



Founded 1893

Vale Mail

The official newsletter of the Vale of Aylesbury Athletic Club.

VOLUME 1, ISSUE 4

MARCH 2010

IN BRIEF:

- Jumps training starts this & every Thursday at 7pm, at the track, with Tricia McSweeney.
- Fancy hurdling? Then get along to Dwayne Stoddart's squad training sessions on Sundays 14th & 21st at 10:30am, in March.
- Congrats to Alan Roberts for picking up a silver medal in the World Masters V45 Cross Country Champs, in Vancouver, Canada, on 1st March.
- Charlie May won the Winslow 10K in 34m21s on 21st Feb. Great job!
- Well done to Anuradha Cooray on his runners-up spot at the Milton Keynes Half-Marathon in 69m04s, on 7th March.
- The Aylesbury Race for Life will not be happening in 2010 due to traffic management issues. The organisers hope it will make a return in 2011.
- Any articles for the newsletter would be gratefully received at newsletter@voaac.org.uk

Record Breakers



Will Gurton (left) and Jordan Hadley proudly show their silvers.

This indoor track season has seen Vale records broken at every meet attended - roll on the Summer! It started at the Indoor Meeting at Lee Valley on Sunday 13th December. Karl Goodman competed in the U17 200m and ran 23.53 seconds. This time missed the Club Record by 1/100 of a second. After this Goodman ran the U17 400m breaking the Club Indoor Record in 52.59 Seconds. Jordan Hadley set a new Club Indoor Record in the U15 Boys 200m running 24.96 seconds. He then set another new Club Indoor Record and PB in the U15

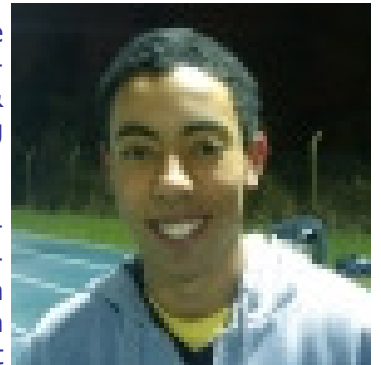
Boys 400m running 56.69 seconds.

On 5th February, in Louisiana, USA, Mark Fallaize broke the 800m Senior indoor record with 2:00.35, competing for his college

new U17 Club Indoor record in the 200m (at present ranking him 14th in the UK). Will Gurton was in fine form setting a PB in the U17 800m semi-final and then deciding that was not quick enough, so broke the Vale Seniors record in the Final, with

At Eton on 6th February the times kept falling with Hadley setting PB's in the 60m & 60mH and Goodman setting a PB in the 60m.

On 24th February Ben Gregory, now based at Loughborough University, set 5.05m in the Pole Vault indoors at an Inter-University match at Birmingham, ranking him 10th overall in the UK for 2010.



Karl Goodman has been in fine form indoors this season.

At the Aviva England Junior Indoor Champs, 27-28 February, in Birmingham, Catherine Appleby finished 8th in the U20 800m in a PB of 2:18.58. Goodman continued his great form and set a

1:57.45! This ranks him 2nd in the UK presently. Hadley was not to be outdone setting no less than 3 U15 Club Indoor records - 400m 56.07s, 60m Hurdles 8.81s (claiming the silver medal & ranking him currently 2nd in the UK) and 60m in 7.65s.

XC almost over

With the Cross Country (XC) season coming to a close, a quick round up is in order. The Bucks Schools at Stowe, on 19th Feb., provided some great results with Patrick Taylor 1st Junior Boy & Kieran Linders 3rd. Anna Madry was 5th Inter Girl, Will Gurton 6th Inter Boy, whilst Jessica Langston



Charlie May has been in fine form over XC this season.

was 4th Senior Girl.

The Vale Male V40's won the Bucks XC team title at Luton on 20th Feb. Well done to Andy Rolt, Martyn Summerfield, Henry Edwards-Evans & Mick O'Connor.

