



Route Blue

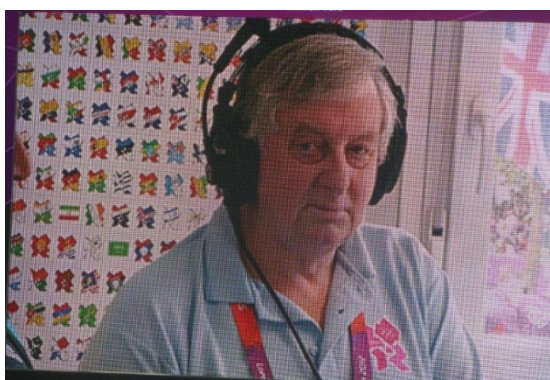
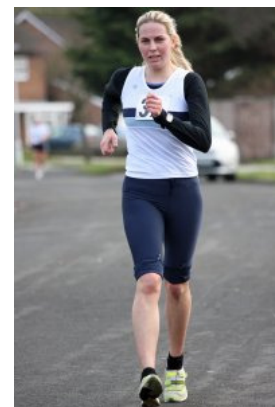
Edition 2

Sept 2012

Welcome to the second edition of the Route Blue Magazine from Ilford AC.

ILFORD AC - IN THE OLYMPICS

On Saturday afternoon 11th August, athletes from 61 countries started in the Women's Olympic Games 20 Kilometres Walk, Ilford AC's Neringa Aidietyte worked hard to come 39th in 1 hour 34 minutes and 1 second. It was Neringa's 2nd race on this course, which took in The Mall and Constitution Hill 10 times, passing iconic sights such as Buckingham Palace, the Queen Victoria Memorial and Admiralty Arch, the Ilford member had placed 2nd in May 2011's Olympic Tryout race. On that occasion the British No.1, and reigning Commonwealth Games 20K Champion Jo Jackson had been first but on this Olympic occasion Miss Jackson was disqualified for "lifting" early on. In hot conditions on a circuit with tight turns at both ends, Neringa raced for her native Lithuania. Among tens-of-thousands lining the course were many Ilford AC members (too many to list), though one wonders if their shouts of "Come on Ilford" would have been clearly heard among such a gathering? Neringa became Ilford's 5th Olympian after Phyllis Perkins (800 metres 1960 Rome), Fergus Murray (10,000 metres 1964 Tokyo), Wilburt Greaves (110 metres hurdles Moscow 1980) and Roger Mills (20 Kilometres Walk Moscow 1980). The latter was on The Mall and was interviewed by television while racing was in progress. Neringa has resided in Bethnal Green for over 3 years and works full time in the retail sector (Nike's flagship store on Oxford Street).



ALSO AT THE OLYMPICS

It was a red letter day for Ilford's Walking Team Manager Dave Ainsworth who was appointed assistant commentator for all three of London 2012 Olympic Games Walks : the Men's 20 Kilometres on Saturday 4th August and both the Men's 50 Kilometres Walk and the Woman's 20 Kilometres Walk on Saturday 11th August.

Issued by Ilford AC Walking Section (01708-377382)

Other Ilford A.C Gamesmakers at London 2012, were Helen Croft. She was a London Ambassador helping at Victoria Park. Whilst former member and Michael Croft's wife Heather, was a Gamesmaker based at the Family Hotels in London.

More Gamesmaking Stories:

The Battle of Waterloo (and a cast of thousands)

It was a balmy Sunday morning and 'Napoleon' Neil Crisp mustered his team of 8 conscripts for the Battle of Waterloo (Bridge). This was to be the battle of all battles, the marshalling of a Public Crossing Point at Waterloo Bridge for the Women's Olympic Marathon.

Neil gathered his troops at the Mermaid Theatre where they were given a hearty breakfast of coffee and muffins. As Meredith says "You can't beat a good muffin first thing in the morning." Suitably fed and watered, the troops marched manfully (and womanfully) into the fray.

His First Lieutenant Jenni was issued with her radio to enable us to report back to headquarters to request back-up if required. This fight was expected to get dirty.

Not only were we dealing with the French troops but the Americans, the Irish, the Russians (they had some big un's) the Germans, the Dutch and a whole raft of other minor nations. How would we cope? Fortunately, we had 'Multilingual' Martin Clarke amongst our number. He was able to tell people where to go in 27 different languages all with a cockney accent.

Our sole aim was to manage our crossing with such authority that people were only allowed to cross the road during the designated times. There was some hostility but the troops stood firm. Sally and Di stood dutifully, armed with nothing but plastic tape adorned with the London 2012 logo. This appeared to put the enemy on their guard. A General from the Savoy Hotel challenged us that he had VIPs that simply had to be aboard a ship that was stationed on the Thames and they couldn't be rushed as they were busy having their canapés. They were swiftly issued with an ultimatum that if they didn't eat up, they would still be on the wrong side of the Embankment long after their ship had set sail.

