



West Suffolk Athletics Club

EST.1973

News



Letter

DIARY DATES:

02/05/09 SML Walthamstow

10/05/09 County Champs
Ipswich

16/05/09 SML Lee Valley

30/05/09 SWL Perivale,
Ealing

06/06/09 SML Ware

07/06/09 EYAL Braintree

21/06/09 EAL Luton

27/06/09 SWL Perivale

28/06/09 EYAL Sandy

ISSUE 2

APRIL 2009

Cross Country Season 2008/2009

After a busy summer track season the winter programme kicked off with the South of England Road Relays at Aldershot in late September. The relay competitions are very popular with the athletes and in 2008-9 we fielded the most teams ever. Best results were the U15 Boys team of Jake Hughes, Tom Eames, Calum Rutter and Simon Dawson with 12th from 60 teams and the Under 15 Girls team of Holly Archer, Grace Waters and Justine Anthony, 18th.

Similar good results followed at the National Road Relays with U13 Girls 37th, U15 Girls 33rd, U17 Women 20th, U13 Boys 32nd, U15 Boys 'A' 21st, 'B' 66th and U17 Men 30th. Holly Archer produced the best individual performance of the day with 8th fastest from 200 runners.

The final relay, the National Cross Country Relays at Mansfield saw us field our biggest team ever with 30 runners in 10 teams. The U15 Boys with three teams produced the best result with the 'A' team of Jake Hughes, Tom Eames and Simon Dawson placed 20th from 80+ teams.

Cross Country competition has two elements, the English Schools with the age groups based on school years, 6+7, Minor, 8+9, Junior etc whereas the other competitions are U13, U15 etc. Essentially all junior runners are top year in their age band for one competition and bottom year in the other.

In the schools event runners had to contest 2 preliminary rounds at RHS before the County final at



Seb Anthony & Eddie Mills

The best 16 in each age group then represented Suffolk at the Anglian schools after which the best 8 from the 16 for each age group except Minors were selected for the English schools at Loughborough.

West Suffolk had no less than 28 selected for the Anglian Schools which unfortunately fell victim to the weather. 17 of the 28 were selected for the Suffolk team of 48 for the English Schools Championships. The best results were Holly Archer (Inter Girls) 32nd, Mac Delo 67th and Tom Eames 72nd (Junior Boys).

The club based competitions included the Suffolk County Championships where medallists were Sam Carson, 3rd U13 Girls, Holly Archer 1st U15 Girls, Emily Wenman 2nd and Helen Waters 3rd U20 Women and Andy Ridley 3rd U20 Men.

Based on the County results 18 of the squad were selected to represent Suffolk at the Inter Counties Championships at Nottingham, the best result coming from Alex Dunbar 42nd in U17 Men.

At the South of England Championships there were around 250 runners in each race and West Suffolk finishers in the top 50 in their races were Holly Archer 12th, Simon Dawson 42nd, Emily Wenman 37th, Zara McLoone 44th, Helen Waters 50th, Alex Dunbar 16th and Dominic Thackery 44th.

The English National Cross Country was held at Parliament Hill in London and 27 squad members took part. With over 400 in most races competition was fierce.

Simon Dawson led home the U15 Boys in a superb 47th and the team placed an excellent 18th from 47. The U17 Women's team also had an excellent day. Abi Marriott, Emily Barker, Emily Baker and Kayleigh Samuels placing 12th. Top performers at the Southern Championships Alex Dunbar and Holly Archer continued with 35th and 21st respectively. The U13 Boys team also enjoyed a good day with Alex Gray, Ben Eames, Eddie Mills and Seb Anthony finishing 16th from 42 teams.

Congratulations to:

Athletes of the Month

February:
Simon Dawson &
Sam Milner.

