

Southern Men's Athletics League – Cambridge 31st July 2010

Bedford & County AC Men's Team had the toughest match of the season in many ways at the weekend - the team had not had two serious teams to contend with this season and at one stage were in 3rd place part way through the match. A strong fight back in the final events saw Bedford take a 9 point victory over Huntingdon AC.

That makes it 4 wins out of 5 and makes Bedford & County 2nd in the Division, also qualifying Bedford for promotion into Division 2 in 2011.

There were a crop of Personal Bests among many great performances.

Matt Nicholson and George Burkett both taking 2 seconds off their PBs in far from ideal 800m conditions- and neither won their event. Pat Stuart, winning the steeplechase by a minute



from team mate Jim McMahon, who was 2nd overall and won the B String, despite having run a very fast 5000m prior to this. Andre Smithson produced an outstanding 12.38m for 1st place by over half a metre in the Triple Jump, whilst also putting in a solid performance in the long jump.

Other performances that stood out and

that helped Bedford to win included Matt Nicholson and Lance Croft winning the 400m A and B string races respectively. Pete Carps winning the 400m Hurdles B string in only his first 400 Hurdles race of the season. Craig Rostron threw over 38m in the shot put despite having not thrown more than once in years! Simon Eastwood and Adam Humpheries both cleared 3.60 in the pole vault and were well ahead of the opposition. Mention must also be made of the 4x100m relay squad (Lance Croft, Andre Smithson, Oli Haley and Mo Mufira) who despite not having even met some of their team mates 10 minutes beforehand managed to show the GB squad in Barcelona that getting a baton around the track isn't that hard!

UK Women's Athletics League - Deeside, North Wales

Despite having a team depleted by a combination of weddings, injury and international selection, Bedford & County AC's elite Women's Track & Field team finished the season comfortably in 4th place in Division 1 of the UK Women's Athletics League.

Whilst Jo Wilkinson was competing in the Marathon at the European Championships in Barcelona, her team mates were showing great spirit in challenging conditions.

Rachel Gibbs on her return to the team won valuable points in the 1500m and 3000m. She was supported in the middle distance races by Suzi Boast, Rebecca Newstead and Abi Mackinnon-Austin who ran a season's best in the 800m.

There were also strong performances from Hannah Frith in the High Jump,

Sarka Robinson in the Pole Vault and Lucy James, who achieved a fine victory in the 400m. Becky Lister also ran close to a season's best in the 400m.

Team manager, Ian Roberts suggested that the Bedford & County team this year has been a credit to the Club. "With the absence of a number of the Club's 'superstars', the youngsters have come to the fore. The future of the Team is good, particularly because there are some very talented Under 17s who will be old enough to be selected next season."

Jo Wilkinson performed admirably in the European Championships in Barcelona finishing a highly creditable 25th in difficult conditions. With the six athletes representing Great Britain all

rising to the occasion the team finished in a superb 3rd place beating many of the more highly fancied nations.



Southern Women's T&F Lge.— Saturday 4 Sept.

Our women's team finished 2nd in a closely fought final league match. With only 5 points between the top three teams in the Match, City of Portsmouth won by three points and Bedford particularly poorly in the middle distance events with no runners in the 3000m or the B string 800m and also no competitors in the High Jump. 2nd place being achieved by several athletes covering additional and unusual (for them) events. Full results are on the [Power of 10 site](#).

Eastern Veterans T & F Lge Final, Sun 5 Sept.

Bedford's men retained their crown in winning the league final at Milton Keynes this weekend. We had a narrow 7 points advantage over Marshall Milton Keynes and 13 points over Chelmsford. Our women's team finished a commendable fourth. Well done to all who competed and officiated.

Bedford's winners included Pete Benedickter and Tenny James in the 400m & 400mH, Jim McMahon in the 1500m and 3000m, Des Wilkinson & Tenny James in the short hurdles, Simon Eastwood in the High Jump & Pole Vault, Dave Folgate in the Triple Jump & man of the match Dave Burrell in the Shot Put & Hammer. An awful lot of events were covered by a small number of athletes. For the Women Carol Alker won the 100m & 200m (in a league record), Alison Slatcher won the 200m & 400m & 800m, Jo Winfield won the 400m & 800m, Oriana Johnson won the 400mH, Paula Blizzard won the 200m walk, Jayne Willock won the Shot Put & the team also won the relay.