The numbers gradually swelled as the appointed hour of 11.00 approached. There must have been 100,000 or more on the pavements as we closed off the road. Even a torrential downpour could not dampen their spirits. One of our number broke into an impromptu rendering of Gene Kelly's 'Singing in the Rain'. Surely this would quieten the gathering hordes but no, still they shouted their war cries.

We now found ourselves trapped on the central island flanked on both sides of the road by the masses. Would our resolve hold firm?

There was a brief lull as the athletes came through. Once past, the crowds started to become restless. Time to bring out the big guns. Time for 'Jovial' Joe Sheehan to be sent up to the front line. This was it. Joe would sort them out. However, instead of acting like a one man Rambo, Joe went into full concert party mode. In no time at all Joe had them doing Mexican waves, and 'Oggi, Oggi, Oggiing' each other. One side of the road trying to outdo the other. This was a major tactical move. Soon both flanks had shouted themselves hoarse. The battle was won. They were now putty in our hands.

All of this and Gary still hadn't got his hair messed up.

What a VICTORY. But no, this was as they say in football parlance, only half time. We all have to go back again next Sunday for the Men's marathon.

This report was written by one of Neil's privates.

The Battle of Waterloo as Napoleon saw it.

The mere mention of Mr Rawlinson's small piece and one of Neil's privates is much too much for me to contemplate on a Friday morn.

Yet Ray's rendition of "singing in the rain" was indeed a masterclass. Those lucky enough to witness it would have noted the fleet footed Ilford quinquagenarian dancing on and off the kerb and twirling the umbrella in perfect mimicry thus relegating the original Mr Gene Kelly's version to complete anonymity. As to whether it challenged the famous Morecambe and Wise "cover" for comic value, well the jury is still out on that one - I mean there was no gushing of water down the drainpipe or laying down in the water trough at the end although our hero had forsaken the regulation 2012 volunteer shower jacket and poncho in an attempt to get suitably sodden.

Mr Rawlinson is now allegedly working on a new routine for this Sunday's shift by keeping to the tried and tested Eric and Ernie formula for laughs. I'm not quite sure what he intends to come up with but apparently he's been a nightmare at breakfast time opening and closing the fridge, swinging strings of sausages round his neck, banging the toaster and breaking into impromptu choruses of "Old Man River".

Au Revoir
N.Bonaparte



Elvis Update

Its the Valentines Park 5k on the 30/9 and the boys are locked in a "do or die" struggle with East London Runners for top spot - we have the same number of points and really need to win the last one - I remember only too well the smug looks ELR had on their faces last year when they took both the men's and the women's prizes and we all had to suffer that. We were of course magnanimous in defeat but it hurt.

Unfortunately Eton Manor are unassailable in the ladies competition and looking at the results one wouldn't deny this is richly deserved. However Ilford have done superbly to consistently push them as runners up and actually outscored them in the last race at Barking Park.

Friday 5th October is the Elvis presentation night / disco/ jobby at May and Bakers Sports Ground in 'nam , (Further details to follow).

For those of you who have reached this point in their reading I give you thanks and obviously urge you to attend both of the preceding events.

With regard to the Elvis presentation night I can't guarantee it will be exciting, Just boring dance music, good company and beers, all at the knockdown price of £5 per head plus any donations people want to give depending on their alcohol intake.

Martin

Award Ceremony

On Tuesday 17th of July, my coach, Jeffery Nkrumah held an award ceremony at Ilford A.C.

This was done mainly to celebrate our achievements over the last two years, and to recognise certain individuals (including myself) for their hard work, passion for the sport, determination and self belief for the time we had been there. Along with the prize came a speech from my coach explaining why the person had achieved the award. After hearing my own speech, I felt great about myself. I personally think this was a great way to refresh the training attitudes of those who got a prize and those who didn't. Having done this mid-session, we were given a chance to collect ourselves and to get mentally ready for the remainder of the session.

I personally enjoyed the experience as it gave me a chance to reflect on the journey I and my squad have been on in the last two years or so. We do, however, have a long journey ahead so staying focused is key in my opinion.

Tinotenda Nyabowa

My name is Ridge Wa-Beya I have been training for athletics for about two years now and recently I have received a price from my coach Jeffrey Nkrumah for my hard work that I have contributed in training and my attendance. This made me feel really good about what I have done. This has also inspired and motivated me to do better at my events and work harder in training with my squad.

On Tuesday, coach was handing out prizes to people who he thought deserved them. The prize, which I was given, wasn't a prize, which I could touch, or use like some kit, but what I did get was an amazing opportunity to train a lot more often and regularly with senior D.I.S (Development of Intelligent Sprinters). This has inspired me a lot more as I have seen what Adam Gemili has achieved since being in that group.