The overall Chiltern League standings left the Vale 6th overall team for 2009/10. On the individual front, after 5 races, top Vale competitors are Julia Austin (2nd V45), Andy Rolt (4th V40), Tommy Atkins (4th U17), Julie Madry (5th V35) & Kieran Lindars (5th U13).

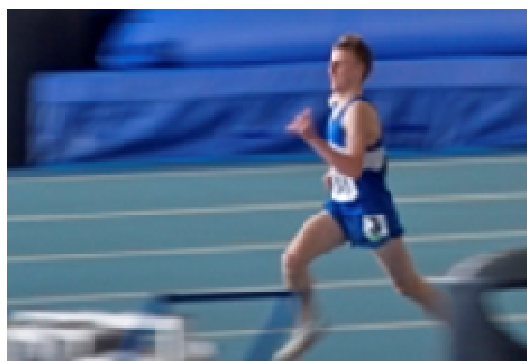
Tommy Atkins

The Vale Mail spoke recently with Tommy Atkins, one of the Clubs Under 17 stars.

Best personal sporting moment: Coming second in the Chiltern League (Slough) because I was bottom year in my age group, so that's a big achievement.

Athletics ambition for 2010: To get the English Schools qualifying time for 1500m or 3000m.

Most embarrassing competition moment: Having the Vale of Aylesbury vest the



wrong way round.

Favourite athlete and why: It has got to be Usain Bolt, for his ability to run 100m in 9.58!!

Most enjoyable training session: 5x200m.

Training session you can't wait to be over: 8x300m.

Most prize possession: Laptop.

TV programme not to be missed: Skins.

Best film seen lately: Rise of the Foot Soldier.

What's rotating on your mp3: Riverside.

Last book read: Mice of men.

Radio station of choice: Radio 1.

Favourite photo on your mobile: A view of St. Ives sea in the evening.

Road race improves



The crowds came out for the annual Vale Boxing Day Road Races and they seemed to like it too.

The Runner's World survey shows an improvement in the overall score from 68% in 2008 to 82% in 2009. Asked if they would run it again, 94% said yes in last years survey compared to 85% in 2008.

Well done to the Vale members who made this event such a success. Don't forget the Club can always use a helping hand - please volunteer to assist the Club to grow.

The Club's own Scott Grace, England Athletics Youth Development Guru, is busy developing Athletics 365, which is set to be the pedestal for our sport. So what is 'Athletics 365?'

Athletics 365 will provide a consistent approach to young athlete development across England - not a product - a **system** and way of life. It will build a foundation by providing skills for event specific groups and competitions and provide fundamental skills applicable to all sports (athleticism).

Athletics 365 will therefore develop Athletics Clubs, develop young people, provide young athlete progression pathways and provide a mechanism for income generation.

Athletics 365 will be delivered based on 4 pillars of athlete development;

1. Physical preparation,
2. Technical and tactical,
3. Lifestyle and support,
4. Psycho behavioural.

There will be 9 levels of progression (from red to gold), which will set the athlete fundamental tasks to practice and accomplish before moving on to more difficult ones. There is the potential to host competitions based on stage of development rather than age. If this all sounds revolutionary, then it's supposed to.

Besteryear

20 years ago the Bucks Herald was reporting on 'The National' Cross Country Champs from Roundhay Park, Leeds, the site of the 2010 Champs. Back then the race was run over 9 miles for the Senior Men with over 2,000 competing in the toughest cross country event of the year.

Charles Addison was first home in 314th place, followed by Richard Tavinor in 795th, John Findlay in 895th, John Seagrave in 953rd, Owen Bottle (now a top class athletics timekeeper, who looks like he'll be on the line at the London Olympics in 2012) in 1,074th, Pete Dovey (now doing his running at Bearbrook Joggers) in 1,521st and Ian Addison in 1,764th. The Club finished 104th team out of 250! This year 1,428 runners finished in this race with 107 teams.

