



January 2012

Athletics Monthly

The Journal of the World Famous Scarborough Athletic Club



Kawsar Ahmed is now the Northern Athletics Under 17 Men's Triple Jump Champion and He also heads the Power of 10 UK rankings for the indoor event. Report in this edition.

Fixtures Lists. Road, Fell and Cross Country
Athletics Biographies. Abigail Pollard
Sports Therapy Website. Jenna Wheatman. The Plank revisited
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From the Editor

Welcome to the January edition of the Club Magazine, and thank you to Abigail Pollard, Jenna Wheatman and Edward Whittle for their contributions.

Club members have made an excellent start to the year at cross country, indoor athletics and fell races, and reports on several of these events are included in this edition.

I am looking forward to the next two months and the climax of the cross country season, plus the start of the traditional winter and spring road races leading up to the London Marathon. 2011 was probably the most successful all round year for the club, and hopefully this Olympic Games year will be inspirational and successful

Mick Thompson
01723 864442
m.pt@bopenworld.com

Fixtures

N.B. Club members have participated in all of the races listed other than Beacon Fell which is a new event. I can help with further information if required. Ed.

Fell

NB. See also the Esk Valley Fell Race Club web site for further information

	Venue (Distance/climb as senior race only)
12 Feb	Beacon. New race at Danby. 8 miles – 1,100 feet
26 Feb	Comondale Clout. 6 miles – 1,000 feet
11 Mar	Glaisdale Pike. 8 miles – 1,500 feet
25 Mar	Blakey Blitz. 10.5 miles – 2,750 feet.
15 Apr	Guisborough Moors. 12.5 miles – 2,800 feet. U12-18 races
29 Apr	Fox and Hounds. (near Danby). 9 miles – 1.500 feet. U12 -18 races

Cross Country

NB 1. All on Sundays other than Yorks, Northern and National Champs on Saturdays.

NB 2. Only first claim permitted in the EYXC which has 5 of the 6 races to count. NYSD is now also 5 to count.

21 Jan	N. Yorks Schools	Whitby
28 Jan	Northern Champs	Pontefact TBC
4 Feb	Schools County match	Cumbria
5 Feb	NYSD	Richmond
12 Feb	EYXC	Welton
19 Feb	NYSD	Whitby
25 Feb	National Champs	London
4 Mar	EYXC	Sewerby
10 Mar	Inter Counties	Birmingham
17 Mar	English Schools	Somerset (Ilton)

Multi Terrain

8 April Helmsley Challenge 10K

Road

22 Jan	Brass Monkey half marathon.	For info as race full
5 Feb	Dewsbury 10K	Fast course
4 Mar	Trimpel 20 mile (Morecambe).	Mainly sheltered and flat
11 Mar	Blackpool full and half marathon	Usually windswept
11 Mar	Spen Valley 20	Hilly course
18 Mar	Hull 20	Fairly flat but tough
25 Mar	Thirsk 10	Rearranged date. Fast course
1 Apr	Hartlepool Marina 3	Fast 5 miler

1 Apr	Hornsea one third marathon	<i>Runners World</i> feedback 'A good course'.
6 Apr	Mermaid 10K Marske (Good Friday)	Flat but often windswept coastal course
15 Apr	Wakefield 10K	Fast course
22 Apr	London Marathon	
13 May	Beverley 10K	Entries now open. Closes 30 April if not oversubscribed before.

Track

6 May	YAL Match 1 Northern 2 N.E	TBN. Host is Durham
20 May	YAL Match 2	Jarrow
17 Jun	YAL Match 2	TBN. Host is South Shields

Cartoon of the month



Quote of the Month

"The run, rogue as it was, was good for me. I got to hit the reset button on my gratitude meter, and think of all the ways that running has led me on a different path. It doesn't matter what our surroundings and circumstances are, runners can always move through them and get to a better place. "

Kristin Armstrong. Make it count, Mile Markers blog, *Runner's World.com*

I like the notion of a 'gratitude meter'! Ed.

Scarborough Sports Therapy Web Site

Jenna Wheatman Bsc. MSST. Club Coach

Jenna is having a break this month, but she agreed that this article would be well worth republishing. Ed

“The Plank” is it the ultimate core exercise?



First of all what is the plank? The plank is what we call a core exercise; it targets the muscles responsible for controlling posture. It creates a rigid support for the spine without this our posture would be lost.