Here is a link to Abdi Berleen's blog. It includes an entry about Pam.

Abdi

www.alwaysinyourcorner.wordpress.com

The New Ilford Flag



And.... The Only Way is The Essex Way



Thanks to everyone who ran and helped at the Essex Way! I think we had a great day with some excellent runs and a lot of fun. The A team finished second which was an improvement on joint second of last year. Special thanks to Harold for running for us again and winning his leg by nearly 2 minutes from the next man! I think there were lots of excellent performances of which we can be very proud.

The Results are posted on the Essex Way website www.essexway.org.uk The B team were 46th and Vets 27th. The results spreadsheet shows individual positions on each leg so you can see how you got on.

I do feel that everyone really gave their best and as one of the team organisers I was grateful to how everyone helped each other with the logistics! Thank you. Thanks again and let's hope that next year Ilford can knock Springfield off their top spot!

Sally

Dear Colleague,

I'm pleased to confirm that the L2 Officials courses at Chelmsford on 21 October are now available for booking on the England Athletics website. All disciplines are available, as follows;

Level 2 Field – SO/0224FD

Level 2 Track – SO/0224TR

Level 2 Timekeeping – SO/0224TK

Level 2 Starter/Starters Assistant – SO/0224SA

The course will include a Health & Safety module and which is available as a separate course (SO/0224HS) to enable any existing Level 2 officials who still need to undertake a H&S course – which from 1 April 2012 is now compulsory - to do so.

The following timetable has been adopted to help those who only need to do H&S being able to leave after the first session:-

10.00 am to 11.30 am – Health & Safety

11.30 am to 12.30 pm – Generic (all disciplines)

12.30 pm to 1.00 pm – break

1.00pm to 4.00 pm – Discipline

As you will know the Network has been able to fully fund places on the last two officials' courses but due to changes in England Athletics policy from 1 May 2012 this isn't now possible. Clubs/individuals will have to book places direct with England Athletics in the normal way and pay the necessary fees. We will however be able to award bursaries of up to 50% of the cost of the L2 course – the course fee has now increased to £30 as it includes the compulsory H&S module – and also support the H&S module (full fee £10). I have produced a claim form, based on the existing coach bursaries form to allow clubs to support this. As in the past, payments will be made to clubs, not individuals.

It would be helpful if you could keep me informed of the expected bookings for officials' courses in your club and the name of the main contact who will be handling these bookings. I've produced a flyer which you may wish to adapt to use within your clubs (or if you provide contact details I can do this & return a pdf version to you).

If we wish to support courses in this way in Year 3 and beyond we have to indicate to England Athletics evidence of any alternative funding sources that have been explored without success and that the network has a plan in place to be able to significantly contribute from alternative sources for 2013/2014, to allow sustainability of coach and officials course funding within the network. Confirmation that clubs will continue to fund officials' course places, if future Network support is withdrawn, would be helpful.

Please get in touch if anything's not clear.

Tony Benton

Essex Athletics Network Activator

Mobile: 07729-179477

Website: www.essexathleticsnetwork.org



Help your club as an official



Attend a Level 2 Officials' Course

All clubs need volunteer officials to help out at their fixtures, home & away. Most leagues now award extra points for officials so not having enough officials can affect how well your team does.

To encourage volunteers clubs in the Essex Athletics Network are meeting the fees of those attending the next course. All you have to do first of all is to complete an application with a passport photo, and attend a one day course.

You will need to undergo an Enhanced CRB Check (free) and help out at a range of events at four or more meetings to qualify for your officials' licence.



Where : Chelmsford

Salerno Way, Chelmsford, Essex CM1 2EH

When: Sunday 21st October 2012

10.00am to 4.00pm - approximately



Essex
Athletics Network





ILFORD ATHLETIC CLUB
PRESIDENTIAL DINNER & DANCE
FRIDAY 19th OCTOBER 2012



President Ernie Forsyth

Venue Metropolitan Police (Chigwell) Sports Club Ltd, Chigwell Hall, High Road, Chigwell, Essex IG7 6BD

Time: 7.00 for 7.30pm - Carriages 12.00 Single ticket - £ 39.00

Family & Friends Table=A table of eight for the price of seven - £272.00

(arranger of table to book and pay in his/her name) A table to qualify must be family and their friends (not current or ex members). **Dress – smart casual**

President Ernie Forsyth

The theme for the evening is

The London Olympics – Team GB

Quite obviously we don't have to give you any bull about how good this is going to be - the buzz and Olympic feel good-factor across the country will continue for many weeks to come and we are going make full use of this in putting together our evening. We are at present making contact with several potential special guests whom we hope will do us the honour of attending. Ernie our president is no shrinking violet and he will certainly be playing his part in the proceedings. Apart from the usual dinner format we are also looking to provide other entertainment of an Olympic nature – our venue boasts some great potential for those that are up for a challenge. So we have set the scene for you all we have to do now is bring on the players and fill up the seats. For the players that is our job but it is down to you to book your places – so book early and you won't be left out.

