

PERSONAL BEST

NEWBURY

Athletic Club

ISSUE 1:
WINTER 2019/20



WELCOME TO THE NEWSLETTER!

This is the first edition of a new quarterly newsletter which aims to bring you the latest news of Newbury Athletic Club



Welcome to the first edition of Personal Best! I hope you enjoy reading about some of the key highlights from the club over recent months!

Since taking up the role of social/general secretary last year, one of my main priorities has been to attempt to bring the different age groups, disciplines and training groups together.

Over future editions, the plan is for this newsletter to be a central point of reference to highlight key performances and share exciting news/stories from the club and members.

In order to make the newsletter as successful as possible, all members are encouraged to make suggestions and submit articles for inclusion in future issues to me via email below. Please don't be shy, all ideas are welcome!

gensec@newburyac.org.uk

Thank you for reading!

Matt Green, General Secretary

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PLEASE CHECK OUT OUR BRAND NEW WEBSITE!

WWW.NEWBURYAC.ORG.UK

Meet the Commitee

Bob Broadbridge - Chairman

Matthew Green - General/Social Secretary

Sarah Fowler - Membership Secretary

Jeff Bird - Treasurer

Gemma Livingstone - Child Protection/Welfare

E-J Bailey - Young Athletes Co-ordinator

Phil Marshall - Cross Country Captain

Conor McGrory - Road Running Captain

Mike Robbins - Track and Field Captain (Mens)

James Craggs - Track and Field Captain (Vets)

Keith Baker - Junior Boys Co-ordinator (13+)

Jenny O'Connor - Junior Girls Co-ordinator (13+)

Andy Tuttle - Property Master

Andy McKendrick - Webmaster

Becky Elsmere - Commitee Member

Chloe Blair - Commitee Member

Ryan Hill - ROC/Highclere Race Organiser

Vacancy - Track and Field Captain(Womens)

LETTER FROM THE CHAIRMAN



“It is great to see and celebrate these outstanding performances, but it is equally pleasing to see our club thriving on a day to day basis.” **Bob Broadbridge**

Well, I hope everyone is enjoying a great start to the new decade!

We got together at the Presentation Evening to look back on 2019, and to celebrate a quite outstanding year for the club. Just a few examples:-

- **Izzy Fry** (5000m) and **Charlotte Payne** (Hammer) placing 4th and 7th respectively in the European Junior Championships. **Izzy** also placed 6th in the European Junior Cross-Country Championships, and **Charlotte** won the English Schools Champs.

- **Mike Sheridan** was an age category winner at both the London and Chicago marathons.

- Our Senior Men's cross country team retained the Bucks, Berks and Oxon Cross-Country Championships for the first time in our history - led home by **Alex Muir**, the individual winner

We also saw many club records broken in 2019. Here are just a few:-

- U11 **Ethan Robertson** threw the Vortex over 48 metres!

- U13 **Lincoln Williams** broke both 75m and 150m club records on the same day!

- **Charlotte Payne** threw the senior hammer 61m83 at the age of 17!

- **Mike Sheridan** ran 2hr57mins for the marathon aged 69!

- **Sam Plumb** broke the Men's 200m record immediately after going 2nd on the club all time Javelin list!

It is great to see and celebrate these outstanding performances, but it is equally pleasing to see our club thriving on a day to day basis. This is perhaps best reflected in our Junior sessions which are bursting with young athletes giving their all in good quality training sessions. And more and more of the youngsters are moving on with our development pathways, taking their training and techniques to the next level, and helping them to improve their performances faster.

We have also strengthened our coaching and officiating squads in the last year, and we hope that this – together with our development pathways – will help to bring about even more success in the years to come.

In 2020 we will once again be organising the Roc 10k in May and the High-clere run in September. These involve a lot of work for the people involved, so if they ask for your help, please offer it wherever you can.

You will also see various social events coming through this newsletter, on Facebook and our brand new website - well done **Andy McKendrick**. These have all been great fun in 2019, so if you've not been attending, do give them a try. They are a great way of building club/team spirit - which will make them even more fun of course.

And please make a note of the Wessex League, Southern Athletics League and/or Veteran's League meeting dates in your diaries. These can be found on page 11. We want our improving athletes to represent the Club, and help our Club success as well as their own individual success.

Wishing you every success and happiness in 2020!

-Bob

We are looking for individuals who wish to become trained as a coach or official in any discipline. We are particularly keen to hear from anyone who may be able to assist with coaching/assisting with the junior sessions or becoming trained as a timekeeper, starter or track judge for track events.

If this sounds like you, please contact Bob.