How to perform the plank correctly.

The elbows are placed directly under the shoulders and the ankles are kept at a 90 degree bend. You can draw a straight line from the shoulders, through the hips, through the knees and through the ankles. This line will clearly slope downwards considering that the ankles are lower than the shoulders. But there shouldn't be any 'breaks' in this straight line. The most important part of the plank is that the pelvis is kept in 'neutral tilt'. This means that the natural curve of the lumbar spine is maintained. It neither over-arches or overly flattens (flexed or posterior tilt of the pelvis).

Those who can hold this position for 3+ minutes are considered professional, 1-2 minutes average and less than 1 minute novice. Those who have great strength in this exercise tend not to suffer from back pain. When timing this exercise you stop as soon as your posture starts to slip.

So is the plank the best core exercise?

I'd most likely say yes, it is **one** of the tests I use for measuring core strength but there are draw backs. If you are someone who does not take part in regular exercise than you need to build up to this exercise. If you are a high level athlete then this exercise is a good challenge. There are many other muscles involved in the plank which can compensate for weak abdominals, these are known as cheats. (Other muscles involved in the plank are triceps, anterior deltoid, pectorals, serratus anterior, rectus femoris, adductors and calf).

Cheat 1. Pushing the wrists and feet into the ground hard . Cheat 2. Resting the head on top of the hands. Cheat 3. Allowing the pelvis to tilt anteriorly, pushing the buttocks into the air. Cheat 4. Bending the knees. If these occur, you are just training ability and the dysfunctional weakness of the abdominals. As mentioned earlier the plank creates stiffness in the muscles to control posture but is it this we want to develop for sport. When first starting out then maybe yes but as you progress you need to start to lift one limb off the ground, bring in unstable surfaces like medicine balls and wobble boards, so it can become more functional.

Club's Favourite Athletes in 2011

Jan 11	Leah Millard	Christine Ohuruogu &ors	Michael Johnson and ors
Jan 11	Rod Millard	Denise Lewis & ors	Daley Thompson and ors
Feb 11	Paul Garrity	Liz McColgan & ors	Steve Jones and ors
Feb 11	Angela Garrity	Kelly Holmes & ors	Usain Bolt and ors
Mar 11	Jenna Wheatman	Jessica Ennis	Yurly Sedykh
April 11	Louise Brown	Paula Radcliffe and anr	Mo Farrah
May 11	Mally Sweetlove	Kelly Homes	Neil Scruton
Jun 11	Emma Clapton	Bronwen Owen	Alistair Brownlee
Jul 11	Oscar Guallar	Quima Casas	Heile Gebresalassie
Aug 11	Chloe Warren	Vickie Lockey	None
Sep 11	Chloe Riley	Jessica Ennis	Usain Bolt
Sep 11	Heather Riley	Jessica Ennis	Usain Bolt
Oct 11	Mik Lambert	Jessica Ennis	Heile Gebresalassie
Nov 11	Sam Clapton	Jessica Ennis	Brownlee brothers
Dec 11	Zoe Whiting	Jessica Ennis	Usain Bolt

Senior Cross Country Participation Totals as at 16 January

Name	EYXC Total	Races	NYSD Total	Races	Championship Races	Grand Total
Mick Thompson	3	1,2,3	3	1,4,5		6
Charlotte Edge	3	1,2,3,	2	2,5		5
Neil Scruton	4	1,2,3,4				4
Michael Whitely	4	1,2,3,4				4
Sally Kingscott	4	1,2,3,4				4
Chris Clayton	3	1,2,3				3
Kevin Moment	3	1,3,4				3
Richard Maw	3	1,3,4				3
Andrew Curtis	3	2,3,4				3
Ted Kraft	3	1,3,4				3
Daniel Maw	3	1,3,4				3
Mally Sweetlove	3	2,3,4				3
Sue Louth	3	1,3,4				3
Julie Clayton	3	1,3,4				3
Melanie Padgham	3	1,3,4				3
Gill Glegg	3	1,2,4				3
James Kraft	3	1,3,4				3
Chris Duck	2	1,3				2
Derek Owen	1	3	1	3		2
Carl Clapton	1	3	1	3		2
Dave Parke	2	1,3				2
Jayne Graves	2	1,2				2
Ralph Bradley	2	1,2				2
Karl Gerhardson	2	3,4				2
Liz Kraft	2	3,4				2
Diane Herrington	-	-	2	3,5		2
Harry Forkin	2	2,4				2
Pete O'Callaghan	1	4				1
Mark Lansell	1	4				1
Jane Hamp	1	1				1
Katy Rawnsley	1	3				1
Hester Butterworth	1	3				1
Vickie Lockey	1	1				1
Sharon Houghton	1	2				1
Dave Shipley	1	2				1
Steve Spence	1	2				1
Amy Bridgeman	-	-	1	2		1
Paul Garrity	1	2				1