Gold Medal Competition

Anyway enough about speakers in Update 3 we did mention that we had several events planned for our evening one in particular is our gold medal competition and this will involve using your knowledge of all of our Olympic/Paralympic winners.

The prizes are well worth making the effort to enter with a first prize of over a hundred pounds together with a framed memento of all Team GB winners (retail worth in excess of £50.00). With Second and Third prizes of similar worth - greater detail of this competition and of how to enter in our next update. Don't miss out – it's a winner!

Also planned is a showing of **Danny Boyle's Olympic Opening Ceremony** this to occupy perhaps those who have difficulty in crossing the dance floor from one side to the other, which is also good news for our real ale drinkers who may become similarly indisposed later in the evening! And there is still more on the evening's agenda details of which will follow shortly in the next update.

TIME IS GETTING SHORT – MAKE A DECISION NOW

No..... Tickets @ £39.00

£.....

Family & friends table 8 tickets @ £34.00

£...272.00

A table to qualify must be family and their friends (not current or ex members).

POST YOUR COMPLETED BOOKING TOGETHER

WITH YOUR CHEQUE MADE PAYABLE

TO ILFORD ATHLETIC CLUB TO:-

ANDY CATTON, 29 Wych Elm Road, Hornchurch RM11 3AA

Tel: 01708 478071 ilfordacchair@aol.com

Iford AC AGM & Opportunities

The clubs AGM is at **8pm on Tuesday 16th October** in the Ilford Sports Club at Cricklefields. We look forward to a good turn out to join our Committee members.

For those of you who don't know our, President is Ernie Forsyth, General Secretary Andy Catton, Financial Officer Wesley Clarke, Membership officer Gary Floate, Social Events Officer Les Hislop, Walking Officer Tony Perkins, Coaches Co-ordinating Officer Michael Whitehead, School's Liaison Officer Ian Gains, Men's & Ladies Cross Country & Road Team Manager Malcolm Muir, Walking Team Manager Dave Ainsworth, Walking Captain Dave Kates, Veterans Track & Field Captain Henry Ricketts, and our Auditors are John Mackenzie & Tim Heaney.

May we express our many thanks to everyone who has worked so hard during the last year on the committee and in the various roles to keep the Ilford Club flying.

We have vacancies for the following positions, please consider volunteering, some of the roles can be split and or shared and don't mean you have to go to Committee Meetings. Let Andy know before the meeting if you would be willing to stand for any or part of the following roles:

Chairperson	Development Officer	Media & Publicity Officer
Child protection Officer (male & female volunteer needed)	Men's Cross Country & Road Captain	Ladies Cross Country & Road Captain
Track & Field Officer	Cross Country & Road Officer	
Young Athletes Track & Field Managers	Young Athletes Cross Country & Road Team Manager	
Young Athletes Girls Captain	Young Athletes Boys Captain	

The club cannot function democratically looking after the needs of all members unless the majority of the positions are filled or potentially indeed not function at all. **N.B. Any other nominations or proposals to be submitted to Andy Catton no later than 2nd October.**

Andy Catton

Mel Batty

The first Mel Batty 10K, which was held on Sunday 26th August 2012 from Blackshots Stadium took place this year in honour of his world record.

Mel's record was for 10 miles (on the track) at 47m 26.8s. Second in that race was Ilford AC member from Edinburgh University Fergus Murray in 48:41. Fergus ran in the 1964 Olympic 10000m and in the 1970 Commonwealth Games Marathon. He met up with Mel shortly before Mel's untimely death.

Mel's greatest strengths were in road races at non-championship distances (5 to 20 miles and some fantastic road relay performances) and cross-country (National Champion 1964 and 1965) especially on the continental cross-country circuit where he won many races and was very popular.

John Bachelor

Community Champions

Iford coach Rob Sargent was recently honoured by being selected as a one of 30 Community Champions in East London by the London Legacy Development Corporation. Rob was selected for his voluntary work within athletics where he has set up a course for beginner runners and his continued coaching of master's athletes. The awards were presented at a ceremony in the Olympic Park attended by London Mayor Boris Johnson and paralympian Tanni Grey-Thompson and the winners were also presented with tickets for the Paralympics Opening Ceremony. Rob has delighted to be selected as one of the winners and humbled by the excellent work carried out by the other winners.



Rob far left with Boris Johnson, Tanni Grey-Thompson and other award winners

Marathon Du Medoc – 7th to 9th September 2012

It all started on Friday night with a pre-marathon preparation as recommended by the professionals – wine, food, dancing and a late night. Mind you this was slightly better than the tea and biscuits Sally and I got before we trekked to the summit of Kilimanjaro all those years ago.

