



North Yorkshire
Athletics Network

Coach Education Courses Coming up in Yorkshire:

Coaching Assistant

24/09/11 & 25/09/11
Leeds Met University

Leadership in Running Fitness

01/10/11
Hull University

Leadership in Running Fitness

03/10/11
York St John University

Inside this issue:

Sharon Gayter Evening 1

First Coach Development Workshop 1

Double Record Breaking Brass Monkey 2

First North Yorkshire U11 Team 2

Athletics 365 Workshop 3

First Ever Girls Sports Hall National Team 3

Network Contacts 4



North Yorkshire Athletics Network News

Issue 1

Newsletter Date: May 2011

An Evening with Sharon Gayter

The North Yorkshire McCain Athletics Network in conjunction with Sweatshop held an evening with Sharon Gayter on Wednesday 20th April 2011 at David Lloyd Gym, York.

The evening allowed for runners and coaches to come and listen to Sharon speak about her career, in "an extremely interesting and motivational way" (Richard Smith, NYAN network chair).

The free event saw 18 people attend from across North Yorkshire, with all praising the opportunity to meet with Sharon and hear about her highlights of running.

Sweatshop also provided the venue for free to the North Yorkshire McCain Athletics Network.

Runners went away from the talk inspired and motivated to train hard and compete well.



Successful First Coach Development Workshop

The North Yorkshire McCain Athletics Network held their first workshop in their coach development programme. The event was held at York St Johns University and attracted 18 coaches from across the county.

The evening consisted of both practical and theoretical aspects providing a flexible learning environment. The Sports Coach UK Introduction to Fundamentals Workshop

explored the concepts of Agility, Balance and Co-ordination and speed (ABCs), enabling the coaches to learn to observe, analyse and coach good movement patterns within multi-skill or sport-specific environments.

The workshop helped coaches understand: Agility - dynamic stability, starting and stopping, momentum, acceleration and rhythm

Balance - establishing a stable core, static stability, exploring the centre of gravity and base of support

Co-ordination - related to disassociating body parts and the co-ordination of explosive actions including jumping, throwing, striking and kicking .

The workshop was a success, with the network looking to run more.

Double Record Breaking Brass Monkey Half Marathon

York Knavesmire Harriers who are part of the North Yorkshire McCain Athletics Network, held their 29th Brass Monkey Half Marathon on Sunday 23 January at York Race Course.

For the first time entries were taken online through Run Britain and true to form all 2000 places were taken very quickly, in fact in an online record time of just

5 hours!

The first class venue and fast, flat course make this an ideal test of fitness heading towards the spring marathon season and in addition to numerous PB's the course record was broken for the second consecutive year, this time by Paul Martelletti of Victoria Park Harriers and Tower Hamlets AC in 65 minutes 21 seconds.

The ladies race was won by Stacey Rogers of Heaton Harriers.

After a successful 29th Brass Monkey, York Knavesmire Harriers and the North Yorkshire McCain Athletics Network are looking forward to the 30th anniversary event in 2012.

**“28 North
Yorkshire
Athletics went
to the U11
Regional
Finals”**

North Yorkshire field their first U11 Sports hall Athletics Team

North Yorkshire entered an Under 11 team in the Yorkshire sports hall event for the first time. Most athletes came from City of York or Harrogate Harriers, who are part of the North Yorkshire McCain Athletics Network, but there were also athletes from Whitby, Selby and Skipton.

Due to the vast scale of North Yorkshire they were not able to hold "trials" so any interested athletes were included within the team. 28 North Yorkshire athletes went

to North Bridge Leisure Centre, Halifax for the event on Sunday 30th of January 2011.

It was complicated putting together Relay teams, and allocating Field Events, with athletes who the Team Manager did not know.

But with true North Yorkshire spirit the team managers managed to sort out events for everyone, and all enjoyed their day.

There were some very impressive sprinting from our athletes (even those giving away a lot in height) and the hurdling was excellent with the boys providing our only track win of the day and the girls also very impressive finishing 2nd in both the hurdles relay and 4x1 lap relay.

It was the field events that the North Yorkshire athletes shone through on with 11 winners and 6 second places.

Network Clubs Record Broken at Championships

The North Yorkshire McCain Athletics Network would like to congratulate Richmond & Zetland Harriers athlete Tim Burn for his recent performance in the North of England Indoor Championships, which were held at the EIS Arena in Sheffield on 15-16th January. Having progressed relatively easily through

the heats of the 400m, he qualified for the final and was in close contention for the Under 23 men's title. Unlike the outdoor 400m, this requires 2 laps of the tighter 200m indoor track and he took the lead with 40m to go. He just missed out on the title by the dip on the line, however, he recorded a fan-

tastic time and club record of 49.43, which is a fabulous achievement. This presently ranks him as 10th fastest in his age group in the country, which is quite amazing, considering he was on crutches with an injury just 9 months ago. He now plans to take his form into the summer season.