Mini Biographies

Abigail Pollard

Abigail was our top Under 13 sprinter and long jumper last season, after transferring from Pickering AC. Ed.



Years as a runner: 4 years I joined Pickering Athletics Club as soon as I could which was 8 years of age at the time.

Best Performance: Winning 150m events in the Young Athletes League,

Favourite Races: 150m track in the Young Athletes League and York Open

Favourite Female Athlete: Jessica Ennis

Favourite Male Athlete: Usain Bolt

Targets for 2012 and onwards: Jumping over 4m in Long Jump and to keep improving in my 150m sprints. I will be at the bottom of my age group next year so my goals will be personal ones.

Ambitions: To keep improving speed and technique in my athletics and to keep enjoying my sport.

Funny moments – When representing the county in last year's sport hall competition, I went flat on my face in the sprint, I was over striding which lead to disaster in front of a packed sports hall, it wasn't funny at the time but I think it must have been funny to watch.

Tri Notes

Edward Whittle

Firstly, it is proper for me to pay my respects to John and his family. He was an inspiration to me and played a big part in me striving to improve and go quicker. He was an expert in giving advice: often less is more and he certainly made me realise that I need to learn to give myself useful advice first before taking (and dispensing it) to (and from) others.

Clearly the wind has been an issue these last few weeks. Wind is an excellent training aid, like increasing the slope on a treadmill, or the resistance on a turbo trainer for your bike. It does make things cold, though. Not wearing adequate clothing when running in the cold surprisingly makes you cold, and when you are cold you seem to get ill more easily. This happened to me in December and I am still trying to shake it off now. I am trialling running through it (a la Ron Hill), though I have heard of runners dying as a consequence so have been taking days off when my chest is weak and I am coughing at night. It appears to have worked as I ran again this morning (a twenty minute hill workout on a tread mill) and my cough is still there but is much better, (i.e. short and not from the bottom of my lungs). Mucus is also a good sign of infection as the body produces this as a defence against infection. Too much of it in your system can make you feel sick, and running certainly helps rid yourself of it (ahem).

So, now back to health I am further contemplating the season ahead. So far I have entered the Etape 2 which is a road bike race in France over about 190 kms. It's quite hilly. You can do stage 1 the day before. I don't think I will do stage 1 though. That's in July. So I am thinking about doing a couple of spring triathlons, maybe Beverley again and another one or two from that series, then look for a full or half ironman in the autumn. I have heard of the Norse man, which is a full ironman in Svalbard (I think), north Norway. The water temperature means a 6mm wet suit is needed, and it's quite hilly and on rough surfaces. The only problem is that it sells out in minutes of opening and these days all my organisational capacities are dedicated to coping with life's rich tapestries. So one for the future. I might enter a more random, cheaper, more local ironman. Ironman Scarborough anyone?

Training wise, I am mainly running, then swimming in a 15 m pool if I get any soreness in my legs. I would love to do one of the winter fell races, but again, life keeps getting in the way. I have grown more affectionate to the gym, as it can be easier time wise sometimes. Though thanks to Steve Baldwin, we now have a shower where I work, so lunchtime or pre/post/mid work runs and rides are now a possibility.

Diet wise, I am trying to get as much balance and variety as possible, whilst laying off the booze (a bit). I am a recent convert to non alcoholic beer, with Lidl stocking a nice one (Bavaria, Dutch, Holsten and Becks, German). I tried Kaliber, but it was not sweet enough for me. I am also monitoring the speed at which any scrapes I get running off road in the dark give me. The speed your body repairs itself is also a good sign of your physical health. Jane Hamp, correct me where I am wrong!

This leaves me just to wish everyone, (with the stress placed on the "one"), who reads this a very happy and prosperous New Year. Keep on keeping on.