The evening kicked off with a glass or two of white wine in the sunny courtyard of Château Cantemerle, followed by a four course meal with various red wines in a very large marquee full of over 1400 runners with dancing and drinking on their minds.



The dance floor was packed all night, at one point it was full of people bumping along on their chairs and multiple conga lines snaking through the chaos – apparently this is the famous Centipede evening. There appeared to be a whole troupe of Wiggo's in the building. A big cheer went up when we were told we now had seven hours to complete the course due to the predicted 35 °C temperature for the next

day. After a wonderful firework display we were taken back to Bordeaux and finally got back to our hotel around 12.15 in the morning.





Five hours later we were up and ready for the day ahead. After a coach trip to Pauillac we joined all the other runners 'in disguise' – the French translation of fancy dress. There were gladiators, centurions, cave men, convicts, penguins and Sally and I's take on the 1960's. The theme was history so not sure where the penguins came into it !!!!!!!



Kick off was 9.30am and the first mile was very chaotic with the first wine stop just round the corner and no water. At this point we wondered what we had signed up for but then we got into a rhythm of running from Château to Château taking in the shade, water, food and wine at each one. The country side and Chateaux were great to see as were all those runners 'in disguise'.

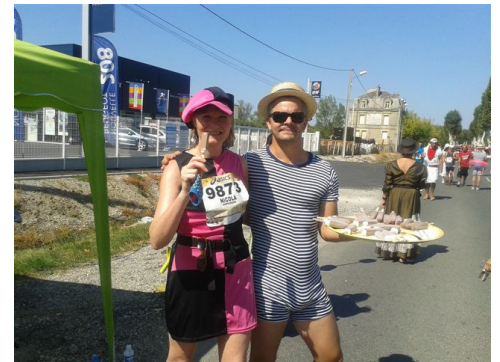


The last three kilometres offered us oysters, cooked meat and finally the ice cream I had been looking forward to since I read about the marathon all those months ago.

Then it was all over and we had made it to the finish line with two hours to spare. We picked up our medals and goody bags which contained guess what, yes, a bottle of wine !!!!! We were then greeted with as much wine, beer and food we could eat.



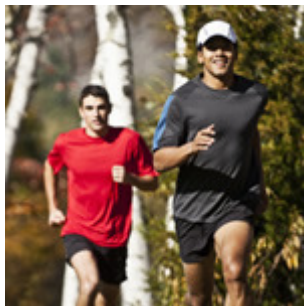
The next day, we recovered, yet again, in a manner approved of by the professionals, with a 9km wine tour around the vineyards, with a three course lunch, as much wine as you could drink and of course the obligatory dancing session to ease out those tired limbs.



It was a great weekend and we thoroughly recommend it to anyone. Next year's theme is Science Fiction if anyone fancies it !!!!

Nicola and Sally

How to Push Past Those Last Few Miles



It's often said that the race is won or lost in the last few miles.

Although the natural instinct is to run faster early in the race for insurance, that strategy can leave you fatigued and unable to push when it counts.

A strong finish is the outcome of a wise start. Learn how to plot your strategy to push through the final few miles.

Run Patiently

Racing is all about energy management. If you expend too much energy early in the race, you're left with nothing for the finish. It's easy to hammer out fast miles from the start.

However it takes discipline to pace yourself from the start. Especially when there is entertainment at the start, fans cheering for you along the sidelines, and you're well rested and ready to rip!

Whether you're running your first 5K or your fifth marathon, the key to finishing strong is in controlling your effort level early in the race. Line up according to your realistic planned pace at the start area to avoid getting caught up with faster runners.

Cut the race in half and aim to run the second half slightly faster than the first half (negative split). Conserving your energy early on will leave you with enough energy to push through the most demanding part of the race--the end.

Run Mindfully

Think your way through the race by keeping your mind actively engaged every step of the way. Review the course ahead of time and break it into smaller, more digestible pieces. When you toe-the-line, you'll have a mental strategic plan for the race.

Perform a head-to-inventory as you pass every mile marker to stay in tune with how efficiently your body is moving. Focus on running with short, quick strides, especially in the later stages of the race when fatigue plays a factor. Doing so, will maintain efficient running economy and avoid wasting precious energy.

When you pace yourself wisely from the start, you end up with plenty of energy to go fishing in the last few miles of the race. And that's when racing really gets fun! Focus on a runner ahead and slowly reel them in.

Then catch another, and another...there is nothing more motivating than to have the stamina to pass runners (nicely) in the final few miles. It keeps your mind actively engaged in reaching for a specific short-term target and allows your body to push hard to get there.

Rob Sargent

The Name's the Same....

...Almost

NEIL CRISP

Iford AC Runner

Neil Crisp



Oakland Athletics Outfielder

Coco Crisp



Olympic Quiz



The Olympics may have finished but you can keep the spirit of competition going with this almost impossible quiz.