Ian Dell was the only Junior Man to make the trip and finished 304th, whilst Simon Baranowski finished 97th in the Youth's race.

Esther Evans, who won the Ladies 2009 Boxing Day Road Race, competed in the Welsh Champs and finished 9th in the Inter ladies race.

On the road at the Berkhamstead Half Marathon Colin Steptoe finished 5th in 73m 24s (1st Vet), Alan Newton (now working at Wendover Railway Station and playing gaelic games, hence the lack of teeth) finished 8th in 74m41s, Owen Bottle 12th in 75m58s, Richard Burt 21st in 78m00s, Chris Mennie 80m23s, Andy Ford 83m 00s and Alan Roberts 89m00s.

Lastly the Bucks Herald reported that Andy Magnall had been invited to race in the World Cross Country Championships trial race in Glasgow. He gained his slot by finishing 4th at the Eastern Region Cross Country Champs. Back in those days the top 6 finishers from each regional champs, plus Northern Ireland, Scotland and Wales fought it out in a trial race to be picked for the British team.

HISTORY OF X COUNTRY



Cross-country running began in England with a game called "hare and hounds," or "the paper chase," in the early 19th Century. In this game, a runner or group of runners (hares) laid a trail by dropping pieces of paper while following a random course, and a second set of runners (the hounds) then set out in pursuit, trying to follow the paper trail.

The first formal competition was the Crick Run, first held at Rugby School in 1837. Many other public schools soon established similar events, followed by Oxford and Cambridge Universities. Although hare and hounds continued to be popular at schools, in important competition the game became a cross-country race along a course laid out in advance over open country.

The English national cross-country championship was established in 1876. International cross-country racing began in 1898 with competition between England and France. An annual championship meet involving England, Ireland, Scotland and Wales started in 1903 and became a true international event in 1907, when France sent a team to compete. Other European countries followed during the 1920s.

Cross-country was on the Olympic program in 1912, 1920, and 1924, but it was dropped after that because it was considered unsuitable for summer competition.

The International Amateur Athletic Federation (IAAF), which governs track and field worldwide, took over jurisdiction of cross-country in 1962, establishing rules for both men and women. The first women's world championship meet was held in 1967.

There is no standardized cross-country distance. IAAF rules specify minimums for international competition of 12,000 meters (about 7.5 miles) for men and 2,000 to 5,000 meters (about 1.25 to 3 miles) for women.



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Membership

For enquiries please contact the membership secretary, Pat Card on 01296 770810 or email voaacmembersec@btinternet.com

General Enquiries

For questions about the club other than membership, please contact the Chairman, Graham Gorman on 01296 420618 or email chairman@voaac.org.uk

Upcoming Fixtures

Cross Country

Sat. 13 Mar. Inter-Counties XC Champs, Birmingham
Sun. 14 Mar. SEAA Vets XC Champs, Trent Park
Sat. 20 Mar. English Schools XC Champs, Manchester

Road

Sat. 20 Mar. South of England Road Relays, Milton Keynes
Sun. 21 Mar. Reading Half-Marathon, Reading
Fri. 2 Apr. Maidenhead Easter 10miles, Maidenhead*
Sun. 25 Apr. London Marathon, London
Mon. 3 May Pednor 5 miles, Chesham*
Sun. 9 May Marlow 5 miles, Marlow*

*Indicates race is part of the Vale's Road Race Grand Prix.

Track & Field

Sun. 25 Apr. Eastern Young Athletes League, Lee Valley
Sun. 25 Apr. National Junior Athletics League, Kingston



Quiz Corner

The answer to last issue's quiz corner was that Jessica Ennis competes for the City of Sheffield A.C.

Here's another chance for all under 18 Club Members to win themselves a £10 voucher for Up & Running in Aylesbury. Simply answer the question below correctly for your chance to win.

In which City will this Summer's European Athletics Championships be held?

- A) Milan
- B) Barcelona
- C) Cardiff

Answers, with name, to newsletter@voaac.org.uk by 30th April. Good luck!

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