Final 2011 Road Rankings

5 K

J. Robertson	U17	York	15.55	B. Owen	U15	York	16.55
J. Trelfa	M45	York	17.30	K.Jackson	Sen	Belper	29.58 *
N. Scruton	M60	York	19.44				
D. Mills	U17	York	20.02				
C. Clapton	M40	York	23.35				
M. Thompson	M70	York	27.18				

* Representing Fetch Everyone AC

10 K

D. Agustus	Sen	Cardiff *	31.18	L. Brown	Sen	Scarborough	37.05
J. Robertson	U17	Scarborough	35.12	K. Rawnsley	F35	Walkington	39.06
J. Trelfa	F45	Elloughton	35.28	S. Haslam	F55	Leeds	40.51
J. Kraft	Sen	Scarborough	35.34	H. Butterworth	F40	Scarborough	41.18
M.Colling	M45	Scarborough	35.50	J. Hamp	F50	Scarborough	45.15
C.Duck	Sen	Scarborough	37.04	S. Louth	F40	Scarborough	47.58
E.Whittle	Sen	Harrogate	37.37	M. Padgham	F45	Beverley	50.42
P.Johnson	M60	Leeds	37.39	L. Harrison	F35	Scarborough	50.47
D. Baldwin	M45	Scarborough	37.53	D. Herrington	Sen	Scarborough	50.50
T. Kraft	M55	Scarborough	38.11	A. Garrity	F35	Scarborough	50.54
R. Maw	M40	Scarborough	38.26	J. Holborough	F40	Scarborough	51.16
O. Guallar	Sen	Scarborough	38.38	A. Bridgeman	Sen	Scarborough	51.25
Chris Allen	M40	Leeds	39.18	S. Kingscott	F45	Tholthorpe	51.55
P. O'Callaghan	M45	Walkington	39.20	J. Graves	F45	K. Moorside	52.06
P. Morley	Sen	K. Moorside	39.45	L. Bayes	F60	Humber b	52.44
N. Scruton	M60	Elloughton	40.16	A. Jordan	F40	Hull	53.13
D. Maw	U20	Beverley	41.30	L. McDonald	F35	Scarborough	53.19
I. Johnson	M45	Scarborough	41.31	S. Shepherdson	F35	Scarborough	53.40
M. Webster	M45	Hull	42.00	L. Milne	F40	Beverley	54.59
A. Curtis	Sen	Scarborough	42.10	N.Riley	F45	Leeds	57.22
D. Rumney	Sen	Scarborough	42.31	H. Bird	Sen	Jane T York	55.38
S. Tymon	M40	Hull	42.23	C. Spence	Sen	Hannover	57.23
J. Drury	Sen	Jane T, York	43.18	C. Spence	F50	Hannover	57.43
T. Gillon	M50	Conniston	43.43	S. Cowen	F40	Hull	58.28
R. Millard	M40	Scarborough	43.50	L. Bayes	F60	Scarborough	58.49
D. Shipley	M55	Scarborough	44.14	V. Lockey	Sen	Foston	59.12
M. Sweetlove	M60	Tholthorpe	44.17	S. Houghton	F55	Beverley	59.23
D. Frank	M40	Scarborough	44.18	O. Bannister	F55	Walkington	60.56
C. Clayton	M45	Walkington	44.40	K. Jackson	Sen	Scarborough	61.33

D. Tomlinson	M40	Walkington	45.50	S. Wilkie	F45	Jane T York	62.28
D. Fox	M60	Tholthorpe	46.07	J. Richards	F50	Foston	63.49
C. Patrick	M50	Beverley	47.52	S. Bannister	M60	Walkington	44.44
M. Whitely	M50	Scarborough	48.00	L. Kraft	F50	K.Moorside	64.21
M. Lambert	M50	Beverley	48.01	A. Townsend	Sen	Scarborough	66.31
M. Willis	M65	K. Moorside	48.05	A. Reading	F65	Leeds	67.49
C. Clapton	M40	Scarborough	48.09	L. Jones	F55	Humber B	72.11
D.Hearn	M60	Scarborough	48.27				
P. Garrity	M60	Tholthorpe	49.52				
M. Ellwood	M55	Scarborough	48.54				
N. Raine	Sen	Scarborough	50.13				
I. Anderson	M40	Beverley	51.26				
P. Barnard	M45	Walkington	51.46				
H. Forkin	M60	Beverley	51.36				
P. Barnard	M45	Beverley	52.23				
K.Barber	M50	Scarborough	53.06				
M. Thompson	M70	Tholthorpe	53.30				
J. Hunter	U20	Scarborough	54.00				
D. Parke	M60	Tholthorpe	54.36				
D. Reading	M70	Leeds	55.39				
C. Bayes	M60	Scarborough	57.58				