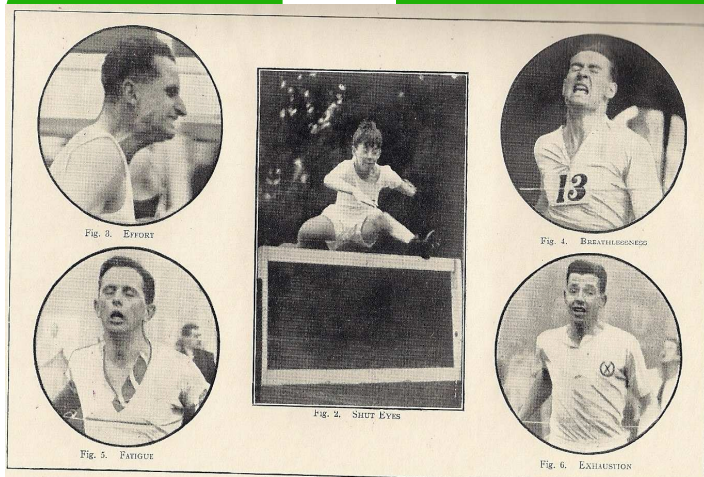
March:
Holly Archer &
Harry Hughes.

Club Records

Luke Allen, Shot
Put, 12.57m
Chelmsford,
1/03/09

Harry Hughes,
Javelin,
35.17m, Cambridge
15/03/09

Coaching



Congratulations to Helen Waters and Peter Vince who completed their level one coaching courses, and also Caroline James

who has completed her level two core course, and will be taking her final assessment in the next few months. It may be interesting for athletes to see how coaching has progressed over the years.

The picture on the left is taken from the book 'WHY?- The science of Athletics', by Captain F.A.M. Webster (English pole vault and decathlon record holder 1935 – 1936). The aim of the pictures are to help coaches interpret facial expressions of athletes.

Whilst on the subject of the development of athletics it is interesting to see how the attitude towards female athletes has changed over the years. The following excerpt is from 'Get to your Marks' by Ross and Norris M^cWhirter, 1951.

'Of the eight standard field events, women take part regularly in all but three – namely the pole vault, throwing the hammer, and the hop, step and jump. However, in this last-

named event there is the solitary "noteworthy performance" on the A.A.U. schedule of 35 feet 4.5 inches by one Margaret Whitcomb, made at Dallas, Texas, on May 25th, 1929, but then presumably the women in that part of the world are of the same fibre as the men and horses. One notes that the Russians include records for hand grenade throwing and the Americans the only slightly less bellicose event of the "base ball throw", the record for which is, of course, held by the redoubtable "Babe" Zaharias, when, as Mildred Didrikson in 1931, she threw that missile only 4 feet short of 100 yards.'

Thanks to Ray Radley for the above information.

Quote of the Month:

'One day of practice is like one day of clean living. It doesn't do you any good.'

Abe Lemmons

Athletics Trivia

Where and when did the women's steeple chase make its major championship debut?

February's Answer:
Tessa Sanderson.

News in Brief

Due to work commitments Peter Fellingham is no longer able to continue as EAL and EYAL male Team Manager, Derek James has taken over the role, Derek can be contacted on 01284 723282 (home), and 07787617106.

We have been blessed with magnificent weather in the first three league meetings of the season, and I am not the only one to have caught out by the sun, so please be prepared and pack a hat, sun cream and plenty of drinks in your kit bags.

We are hoping to start a members e-mailing list shortly, so please inform us of

any changes in e-mail addresses, it is also important that we have current address details, so please contact Caroline if updates are required.

The Suffolk Athletics Network has now been formally accepted by UKA and we are now awaiting notification of the amount of funding the network will receive.

Three of our senior athletes, Dawn mason, Christine Anthony (2nd claim), and Darren Baker (2nd claim), ran the London Marathon, and all completed the 26 miles in difficult conditions. Well done to all three.

The new club hoodies are now available to order, to view samples and to place orders please see Dave Spurling.

A warm welcome to the following new members:

Darren Baker, Leila King, Katherine Robertson, Ellie Stevens, Cameron M^cKie, Fiona Devoy, Belinda Dow, Favour Osuchukwu, Bonnie Thompson, Christine Anthony, Euan M^cKie, Emily Jeram, Leah Mapston.

Farewell to leaver:
Charlie Trafford.