1. How many gold medals did GB win in 1996 and in what sports?
2. How many gold medals did GB win in 1964 and in what sports?
3. How many gold medals did GB win 1908 and 1948?
4. How many track and field medals did GB win in 1976?
5. At which sport has GB won most gold medals?
6. What is the significance of the US 4 x 100m women's team breaking the world record in London?
7. How many track and field medallists in London had previously served a drug suspension?
8. How many gold medals have GB won in the Winter Olympics in total?
9. Which country has won the most Winter Olympic Gold Medals?
10. Who won the men's 5000m in London? (Surely, you can get that one right!)

(Answers on the back page)

Award Winning Show

(Most Outstanding Performance-USA Weekly News)

ELVIS

*The voice, the
moves, the hits*

Edinburgh Fringe Festival 2008



As Featured On

**BBC, ITV
Sky &
Radio**

Professional Tribute

SAL

close your eyes midway
through his renditions of `In
The Ghetto and `Blue Suede
Shoes, and it feel as if the
real Elvis has entered the
building` - **Roger Cox**
The Scotsman
Aug 2008

Next Show

The 72 Club at Ilford Sports Club
Opening Nite / Monthly Tribute Acts
13 October 2012

Tickets: Terry 07908070174

Track & Field Rankings Men 2012

100m

1	11.44	Sam Malpass	14/04/2012	Lee Valley
2	12.2	Asad Ahmed	06/05/2012	Erith
3	12.24	Ridge Wa Beya	27/06/2012	Newham
4	12.6	Ayo Oyelola	17/06/2012	Walthamstow
5	12.6	Henry Ricketts	30/04/2012	Lee Valley
6	12.95	Michael O' Callaghan	07/07/2012	Woodford
7	13	Israel Idehen	20/05/2012	Sutcliffe Park
8	13.61	Tino Nyabowa	08/07/2012	Crystal Palace
9	14.8	Roger Honey	30/04/2012	Lee Valley
10	14.9	Malcolm Muir	30/04/2012	Lee Valley
11	17	Meranj Harun	20/05/2012	Sutcliffe Park
12	20.1	Les Hislop	30/04/2012	Lee Valley

200m

1	23.4	Sam Malpass	20/05/2012	Sutcliffe Park
2	24.59	Asad Ahmed	02/01/2012	Lee Valley
3	26	Elliel Idehen	06/05/2012	Erith
4	26.04	Michael O' Callaghan	07/07/2012	Woodford
5	27.2	Henry Ricketts	16/07/2012	Lee Valley
6	27.3	Ayo Oyelola	17/06/2012	Walthamstow
7	28.6	Israel Idehen	06/05/2012	Erith
8	29	Jason Prail	28/05/2012	Copthall
9	30.8	Hamza Bahloul	20/05/2012	Sutcliffe Park
10	35.9	Rob Sargent	28/05/2012	Copthall
11	36.1	John Batchelor	28/05/2012	Copthall
12	38.5	Rowland Lyons	16/07/2012	Lee Valley

400m

1	51.5	Sam Malpass	13/06/2012	Newham
2	63.3	Henry Ricketts	30/04/2012	Lee Valley
3	65.22	Sayone Sriskantha	27/06/2012	Newham
4	66.1	Asad Ahmed	06/05/2012	Erith

800m

1	2.12.1	Malcolm Muir	28/05/2012	Copthall
2	2.13.1	Jack Maher	17/06/2012	Walthamstow
3	2.21.3	Dave Butler	28/05/2012	Copthall
4	2.24.9	Tony Hyde	16/07/2012	Lee Valley
5	2.26.8	Ricardo Da silva	20/05/2012	Sutcliffe Park
6	2.26.8	Usamah Patel	20/05/2012	Sutcliffe Park
7	2.27.1	Kevin Newell	28/05/2012	Copthall
8	2.30.0	Jason Prail	16/07/2012	Lee Valley
9	2.31.5	Jessie Sally	06/05/2012	Erith
10	2.40.4	Hamza Bahloul	07/07/2012	Woodford
11	2.40.6	John Batchelor	28/05/2012	Copthall
12	2.45.0	Sayone Sriskantha	17/06/2012	Walthamstow
13	3.07.0	Rowland Lyons	16/07/2012	Lee Valley
14	3.13.1	George Gates	06/05/2012	Erith

1500m

1	4.13.28	Alex Richards	13/05/2012	Chelmsford
2	4.29.22	Jack Maher	16/06/2012	Watford
3	4.37.1	Malcolm Muir	30/04/2012	Lee Valley
4	4.51.3	Kevin Newell	30/04/2012	Lee Valley
5	4.59.0	Neil Crisp	30/04/2012	Lee Valley
6	5.23.0	Andy Catton	30/04/2012	Lee Valley
7	5.35.5	John Batchelor	30/04/2012	Lee Valley
8	6.10.2	John Mackenzie	16/05/2012	Chelmsford