* Representing North of England Team

10 Mile

J.Trelfa	M45	Thirsk	60.07	L. Brown	Sen	Snake Lane	59.59
P.Johnson	M60	Thirsk	62.26	S.Haslam	F55	Thirsk	66.05
P. O'Callaghan	M45	Thirsk	62.45	K. Rawnsley	F35	Burnsall	71.18
O. Guallar	Swn	Malton	63.20	M.Padgham	F45	Ferriby	82.11
C. Allen	M40	Thirsk	65.14	L. Gillon	Sen	Thirsk	85.12
N. Scruton	M60	Malton	65.17	S. Kingscott	F45	Thirsk	86.11
D. Shipley	M55	Ferriby	66.06	L. Gillon	Sen	Thirsk	85.12
P. O'Callaghan	M40	Burnsall	71.13	S.Houghton	F55	Ferriby	93.49
M. Sweetlove	M60	Thirsk	71.27	J. Clayton	F45	Burnsall	95.00 Est
T. Rawling	M45	Thirsk	72.56	J.Richards	F45	Snake Lane	95.02
T. Gillon	M55	Thirsk	75.16				
M. Lambert	M50	Thirsk	78.20				
C. Clayton	M45	Burnsall	81.44				
S.Spence	M45	Ferriby	82.54				
M. Ellwood	M55	Ferriby	83.10				
P. Garrity	M60	Thirsk	83.20				
H. Forkin	M60	Ferriby	84.54				

Half Marathon

J. Bateman	Sen	Liverpool	74.43	L.Brown	Sen	Major Stone	81.24
B.Mukherjee	Sen	Brass Monkey	75.32	R. Haslam	Sen	Brass Monkey	90.38
J. Trelfa	M45	GNR	79.01	S. Haslam	F55	Lancaster	90.57
P. O'Callaghan	M40	Brass Monkey	84.34	K. Rawnsley	F35	Leeds	91.27
R. Maw	M40	Brass Monkey	85.01	H. Schofield	Sen	GNR	103.57
P. Johnson	M60	Sheffield	86.59	J. Hamp	F50	B. Wilton Show	104.08
O. Guallar	Sen	Major Stone	89.22	M. Padgham	F45	Hastings	108.39
N. Scruton	M60	Bridlington	90.29	S. Louth	F40	B. Wilton Show	109.49
S. Tymon	M45	Brass Monkey	95.05	S. Kingscott	F40	Brass Monkey	110.49
M. Webster	M45	Bridlington	96.09	A. Jordan	F40	Bridlington	122.24
S. Bannister	M60	Major Stone	98.14	S. Gilbert	Sen	Bridlington	122.52
R. Millard	M40	Bridlington	98.19	L. Gillon	Sen	Prague	123.24
M. Sweetlove	M55	Tallin.	98.20	K. Jackson	Sen	Bridlington	151.53
T. Rawling	M45	Brass Monkey	101.57	A. Reading	F65	Nottingham	162.07
C. Clayton	M45	Bridlington	103.05	L. Jones	F50	Edinburgh	169.18
D. Hearn	M60	Brass Monkey	102.18				
J.Drury	Swn	GNR	103.34				
C. Patrick	M50	Bridlington	107.58				
T. Gillon	M55	Brass Monkey	109.17				
M. Ellwood	M55	Bridlington	109.46				

J. Schofield.	Sen	GNR	109.55
I. Anderson	M40	Brass Monkey	110.12
M. Lambert	M50	B. Wilton Show	116.03
D. Reading	M70	Brass Monkey	126.43

20 Mile

N. Scruton	M60	Hull	2.27.26
M. Sweetlove	M55	Hull	2.38.57
I. Anderson	M40	Hull	2.56.22
S. Spence	M45	Hull	3.20.59
H. Forkin	M60	Hull	3.22.18
D. Reading	M70	Hull	3.42.33