Eastern Young Athletes Final— Sunday 12th September,

As we were the 6th team to qualify for the final, it would be reasonable to expect to finish in that position in the final. Not only did the team achieve better than that – 4th – but the match was so close that the winners – Chelmsford AC – were only 25 pts ahead. Everyone performed really well at the end of a long season and just one or two of the many missing familiar faces might have made all the difference.

1. Chelmsford AC 515.5 , 2. Stevenage & North Herts AC 505, 3. Havering Mayesbrook AC 500,
4. [Bedford & County AC 490](#), 5. t Albans AC 442 , 6. Basildon AC 414.5

We didn't manage to win any of the age-groups. Our best age-group performance was 2nd in the U15G; ironically the only one of the six age-groups in which we didn't have an individual 'A' string victory.

The results can be found on the [Power of 10 website](#) and the club notice-board .

Mens BAL — Sunday 18th September, Stevenage

Following a disastrous season which resulted in being relegated from the British Athletics League (BAL) after a ten-year stint which had seen them rise as high as the current Division 1, the club's men had the chance of a reprieve in the qualifying match for the 2011 season held at Abingdon on 18th September. The task was to finish in the first two of the eight teams selected for the match in order to regain their place in BAL Division 4. There were a few top athletes unavailable due to injury at the end of a long season, but nevertheless hopes were high that such a result could be achieved. Despite the expected successes in the Hammer, Pole Vault and High Jump plus Neilson Hall's gutsy 'treble', the lack of strength in depth at this level especially in sprints, hurdles and horizontal jumps, told in the end and a cruel 3rd place was the reward for what was probably the club's best team performance of the season. The aim for 2011 must surely be a place in the qualifier again but with a different result!

NEWSFLASH !

In EYAL Top 6 Final, the clubs YAL team finished 3rd and not 4th after Chelmsford AC, the original winners, were deducted points for fielding an ineligible athlete. As a result Chelmsford dropped to 4th.

Bedford and County Achievements & Individual Performances



This is just a handful of individual performances by our athletes in early August. More team and individual achievements can be found on our website at the following link.

<http://www.reports2010.bedfordandcountyac.org.uk/page9.html>

Katie Healy competed in the English Combined Events U15 championships scoring 2145pts in the Pentathlon. 800m 2:39.12, 75mH 14.71, HJ 1m39.

In the Milton Keynes open meeting in the 200m Eleanor Usher 30.0s, Sofia Sampson 30.7s in the HJ Sophia Sampson 1m20; in the shot F17 shot 5m46 & discus 14m32 & Sophia Sampson F13 15m39.

At the Watford open meeting Alex Bellew ran 04:01.28 in the 1500m (BMC race), T. Powell ran 800m in 2:14.27, Josh Saunders 2:25.71, George Burkett 2:01.97, Matt Nicholson 1:58.80. In the 3000m T Corbett 9:10.50, R Isaacson 9:28.26, J Douglas 9:45.54.

Lucy James clocked 13.05 & 25.81 in the 100/200m.



Management Committee Meeting Dates

Tuesday 12th October
Tuesday 9th November
Tuesday 14th December

Recent meetings were held by the committee for all members. These meetings were well attended and the Committee would like to thank all those who took the time to attend and especially parents who not only volunteered to help in some capacity but also put forward some new ideas and gave some valuable feedback. The Club still requires additional volunteers and would welcome any offers of help'. Please contact any committee member.

Well done to Olga English who has recently qualified for the Assistant Coach Award. Olga helps with the Beagles and Passport programmes

Bedford Beagles - Every Saturday morning

Bedford Beagles provides athletics activities for children and young people aged 7 to 11 and caters for all abilities.

Weekly sessions are provided with assistance from Bedford University students who are training to become physical education teachers. The sessions are managed and administered by Trevor Buck and a group of Bedford & County officials and qualified coaches. All students and officials have Criminal Records Bureau (CRB) Clearance.



It also provides an introduction to competition and a pathway into Bedford & County AC through the club's "Passport" programme.