Coaches Up-skilled on Athletics 365

On Friday 11th of February the North Yorkshire McCain Athletics Network held an athletics 365 workshop at Huntington Stadium, York. City of York hosted the evening and provided 30 athletes to be used to demonstrate the different activities within the coach pack.

The workshop introduced the new athletics 365 programme developed by England Athletics, seen as the future of de-

veloping young athletes across the whole spectrum of athletics. The evening began with an introduction to the development of the athletics 365 programme and how it could benefit clubs, and how it is aimed to overcome barriers in junior athletics coaching. 16 coaches attending the workshop from across the North Yorkshire area, taking part in both the theoretical and practical aspect of the workshop. The workshop was delivered by Stephen

Wolstenholme, who is on the National Coach Development Programme for Youth Development.

All coaches enjoyed the introduction on athletics 365 and are keen to implement it within their clubs. As a follow up to the workshop, clubs have been offered a coach to attend a training night, in which the session will be taken out of the athletics 365 coach pack. Enabling the club and coaches to see how athletics 365 can easily be implemented.



North Yorkshire First Ever Girls National Team

The North Yorkshire Under 15 Girls' team won the Yorkshire and Humberside event, and qualified for the National Final at Birmingham NEC - our first ever girls team to qualify, and North Yorkshire have only had one boys' team in 20 years of trying.

In the final the girls finished 7th of the 12 teams, which was a fantastic achievement. The team in the final was Emily Dutton who won the U15 girls all-rounder at the Yorkshire and Humberside round in Halifax, Josie Parry, Gemma Hayward (all City of York AC who are part of the North Yorkshire McCain Athletics

Network), Leah Millard (Scarborough who are part of the North Yorkshire McCain Athletics Network), Ellie Pullin, Lauren Dugdale (both Skipton).

In the qualifying round the team included Annie Buxton (Harrogate who are part of the North Yorkshire McCain Athletics Network) and Holly Matthewman (Skipton). The team were behind after the individual events, but won both relays to secure victory and qualification. Thanks to Karen Buck and Sue Lawal for taking the team to Birmingham. It was a huge event, meaning a very long day.

We also had Under 13 teams and an Under 15 Boys' team in the qualifying round at Halifax. All performed creditably and with great enthusiasm. Teams were selected after two trial sessions, at Pickering and Harrogate. Although some of those in the teams are regular club athletes in traditional athletics, many were not and had come from schools and Sports hall training groups.

The Sports hall events were very popular with the athletes who attended, and the North Yorkshire McCain Athletics Network look forward to producing successful teams again next year.

“U15 Girls team won the Yorkshire & Humberside Event!”



WHO ARE WE?

The network aims are: to improve the provision and opportunities for all across the county, to raise the capability of the athletics clubs through coach and volunteer education development programmes, to enable clubs to deliver better quality coaching through mentoring schemes, to provide a clear pathway for athletes, to develop effective and long-lasting partnerships across the county and to provide inter club sharing opportunities.

The network is in its first year of implementation and are focussing on: coach development, recruitment of volunteers, increasing participation of young people and adults, supporting school competition,

Network Athletics Clubs

City of York AC

Paula Bird

www.athleticsyork.org.uk

Harrogate Harriers

Alan Couldwell

www.admin@harrogate-harriers-juniors.co.uk

Loftus & Whitby AC

Tony Hare

www.loftus-ac.co.uk

Pickering Running Club

Vanessa Buckle

www.pickeringrunningclub.co.uk

Richmond & Zetland Harriers

Shaun Purkiss

www.richmondzetlandharriers.org.uk

Scarborough AC

Chris Wade

www.scarboroughac.co.uk

Swaledale Road Runners

Sara Woolley

www.swaledaleroadrunners.co.uk

Tadcaster Harriers

Mark Swinden

www.tadcasterharriers.org.uk

Thirsk Junior AC & Thirsk Sowerby Harriers

Ernie Huck

www.thirskandsowerbyharriers.co.uk

York Acorn

Paul Richardson

www.yorkacornrunningclub.co.uk

York Knavesmire Harriers

Jean Snelling

www.yorkknavesmireharriers.co.uk

Upcoming North Yorkshire Athletics Network Coach Development Programme Opportunities:

Tuesday 12th July

Introduction to Quad kids & Super 8 Workshop

6.30pm-8.30pm

Refreshments

Provided

David Lloyd Gym, York

Saturday 23rd July

York Gold Event & Network 3-2-1 York Routes Launch

All Day

Rowntree Park

For more information contact:

Ashley Little
North Yorkshire
Athletics Coordinator
City of York Council
18 Back Swine gate
York
YO1 8AD

Mobile: 07836 320 311

Email:

ashley.little@york.gov.uk



North Yorkshire
Athletics Network