Marathon

B Mukherjee	Sen	London	2.44.51	K. Rawnsley	F35	Amsterdam	3.09.28
J. Trelfa	M45	London	2.47.09	S. Haslam	F55	Edinburgh	3.17.12
E. Whittle	Sen	London	3.01.30	R. Haslam	Sen	Edinburgh	3.26.22
O. Guallar	Sen	Chester	3.04.06	M .Padgham	F45	Krakow	4.07.58
N. Scruton	M60	Edinburgh	3.16.20	K. Jackson	Sen	Milton Keynes	5.33.33*
M. Sweetlove	M60	Krakow	3.38.33	* Representing Fetch Everyone AC			
C. Allen	M40	Chester	3.38.46				
S. Tymon	M45	London	3.47.29				
M. Lansell	M45	Edinburgh	3.53.53				
T. Rawling	M45	London	4.01.44				
A. Wright	M40	London	4.06.21				
I. Anderson	M40	London	4.35.37				
H. Forkin	M60	Krakow	4.38.38				
S. Spence	M45	Hannover	5.04.32				
M.Thompson	M70	London	5.13.04				
D. Reading	M70	London	5.17.37				

Other non standard distances

2.5 K

E. Clapton U13 York 10.11

One third marathon

N. Scruton	M60	Goole	59.32				
P. O'Callaghan	M45	Hornsea	61.01	S. Louth	F40	Hornsea	67.21
D. Maffey	Sen	Hornsea	74.31				

Press Reports

Loftus Poultry Run

7 members of Scarborough Athletic Club took part in the 26th running of the Loftus and Whitby AC's annual Poultry Run on Sunday 18 December. This was a multi terrain race of just over 7 miles, which took place on a frosty but otherwise fine morning. Whilst the race is very competitive at the sharp end, it is also a festive occasion with many runners dressed as Santa Claus and other forms of fancy dress. (See photo attached) . The prizes for the leading runners are, as the race title indicates, seasonal poultry.

The first home for Scarborough and winner of a goose for finishing as the first Over 60, once again, was **Neil Scruton**, who also an impressive 62nd overall in 54 minutes 42 seconds.

Neil was followed by **Pete O'Callaghan** who was 86th in 57.05, and ahead of **Mark Lansell** who had a good comeback race to finish in 60.57 and 131st overall.

Over 50 veteran **Tom Gillon** finished in 66.40 and 185th overall, and headed over 60 veteran **Dave Parke** who was 237th in 71.02.

The club's women runners were represented by **Sam Shepherdson** who was 251st in 74.06, and **Sally Kingscott** who finished 292nd in 78.49.

East Riding Schools Cross Country Championships

Scarborough Athletic Club's **Louise Taylor** was in action for Driffild School at the East Riding Cross Country Championships, which were held on a testing course at Westfield, Beverley.

14 year old Louise retained the junior girl's championship which she won last season in style, and will now represent East Riding Schools at the Humberside Championships.

Louise will be striving to improve on her 3rd place in last year's schools county event, when she was one of the youngest competitors in the Junior Girls group.

Northern Athletics Indoor Meeting at Sheffield

Kawsar Ahmed of Scarborough Athletic Club, competed in his first indoor athletics meeting at the Sheffield National Athletics Centre, in the Men's Under 17 events.

In the 60 metres sprint, 15 year old Kawsar won his graded race in a personal best time of 7.61 seconds.

He also competed in the Long Jump, finishing in 5th place with a best jump of 5 metres 54.

Ribble Valley 10K

Pete Johnson of Scarborough Athletic Club travelled to Clitheroe to compete in the Ribble Valley 10 kilometre road race, which incorporated the Northern Counties Championship race and attracted some of the top road runners from North of England Clubs, and a large entry of over 1,000.

62 year old Pete continued his winning ways in the Over 60 Division, and was 188th overall of the 896 finishers, which included Ricky Stevenson of New Marske Harriers, the winner of this year's Yorkshire Coast 10 kilometre race at Scarborough, who had to settle for third place behind Jonny Mellor of Liverpool Harriers, and Alistair Brownlee, the World Triathlon Champion of Bingley Harriers.

After some setbacks earlier in the year due to illness, Pete ended the year ranked 9th in the United Kingdom Over 60 lists, and remains the 2nd ranked Yorkshire County athlete at the start of his 3rd year in the age group.

