



ISLE OF MAN

NORTHERN ATHLETICS CLUB

Newsletter 4

A huge, well done to all of our NAC athletes this season, there have been so many great performances during the summer season it has been fantastic to be involved in the club. We hope everyone has enjoyed all that they have taken part in. It has been fantastic to see our athletes taking part in training & coaching sessions and competing in numerous events. The Northern team spirit is amazing & it is inspiring to be a part of. With the busy summer season over we now look forward to all the winter has to offer including the Cross Country ,for those who enjoy a bit of mud!, NSC Track training and Indoor Sports Hall coaching.

No Rest for the Wicked

Well done to all who took part in this years "No Rest for the Wicked " running week during August. Northern AC had a terrific turnout with some great performances during the week. Kevin Deakes took 3rd place in the Marathon in a time of 2:58.32 in only his 2nd marathon. Nikki Boyde won the ladies event in a time of 3:19.13 and together with team mate Tom Melvin in 15th place with a time of 3:22.51 won the team event. Nikki and Tom went on to complete the full marathon series with Barry Cowin, Rosy Craine, Lawrence Dyer & Katy Craig, all completing the half marathon series. Well done to all.

Island Records

Congratulations to our NAC athletes who have gained Island Records during the year.

Amber Sibbald	U13 Girls	75m Hurdles	14.2secs
Neil Vondy	V45 Men	High Jump	1m60cm
Kevin Deakes	V50 Men	1/2Marathon	1:18.13
Richard Radcliffe	V55 Men	20 mile	2:14.36
		10k	37.09
Nikki Boyde	V40 Ladies	Marathon	3:11.25
		20 mile	2:17.00
		10 mile	1:04.57

Off Island Success

Congratulations to Rachael Tewkesbury in her recent 10 mile road race in Manchester, not only was she 1st lady finisher but also got a massive new pb of 66m27secs.

Island Junior Fell Championships

Well done to our NAC youngsters who ran in this event on a tough Peel Hill course on 1st October. Alex Read ran a fantastic race winning the year 3 boys with James Read finishing 5th place. Chloe Foster came 4th & Sarah Vondy 5th in the year 4 girls race. Harry Read was a close 2nd & Deacon Lombard-Chibnall 4th in the year 5 boys. Leah Goddard 7th in the year 5 girls. James Strickett =4th in year 6 boys. Great runs by all and great experience in Fell running.

Firemans Runs

The 1st round of the Firemans run was held on Thursday on a blustery evening with a large number of runners of all standards taking to the roads. These are great races to get started running & are open to ages 16+. Signing on 6.30p.m, with a choice of 1 or 3 laps. The races take place over the winter on the 1st Thursday of each month, next race November.3rd.

NSC Winter Track Training

We are delighted that our NSC track coaching sessions will continue over the winter months with club coaches Graham Davies and Tom Melvin on Friday evenings 6p.m. - 7.30p.m. These sessions give vital coaching and experience in all areas of track running. The sessions are open to U11's and above. There is a small charge of £1.05 per session for juniors, which is charged for use of the NSC track. For more information contact Tom Melvin.

NEW KIT

We are delighted that we are launching a new range of NAC Clothing which includes a selection of technical kit and hoodies at very reasonable prices, this can be viewed and ordered at the presentation and will be available thereafter.

Lancashire Championships

A club trip away is being organised to take part in the Lancashire Championships on the 12th May 2012. This track & field competition is in Blackpool and is open to U13's and above. This is a fantastic opportunity to compete and gain valuable experience. It will involve travel by boat and an overnight stay in Blackpool. If you are interested in travelling to this please let Tom or Nikki know & we will send you further details.

CIRCUITS

Tom's Circuits are under way for U13's+ on Wednesdays at 7pm in the RGS Sports hall. The cost is £3 a session to adults & £1.50 FOR JUNIORS. These are hugely popular & a great way to strengthen your core and improve overall fitness.

Liverpool Half Marathon

The Liverpool Half Marathon takes place in March 2012. It is an opportunity to travel away at a very reasonable price, take part in a well organised large race, maybe to experience your first half marathon or if you think you may want to have a go at a large marathon at a later date. If you are interested let Tom know for more details.

Cross-Country Season

The 2011-12 Cross Country League gets under way this month. It is a great way to maintain fitness & keep up racing during the winter months & gives new challenges on each course. These take place on Sundays with a 2pm start time & are open to U9'S and above.

Round 1	16 th October	Ballannette, Lonan
Round 2	13 th November	Crossags Farm, Ramsey
Round 3	4 th December	Glen Lough Farm, Glen Vine

Round 4 (This is also the IOM Cross Country Championships)

22nd January	Ballannette, Lonan
Round 5 12 TH February	Glen Lough Farm, Glen Vine

Now join Northern Athletic Club on Facebook for up to date information

Club Contacts

President	Jimmy Duncan
Chairman	Steve Kelly
Secretary	Judy Kelly
Vice Chairman	Tom Melvin
Treasurer	Martyn Strickett
Welfare Officer	Elaine Craine
Membership Sec.	Micheala Gell
Committee Members	
	Rose Mazzone, Nikki Boyde, Neil Stoutt, Ian Kermode, John Canavan, Ian Melvin & Colin Morgan.
Web site	www.iomnac.co.uk
e-mail	ccs@manx.net