but because I was chauffeuring Chloe and Zoe and I have been known to get lost! However we were at the start on time and ready to go. Our times were: **Hev Pike** (46:48), **Chloe Paylor** (54:29) - PB, **Julie Powis** (54:29) YES, they did get the same chip time! And **Zoe Jones** (71:24). Despite the threat of heavy rain, it stayed a mist and was perfect racing conditions. Rather than go through a blow by blow account I would just say that I would recommend the 10k because:

- 1) It's local
- 2) It's chipped
- 3) It's flat—so with 2) and 3) great potential for a PB course.
- 4) Great goodie bag including, TShirt, Banana, Crisps, Water, Cereal Bar, small water bottle and little gift (I had body mist).
- 5) The start was videoed—so you can see all 4 of us running and they also posted photographs, not that we always look our best when hot and sweaty!

**Note:** Nearly 50% were women which is unusual.

**By Hev Pike**



**And Guess Whose 40  
this month .....**

30th Anniversary Event

Permit No. Pending

Sunday 30th October 2011

Worksop Hallowe'en Half & Fun Run

<b>Organisers</b>	: Worksop Harriers Athletics Club	<b>Prize List</b>	: Extensive prize list in all categories
<b>Event Location</b>	: Newgate Street, Worksop.		: Team Prizes & Notts County Councillor Trophies
<b>Start Time</b>	: Worksop Halloween Half 10:30		: <b>Technical T-Shirt for Halloween Half Finishers</b>
	: Fun Run 10:45		: Medal for all Fun Run Finishers
<b>Online Entry &amp; Info</b>	: <a href="http://www.worksopharriers.co.uk">www.worksopharriers.co.uk</a>	<b>Entry Limit</b>	: 2,500 competitors

The full entry form can be downloaded from the Fixtures page on our Website or ask Heather Pike and she can send you a copy.

**Message Received: Aug 29 2011, 08:51 PM From: "Kevin Milwain"**

Subject: Merrill College and Shelton Striders 10K and Fun Run

We would like to remind you that this year's event takes place on  
SUNDAY 9 OCTOBER at Merrill College on Brackens Lane, Alvaston, Derby DE24 0AN

10K Start Time: 09.45am. Fun Run Start Time: 11.00am

Entries are now open so please visit [www.sheltonstriders.co.uk](http://www.sheltonstriders.co.uk) to view race info and download an entry form.

Standard 10K entry fee of £10 affiliated/£12 unaffiliated until the 23 September - £2 extra after this date **No entries on the day for the 10K**

Fun Run entry is £2 for postal entries and £3 on the day

Final closing date for all postal entries is 3rd October

All queries addressed to Graham Pickering at [g.pickering73@ntlworld.com](mailto:g.pickering73@ntlworld.com) or on 01332 512146

See you there Merrill 10K Team