The current clubhouse at Fifth Road

"We have had the building surveyed, and our conclusion is that the current building is sturdy, and has plenty of life left in it. So, we have taken the decision to re-furbish it rather than re-build it."

CLUBHOUSE UPDATE

To cut a long story short, the plans to build a new pavilion proved too expensive once all costs were taken into account – not least the costs added due to objections from neighbours!

The proposed final cost was around £400,000, which was not affordable – even with the grants we were able to negotiate. Consequently, the school have said that they can't do it, and the project has been handed back to us.

We have had the building surveyed, and our conclusion is that the current building is sturdy, and has plenty of life left in it. So, we have taken the decision to re-furbish it rather than re-build it. The grants we can get to support a refurbishment are much

smaller than a re-build, but the total cost will also be very much less.

We are going to do the work in chunks, starting in February with new gutters and drainage. New bathrooms, ceiling and lighting will be next, with more to come after that.

In 2020, we intend, in an affordable way, to make it a building to be proud of again.

- Bob

CLUB PURCHASES LIFE-SAVING EQUIPMENT!

The club have recently purchased two Automated External Defibrillators (AEDs) which are due to be stored at the Fifth Road clubhouse and Crookham Common Athletics track.

Free Training Available!

The club will be providing FREE training on the use of the AED to anyone interested.

If you wish to attend, please contact Matt by the end of February via email: gensec@newburyac.org.uk



AGM 2020

**Tuesday 25th February
Crookham Common Athletics Track
19:30 Onwards
All members welcome!**

JUNIORS UPDATE



Currently it is Cross Country season and the juniors are attending the Oxford Mail League in good numbers. Current best standings in the age categories are:

U9s – **Rupert Knight** (=18th)

U11 girls – **Lily-Mae Gerrard** (=19th)

U11 boys – **Joshua Norton** (4th with a very good chance of getting a medal by end of the season)

U13 girls – **Isabel Moore** (9th)

U13 boys – **Charlie Adams** (6th)

U15 girls – **Josie Robertson** (3rd)

U17 girls – **Luci Robertson** (1st)

U15/U17 girls combine for the team result and Newbury are currently in 2nd place here. Two more races to go with all to run for.

The junior coaching session continue to run well. Our main/ mass session on a Thursday in St Barts sports hall sees on average 70-80 young athletes. They do a rotation of focused circuits; Jumps, Throws, Speed/ Agility/Hurdles and Equipment/ XC. We are lucky to get a specialist coach from CCAT for each of these sessions to help focus and motivate our young athletes.

The Tuesday session at CCAT is for invited juniors and they still work on a rotation through the disciplines and train outside throughout the winter (spikes are required for these sessions). They are also weather dependant. We have had to cancel a couple since September due to adverse weather conditions; also recently the Long Jump pits were completely frozen! Cancellation information will be made available on Facebook, by email and where possible posted on the webpage.

Our last circuit of the year on a Thursday always has a Christmas focus. The athletes and coaches come dressed with Christmas accessories and we have lots

of fun! One of this years highlights was the ski jump, as shown in the pictures.

These sessions run with a dedicated team of volunteer coaches and we always need more! (Training will be provided if you want to become a coaching assistant).

We also need parent helps at each session. Please contact E-J if you have not signed up to help this year yet. Without this help we cannot continue to take the numbers that we do.

E-J Bailey

NEW WEBSITE LAUNCH!

Thanks to the hard work of club member **Andy McKendrick** and a small project team made up of committee members, our club website has had a facelift! At the time of writing, the new website was imminently due to go live on the same web page as before, so please keep an eye out for the new version to appear! Please let Andy know if you have any feedback on the new site.

www.newburyac.org.uk



Social Events Update

Jeff celebrating a win at Newbury Races

Newbury Races event results in wins for our treasurer!

Six members of the club attended a summer race meeting at Newbury Racecourse in July, followed by a Tom Jones concert.

Following some bad luck early in the day, the group resorted to a sweepstake approach whereby each person put money on a different horse. This meant that somebody was guaranteed to win in the last few races, it just wasn't known who it would be! Following the event, those

who attended went out for dinner and could still be found in the pub towards the end of the evening - always the sign of a successful social event!

As one of the first social events of the year, feedback was positive and the hope is that this event will become a regular feature of the social calendar for the club. Why not join us next year and see if you can be the lucky winner?



Diamond League
Birmingham

Club members had the opportunity to get their names printed with Diamond League branding

Diamond League Weekend

7 club members attended the Birmingham leg of the Diamond League in August, with several big names on show as a warm-up event prior to the World Championships. The race of the day was in the women's 200m whereby Shaunae Miller-Uibo held off a fearsome challenge from Dina Asher-Smith in the next lane to take victory in 22.24 seconds.