Guisborough Woods Fell Race

Some of Scarborough Athletic Club's leading fell runners competed in the Guisborough Woods Fell Race, which was the 6th race in the Northern Runner Fell Race series of races, and consisted of a tough course which had 1,230 feet of climb over the 5.9 mile race route. The extremely mild weather attracted a record entry of 199 runners, which was double the usual entry for this Yuletide fixture.

Katy Rawnsley who was making a seasonal league debut had a strong finish, but just failed to peg back the early lead that Cath Williamson, the Scarborough Borough Top Female achiever of 2011, had achieved.

Neil Scruton continued his domination of the Over-60 Division, when finishing over 3 minutes ahead of the runner up, and a very impressive 49th overall of a record field.

Sue Haslam ended her excellent year at fell and road racing, with another victory in the women's Over 55 division, and is looking likely to achieve yet another league title in her age group.

Carl Clapton who attends fell races mainly to support his two children Emma and Sam who are both successful runners in the younger age groups, ran well in the senior race to finish in 153rd and ahead of plenty of experienced competitors.

Guisborough Woods and Captain Cook's New Year's Day Junior Fell races

It was a very successful festive season over the fells for **Emma and Sam Clapton** of Scarborough Athletic Club, which commenced with both winning their age group races at the Guisborough Woods. They started their junior races running alongside the senior runners, (see photos attached), before branching off, after which Sam Clapton subsequently finishing first in the Under 12 and Emma first in the Under 14 event.

Just 4 days later at the Captain Cook's junior races, Sam Clapton achieved another win in the Under 12 race, whilst Emma finished just 2 seconds down on the winner as the runner up.

Captain Cook's New Year's Day Senior Fell race

Three members of Scarborough Athletic Club competed in the annual Captain Cook New Years Day fell race at Great Ayton. The event which incorporated 900 feet of climb over 5.3 miles took place on what was probably the warmest weather ever, and also the wettest after heavy rain in the first half of the race., which resulted in some very muddy ground.

After finishing as the first Over 60 runner 4 days earlier at the Guisborough Woods fell race, **Neil Scruton** was a clear winner of the age group, and was also a very impressive 60th overall of a record 290 finishers.

Charlotte Edge who represented Great Britain at mountain running last year, made a good start to the year with an age group win, when finishing as the first Junior woman and third woman overall.

Carl Clapton was also in action for the second time in 4 days, and ran well again to finish in 229th and ahead of many experienced fell runners.

Queens Head 5 kilometre road race at Belper

Kelly Jackson who is one of Scarborough Athletic Club's second claim athletes was in action for her nationwide first claim club Fetch Everyone, at the Queen's Head 5 kilometre road race at Belper.

Over what was a tough out and back hilly course, Kelly was very pleased to achieve a personal best time for the distance of 29 minutes and 58 seconds.

City of York Athletic Club New Year Relays

Scarborough Athletic Club was well represented at the City of York Athletic Club's annual New Year Relays which were held on the traditional course at The Knavesmire.

The first of the three complete Scarborough teams to finish was led off by the in form **Louise Taylor**, who retained her East Riding Schools cross country championship title last month. Louise ran the third fastest time of the day for the first long lap, and then handed over to **Emma Clapton** the winner of the last month's North Yorkshire and South Durham cross country league fixture. Emma who had also finished as the second under 14 finisher at the New Year's Day Captain Cook fell race, clocked the 3rd fastest time of the day for the second 'short' lap, and then handed over to **Bobby Scarborough** who ran well to bring the team home in 7th place overall of a record 49 complete teams.

The second Scarborough team consisted of three members of the **Kraft family**. Ted Kraft led off and handed over to his wife Liz Kraft who then handed the baton to their son James who ran the 4th fastest long stage lap to achieve a notable 10th team placing.

The third full Scarborough team to complete the three lap relay was the **Ogden family**. Leah Ogden handed over to her younger brother Ryan, who then passed the baton to his mother, who completed the anchor leg to complete the scoring 36th team.

The Clapton family, who were represented by Emma in the 7th placed team, also provided two of the three members of another competing team. **Carl Clapton** and his son **Sam Clapton**, who had both raced in the Captain Cook fell race the previous day, took care of the first two legs before handing over to **Sarah Ogden** who completed the scoring team ahead of 7 other teams in 42nd overall.