3000m

1	9.35.2	Malcolm Muir	16/07/2012	Lee Valley
2	9.51.23	Alex Richards	22/04/2012	Woodford
3	9.58.6	Dave Butler	28/05/2012	Copthall
4	10.28.9	Kevin Newell	28/05/2012	Copthall
5	10.31.29	Neil Crisp	19/06/2012	Woodford
6	11.16.9	Andy Catton	16/07/2012	Lee Valley
7	11.49.2	John Batchelor	16/07/2012	Lee Valley
8	13.06.2	Rob Sargent	28/05/2012	Copthall
9	13.17.2	Rowland Lyons	16/07/2012	Lee Valley

5000m

1	20.19.6	John Batchelor	21/07/2012	Derby
2	22.36.1	John Mackenzie	16/05/2012	Chelmsford

400mh

1	77.7	Asad Ahmed	06/05/2012	Erith
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Long Jump

1	5.38	Ridge Wa Beya	13/05/2012	Chelmsford
2	5.21	Israel Idehen	17/06/2012	Walthamstow
3	5	Henry Ricketts	16/07/2012	Lee Valley
4	4.84	Elliel Idehen	06/05/2012	Erith
5	4.77	Jack Maher	20/05/2012	Sutcliffe Park
6	4.72	Sam Malpass	17/06/2012	Walthamstow
7	4.05	Roger Honey	30/04/2012	Lee Valley
8	3.88	Jessie Sally	06/05/2012	Erith
9	3.7	Pete Whiting	16/07/2012	Lee Valley
10	3.08	Meranj Harun	20/05/2012	Sutcliffe Park
11	1.36	Les Hislop	30/04/2012	Lee Valley

High Jump

1	1.7	Eliel Idehen	06/05/2012	Erith
2	1.4	Israel Idehen	20/05/2012	Sutcliffe Park
3	1.4	Ayo Oyelola	17/06/2012	Walthamstow
4	1.1	Pete Whiting	16/07/2012	Lee Valley
5	1	Henry Ricketts	16/07/2012	Lee Valley

Shot
Putt

1	9.19	Israel Idehen	20/05/2012	Sutcliffe Park
2	9.06	Elliel Idehen	17/06/2012	Walthamstow
3	8.93	Roger Honey	30/04/2012	Lee Valley
4	8.44	Sayone Sriskantha	06/05/2012	Erith
5	8	Henry Ricketts	30/04/2012	Lee Valley
6	6.23	Jason Prail	30/04/2012	Lee Valley

Discus

1	27.23	Elliel Idehen	17/06/2012	Walthamstow
2	22.93	Roger Honey	30/04/2012	Lee Valley
3	20.51	Henry Ricketts	30/04/2012	Lee Valley
4	16.42	Sayone Sriskantha	17/06/2012	Walthamstow

Hammer

1	40.63	Wes Clarke	12/05/2012	Chelmsford
2	18.37	Pete Whiting	28/05/2012	Copthall
3	13.1	Jason Prail	28/05/2012	Copthall

Javelin

1	28.17	Sayone Sriskantha	17/06/2012	Walthamstow
2	26.97	Ricardo Da silva	20/05/2012	Sutcliffe Park
3	26.03	Elliel Idehen	17/06/2012	Walthamstow
4	23.31	Henry Ricketts	16/07/2012	Lee Valley

Track & Field Rankings Women 2012

100m

1	12.97	Naomi Brown	14/04/2012	Lee Valley
2	13.9	Ivy Alubala	06/05/2012	Erith
3	14	Tahja Smith	01/04/2012	Hornchurch
4	14.07	Ashley Nti Agyemang	03/05/2012	Olympic Park
5	14.7	Atlanta Connelly	06/05/2012	Erith
6	14.8	Rebecca Farnum	17/06/2012	Walthamstow

200m

1	26.99	Naomi Brown	14/04/2012	Lee Valley
2	27.9	Kelly Mavididi	06/05/2012	Erith
3	28.7	Ivy Alubala	06/05/2012	Erith

400m

1	62.4	Kelly Mavididi	14/04/2012	Lee Valley
2	99.37	Pam Jones	11/03/2012	Lee Valley

800m

1	2.27.9	Kelly Mavididi	20/05/2012	Sutcliffe Park
2	2.37.6	Jaydah Alexander	17/06/2012	Walthamstow
3	2.49.5	Olivia Thomas	20/05/2012	Sutcliffe Park
4	2.51.0	Dianne Crisp	16/07/2012	Lee Valley
5	2.55.6	Jessica Ferris	17/06/2012	Walthamstow
6	3.41.29	Pam Jones	11/03/2012	Lee Valley