Fun Club Championships

The fun club championships were held at CCAT on Thursday 29th August. A fun filled night of friendly competition, followed by pizza/snacks for junior and senior members.

At the start of the evening the juniors, with 1 senior/parent per team competed in a short relay competition over 400m using inflatable bananas for relay batons.

This was then followed by a round robin of 4 field events (Shot, Welly Wanging, Standing long and triple jumps), for which the best performance from 2 attempts of each event counted towards the medal positions.

The final event of the evening was a long relay. Each team had to cover the 800 m, with each team member running a leg length decided by the team, all whilst carrying a different inflatable baton. At the end of each race the last few teams were eliminated, until the last 5 teams participated in a final. The winners of the long relay are pictured below. Full results of all events are on the website.



Steve Ferriday, Phil Marshall, E-J Bailey and Simon Kirby



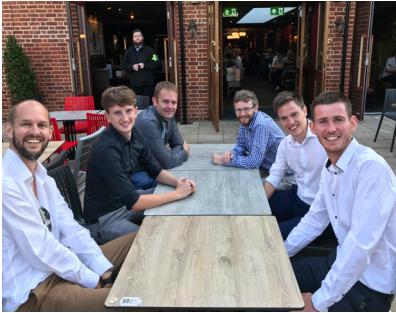
Your feedback required!

What did you think of the social calendar in 2019?

Is there an activity you would like the club to organise?

In order to make the 2020 social calendar as appealing as possible for all members, please send any feedback to Matt.

2020 Social Calendar



Drinks in Newbury after the races



Cross Country Presentation Evening



Karen and Alan in Birmingham

February:
25th - AGM (19:30, CCAT)

March:
27th - Cross Country
Presentation Evening
(19:00, Frank Hutchings
Community Hall, Thatcham)

April:
26th - Post London Marathon
drinks/social (Newbury)

Quiz (Date and Venue TBC)

May:
17th - Social BBQ
(Provisional, subject to final
confirmation)

June:
6th - Night of the 10,000m
PBs* (London)

July:
4th - British Championship
Athletics* (London)

18th - Newbury Races*

August:
15th - End of track season
celebration/drinks (Newbury)

September:
No events planned currently

October:
Corn Exchange Comedy*
(Date and Time TBC)

November:
10-Pin Bowling* (Thatcham)
(Date and Time TBC)

December:
Christmas Party
(Date and Venue TBC)

* = Booking required. Further details will be provided nearer the time. Please email gensec@newburyac.org.uk to register interest.

Bowling Night Success!

20 club members attend 10-pin bowling social

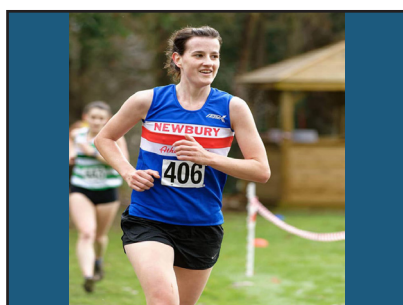


2020 Road Running Championship Dates

The qualifying races for the 2020 league are listed below:



2019 Senior Male Winner:
James Knight



2019 Senior Female Winner:
Victoria Duncan



2019 Veteran Male Winner:
Wayne Lillis



2019 Veteran Female Winner:
Liz Harkness

February:
16th - Bramley 10 Mile
23rd - Wokingham Half Marathon

March:
14th - Didcot parkrun
29th - Salisbury 10 Mile

April:
5th - Reading Half Marathon
10th - Maidenhead 10 Mile
13th - Beaconsfield 5 Mile

May:
2nd - Chieveley Chase
10th - Reading 10 KM

June:
7th - Kintbury 5 Mile
21st - Hungerford Harey 8

July:
5th - Gibbet Challenge
25th - Newbury parkrun

August:
9th - Burnham Beeches 10 KM
30th - Headington 5 Mile*

September:
6th - Maidenhead Half Marathon
12th - Woodley parkrun

October:
4th - Cricklade 10 KM*
11th - Tadley 10 Mile*
18th - Fleet 10 KM

November:
7th - Newbury parkrun
22nd - Sutton Benger 5 Mile

*Provisional date, subject to change

BRIEF RULES:

22 Total Races

6 Distances

10 best scores to
count per athlete

3 Bonus points
for a PB

Mix of any
combination of
races allowed

Must be a first
claim club
member

*Full rules are on
the club website

Good luck to all runners!