Scarborough's Mills family also split their resources, with **Becky Mills** going for a team win with junior international Marc Scott of Richmond and Zetland Athletic Club and Dan Cheeseman of the City of York Athletic Club. Whilst Marc and Dan ran the two fastest long legs, and Becky the second fastest short leg, they had to settle for runner up team behind a very talented City of York Athletic Club team. **Darren Mills** joined forces with a team which included City of York Athletic Club's Katy Wood and Steven Eastwood of Wakefield Harriers, and finished in 18th place.

11 year **Kyle Richardson** made an impressive debut for the club, when running one of the fastest short laps of the day, but only as an individual as unfortunately was not able to recruit two more runners to make up another team on the day.

Yorkshire County Cross Country Championships

9 of Scarborough Athletic Club's young athletes competed in the Yorkshire County Cross Country Championships, which were held at Thornes Park Wakefield. Some excellent results were achieved by the club's young athletes on what was a hilly course in the park. Recent heavy rain made some descents so treacherous due to the resulting muddy conditions, that some of the course had to be altered. Strong winds during the races, also made this year's championship races very testing.

In the Under 15 Girls Championship race, 14 year old **Bronwen Owen** successfully defended the title she won last year, after a battle with the host club's Annabel Mason who is the British Under 16 Mountain Running champion. Bronwen had to make up lost ground after being tripped up in the mêlée of the start, but took over the lead in the final kilometre, and achieved a clear win at the tape ahead of the Wakefield Harrier's top runner Mason.

Bronwen was followed home by **Louise Taylor** whose 7th placed finish earned her immediate selection for the Yorkshire County team in the Inter County Championships in March, alongside team mate Bronwen.

With just 3 runners to score for the team, **Leah Ogden** and **Hannah Mainprize** had their own race, with the more experienced Ogden just prevailing for 25th place, and just ahead of Mainprize who was 26th. **Sarah Ogden** backed up well in 45th place. The scoring team was an impressive second of 12 complete teams behind a strong Wakefield Harriers trio, which was led home by Annabel Mason. This was a massive improvement after finishing 7th team last year.

In the Girl's Under 13 championship race, 12 year old **Emma Clapton** was the club's second highest scorer after finishing up in 6th place, which was well up on her championship debut position last year of 17th.

Becky Mills who has had some recent setbacks in her preparation, coped much better than she expected in the strong winds, when finishing up in 12th place, in the Women's Under 17 Championship race.

In the Men's Under 17 Championship race, **Jack Robertson** ran well to finish in 11th place, and ahead of team mate **Bobby Scarborough** who has moved up to the age group this season, and was well up the field in 27th.

Surrey County Cross Country Championships

Daniel Agustus who is a long time second claim Scarborough Athletic Club member, and is now based at Kew, competed in the Surrey County Championship for Belgrave Harriers, and was once again selected to represent Surrey in the Inter Counties Championship, after finishing up in 6th place.

Northern Athletics Indoor Championships

5 members of Scarborough Athletic Club were in action at the Northern Athletics Indoor Athletics Championships, which were held at the English Institute Sport, Sheffield.

The most successful of the quintet was 15 year old **Kawsar Ahmed**, who won the Under 17 Men's Triple Jump Championship with a personal best indoor jump of 13.29 metres. He now heads the United Kingdom Under 17 rankings for the event, and notably in his first year in the age group. He also competed in the Long Jump, and was 12th in the final with 5.69 metres.

13 year old **Chloe Warren** was just outside of the medals in the Under 15 Girl's Shot, when finishing in a close up 4th place on her championship debut, with a personal indoor best throw of 8.09 metres, which was just 0.1 metre outside of the bronze medal throw.

Benedict Millson made a promising debut for the club, and his first appearance at the championships, when finishing 6th in the Men's Under 17 Shot with a best throw of 9.97 metres. The 15 year old was also 8th in the Triple Jump with a personal best 10.60 metres.

Vickie Lockey also made a championship debut in the Senior Women's Shot, and in the final which was dominated by the reigning World Heptathlon silver medalist Jessica Ennis, finished 10th with a 5.95 metre throw.

16 year old **Becky Mills** was competing indoors and in the Under 20 age group for the first time, just failed to make the final after finishing 3rd in a qualifying heat in 2 minutes 28 seconds.