For further details please visit our website at

www.bedfordandcountyac.org.uk

Club Records

Event	Name	Details			
Hammer	William Kerr	19.16m	Open Meet	Cambridge	14.03.10
5000m	Ryan Parker	15m 10.18	CAU	Bedford	
5000m	Mark Draper	13m 43.75	Gran Prix	Nijmegen	26.05.10
300Hur	Danni Belbin	45.4 sec	NYAL	Chelmsford	20.06.10
1500m	Mark Draper	3m 41.03	Grand Prix	Sollentuna	01.07.10
300Hur	Danni Belbin	43.58 sec	English Schools	Birmingham	10.07.10
3000m	Matt Bergin	8m 29.15	Open Meet	Watford	28.07.10
5000m	Ryan Parker	15m 08.64	AAA U20 Champs	Bedford	19.06.10
5000m	Jack Goodwin	14m 42.00	BMC Open	Manchester	07.08.10
3000m	Matt Bergin	8m 24.09	AFF Diamond League	Crystal Palace	14.08.10
High J	Chris Alderman	1.83M	AAA of E Champs	Bedford	24.08.10
Javelin	Olivia DaCosta	39.30M	AAA of E Champs	Bedford	24.08.10

This list is not necessarily a comprehensive list as there may have been other records set of which we are not aware of.

Event	Name	Details		Venue	Date
M35 400m	Andrew Moraghan	51.47 sec	BAL	Ashford	05.06.10
M35 800m	Andrew Moraghan	1m 56.03	BAL	Ashford	05.06.10
M45 Pole V	Simon Eastwood	3.61M	EVAL	Cambridge	02.06.10
W55 100m	Carol Alker	15.8 sec	EVAL	Bedford	05.05.10
W55 Hammer	Carol Alker	10.40 M	EVAL	Bedford	05.05.10
W50 Discus	Brenda Russell	22.27 M	EVAL	Cambridge	02.06.10
M35 400m	Andrew Moraghan	50.93secs	BAL	Bedford	03.07.10
M35 800m	Andrew Moraghan	1 min 55.53	BAL	Bedford	03.07.10
M40 100m	Will MacGee	10.97sec	BAL	Bedford	03.07.10
M40 200m	Will MacGee	22.70sec	BAL	Bedford	03.07.10
W35 Triple J	Natasha Brunning	11.51M	UKWL	Bedford	03.07.10
M45 High J	Simon Eastwood	1.58M	EVAL	Sandy	07.07.10
W55 100m	Carol Alker	15.6 sec	EVAL	Sandy	07.07.10
M45 Pole V	Simon Eastwood	3.66M	Open Meet	Sandy	15.07.10
M35 1500m	Andrew Moraghan	4m 03.74	European Masters	Hungrey	19.07.10
M45 Pole V	Simon Eastwood	3.70M	Open Meet	St. Ives	21.07.10
M50 5000m	Jim McMahon	16m 31 secs	SML	Cambridge	31.7.10
W55 200m	Carol Alker	31.4 secs	EVAL	Milton Keynes	04.08.10
W45 400m	Alison Slatcher	63.0 sec	Inter Area Vets	Solihull	08.08.10
M50 1500m	Jim McMahon	4m 28sec	Inter Area Vets	Solihull	08.08.10
M50 3000m	Jim McMahon	9 m 29.4 secs	Inter Area Vets	Solihull	08.08.10
M50 10000m	Jim McMahon	34m 40.3 secs	Herne Hill Open	Totting Bec	28.08.10
M40 400m H	Peter Benedict	58.5 sec	EVAC Final	Milton Keynes	5.09.10
M40 400m H	Peter Benedict	58.5 sec	EVAC Final	Milton Keynes	05.09.10

Kit on Sale



Competitors representing the club must wear the a club vest. These are available from the club kit shop in the main entrance or upstairs in the bar on most training nights. We also stock a wide range of other items in various sizes. Orders for items not in stock can be placed but must be paid for in advance.

NEW FOR OCTOBER

We have a limited number of BLUE Bedford & County Hoodies for sale. First come first served. If sales go well we will order more stock.

Description	Price		
Mens Club Vests (all)	£16.00	T-Shirts Large	£6.50
Womens Club Vests	£16.00	Med, Small, 13/14	£6.00
Hooded Sweatshirts		Shoe Bags	£5.00
XL, Large	£19.00	Spike Bags	£5.00
Med	£18.00	Caps	£4.00
Small	£17.00	Fluorescent Bibs	£3.00
13/14	£16.00		
Jackets XL, L, M, S	£19.00		
13/14	£16.00		

AT BEDFORD & COUNTY AC

General Knowledge

QUIZ NIGHT



FRIDAY 19th NOVEMBER
at 7.45pm

Teams of **SIX** - £21 per team
includes nibbles etc

ENTRIES to:-

Frank Jackson

(01234 823449) or

funtime.frankie@btopenworld.com

Entries no later than 10th October

Passport to Athletics



Young athletes are not encouraged to specialise at too young an age as this can damage and limit their long term potential and often leads to athletes leaving the sport. Many of the event specific groups at the club assume a certain level of fitness, discipline & skill and cover a wide age range which can be daunting or off putting for young children who are still developing. Certainly young athletes should not specialise without at least first trying the different aspects & disciplines of the sport.