NEWBURY

Athletic Club

Marathon Talk

With club member Mike Sheridan:
- V65 Winner of the London Marathon
- V70 British Marathon record holder by nearly 3 minutes

I started running again in June 2010 (aged 60) and worked my way through parkrun, 10k and half-marathons until I felt ready for a full marathon. Luckily, I got a club place and ran the London marathon in April 2012 in a time of 3:32 and this was my first negative split (2nd half faster than the 1st half – more on this later).

From April 2012 I pretty much ran two marathons a year – I have now run 14 marathons: 6 London; 2 Boston; 2 Berlin; 1 Tokyo; 1 Chicago plus World Masters Championships in Lyon, France, and the most local, in Abingdon. My slowest time was 3:32 in my 1st race. I ran sub 3 hours in my 5th marathon and my fastest to date is 2:54:24 in London 2016.

In age-grade terms I have had 3 x 1st and 2 x 2nd position in London; a 2nd and 1st in Berlin and a 1st in Chicago 2019. In the World Masters Championship I was 5th. Finally, I have run sub-3 hours four times, each time with a negative split.

Where to begin?

It doesn't matter if the marathon you are attempting next spring is your first, or you are a seasoned campaigner – my recommendation is the same. Start getting into shape now, it is never too soon and the miles you do now should be designed simply to get you "fit to train".

What do I mean by "fit to train"?

If you are not an experienced, regular runner and run less than say 25 miles a week, you are going to struggle with the volume and intensity of a marathon programme. You need to think about toughening up your feet, ankles, Achilles and other tendons, calves, quads, hamstrings, hip flexors, glutes, core and if you are not out of breath already, your upper body.

You will take around 30,000- 35,000 paces during a marathon! You are only as strong as your weakest link and there is no hiding place over 26.2 miles on a hard road.

Set a goal of being able to comfortably run a long run of up to 2 hours (or 15 to 18 miles if you are a faster runner) at very easy pace around 4 months before your race.

What is "easy pace" and what are the benefits?

In my view, the single most common mistake that I see many marathon runners make (novice or experienced) is that they run these sessions at the wrong pace, and I mean too hard and fast. There are no short cuts – let me explain.

Easy pace should enable you to have a conversation with a runner beside you – simple sentences, not single word grunts. If you are not in that state, your pace is too fast!

Other benefits of a slow pace:

- 1). If you run at around 65% of your capacity, whether that is heart rate or "fitness now", you will get the same aerobic benefit as if you pushed to 75-80% - so why push harder?
- 2). All you will do if you push unnecessarily all time, is exhaust yourself and run less effectively when you push for some speed work later. If your recent times have plateaued, then this is the first thing to consider – it's a cliché: "slow down to run fast", but it works!
- 3). Running slowly also has a big impact on your "fuel mix" – the ratio of glycogen (from carbohydrates) v fat that you burn. If you push into the 70-75% zone described above, you are like a car driving in 3rd gear with high revs, burning the glycogen fuel unnecessarily. Run easy pace 65%, and you develop the ability to burn fat first, and this is what counts for a successful, and fast marathon – whatever "fast" means for you. We all have considerably more fat in our bodies than glycogen.
- 4). Finally, slow running in the first phase of training as in 3 above, develops the mitochondria in your "big muscles". Think of these cells as mini-power stations that multiply and ease the exchange of oxygen to your hard-working muscles.

Elite marathon runners are thin for a reason – they burn fat as in 3 above and despite "skinny" legs they have highly developed mitochondria and can access oxygen efficiently.

One way to develop this benefit is to run in the early morning in a "fasted state" – no breakfast and no carb spike before you go out. No orange juice for example! I can run 10 to 13 miles at easy pace like this. Go and give it a go!

P.S. If you want to book some races to develop strength early on, sign up for the cross-country season and, book at least a 10k; 10 mile and/or half marathon in late Feb to mid-March now, before they fill up!

Mike



Mike will be back with more advice in the next edition of the Newsletter!



(Left to Right) Alex Muir - Callum O'Neil -
Cameron Craik - James Knight



Izzy Fry



Jess Franklin

CROSS COUNTRY UPDATE

"The 2019/20 season has already seen great success once again for Newbury AC."

Izzy Fry has had a real breakthrough season, competing with the very best in the country in the U20 Junior Women's category and earning herself international recognition for both GB and England. Her run to finish 6th and first Brit at the Euro Cross Country in Lisbon was phenomenal.

Other highlights have been **Jess Franklin** winning the V40 Southern XC Championship title and the Newbury AC Senior Men retaining the historic Berks, Bucks and Oxon XC Championship crown, with **Alex Muir** winning the race in superb fashion.

