



North Yorkshire
Athletics Network

North Yorkshire Athletics Network News

Issue 3

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North Yorkshire Success at Regional Awards

On Wednesday 12th of October 2011, England Athletics held their 2011 Yorkshire & Humberside Regional Awards Evening. The evening began with an introduction on the successes in the region, with 6 athletics networks, and over 40 coaches being supported with one to one support.

North Yorkshire Athletics Network was short listed for the first award of the evening, Network of the Year, and the North Yorkshire Athletics Network was the winner. North Yorkshire has secured year 2 funding, developed a nationally leading

structure. With all clubs either having or working towards club mark, as well as a great partnership and support from City of York Council The network has increased from 6 clubs to 11 clubs engaged, with several new running groups and projects, delivered to high standard and network volunteers excited about year 2 delivery. England Athletics said it is a 'fantastic example of wider geographical area communicates and works together'.

Sue Lawal won the second award within North Yorkshire which is the Development Coach of the year. Sue splits her time coaching at Scarborough, Pickering and supports City of York Athletics Club. Sue has transformed the way young athletes are developed within athletics club and is implementing a multi discipline approach. She is self learning, continually developing her qualifications, is a

member of the National Coach Development Programme – supporting flying coach sessions and Local Coach Development Programme events – and all this for no personal gain. Sue has introduced Athletics 365 to all her sessions, and is also the counties leading high jump coach, acting as a mentor to several new and current coaches. Sue campaigns tirelessly for funds for less affluent athletes and is a passionate ambassador for athletics.

A fantastic achievement for all involved, and a special congratulations for Sue Lawal, and all clubs involved within the North Yorkshire Athletics Network.



Year 2 Funding Secured!

After six months of planning, consulting and developing ideas for the networks year 2 plan, the network submitted a completed plan to the network panel on the 26th of September.

The network management group met with the network panel on the 26th of September, where a presentation was delivered showcasing the impact the network has had in year one, and areas the finance has been spent within, as well as providing links between the year 1 plan and the year 2 plan.

After a successful presentation, the network panel asked members of the management group questions to gain a further understanding of the network. And its year 2 plan and year 2 vision.

On the 27th of September the network was awarded £27,240 for their year 2 delivery, with some recommendations from the panel to enhance the impact of year 2.

The network met on the evening of the 27th of September, and began planning their delivery of projects within the year 2 plan.

Year 2 begins January 2012, and will begin with the launch of the Run York programme, as well as locally ran coach development workshops and the selection of the North Yorkshire Sports hall Athletics team.

A big well done, and thank you to all the clubs involved within the planning process of the network and the engagement of clubs throughout their year one and prior to year one.

R & Z in World Mountain Running Champs

Richmond and Zetland Harrier, Marc Scott, was part of the GB team recently taking part in the World Mountain Running Championships in Tirana, the capital of Albania, on 11th Sept 2011. The race started and finished in the botanical gardens in Tirana, comprising of 2 laps, each 4.4K in length, with 500 metres of ascent and some spectacular descents on sand and gravel tracks, where many athletes took nasty falls.

Marc was part of the Junior Men's team (Under 20), whose race commenced at 10am, when the temperature was already over 35 degrees. He got off to a good start and was in the top twelve runners after the first lap, but in the intense heat he struggled to stay with the leading runners. Nevertheless Marc still managed to finish in a magnificent 17th

position overall from the 62 finishers, in a time of 40.06 and was the first GB athlete across the line, with his team mates completing the course in 30th, 41st and 46th positions respectively. This was his first year in this age group and he was quite rightly pleased with his position and hopes to get a top ten place next year, when the Championships are held in Turkey.

Llanberis in Wales was the venue for the Commonwealth Mountain Running Championships on 24th September, which also incorporated the Home Countries Championship Race (Under 18) between England, Ireland, Scotland and Wales, with four athletes competing from each country. The race started and finished in Llanberis High Street, with approximately 800 metres of road running, before climbing the mountain tracks of

Moel Eilio in the shadow of Snowdon; the highest Mountain in England and Wales. Marc led the race from start to finish and clocked a time of 35.43 to win the individual gold medal and confirm his place as the top ranked British Mountain Runner in both the U18 and U20 age groups, with his team mates finishing in 2nd and 3rd places respectively. This meant he also collected his second gold medal of the day, as part of the winning team!



Successful Variety of Coach Development opportunities

Over the last 9 months the North Yorkshire Athletics Network have been providing local coaches with a variety of opportunities to continually develop themselves in a range of different areas.

The latest workshops offered were a psychology workshop held on the 23rd of November 2011 at Harrogate Town Football Club. The workshop was delivered by Phil Lee Sports Psychologist to the Club, and had 11 coaches attending. The feedback on the workshop was very positive with comments saying:

“Very interesting, a chance to personally reflect on the significance of psychology”

“The session exceeded my expectations, I was able to take something away that had immediate benefit to myself”

“This session was very though provoking and I will be able to apply it to other areas as well as sport”

The next workshop delivered by the network was the Map reading and Navigation Workshop. This had been rearranged from September, and saw 15 people attend the day. Attendees said:

“This session was really good, I know why I have struggled for so long now”

“Very useful, very clear and able to use to show others”

“Excellent content for a beginner and clear explanations and very useful”

“Very please, well organised and activities at a level to suit all attendees”

“The speaker was knowledgeable and able to import information well”

“Perfect for mu level of experience and confidence. Very useful tips and lots of practises and activities that I can do”.

Upcoming Events

Sat 4 Feb – Inter Counties Cross Country Match, Cleveland.

Athletes qualify from 21st January event.

Sun 5th Feb—North Yorkshire Team at Regional Sports hall Athletics Finals

Sat 3rd March & Sun 4th March—Northern Athletics U17 & U15 Indoor Championships, EIS Sheffield

Sat 17th March—ESAA Cross Country Championships, Taunton

Upcoming North
Yorkshire
Athletics Network
Coach
Development
Programme
Opportunities:

Wed 1st Feb 2012
Injury Prevention
6.30pm-9.30pm
Thirsk Sport
& Social Club

Pole Vault &
Hurdles Flying
Coach Visit
John Charles
Centre for Sport,
Leeds
Date TBC

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North Yorkshire
Athletics Network

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.

Network Athletics Clubs

City of York AC

Paula Bird

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Harrogate Harriers

Alan Couldwell

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Loftus & Whitby AC

Tony Hare

www.loftus-ac.co.uk

Pickering Running Club

Vanessa Buckle

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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

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Thirsk Junior AC & Thirsk Sowerby Harriers

Ernie Huck

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York Acorn

Paul Richardson

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York Knavesmire Harriers

Jean Snelling

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