The **Passport to Athletics** group is therefore designed to introduce 10-14 year olds to all the main athletics disciplines and events. This gives the athletes the opportunity to find out about what they really enjoy and develop their general fitness in a less intimidating environment. It also gives the coaches the chance to asses the young athlete's ability and potential at different events before being moved up to an event specific training group at the club. Additionally the general fitness, strength, co-ordination and discipline learnt in the Passport group will benefit the development of the young athletes in any later specialisation.

Passport group takes place at Bedford International Athletic Stadium on Tuesdays and Thursdays at 5:30 pm and runs for an hour.

Bedford & County get a NEW TRACK!!!

Work on the new track at Bedford & County is well on it's way and may even be finished by the time this goes to publication.

As the track surface condition deteriorated, the Council/DSD had several options available to them in respect of surface replacement. Several factors had to be considered, costing, suitability, durability and many more. After much consideration they decided to opt for a Mondo surface.

The embossed surface of Mondo tracks makes it especially suitable for wheelchair athletes as the rolling resistance of the surface is substantially less than the rubber granule surface of polymeric systems. UK Athletics also endorse Mondo as a preferred surface for wheelchair athletes.

At Beijing 118 world records were broken on the Mondo track at the Paralympics Games. To date 230 world records have been broken on Mondo surfaces and 2 on polytan.

As noted above the unique construction of the Mondo surface provides a safe environment for athletes reducing the risk of stress injuries which is a particular problem in young athletes and still providing record breaking performance.

For Bedford to have a Mondo surface would make it one of only 3 in the country to have it as an outdoor track. Stoke Mandeville and a University complex in Coventry currently have it installed. It would also make Bedford an attractive prospect as a training venue for 2012 as the surface would be the same as the Olympic Stadium. To provide the same surface for training as competition is a massive advantage for any country looking to compete. Mondo has also been used at the all Olympic venues since 1974.

As a long term investment it would also potentially become a more attractive training venue for high performance athletes due to the lack of Mondo tracks available.

We look forward to the completion of the track surface which is due to complete by the end of October, and I'm sure the athletes can't wait to resume their training on it again.



2010/2011 Cross Country Season Dates



Saturday 25th September	YA Road Relays Aldershot
Sunday 26th September	SoEAA Senior Mens/Ladies Masters Road Relays
Saturday 9th October	Chiltern League 1st fixture, Oxford
Sunday 17th October	ERRA YA Road Relays, Sutton Park
Saturday 6th November	English Cross Country Relays Mansfield
Saturday 13th November	Chiltern League CC 2nd Fixture, Watford
Saturday 4th December	Children League CC 3rd Fixture, Stowe
Saturday 11th December	SEAA Masters and Inter Counties, Biggleswade
Saturday 8th January	Beds & Bucks County CC Chanps at High Wycombe
Saturday 15th January	Children League CC 4th Fixture Wigmore Park, Luton
Saturday 29th January	SEAA Cross Country Champs at Parliament Hill
Saturday 12th February	Chiltern League CC 5th fixture Wing (tbc)
Saturday 19th February	National Cross Country Champs at Alton Towers
Saturday 5th March	Inter Counties CC at Birmingham, Crofton Park
Saturday 12th March	SEAA Cross Country Relays (new event) venue tbc

For those new to the scene here are just a few tips and guidelines to follow:

- Please arrive approximately 1 ½ hrs before your race (time to walk the course)
- Report to your Team Manager at the Bedford Tent/Flag to collect your numbers
 - Boys - Jamie Williamson,
 - Senior Women / Girls—Bev Atkins
 - Senior Mens— Tony Forrest.
- Athletes to remember trainers, spikes and pins.
- Take a clean dry pair of socks to change into and change of clothes.
- Parents remember to wear plenty of warm clothing and thick socks????