The Oxfordshire XC League has also started very well with a number of strong and encouraging performances from both our Senior, Veteran and Junior runners. Many of which are in contention for overall prizes.

More recently we have seen great performances from club members at Berkshire Championships, Berkshire Schools races and also the main Southern XC Championships.

If anyone would like to know any details about running cross country please don't hesitate to contact me, it's an all inclusive event that has a great team atmosphere and every athlete, regardless of position, can help the team.

Thank you to all those that have raced or helped so far this season and I look forward to seeing as many of you as possible for the remaining race of 2019/20.

- Phil Marshall.



Sports Personality of the Year 2019



The Newbury AC Sports Personality of the Year award was presented for the second time at the Christmas presentation evening. Following a period of open nominations prior to the evening, three members were shortlisted for the award. These were **Ryan Hill**, **Mike Sheridan** and **Izzy Fry**. Those in attendance on the night were then able to vote for the winner, which was **Izzy Fry**. Thank you to all those who nominated someone for the award. We are planning on repeating the process again in 2020 so perhaps next year you could be the winner!

2020 - Dates for your Diary

FEBRUARY

Sunday 2nd - Oxford Mail League Cross Country (Swindon)
 Sunday 16th - Bramley 10 Mile
 Saturday 22nd - National XC Championships (Nottingham)
 Sunday 23rd - Wokingham Half Marathon
 Tuesday 25th - Club AGM

MARCH

Sunday 1st - Oxford Mail League XC (Henley)
 Saturday 14th - Didcot parkrun
 Saturday 14th - English Schools XC Championship (Liverpool)
 Friday 27th - Cross Country Presentation Evening (Frank Hutchings Community Hall, Thatcham)
 Sunday 29th - Salisbury 10 Mile

APRIL

Sunday 5th - Reading Half Marathon
 Friday 10th - Maidenhead 10 Mile
 Monday 13th - Beaconsfield 5 Mile
 Sunday 19th - Wessex League fixture 1 (Winchester)
 Saturday 25th April - SAL match 1 (Kingston)
 Sunday 26th April - London Marathon followed by drinks and celebration (Newbury)
 Monday 27th - Vets athletics league match 1 (Horpath, Oxford)
 Date TBC - Quiz

MAY

Saturday 2nd - Chieveley Chase
 Sunday 10th - Reading 10 KM
 Sunday 17th - SAL match 2 (Andover)
 Sunday 17th - Social BBQ*
 Monday 18th - Vets athletics league match 2 (Tilsey Park, Abingdon)
 Sunday 24th - Newbury ROC 10 KM

JUNE

Monday 1st - Vets athletics league match 3 (Tilsey Park, Abingdon)
 Saturday 6th - Night of the 10,000m PBs (London)
 Sunday 7th - Kintbury 5 Mile
 Sunday 7th - SAL match 3 (Basingstoke)
 Sunday 21st - Wessex League Fixture 2 (Bournemouth)

Sunday 21st - Hungerford Harey 8 Mile
 Sunday 28th - Wessex League Fixture 3 (Portsmouth)
 Sunday 28th - Vets athletics league match 4 (Palmer Park, Reading)

JULY

Saturday 4th - British Championships Athletics (London)
 Sunday 5th - Gibbet Challenge
 Sunday 12th - SAL match 4 (Uxbridge)
 Saturday 18th - Newbury Races
 Sunday 19th - Wessex League Fixture 4 (Swindon)
 Saturday 25th - Newbury parkrun

AUGUST

Sunday 9th - Burnham Beeches 10 KM
 Saturday 15th - SAL match 5 (Reading)
 Saturday 15th - End of track season celebration drinks (Newbury)
 Sunday 30th - Headington 5 Mile*

SEPTEMBER

Sunday 6th - Maidenhead Half Marathon
 Saturday 12th - Woodley parkrun

OCTOBER

Sunday 4th - Cricklade 10 KM*
 Sunday 11th - Tadley 10 Mile*
 Sunday 18th - Fleet 10 KM
 Date TBC - Corn Exchange Comedy Club (Newbury)

NOVEMBER

Sunday 1st - Oxford Mail League Cross Country (Venue TBC)*
 Saturday 7th - Newbury parkrun
 Sunday 22nd - Sutton Benger 5 Mile
 Date TBC - 10-pin bowling (Thatcham)

DECEMBER

Sunday 6th - Oxford Mail League Cross Country (Venue TBC)*
 Date TBC - Christmas Party

* **Provisional date, subject to change**

Thank you for reading!