1500m				
1	5.51.4	Dianne Crisp	30/04/2012	Lee Valley
2	6.05.8	Jessie Ferris	17/06/2012	Walthamstow
3	7.23.50	Pam Jones	17/03/2012	Lee Valley

3000m				
1	12.23.98	Dianne Crisp	19/06/2012	
2	15.24.42	Pam Jones	11/03/2012	

Long Jump				
1	4.16	Ivy Alubala	06/05/2012	Erith
2	3.59	Rebecca Farnum	17/06/2012	Walthamstow
3	3.56	Atlanta Connelly	06/05/2012	Erith

High Jump				
	1.1	Jaydah Alexander	17/06/2012	Walthamstow

Rankings Courtesy of Gary Floate: details correct at editing of this newsletter.
 Any additions or amendments please send to gary.floate@ntlworld.com

Circuit Training

After a summer break Circuit Training has resumed on Monday's at Canon Palmer Catholic School.
 We do a lot of core strength work and stretching which would be beneficial for all you runners.
 Classes are from 6.45 - 8.00pm every Monday in the sports hall.
 Entrance is via Lombard Ave.
 Come along and try a session you might even enjoy the pain.

Ps Spread the word

Kind regards
 Suki Jandu
stylishfella@hotmail.com

3 x 5 = Award

By Rob Sargent

During the summer I undertook my latest road trip in the USA. I arrived in South Bend, Indiana in soaring temperatures which didn't fall during my entire 19 day stay; the lowest day was 32C. South Bend is the home of the University of Notre Dame and its legendary sports team. The campus is walkable and very well designed both in layout and architecturally and the sports facilities were first class. It was during the summer recess so there were not many students about, in fact the one who led my guided tour was studying at a different university! I enjoyed morning runs about the campus and one morning saw a racoon with two cubs also out exercising.

From here I rode down to Indianapolis and stayed next to the Colts indoor stadium, which is a large building. I went out to the Indianapolis Motor Speedway for an excellent tour including standing out on the track on the start and finish line. If you are ever in the area (probably unlikely) you should make a visit a priority.



While in Indy I took the chance to compete in a local road race. The one I picked was held about 25 miles south of the city in Shelbyville. It was unusual, as it was a series of 5kms races on one Saturday morning; at 8am, 9am and 10am. There were the just 3 deep awards in each 5 year ageband and trophies for the best aggregate times for men and women. For once it was a cloudy morning with temperatures at a reasonable 70F as the first race started over a flat course around two local parks. I put in a hard race to finish 23rd in 22 minutes 14 seconds, which placed me 3rd in the M55 category. Less than 60 minutes later I was back on the start line for the second race. This time there was a smaller field but I slipped back to 27th in 23mins 03 secs as the temperature rose. Another brief gap and I was once again setting out for another run in the park. Again I finished 27th but it was now over 80F and my time fell to 23 mins 55 secs. I did claim the 2nd place award in the second 2 races. I found it difficult to race after again after the 30 minute gap and it was difficult to keep loose. Overall I enjoyed the unusual event but thought there should have been more awards for aggregate times and less in the second and third races.



Me with some of the other contestants

From here I continued my journey south through Cincinnati, Kentucky, Gatlinburg, which is in the Dolly Parton Land of the Smokie Mountains to my favourite town of Greenville, South Carolina.

Here I linked up with my good friends at the Greenville Track Club. First there was a 10 mile run led by my local race director, runner and personality Ed Hughes over a hilly course at 6am, to avoid the heat of the day. Then Ed took me out to Riverside High School to hear a talk by Jim Ryun, a top miler in the early 1970's. I also coached their weekly track session, enjoyed a social evening at the Blockhouse and visited an ice cream parlour with Ed at 11pm one night.

I enjoyed the trip and especially being back in Greenville. The GTC would like to see more Brits come over and Ed offers free entry to any of the races he directs.

Olympic Quiz Answers

1. 1 – Steve Redgrave and Matthew Pinsent in the Coxless Pairs
2. 4 – 4 all in athletics (Ann Packer 800m Mary Rand Long Jump Lynn Davies Long Jump and Ken Matthews 20km walk)
3. 56 and 3 respectively
4. 1 – Brendan Foster won a bronze in the 10000m
5. Athletics – 53
6. It removed the last world record accredited to East Germany
7. 7 – Yohan Blake (100m & 200m), Shelly-Ann Fraser-Pryce (100m), Asi Cakir (1500m), Sandra Perkovic (Discus), Tatyana Lyssenko (Hammer), Justin Gatlin (110m) and Christine Ohuruogu (400m)
8. 9
9. Norway - 107
10. Mo Farah

Please send any comments, suggestions, articles and news for the next edition of the newsletter to Dianne Crisp
dianne.crisp@ntlworld.com